



*Department
of
Psychiatry Newsletter*

Spring 2013 - Issue 69



New format for easier reading online

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Chair/Chief's Report

Spring is almost here. The days are gradually getting warmer. The snow is receding. This spring a new opportunity may be “budding”. I wanted to share with you the Department’s initiative with India and indicate how Global Health is a priority both at Western University and the Schulich School of Medicine & Dentistry (SSMD). At the end February, Dr. Amresh Srivastava, Associate Professor, Department of Psychiatry, Dr. Rahel Eynan, Research Associate, Lawson Health Research Institute, and myself traveled to three sites in India to conduct a comprehensive training needs assessment for suicide prevention among healthcare professionals in India. Specifically with our colleagues in India, we planned to conduct a comprehensive learning needs assessment among primary healthcare professional in order to identify the nature of the gaps in knowledge and services, determine practices in need of improvement, and establish training priorities. The learning needs assessment objectives are two-fold: ensure that learning needs are addressed, and facilitate curricula development that addresses effective broader health system interventions. Under Dr. Srivastava’s leadership, we were able to visit three sites in India and to carry out workshops and focus group activities with our collaborators at each site. Our first visit was to K.E.M. Hospital, Seth G. S. Medical College in Mumbai. Dr. Shubhangi R. Parkar, Professor and Head, Department of Psychiatry organized a workshop with local practitioners and we also completed a focus group involving members of her Department. Next we traveled north to Ahmedabad and met with Dr. Lakshman Dutt, consultant psychiatrist and other psychiatrists to hear their perspectives about gaps in the training and/or services available related to suicide prevention. For our last site visit, we traveled to Mysore and collaborated with Dr. T.S. S. Rao, Professor and Head, Department of Psychiatry, JSS Medical College Hospital on a workshop with hospital-based and community-based professionals.

In contrast to the phenomenon observed in Canada and other developed countries where suicide increased with age, suicide in India was a problem among the young and middle age group. The majority of those who died by suicide (71%) were under the age of 44 years. Of the total deaths by suicide in individuals 15 years or older, about 40% suicide deaths in men and about 56% of suicides in women occurred in young adults ages 15-29 (Patel, et al., 2012). The overall aged-standardized suicide rate per 100,000 population at ages 15 years or older was 18.6 for men and 12.7 for women. At the national level the male-female ratio is 2:1 with 63% of suicides occurring among males. In women, the highest suicide rates are seen between the ages 15 and 24 (109/100,000 population); however, in southern India, the suicide rates are as high as 148/100 000, one of the highest rates in the world (Aaron, et al., 2004). Similar to suicides observed in other rural areas in other parts of the world, self-poisoning, involving the ingestion of agricultural pesticides accounted for nearly half of suicides in India. The phenomenology of suicide behavior is quite different in India as opposed to western countries. According to Jacob (2008), suicide in India is generally associated with social and economic adversity, and cultural discord; thus, “psychiatric interventions aimed at recognizing and treating mental illness alone will not have a major impact on reducing suicide in the developing world” (page 104). In spite of these differences, gatekeeper education and primary care physician education are still considered promising suicide prevention strategies. Our long term goal is to develop effective professional training program(s) aimed at enhancing competencies in risk assessment and management of individuals at-risk

for suicide that will enhance practice in various global settings including Southwestern Ontario and rural Ontario.

The Western Strategic Plan “Engaging the Future” states that “Any university aspiring to international recognition and stature must demonstrate an international perspective and a global commitment. Western has identified areas (including India) of specific focus for: initiatives in the areas of collaborative research projects; student recruitment at both the undergraduate and graduate levels; development of exchange and study abroad programs; and opportunities to engage in international development activities.” (http://www.uwo.ca/univsec/strategic_plan/documents/strategic_plan_colour_hr_000.pdf). Very recently, Dr. Michael J. Strong, Dean, Schulich School of Medicine & Dentistry announced the appointment of Dr. John Denstedt to the position of Special Advisor to the Dean of the Schulich School of Medicine & Dentistry on Health Globalization, Internationalization and Simulation. Dr. Denstedt will lead the implementation of the Schulich School of Medicine & Dentistry White Paper on Globalization and Internationalization, with a specific focus on developing, enhancing and maintaining internationalization initiatives.

In keeping with the University and SSMD priorities, the Department wants to undertake targeted activities that are in keeping with the trust of Global Health. Global Health involves improving health and achieving equity of health with issues, such as suicide prevention, that transcend national borders. Working internationally on these common health concerns like suicide prevention can make us challenge our own practices and assumptions and facilitate joint learning and collaborative action. We will plan to keep you updated on our progress with our collaboration with our colleagues in India. Please let me know if you have an interest in participating in our Global Health initiative.

To close, I want to acknowledge the success of the following faculty members in obtaining research funding during these times of restraint. Congratulations to:

Dr. Elizabeth Osuch (PI) has received a two year AMOSO 2012-13 Provincial Innovation Funding for the project titled “Treatment effectiveness of early identification and intervention program for mood anxiety disorders in late adolescents and young adults.”

Dr. Lisa Van Bussel et al. also have received one year AMOSO funding for the project titled “Evaluation of an automated fall detection and patient monitoring system.”

Dr. Derek Mitchell (Co-Pi) and Elizabeth Finger (PI, CNS) have received a four year CIHR grant for their work titled "The impact of emotional mimicry and oxytocin on frontotemporal dementia"

Please enjoy the coming spring weather.

References:

Aaron, R, Joseph, A, Abraham, S, Muliylil, J, George, K, Prasad, J, Minz, S, Abraham, VJ, & Bose A. (2004). Suicides in young people in rural southern India. *Lancet*, vol. 363, pp. 1117 -1118.

Jacob, KS. (2008). The prevention of suicide in India and the developing world. The need for population-based strategies. *Crisis*, vol. 29, no. 2, pp. 102-106.

Patel, V, Ramasundarahettige, C, Vijayakumar L, Takur JS, Gururaj, G, Suraweera, W, and Jha, P. (2012), Suicide mortality in India: a nationally representative survey. *Lancet*, vol. 379, June 23, pp. 2343-2351.

Paul Links

Professor and Chair

Department of Psychiatry, Schulich School of Medicine & Dentistry, Western University

Chief of Psychiatry, London Health Sciences Centre and St. Joseph's Health Care London

Undergraduate Medical Education

As spring quickly approaches, we are preparing to deliver Medicine 5207 (Psychiatry and the Behavioural Sciences) and Patient Centred Clinical Methods to the second year medical students. During Medicine 5207, students are provided with five weeks of didactic lectures and small group sessions covering a variety of topics including child and adolescent mental health, anxiety disorders, mood disorders and psychotic disorders. For many medical students, the course is their first exposure to psychiatry and we strive to make it a positive one. Thanks to Dr. Mark Watling (London) and Dr. John Villella (Windsor) for organizing the course. If you wish to participate as a lecturer or small group facilitator next year, please contact either Dr. Watling or Dr. Villella.

Dr. Sreelatha Varapravan is coordinating Psychiatry Patient Centred Clinical Methods. Students, typically five to six to a group, are provided an opportunity to practice their interviewing skills on standardized patients. As a facilitator, you would commit to three sessions, each three hours in length, at the Dr. Don Rix Clinical Skills Learning Building. A facilitator handbook is provided. Sessions begin on April 9, 2013. Although many of the sessions are full, there are still openings for the Friday morning sessions on April 12, 19 and 26. If you are able to volunteer, please contact Ms. Melanie VandenBorre at UGEpsychiatry@lhsc.on.ca.

On April 30, we will be hosting another "Taste of Psychiatry" for the medical students. We hope to provide a small sampling of the clinical and research opportunities available within our Department.

Sandra Northcott, MD, FRCPC

Undergraduate Medical Education Director – Psychiatry

Postgraduate Education

The PGE Psychiatry office started the winter of 2013 with preparations for CaRMS well underway. Again this year, we received tremendous support from the faculty and resident group and without them, the CaRMS interviews would not have been as efficient and effective. There are too many individuals who contributed to CaRMS to name all of them individually, however, we'd like to thank a few people for their special contributions. The Division leaders who made themselves available for the Department Ambassador session, and the resident volunteers who not only took part in interviews but also provided three chaperoned tours of London per day to CaRMS candidates, as well as coordinating the evening resident social, all deserve a special thanks.

Thank you as well to those who served on the CaRMS workgroup chaired by Hooman Ganjavi and joined by Julie Hughes, Arany Shanmugalingam, Priya Sharma, Chris Tidd, Viraj Mehta, Daniel Hertzman, Mohamad Elfakhani, Carla Garcia, Eva Adams and Suzena Mendes, all of whom provided many hours of CaRMS preparation behind the scenes. An additional mention for their contributions goes out to our Department Chair Dr. Paul Links, and our administrative support team of Eva Adams, Suzena Mendes and Carissa Peterson.

The results of the 2013 CaRMS Match were released at noon on March 5th, and we successfully matched all three of our International Medical Graduate positions and two of our Canadian Graduate positions. Coming up shortly, we will participate in second iteration of CaRMS to fill our remaining three open positions. We anticipate another fine group of residents joining our program for July 2013.

On February 14th, under the direction of Drs. Paul Links and James Ross, PGE and CPD held a special workshop in psychotherapy at RMHC-L. The full-day event: "Good Psychiatric Management for Patients with Borderline Personality Disorder," was led by Dr. John G. Gunderson, Professor of Psychiatry at Harvard Medical School and Director of the Borderline Centre at McLean Hospital. It was a huge success with approximately 60 Psychiatry residents and clinical faculty in attendance for this RCPSC accredited activity.

The PGE office is now preparing for second iteration of CaRMS, resident rotation scheduling for the coming year, improvements and upgrading of the curriculum and ongoing improvements to the program. We look forward to a busy spring and the welcoming of our new residents in July.

Sincerely,
The PGE Office

Chief Resident's Report

The residents have started 2013 with a flurry of activity with CaRMS interviews in January where the feedback was very positive, both from residents and faculty and also from the candidates themselves. The turnout was fantastic so let's keep our fingers crossed for Match Day!

Also, the PGY1 residents and I have been busy laying the foundation for the pilot 'Resident Mentorship' project with support from staff advisor Dr. Kerfoot and Dr. Hocke who will be a mentor for me during the completion of this one year project which, in turn, is part of a leadership initiative driven by the University. We hope to wrap up by December 2013 when the mentees then become the mentors for a new batch of residents. If all goes well, we would have a sustainable mentorship project running for years to come! This could not be possible without the involvement from the PGY1 batch and the first group of resident mentors- Julie, Lauren, Nolan, Manu, Priya and Craig.

Furthermore, the PGY5 residents are also busy preparing for the Royal College examination. On behalf of the resident body, I'd like to wish Drs. Chris Ryan, Jennifer Tiffney, Georges Loba Gutierrez, and Isabelle Martin the very best!

Arany Shanmugalingam, PGY4

Division of Child and Adolescent Psychiatry

It is a pleasure to provide an update together with my colleagues from the Division of Child and Adolescent Psychiatry. It is also my pleasure to have assumed the position of Division Chair, beginning February 1, 2013. Thank you to Dr. Paul Links and the Selection Committee for their confidence in my leadership. This is an exciting time in many ways for Child and Adolescent Mental Health and particularly with the emergence of Child and Adolescent Psychiatry as a Royal College approved subspecialty.

The Perinatal Mental Health Program Pilot Clinic opened its doors in November 2012, in the Women's Program at LHSC, initially operating two half-days a week. In order to optimize the availability of the social worker, this has shifted to full days on Mondays. The clinic is receiving a significant volume of referrals and has a waiting list for service. The Women's Mental Health Collaborative met in December 2012, and a smaller steering committee has been developed to maintain the momentum for Women's Mental Health and monitor progress in the context of hospital – community relationships.

The CAMH Youth Mental Health Collaborative is making progress, in parallel with a smaller implementation group derived from the larger collaborative. The London Collaborative has identified the Transition from Community to Emergency and back to Community pathway as "the gap" (each provincial collaborative having been tasked to identify a service gap) and is working on a model derived from the Provincial Maternal Child Specialized Pediatric Advisory Committee. Some of us on the collaborative recently attended a special two-day workshop in Toronto, that focused on Implementation

Science; this also served the function of bringing together all of the provincial collaborative groups, with their identified gaps.

Transition Age service continues to be an important work in progress and much appreciation to Dr. Javeed Sukhera for his leadership in this area.

Dr. Patty Hall reports on Postgraduate Education

Subspecialty Training

Currently we are working with the Postgraduate Education Office to officially offer a position to an applicant who has applied to start for July 1, 2013. Once the position is officially filled, an announcement will be made. The program will have an internal review 18 months after the start of the new resident, and the Resident Training Committee (RTC) for CAP plans to meet every six weeks to ensure successful program implementation. Applications for July 1, 2014 will be due September 2013. The first Child and Adolescent Subspecialty Royal College exam takes place in September 2013. Western University does not have any residents writing the exam this year; however, there are faculty members who have applied to write this exam.

Core CAP Psychiatry Training

The PGY3 residents will soon pick their rotations for their six blocks of core child and adolescent psychiatry requirements. Residents must do three blocks in an outpatients setting and three blocks in an inpatients setting. Alternatively, a resident can do six blocks with a supervisor that does both inpatient and outpatient work. Also required is completion of family therapy training and two weeks in developmental disabilities. Learning objectives and rotations offered are outlined in the CAP resident handbook. Thank you to Tracy Henebry for updating the handbook and to all faculty members who have sent in updates about their clinical teaching units. Supervisors will know late in March if their clinical teaching unit has been selected by a resident and which blocks have been chosen.

Core CAP Psychiatry Curriculum

Thank you to all faculty and staff who participate in the 25 core CAP lectures for PGY3 residents. These lectures run from September until March each academic year. Invitation letters for the next academic year will be sent out in May 2013. Thank you to Debra Martin for all her efforts coordinating these lectures.

Dr. Ajit Ninan reports on Undergraduate Education - Electives

We continue to receive numerous requests for elective experiences in child and adolescent psychiatry. Five rotations were provided over this academic year to a mixture of international and Western University medical students. This continues to be a great opportunity to promote interest in children's mental health.

Dr. Ben Loveday reports on Undergraduate Education - Selectives

We are fortunate to continue to have a group of very enthusiastic and skilled teachers in the Division of Child and Adolescent Psychiatry. We offer two-week selectives to medical students in nine different services in London, including a broad range of experiences. We continue to benefit from the very capable and helpful administrative support of Debra Martin and Melanie Vandendorpe, as well as from all our dedicated teaching psychiatrists and interprofessional staff.

Dr. Naveed Rizvi reports on Continuing Professional Development

The Division of Child and Adolescent Psychiatry continues to coordinate a vibrant Continuing Professional Development program, with a plethora of local presentations by DCAP faculty, as well as invited regionally, provincially, nationally recognized experts for presentations at CPD activities. Our focus continues to be to promote knowledge, skill development and improve attitudes within an inter-professional learning environment at the Divisional, Departmental and community level. Using videoconferencing technology to support knowledge transfer and community capacity building, DCAP collaborates with the Western Hub of the Ontario Child and Youth Telepsychiatry program (OCYTP). Access to CPD events via videoconferencing is regularly provided to community partners including CPRI, RMHC London, and the children's mental health agencies associated with the Western Hub of the OCYTP.

Complex Case Rounds were initiated in September 2012, alternating with Journal Club on the 2nd Wednesday of the month. In September 2012, Dr. Pam Horne, of Vanier Children's Services, presented "Multiple Parent Disorder? A Case of Disrupted Attachment." In November 2012, Dr. Ajit Ninan from CPRI presented "A Case of Disrupted Attachment - Where to start?" The January 2013 speaker was Dr. Rob Nicolson, who presented a case "A Riddle Wrapped in a Mystery inside an Enigma, But Perhaps There Is a Key." Complex Case Rounds have been evaluated as an excellent learning event by the faculty members.

Upcoming Complex Case Rounds dates in 2013 are:

March 6 – Dr. Ben Loveday

May 8 – Dr. Javeed Sukhera

July 10 – Dr. Kamran Kizilbash

September 11 - TBA

November 13 – Dr. Patty Hall and Dr. Julie Eichstedt

Child and Adolescent Psychiatry Resident Rounds are on the 3rd Thursday of the month. The Division closely collaborates with the Department of Psychiatry CPD Committee to organize these Resident Rounds on a monthly basis, except March, June, July and August. Psychiatry residents present on a wide variety of topics related to child and adolescent psychiatry.

Dr. Jeff Carter reports on Research

Child and Adolescent Psychiatry Journal Club has changed format. We are now sharing the time slot (over the noon hour on the second Wednesday of the month) alternating with Complex Case Rounds (coordinated by Dr. Naveed Rizvi), so we will be able to build a stronger community of practice by alternating between theoretical issues and case discussion. In October, Dr. Jeff Carter presented "Interventions for reducing aggressive behavior." In December 2012, Dr. Barrie Evans from the Thames Valley District School Board presented "Threat Assessment and Risk of Violence Assessment in Schools." Philip Baiden, from CPRI, presented "An exploratory study of the factors associated with medication nonadherence among youth in adult mental health facilities in Ontario, Canada," in February 2013. Upcoming Journal Club dates for 2013 are **April 10** (LHSC working group on screening for suicide), **June 12** (Dr. Jeff St. Pierre on selective mutism), and **October 9** and **December 11** (speakers to be confirmed).

The Research Coordinators' group meets regularly. The chair, Dr. Jeff Carter, thanks Dr. Julie Eichstedt for her previous participation and welcomes Brenda Davidson as the new representative for LHSC. Other representatives are Drs. Carla Smith from Vanier and Shannon Stewart from CPRI. We are in the early stages of planning the Division's first Research Half-Day, anticipated for the fall of 2013. The emphasis may be on sharing preliminary findings and works in progress and on building connections

within the Division. The group has noted overlap across sites, such as suicidality and self-harm being studied at LHSC (with the guidance of Dr. Marnin Heisel) and CPRI (projects led by Dr. Stewart and C.A. Hamza), best practices for trauma at Vanier and trauma research at CPRI (projects led by Dr. Richard Zayed and Dr. Stewart), and control measures at Vanier and CPRI. Several members of the Division are participating in a study co-led by Dr. Graham Reid and Dr. Stewart regarding patterns of service use within children's mental health agencies. Other projects at CPRI include Dr. Ajit Ninan leading a study on the side effects of psychotropic medications, Philip Baiden leading a study on childhood abuse and cannabis use, and Dr. Jennifer Crotogino leading a study on outcomes among children and youth with dual diagnoses. Other projects at LHSC include Dr. Eichstedt leading a study regarding waiting times, and the Child and Youth Mental Health Project to improve knowledge and skills among family physicians, general practitioners, and pediatricians, led by Dr. Margaret Steele. (See the Semi-Annual Research Report for more details.)

The Annual Conference of the Division of Child and Adolescent Psychiatry will be held on **April 26, 2013**. This year's focus is "Managing Pediatric Depression and Anxiety in the Community – Knowledge to Practice." The keynote speaker is Dr. Katharina Manassis, University of Toronto, and the Plenary Speaker is Dr. Margaret Steele, Western University. In addition to workshops presented by the speakers, also offered in the concurrent workshop sessions will be "Helping families navigate the mental health system," presented by Dr. Ben Loveday and Gord Clifford; and "Implementing exposure treatments for anxiety across diverse settings," presented by Dr. Kerry Collins and Dr. Julie Eichstedt. For registration information please contact Debra.Martin@lhsc.on.ca

Finally, our congratulations to Dr. Sarah Armstrong on the arrival of her daughter and to Dr. Jeff Carter on the arrival of his daughter Joya.

Sandra Fisman, Chair

Division of Child and Adolescent Psychiatry

Developmental Disabilities Division

Intellectual and developmental disability professionals from the Developmental Disabilities Division, Western University, the Southern Network of Specialized Care, Windsor Regional Hospital and other regional professionals are presenting a conference on: **FASD (Fetal Alcohol Spectrum Disorder) on May 1st, 2013** at the BEST WESTERN PLUS Lamplighter Inn & Conference Centre, Regency Ballroom: 591 Wellington Road, London, Ontario.

Registration & Breakfast 8:30 to 9:15 am

9:15 to 10:45 am	A Bio-Psycho-Social Approach to FASD - Part I Shelley Watson, Jacqueline Pei, Elaine Cousineau
10:45 to 11:00	Break
11:00 to 12:30	A Bio-Psycho-Social Approach to FASD - Part II
12:30 pm to 1:00 pm	Lunch
1:00 pm to 2:15 pm	A Bio-Psycho-Social Approach to FASD - Part III
2:15 to 2:30 pm	Break

2:30 to 4:15 pm

Effective Practices for Successful Intervention

Nancy Hall

Target populations: healthcare professionals, healthcare students including: nurses, nursing students, medical students and residents, family physicians, nurse practitioners, community living managers, DSW workers and students, social workers and students, life skills teachers, guidance counsellors, high school principals/vice principals, teachers and educators, psychology students, justice and social services, researchers in the fields of FASD, alcohol and addictions, social determinants of health, social sciences and social marketing, service providers, and those affected by FASD, their families, and other caregivers

Learning goals: To enhance the neurological understanding of FASD

To provide treatment concepts and tools

To increase awareness of the complex symptomatology of FASD

Registration is necessary as places are limited. There is no cost for this event, however, donations of \$25 to UWO to help defray some costs are appreciated for those who wish to do so. Email your intention to register to ddd@uwo.ca. Acceptance is on a first come, first serve basis. We will notify you of your acceptance or placement on a waitlist.

Also, the Developmental Disabilities Division has **nominated Dr. Ben Goldberg, Professor Emeritus, for a Lifetime Achievement Award from the Ontario Chapter of the NADD (dual diagnosis)**. There are two categories of potential recipients:

1. Family members and persons with developmental disabilities and 2. Providers of service, students, academicians, researchers, educators, or administrators. NADD Ontario's Mission is to advance mental wellness for persons with developmental disabilities through the promotion of excellence in mental health care, and Dr. Goldberg has certainly achieved this during his illustrious career.

Finally, **Kaitlyn Gain**, a graduate student of Angela Mandich PhD, OT Reg. (Ont.), Associate Vice Provost, Academic Programs and Students, Western University, has been awarded the Western University, Department of Psychiatry, Developmental Disabilities Division's - "**C Kingsley Allison Research Award**" in the full amount of \$9,000 for her project titled: '**Transitioning to Adulthood: A Pilot Trial Teaching Life Skills to Young Adults through a Summer Camp Program.**'

Division of Forensic Psychiatry

We have had a very productive winter in the Forensic Psychiatry Division. It is only 118 days (and counting) until our move into our new, 89-bed Southwest Centre for Forensic Mental Health Care. (<http://www.sjhc.london.on.ca/newmentalhealthfacilities>). Our teams are actively engaged in focusing on awareness, new beginnings, and our history related to our move.

On January 4, 2013, Dr. Nina Desjardins, Psychiatrist, visited our program and gave an enthusiastic and clinically relevant presentation to a packed house on "Dialectical Behavioural Therapy in Forensic

Settings.”

I would like to particularly draw your attention to an up-coming talk in our forensic program on **Wednesday April 10, 2013** (9:30 am – 11:00 am) by Professor Robert Solomon, Faculty of Law, Western University on “Confidentiality, Privilege, Disclosure, Health Information Privacy, and Other Scary Legal Things.”

Best,

Craig Beach

Chair, Division of Forensic Psychiatry

Division of Geriatric Psychiatry

Tony O'Regan to transition to a life of (relative) leisure! Tony started his nursing career in England in 1971 and qualified in developmental disabilities nursing in 1974. He consolidated his experience as a staff nurse and charge nurse in this field before qualifying as a general nurse in 1980. After working in surgical and medical units as a staff nurse and charge nurse, he moved across to psychiatry and qualified as a mental health nurse in 1982. Tony then worked as an advisor to nursing students at the Royal College of Nursing, London, and as a clinical instructor and nurse educator. After obtaining a Certificate in Education, Tony became a Senior Lecturer in Nursing at the University of Bedfordshire, UK where he taught all three branches of the UK nursing curriculum in which he had qualified, becoming the Leader of the Mental Health Nursing pathway.

Continuing with his academic studies throughout, Tony was awarded a Bachelor of Science with Honors in Nursing Studies from the University of Hertfordshire in 1993 and a Master of Science in Mental Health Studies from the University of London in 1997. In December 1997, Tony immigrated to Canada where he took up the position of Clinical Nurse Specialist in Geriatric Psychiatry at St Boniface Hospital in Winnipeg, Manitoba. In August 2005, Tony and his family settled in London, and he joined the SJHC Geriatric Program (within LHSC) as Clinical Nurse Specialist in Geriatric Psychiatry on the Geriatric Consultation Liaison Team, transferring to the RMHC site in February 2008. Tony plans to continue to fulfill his academic affiliations / appointments at Western University which include Adjunct Clinical Professor at the Arthur Labatt Family School of Nursing, and his cross appointment as a Lecturer within the Division of Geriatric Psychiatry where he also represents the Division on the Division of Developmental Disabilities Advisory Board.

Tony has recently announced his retirement and he will be greatly missed! We're pleased, however, that he will continue on the Geriatric Psychiatry Symposium Planning Committee, where his incredible knowledge and connections, as well as talent for coming up with good titles, have contributed so much to this annual event for over five years. We wish you a long, happy and productive retirement Tony!

Planning continues for the Eleventh Annual Geriatric Psychiatry Symposium. This full day event will feature keynote speakers and twelve concurrent workshops, and is of interest to geriatric psychiatrists and nurses, family medicine physicians and nurses, psychologists, occupational therapists, physiotherapists, social workers, pharmacists, dieticians, healthcare administrators - anyone involved in elder care. Watch the newsletter for updates.

**Activities of Dr. Maggie Gibson and Dr. Iris Gutmanis
November 1, 2012 to February 28, 2013**

Presentations

Speechley, M., Ward-Griffin, C., **Van Bussel, L.**, DeForge, R., Horgan, S., & **Gutmanis, I.** (November 2012). Using Theatre as a Knowledge Exchange Strategy in the Care of Older Adults. Gerontological Society of America, November 14-18, San Diego, CA.

Gibson M. (2012). How stigma exacerbates challenges at the residential end of the continuum of care and what you can do about it. Plenary Session Keynote presented at the 19th Annual Geriatric Psychiatry Symposium, St. Joseph's Hospital and University of Western Ontario, November 7, London, ON.

Publications

Forbes DA, Blake CM, **Gibson M**, Morgan DG, Markle-Reid M, Culum I, Thiessen E. (2012). Knowledge exchange throughout the dementia care journey by Canadian rural community-based health care practitioners, persons with dementia, and their care partners: an interpretive, descriptive study. *Rural and Remote Health* 12:2201 (On-line). Available: <http://www.rrh.org.au>

Lisa Van Bussel

Chair, Division of Geriatric Psychiatry

Research Report

As I'm writing this newsletter piece, with thoughts of the recent Canadian Institutes of Health Research (CIHR) operating grant competition fresh on my mind, I find myself reflecting on challenges ahead of us as mental health researchers. In recent years, federal health research funding competitions have become increasingly competitive and foundation funding has decreased. In the most recent CIHR operating grant competition, only 17% of submissions were funded (401 of 2,333), with about a dozen funded projects led by Western Principal Investigators. We therefore need to consider pursuing various alternative avenues towards enhancing our research profile in coming years, among them adapting to the changing funding landscape, pursuing creative approaches to supporting our research, further developing our research capacity, and acknowledging and building upon our successes and accomplishments.

A little over a year ago, CIHR proposed a fundamental change in its operating grant competitions, bifurcating its funding to support research projects (the "Project Scheme") and programs of research (the "Foundation Scheme"). CIHR has now revised its proposed plan, with broad feedback from the Canadian research community; an updated version of this evolving plan can be found on the CIHR website at <http://www.cihr-irsc.gc.ca/e/46371.html>. For those interested in finding out more about proposed changes in research funding and in peer-review at CIHR, you are encouraged to attend an upcoming presentation at Western by Dr. Jane Aubin, Chief Scientific Officer and Vice-President, Research at CIHR. Dr. Aubin's presentation will take place on Wednesday, **April 24th**, from 10-11:30 A.M. in Auditorium A, University Hospital.

As we learn more about changes in Federal health research funding, we also are well-advised to consider alternative ways of supporting our research. To that end, please consider attending a workshop by Stephanie Bowman (Manager, Grant Development, Lawson Health Research Institute) and Nitika Rewari (Grant Development Officer) on "Alternate Sources of Funding," to be co-hosted by the Lawson and Western's Faculty of Nursing. This workshop will take place on Friday, **March 22nd** from 9-12, on-campus in the Medical Sciences Building, Room 193AB. Please RSVP to Angela Law at alaw1@uwo.ca.

While in the mindset of contemplating funding for your research project, please consider submitting an application to our own Department of Psychiatry Research Seed Funding Competition. We will soon be circulating a call for submissions for the spring cycle of the seed funding competition, and are looking for innovative project submissions from faculty, trainees, clinicians, and researchers. I would be happy to meet with you to discuss your developing proposals, as would Dr. Rahel Eynan. Please feel free to contact us at Marnin.Heisel@lhsc.on.ca and Rahel.Eynan@lhsc.on.ca, respectively.

Faculty and trainees interested in discussing research in our department and beyond are warmly invited to attend monthly meetings of the Psychiatry Research Interest Group (RIG). The RIG typically meets on the second Thursday of the month, from 4:15-5:15, in Room B8-131 at Victoria Hospital. We are always on the lookout for exciting speakers and interesting topics, including work in-progress, so please feel free to send me suggestions (or volunteer to give an RIG presentation).

We have recently enjoyed compelling research presentations by talented speakers including:

- Mindfulness meditation, loving-kindness meditation and EEG neurofeedback for individuals with anxiety disorder (Teddy Chow and Tanaz Javan, Western Psychology Graduate Students, supervised by Dr. Paul Frewen);
- The prevalence and outcomes of Psychogenic Non-Epileptic Seizures (PNES) in the telemetry unit (Dr. Vadim Beletsky, Western Psychiatry Resident);
- Using the Resident Assessment Instrument (RAI) for risk assessment and to influence care among individuals with suicide-related behaviours (Eva Neufeld, Ph.D. Candidate at the University of Waterloo);
- Know4Go: Combining Evidence, Economics, Ethics, and 'Everything Else that Matters' in Decision Making for Patient Care (Dr. Janet Martin, Director of Medical Evidence, Decision Integrity, Clinical Impact (MEDICI) and Assistant Professor of Anesthesia & Perioperative Medicine and Epidemiology & Biostatistics at Western).

Please also be on the lookout for a "Save the Date" e-mail for the upcoming Department of Psychiatry Academic Research Day to take place on Thursday, **June 20th**, at the Best Western Lamplighter Inn. I am very pleased to announce that our keynote speaker will be Dr. Simon Hatcher, Vice-Chair of Research in the Department of Psychiatry at the University of Ottawa.

As we contemplate our past and future research opportunities it is critically important to reflect on our many successes and to congratulate our colleagues for their research accomplishments.

Congratulations to Dr. Elizabeth Finger, Dr. Derek Mitchell, and their colleagues ("**The Impact of Emotional Mimicry and Oxytocin on Frontotemporal Dementia**") for their success in the recent CIHR operating grant competition.

Congratulations also to Dr. Julie Richard ("**Use and Effectiveness of Community Treatment Orders for Patients in the Early Phase of Psychosis**"), Dr. Kamini Vasudev ("**Does LEPR Polymorphism Predict Variability in Weight Gain Induced by Mirtazapine in the Treatment of Depression in the Older Aged Population?**"), and their colleagues for their successes in the recent Department of Psychiatry Research Seed Funding Competition.

We look forward to hearing more about these innovative research projects and wish you all the best of success in your research endeavours.

As we update the Research Corner of the Department of Psychiatry website in coming weeks, please feel free to send me quick notes regarding your research achievements, including grants and awards, publications and presentations, research projects under-way, or other accolades and accomplishments that you would like shared with the department. We're doing excellent work and shouldn't be shy about sharing it. Let's all celebrate our successes!

Dr. Marnin Heisel

Research Director for Psychiatry

Faculty News

Dr. Jihad Chaya, Adjunct Faculty, in the Department of Psychiatry, passed away suddenly on Wednesday, March 13, 2013. Dr. Chaya was a well known and respected psychiatrist and valued member of Regional Mental Health Care St. Thomas and the Elgin ACT Team. His many years of service and dedication is greatly acknowledged and remembered. Our deepest condolences are extended to his family.

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Congratulations to **Dr. Len Cortese** who received the Queen Elizabeth II's Diamond Jubilee Medal in recognition of his contributions to the community! Dr. Cortese was presented with the Medal on January 18, 2013 by the Minister of Finance, Dwight Duncan MPP, at Tayfour Campus, Windsor Regional Hospital. The new commemorative medal was created to mark the 2012 celebrations of the 60th anniversary of Her Majesty Queen Elizabeth II's accession to the Throne as Queen of Canada. The Queen Elizabeth II Diamond Jubilee Medal is a tangible way for Canada to honour Her Majesty for her service to this country. At the same time, it serves to honour significant contributions and achievements by Canadians. The Chancellery of Honours, as part of the Office of the Secretary to the Governor General, administers the Queen Elizabeth II Diamond Jubilee Medal program.

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Dr. Tim Bilkey is an adjunct professor in the Department of Psychiatry, and he is the founder of The Bilkey ADHD Clinic for Women in Toronto. He is co-author of a new book: *FAST MINDS: How to Thrive If You Have ADHD (Or Think You Might)* was published by Berkley Books in February 2013.

Synopsis: There are countless books on how to organize, manage your time, and boost productivity. But what if the root cause of your disorganization, procrastination, and disengagement is your brain itself?

What if something in your biology blocks you from being able to carry out everyday tasks that come naturally to others? Dr. Tim Bilkey and his co-author, Dr. Craig Surman, think that's exactly what's happening to millions of people with ADHD – many of whom don't know they have it. In their new book, these world experts on adult ADHD blend their findings in neuroscience with real-life stories, and bridge the gap between the clinical diagnosis of ADHD and the *actual experiences* of people with the condition – people with FAST MINDS. Drs. Bilkey and Surman provide a clinically proven, cutting-edge program of lifestyle and behavioral strategies to help people with FAST MINDS adapt to their challenges and live more engaged, fulfilled, and healthy lives.

Staff Appreciation

I am delighted to write an appreciation of **Jacqueline DiMattia**'s work in providing administrative support for the Director of Research from 2008 to 2012. Most members of the Department will probably be most familiar with Jacqueline's name in the context of receiving her reminders about submissions for Research Day, the Annual Report, seed funding competitions or meetings of the Research Interest Group. These represent the merest tip of the iceberg of contributions that Jacqueline made to the smooth and efficient operation of research related administrative activities.

Jacqueline loves work, including tasks such as organizing and standardizing entries into the annual research report that can best be described as very tedious. Many people would tend to become slipshod about such tasks. Not Jacqueline. She is energetic, efficient, conscientious and imaginative in all she does. She rises to challenges, anticipates problems and generally solves them before they become realities. She is courteous to all, recognizes priorities and maintains an excellent but respectful sense of humour – the latter being particularly important when dealing with the eccentricities of academics and researchers.

My impression is that Jacqueline has particularly enjoyed organizing the annual Department Academic Day in June of each year. They were always well organized, and she was continually looking for ways to improve them from year to year. One suggestion that she started making several years ago was to move the setting of the Academic Day from the University campus to a more central location that would be more accessible and with easier parking. I resisted – I can be hidebound. This past year, the move was forced upon us by the decision of Western facilities to renovate our usual venue at the time we had it booked. Jacqueline loved the opportunity of proving her long advocacy for the new location justified. She did. The general consensus in the feedback received was that it was an excellent move.

Jacqueline made my job as Director of Research much easier than it would otherwise have been. Almost always when I would thank her for having completed some undertaking with her usual efficiency and good judgment, she would respond "There's no need to thank me. I am only doing my job." Well, I feel there is a need to thank her for having completed her work so well. On behalf of the whole Department, thank you Jacqueline!

Dr. Ross Norman

Continuing Professional Development in Psychiatry

Director: Dr. Varinder Dua, Department of Psychiatry, Schulich School of Medicine and Dentistry, Western University

Assistant Director: Mr. Joel Lamoure, Department of Psychiatry, Schulich School of Medicine and Dentistry, Western University

Western Psychiatry CPD Monthly Rounds

Second Thursday of the month, from **8:30 – 10:30 am**, throughout the academic year, unless otherwise noted.

2013: April 11 (Geriatric Psychiatry), May 9 (General Adult Psychiatry), June 13 (Child Psychiatry)

Location: Zone B, 2nd Floor, Auditorium Room (B2-119), London Health Sciences Centre, Victoria Hospital; teleconferenced to Extended Campus Program and SWOMEN plus their affiliates.

Continuing Professional Development Rounds are a self-accredited group learning activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada (2).

Contact for questions: Carissa Peterson, Education Coordinator, Psychiatry CPD, Victoria Hospital, London Health Sciences Centre. Email: cpdpsychiatry@lhsc.on.ca; Phone: 519-685-8500, ext. 75701.

Upcoming Events

Psychiatry Department Awards Night

June 11, 2013 is the Department's Awards Night at Windermere Manor. Please mark your calendars! More details to follow.

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Continuing Professional Development, Schulich School of Medicine & Dentistry

The Winter/Spring 2013 Continuing Professional Development Calendar is available online at: <http://www.schulich.uwo.ca/cpd>. Once again, Faculty & Staff Development workshops have been combined with Continuing Medical Education (CME) programs within the calendar. Faculty, staff, residents, postdoctoral scholars, and graduate students from the Schulich School of Medicine & Dentistry are welcome to participate.

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**2013 Workshops co-sponsored by Nursing Research Unit and Lawson Health Research Institute
Mental Health Group**

Friday, March 22, 2013, 9:00-12:00, Medical Sciences Building 193AB

“Alternate Sources of Funding” - Stephanie Bowman, Manager, Grant Development, Lawson Health Research Institute, and Nitika Rewari, Grant Development Officer, Lawson Health Research Institute

Under Development - **April or May, 2013**, Room TBA

“Grounded Theory” 2-day workshop - Judith Wuest, Honorary Research Professor and Professor (retired), Faculty of Nursing, University of New Brunswick

June 2013, Health Sciences Addition Room 101

“Economic Evaluation” - Jeffrey Hoch PhD, Research Scientist, St. Michael’s Hospital/Associate Professor, University of Toronto

For more information or to register for any of these workshops, please contact: Angela Law at: alaw1@uwo.ca.

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July 24-28, 2013: 4th Brain Development & Learning: Making Sense of the Science Conference

Westin Bayshore Hotel, Vancouver, BC, Canada

Learn about (a) important cutting-edge research in neuroscience & mental health, and (b) promising new evidence-based approaches that can improve patient care, in clear terms you can understand and see the immediate relevance of. Topics include: Sex Differences in the Effects of Prenatal Stress on the Brain; Babies Brains DO Recover, but Habit often hides that; Trauma, Stress, & Healing; How Women’s Brains differ from Men’s; The Neural Basis of Empathy. For information & registration: <http://braindevelopmentandlearning.com>