

*Department
of
Psychiatry Newsletter*

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Western

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Chair/Chief's Report

Dear Colleagues,

Although winter has not officially started, we already need our snow shovels, winter boots, scarfs and hats. It's about being prepared and then we can love (or at least last) the winter. At our Departmental Meeting on December 9, 2013, we also spoke about our need to be prepared. The Schulich School of Medicine and Dentistry is moving to Activity Based Budgeting and a new funding allocation model. Several guiding principles were adopted to guide the new budget model including a commitment to make the budget process more transparent and accountable and to link budget allocations to agreed-upon deliverables related to teaching, research and administration. These changes are to begin in 2014 and will be implemented over the next two to three years. The transition period will assist those departments that receive decreased resources with the recalibration of the allocations to departments.

Although the final allocations will not be known to May 2014, we anticipate that our department will receive some reduction in our allocations with the new Activity Based Budgeting. We will have to adjust to these changes over the next two to three years. In addition going forward, we have the opportunity

to maximize the allocation for our department. This can be achieved by ensuring that our data related to our education and research activities are being fully captured and reported. For Education, One45 is the database that is used across all departments in Schulich to capture the medical training days and the number of teaching hours. For Research, the information on publications and grants will be pulled primarily from Acuity Star and therefore it is imperative that this information is well maintained, up to date and accurate. However, in addition to the data is the work; each Full-time clinical academic has a responsibility to participate in education and/or research and it is important that everyone contributes to these two areas fully so that the department can benefit as much as possible from the funding allocation available to us. Over the spring and summer, we will work on our departmental plans to take the best advantage of the budget changes.

On a more pleasant note, I want to congratulate Dr. Marnin Heisel and colleagues who have received a \$575,255 grant from Movember Canada for their research project titled: "Meaning Centered Groups for Men Facing Retirement". We should take note that Movemeber now has a focus on men's mental health and look to them as a source of funding in the future. Also congratulations to the Child Psychiatrists and Geriatric Psychiatrists who successfully passed their sub-specialty exams – well done. Finally, I want to wish everyone a happy and safe holiday. Please enjoy your time with family and friends and come back refreshed for 2014. We look forward to a year full of change, challenges and creative activities.

Paul Links

Professor and Chair, Department of Psychiatry, Schulich School of Medicine & Dentistry, Western Chief of Psychiatry, London Health Sciences Centre and St. Joseph's Health Care London

Postgraduate Education

With 2014 CaRMS fast-approaching, the winter months will be a busy time of year for the Postgraduate Office. Indeed, CaRMS planning is well underway with this year's interviews taking place on Monday, January 20 and Tuesday, February 4 at Windermere Manor.

CaRMS officially opened on December 5th with the release of interested candidates to the programs for file review. This year we received 69 CMG applicants and 323 IMG applicants for our 9 available spots in the 2014 year.

The CaRMS working group is invested in improving the CaRMS application and assessment process. This group is led by Dr. Hooman Ganjavi and consists of Joy Abramson (Chief Resident), Dr. Brian Burke (Windsor Rep), Kara Dempster (PGY 1 Rep), Dr. Daniel Hertzman, Dr. Karin Kerfoot, Michael Mak (Resident President), Dr. Viraj Mehta, Suzena Mendes, Aturan Shanmugalingam (PGY1 Rep) and Dr. Chris Tidd. Based on feedback, this year we will see some modifications to the interview days with the goal of improving the overall experience for the candidates and to better showcase the strengths of our residency program. In addition to the Interview Day planning, the Working Group, as well as the RTC, is

busy actively reviewing the hundreds of applicant files our program received. Our office would like to thank them for all the work and time already invested and for their ongoing contributions.

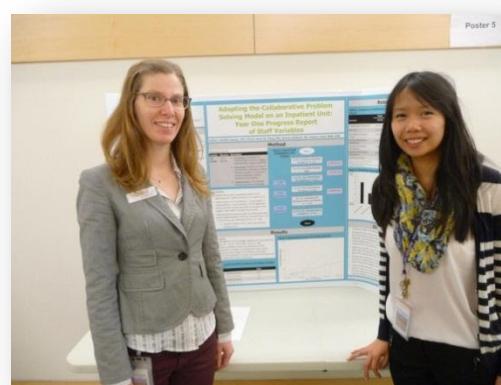
CaRMS also proves to be a popular day for our faculty and residents. This year the response for volunteers has been overwhelming and we are incredibly thankful to all who have committed their time on interview days.

In other news, we would like to welcome Eva Adams back from her maternity leave. She returned to the Department early December and will be focusing on special projects in postgrad including setting-up the Windsor Residency Training program and the Geriatric Subspecialty program.

The PGE Office

Division of Child and Adolescent Psychiatry

We have had a busy time with our research agenda in the Division of Child and Adolescent Psychiatry this past fall. On Monday November 25, 2013, we held the First Annual Child and Adolescent Division Research Half Day. The theme was community collaboration. The keynote speaker was Dr. Jana Davidson, Vice President Medical Affairs and Psychiatrist in Chief from Children's and Women's Health Centre of British Columbia. She spoke on "Developing Clinical Questions and Getting Them Answered- A Case Example." A local presentation was provided by Dr. Graham Reid of the departments of Psychology and Family Medicine at Western and Dr. Jeff Carter of Vanier Children's Services and the Departments of Psychology and Psychiatry at Western. They spoke on "Making partnerships work: Lessons from a community-based research program in children's mental health." The poster presentations included 9 local posters regarding community collaborations and emerging research. The "Best Poster" award went to Dr. Heather Jacques and her colleagues for "Adopting the Collaborative Problem-Solving Model on an Inpatient Unit: Year One Progress Report of Staff Variables."



Picture on the left: At the Child and Adolescent Division Research Half Day, Drs. Jeff Carter (research coordinator), Sandra Fisman (area chair), and Jana Davidson (keynote speaker)

Picture on the right: Dr. Heather Jacques and Karen Zang with their winning poster at the Child and Adolescent Division Research Half Day

Dr. Patricia Erickson (University of Toronto), Dr. Evelyn Vingilis (Western University), and Dr. Shannon Stewart (Child and Parent Resource Institute, Western University) recently received funding from the Canadian Institute of Health Research (CIHR). The Partnerships for Health System Improvement grant entitled "Connecting youth in custody with mental health services" has been funded with \$589,011 over the next three years. The study will conduct applied research into the role assessment can play in making relevant and effective mental health treatment available to youth who are in custody in the justice system

On November 27th, 2013 Dr. Margaret Steele and her associates were pleased to meet with representatives from the Children's Health Foundation and members of the Baines Foundation on November 26th, and to accept a cheque in the annual amount of \$75,000.00 for three years donated by the Baines family in support of the 'Physician Training in Child and Adolescent Psychiatry (PTCAP)' project. In attendance from the Division of Adolescent Psychiatry to graciously accept this generous gift were: Dr. Sandra Fisman, Catherine Glover, Dr. Stacey Espinet and Brenda Davidson. Following the presentation, Deborah Barton, Christine Walker, and Susan Crowley from the Children's Health Foundation, Kirk Baines, JoAnne Baines, Jeffrey Baines, Debbie Baines and her husband Dan, Diny Dalby, and Ray Charles from the Baines Foundation, Dr. Sandra Fisman, Chair of the Division of Child and Adolescent Psychiatry, Schulich School of Medicine & Dentistry met with Margaret, Stacey and Brenda to discuss the PTCAP project: "Teaching Child and Adolescent Mental Health to Family Physicians in Rural and Underserviced Areas" in more detail. Margaret, Stacey, Brenda and their team on the PT-CAP project are very grateful for the ongoing and generous support of the Children's Health Foundation and the Baines Foundation.

On December 2, 2013, the London Community Foundation awarded the "Vital People Award" to support Dr. Jeff Carter's professional development "In recognition of your leadership and passion to make a difference in your community and commitment to professional development." Our best wishes to Jeff on his achievements. We are certainly the beneficiaries of his leadership for our research progress.

Journal Club continues to meet the second Wednesday of the month at noon (alternating months with Complex Case Rounds). In October, Dr. Devita Singh presented on "A follow-up study of boys with gender dysphoria." In December, I presented on "Does therapeutic approach matter?" Dr. Ray Egan will be presenting in April. Please contact me or one of the site coordinators (Dr. Shannon Stewart at the Child and Parent Research Institute, Brenda Davidson at London Health Sciences Centre, or Dr. Carla Smith at Vanier) if you would like to present at Journal Club.

Upcoming 2014 Continuing Professional Development Events

- Complex Case Rounds return in January, please watch for the e-mail reminders. These rounds are held at LHSC, room # B8-035 and video-conferenced to CPRI, RMHC as well as Western Hub sites, every 2nd Wednesday of alternating months from 12:15 to 1:15 PM.
- Monthly Child and Adolescent Psychiatry Resident Rounds are held on the 3rd Thursday of the month. The Division closely collaborates with the Department of Psychiatry CPD Committee to

organize Child and Adolescent Psychiatry Resident Rounds on a monthly basis, except March, June, July and August. Psychiatry residents present a wide variety of child and adolescent topics.

- Department of Psychiatry Annual CPD Morning of the Division of Child and Adolescent Psychiatry - June 12, 2014. Dr. Niva Piran and PGY- 4 resident Dr. Caroline Armstrong will present.
- Save the date- Two day Dialectical Behaviour Therapy (DBT) Advanced training for work with adolescents and families by Dr. Lawrence Katz, September 22 & 23, 2014. Details regarding location and registration to be announced.

In other news, Dr. Javeed Sukhera, Physician Lead, Transition Age Project reports that the Transition Age Youth Program has been moving along with the addition of a project facilitator (Jill Lynch) and administrative assistant (Katherine Poon) to the team. The Steering Committee held its first meeting and has monthly meetings planned for most of 2013. An advisory committee is being finalized by the end of 2013. A comprehensive literature search has also been completed and internal and external environmental scans are underway. Phase I is targeted for completion by the end of 2014. Thank you to Jill and Katherine for their extreme hard-work and the steering committee participants for their valuable input. We look forward to more updates soon.

Education remains central to the mandate of the Division of Child and Adolescent Psychiatry. Dr. Patricia Hall, Program Director, Child & Adolescent Psychiatry Subspecialty Program reports that the Post Graduate Education Committee of the Child and Adolescent Subspecialty Training program recently met with applicants to start the program in July 2014. It was a pleasure to meet the talented physicians who want to work with youth and their families. More updates on the successful applicants will be provided once this process is complete. The program at Western will be one of the first programs to have a resident enter the second year of subspecialty training, starting 2014. Due to this, we will be one of only two programs out of 16 programs in the country that will have a first internal review by the Royal College in 2014. I would personally like to thank Tracy Henebry, Program Assistant, for all of her efforts in making recruitment a success and for her efforts to help the program run smoothly.

In Undergraduate Medical Education - Child and Adolescent Psychiatry Clerkship Dr. Ben Loveday indicates that the Child and Adolescent Psychiatry division continues to deliver high quality and highly rated clerkship rotations to 3rd and 4th year medical students. Approximately one third of Schulich medical students spend a two-week rotation with one or more of our enthusiastic Child psychiatry supervisors.

We wish all of our colleagues in the department of psychiatry and mental health care programs all the best for the holiday season!

Dr. Sandra Fisman
Chair, Division of Child and Adolescent Psychiatry

Developmental Disabilities Division

The Developmental Disabilities Division is holding its Annual Spring CPD on April 9th, 2014 at Windermere Manor beginning at noon with the buffet luncheon. Two of the three topics include Sleep Disorders in People with Intellectual Disabilities (IDD), and New Issues in the Genetic Testing of IDD. Third topic to be decided.

Division of Adult Psychiatry

After a typical fast-paced beginning to the academic year in the fall, division members are looking forward to a brief break this winter holiday season.

To help us achieve our goals, I'd like to introduce the newest members of our Division who came on-stream within the last few months:

Dr. Arlene MacDougall - Joined the Division as an Assistant Professor in the clinician-researcher stream. She's based at PEPP (Prevention & Early Intervention Program for Psychoses) located at LHSC-Victoria Hospital. Her research interests include the measurement and improvement of autobiographical memory and insight deficits associated with psychotic disorders. In addition, she continues to build upon her system development work and research in the area of global mental health, including Northern and Aboriginal populations within Canada.

Dr. MacDougall obtained her MD at the University of British Columbia and subsequently completed her psychiatry residency, masters in neuroscience and Clinician Investigator Program training at McMaster University. Dr. MacDougall then went on to complete a Joint-Fellowship in Global Psychiatry and First Episode Psychosis at Dalhousie University.

Dr. Georges Loba Gutierrez - Joined the Division with 0.4 of his time in Emergency Psychiatry, working with the CEPS (Centralized Emergency Psychiatry Services) Team.

Dr. Loba Gutierrez obtained his Doctorats en Médecine degree at the Université libre de Bruxelles in Brussels, Belgium. Georges completed his Psychiatry residency here at Western University. Prior to that he completed a residency in Psychiatry at the Université libre de Bruxelles, and worked as a Psychiatrist in a Regional hospital and two penitentiaries in Belgium.

Dr. Lloyd Wylie – Joined the Department and the Division as a full-time basic scientist who has taken the Health Care Management position with the Masters in Public Health program. Previously Dr. Wylie was the Acting Director of Policy and Planning for the First Nations Health Authority in BC.

Dr. Wylie completed her Doctor of Philosophy, in Interdisciplinary Studies (School of Population and Public Health, Nursing and Political Science) at the University of British Columbia, Vancouver, BC, in 2013. Her research interests are in the areas of health services and health systems transformation, social determinants of health, Aboriginal health, health governance, health care access for socially

excluded populations, community engagement, health policy and comparative analysis of health systems.

Some highlights from our clinical world include us having an unusually busy time with heavy demands on access to inpatient resources from the Emergency Department. Fortunately our Pay-for-Performance project has enabled us to meet this load with full-time dedicated Emergency (CEPS) Psychiatrists working Monday – Friday, since October. Relatedly, **Dr. Viraj Mehta** has recently taken on responsibility as the Physician Leader of our CEPS team, succeeding years of yeoman service by **Dr. Dan Lefcoe**, who we sincerely thank. We also are trying to meet the need for inpatient beds by refining the usage of our new four “surge beds” which are housed off of our main inpatient area. Lastly on this topic, we recently were pleased to hear that the LHSC Senior Leadership Team has endorsed the concept of us working with City of London Crisis Services and the LHIN, in order to house the community-based and operated integrated crisis services on the campus of Victoria Hospital, which we expect will lighten the demands on the Emergency Department and our inpatient beds. The LHSC Senior Leadership Team also just recently moved to proceed to acquire the property formerly called Bethesda House, for the purpose of becoming the new headquarters of our Adult Eating Disorders Program, to deliver outpatient, day treatment, and residential care.

On the education front, one of our more active new ventures is working in partnership with Windsor-based colleagues, and in particular **Dr. Brian Burke**, for the creation of a new CaRMS-matched general psychiatry residency program housed in Windsor. Last month (November), joining me were fellow Division members, **Drs. Volker Hocke, Hooman Ganjavi, Karin Kerfoot, and James Ross**, all of who have PGME roles, on a day visit to meet with Windsor faculty. Interactive presentations took place in a collegial atmosphere, with plenty of discussion and planning of next steps towards the goal of a program commencing July 2015.

We continue to be productive in our divisional research, often collaborating with other Department members, particularly in the areas of neuroimaging, health services & clinical outcomes, and clinical epidemiology, phenomenology, & psychopharmacology. Details can be found in the soon to be published Department Annual Report.

Wishing everyone a joyous holiday season!

Respectfully submitted,

Jeff Reiss

Chair, Division of General Adult Psychiatry

Division of Forensic Psychiatry

We have now occupied the new Southwest Centre for Forensic Mental Health Care for approximately six months. The positive impacts on client care include a more welcoming and healing treatment milieu, more privacy, and a significant reduction in rates of seclusion and restraint.

In October 2013, Dr. Carol McDaniel, consultant forensic psychiatrist from the United Kingdom, joined our complement of psychiatrists. Aside from her clinical expertise, Dr. McDaniel is a devoted teacher and her areas of research interest include attachment disorders among forensic mental health clients. We would all like to extend a warm welcome to Dr. McDaniel.

Additionally, we have successfully recruited Dr. Brian Daly, psychiatrist from Portland, Oregon, whose anticipated start date is early 2014. Dr. Daly brings with him expertise in criminal forensic psychiatry, concurrent disorders, and education.

On November 14, 2013, Dr. Ajay Prakash, PGY-4 Psychiatry Resident, Western University, and Professor Peter Jaffe presented CPD rounds on "Parents Who Kill Their Children: Motives and Prevention". This talk was informative and culminated with a very stimulating question and answer

Regards,
Craig Beach, Chair
Division of Forensic Psychiatry

Division of Geriatric Psychiatry

The Division of Geriatric Psychiatry continues to be active in clinical care delivery, teaching and research. Several Geriatric Psychiatrists in the Division sat for the first of the newly established sub-specialty exam in Geriatric Psychiatry in September 2013, congratulations to those who passed the exam and earned certification from the Royal College!

Our Division is working on establishing a fellowship program for the sub-specialty in Geriatric Psychiatry and Dr. Michele Doering was appointed as the director for his program effective December 1, 2013. She will be working with Division members and our collaborators from other disciplines to build a fellowship program that promises great experience clinically and academically.

After leading the Division for over 5 years, Dr. Lisa VanBussel stepped down to focus on her physician leadership role at RMHC-London and continue to contribute to the academic development as a member of the Division. Dr. VanBussel led the Division through times of change and challenge and maintained the quality of the annual symposium over the years, thanks Lisa for your leadership and support to our Division members and collaborators locally and nationally. A formal search for a new chair will commence immediately and Dr. Burhan was appointed as the Acting Chair for the Division of Geriatric Psychiatry in the interim.

A sample of other news from our Division members at the SJHC site:

Dr. Burhan was invited as a guest panelist to the third annual meeting of the Association of General Hospital Psychiatry and together with Dr. Shabbir Amanullah (geriatric psychiatrist, Woodstock General Hospital) presented and discussed "Access and Barriers to Geriatric Mental Health" October 15, 2013 in Toronto.

Also Drs. Burhan and Amanullah participated in the fall session of the Regional Advisory Committee (region 3, Ontario), Royal College of Physicians and Surgeons of Canada.

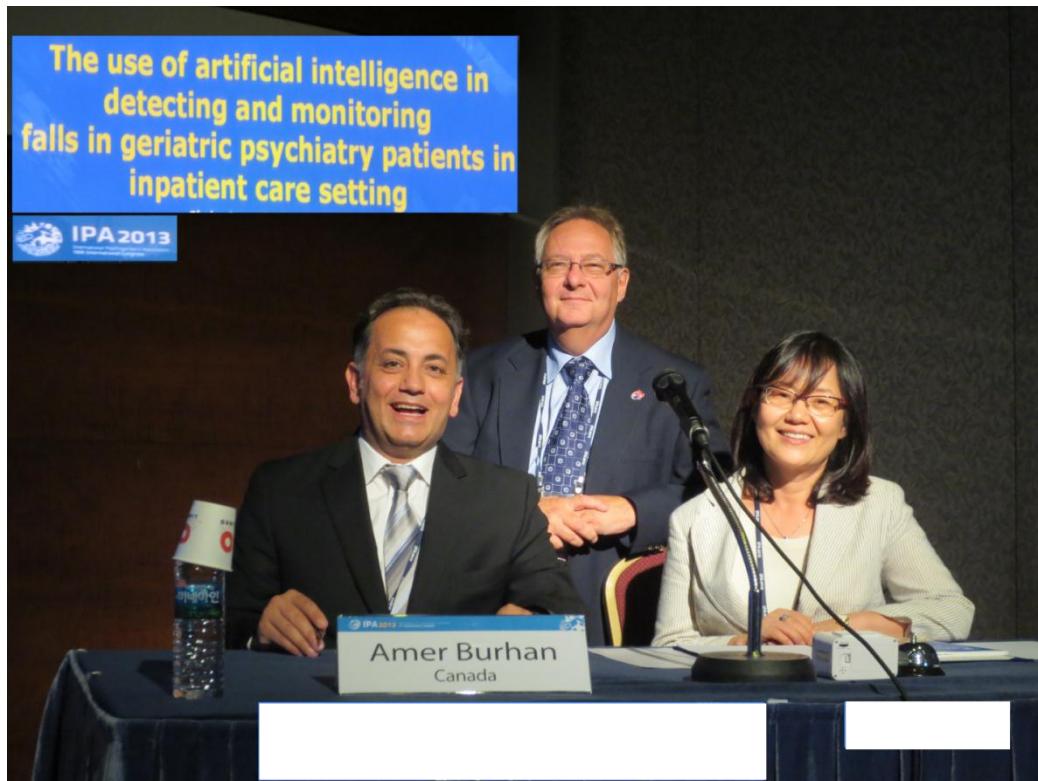
Dr. Burhan continues to be active as South Western Ontario CPD Educator and participated in the fall forum of the Royal College CPD Educators Network September 19th and 20th, 2013.

Dr. Burhan continues to participate in Teaching Certificate Committee (CPD office at Schulich) and delivered one of the core workshops for the certificate on E-Portfolio.

Dr. Burhan continues to participate in "Maximizing Medical Education with Technology" committee, a Schulich initiative with the mandate to explore and make recommendations about the use of technology to enhance education at all levels (under graduate, post graduate and continuing education).

Dr. Burhan was successful in his application to the St. Joseph's President's Grant for Innovation for a project evaluating the utility of Actigraphy in monitoring agitation in dementia patients at RMHC-London Geriatric Psychiatry Program, amount \$10,000.

Dr.s Burhan and Park and Mr. Tom Ross from the Geriatric Psychiatry Program at RMHC-London presented a symposium in the international psychogeriatric annual meeting in South Korea, October 4th on the use of artificial intelligence in monitoring falls in dementia patients.



Amer Burhan, Acting Chair, Division of Geriatric Psychiatry with Dr. Helen Park and Mr. Tom Ross at the IPA 2013 in Seoul, S. Korea.

Dr. Michele Doering delivered one of the core workshops of the Teaching Certificate with Dr. Carla Garcia on "the difficult trainee".

On November 6, 2013 the Division of Geriatric Psychiatry in conjunction with St. Joseph's Health Care London, hosted our Eleventh Annual Symposium "Leading & Learning Together Journey of Dementia". This full day event was held at the Best Western Lamplighter Inn, London, Ontario and included a research poster display. The day was another great success, with 170 in attendance representing psychiatrists, Family Medicine physicians, nurses, psychologists, occupational therapists, physiotherapists, social workers, pharmacists, dieticians, and healthcare administrators. We had attendees from across Ontario, a good indicator of the wide-reaching appeal of the program and speakers. In addition, eight posters were displayed, showcasing research being done locally in a variety of areas related to senior health and eldercare. Conference Chair Dr. Lisa Van Bussel "There is still a good deal to be learned about interventions to better ease the psychiatric distress of the elderly," Dr. Lisa Van Bussel, "We are pleased to be bringing together so many health care practitioners who understand that maintaining mental health among seniors means significantly impacting their overall well-being and improving quality of life."

The keynote speaker was Ms. Naomi Feil, founder and director-in-chief of the Validation Training Institute, a U.S. based, not-for-profit organization. Feil, a Masters in social work, is also an established author and speaker across the globe. Between 1963 and 1980, she developed validation therapy as a response to her dissatisfaction with traditional methods of working with disoriented geriatric clients. Built on an empathetic attitude and a holistic view of individuals, validation therapy is a method of communicating with, and helping, disoriented elderly individuals that helps to reduce stress, enhance dignity and increase happiness. Feil believes that if a care giver "can step into the shoes of another human being and see through their eyes, one can step into the world of the disoriented elderly and understand the meaning of their sometimes unusual behavior."

Also invited keynote Dr. Christopher Patterson, a Professor in the Division of Geriatric Medicine, Department of Medicine, Faculty of Health Sciences McMaster University, and former Chief of Geriatric Services, Hamilton Health Sciences Dementia presented on Insights from the 4th Canadian Consensus Conference regarding new standards for assessment and diagnosis of dementia . He has served on each of the 4 Canadian Consensus Conferences on Dementia, and was Co-Chair of the most recent CCCDTD in 2012. He has an active practice in Geriatric Medicine with a special interest in dementia and cognitive disorders. He is an investigator with the Canadian Longitudinal Study on Aging. In addition to the keynote address he presented the workshop: "Starting Drugs is Easy; Stopping, Not so Much".

Below are the workshops presented during the symposia:

- 1 A Year in Review: Hot Topics in Geriatric Psychiatry Research - Dr. Akshya Vasudev, LHSC
- 2 Dementia and End-of-Life care: Easing the Transition - Jackie Crandall RN(EC), M.Sc.N. CHPCN(C), GNC(C)

- 3 Applying a Person-Centred Approach to Responsive Behaviours in Dementia Care -Karen Johnson, EPRC, Geriatric Mental Health Program in Collaboration with Joanne Hipwell the Alzheimer Outreach Services of McCormick Home
- 4 Dementia with Predominant Cortical-Subcortical Features - Dr. Amer Burhan, SJHC
- 5 The Hospital Elder Life Program: A Strategy to Prevent Delirium Using Trained Volunteers - Donna Wiancko RN(EC), M.Sc.N., GNC(C), LHSC
- 6 Subjective Memory Complaints: Practical Recommendations & Tips for Your Toolbox, Dr. Jennifer Fogarty Neuropsychologist in Specialized Geriatric Services at Parkwood Hospital, and an Assistant Professor in the Faculty of Medicine at Western University

News from the LHSC site:

Research at GMHP LHSC got a boost with a private funding of \$10K from Nancy Poole Geddes in the fall. Dr. Akshya Vasudev is able to continue his research as a faculty scholar at ICES@Western with an AMOSO grant, which was recently secured. Dr. Burhan will be co-investigator on at least one planned study. Attempts are being made to collaborate with a number of partners from other academic sites like U of Toronto and Queens U. The options are endless in terms of mining through a wealth of information at ICES through the Western site. Those interested in collaborating on projects utilizing the ICES database are encouraged to get in touch with Dr. A. Vasudev and he will be happy to facilitate.

Dr. A. Vasudev presented in a panel discussion titled " Vascular depression, where are we now" led by Joel Sneed, with co-panel members George Alexopoulos, John O Brien at the International College of Geriatric Psychopharmacology conference, Pittsburgh, in November 2013.

The Geri Psych CPD group continues to be well attended with a number of speakers from local and regional levels. As the New Year comes upon us we seek participation from outside the region as well. We have been able to secure Dr. Simon J Davies, Geriatric Psychiatrist and Assistant Professor Clinical Scientist at CAMH to present his research and other interests on the evening of 2nd April 2014. This will be an accredited Group 1 Learning Activity. Stay tuned for details.

Respectfully Submitted by:

Dr. Amer Burhan, Assistant Professor and Acting Chair, Division of Geriatric Psychiatry

Dr. Lisa Van Bussel, Associate Professor, Chair of the Annual Geriatric Psychiatry Symposium and Physician Lead, Geriatric Psychiatry Program at RMHC-London, Division of Geriatric Psychiatry, RMHC site

Dr. Akshya Vasudev, Assistant Professor, Division of Geriatric Psychiatry, LHSC site

Research

Well, 2013 is nearly over. Irrespective of whether we personally find the holiday season to be a celebratory or more pensive time of year, it stands as a reminder that yet another year is drawing to a close, and gives us pause to reflect upon the past year.

As I look back on 2013, I am heartened by all of the research successes that we have achieved, in the context of a very challenging funding climate. With the tremendous assistance of Sarah O'Flanagan, we have nearly finalized the Department of Psychiatry Research Report, and the productivity of our faculty, clinicians, associated scientists, and talented trainees is very impressive! For some, there have been great successes this year; for others, the successes are on their way. Irrespective of whether 2013 has seen a particular project funded or not, a particular article published or not, or a particular opportunity actualized or not, we are individually and collectively making important contributions to the field of mental health, and the impact of our work is being felt locally, provincially, nationally, and Internationally. We all have reason to be proud of our achievements and to celebrate our successes.

As many of you heard at the recent department meeting and seasonal get-together, I gave a brief synopsis of the activities of the working group focusing on enhancing our clinical research programs that directly impact client care across the life course. Among the activities of this initiative were a series of discussion sessions that took place this past August and September, in which 40 department members across career stages got together and discussed research in our department. The ensuing discussions identified a series of perceived challenges and potential solutions pertaining to research mentorship and training, academic productivity, integration across healthcare and academic sites, and a diversity of attitudes towards research within the department. A number of points of view were expressed, directly, honestly, and respectfully, and there was good consensus on steps to be taken in moving forward. We have already begun taking some of those steps, including revising the monthly Research Interest Group, and we will be moving ahead with other initiatives to enhance research in our department in the New Year. I look forward to sharing more with you in coming months, and, as always, to receiving your thoughts, input, suggestions (and, yes, even critiques) so that we can all have even more to celebrate at the end of 2014.

On that note, I would strongly encourage members of the department to become familiar with the latest news from CIHR on the Foundation and Open Operating Grant competition funding schemes (<http://www.cihr.ca/e/47645.html>). You also might wish to attend an information session that will be held on-campus on Thursday, January 9th (from 2:00-3:00 P.M.), in the Medical Sciences Building (Room MSB148). You will have an opportunity to ask questions about the new funding schemes at CIHR and what it means for your research. We will also be devoting an upcoming Research Interest Group meeting to discussing the shifting Canadian health research funding climate and alternative sources and opportunities for research funding. You can keep up to date on research information, updates, and opportunities by checking the Department's Research Website (<http://www.psychiatry.meduwo.ca/dir/content/research-information-updates-and-opportunities>).

And finally, before heading off for the holidays, I wish to share with you some of our recent successes.

- Please join me in congratulating **Dr. Mischa Tursich** and her colleagues and collaborators for their successful Department of Psychiatry seed funding grant entitled “Neural Bases of Suicidal Behaviour in Dissociative and Non-Dissociative PTSD.”
- Congratulations also to **Dr. Pramudith M. Maldeniya** and **Dr. Akshya Vasudev** for their recent publication in Case Reports in Psychiatry entitled “Is the Concept of Delirious Mania Valid in the Elderly? A Case Report and a Review of the Literature.”
- Congratulations as well to **Dr. Verinder Sharma** and his colleagues for their recent publication in Bipolar Disorders (and featured in medwireNews) of an article entitled “A Prospective Study of Diagnostic Conversion of Major Depressive Disorder to Bipolar Disorder in Pregnancy and Postpartum.”
- And I would like to express warm congratulations to my colleagues and sincere thanks to Movember Canada for funding our research study entitled “Enhancing Psychological Resiliency in Older Men Facing Retirement: Testing a Meaning-Centered Group Intervention.”

To all the faculty, clinicians, scientists, trainees, and staff-members in the Department of Psychiatry and affiliated departments and research institutes, best wishes for the holiday season!

Dr. Marnin J. Heisel
Director of Research, Department of Psychiatry

Continuing Professional Development in Psychiatry

On October 25, 2013 the CPD program hosted our Third Annual Mental Health Symposium, “Anxiety Disorders: Emerging Trends in Pathophysiology and Management”. This full day event was held at the Best Western Lamplighter Inn, London, Ontario. The day was a great success, with over 100 in attendance representing Psychiatrists, Family Medicine Physicians, Nurses, Psychologists, Social Workers and Residence.

Plenary speakers Dr. Randi McCabe; Director of the Anxiety Treatment and Research Centre and Psychologists-in-Chief at St. Joseph’s Healthcare Hamilton and Dr. Randolph Nesse; Psychiatrist, Psychology, Institute for Social Research, Evolution and Human Adaption Program at the University of Michigan.

Workshops presented:

- 1 The Burden of Triple Diagnosis: Anxiety Disorders, Mood Disorders and Substance Use Disorders – Dr. Viraj Mehta
- 2 Transdiagnostic Treatments for Anxiety Disorders – Dr. Martin Antony
- 3 Optimizing Treatment Outcomes for Depression and Anxiety; From Neurobiology to Insurance Companies – Dr. Michael Rosenbluth
- 4 Anxiety Disorders: An Evolutionary Perspective and its Clinical Relevance – Dr. Randolph Nesse

- 5 Part 1 Treatment Resistance in Anxiety Disorders, Part 2 Applying Motivational Enhancement Strategies – Dr. Randi McCabe
- 6 Relationships Between Anxiety and Physical Illness: Implications for Assessment and Treatment – Dr. Heather Getty
- 7 Treatment Resistant Anxiety Disorders: Obstacles in Psychopharmacology – Dr. Mark Watling

SAVE THE DATE: 4th Annual Mental Health Symposium – September 26, 2014

Other News

Congratulations to Dr. Amresh Srivastava who was notified by Scholarship@Western that he has had over 20,000 downloads and readers over the past 4 years. For more information about Scholarship@Western, please check out the website - scholarship@western

Submissions for the Spring 2014 Issue of the Newsletter

Please submit any newsworthy items by **February 15, 2014** for the Spring Newsletter to:
bela.franze@lhsc.ca or faye.slote@lhsc.on.ca



Mark Your Calendars Now! Friday, April 25, 2014

Registration: Brochure and registration details will follow shortly

Division of Child and Adolescent Psychiatry
Schulich School of Medicine & Dentistry, Western University

Children's Hospital, London Health Sciences Centre
Child and Adolescent Mental Health Programs

St. Joseph's Health Care, RMHC London
Adolescent Program

The focus of this conference is
Mother Child Mental Health- Managing Risks and Promoting Resiliency in Families

*Four Points Sheraton
1150 Wellington Rd, London, ON*

Keynote Speakers

Dr. Chaya Kulkarni, Sick Kids Hospital, Toronto

Dr. Heidi Haensel, LHSC, Western University

Workshops by:

- Dr. Heidi Haensel, & Dr. Laura Lyons
London Health Science Centre

- Dr. Jeff Carter
Vanier Children's Services

- Kathryn Lambert
Children's Aid Society London

- Dr. Chaya Kulkarni

Director of Infant Mental Health Promotion, Sick Kids Hospital, Toronto, Ontario

For Information contact:
Faye.Slote@lhsc.on.ca