

# Psychiatry Newsletter

## April 2022



Dear Psychiatry family,

We had hoped COVID would be in our rearview mirror by now but as I type this note to you, we are in our sixth wave. Sixth. We know that COVID has reached into nearly every family in the department and many of you have battled it. We, I, remain ever grateful to you for your fortitude under these exceedingly stressful and annoying circumstances.

In spite of COVID, I see hope. We had a call for Team of the Year nominations and it warmed my heart to read about each team's impressive advances and the celebrations of one another. Every division had nominations and each was more enthusiastic than the next. Our Psychiatry Operations Committee will adjudicate the nominations and the winner will be announced at our summer Department Quarterly Meeting (DQM). Looking forward to seeing you there.

In an effort to enhance the decision-making transparency in our Department, we will include updates in our Newsletter going forward. We are grateful for this feedback and are working to meet people's needs in this area. If there is more that you would like to hear about, reach out!

### ***Update on the Strategic Plan planning process...wait, no plan?***

As those of you know who attended our last Department Quarterly Meeting, we took a step back to reconsider whether we should go ahead with a formal Strategic Plan crafting process or, instead, focus on a few key priorities that you highlighted in the January survey. We learned from our colleagues in Emerge that it can be expensive to engage an outside firm to support a plan writing process. At our last DQM, in small breakout groups, you decided that we should not pursue creating a formal Strategic Plan but rather to focus on key areas and work on improving them.



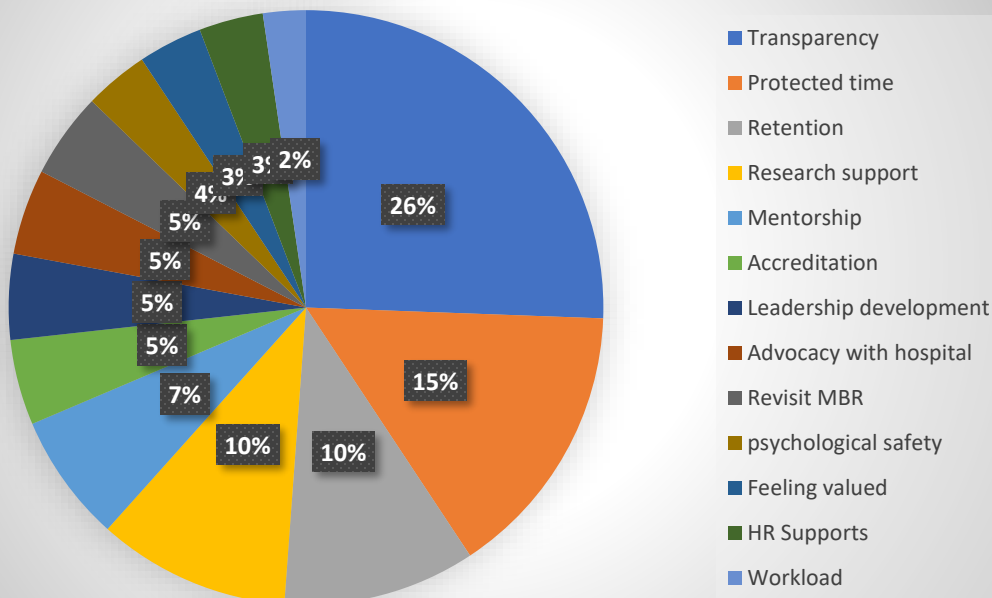
## **Geriatric Mental Health Education Series #4**

**SAVE THE  
DATE**

**Wednesday,  
June 15**  
10:00 am –  
12:00 pm  
Presenter: Dr.  
Darcy Harris

Theme:  
Grief and  
Bereavement  
More details to  
follow.

### **Highlights = 86 Comments**



At our DQM, we shared this graph. Thank you to all who completed our January survey on what you thought was important for us to focus on. Here is what you told us.

We can see that transparency, protected time, retention, and research support were most frequently mentioned by you.

One thing we learned from those breakout group discussions was that we didn't have a shared understanding of the term "psychological safety". This Newsletter contains a piece describing what we mean and where we are taking steps to improve safety in the department.

We also learned that concerns about transparency are also not shared by all. Some see the Department as being quite transparent, others less so. This, too, will be a focus of our work together.

All the facilitators noted wonderful engagement and frank and open discourse in these small group discussions. Thank you for participating and leaning into making our Department better and better.

*Next steps?* Our next steps will be to send out a second survey asking you to volunteer to work on a priority area of your choosing. Your Psychiatry Leadership Council (PLC) is working on crafting that request.

### ***Equity, Diversity, Inclusion, and Decolonization Lead (EDID)***

EDID issues are critically important for reinforcing a safe work environment. Without meaning to, people can reinforce old biases and structures that are perceived by some as discriminatory or aggressive. It is important for us as a department to work toward educating ourselves and each other so that all feel welcome and valued here.

As a step in that journey, we created an EDID lead position and we are grateful to our Finance Management Committee (FMC) for funding it. The advertised remuneration was \$10,000. We requested people volunteer to serve on the Selection Committee and nominations. As of my writing this letter to you, the committee has not yet met. We see this a pilot for one year. We hope to learn during that year and reassess.

*Next steps?* Next steps include interviewing potential candidates.

### ***Psychiatry Wellness and Resiliency Lead***

We also created a faculty lead for wellness and resiliency. Note that this is different from Michelle Marlborough and Mark Watling's support of individual faculty members through Schulich's Peer-for-Peer Support program. It also is distinct from the work that Laura Powe is leading for our residents. Rather this role will focus on advocating for wellness initiatives at the faculty level and serving as a resource. We hope that work by this lead will reinforce faculty members' sense of meaning at work.

As with the EDID lead, we are grateful to our Finance Management Committee (FMC) for funding it. The advertised remuneration was \$10,000. We requested people volunteer to serve on the Selection Committee and nominations. As of my writing this letter to you, the committee has not yet met. We see this a pilot for one year. We hope to learn during that year and reassess.

*Next steps?* Next steps include interviewing potential candidates.

As you know by now, I like to end my comments with statements of gratitude to each of you. You may also know that I love to hike and backpack. As I have said to our Psychiatry Operations Committee (POC) members, if I am ever grouchy, send me outside for fresh air!



This is an image of a cairn from New Hampshire. I find cairns beautiful. Cairns help show the way forward by marking a trail. Often hikers will add a stone to the pile while reflecting on someone who has passed. They are natural and balanced. They are dynamic and ever changing as they depend on people maintaining and adding to them. Some people find them controversial, as hikers are supposed to “leave no trace” and not disturb anything, and yet to have a cairn, there has to be rock movement. And cairns are guideposts, ever helping people move forward toward their goals.

Cairns are like our Department and its members. We encourage reflection. Our Department is ever changing and completely depends on people’s efforts to maintain, balance, and advance it. We don’t all have the same perspective on things and we encourage respectful debate about differences. Our Department strive to serve as guideposts, helping people advance the mission critical work they do every day. And to me, our Department is beautiful because it consists of each of you. Thank you for contributing to our shared cairn.



## Save the Date!

### Child Health Research Day

May 25, 2022

Location: Children's Hospital

Shared session for all partners

### Wine and Cheese Evening Poster Session

May 25, 2022 Location: The Factory

### Child Health Symposium

May 26, 2022

Location: TVCC and Children's Hospital

Presented by: Department of Paediatrics, Child and Adolescent Mental Health, Children's Health Research Institute, Children's Hospital London Health Sciences Centre, Developmental Disabilities Program, Paediatric Surgery, Schulich Medicine and Dentistry, Thames Valley Children's Centre, Western's Collaborative Graduate Specialization in Developmental Biology, Western Health Sciences and Western University

## CPD Update – April 2022

Welcome to the second half of the CPD activities for this academic year 2021-2022. As enter spring the weather is improving, snow if melting, the bulbs are sprouting and the birds are chirping. It harkens a warm welcome that new life is starting. In the spirit of rejuvenation and new life, we bring forth for you fresh and sparkling new education activities. We look forward to seeing you at our future CPD events, full of love, mirth and laughter.

**“LEARNING IS LIKE ROWING UPSTREAM, NOT TO ADVANCE IS TO DROP BACK”.**

### CHINESE PROVERB



We are grateful and thank you all who have walked with us on this journey of exploration, enrichment and enhancement of knowledge so far in the 2021-2022 academic year. Our thanks go out to all of you (our faculty and residents) who have either presented or are going to present at our educational activities and a huge thanks to all of you who have attended these events.

## Upcoming CPD presentations for the Department of Psychiatry:

1. DPCCR – April 12, 2022 – Dr. Dina Lagzdins, 12:00 – 1:00 pm
2. Department of Psychiatry Grand Rounds- –April 14, 2022–Dr. Anna Gunz, 8:30 – 10:30 am, CLIMATE CHANGE AND ITS IMPACT ON MENTAL HEALTH
3. Learning After Five – April 19, 2022 – Dr. Pierre Blier, 5:00 – 7:00 pm
4. ABC Book Club – April 19, 2022, 12:00 – 1:00 pm
5. DPCCR – April 26, 2022 – Dr. Justin Piazza, 12:00 – 1:00 pm
6. PACERS- April 27, 2022 – Drs. Michael Silverman, Dr. Aturan Shanmugalingam and Monty Ghosh, COVID 19: CLINICAL UPDATES, IMPACT ON MENTAL HEALTH, SUBSTANCE USE AND ADDICTIONS, 8:30 am – 12:00 pm
7. DPCCR – May 10, 2022 – Dr. Daniel Turski, 12:00 – 1:00 pm
8. Department of Psychiatry Grand Rounds-, May 12, 2022 – Dr. Solomon Moshe, **THE KINDLING AND REKINDLING IN EPILEPSY AND ITS INTERFACE WITH MENTAL HEALTH**, 8:30 – 10:30 am
9. ABC Book Club – May 17, 2022, 12:00 – 1:00 pm
10. DPCCR- May 24, 2022 – Dr. Corinne Boudreau, 12:00 – 1:00 pm
11. MMI – May 31, 2022 – Dr. Mohamad Elfakhani – 12:00 – 1:00 pm

Learning After Five and other special education events will be announced via email. We continue to offer all of our education events virtually, via zoom, during this pandemic. Thank you for your patience and continued support.

### **Developmental Disabilities Rounds**

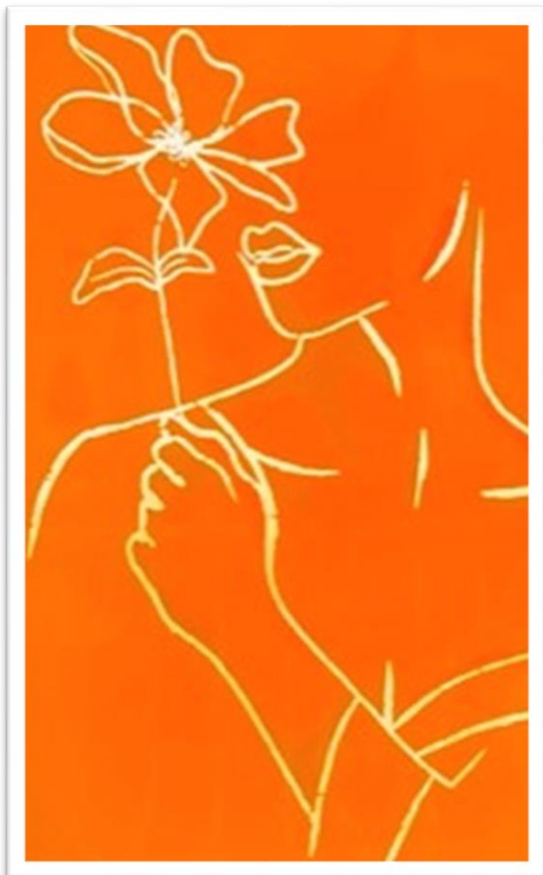
These rounds are offered October through June, on the second Wednesday of the month, from 4:00 pm to 5:00 pm. These rounds are offered via Western Zoom. Please look for email communication from Sarah O’Flanagan.

**REMINDER:** Registration is required for these accredited CPD events, as per the Royal College of Physicians and Surgeons of Canada Guidelines. The guidelines stipulate that attendance must be tracked for these educational events. Please complete your online evaluations for these events, also as per the RCPSC Self- Accreditation Guidelines.

**PLEASE NOTE:** We will continue to send all CPD events as calendar appointments, which will include the zoom registration link. Please ensure that you have registered for the event in order for us to track your attendance as per RCPSC guidelines. Certificates will only be sent to those individuals who register and attend the event.

We look forward to meeting with you all virtually for our next CPD event.

Cheers,  
Dr. Varinder Dua  
CPD Director



**“Gratitude is the fairest blossom  
which springs from the soul.”**

**-Henry Ward Beecher**

*(Painting by Dr. Naghmeh Mokhber)*

# SPOTLIGHT

## Ryan Parker



1. Tell us about yourself.

I completed my residency training in Windsor last year and am in my first year of practice. I do a few different programs at Hotel Dieu Grace including inpatients at our tertiary site TNI, Dual Diagnosis clinic, the Mental Health Assessment Urgent clinic as well as a bit of community practice. I am also involved with teaching the residents and medical students on their rotations which is always fun.

2. What are you most proud of?  
My family.

3. Where do you see yourself in the next 5-10 years?  
Hopefully doing the same work but having it feel less busy. Probably more community practice with the Dual Diagnosis population and less Urgent Clinic work. Mainly looking forward to having more adventures/vacations with my family.

4. What are your hobbies/interests?  
Board games, nature walks, watching soccer and scuba diving. Hopefully getting back into swimming as well.

5. What is your favorite food?  
Fettuccine Alfredo.

6. Where is your favorite vacation destination?  
Sentimental Rondeau Park, adventure would be scuba diving in Raja Ampat, Indonesia.

7. What is your favorite TV series?  
River Monsters or anything else with Jeremy Wade.

8. What type of music do you listen to?  
A bit of everything rock, pop, rap, country, ambient, electronic and some classical music. Recently enjoying some Silverstein albums when walking and Ludovico Einaudi for working.

## From Windsor

One can go on and on about the many reasons why training, working, and living in Windsor is great. From the cuisine and ethnicities, the history (Hiram Walker's), the cost of living, the proximity to Detroit, and who could forget, the pizza! One of the most recent exciting pieces of news is the announcement of an electric car battery plant coming to the area, securing jobs for many years to come. This has created quite a buzz in the community.

Within the Psychiatry Department, as usual, it is our people who are our strength. A well-deserved round of applause goes out to this year's winners of the Schulich Awards of Excellence, Dr. Yousha Mirza and Dr. Andrew Bridgen. For years they have been, and continue to be, shining stars for the program. We look forward to welcoming Andrew to the faculty family in just a short time. Get your working boots on!

In departmental news, CaRMS interviews have just been completed, and we anxiously await the opportunity to meet the 2 new members of our family. A cohort of London faculty recently made the trip to Windsor, including Dr. Yoo and Dr. Dickey, which was a nice opportunity to showcase our beautiful University of Windsor Campus, and some local restaurants.

Psychotherapy is in bloom, committees are a meetin', and we are full steam ahead until Accreditation later in the year, our chance to flex for the RC. Our residents continue to shine, matching to subspecialties, joining Schulich faculty, teaching and mentoring medical students, advocating for mental health in the community. They keep making us proud!

In today's feature, we are highlighting one of our newest faculty, Dr. Ryan Parker, who is the first resident to complete the entire 5-year Psychiatry residency in Windsor, as well as Dr. Zinnia Ali (PGY 4), who is excited to embark on her journey to Child and Adolescent subspecialty training at McMaster.

Yours truly,



Dr. Pat Montaleone



I am grateful for all the moments, big and small, that make life worth living!

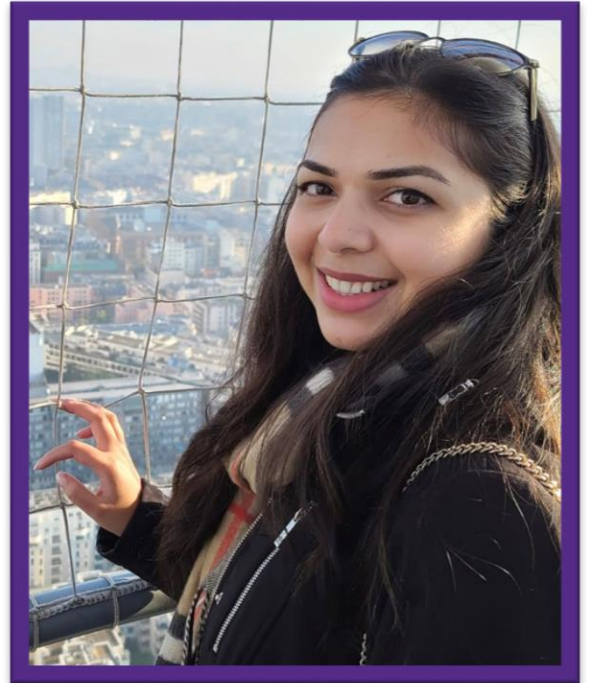
- Dr. Pat Montaleone

← Lily, Dr. Elfakhani's cat



## Spotlight

### Zinnia Ali



1. Tell us about yourself.

I'm completing my 4th year of psychiatry residency training with Western. My undergraduate training was in Kinesiology and Health Science but my passion for holistic patient care led me to the field of medicine. I have a special interest in Child and Adolescent Psychiatry and am looking forward to starting my subspecialty training in the coming months! Having lived in the GTA most of my life, I was uncertain what living in Windsor would be like, but it has exceeded my expectations. Over the last 4 years, the Windsor community has shown me an abundance of kindness and compassion. I hope to continue giving back to the community through patient centered care.

2. What are you most proud of?

It's difficult to pinpoint one main accomplishment. I would say that it is a combination of my education/career, family and friends that makes me most proud.

3. Where do you see yourself in the next 5-10 years?

In terms of career, I see myself working with children and youth, especially with eating disorders and childhood trauma both in a community and academic setting.

4. What are your hobbies/interests?

Traveling is one of my main interests. With the pandemic, I have had more of an opportunity to travel domestically and appreciate the natural beauty of cities within Canada. I also enjoy spending time with my family and reading.

5. What is your favorite food?

All types of dessert and anything related to chocolate.

6. Where is your favorite vacation destination?

Anywhere warm with lots of sun!

7. What is your favorite tv series?

Friends.

8. What type of music do you listen to?

I enjoy all types of music and will mainly listen to whatever comes on the radio.

Greetings to all who are reading through this newsletter. It is the first time that I am contributing to this newsletter as the Division Chair of the General Adult Psychiatry Division. After I started in July of 2021 in this role I dived into many appointments to meet with members of the division and/or to discuss with each member their career development plan. This process had given me plenty of opportunity to learn about each faculty member, to chat with each of you, and to learn about each individual's career goals and plans. With those whom I did not see in the CPD process I scheduled individual meetings to hear your thoughts about the division.

For personal health reasons I was off in October, November, and December of 2021.

Since I returned to my duties I have planned now a division meeting on February 15th. I am quite curious of what we all will discuss and how we are going to form an identify of our division.

While I had the opportunity to talk to most of you individually and learn about your background and career plans I was really impressed of how much contributions are made by each of you to the department, the academic mission of our division but also to the education of our residents, students, and to patient care. I realize that many of you do extra curricular work and have engaged in commitments to improve mental health care on a broad scale.

I also realized that there are parts and aspects of our day to day work and in relation to department and division that are challenging and causing discontent. What touched me most in the discussions with you and learning about your discontent was your enormous dedication to the department, division, and our mission. Whatever was brought forward to me showed that there is a deeper wish to develop our department and division, to contribute to patient care and academic advancement and to have a workplace where we all like to go.

I am looking forward to continuing this journey with you.

Volker Hocke MD FRCPC  
Division Chair

## **Residency Update**

### **Dr. James Ross**

It has been a busy past few weeks for the residency program. The CaRMS process went smoothly, with many impressive candidates applying to our program, including many Western Med grads. The RPC is in the process of finalizing a new Program Handbook that will outline program requirements and other useful information about residency for residents and supervisors. The teaching curriculum for next year is coming together well as we complete the last details of the curriculum map for accreditation. The Competence Committee is meeting soon to review files for the last period, with some further refinements to the review and quarterly review (meetings with program director and associate PD for residents) process. Dr. Ross is planning on having meetings with the resident cohorts on a regular basis to check in and discuss progress over the year as well as host upcoming meetings with consultants and other groups in the program. Thanks to everyone who continuously makes our program function and evolve!

# Child and Adolescent Psychiatry Update

Dear Colleagues,

It has been a very busy past few months for the Division of Child and Adolescent Psychiatry (DCAP). Our faculty have been managing increased volume and complexity in all clinical areas. I would like to thank all faculty who have helped cover on call and the inpatient unit over the past few months. I appreciate that members of division cancelled their plans and participated in back up call schedules, to ensure the children and youth in the region are well supported. Faculty members have risen to the occasion of meeting the needs of our patients and are participating in several initiatives across Children's Hospital to work on improving access and overall experience of our patients and families.

Members of DCAP have welcomed new faculty including Dr. Rebecca Barnett, Child and Adolescent Psychiatrist and Dr. Erin Orr, Psychologist.

Members of DCAP have been involved in several committees and initiatives to enhance the post graduate education experience for psychiatry residents, CAP residents and pediatric residents. Thank you to Dr. Michelle Ngo, Program Director CAP Subspecialty Program, Dr. Nina McCurdy, Pgy-3 Coordinator, Dr. Frank Symons, CAP subspecialty Competence Committee Chair, Dr. Jon Gregory, CAP CBME Lead, Dr. Aleksandra Nowicki, Paediatric Coordinator, and all members of the CAP subspecialty RPC for all your efforts. Also important to note that members of DCAP are actively involved at the Department level in Postgraduate Education. Dr. Ray Egan is the Psychotherapy Lead, Dr. Jon Gregory is the Assessment Lead, TTP Course Lead, and Wellness Course Lead and Drs. Egan, Gregory, Ngo, and McCurdy all participate in the Psychiatry RPC . We are excited to support our Psychiatry program and the Psychiatry RPC with accreditation in the fall. Our subspecialty RPC will also soon be busy preparing for an Internal Review.

DCAP has relaunched the DCAP Advisory Committee to provide input, planning and discussion for undergraduate, postgraduate, CPD, and research endeavours. We are happy to announce we have three resident representatives on the committee. Dr. Corrinne Boudreau (Psychiatry Resident), Dr. Dennis Curry (Psychiatry Resident) and Dr. Peter Cordell (CAP Subspecialty Resident). Current Faculty membership includes Drs. Ngo, McCurdy, Haensel, Abramson It is hope that we will expand into having community and youth representation on this committee in the near future.

DCAP has also started a Peadiatric Emergency Room Mental Health Working Group. Our focus is to improve the experience of patients, families and learners. We had a productive first meeting and the resident representatives have been briefed. Soon this group will expand to include resident input and start an education series. More to come on this important endeavor!



“There are two means of refuge from the miseries of life: music and cats.”  
- Albert Schweitzer

And for me are poetry, music and Mimi, my cat.  
- Dr. Naghmeh Mokhber

## Child and Adolescent Psychiatry Update continued.

Dr. Jennifer dela Paz has been working with Dr. Vasavi Poolacherla and the Transition Age Youth Team to successfully increase access and capacity for this age group. Their efforts have made a huge impact on youth mental health and our division.

The division is excited to share the news that Vanier Children's Services has been selected by the Ministry of Health to host the Tele-Mental Health Services Western Hub and Dr. Naveed Rizvi is the Medical Director for the program.

The division would like to give our colleagues at CPRI best wishes in regards to their recent accreditation and I was thrilled to be part of that process.

Dr. Joubert and Dr. Hall including our local research team and national working group continue to roll out the MAPP (A Multi-Disciplinary, Patient-Partnered, Pan-Canadian, Comparative Effectiveness Evaluation of an Innovative Acute Pediatric Mental Health and Addiction Care Bundle). The study has officially started with Dr. Hall, Dr. Joubert and Florence Cessar, Project Manager meeting with residents representatives, DCAP faculty and the Psychiatry RPC. We are getting a lot of support from the community to increase access to mental health appointments post MH ER visit. There is an amazing team in the Paeds ER, research support and leadership at Children's Hospital, and the Child and Adolescent Mental Health team all committed to improving the experience of child and adolescent mental health patients and families. This is a multi-year study.

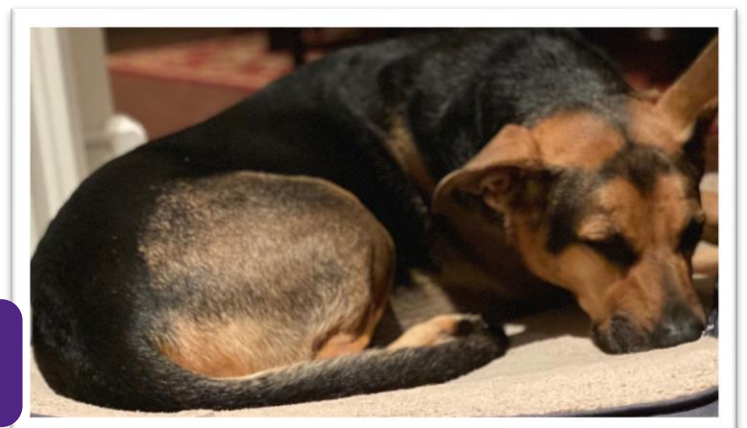
Dr. Ngo and I have been working at the National Level with the Canadian Academy of Child and Adolescent Psychiatry to develop a national debate series and to develop education products for the national membership. The national debate about the use of cannabinoids will occur virtually on May 26, 2022.

Our faculty have been also supporting undergraduate lectures and clinical training. Thank you to Dr. Haensel for her leadership with undergraduate education and to Dr. Gregory as the CBD Lead for undergraduate education in the Department of Psychiatry.



Mr. Jimmy

&



Flossie

Dr. Ross's pets

Please see our list below in regards to recent and upcoming CPD events. Thank you to all faculty for participating. We are excited to have our CPD lead, Dr. Joy Abramson back!

Date	Round Type	Presenter	Title
January 27, 2022	Child and Adolescent Psychiatry Interest Group (CAPIG)	Dr. Jeff Carter	A Clinician in a Strange Land: Mental Health Services at TVDSB
February 18, 2022	Patient Safety Rounds	Dr. Ngo	Telepsychiatry-reflections on quality and safety to ensure best practice
February 24, 2022	Child and Adolescent Psychiatry Interest Group (CAPIG)	Dr. Sarah Armstrong	Adolescent Self-Diagnosis: Mental Health Treatment in the Age of TikTok
March 24, 2022	Child and Adolescent Psychiatry Interest Group (CAPIG)	Wendy Goldsmith	“Supporting Vulnerable Young Women and Girls – London Abused Women’s Centre”
April 22, 2022	Complex Case Rounds	Dr. Pete Cordell	“Diagnostic Controversies in Autism Spectrum Disorder”
April 28, 2022	Child and Adolescent Psychiatry Interest Group (CAPIG)	Dr. Frank Symons	
May 20, 2022	Patient Safety Rounds	Dr. Joy Abramson	
May 26, 2022	Child and Adolescent Psychiatry Interest Group (CAPIG)	Dr. Rebecca Barnett	

## Recent Publications

Evaluating Cognitive Dysfunction of Major Depressive Disorder in Clinical Settings

(DOI: 10.3928/00485713-20220222-01)

Author: Jae-Hon Lee

A Systematic Review of the Neural Correlates of Sexual Minority Stress: Towards an Intersectional Minority Mosaic Framework with Implications for a Future Research Agenda

(DOI: 10.1080/20008198.2021.2002572)

Authors: Andrew A. Nicholson, Magdalena Siegel, Jakub Wolf, Sandhya Narikuzhy, Sophia L. Roth, Taylor Hatchard, Ruth A. Lanius, Maiko Schneider, Chantelle S. Lloyd, Margaret C. McKinnon, Alexandra Heber, Patrick Smith, Brigitte Lueger-Schuster

Bilateral Sequential Theta Burst Simulation in Depressed Veterans with Service Related Posttraumatic Stress Disorder: A Feasibility Study

(DOI: 10.1186/s12888-022-03729-1)

Authors: Thelepa Vaithianathan, Mervin Blair, Vanessa Soares, Yuri E. Rybak, Lena Palaniyappan, J. Don Richardson, Amer M. Burhan

## What is psychological safety in the workplace?

At our recent Department Quarterly Meeting members of several groups asked the question, “What is psychological safety?” Great question!

Dr. Amy Edmondson, Harvard University, defined team psychological safety as “a shared belief held by members of a team that the team is safe for interpersonal risk taking”. She further said that it “facilitates the willing contribution of ideas and actions to a shared enterprise”.

When people feel psychologically safe, we “give voice to” or speak up about ways to improve things or concerns we may have. We are comfortable admitting mistakes and learning from them. It is easier for us to ask for help when we need it. We accept feedback more readily. We are eager to contribute new ideas we may have. We feel safe taking risks and experimenting with new ways of doing things. Our perspectives shift as we take in divergent views. Creativity is fostered.

Our experiencing psychological safety not only supports our sense of well-being, but it also affects patient outcomes. Within a safe environment, we are not afraid to speak up, if we are concerned about a particular process negatively impacting patient care or ask a colleague their take on a clinical question. We can problem-solve to see if there is a better way to work with our patients. We share information more freely.

When we feel psychologically safe, we feel less alone because we are not alone. Even when we are expressing a different opinion, we have a community of colleagues who have our backs and help us. Who affects the psychological safety climate in our department? We all do. Yes, leadership absolutely has a major role in setting the overall culture. And, we all contribute to our shared culture. We all make choices daily about how we respond to each other, when we question the status quo, what kind of feedback we provide and what level of risk we are willing to take. We choose our openness and tone. Each of us contributes to the degree of psychological safety that we experience. Where in our Department are we explicitly taking steps to build psychological safety? Particular areas include 1) our Morbidity & Mortality Improvement Rounds, where we are emphasizing a “no blame” discussion and in our critical incident debriefs; 2) advancements in our residency program committees’ efforts and discussions by providing more opportunities for residents to give us feedback; 3) ABC Book Club and their explorations through how to have difficult or crucial conversations with one another; 4) initiatives such as soliciting for an Equity, Diversity, Inclusion, and Decolonization (EDID) lead; 5) supporting our faculty by reinvigorating our mentorship program; 6) open Q&A about departmental finances; and 7) seeking meaningful input and responding to that input in our strategic priorities planning. We can expand this list--it is within our grasp.

What is our ask of each other? We ask that we consider our individual contributions to our shared experience of psychological safety and we collectively commit to making it stronger and stronger.

- Amy Edmondson, Psychological safety: The history, renaissance, and future of an interpersonal construct. 2014 *Annu Rev Organ Psychol Organ Behav* 1:23-43
- Amy Edmondson, Psychological safety and learning behavior in work teams. *Admin Sci Quarterly* 1999.Vol 44 (2), 350-383



Did you know our Department has an Events Calendar?

# Check it out

Missing an event? Let us know [Jason.widdes@sjhc.london.on.ca](mailto:Jason.widdes@sjhc.london.on.ca)

# Congratulations



**Dr. Varinder Dua**

Congratulations for being selected to receive a Schulich Continuing Medical Education Educator Award.

**Dr. Vadim Beletsky**



Congratulations for being selected to receive the Schulich Educator Award of the 2022 Schulich Excellence in Education Awards (Postgraduate/Graduate).



**Dr. James Ross,**

Congratulations for being selected to receive a Schulich Faculty Development Award.

**Dr. Andrew Bridgen**



Congratulations for being selected to receive a 2022 Schulich Award of City of Windsor – Psychiatry Physician Award

**Dr. Yousha Mizra**

Congratulations for being selected to receive a 2022 Schulich Award of City of Windsor – Faculty of the Year Award

**Dr. Shanmugalingam**

Congratulations for being selected to receive a 2022 Schulich Award of Excellence - Educator Award.



**Dr. Jonathan Gregory**

our new General Psychiatry Residency Associate Program Director!

**Jim McCormack**

Congratulations for being selected to receive a 2022 Schulich Award of Excellence- Newcomer Award.



# Research

## **CURRENT REQUESTS, RESOURCES & OPPORTUNITIES**

### ***Call for Nominations – Department of Psychiatry Research Award***

Dear Colleagues,

I am pleased to announce that nominations are open for the 2021/22 Department of Psychiatry Research Award.

**The deadline for nominations is Wednesday, May 4th at 4:30pm.**

As noted in the later mentioned Terms of Reference, this award is presented annually to a faculty member of the Department of Psychiatry who has made a significant impact through their exceptional research. All nominees must be members of the Department of Psychiatry. All members from early to late career are eligible. The focus will be on research conducted over the most recent five years.

To nominate a faculty member, please send the nominee's CV and a brief (up to 500 words) letter why the nominee's research is exceptional and has made a significant difference to be submitted electronically to the office of the Director of Research via [Monique.Lewis@sjhc.london.on.ca](mailto:Monique.Lewis@sjhc.london.on.ca)

Self-nominations will be accepted.

The following criteria will be considered:

- Citations
- Altmetrics
- Contributions to policymaking or Improvements to patient care
- Acquisition of a major grant or patent
- Assembling a multidisciplinary research team
- Contributions to training the next generation of researchers
- Contributions to knowledge or any other point of impact
- Contributes to the research mission of the Department of Psychiatry (e.g., through research teaching and/or supervision of psychiatry residents, department committee participation, research collaborations with other departmental faculty members)

Please note that there are no repeat winners within a 5-year period.

You will receive an e-mail acknowledging receipt of your nomination. If you do not receive an acknowledgement of your submission within 2 working days, please contact Monique Lewis, Administrative Assistant for the Department of Psychiatry, at (519) 685-8500 x 47240. You may also feel free to contact me with any questions or concerns.

We look forward to receiving your nominations!



## **Methodology Clinics – Department of Epidemiology and Biostatistics - Western University**

The Methodology Clinics take place on Fridays, and are available by appointment only.

What are the Methodology Clinics?

Consulting and collaboration provided by supervising faculty and senior graduate students.

Why is the department offering this service?

- To train our students. One potential outcome, if the clinics are successful, is a graduate course in Methodological Consulting.
- To develop alternative funding streams for graduate student support.
- To identify potential employment opportunities for students and graduates.
- To facilitate collaborations between our faculty and our colleagues.

For more information [click here](#)

Contact Information:

Please direct any inquiries to [EpiBio@uwo.ca](mailto:EpiBio@uwo.ca) to make an appointment to attend the clinic..

**IMPORTANT NOTE: Due to COVID19, Methodology Clinic meetings will occur via online means (Zoom, Skype, etc.) until otherwise noted.**

## **Connect with the Psychedelics Research Community on MS Teams**

Because of the success of recent Psychedelics Research Workshop and demand for future programming in this area, we have decided to create a 'team' for the psychedelics research community at Western on MS Teams. This will be used for informal communications, such as sharing papers and research ideas, planning journal clubs and future research workshops, organizing knowledge/data sharing between departments, etc.

Feel free to join the team using this link:

[https://teams.microsoft.com/l/team/19%3aGPW2zkQ4FrxEor\\_fBuqUUIkm0Swvb9fKfs2G2XWL51A1%40thread.tacv2/conversations?groupId=5511b93a-709b-43c7-8d93-d92c860e47f3&tenantId=ad93a64d-ad0d-4ecd-b2fd-e53ce15965be](https://teams.microsoft.com/l/team/19%3aGPW2zkQ4FrxEor_fBuqUUIkm0Swvb9fKfs2G2XWL51A1%40thread.tacv2/conversations?groupId=5511b93a-709b-43c7-8d93-d92c860e47f3&tenantId=ad93a64d-ad0d-4ecd-b2fd-e53ce15965be)

**FYI:** To [connect with Psychedelics Researchers on MS Teams](#) -- the link only works if you are using a UWO email account. If you would like to join using an LHSC or SJHC email, please contact Ysabel Macdonald ([ysabel.macdonald@uwo.ca](mailto:ysabel.macdonald@uwo.ca)) for an invite using your preferred email address.

## ***Call for Research Ethics Board members for Dept. of Psychiatry***

The Department of Psychiatry is in need of additional Research Ethics Board - Western University members. The current complement of REB members is not sufficient for the high number of research protocol submissions.

Please consider serving as a member of the REB or acting as a delegated reviewer. To inquire about the possibility of becoming a member, please contact [Monique.Lewis@sjhc.london.on.ca](mailto:Monique.Lewis@sjhc.london.on.ca) and we would be happy to provide more information and to connect you with Erika Basile, the Director of Research Ethics and Compliance at Western.

Looking forward to hearing from you.

## ***Research Opportunities: Student/Trainee Researchers for your labs/projects***

It takes a dedicated team to stay up to date on all the amazing research that is ongoing in mental health. To assist in the process of finding new team members, we have been collecting a list of potential new members for faculty!

If you are looking for a new research team member, please connect with Monique Lewis ([Monique.Lewis@sjhc.london.on.ca](mailto:Monique.Lewis@sjhc.london.on.ca)) and she will happily share our updated list of interested individuals and their CVs with you!

Thank you!

## ***Call for Research Publications***

Dear all,

We want to recognize and showcase your research as it happens. We kindly request that faculty, residents, and students affiliated with the Department of Psychiatry to please send in the citations of your recent (2021-2022) publications to Monique Lewis.

- Format: APA
- Please state your division membership (as applicable)

Please email your publications to: [Monique.Lewis@sjhc.london.on.ca](mailto:Monique.Lewis@sjhc.london.on.ca)

Thank you.

# **GRANTS & FUNDING**

## **2022 Royal-Mac-Gaensslen Prize for Mental Health Research**

The 2022 competition of the Royal-Mach-Gaensslen Prize for Mental Health Research is now open (see details below).

### **[The Royal-Mach-Gaensslen Prize for Mental Health Research | The Royal](#)**

This annual national Prize provides funding to exceptional researchers who are affiliated with a Canadian academic or clinical research institution in the field of mental health and **who are 45 years of age or younger**, to encourage them to continue to pursue their research interests in Canada.

Please refer to the Prize Guidelines for full eligibility requirements and additional application details.

#### **[Guidelines](#)**

#### **[Application form](#)**

The 2022 deadline date for applications is Friday **July 15, 2022**.

Should you have any questions, please contact [research.awards@theroyal.ca](mailto:research.awards@theroyal.ca).

## **PSI Funding Opportunity: 2023 PSI Graham Farquharson Knowledge Translation (KT) Fellowship**

PSI is pleased to announce a funding opportunity for Ontario physician researchers: **2023 PSI Graham Farquharson Knowledge Translation (KT) Fellowship**.

PSI Graham Farquharson KT Fellowship is intended to provide salary support for a new investigator, who has demonstrated the ability to successfully complete high-impact knowledge translation research. The candidate must be either a practising physician in Ontario (with CPSO license) within the first five (5) years of their first academic appointment or a clinical fellow in Ontario. For more details, please see the funding guidelines on our website: [Funding Programs - PSI Foundation](#).

The Fellowship funds, dedicated to salary support, must protect at least 50% of the Fellow's time to conduct such research. This program offers two options for a funding timeline for salary support: A maximum of \$150,000 per year for two years; OR a maximum of \$100,000 per year for three years.

*Please note: Knowledge translation must be the fundamental purpose of this Fellowship and must be demonstrated in the application. This is funding opportunity is not an additional PSI operating grant.*

We require all applicants to submit the completed LOI directly to PSI via the PSI Online Grants Management System (<https://psifoundation.smartsimple.ca/>) by **June 3rd, 2022 5pm EST**.

LOIs will be reviewed by the PSI Grants Committee in July/August 2022. PSI will invite successful applicants to submit full applications by November 4th, 2022 at 5pm EST, which will undergo internal review for a final funding decision in December 2022.

**Link to PSI website announcement:** <https://www.psifoundation.org/new-psi-funding-opportunity-2023-psi-graham-farquharson-knowledge-translation-kt-fellowship>

## Reminder: Genomic Applications Partnership Program (GAPP) Funding Opportunity

Draft applications for the current round of [Genome Canada's Genomic Applications Partnership Program \(GAPP\)](#) were due to Ontario Genomics on Tuesday, February 8<sup>th</sup> 2022 at 9AM. Other important deadlines for this round and other upcoming GAPP rounds can be found on our website.

*To Apply:* Please contact [Ann Meyer](#), Advisor, Sector Innovation & Programs with any questions and/or to initiate your application process. Potential applicants are encouraged to do this well ahead of the draft intake date of February 8 to discuss fit of potential projects with the program and key criteria for GAPP. Project teams that are a potential fit will be provided the Expression of Interest (EOI) form

### Learn More:

- o [Genomic Applications Partnership Program \(GAPP\)](#)
- o [Previously Funded GAPP Projects](#)

### Competition Timelines:

Stage	Round 21*	Round 22*	Round 23*
Draft EOI due to Ontario Genomics	Aug. 10 2021	Nov. 3 2021	<del>February 8 2022</del>
Face to Face (or Zoom) meeting with Ontario Genomics' review panel	Sept. 20-23 2021	Dec. 7-9 2021	<del>March 22 2022</del>
Western EOI ROLA Proposal Due	Oct. 5 2021	Jan. 4 2022	<del>April 7 2022</del>
Final EOI due to Ontario Genomics	Oct. 18 2021 – noon	Jan. 11 2022 – 9AM	<del>April 14 2022 – 9AM</del>
Rehearsal Pitch to Ontario Genomics	Oct. 26-2 2021	Jan. 20-28 2022	<del>April 25-29 2022</del>
Draft Supplementary Proposal due to Ontario Genomics	Dec. 7 2021	March 1 2022	<del>June 7 2022</del>
Final Supplementary Proposal due to Ontario Genomics	Jan. 10 2022 – 9AM	April 7 2022 – 9AM	<del>July 7 2022 – 9AM</del>
Notice of Award	March 2022	June 2022	<del>Sept. 2022</del>

\* all dates subject to change and are dependent on available program funding.



Our next newsletter comes out in June

Please send your submissions to Jason Widdes by May 23, 2022.

# **2021-2022 Department of Psychiatry Research Award**

## Terms of Reference

### **Purpose**

This award is presented annually to a faculty member of the Department of Psychiatry who has made a significant impact through their exceptional research.

### **Eligibility**

Nominees must be members of the Department of Psychiatry. All members from early to late career are eligible.

### **Award Criteria**

The following criteria will be considered:

- Citations
- Altmetrics
- Contributions to policymaking or Improvements to patient care
- Acquisition of a major grant or patent
- Assembling a multidisciplinary research team
- Contributions to training the next generation of researchers
- Contributions to knowledge or any other point of impact
- Contributions to the research mission of the Department of Psychiatry (e.g., through research teaching and/or supervision of psychiatry residents, department committee participation, research collaborations with other departmental faculty members)
- No repeat winners within a 5-year period
- The focus will be on research for the most recent five years

### **Nomination Process**

An electronic call for nominations to all members in the department (cross-appointees, etc.) will be sent out by the Director of Research.

The nominee's CV and a brief (up to 500 words) letter why the nominee's research is exceptional and has made a significant difference must be submitted electronically to the office of the Director of Research.

Self-nominations will be accepted.

Nominations must be received by the deadline provided in the call for nominations.

### **Review & Adjudication**

The Department of Psychiatry Research Committee will choose the recipient by consensus from among the nominations and will notify the Psychiatry Leadership Council of its decision.

### **Recognition**

The recipient will receive a certificate in recognition of the accomplishment to be presented during a departmental meeting.

Review of Terms of Reference: Annual

Date of origin: February 2020

Date approved: July 2020

Date Revised: September 2021