

Psychiatry Newsletter

June 2023



Dear Psychiatry family,

We are heading into summer and we urge you to take some time away, be with friends and family, recharge, and enjoy doing things that restore your soul. Part of being a psychiatrist involves modeling and prioritizing self-care. The more we take care of ourselves, the more available we are to care for others so we encourage you to take some time away.

Research Advancement

In recent months we have been turning our attention to starting to rebuild our research portfolio. We are grateful to our Research Action-Plan Team, led by Dr. Arlene MacDougall, for providing us a set of recommendations. In line with those recommendation and with our Finance Management Team's (FMC) support, we have announced funding for clinician researchers for one day a week at the AMOSO rate of \$32,500 and project support of \$50,000 divided across four years.

Based on our FMC's recommendation, we are not incorporating these expenditures into our Merit-Based Recognition (MBR) program, but rather dipping into our surplus account. Why haven't we done this previously? As described in previous Department Quarterly Meetings (DQM), in late 2018, there was a \$1M projected deficit. That deficit didn't materialize, but was quite cautionary. The pandemic hit shortly thereafter and there was marked uncertainty about how shifting clinical volumes could affect our tithe account. We also have faced decreases in funding over time from Schulich and Medical Affairs. With careful stewardship, including lower expenses for recruitment travel and events, we weathered those lean days. We have funds in our Scientific Research & Experimental Development (SR&ED) account that can support this advancement. For those of you newer to our department, SR&ED is the tax incentive that encourages support of research.

This investment is important for us to help people reconnect with their passion and curiosity. Please connect with me to learn more about this program.

Academic Clusters

We have also started our Academic Clusters. These Clusters support people with shared interests working together, sharing ideas, writing grants and papers, engaging in quality improvement projects, and enhancing a sense of belonging. The initial Clusters derived from our Faculty Retreat and we hope that over time that they evolve and grow. The Department will support the second meeting of each Cluster with \$200-250 towards sharing a meal together.

The initial Clusters and people organizing the second meeting are:

- Education Academic Cluster – James Ross
- Geriatric Academic Cluster – Lisa VanBussel
- Mood & Anxiety Academic Cluster —Beth Osuch
- Psychopharmacology Academic Cluster —Rohit Lodhi
- Child & Youth Academic Cluster – Patty Hall
- Addictions Academic Cluster—Bilal Salem & Rohit Lodhi
- Trauma Academic Cluster—Ruth Lanius & Paul Frewen & Volker Hocke
- Systems Transformation & Quality Improvement – Arlene MacDougall & Kamini Vasudev
- Wellness--Don Richardson
- Global Mental Health Cluster--Arlene MacDougal

We hope that you become involved in one or more of these Clusters. All people are welcome to join.

Recruitment & Retention

On the topic of retention, we are pleased to say that this past academic year we only have had to say goodbye to four people and all for family reasons. In contrast, we are absolutely delighted that thirteen psychiatrists joined us, Drs. Israel Spivak, Zainab Bhojani, Arsh Dhaliwal, Jeremy Chitpin, Jasmine Aulak, Parul Kumar, Royi Gilad, Mohammed Alblowi, Rodney Lough, Michelle McLean, Mustafa Abdul Karim, Sivan Klil-Drori and Ade Ade-Dosumu. Sadly, Dr. Klil-Drori will soon be leaving (also for family reasons), but we are happy to say that Dr. Hira Safdar, who had left, will be returning imminently.

We are grateful to each of you for working to help people feel more welcomed and appreciated in our department.

Education News

We wish to thank Dr. Sreelatha Varapran for carefully steering our Undergraduate Education (UGE) program for many years, including through Covid. The baton has passed to Dr. Aturan Shanmugalingam and we look forward to his continuing to advance our programming. Many thanks to our Selection Committee: Drs. Beletsky, Ojha, and Poolacherla. We are also grateful that Dr. Sujata Ojha has been selected to serve as our Clerkship Director. We are fortunate to have such a strong lineage of UGE leaders!

Decision-Making Transparency

As part of our maintaining transparency about financial decisions, role descriptions with advertised stipends are posted in TEAMS.

Another recommendation from our Transparency Action-Plan Team was the request to keep nominations for the departmental Team award and Faculty of the Year award off of the email chain. Last year nominations were quite public and many people weighed in on the nominations. This year, as a result of the recommendations, nominations for those two awards went to psychchairadmin@lhsc.on.ca and myself. Our Psychiatry Operations Committee (POC), consisting of our three site chiefs, main residency program director, and myself, will vote on the nominations. The awards will be presented at the Department Quarterly Meeting (DQM).

Summer Faculty Meetings

Full-time clinical academic faculty should have received an invitation to connect over the course of the summer. These are unstructured, voluntary meetings to get to know each other better and for me to hear from you whatever you would like to share, for example, bright spots or challenges at work, balancing work with your personal life, and what you enjoy outside of work. At the end I will ask you whom I can thank on your behalf. I, personally, very much enjoy meeting with people and getting to know folks more deeply. We will meet in your office. I am looking forward to connecting with you.

What I am grateful for is that we went through this past academic year together, as one. One department. One body. One team. Ours is a beautiful department and I am grateful to each of you for your help in making us so.

Action-Plan Teams

Thank you to all the faculty who participated in our four Action-Plan Teams. As a reminder, at the January 2022 DQM, we decided to not create a formal strategic plan but rather focus efforts on the four top areas of concern: retention, research rebuilding, decision-making transparency, and well-being. Thanks to the Psychiatry Leadership Council (PLC) members who led the teams, Drs. Hocke, MacDougall, Varapavan, and Richardson, respectively. The teams have submitted their recommendations and the PLC has prioritized next steps. As you can see above, we are already making headway on the recommendations. We are now moving from planning to action and looking forward to sharing those further steps with you at our next DQM on June 5th.

Gratitude

This has been a busy year full of joy, uncertainty, high clinical volumes, deeply meaningful clinical encounters, tiredness, morale distress, friendships, learnings, curiosity, successes, losses, and beautiful acts of kindness both large and small. I know some days have been particularly challenging for some and exuberant for others. What I am grateful for is that we went through this past academic year together, as one. One department. One body. One team. Ours is a beautiful department and I am grateful to each of you for your help in making us so.

Take good care, stay well, and enjoy the summer sunshine.

Chandlee



From the Desk of FMC

This is a new initiative that will be in the Department Newsletter moving forward.

FMC in the Department of Psychiatry has a multifaceted role: it is tasked with governing the funds provided by Academic Medical Organization of Southwestern Ontario (AMOSO) as well as providing an advisory role to the chair of the department for financial matters if requested.

AMOSO is the governing body made up of local stakeholders that oversees the Academic Health Science Centre (AHSC) and Alternate Funding Plan (AFP), which is a Provincial Academic Funding Plan created to compensate academic physicians.

The AHSC AFP was originally established in 2003 through funding from the Ministry of Health and Long-term Care (MOHLTC) and the Ontario Medical Association (OMA) Physician Services Agreement (PSA).

AMOSO in turn provides funding to eligible physician groups set up as AFP Practice Plans. These are accountable to AMOSO and compensate eligible London academic physicians for their academic deliverables. In 2008, this plan was expanded to include all six Ontario medical schools. Pertinent details related to above can be found on the AMOSO website:

<https://amosoweb.ca/mission-vision-values>

In 2022, AMOSO advised FMC of all departments at Western University to update their existing practice plan agreements (AFPs) to abide by current legal standards/practices having not been updated since 2008. The new template was developed by AMOSO in collaboration with legal counsel, Mr. Robert Lee. Following a pitch by AMOSO administration to our FMC about the rationale for the updated plan in December 2022, our FMC elected to retain Mr. Robert Lee as our legal counsel for drafting the updated practice plan agreement as he had drafted the original 2008 practice plan agreement and updated the current template for the practice plan.

We met with Mr. Lee and provided him with the needs of our physician members and he helped us draft our new practice plan which underwent many iterations and we finally came up with a draft plan that was presented to our membership at large in a virtual meeting that took place on May 29, 2023 from 5:00 pm – 6:00 pm via Zoom. The members present agreed in principle to the draft practice plan. A final meeting has been set for June 19, 2023 from 5:00 pm – 6:00 pm for the membership to vote on this practice plan. We encourage our entire membership to attend this meeting. Bernice James/Laura Willis have already forwarded the Zoom link for this meeting.

We also approved new and existing applications made by our members in pursuit of AMOSO Innovation Fund and AMOSO Opportunities fund.

Finally, AMOSO has been encouraging departments to explore opportunities associated with Comprehensive AFP. This would have represented a challenge for our department as our St. Joseph's physicians would not have been eligible. Our LHSC physicians were also not interested in pursuing this opportunity. Our FMC, after discussing with department members, elected to not continue engagement in that process.

Dr. Varinder Dua, FMC Chair

Announcing New Research Associate for Department of Psychiatry

We are very pleased to introduce and welcome Julie Walsh, who joins us in the inaugural position of Research Associate for the Department of Psychiatry. Since 2011, Julie has been working with local researchers to achieve their research goals. She has worked in a variety of research roles including as a Research Coordinator, Project Manager and Research Facilitator as well as a Research Officer in the Grant Development Office at the Lawson Health Research Institute. As a result of her multiple roles within the London research community, she has a unique understanding of the local systems and is excited to bring her knowledge to the Department of Psychiatry.

In this part-time role, Julie will be focused on guiding and assisting our department's clinical faculty members to build their own capacity in the development and execution of faculty-led research projects. This may include:

- Assisting with the development of faculty-led research study proposals including internal/local and external requests for funding support;
- Facilitating the research ethics board (REB) approval process for faculty-led studies;
- Coaching faculty members on a one-to-one and/or group basis on their identified research skills/knowledge learning goals;
- Assisting faculty with the set-up of data collection processes, their understanding and application of relevant data analysis methods and techniques, and in the planning and preparing or knowledge translation activities; and,
- Liaising with current and potential internal and external collaborators to strengthen existing and/or catalyzing new research teams.

To request Julie's support, there is a brief process for faculty members to complete - please see the attached application form for details.

It is our hope that over the next several weeks, Julie will have an opportunity to meet our faculty members and learn about their various areas of research. She would be happy to attend the initial meetings of the academic clusters currently under formation. Julie can be reached at: jwalsh88@uwo.ca . Her office is located at Parkwood Institute Mental Health Care Building F5-321. Julie is available to meet faculty where they are located or virtually.

We are looking forward to receiving your applications!

Thank you,

Arlene MacDougall, MD, MSc, FRCPC

Director of Research, Department of Psychiatry
Assistant Professor, Depts of Psychiatry and Epidemiology & Biostatistics
Schulich School of Medicine & Dentistry, Western University

Director, [MINDS of London-Middlesex](#)

Director of Research and Innovation for Mental Health Care, St. Joseph's Health Care London
Scientist, Parkwood Institute Research - Lawson Health Research Institute

t. 519.646.6100 ext 47240

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Developments at LHSC

LHSC news:

- LHSC Accreditation Visit a Success – Exemplary Status!!!
- Patient Care Facilitators --- New Patient Care Facilitators (PCF) on Adult Inpatients at LHSC

Medical Staff supports:

- Medical Staff Meeting Initiative re-started February 2023 --- Physician Wellness Series – “The 8:30-4:30pm” & Addressing “Shoe Pebbles”
An initiative to promote physician wellness by addressing day-to-day issues that are time-consuming and difficult.
- Onboarding Drop-in Sessions being held Q2nd Wednesday of Each Month from 8:30-9am

Faculty transitions:

- Dr. Jennifer Dela Paz (Transitioning from TAY to increased time in FEMAP)
- Dr. Bushra Elhusein moving to inpatient service

Student news: New Workspace for Med Clerks in A2-687 has been set-up

Mohamad Elfakhani

NEW FACULTY

Please join us in welcoming Dr. Adedoyin Ade-Dosumu as a Full time Clinical Academic

Dr. Ade-Dosumu completed her undergraduate degree in Basic Medical Sciences at University of Ilorin, and her MD at Spartan University of Health Sciences. She went on to complete a Diploma in Cognitive Behavioural Therapy, as well as certificates in Diagnosis/Assessment and Pharmacological Treatment of Adult ADHD, Children First, and ADOS-2 Training for Clinical Setting. In 2021, she became a member of the Royal College of Psychiatry UK.

Dr. Ade-Dosumu’s most recent role was with the University of Limerick as a General Adult Psychiatry Clinical Tutor and Lecturer for graduate entry medical students. multi-disciplinary community team, and took the lead in assessment and treatment of Adult ADHD. Her previous clinical experience includes work with Laois-Offaly Mental Health Services in multiple capacities including Old Age & Rehabilitation, Child and Adolescent Psychiatry, and General Adult/Liaison Psychiatry, as both a Senior House Officer and Registrar.

Dr. Adedoyin Ade-Dosumu joins us at London Health Sciences Centre and will be providing clinical care to the general adult mental health inpatient and outpatient population.

Please join us in welcoming, **Dr. Mohammed Alblowi** as a Full time Clinical Academic with the Department of Psychiatry, Division of General Adult Psychiatry, Schulich School of Medicine & Dentistry, Western University effective TBD.

Dr. Alblowi graduated with his Bachelor of Medicine and Bachelor of Surgery (M.B.B.S) from Umm ALQura University in Makah, Saudi Arabia in 2007. He became a member of the Saudi Board of Psychiatry in 2012 and the Jordanian Board of Psychiatry in 2013. Dr. Alblowi was a Fellow in Consultation Liaison Psychiatry at Queen's University in 2016. He was also a Fellow in Neuropsychiatry at Western University in 2017.

Dr. Alblowi joins us at both Victoria Hospital and Parkwood Institute Mental Health. He will primarily be providing clinical support at Victoria Hospital within the Consultation Liaison Psychiatry Program. He will also be providing one-day per week of direct and indirect psychiatric consultation and care through the St. Joseph's Post-Acute COVID Syndrome Program (PACS) at Parkwood Institute.

Please join us in welcoming **Dr. Michelle McLean** as a Full time Clinical Academic with the Department of Psychiatry, Division of Geriatric Psychiatry, Schulich School of Medicine & Dentistry, Western University effective January 16, 2023.

Dr. McLean achieved an Honors Bachelor of Social Work Degree (2002), a Master of Social Work Degree (2005) and a Bachelor of Arts Degree (Psychology Major) (2010), all from Lakehead University. She served as a social worker for many years. She continued her education by receiving her Doctor of Medicine, MD, from the Northern Ontario School of Medicine in 2015. She completed her psychiatry residency with a subspecialty in Geriatric Psychiatry from Western University in 2022.

During her time as a resident at Western, Dr. McLean has contributed as a member of numerous committees, including: the Geriatric Psychiatry Program Committee (RPC); the Western University Competency Committee; the Geriatric Coordinators of Psychiatric Education (GERICOPE); the Curriculum Committee; the Resident's Advisory Committee, and the Evaluations and Assessment Committee. She has been elected as the Senior Resident, Geriatric Psychiatry Residency Program (2019-2021) and as the Resident Wellness Representative (2018-2020).

Please also welcome Tammy Fisher (New Co-Director MH&A Program, MH Services LHSC) Tammy began her career in Social Work over 20 years ago working at the Community Services Coordination Network and Children's Aid Society of London Middlesex prior to joining LHSC's Social Work department in 2015. Tammy has held progressive leadership roles within LHSC, most recently as the Manager of Social Work and Spiritual Care.

Tammy holds a Bachelor of Social Work degree and a Masters of Social Work from King's University College. She is a graduate of the Emerging Leaders Program at LHSC and a member of The Canadian College of Health Leaders.

Dear colleagues,

My name is Bushra Elhusein, a general adult psychiatrist; I joined the psychiatry department at LHSC-Victoria Hospital on March 2022.

I'm happy to introduce myself as the new EDID lead in the psychiatry department. With great enthusiasm, I stepped into this role, fully dedicated to promoting a culture of inclusivity and equity within our department. As the EDID lead, my primary objective is to ensure that everyone feels valued and respected regardless of their background or identity. I will strive to foster an environment where diverse perspectives are recognized and celebrated, as we believe that embracing our differences enriches our collective knowledge and enhances the care we provide. To further our efforts, I invite you to join me in forming a dedicated committee to increase our contribution to EDID initiatives. Together, we can make a lasting impact and create a psychiatry department that is truly representative, welcoming, and supportive of all. I am excited to collaborate with you and look forward to the positive changes we will achieve together.

I wish you all the best,
Bushra Elhusein

As the Wellness Lead, I am thrilled to present our annual report, highlighting remarkable achievements, challenges faced, and ambitious objectives for the upcoming year as our department has made significant strides in fostering a culture of well-being.

A major accomplishment was the establishment of the dedicated "Wellness Action-Plan Team" comprising passionate faculty members and residents. As a result of their unwavering commitment and collaboration, our recommendations to the Department of Psychiatry Leadership Council received resounding support, leading to our department's participation in the PHAC Well-Being Initiative (REVEL). This initiative focuses on enhancing well-being through organizational, leadership, team, and individual actions. We contributed through asset mapping, surveys, and insightful interviews, culminating in the development of the highly anticipated "Healthcare Well-Being Brief Guide," tested within our department.

Undoubtedly, engaging our physicians and faculty posed challenges, further amplified by the unforeseen circumstances of the pandemic, resulting in increased demoralization and burnout. Nevertheless, we remain resolute in addressing these issues head-on. We actively collaborate with the Professional Staff Organization and the Assistant Dean Faculty Well-Being to ensure a unified approach to enhancing well-being.

Looking ahead, our goal is to build upon existing wellness initiatives for a more conducive work experience. We advocate for work-life balance, promoting practices such as leaving work at 4:30 PM, enhanced sabbatical leaves, and increased work flexibility options like part-time work, hybrid work, compressed work weeks, and sabbatical leaves. We have recommended establishing a permanent Wellness Lead Role with adequate funding and administrative support for a three-year term, ensuring the continuity and effectiveness of our initiatives.

We are hopeful to implement the REVEL method through impactful in-service events and tailored initiatives, supported by our dedicated well-being group. To further aid our initiatives, we will compile an extensive Asset Map into a comprehensive resource guide, empowering physicians and faculty in their well-being journey.

As we embark on this transformative journey, active involvement from our physicians and faculty is crucial. We are committed to ensuring they are seen, heard, and valued. Together, we can create a thriving department where wellness flourishes for all.

Dr. Don Richardson



From Windsor



Windsor continues to shine in many ways. Construction on the Windsor EV Battery Plant has begun, which will be bringing many jobs to the area for years to come. Our basketball team, the Windsor Express, has begun its 5-game Championship series against the London Lightning, for the National Basketball League of Canada. Finally, spring is in the air, meaning lots of Windsor leisure activities are around the corner, including boating, trips to the county wineries for oven-fired pizza or casual fare, the Carousel of Nations festival, Detroit Tiger's games, and much more. We are excited for our residents to continue to enjoy the activities that our area has to offer during their Wellness Retreats!

In the department, we are only weeks away from welcoming Dr. Grbevski to the faculty. She will be a huge asset to the team, and we are very excited to have her on board. Dr. Ryan Parker will be joining the Safety Committee, and attending Windsor RPC. As a former Windsor resident, his contribution to the group will be invaluable. Our program continues to expand, and we are excited to meet our first cohort of 3 residents this July. In future years, we may even be able to expand to 4 residents. This is very exciting for our small program, to be able to train and retain psychiatrists for our underserved city in the future, and the expansion of our program. As our academic year comes to an end, Dr. Veerakumar will be passing the torch to Dr. Radulj as chief resident. Dr. Veerakumar has been an active chief resident, advocating for research, teaching and wellness initiatives, and we are confident that Dr. Radulj will continue to bring enthusiasm in this role. Thank you Dr. Veerakumar for all of your hard work and effort this past year!

Lastly, for our bio section, we have Double the Sharma, for Double the Fun! First, we have Dr. Tanuj Sharma, PGY2, who is also our Social Rep. We are also featuring Dr. Priya Sharma, former Western Psychiatry grad, who is also our Research and Wellness Lead, and the cornerstone of our Geri Psych experience in Windsor.

Pat Monteleone

1. Tell us about yourself.

My name is Tanuj and I was born and raised in the Greater Toronto Area. I currently reside in Windsor Ontario, where I am completing my Psychiatry Residency. I come from a family who loves cooking and creating memories through meals. As such, my weekends are spent researching recipes, meal prepping for the week, and exploring new restaurants in Windsor. When I am not in the kitchen, you can find me at the downtown Windsor farmer's market, kayaking on Lake Saint Clair, and brainstorming ideas for resident wellness events.

2. What are you most proud of?

I am most proud of matching to Schulich School of Medicine's Psychiatry Residency Program. Estimates suggest that international medical graduates (such as myself) have a match rate to Canada between 20-30%.

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

In the next 5-10 years, I see myself practicing Psychiatry and possibly furthering my education through completing a Masters in Health or Business Administration. Teaching is also a passion of mine, and I hope to be involved in clerkship and resident training.

4. What are your hobbies/interests?

From a professional stand point, resident wellness and physician burnout are two topics that interest me. Given that I am the Wellness Representative for the Windsor program, I am always searching for ways to support the resident body. From a personal stand point, I enjoy exercising and maximizing my weekends by exploring Windsor/Essex and Detroit. Windsor is the pizza capital of Canada and I am currently on a mission to figure out which local pizza chain is the best.

5. What is your favorite food?

That's like asking me to pick what child you love the most. I can't and won't do it.

6. Where is your favorite vacation destination?

I don't have a favorite vacation destination at this time. I am hoping to explore Vancouver/ Alberta and the Yukon Territories this year.

7. What is your favorite tv series?

I try not to watch too much TV as I find my time can be better spent doing other things. With that being said, I am guilty of binging Netflix. I am embarrassed to say that I enjoy Love is Blind and Indian Matchmaking.

8. What type of music do you listen to?

Everything and anything! My playlist is pretty diverse and encompasses music from many genres.





Spotlight

Dr. Priya Sharma

1. Tell us about yourself

I was born in Saskatchewan but raised in London and completed my residency in psychiatry there in 2017. After I finished residency, my husband and I spent a year in New York City for our respective fellowships. It was a year filled with lots of new experiences, culture and amazing food. Currently, I am at HDGH and I've been here since 2018, focusing on geriatrics. One of my first volunteer positions in high school was in a long-term care home and it was such a defining experience for me. I've enjoyed working with older adults in multiple capacities for many years.

2. What are you most proud of?

I am a mom to two young girls, my oldest is 4 and my younger one will be 2 in August. Without a doubt, I am most proud of my family. I am also very proud of my family of origin, including my parents and grandparents. They made sacrifices as immigrants to afford us opportunities that they never had.

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

Travelling has definitely taken a backseat over the past few years between having babies and the pandemic. In the next 5-10 years, hopefully I'll be a more seasoned traveler. Japan and Scotland are at the top of my bucket list. Professionally, I hope to continue work in geriatrics, research and education.

4. What are your hobbies/interests?

I love a good podcast or audiobook. One of my favourite things to do is to walk around my neighbourhood with my headphones on, listening to something I can sink into. I have also become somewhat of a plant parent over the past few years, so another hobby would be taking care of my plant babies (sometimes successfully and sometimes not!) My favourites are my burgundy rubber tree and my "string of bananas" succulent. Cooking and painting are quite therapeutic for me as well.

5. What is your favorite food?

I love a lot of flavour and spice and enjoy a wide variety of vegan foods. My favourite cuisines are Indian, Thai and Mexican. I am a big coffee fiend and cannot say no to a good oat latte.

6. Where is your favorite vacation destination?

Maui in Hawaii is probably the most beautiful destination I've been to. Combined with the beauty, there was so much to do-I loved driving the Road to Hana with my husband (exciting but also mildly terrifying).

7. What is your favorite tv series?

I enjoy the suspenseful nature of true crime and watch Dateline NBC as well as any true crime miniseries I can find on Netflix. Other than that, my favorite show is the American version of the Office.

8. What type of music do you listen to?

I'm a bit of an "old soul" and love music from the 1960s, 70s and 80s. As far as what plays most in my household, it is probably the Cocomelon soundtrack or Rafi.

Child and Adolescent Psychiatry

Dear Colleagues,

Another successful academic year is coming to a close. Thank you to all faculty who have participated in academic activities. It was a pleasure to start holding some of our events in person again.

Thank you to Jason Widdes and Tracy Henebry for all their help organizing.

It has been a challenging year for our members given the volume and complexity that we are all seeing in our clinical practices.

I am humbled by the kindness that our Division has shown each other and I am so proud to be part of this team.

Congratulations and thank you to Dr. Michelle Ngo, CAP Postgraduate Program Director, and Tracy Henebry, Program Administrator, for completing a successful internal review. Also, a big thank you to the commitment of our CAP RPC.

I hope everyone has a great summer!

Dr. Patricia Hall



The Seventh (usually-) Annual Child and Adolescent Research Half Day at Parkwood Institute was a success. Dr. Arlene MacDougall set the stage with her opening remarks. Matt Forget then provided a research presentation on "Preventing discharge to no fixed address -- Youth (NFA-Y)" that provoked much discussion. The keynote panel on, "The effects of war and violence" featured many, "yes, and..." moments. The panelists, Dr. Arlene MacDougall, Dr. Kevin Pottie, Dr. Ruth Lanus, and Stephanie Rabenstein, provided a broad range of points of view, from a global perspective to the therapy room. We had a rich discussion. I would like to thank Dr. Patty Hall for championing the event, my colleagues on the planning committee, Dr. Joy Abramson, Jason Widdes and Kate Hayes for the administrative support. We hope to continue this highly interactive tradition. If you have any ideas for next year's topic or potential panelists, please contact me.

Sincerely,

Dr. Jeff Carter, Psychologist
Research Coordinator, Child and Adolescent Psychiatry
jcarte3@uwo.ca

DCAP Rounds/Events

<i>Date</i>	<i>Type</i>	<i>Presenter</i>
<i>Friday, March 17, 2023</i>	Patient Safety Rounds	Dr. Christina Yee
<i>Thursday, March 23, 2023</i>	Child and Adolescent Psychiatry Interest Group	Dr. Royi Gilad
<i>Friday, April 21, 2023</i>	Complex Case Rounds	Dr. Christina Yee
<i>Friday, May 19, 2023</i>	Journal Club	Dr. Zinnia Ali (to be rescheduled)
June 23, 2023	Annual Conference	Event Site

Child and Adolescent Psychiatry

Child and Adolescent Psychiatry Residency Program:

The CAP residency program completed their Internal Review on May 3 with great success! The 3 reviewers from Schulich believed that the program had many strengths including fully engaged faculty, high resident satisfaction and strong curriculum and training experiences. They anticipate that the next Royal College accreditation in 2027 will be very successful. I would like to thank all of the CAP faculty for their efforts in preparing for this review and commend our program administrator Ms. Tracy Henebry for her conscientiousness in making this an organized process. On June 1, we will be celebrating our CAP resident, Dr. Christina Yee, as she graduates from the program and starts her career. Dr. Yee is an outstanding resident and will have a bright future ahead of her. Congratulations!

Dr. Michelle Ngo
Program Director



From our department
retreat

Post-graduate Education

Thanks to the CaRMS committee for all their work on the 2nd round of CaRMS. It was competitive this year but we matched our two remaining spots with our top picks after 16 interviews. The CBD cohort have started their PGY4 year and will be the first cohort to write their RCPSC exam in PGY4. There will hence be a “double cohort” writing the exam, this year only. PGY4 will have a “consolidation block” before the written exam for exam preparation, a pilot which is likely to become a permanent feature of the curriculum.

Award nominations for residents are due May 26th. Please consider nominating a resident for a departmental award. Criteria for the junior resident award, the senior resident award and the Patterson award for teaching have been sent by email.

Resident graduation is June 14th at Hyland Country Club. It should be a good time as one of the first in-person gatherings in some time!

Dr. James Ross



JOINT MENTAL HEALTH RESEARCH AND INNOVATION DAY 2023

The Future of Mental Health Research, Innovation, and Practice

Wednesday, October 25th, 2023
9:00am - 4:00pm

CALL FOR ABSTRACTS

On behalf of the Planning Committee, we are pleased to invite you to submit an abstract for presentation at this year's Joint Mental Health Research & Innovation Day, to take place **in-person at the Lamplighter Inn** on Wednesday, October 25th, 2023. The deadline for submissions is **July 14, 2023**.

Joint Mental Health Research and Innovation Day is dedicated to highlighting new and novel mental health research being conducted by the many renowned healthcare professionals, academics, students, and trainees across Lawson Health Research Institute, Western University's Department of Psychiatry, and St. Joseph's Health Care London's Parkwood Institute Mental Health Care and Southwest Centre for Forensic Mental Health Care.

Abstracts should be a maximum of 250 words and submitted electronically using the [submission portal](#). Any questions or concerns should be directed to Renee.Hunt@sjhc.london.on.ca. Notification of decisions will be distributed in late August.

ABSTRACT REQUIREMENTS

- Indicate preference for poster, oral presentation, or symposium (three [3] oral presentations linked thematically)
- Include a title and list of authors; indicate if presenting author is a student/trainee
- Summarize the study objectives, methods, results, and conclusions
- Ideally outline implications for care, policy development, and/or future research and evaluation
- Acknowledge sources of funding as appropriate
- Include three (3) learning objectives for your audience (check acceptability using the [Learning Objectives Tool](#))

We will consider submissions for studies currently in progress, with preference given to completed projects. Awards will be given for best oral and poster presentations across different categories.

SUBMISSION DEADLINE: JULY 14, 2023

Undergraduate Education

We want to start off by giving a huge thank you to **Dr. Sreelatha Varapuvan** for her dedication towards undergraduate education and serving as the UGE Director for the past several years! During her tenure, she introduced several important programs that cultivated interest in psychiatry, such as the Psychiatry Enrichment Program. She was seminal in the transition to the CBME curriculum and advocated for increased involvement of psychiatry in several courses, including the re-designed Foundations Course. She also designed a Medical Education elective for residents that was successfully completed by a senior resident. These are but a few of the many important changes that have occurred in undergraduate education within our department under Sreelatha's leadership. We cannot thank Sreelatha enough for all her efforts and for putting us in a strong position coming into accreditation this year!

We want to also give a big thank you to **Dr. Heidi Haensel**, who was a significant contributor to undergraduate education within our department and was previously the UGE Child and Adolescent Psychiatry lead as well as the Psychiatry lead in Principles of Medicine 2 Course.

In terms of new positions, we're very excited to have **Dr. Sujata Ojha** as our new UGE Clerkship Director; **Dr. Vasavi Poolacherla** as our Psychiatry lead in Principles of Medicine 2 course and is also our Psychiatry lead in Transition to Clerkship course; **Dr. Rebecca Barnett** has assumed the UGE Child and Adolescent Psychiatry coordinator and **Dr. Israel Spivak** has assumed the UGE Geriatric Psychiatry coordinator. We also want to welcome **Dr. Andrew Bridgen** who is our UGE Clerkship Director for the Windsor site, along with our DEN site leads, **Dr. Chinedu Umeadi** for Chatham and **Dr. Raman Chahal** for Stratford.

A big thank you goes out to our resident and medical student members of the UGE committee for their strong representation and active involvement during this academic year. Their feedback has been invaluable in improving the delivery of our content, particularly in Clerkship. Thank you to **Chief resident Dr. Alex Hofkirchner**, **Senior residents – Dr. Dennis Curry, Dr. Andrew Lechman, Dr. Yoel Green and Dr. Daniel Turski**. **Student representatives – Ash Malik, Sarah Krause, Andrew Nguyen and Peri Ren.**

We recently held our annual UGE Academic Half Day Workshop on April 18, 2023 which was a huge success. Thank you to all the staff who attended and to our speakers. We were able to generate good discussion on ways to improve the delivery of content as well as enhance engagement with our learners at an earlier stage. We'll be hoping to compile a list of faculty willing to supervise Optional Clinical Learning Opportunities (OCLOs) to encourage learners to have clinical exposure to psychiatry prior to Clerkship. We're also in the process of compiling and updating a list of active research projects, as medical students have identified wanting to have more research opportunities in psychiatry, and have a mandatory longitudinal research project as part of their Experiential Learning Course. A big thank you to **Dr. Rohit Lodhi** for undertaking this initiative as our UGE Research Lead!

At Schulich, UME has a very busy year ahead preparing for the MD Program CACMS accreditation in October 2023. School documents are due at the end of June 2023. Schulich Communications will be sending regular updates.

Thank you to all the pre-clerkship course leads for another successful year. Psychiatric content continues to be embedded routinely within several weeks of the Foundations course. This was well received by students, as noted by this past year's Foundations Course lead, **Dr. Sujata Ojha**. During her tenure, Sujata continued to advocate for inclusion of psychiatric content and collaborated with a variety of disciplines.

We are currently in the process of interviewing for the Foundations Course lead position for the next academic year. Clinical Skills continued to be a well-received course; thank you to **Dr. Iouri Rybak** for navigating the course through a virtual platform for another year. We are hoping to transition back to in-person for the next academic year. We were fortunately able to transition to in-person small-group facilitation for the Principles of Medicine 2 course this year. A relatively newer course has been the Transition to Clerkship course, led by **Dr. Vasavi Poolacherla**. She reported notable changes this past year, including creating synchronous Discipline Specific small group (DSSG) and an asynchronous digital module. The asynchronous content was on Multidisciplinary Approach in Psychiatry, focusing on evidence-based practice and need for MDT approach to psychiatric care. The DSSG session afforded an opportunity for students to participate in clinical discussion regarding goals of care and how to think critically in clinical scenarios. A special thank you to resident contributions from **Eric Toyota** and **Rosie Javinsky** who reviewed the asynchronous modules, **Tricia Mohan** who compiled the narrative feedback from the entire class, **Anwar Hammoud** who graded content, and **Zahra Khazaeipool** for providing individual feedback. A big thank you to all our lecturers and those who volunteered to be expert facilitators throughout our pre-clerkship courses!

Regarding Clerkship, there has been several changes over the past few months, including transitioning lectures and the exit exam back to in-person. Lectures now occur on Wednesday afternoons. We'll be looking to add more asynchronous content, as we plan to reduce the number of didactic lectures moving forward. Although students have access to orientation material on Elantra, we will be making it easier for them to access resources for reviewing basic interviewing skills, generating a mental status examination, and basics of safety screening. These were highlighted by staff as areas students could be more familiar with at the start of the rotation. Regarding dedicated space/computers, a big thank you to **Dr. Mohamad Elfakhani** for securing rooms in A2, as there will be four computers and desks in A2-687 dedicated to clerks. We are in the process of securing spacing on B7 and hope to confirm shortly. Thank you to all our clerkship lecturers and to all those who continue to supervise medical students. The MBR committee has recognized the increased efforts of supervising medical students compared to residents and have reflected this in the increased incentives allotted to supervising clerks. One of the strengths of our program, which has consistently been noted by medical students, has been the willingness of staff and residents to provide quality teaching and actionable feedback. There have been numerous times where students say they weren't interested in psychiatry only to have the rotation change their minds. This is a testament to the hard work and passion you all put towards supervision, which is very much appreciated. A special thank you to the residents, who are superstars for taking the time to teach clerks on busy call shifts and provide comprehensive narrative feedback on assessments.

I'd like to end off on a high note by announcing that one of our medical students, **Eva Gajic**, has won the prestigious Canadian Organization of Undergraduate Psychiatric Educators (**COUPE**) **award for Best Paper Award by a Medical Student** for her essay titled *Distortions of Self-Concept as the Root of Obsessive-Compulsive Disorder? Exploring the Therapeutic Potential of a Buddhist-Informed Lens in Treating OCD*. This is a national award handed out to a medical student who demonstrates an enhanced level of understanding and interest in a topic related to mental health. The winning submission is typically acknowledged in the Canadian Journal of Psychiatry and announced at the Canadian Psychiatric Association annual meeting as well so this is a big deal!

Dr. Aturan Shanmugalingam



Continuing Professional Development

The arrival of spring harkens new growth, fresh vegetation, new scents and nature waking up from its deep slumber of winter. This year especially, spring was much needed and appreciated because many of the Covid-19 pandemic restrictions were lifted which allowed everyone to embrace a new normalcy and order in the world. As we embark on our educational journey with a sense of invigoration and anticipation of warm and long summer days ahead, we hope that you will also join us on this venture. We have offered a plethora of learning and educational activities over the past winter and early spring.

**“A JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP.”
LAO-TZU**



We truly appreciate the commitment and hard work that our presenters from our past CPD activities as well as those who will be presenting at our future educational events. Our thanks also go out to our attendees who have provided their unwavering support by routinely attending these events and also providing us with excellent ideas and completing their evaluation and feedback. This assists us in ensuring that we remain attuned to the current educational needs of our consumers and plan our learning and educational activities accordingly.

Upcoming CPD presentations for the Department of Psychiatry:

1. DPCCR, May 23, 2023 – Dr. Tricia Mohan, 12:00 – 1:00 pm
2. MMI, May 30, 2023 – Dr. Julie Richard, 12:00 – 1:00 pm
3. MGR, June 8, 2023 – TBD, 8:30 – 10:30 am
4. DPCCR, June 13, 2023 – Dr. Alex MacDonald, 12:00 – 1:00 pm
5. DPCCR, June 27, 2023 – Dr. Jin Liu, 12:00 - 1:00 pm
6. Note: there will be no ABC Book Club in June 2023

Kindly note: In joint collaboration with Hospitals Coordinated CPD Program and the Department of Psychiatry CPD, we will be offering an exciting half day **ECT Symposium** on **Monday, June 26, 2023 from 12:00pm – 4:20 pm** via Zoom.

We would like to thank the presenters for April and May (so far), and they are:

1. DPCCR, April 11, 2023 – Dr. Nahla Al Sarraj, 12:00 – 1:00 pm
2. MGR, April 12, 2023 – Dr. David Danto & Beverly Keeshig-Soonias, 8:30 – 10:30 am
3. UGE Workshop Half Day, April 18, 2023, 12:30 - 5:00 pm
4. DPCCR, April 25, 2023 – Dr. Rosie Javinsky, 12:00 – 1:00 pm
5. LAF, DEBATE- April 25, 2023 – Drs. Alex Hofkirchner & Landi Zhou, 5:00 – 7:30 pm (in-person)
6. LAF, April 27, 2023 – Drs. James Ross, Jonathan Gregory & Michael Thomson, 4:30-6:30 pm
7. DPCCR, May 9, 2023 – Dr. Anwar Hammoud, 12:00 – 1:00 pm
8. MGR, May 11, 2023 - Dr. Kamini Vasudev, 8:30 – 10:30 am

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 at our next CPD event.

Cheers,

Dr. Varinder Dua
CPD Director



Joint Mental Health Research & Innovation Day 2023 – Save the Date



JOINT MENTAL HEALTH RESEARCH AND INNOVATION DAY 2023

The Future of Mental Health Research, Innovation, and Practice

KEYNOTE SPEAKER DR. DAVID BENRIMOH

*Computational Psychiatry -
From Theory to Practice and Back Again*



We are excited to announce our Keynote Speaker Dr. David Benrimoh.

Dr. Benrimoh is a psychiatrist trained at McGill University, and he also holds an MSc. in Neuroscience from University College London and an MSc. in Psychiatry from McGill.

On top of his academic achievements, he is the founder and Chief Science Officer of Aifred Health, a digital mental health company using artificial intelligence to create decision support tools for mental health clinicians. Aifred won the \$1M USD second place prize in the global IBM-sponsored AI XPRIZE.

An Assistant Professor of Psychiatry at McGill University (July 2023), Dr. Benrimoh is the author of over 40 peer-reviewed publications.

Dr. Benrimoh's areas of research include computational models of auditory hallucinations, transdiagnostic imaging in psychosis, and the mechanistic underpinnings of rapid acting rTMS. He enjoys blending clinical work, research, and advocacy.



Dr. David Benrimoh

REGISTRATION COMING SOON

This event is funded by Western University - Department of Psychiatry, Lawson Health Research Institute, and St. Joseph's Health Care London Parkwood Institute Research - Mental Health Care.

2022-23 Department of Psychiatry Award Recipients

Thank you to all those who submitted nominations for this years' Department of Psychiatry Awards, it was heartwarming to hear such positive regard people have for their colleagues. This year, the PLC decided to limit awardees to only those with a primary appointment in the Department of Psychiatry.

Congratulations to the recipients of this years' awards! Your commitment to taking care of the increasingly ill patients and to our academic mission is beautiful.

Award	Recipient
Junior Resident Clinician of the Year Award (1-3, for excellence in clinical care)	Dennis Curry
Senior Resident Clinician of the Year Award (4-5, for excellence in clinical care)	Sean Li
Dr. Paul Patterson Resident Award (1-5)* For excellence in teaching, clinical work, professionalism, administration, advocacy, and service	Alex Hofkirchner
Dr. David Harris Award* For a PGY III for Excellence in Clinical Care in Geriatrics	Ravneet Ghumman
Best Resident Research Award (1-5)	Ashan Veerakumar
Research Award	Ruth Lanius
Best CPD Presentation by a Junior Resident	Ravneet Ghumman
Best CPD Presentation by a Senior Resident	Corrine Boudreau
Best CPD Presentation by Junior Faculty	Sujata Ojha
Best CPD Presentation by Senior Faculty	Michele Doering
Award of Excellence in Education – Pre-clerkship	Jae-Hon Lee
Best Resident Teaching Award (1-5)	Dennis Curry
Award of Excellence in Education - Clerkship	Kamini Vasudev
Award of Excellence in UGE teaching (Windsor)	Adewale Akinlosotu
Best Clinical Supervisor Award (for PGE)	Jason Quinn & Jonathan Gregory
Mentorship Award (for mentoring of trainees)	Zahida Meghji
Best Faculty Educator Award (meant for innovation in didactic teaching)	Julie Richard
(x3) Faculty EPA Recognition Awards	Volker Hocke, Rebecca Barnett & Tuoyo Awani
Faculty Member of the Year Award	Kamini Vasudev <i>Hon. Mentions:</i> Rob Renwick, Sreelatha Varapavan
Team Excellence Award	Child & Adolescent Residency Program <i>Hon. Mention:</i> A3 Forensic Assessment Unit Team, GAAHMS Team



Congratulations

It's my pleasure to announce that **Dr. Sujata Ojha** has kindly accepted the position of UGE Clerkship Director and will be assuming the role on May 23rd (start of the next clerkship block). The selection committee consisted of myself and Dr. Varapran.

Dr. Sujata Ojha has always had a clear interest in undergraduate education as she regularly volunteers her time to facilitate and create content for pre-clerkship courses. She has been an active member of the UGE committee over the last several years and stepped into a UGE leadership role in 2021 as the Foundations of Medicine course lead for psychiatry. She brings a wealth of experience and passion for undergraduate education to this position. Please join me in congratulating her!

Please join me in congratulating **Bela** and **Suzy** on their recognition from Schulich through the Continuous Excellence Team Award!

Announcement: Celebrating the 2023 Awards of Excellence recipients - Schulich School of Medicine & Dentistry - Western University (uwo.ca)

Their continuous excellence was certainly noted by the Royal College and by us each day!
Congrats, Bela and Suzy! You made our department proud.

Please join me in congratulating **Don Richardson**, our new Tanna Schulich Chair in Neuroscience and Mental Health! We are delighted as we believe Don's interests in trauma, veterans' care, and physician well-being will advance our understanding of all three areas.

Please see the wonderful announcement from the Dean:

<https://www.schulich.uwo.ca/about/news/2023/january/announcement-Tanna-schulich-chair.html>

I wish to thank the Selection Committee members, Dale Laird, Greg Gloor, Ruth Lanius, and Derek Mitchell, for their thoughtful deliberations.

Please join me in congratulating Don!

Please join me in congratulating our very own **James Ross** for being recognized by Schulich for exceptional contribution to medical education throughout his academic career with the Certificate of Merit Award!!!!

Well done!

Please join me in congratulating **Dr. Patty Hall** as this year's winner of the Schulich Award of Excellence in Mentorship! I know that there were many superb candidates so that the competition was steep.

[Announcement: Celebrating the 2023 Awards of Excellence recipients - Schulich School of Medicine & Dentistry - Western University \(uwo.ca\)](https://www.schulich.uwo.ca/about/news/2023/january/announcement-Patty-Hall.html)

Congratulations, Patty! You made our department proud!

Congratulations

Please join me in congratulating **Dr. Aturan Shanmugalingam** becoming the new UGE Director! Dr. Shanmugalingam has many years of service in support of our clerkships prepared him well for this next role. Many thanks to for the thoughtful discussion of our Selection Committee: Drs. Beletsky and Ojha.

We also wish to thank and congratulate **Dr. Sreelatha Varapuvan** for her dedication and vision for our UGE program these last seven years. Her strong yet gentle leadership has served our students well, particularly during the challenging pandemic days. Her adaptability and ability to lead others through fast and extensive changes helped keep learners' eyes on psychiatry rather than being distracted by all the changes. Thank you for your service.

The passing of the baton is April 1st.
Congrats, Aturan!

Congratulations to **Drs. Mokhber and MacDougall** for receiving recommendations for promotion from the Schulich A&P Committee.

Thanks to all those who
contributed to this newsletter

We hope you have a lovely
summer!

