

# DEPARTMENT OF PSYCHIATRY NEWSLETTER

## MESSAGE FROM THE CHAIR

Suicide Prevention Day: Celebrate life - Prevent suicide



September 10, 2014 was dedicated to suicide prevention. Suicide Prevention Day is celebrated around the world as a commitment toward raising awareness about suicide. The Department of Psychiatry is happy to participate in the public movement of suicide prevention, and call upon all our colleagues to pledge their support, wherever and whenever they have the opportunity to do so. We firmly believe this is a day of celebration for the tireless work done by mental health professionals toward advancement of science and clinical care of patients at risk for suicide. This day has led to making suicide prevention a "people's movement". It is also a day of commitment for a better future, toward a hope that many lives will be saved, more services will be developed and accessed, and more investment will be made toward suicide prevention.

Suicide is not yet seen as a public health problem though it occurs in every part of society and leads to severe consequences world-wide. Approaches to suicide prevention have not been sufficiently applied and evaluated in Canada, leading to very few visible examples of success. Canada still lacks a true national suicide prevention strategy. However, our profession can and must provide effective leadership in education, research, clinical care, service delivery and advocacy in suicide prevention.

The nature of our work, particularly in the hospital, is challenged by problems related to suicide. Approximately 60 to 70 per cent of all patients are hospitalized either due to a suicide attempt or crisis situation. At any given time more than 50 per cent of patients in hospital have suicidal ideation. A number of people fall out of treatment even after making contact with services. Vulnerable at-risk patients are often not adequately identified and followed from our emergency rooms and family practices and this situation demands improved education and training of various health professionals. Innovative models of care to suicide prevention, like models of early intervention and psychosocial interventions, need to be developed and evaluated to prevent suicidal behavior and suicide.

Our Department is a leader in suicide-related research and education. To illustrate this point, Dr. Marnin Heisel recently received \$575,255 in project funding from Movember Canada, a grass-roots organization dedicated to raising awareness of men's health problems to implement, finalize, disseminate and evaluate Meaning-Centered Men's Groups for men facing retirement. Along with colleagues, I completed a CIHR-funded planning meeting focused on creating a "Multidimensional Theory of Suicide in Middle-Aged and Older Men." It brought together experts in masculinity, suicidology, psychological resiliency, personality assessment, clinical and health systems research, knowledge translation and consumer survivors. The planning meeting was held in London, Ontario from January 15 to 17, 2014 and, from this initial meeting, the group developed a proposal for the CIHR Team Grant that was submitted to CIHR in August 2014.

Dr. Amresh Srivastava and colleagues recently conducted a comprehensive training needs assessment for suicide prevention among health care professionals in India. The project identified gaps in training and services related to suicide prevention and the results of the project are being prepared for publication.

*Message continued on page 2*

# TABLE OF CONTENTS

|   |    |
|---|----|
| Undergraduate Medical Education             | 2  |
| Postgraduate Medical Education              | 3  |
| Division of Child and Adolescent Psychiatry | 4  |
| Division of Forensic Psychiatry             | 6  |
| Research                                    | 6  |
| Article 1                                   | 8  |
| Article 2                                   | 9  |
| Other News                                  | 10 |

## UNDERGRADUATE MEDICAL EDUCATION

In September, we began another academic year and welcomed a brand new group of clinical clerks. It has been exciting to see a group of medical students so enthusiastic to learn and be involved in clinical care. I would like to thank the staff, residents and faculty who all took time to help orientate the medical students and answer their many questions.

During the next few months, we will have a number of fourth year medical students from across Canada complete fourth year electives. It is my hope that many of these students will decide to pursue a residency in Psychiatry here at Schulich Medicine & Dentistry! Personally, I am thrilled that so many of this year's Schulich Medicine graduates chose to stay in London for their residency in Psychiatry.

The organization of the next Taste of Psychiatry event will begin shortly. We are planning to host the event in January 2015. If you are interested in joining the planning committee or attending the evening please contact Melanie VandenBorre at [ugepsychiatry@lhsc.on.ca](mailto:ugepsychiatry@lhsc.on.ca).

There also seems to be a strong interest in reviving the Psychiatry Interest Group. If you have a movie suggestion or wish to be a presenter, please let me know by email at [sandra.northcott@lhsc.on.ca](mailto:sandra.northcott@lhsc.on.ca).

As we begin another academic year, we invite you to contact Melanie at [ugepsychiatry@lhsc.on.ca](mailto:ugepsychiatry@lhsc.on.ca) if you are interested facilitating Patient Centred Clinical Methods (PCCM) or Patient Centered Care – Integration and Application (PCCIA). Training for new faculty can be arranged.

I am pleased to announce that Naomi Mudachi, Schulich Meds 2017, won the Canadian Organization of Undergraduate Psychiatric Education (COUPE) Best Paper Award for Medical Student for her paper, "Stalking of Psychiatrists: A Comprehensive Approach to Prevention and Management". Mudachi was recognized at this year's CPA annual meeting in Toronto.

Sandra Northcott M.D., FRCPC  
Director, Undergraduate Medical Education

### Message from the Chair continued...

Dr. Stacey Espinet, a Postdoctoral Fellow with the Department under the joint supervision of Dr. Margaret Steele and Dr. Lorelei Lingard, is developing a program evaluation of the research project entitled, "Teaching Child and Adolescent Mental Health to Family Physicians". The program includes teaching family physicians aspects of suicide risk assessment. This research and fellowship received funding from the Children's Research Foundation at Children's Hospital.

Drs. Subramanian, Varapran, Rybak and Burhan are recipients of the 2014 Fellowship in Teaching Innovation award in the amount of \$10,000 for their project "Enhancing Suicide Risk Assessment Skills through Simulations in a Virtual Environment." Their project will develop a simulated teaching tool to promote student's suicide risk assessment skills.

As psychiatrists and mental health experts, we have a great responsibility to lead efforts in suicide prevention. Our Department has clearly stepped up to the challenge of enhancing suicide prevention locally, in Canada and around the world.

*Paul Links, Professor and Chair  
Department of Psychiatry, Schulich School of Medicine & Dentistry, Western University, Chief of Psychiatry, LHSC and St. Joseph's Health Care*

*Amresh Srivastava, Associate Professor  
Department of Psychiatry, Schulich School of Medicine & Dentistry, Western University, Associate Scientist,  
Lawson Health Research Institute*

# POSTGRADUATE MEDICAL EDUCATION

The 2014-15 academic year began with the completion of our internal review by Western University on July 8 and 9.

Thank you to the residents, teaching faculty and Residency Program Committee for their involvement. We will be informed about the outcome by the Royal College in January 2015.

We would like to congratulate Carissa Peterson and her husband on the birth of their daughter, Eleanor, and we welcome back Eva Evangelista (Adams) who will be covering Carissa's maternity leave.

CaRMS preparations are in motion once again. One of the most exciting pieces of news in our office is the start of the Windsor stream of our residency program.

This year there will be two additional resident positions in Windsor to start in July 2015, as well as the eight spots for the London program. We have posted the Windsor stream through CaRMS and will hold interviews for both the London and Windsor together on January 20 and February 4, 2015.

The Western Psychiatry Mentorship Program was an initiative that was implemented at the start of the academic cycle in 2013, created by a former resident of our program. The program was designed to help ensure that incoming residents experienced a smooth transition into residency, under the mentorship of a more senior resident.

Overall, the first year of the mentorship program has been a success and we are continuing to develop new ideas on how the program can be expanded upon and improved for the future.

Our nine PGY 1 residents have now settled into their first year and have their rotations underway. We look forward to an exciting year ahead and to the launch of the Windsor program.



## DIVISION OF CHILD AND ADOLESCENT PSYCHIATRY

We have had and continue to have a very busy fall season in Child and Adolescent Psychiatry. The return to school always heralds a surge in clinical demands across all services, and we have a packed but exciting academic agenda.

### Undergraduate Medical Education - Child and Adolescent Psychiatry Clerkship

The Child and Adolescent Psychiatry division continues to deliver high quality and highly rated clerkship rotations to third- and fourth-year medical students. Approximately one third of Schulich medical students spend a two-week rotation with one or more of our enthusiastic Child Psychiatry supervisors.

The division has also provided several elective rotations for Schulich Medicine students and visiting medical students. We know our best recruitment tool into psychiatry is the undergraduate experience and we are grateful for the volunteerism of our Child and Adolescent faculty.

Some of us are also engaged in the undergraduate Portfolio Writing Program as Faculty Mentors. This is a very rewarding experience that allows one to get to know the individual students and influence their development as caring practitioners.

### Postgraduate Education Child and Adolescent Psychiatry

The Postgraduate Education Committee in Child and Adolescent Psychiatry (CAP) welcomed Drs. Caroline Armstrong and Joy Abramson to the subspecialty program on July 1, 2014. Dr. Ray Egan began his PGY 7 year in July as well. As a reminder, applications for July 2015 were due in September 2014, however we continue to accept applications. We have one external applicant for July 2015 from the University of Toronto visited London on October 24th for interviews and to learn about our Child and Adolescent Subspecialty Program.

On November 4, 2014 we had our first CAP Accreditation visit. This was an internal review of the program with

a report to the Royal College. Dr. Patty Hall and Tracy Henebry diligently prepared the PSQ documentation for this visit.

We have been thrilled with the engagement of Windsor with the DCAP and both CAP core and subspecialty training. This has been greatly facilitated by Dr. Yousha Mirza's presence on the RPC as the Windsor representative and Dr Mary Broga's membership on the DCAP. There is an opportunity for inpatient and outpatient rotations in Windsor at Maryvale, including an emergency and acute care inpatient experience as well as a tertiary care opportunity at Windsor Regional Children's Centre (now administratively part of Hôtel-Dieu Grace Healthcare).

Dr Patty Hall and Dr Sandra Fisman continue to be members of the Royal College Specialty Committee for CAP. Dr. Sandra Fisman will be on a working group of the committee to move Competence By Design (CBD) forward for CAP beginning in the 2016 cohort as the CBD process rolls out between now and 2022. She is also part of a task group exploring training reciprocity with the American Board of Psychiatry and Neurology in CAP.

### Research

The Child and Adolescent Division is pleased that Dr. Simon Davidson from the Children's Hospital of Eastern Ontario was the keynote speaker for our second annual Research Half Day from 8:30 a.m. to 12:30 p.m. on November 7, 2014. The theme was "Transitions" and the local speaker was Dr. Javeed Sukhera, Physician Lead, Transition Age Services, London Health Sciences Centre. We are hoping to have participants from both the child and youth and the adult sector.

Dr. Shannon Stewart continues to be the international lead for developing the Child and Youth Mental Health suite of InterRAI instruments. She has moved, however, from the Child and Parent Resource Institute to the Faculty of Education at Western.

Dr. Sandra Fisman kicked off the next season of the Child and Adolescent Division Journal Club with her talk on October 8, 2014. We are still developing the schedule for this year, so anyone who is interested in speaking should contact Dr. Jeff Carter at jcarter3@uwo.ca.

## Continuing Professional Development

A CPD highlight for us was the two-day DBT Training and Consultation workshop on September 22 and 23, 2014. Seventy-seven people participated, most with their teams, which included London hospitals, Windsor hospitals and many of our community agency partners. The Transition Age Program at London Health Science Centre was also represented. Feedback was glowing and our trainers, Dr. Laurence Katz and Dr. Elizabeth Dexter-Mazza were outstanding and rated as such by participants.

Much appreciation to Dr. Naveed Rizvi for his leadership in planning this event and the Committee who planned with him, together with the amazing organization by Faye Slote. A particular thank you to Jennifer Wilson, RN, Julie Jeanson, RN, and Dr. Walter Friesen for their preparation of clinical material and their courageous role playing in the consultation process.

## Upcoming CPD Events

### November 12, 2014

Complex Case Rounds, Dr. Sandra Fisman,  
Title: "It Takes a Village"



## UPCOMING EVENT:

### SECOND ANNUAL CHILD AND ADOLESCENT PSYCHIATRY RESEARCH HALF-DAY

**Friday, November 7, 2014  
8:45 a.m. to 12:30 p.m.**

Victoria Hospital, London Health Sciences Centre  
Sumner Auditorium (B2-119 Amphitheater and B2-124)

#### Keynote Speaker

**Dr. Simon Davidson**

Chief of Psychiatry, Children's Hospital of Eastern Ontario

#### Local Presentation

**Dr. Javeed Sukhera**

Physician Lead for Transition Age Mental Health Services,  
London Health Sciences Centre, Victoria Hospital

## Agenda

|                         |  |
|-------------------------|--|
| 8:00 - 8:45 a.m.        | Registration and<br>Continental Breakfast  |
| 8:45 - 9:00 a.m.        | Opening Remarks  |
| 9:00 - 9:45 a.m.        | <b>Local Presentation:</b><br>Dr. Javeed Sukhera, "Planting seeds<br>and building bridges: an update on<br>transition age services in<br>Southwestern Ontario" |
| 9:45 - 10:45 a.m.       | Poster Presentations   |
| 10:45 - 11:00 a.m.      | Break  |
| 11:00 a.m. - 12:00 p.m. | <b>Keynote Speaker:</b><br>Dr. Simon Davidson, "Developing<br>Transitional Mental Health and<br>Addictions Services for Youth<br>and Emerging Adults"          |
| 12:00 - 12:15 p.m.      | Closing Remarks & Poster Awards  |
| 12:15 – 12:30 p.m.      | Evaluation completion  |

Please RSVP no later than **November 3, 2014** to

Faye Slote at [faye.slote@lhsc.on.ca](mailto:faye.slote@lhsc.on.ca)  
or 519-685-8500 ext. 75783

## DIVISION OF FORENSIC PSYCHIATRY

On June 19, 2014 we celebrated our first anniversary in the Southwest Centre for Forensic Mental Health Care, and we have certainly realized the anticipated benefits to both client recovery and the quality of work life for our staff.

We are very pleased to announce that Schulich Medicine & Dentistry has applied to the Royal College of Physicians and Surgeons of Canada to have a subspecialty in forensic psychiatry. We anticipate approval and, if so, we will begin instruction in July 2015. We expect to hear from the Royal College in November 2014. We are also currently accepting applications for our program.

Dr. Brian Daly was the expert psychiatrist at this year's mock trial for the Ontario Crown Attorney Summer School.

At our forensic academic half-days, Dr. Ajay Prakash, PGY-5 psychiatry resident, taught on Sexual Deviance, Dr. Daly taught on complex forensic cases, and I taught on Psychiatric Disability.

In August, Dr. Jonathan Gregory, PGY-1 psychiatry resident, delivered an outstanding talk to our forensic staff on Detecting Deceit: An Overview of Malingering.

I taught two workshops at WENDAT this summer on the co-morbidity between medical conditions and mental illness and on Personality Disorders.

On July 8, 2014, Dr. Mobbs, Assistant Professor at the Oregon Health Science University/Oregon State Hospital, gave a fascinating presentation on "A Forensic Perspective on The Misattribution of Delusional Psychosis in Cluster A Personality Disorders".

We are happy to announce that Dr. Heather Flett joined our program in September 2014. Dr. Flett will be working on our forensic outreach team. Her clinical interests include the treatment of individuals within a recovery-based model of care, including persons with psychotic, mood and anxiety, and concurrent disorders. She is an expert in motivational enhancement therapy and is passionate about teaching and education. Dr. Flett will also be enrolled in the Education Scholars Program through the University of Toronto.

*Craig Beach, MD  
Chair, Forensic Psychiatry Division*

## RESEARCH

I am pleased to share an update on the recent Department of Psychiatry Academic Research Day. We were treated to more than 40 paper and poster presentations from faculty members, trainees, scientists, and clinicians in the Department of Psychiatry and associated departments and research institutes.

We also enjoyed an impressive keynote address by Dr. David Streiner of McMaster University and the University of Toronto, on the Mental Health Commission of Canada's project on homelessness. Congratulations to all presenters

and many thanks to everyone who attended this academic event.

### **The following individuals received awards for their impressive research presentations:**

**Tamara Tavares** won the Award for Best Poster Presentation by a Student or Trainee, for her work entitled "Emotional Processing Deficits in Family Members of Patients with Frontotemporal Dementia."

**Yang Ye** won the Award for Best Oral Presentation by a Student or Trainee,

for his presentation entitled "Can Informational Videos Reduce Stigma towards Schizophrenia? It Depends on the Content."

**Dr. Michael Loureiro** received the Tom Hepburn Award for Best Oral Presentation by a Junior Faculty Member or Postdoctoral Fellow, for his paper entitled "Hippocampal Cannabinoid Transmission Modulates Mesolimbic Dopaminergic Neurons Activity: Impact on Opiate Memory Formation and Social Interaction."

**Dr. Elizabeth Osuch**, Rea Chair of Affective and Anxiety Disorders,

received the Award for Best Overall Poster Presentation, for her work entitled "Treatment Effectiveness of an Early Identification and Intervention Program for Mood and Anxiety Disorders in Late Adolescents and Young Adults."

Congratulations to all of the award winners, and to all of the presenters. We are already in the process of planning our next Academic Research Day, to take place on June 18, 2015. We will be sharing more details on this event in coming months by email and postings on the Research page of the Department of Psychiatry website.

For those who have not yet bookmarked the department's research web page (or who don't visit it all that often), you are encouraged to do so, as it is one of the main ways in which we share news and updates on research events and opportunities of interest with members of our Department.

In my previous newsletter submission I indicated that a special Department of Psychiatry Seed Funding Competition was nearly upon us, with a project budget limit of \$15,000. The Research Committee just recently met and adjudicated the largest set of seed funding submissions in recent memory. Thank you all for this wonderful showing and for your dedication to promoting scientific advancement and research excellence in mental health.

Thank you as well to the members of the Research Committee for your tireless dedication to our

Department's Academic mission, and for your thorough and thoughtful reviews of our colleagues' funding submissions.

Results of the recent seed-funding competition will be shared with the Principal Applicants imminently, and the names of the successful project leads and project titles will be posted on the department's research web page.

Congratulations to those whose projects will be funded, and my sincere encouragement to those of you who are not funded this time to resubmit your funding requests in our next competition. I would strongly encourage all project applicants who were not funded to feel free to follow-up with me to discuss your individual projects and/or reviewer feedback.

We anticipate announcing the next seed funding competition by mid-March, with another higher-than-usual budgetary limit. Stay tuned!

The Department of Psychiatry Research Interest Group (RIG) continues to meet on the 2nd Thursday of the month, from 4:15 to 5:30 p.m. in room B8-131, Victoria Hospital.

As noted previously, the RIG will be devoted primarily to resident presentations of their research projects, giving them additional opportunities to develop their presentation skills and to receive constructive feedback on their research from their peers, advisors, and faculty members. We will be posting the tentative

schedule for the next number of RIG meetings within the coming week, and encourage everyone to come out for one or more upcoming meetings to learn firsthand about the exciting research being conducted by our talented trainees. I would also like to specifically request that resident supervisors join us when your research resident presents his or her project.

I will close by noting how pleased I was to see the large number of Department Faculty and trainees in attendance at the recent Canadian Psychiatric Association conference in Toronto.

Congratulations to all who presented and/or assisted in coordinating the CPA conference (and the Geriatric and/or Child and Adolescent Psychiatry conferences that respectively preceded and succeeded the CPA meeting).

Congratulations, as well, to everyone who participated in recent World Suicide Prevention Day events on September 10.

A final thank you to everyone who submitted their research updates for the Department's Research Report. Please feel free to send along any research updates to Kathleen Lynch or myself so that we all may share in your success and demonstrate our appreciation of your work.

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

## OTHER NEWS

# OTHER NEWS

Dr. Kara Dempster received the \$2,000 PSI Foundation Resident Research Award on 'Glutamatergic Metabolite Correlation with Neuropsychological Tests in First Episode Schizophrenia'.

The Department is pleased to announce that Dr. Amer Burhan has accepted the appointment as Chair of the Division of Geriatric Psychiatry in the Department of Psychiatry.

Dr. Burhan is an Assistant Professor of Psychiatry and a widely recognized expert in geriatric neuropsychiatry at RMHC. He has numerous academic interests including continuing professional development and the application of Transcranial Magnetic Stimulation and neuro-modulation in psychiatric disorders.

His leadership will be greatly valued as we move ahead with many new initiatives related to Geriatric Psychiatry including our application for the sub-specialty residency program and our involvement with the Centre for Cognitive Vitality and Brain Health, St. Joseph's Health Care London.

Drs. Akshya Vasudev and Amer Burhan will be co-investigators on a large CIHR funded project through the aegis of the Canadian Collaboration of Neurodegeneration and Aging. A number of research streams will be investigating various neurobiological, ethical and treatment modalities for patients suffering from dementia across Canada.

Drs. Vasudev and Burhan will join the Gait and Brain Lab at Parkwood Hospital where Dr. Manuel Monterro

Odasso is the project lead exploring Motor Exercise and Cognition in patients with mild cognitive impairment for this project.

In addition, Drs. Burhan and Lisa VanBussel are co-investigators on another project with the CCNA initiative under the leadership of Dr. Nathan Herrmann entitled "prevention of neuropsychiatric symptoms of dementia". Recruitment will occur through the next 5 years.

On February 26, 2014 the Department of Psychiatry suffered a tremendous loss with the death of Dr. Praful Chandarana. For four years I had the absolute pleasure of working very closely with Dr. Chandarana on his annual London Psychiatry Review Course. This past January was the 20th year of his review course.

Before his passing, I was lucky enough to spend quite a bit of time working on the course with Dr. Chandarana. Knowing how important this course was to him, I proposed to him that we change the name to reflect his hard work and dedication.

I am happy to announce that this course will now be known as "The P. Chandarana London Psychiatry Review Course".

The 2015 course will take place from January 26 to January 31, 2015.

*Sandi Hallock,  
On behalf of the Review Course Committee*

# DEPARTMENT OF PSYCHIATRY NEWSLETTER

Schulich Medicine & Dentistry  
Western University  
London Health Science Centre, Victoria Hospital B8  
t. 519.685.8500 ext. 75694  
[schulich.uwo.ca/psychiatry](http://schulich.uwo.ca/psychiatry)