

Psychiatry Newsletter

October 2023



My dear Psychiatry family,

Five fast years ago I joined this department and today I am writing to express my gratitude one last time. Over the years we have successfully addressed multiple challenges: getting prepared for residency accreditation, creating new clinical units in every portfolio, managing increasing clinical severity, and surviving a pandemic. As you go forward, my hope and dream for this department is that people stay together, stay strong, and continue to make things better, and better, and better.

On a more personal note, many of you have asked about my decision to step away. It was bittersweet because of the fondness and love I have for you, but it was the right choice for me. I am grateful for your kindness, care, and beauty. I will miss you and would love to hear how things are going for you. Please drop me a line: chandlee.dickey@gmail.com.

Take good care of yourselves and each other.

With love and deep gratitude,

Chandlee





The Royal Society of Canada announced the induction of two of our own: Drs. Cheryl Forchuk and Ruth Lanius for their ground-breaking and extensive work in improving urban mental health and PTSD, respectively.

The RSC's mandate is to:

“To serve Canada and Canadians by recognizing Canada’s leading intellectuals, scholars, researchers and artists and, by mobilizing them in open discussion and debate, to advance knowledge, encourage integrated interdisciplinary understandings and address issues that are critical to Canada and Canadians.”

[Press Release | The RSC Presents the Class of 2023 | The Royal Society of Canada \(rsc-src.ca\)](#)

I think you will agree that Drs. Forchuk and Lanius’ work of learning from and helping those who are some of the most vulnerable around us, fulfills that mission.

Congratulations Drs. Forchuk & Lanius



Cheryl Forchuk



Ruth Lanius

From the Division of Child and Adolescent Psychiatry

Dear Colleagues,

I hope everyone had a great summer! I am really looking forward to fall and participating in all the education events the Division will be offering. An exciting event coming up is the CAP subspecialty program interview day. Thank you so much to Dr. Ngo, Tracy Henebry, and the CAP RPC for organizing the day and all the efforts that go into recruitment for our amazing program. I am really looking forward to meeting the candidates!

Please also be on the lookout for our upcoming CPD events. The schedule is currently being finalized. Thank you to Dr. Abramson and Jason Widdes for working on providing our Division with robust CPD opportunities.

We also welcomed Dr. Sumiya to our Division! Dr. Sumiya will be providing both CAP inpatient and outpatient services. I am happy to share his bio with you below.

Patty



Patricia Hall

Dr. Sumiya is a distinguished psychiatrist with an extensive educational and professional background spanning multiple renowned institutions. He embarked on his medical journey at the Universidade Federal do Paraná (UFPR) in Curitiba, Paraná, Brazil.

Following his graduation, Dr. Sumiya pursued his residency training in Adult Psychiatry at the Hospital Santa Casa de Misericórdia de Curitiba, further deepening his understanding of psychiatric care for adults. His passion for child and adolescent mental health led him to the Hospital de Clínicas de Porto Alegre (HCPA) in Porto Alegre, RS, Brazil, where he specialized in Child and Adolescent Psychiatry. Dr. Sumiya's dedication to his field took him to the Instituto de Psiquiatria (IPq) at Universidade de São Paulo (USP) in São Paulo, SP, Brazil. Here, he played a pivotal role in an outpatient unit dedicated to Autism Spectrum Disorder (ASD), making significant contributions to the care and understanding of patients with ASD.



Fernando Mitsuo Sumiya

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A strong proponent of holistic approaches to mental health, Dr. Sumiya integrates different therapeutic techniques into his practice, offering a global perspective to patient care. Furthermore, his profound knowledge of psychopharmacology ensures that his patients receive the most up-to-date and effective treatments available.

His commitment to academic excellence was further demonstrated when he completed his Master's in Psychiatry through USP. Recognizing the global nature of psychiatric care and research, Dr. Sumiya expanded his horizons by undertaking a fellowship at McMaster University, focusing on Attention Deficit Hyperactivity Disorder (ADHD).

Dr. Sumiya is dedicated to honing his skills and is driven by an insatiable thirst for knowledge. He believes in the power of continuous learning and is always seeking opportunities to further enhance his expertise. Above all, Dr. Sumiya is a staunch advocate for compassionate medical care, ensuring that every patient is treated with the utmost respect, empathy, and understanding.

From the President and Chief Resident

The new PGY1 residents are settling into their rotations and the transition to residency. Thank you to all the residents involved in supporting their transition and being a resource for any of their questions during their first few months.

Special thanks to the wellness team for putting together the annual Welcome Barbecue and, aptly named, Freudie awards for the residents. It was a terrific way of getting the residents together and having a chance to get to know the new residents. Our president has also been busy planning the upcoming wellness day at Boler Mountain on October 20th.

The PGY 4s and 5s are gearing up for the double cohort exam season, and we wish them all the best in preparation for their exams this upcoming year.

Thank you to all the residents for your ongoing contributions to our program and all the hard work that you put into your patient care! Best of luck to any residents applying to sub-specialties this fall!

Michael & Anwar

Child and Adolescent Psychiatry Residency Program

The Child and Adolescent Psychiatry Residency Program is excited to be interviewing candidates on October 5 to join our residency program in July 2024. We would also like to welcome Dr. Ashan Veerakumar PGY5 to London as he starts his subspecialty training in child and adolescent psychiatry before he moves to UBC to complete his training!

Lastly, I would like to congratulate my outstanding CAP Residency Program Committee on winning the Department Team Excellence Award in June 2023! This was well deserved recognition for the exemplary work done on the Internal Review of our program. "As the program director of this team for 3 years, I say with confidence that this is the best group of individuals to work with and lead. This team always steps up to volunteer and follows through reliably. They welcome new challenges and are open to innovation. At our meetings, we have had important difficult discussions where everyone actively participates; to me, this highlights the value of our strength as a group and the cohesion we have. No one individual stands out and we respect one another completely. Leading this team brings me joy and fulfillment. I hope to continue to bring out the best in this team. I look forward to the new endeavors we will accomplish together."

Sincerely,

Dr. Michelle Ngo

Program Director Child and Adolescent Psychiatry Residency Program



Michelle Ngo

Members of the CAP-RPC:

- Dr. Michelle Ngo
- Ms. Tracy Henebry
- Dr. Christina Yee
- Dr. Frank Symons
- Dr. Jeff Carter
- Dr. Jennifer dela Paz
- Dr. Jonathan Gregory
- Dr. Joy Abramson
- Dr. Nina McCurdy
- Dr. Patricia Hall
- Dr. Raymond Egan
- Dr. Sandra Fisman
- Dr. Sarah Armstrong
- Dr. Sohail Makhdoom
- Dr. Yousha Mirza

Continuing Professional Development

Fall is upon us and a new academic year has begun. We have been off to a great start with regards to CPD activities that have already been offered and new ones that are planned for the rest of the academic year. As we continue to walk, jog and sprint on this runway of education and learning, we need to be mindful of ensuring the health and wellness of our learners our educators. We will continue to strive to attain this balance by pacing our educational activities that reflect diversity, cultural sensitivity and compassion. These will be offered along various tracks such as translational research, patient care and management, pharmacology, lived experience, trauma and wellness. Please join us on this epic journey and provide us with your input as we stride towards the finish line.

**“ALWAYS WALK-THROUGH LIFE AS IF YOU HAVE SOMETHING NEW TO LEARN
AND YOU WILL” VERNON HOWARD**



We would like to acknowledge our past, current and future CPD presenters as well our learners for their exemplary engagement in our educational endeavours. We welcome your feedback and suggestions for future CPD events/ activities.

Upcoming CPD presentations for the Department of Psychiatry:

1. DPCCR, September 26, 2023 – Dr. Nahla Al Sarraj, 12:00 – 1:00 pm
2. PACERS, September 27, 2023 – Dr. Karin Ensink, 8:30 am – 4:30 pm (virtual)
3. MGR, October 12, 2023 – Dr. David Crockford, 8:30 – 10:30 am
4. ABC Book Club, October 17, 2023 - The Book of Woe, 12:00 – 1:00 pm
5. DPCCR, October 24, 2023 – Dr. Rosie Javinsky, 12:00 – 1:00 pm
6. MMI Rounds, October 31, 2023 – Dr. Jedrin Ngungu, 12:00 – 1:00 pm
7. PACERS, November 3, 2023 – Drs. J. Ross, P. Links, S. Li, M. Abdul Karim, 9:00 – 4:00 (in-person)
8. MGR, November 9, 2023 – Dr. Jonathon Gregory, 8:30 – 10:30 am
9. DPCCR, November 14, 2023 – Dr. Dennis Curry, 12:00 – 1:00 pm
10. ABC Book Club, November 21, 2023, The Book of Woe, 12:00 – 1:00 pm
11. DPCCR, November 28, 2023 – Dr. Jeremy Lau, 12:00 – 1:00 pm
12. DPCCR, December 12, 2023 – Dr. Michael Warren, 12:00 – 1:00 pm
13. MGR, December 14, 2023 – Dr. Daniel Mueller, 8:30 – 10:30 am

All other events will be sent to you, via advertising email.

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

1. LAF, September 12, 2023 – Dawn Papanayotou & Tim Rice, 5:00 – 7:00 pm
2. MGR, September 14, 2023 – Madison Tevlin, Matt Tevlin & Jean Wright, 8:30 – 10:30 am
3. MIAMI Rounds, September 15, 2023 – Mark Handelman, 12:00 – 1:00 pm
4. ABC Book Club, September 19, 2023 - The Book of Woe, 12:00 – 1:00 pm

Learning After Five and other special education events will be announced via email. We continue to offer most of our education events virtually, however, some will be in-person, look for advertising email. Thank you for your 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.

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 or how to register for the corresponding event. 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



Undergraduate Education

We've just began the new academic year and are excited to welcome a few new faces to the UGE committee. **Dr. Lauren Mussen** is our new Foundations Course lead and **Dr. Jae Hon-Lee** is the new Principles of Medicine II Course lead. We also would like to welcome our resident members of the UGE committee, Dr. Warren, Dr. Curry, Dr. Hammoud, Dr. Lau and Dr. Mohan! Our medical student representatives this year are Herman Dayal, Nadia Khan and Heath Schwartz-Narbonne.

Feedback for faculty and courses can be an important source of information for quality improvement. Unfortunately, UME across all departments have found the response rates for faculty evaluations to be very low and so conclusions about one's performance can be difficult to extrapolate. The recommendations from the UME Office, after consultation with student groups, is the following: **faculty member seeking student evaluations of their teaching (small group, large group, clinical learning, project-based learning, etc.) will be required to set aside time during their teaching. It is suggested that faculty set aside 5-10 minutes during the scheduled time, inform the students in advance and step out of the room to allow students time to complete.** Each September, the UME Office will send the summary report of the prior year's evaluations for faculty to the department chairs.

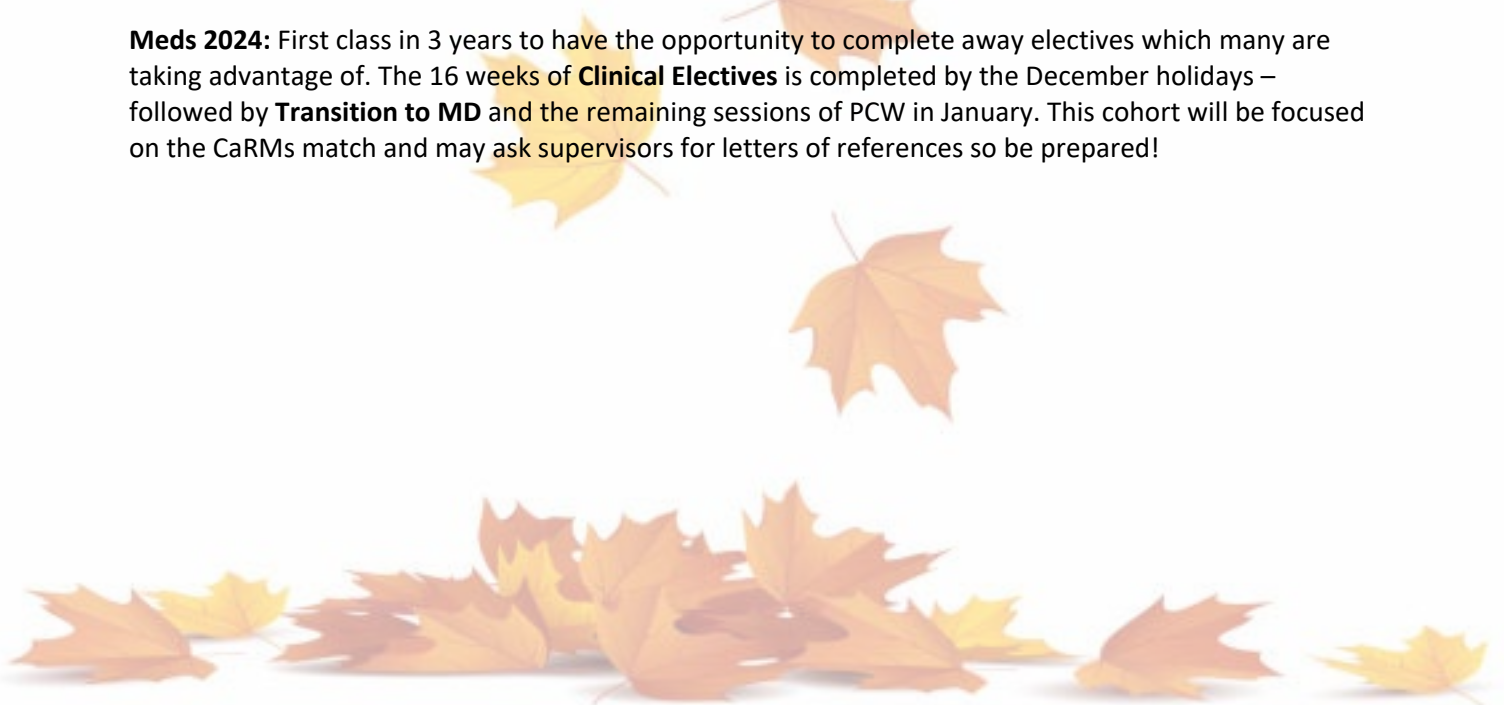
In regards to each year, here are some of the highlights of where they are at in their training currently:

Meds 2027: Just beginning the deep dive into their 4 courses this semester; The class will shift to Principles of Medicine I in January after completing Foundations of Medicine in December.

Meds 2026: Ramping up for **Principles of Medicine II, Clinical Skills II, Experiential Learning** (QI and Research projects) and **Professionalism, Career & Wellness (PCW)**.

Meds 2025: Are in the early stages of their clerkship rotations. The rotation and academic directors will be working with the Clerkship & Electives and Clinical Skills Learning Program teams to transition **the Summative OSCE into Clerkship this year**. The OSCE is a new initiative this year. As per feedback provided from the previous academic year cohorts, we have began reducing the length of our Clerkship lecture series from 4- to 3-hr half days while transitioning more content to the asynchronous format. A big thank you to all the staff who have been involved in this initiative, including **Dr. Ngungu, Dr. Dua, Dr. Spivak, Dr. Northcott, Dr. Stewart, Dr. Ahluwalia, Dr. Nicolson, and Dr. Al Sarraj**.

Meds 2024: First class in 3 years to have the opportunity to complete away electives which many are taking advantage of. The 16 weeks of **Clinical Electives** is completed by the December holidays – followed by **Transition to MD** and the remaining sessions of PCW in January. This cohort will be focused on the CaRMs match and may ask supervisors for letters of references so be prepared!



As I've mentioned in the past, Accreditation is right around the corner (Oct 30 – Nov 2). The final virtual site visit schedule will be finalized over the next few weeks. There will be a number of **Accreditation preparation and Q&A sessions** scheduled in the next 6 weeks. Based on the feedback received over this past year, Psychiatry is in a good position for accreditation thanks to the hard work of the faculty and residents! One of the challenges that was recently resolved was in regards to on-call panic alarms for medical students. Residents, with the support of Dr. Ross, were able to generate excellent recommendations on short-term solutions until new panic alarms were able to be ordered; this was very much appreciated and demonstrates the strong collaborative efforts of our department. Moving forward, each medical student will be assigned a personal on-call panic alarm for CEPS at the start of their psychiatry rotation.



Aturan
Shanmugalingam

Aturan Shanmugalingam,

Psychiatry UGE Director

From Residency

We received the final accreditation report. The results were as expected and discussed previously – we received accreditation with a 2y follow-up. The RCPSC will be visiting again to follow up in the fall of 2025. Remaining areas for improvement include availability of psychotherapy supervisors and patients, the environment in the C&A emergency on call and the completion of resident assessments, including in-person feedback at the end of the rotation, consistent direct observation, and the rate of EPA completion. The evaluations committee, where rotations, supervisors and other aspects of the program are reviewed, were held up as a strong aspect of the program but it was felt that there has not been enough time for the changes identified by the committee to be implemented.



James Ross

The Competence by Design launch for PGY4 has gone fairly well so far this academic year.

Please welcome Christine Ellwood, our new program administrator! Suzy will remain in her role on a part-time basis to help Christine settle into the role and to ensure that as much of our “institutional memory” as possible is transmitted forward.

James Ross, MD, MHPE, FRCPC

Congratulations!



Michael Warren

Michael Warren
new London Chief
Resident for 2023/2024

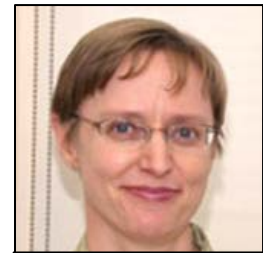


Milan Radulj

Milan Radulj
new Windsor Chief
Resident for 2023/2024



Congratulations to Beth Osuch, her team, and all the psychiatrists who have ever worked at FEMAP. Your dedication to person-centered care was recognized by the Health Standards Organization as a Leading Practice! This is a wonderful acknowledgment of your commitment to excellence and innovation for the benefit of families in the region. Well, done!



Beth Osuch



Tuoyo Awani

We are delighted to announce that Dr. Tuoyo Awani will be our new Geriatric Sub-Specialty Program Director following a competitive process effective immediately.

Dr. Awani completed his medical degree in Nigeria, postgraduate training in England and joined our department in 2020. No doubt his experience in education on three continents will bring another dimension to our program. With this role, Dr. Awani will also join our Psychiatry Leadership Council.

We are grateful to our Selection Committee members, Drs. Champion, Ngo, Chaudhari, and Mehta for their thoughtful deliberations. We are also grateful to Dr. Lisa VanBussel for her care of the program, particularly through the pandemic.

Congratulations Dr. Awani!

June 15, 2023 was a wonderful day for mental health research at St. Joseph's and by extension, the region and province.

Ryan Finch donated \$5,000,000 for the Finch Family Research Chair in Mental Health System Transformation. Part of that funding will also support Dr.



Arlene MacDougal

Arlene MacDougal's highly innovative MINDS work. At the announcement we heard from someone with lived experience involved in Arlene's projects who spoke eloquently on the positive impact MINDS has had on him. To recognize Mr. Finch's generosity, the Parkwood MH building has been renamed the Finch Family Mental Health Care Building.

This incredibly generous donation and commitment to addressing mental health challenges in our community is incredibly moving to me personally, as I am sure it is to you. We are all grateful to Mr. Finch and to St. Joseph's Health Care Foundation for addressing mental health issues so publicly.

Congratulations and thank you to St. Joseph's, the Foundation, Jodi Younger, Arlene, and all who are committed to improving mental health care in the community.

Congratulations Kamini Vasudev & Jennifer Newman on being accepted into the 2023/2024 Schulich Ivey QI Consultancy Program!



Kamini Vasudev

Promotions

We are absolutely delighted and thrilled to announce that three of our faculty have been successfully promoted. It gets a great deal of dedication and perseverance to be promoted. Please join me in congratulating...

Promotion to Professor

Dr. Naghmeh Mokhber

Promotion to Associate Professor

Dr. Georges Loba Gutierrez

Dr. Arlene MacDougall

These three faculty members have all had a tremendously positive impact on the academic life of our department. It is such a pleasure to see that their hard work and creative minds are being honoured in this way.

We also recognize that for any faculty member to reach these milestones, it is with the help and support of many colleagues around them. To each of you, I thank you for kindnesses and generosity. A special thank you to our Appointments & Promotions Committee members for their efforts.

Congratulations, Professors!

SCHULICH AWARDS OF EXCELLENCE FOR STAFF

Continuous Excellence Team Award



Bela Franze and Suzy Mendes, Department of Psychiatry

Awarded to a team who continuously seeks excellence in practice. Franze and Mendes are the dynamic duo of the Postgraduate Education Team in the Department of Psychiatry. Together they provide exceptional administrative support to residents, faculty, departmental committees and prospective learners.

SCHULICH AWARDS OF EXCELLENCE FOR FACULTY

Schulich Faculty Mentorship Award

The Schulich Faculty Development Award recognizes the exemplary commitment of a faculty member in the mentorship of other faculty members within the Schulich School of Medicine & Dentistry.



Dr. Patricia Hall, Department of Psychiatry

Hall is recognized for the quantity of time dedicated, but also for her sensitivity to supporting her colleague's wellness, maintenance of work-life balance, as well as academic and leadership progression.

In Honour Of

In 2020, thanks to the generosity of many of you and the desire to honour our dear colleague, Schulich School of Medicine and Dentistry established the Dr. Rajendra Harricharan Memorial Award. The award is given to the graduating medical student who exemplifies integrity, commitment to community service, and care for others. Honorees are selected by their peers.

Thank you to Dr. Sandra Northcott for letting us know that this year the graduating class selected Dr. Ruth Neumann. Nominators noted her leadership roles as the communications director of the class of 2023, executive member on the teddy bear hospital club teaching children about healthy practices, organizer of the weekly meetings and monthly dinners for the Christian Medical and Dental Association Club and peer mentor for a student in the class of 2024.

Beyond these formal roles, Dr. Neumann cared deeply for others. She checked in on classmates during difficult and stressful times such as intense clerkship rotations and welcomed classmates into her home for dinners and board games throughout medical school.

Fortunately for us in London, Dr. Neumann matched in our Family Medicine program. She selected Family Medicine as she believed it would give her the best opportunity to provide first-line care and advocacy.

One of her nominators ended by saying, "I am fortunate to call Ruth my friend and she inspires me and others to be the best version of ourselves by maintaining a positive attitude, being kind in all things, and fostering community." Doesn't she sound like Raj?

Thank you to all who supported this award and who similarly model Raj's qualities of kindness, commitment to others, and integrity.



