It is with great pleasure that I report on the activities of the academic Division of Child and Adolescent Psychiatry (DCAP). I will focus on some of the highlights for the past academic year and incorporate reports from our division academic leaders. In an Academic Health Science Centre/Network, which we are, it is difficult to delink academic activity from service delivery as they are so intimately tied together and reciprocally inform each other. While the focus of this annual report is on academic activity, relevant comments will be made to linked service delivery. One such focus of the past year has been our Dialectical Behaviour Therapy (DBT) initiative. Funded by Children’s Health Foundation (CHF), this includes a clinical development component: DBT Capacity Building in both hospital programs (LHSC Children's and Parkwood Adolescent Mental Health) and community and a research initiative: DBT evaluation study combining LHSC and Parkwood DBT programs, looking at symptom change and functionality. DBT Capacity Building was launched with a 2 day consultation and training workshop in September 2014, led by Drs Laurence Katz and Elizabeth Dexter-Mazza, both certified DBT trainers from Behavioral Tech, Seattle, Washington. Although we had to limit registration to 180 participants, the focus on team rather than individual registration enabled these teams to continue their development after the workshop and for the community teams to have continued access to consultation with the hospital teams creating a community of practice. The community teams include Elgin, Oxford, Essex and Lambton counties.

Another academic and clinically linked initiative is the development of the Brief Adolescent Suicide Ideation Scale (BASIS) which is into the final phase of field testing and cross validation. This too has been funded by CHF and crosses LHSC/Children's and Parkwood Adolescent Mental Health Health Care Programs.

The Annual April Symposium, "Building Resilience for Children and Families" which took place on April 17th, 2015 at the Four Points by Sheraton was very well attended and evaluated including Dr. Michael Unger our keynote speaker and other workshop leaders. Thank you to Dr. Naveed Rizvi our CPD director and to Faye Slote our dedicated DCAP administrator and the planning committee for the success of the symposium. Also thank you to Faye and Naveed for the active CPD program throughout the year. This is detailed in the CPD report and catalogue of CDP activities for the past year.

We had our first Royal College Accreditation Review last fall and have received full approval for the CAP Subspecialty program. The next evaluation will be in 2017 in the regular cycle of Royal College accreditation at Western. Thank you to our program director Dr. Patty Hall, Tracy Henebry our program administrator and the Residency Program Committee (RPC) as well as all of our interprofessional teachers and supervisors, for the program success. Congratulations to Dr.
Ray Egan who is our first graduate from the CAP Subspecialty program. Dr. Hall details the Postgraduate report below.

Research growth and development is one of our very important strategic directions for the Division and the Department of Psychiatry. At the DCAP retreat this past March, we established that we would add a half hour to our regular DCAP meetings for the organic and intentional fostering of collaborative research between clinical researchers and clinicians with career researchers. We have had two meetings thus far and feel optimistic about the growth of opportunities over time. We also planned the pursuit of a less “painful” method of reporting research activities and building research literacy. To this end, a questionnaire and template has gone out to division members from Jeff Carter and Brenda Davidson to design a user friendly methodology. They will collate the feedback as they develop the new plan.

Our second annual Research half day in November focussed on partnership and collaboration in the Research into development of the ideal model of care for youth transitioning to the young adult service system. The day included many partners as presenters and attendees. Much like the symposium, the feedback was overwhelmingly positive.

Thank you to Jeff Carter, our DCAP Research leader and Brenda Davidson, Research Coordinator, for their spearheading of these initiatives and for their promotion of research development generally. Hold the date for the next Research half day which is confirmed for November 26, 2015 and which will focus on knowledge translation into clinical practice and again include our network partners.

A word about recruitment of child psychiatrists. Our Child and Adolescent Psychiatry resources are akin to a garden with some “planting and growing” our own psychiatrists in our training program, “transplantation" of faculty at different points in the "season" and bringing in new "species” from other geographic regions. With CAP Subspecialty now well established all of our new Child and Adolescent Psychiatry recruits will be required to be certified or be eligible and have intention to complete the Royal College CAP Subspecialty examination. In terms of “transplantation”, Dr. Pamela Horne will be joining the Child and Adolescent Mental Health Care Program at Children's LHSC on July 1, 2015, and Dr. Ben Loveday is planning to move to community practice this fall, still retaining an adjunct appointment in the Division and Department of Psychiatry. We are currently interviewing applicants for the Parkwood position and advertising for the Vanier position that will be vacated. Thank you to Pam for the work she has done both clinically at Vanier and in developing the education experience for undergraduate and postgraduate students in a way that has made this a desirable and sought after placement. Thank you to Ben for his contributions to interprofessional care development at Parkwood and to his important work in coordinating the undergraduate clerkship Selectives and Seminar series, outlined below in his undergraduate report. Dr. Heidi Haensel will take over the reigns as
Undergraduate Coordinator in July 2015. Dr. Horne will continue to coordinate the mandatory training in Child and Adolescent Psychiatry for Paediatric residents and the Paediatric Community Fellowship.

There is an ongoing tension between the heavy clinical demands for all of our services and academic productivity of our psychiatrists as well as other clinicians who contribute so actively to interprofessional teaching and research. Our local experience of these escalating demands is validated by the recent release of a Policy Statement, on May 8, 2015 by a consortium of CIHI – Canadian Institute for Health Information, OHA – Ontario Hospital Association, MHCC – Mental Health Commission of Canada (including the youth council) and CMHO – Children's Mental Health Ontario. They report a 48% increase in Emergency Department visits for children and adolescents, and higher for rural and remote populations. Similarly, there has been a 54% increase in utilization of acute care child and adolescent psychiatry beds for ages 5 to 24 years. This overall increase in rate is the same in Ontario as across the country and contrasts with the use of Pediatric beds for other medical problems which is flat or declining. In parallel, there has been an increase in medication use for the 15 to 24 age group translating to a 23% increase in prescriptions for Mental Health and Addiction Disorders from 2007/2008 to 2013/2014 in this age group, particularly SSRIs and quetiapine for non-psychotic disorders. In other words 1 in 12 youth (all youth) take psychotropic medication (mood/anxiety or antipsychotic medication). This is higher in Aboriginal Youth. The reason for these increases is uncertain. There is no evidence to suggest an increase in prevalence of mental health disorders since 2006. Postulated explanations include improvement in identification, and perhaps, reduction in stigma so that there is more likelihood of presentation for assessment and treatment. There are also reported difficulties in accessing community services. There is optimism that the creation of thirty three lead agencies created by the Ministry of Child and Youth Services, working through collaboration and redesign by local groups will improve access and availability of core community services. A crucial success factor will be our ability to building bridges to create solutions. It is not what services are provided but how they are integrated and delivered. This is particularly the case in the context of hospital and community services.

Thank you to so many who do contribute to the success of our academic mission. A metric of how well we are doing is the recognition of our division members with awards. This year we did very well as a division at the Department Awards on June 9th. Congratulations to Dr. Patricia Hall and Dr. Aleksandra Nowicki who won the DCAP Awards for Postgraduate and Undergraduate Teaching. Dr. Rob Nicolson received the Department of Psychiatry Research Award and Dr. Javeed Sukhera received the Department Clinical Innovation award for his work with the emergency pathway between pediatric emergency and the community and the Transition Age Youth Program. Tracy Henebry received the Department Administrators Award.
This week Dr. Javeed Sukhera received notification that he was successful in his application for a provincial AMS Phoenix Award and his work as a fellow will focus on destigmatization related to mental health in the emergency room through education and change in workplace culture. Javeed will be our fourth Phoenix fellow at Western and the second Western fellow in mental health, the other being Dr. Lloy Wylie who is a career researcher in Psychiatry and the School of Public Health and works in the area of cultural competency in Aboriginal mental health services and other diverse populations.

Individual Portfolio Reports follow:

**Dr. Ben Loveday: Undergraduate Medical Education Clerkship**

During the past academic year, the DCAP has continued to offer senior medical students the opportunity to spend two weeks in a clinical rotation with a Child and Adolescent psychiatry service. We also provide high quality elective experiences to both Western students seeking more exposure to child psychiatry, as well as visiting students from other centres. There are ten distinct services in London and one in Windsor that have been available. During rotations, senior medical students participate in mental health assessment interviews, participate in family assessments and meetings, attend group therapy sessions, and attend and participate in interprofessional case conferences or treatment planning sessions. Students are also encouraged to give case presentations to the interprofessional team and to facilitate at least one scholarly discussion about an important clinical aspect of a current case.

Medical students have consistently rated these clinical experiences as "excellent" or better, as we are fortunate to have very enthusiastic physicians and interprofessional staff within the DCAP. Our services hosted over a third of the medical school class.

In addition to clinical exposure to Child and Adolescent psychiatry practise, all senior medical students receive case-based seminars during their clerkship block in the following topics: 1. Interviewing skills particular to the assessment of young people, 2. Anxiety disorders among youth, 3. ADHD and disruptive behavior disorders, 4. Mood disorders, 5. Eating disorders, 6. Developmental disabilities, and 7. Childhood trauma. Our lecturers are consistently rated by students as "excellent" or better.

**Dr. Naveed Rizvi: Tele-Mental Health Service “CPRI Hub”**

Tele-Mental Health Service continue providing clinical consultations, program consultations and education and professional development services for professionals working with children and youths living in rural and underserved communities. Number of referrals to “CPRI Hub” continues to increase. While all publicly funded mental health professionals are now able to
make referral for Telemental Health Consultation, most of the referrals for CPRI Hub in the year 2014-2015 were from MCYS Children’s Mental Health Agencies and Family Health Teams.

<table>
<thead>
<tr>
<th>Fiscal Year</th>
<th>2014-2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical Consults</td>
<td>442</td>
</tr>
<tr>
<td>Program Consults</td>
<td>32</td>
</tr>
<tr>
<td>Educational Sessions</td>
<td>15</td>
</tr>
<tr>
<td>Total Completed Services</td>
<td>489</td>
</tr>
</tbody>
</table>

Besides the clinical and program consultations, in 2014-2015, CPRI Hub provided 15 educational sessions at the regional as well as provincial level.

“CPRI Hub” maintains collaborative partnerships with Child and Parents Resource Institute (CPRI), Division of Child and Adolescent Psychiatry, Schulich School of Medicine and Dentistry, Western University, London Health Sciences Centre (LHSC), Parkwood Institute - St. Joseph’s Health Care, London and Hôtel-Dieu Grace Hospital in Windsor. CPRI Hub team have established strong collaboration with the Telemental Health Central intake and Coordinating agencies as well as with community providers to facilitate and promote Telemental Health services including access to clinical and program consultation. The team is extremely appreciative of the team of the consultants who continue to provide excellent clinical and program Telemental health consultations.

Residents in Family Medicine, Pediatrics and Psychiatry as well as Child & Adolescent Psychiatry fellows are welcomed to participate in Telepsychiatry consultation at any time during their training. PGY-III Psychiatry residents are required to do one Telepsychiatry consultation during the core child psychiatry rotation.

**Dr. Naveed Rizvi: Continued Professional Development (CPD) Report**

This has been a successful, yet a busy year for DCAP CPD activities. To promote competent inter-professional practices, within the Division as well as with in the community, a wide range of CPD events were offered. The topics addressed not only the clinical child and adolescent psychiatry knowledge gaps, but also provided skill development in, effective leadership as well as personal and professional growth.

While DCAP faculty members and residents presented at the CPD events, nationally and internationally renowned guest speakers were are also invited to present at the 2014-2015 CPD events. The CPD events were regularly attended by division members, allied health professionals, residents, medical and allied health students as well as community partners. Using OTN videoconferencing access to CPD events was provided to community partners including CPRI, Parkwood Institute, and the Children Mental Health Agencies associated with the CPRI
Hub of the Tele-Mental Health. Attendees evaluated the CPD events as excellent learning opportunities.

During the year 2014-2015, the Division of Child and Adolescent Psychiatry organized the following CPD events: (Please see the attached for details).

1) **Complex Case Rounds (CCRs):** CCRs is an ongoing CPD event held on the 2nd Wednesday of the alternating month. The focus of CCRs is on promoting interdisciplinary strategies and community resources to improve functioning of the children and families presenting with complex mental health issues.

2) **DBT Training and Consultation – Strategies and Approach While Working with Youth and Families**.
   
   This two day advanced DBT training workshop was provided by Dr. Laurence Katz, MD & Dr. Elizabeth Dexter-Mazza, Psy.D, on September 22 & 23, 2014. With a practical, experiential teaching (role-plays, practice exercises) and case based approach, this interactional workshop provided training in effective use of DBT principles and strategies in individual therapy, consultation team, family therapy and skills groups.

3) On April 17, 2015, the **Child and Adolescent Psychiatry Annual Conference** was held “Community Collaboration- Promoting Resilience in at Risk Youths and Families”. This full day conference was an excellent example of inter-professional collaboration and partnership with community providers to promoting resilience in young people and their families facing complex challenges. Workshops and seminar were provided to identify practical application of strengths-based interventions sensitive to young people's cultural and contextual differences. Guest speaker was Dr. Michael Ungar, Ph.D., while Dr. Rob Nicolson, FRCPC, Dr. Susan Rodger, PhD., C.Psych. Dr. Alan Leschied, PhD., C.Psych., Kathryn Lambert MSW, Tina Diamond MSW & Joeline Bamford MSW also presented the workshops at the annual conference. A very positive feedback was received from the attendees.

4) **Monthly Child and Adolescent Psychiatry Residents Rounds** on 3rd Thursday of the month. DCAP collaborates with the Department of Psychiatry CPD Committee to organize Child and Adolescent Psychiatry Resident Rounds on a monthly basis. Psychiatry residents presented a wide variety of child and adolescent topics.

5) **DCAP Research and CPD activities:**
   a. The Division of Child and Adolescent Psychiatry Research Half Day was held on November 7, 2015. Keynote Speaker was Dr. Simon Davidson and presented on “Developing Transitional Mental Health and Addictions Services for Youth and
Emerging Adults”. Local speaker was Dr. Javeed Sukhera who presented on “Planting seeds and building bridges: an update on transition age services in Southwestern Ontario”.

b. Division of Child and Adolescent Psychiatry Retreat. March 5, 2015.

6) Upcoming Events
a. Division of Child and Adolescent Psychiatry Annual CPD Grand Rounds will be held on June 11, 2015. Guest Speaker will be Kathleen Pajer, FRCPC and will present on “Getting Things Right for Children and Youth with Mental Illness”.

b. Division of Child and Adolescent Psychiatry Annual Meeting will be held on June 18, 2015. Guest Speaker will be Victoria Siu, FRCPC presenting on “Genetic Testing: Role in children’s mental health”.

We would like to thank Dr. Sandra Fisman, Chair of the Division of Child and Adolescent Psychiatry, members of the various CPD events planning Committees and Faye Slote for their ongoing support in organizing DCAP CPD events.

Dr. Patricia Hall: Postgraduate Education Child and Adolescent Psychiatry

With the arrival of Summer, I would like to express my gratitude to all the individuals who have participated in postgraduate education over the academic year. Thank you to all interprofessional staff for participating in teaching. It has been a busy year with Child and Adolescent Psychiatry lectures being provided for the PGY-1, PGY-3 and for the subspecialty program. The success of the academic curriculum over the past year was in part due to the excellent administrative support of Faye Slote, Carissa Peterson, Eva Adams, Suzy Mendes and Tracy Henebry. Clinically, there has been an increasing demand for rotations. I would like to thank Tracy Henebry for her efforts in maintaining the clinical rotation schedule.

I would also like to thank the residents for their hard work in providing an excellent year of Child and Adolescent Rounds.

The Postgraduate Education Committee in Child and Adolescent Psychiatry would like to congratulate Dr. Ray Egan for his successful completion of subspecialty residency training in Child and Adolescent Psychiatry. Dr. Egan is one of the first in Canada to graduate from subspecialty program in Canada. We wish Dr. Egan the best of luck on his exam in the fall of 2015. Dr. Egan also successfully presented his research at Journal Club in June entitled “Is change in symptomatology associated with change in function in adolescents who have received intensive DBT treatment?” Dr. Joy Abramson will be entering the second year of training in the subspecialty program starting July 1, 2014. We would like to congratulate Dr. Abramson for
successfully completing her general psychiatry training and for passing her Royal College exam in Psychiatry.

Clinical rotations over the year include planned core rotations for PGY-1, PGY-3 and Subspecialty residents. Electives are also available for PGY-1 and senior residents, and subspecialty residents. PGY-2 residents are given an orientation information package including learning objectives for the PGY-3 year. Please see the CAP resident’s handbook for more information which is on the department website. For faculty working with subspecialty residents, learning objectives are also available on the department website, and is also sent out prior to the start of the rotation. Thank you to Ms. Stephanie Rabenstein who is the Family Therapy Coordinator for ensuring family therapy skills are incorporated into the CAP clinical teaching units.

I would like to take this opportunity to update the department on the membership of the CAP Resident Program Committee (RPC): Dr. Sarah Armstrong, Psychotherapy Coordinator; Dr. Jeff Carter, Research Director; Dr. Javeed Sukhera, Curriculum Coordinator and LHSC Site Representative; Dr. Ben Loveday, RMHC Site representative; Dr. Sohail Makhdoom CPRI Site representative; Dr. Pamela Horne, Evaluations Coordinator, Vanier Children’s Services Representative and Safety Committee Representative; Dr. Yousha Mirza, Windsor Site Representative; and Dr. Sandra Fisman CAP Division Chair; Dr. Patricia Hall, Program Director; Ms. Tracy Henebry, Program Administrator. The RPC has been busy over the past year preparing for our internal review. Thank you to all faculty who have provided their time and expertise preparing the presurvey questionnaire for the Royal College. This review resulted in the status of “Accredited Program with follow up by Next Regular Survey” (i.e. full approval). I would like to personally congratulate Tracy Henebry for winning the Department of Psychiatry Administrative Award for her instrumental role in the internal review and maintenance of our program.

As a reminder, Applications for July 2016 are due in September, 2015. Please refer to the department website for more information in regards to application requirements. For any questions concerning the subspecialty program, please contact Dr. Patricia Hall, Program Director, or Tracy Henebry, Program Administrator. Also, please be advised that information about the subspecialty program and other agenda items of the RPC is shared at CAP division meetings, CAP advisory meetings, Department of Psychiatry advisory committee meetings and departmental newsletters. If more specific information is required or if there are any questions please feel free to contact CAP postgraduate education office.

Dr. Jeff Carter: Research
The profile of research within the Division continues to grow. Developing research capacity was an important theme in the Child and Adolescent Psychiatry Half Day Retreat on March 5, 2015. I would like to thank Dr. Paul Links for his support of research initiatives. I would also like to thank Faye Slote and Brenda Davidson for all of their administrative and organizing work for research within the Division. We are continuing to align our annual reporting with Department reporting to reduce the administrative burden on researchers, and we are developing systems to help researchers coordinate their efforts and provide residents with current information about potential research opportunities. For example, the standing item regarding Research at the Division Psychiatrists’ meeting has been expanded, and we are working on how to best use this time.

Last year, the Division successfully held the Second Annual Research Half Day on November 7, 2013. The theme was “Transitions,” and Dr. Simon Davidson from the Children’s Hospital of Eastern Ontario provided the keynote address, “Developing Transitional Mental Health and Addictions Services Youth and Emerging Adults.” Dr. Javeed Sukhera presented on, “Planting seeds and building bridges: an update on transition age services in Southwestern Ontario.” We have even more posters than the previous year (14 instead of 9), and the award went to Dr. Elizabeth Osuch and her colleagues for, “Treatment Effectiveness of an Early Identification and Intervention Program for Mood and Anxiety Disorders in Transition-age Youth.”

This year, the Third Annual Research Half Day will be held the morning of Thursday November 26, 2015. Dr. Mario Cappelli from the Children’s Hospital of Eastern Ontario and our own Dr. Elizabeth Osuch will be presenting. The call for posters will come out over the summer.

The Journal Club had a couple of excellent presentations. In October, Dr. Sandra Fisman spoke on childhood bullying and its connection to self-harm in late adolescence. Dr. Colin King from the Thames Valley District School Board presented on the “The Science of the Individual” in February. In June, Dr. Ray Egan will be presenting related to his residency research project. A schedule for next year will be developed over the summer.
Left: Dr. Osuch, Carolyn Summerhurst and Justin Arcaro in front of their winning poster
Right: Drs. Davidson, Sukhera, Fisman, & Carter at Research Day

Best wishes to all for an energizing and restorative summer and we look forward to another successful academic year for 2015/16.

Sandra Fisman
Complex Case Rounds:

July 9, 2014 - Dr. Javeed Sukhera, “Subjectivity in Psychiatric Diagnosis: Psychosis versus Schizotypal Personality”.

November 12, 2014 - Dr. Sandra Fisman, Patrizia Travis & Colleen Howard, "It Can Take a Village…".

January 14, 2015 - Stephanie Rabenstein & Dr. Michelle Ngo, "....She’s the kid that lived!": A family systems perspective on a family who has survived the suicide death of a child/sibling.

March 11, 2015 - Laura Reid, “Seven Year Old Boy in Intensive Milieu”.

May 13, 2015 - Dr. Simran Ahluwalia & Dr. Craig Ross, “Fitting a Square Peg in a Round Hole” – Lessons learned from a complex case (is it ASD? ID? ADHD? LD? Anxiety….).

Monthly Child and Adolescent Psychiatry Journal Club:

October 8, 2014 - Dr. Sandra Fisman, “Being Bullied During Childhood and the Prospective Pathways to Self-Harm in Late Adolescence”.


Monthly Child and Adolescent Psychiatry Residents Rounds:

September 18, 2014 - Dr. Joy Abramson, “Psychosocial interventions for ADHD”.

October 16, 2014 - Dr. Craig Stewart, “Waking Up is Hard To Do: Circadian Rhythm Sleep-Wake Disorders”.

November 20, 2014 - Dr. Nolan HopWo, “Attachment and Adoption”.

December 18, 2014 - Dr. Lauren Mussen, “Mothers and Daughters: examining attachment in patients with Anorexia Nervosa”.

January 15, 2015 - Dr. Priya Sharma, “Bipolar Disorder in Youth: Examining Controversy and Current Evidence”.


April 16, 2015 - Dr. Pramudith Manujaya Maldeniya, “Factitious Disorders: Diagnostic, Management and Treatment considerations”.


Dr. Laurence Katz, MD & Dr. Elizabeth Dexter-Mazza, Psy.D.
**Division of Child and Adolescent Psychiatry Research Half Day** November 7, 2014

Keynote Speaker: Dr. Simon Davidson, “Developing Transitional Mental Health and Addictions Services for Youth and Emerging Adults”.

Local Presentation: Dr. Javeed Sukhera, "Planting seeds and building bridges: an update on transition age services in Southwestern Ontario".

**Division of Child and Adolescent Psychiatry Retreat** (Parkwood Institute- Mental Health Care Building, 2:00pm – 4:30pm) - March 5, 2015.

**Child and Adolescent Psychiatry Annual Conference**, April 17, 2015.
“Community Collaboration- Promoting Resilience in at Risk Youths and Families”

**Workshops:**

“Tough Conversations: Nurturing Resilience when Young People’s Problems are Very Complex”. Dr. Michael Ungar, Ph.D.

“Consideration of Resilience and Family Factors in the Treatment of Children with Developmental Disabilities”. Rob Nicolson, FRCPC, Schulich School of Medicine & Dentistry, Western University.


“Supporting the Mental Health Needs of Students: Resilience Approaches in the School”. Dr. Susan Rodger, PhD., C.Psych. & Dr. Alan Leschied, PhD., C.Psych. Faculty of Education, Western University.

**Upcoming Events**

**Division of Child and Adolescent Psychiatry CPD Grand Rounds** (LHSC-VH C300, 8:30 – 10:30am)- June 11, 2015. Dr. Kathleen Pajer, “Getting Things Right for Children and Youth with Mental Illness”.

**Division of Child and Adolescent Psychiatry Annual Meeting** (Best Western, 4:30 – 7:00pm) – June 18, 2015. Dr. Victoria Siu, “Genetic Testing: Role in children’s mental health”.
