

Psychiatry Newsletter

June 2022



Dear Psychiatry family,

It is a rainy, warm June afternoon as I write this. That mix of rain and warmth signifies where we are now. Rain, as we continue to have many faculty become sick from COVID with others generously covering. Warmth, as we are experiencing the opening of our communities and are enjoying seeing one another.

We are delighted to announce the successful search for both our **Equity, Diversity, Inclusion, and Decolonization** lead, Dr. Nnamdi Ugwunze; and our **Psychiatry Wellness and Resiliency** Lead, Dr. Don Richardson. We are grateful to search committee members, Drs. Ngungu, Shanmugalingam, Powe, Safdar, Awani, Lanius, Marlborough, and Poolacherla for their wise counsel. We look forward to learning from Nnamdi and Don and their contributions to enhancing our culture.

Update on our Strategic Priorities

Our Psychiatry Leadership Council is discussing how to balance moving forward on our Strategic Priorities given that people are tired and yet are also committed to advancing our Department. As a reminder, the four main priorities including improving decision-making transparency, faculty retention (onboarding, protected time, promotion process improvement, mentorship), wellness, and rebuilding our research program. We wished we were able to announce clear next steps by this time so stay tuned.

Department Quarterly Meeting

Our next Departmental Quarterly Meeting will include our annual awards. In reading many of the nominations for different awards, I was moved by how much people contribute. I am sure you are eager to celebrate the awardees on July 13th. We hope to meet in person, which will be another highlight of the meeting. As a reminder, hospital by-laws require that attendance be taken and we all need to attend at least three per year.

Your well-being

Many of us read with interest about the Right to Disconnect, a provincial bill that stresses the importance of our disconnecting from email, texts, and other intrusions when we are not working. I strongly encourage you to complete your work at the hospital and safeguard your personal time.

Jim mentioned the idea of an “August Pause”, meaning trying to limit non-essential work in August so that we return in September refreshed for the new academic year. It is a great idea and encourage you all to see where you might implement a pause.

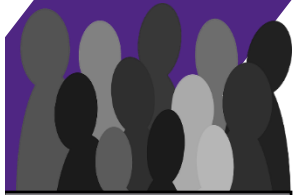
Schulich Convocation

Today I had the privilege of attending Convocation. Dr. Nole Hiebert was awarded the Dr. Archibald McCausland Memorial Prize in Psychiatry. I was also moved to see that Dr. Aaisham Ali was awarded by her peers with the Dr. Rajendra Harricharran Memorial Award. For those of you who are new to our Department, Raj was a beloved faculty member and we raised funds to honour his legacy. The award goes to the student who “best exemplifies the qualities of integrity, commitment to serving their community and caring about the welfare of others.” Thank you to all who supported this award and his memory.

Gratitude

Since our last newsletter, I too, have had COVID. I am grateful to have fully recovered. I am so grateful to our graduating doctors for their steadfastness through COVID and change, learning and curiosity, adaptability, and kindness. What an impressive group of people!

I am also grateful to each of our faculty members for the countless hours (because let’s face it, MBR doesn’t capture them all 😊) of teaching our residents. Thank you. You have been strong role models, caring hearts, information fountains, and available ears.



Geriatric Mental Health Education Series #4

**SAVE THE
DATE**

Wednesday,

June 15

10:00 am –

12:00 pm

Presenter: Dr.

Darcy Harris

Theme:

Grief and

Bereavement

CPD Update – June 2022

Welcome to the final run of the CPD activities for this academic year 2021-2022. As we enter this most beautiful, precious, and welcoming summer of 2022, we are looking forward to the fun, celebrations, and get-togethers with family, friends and loved ones. The sound of birds, the splash of water, the azure blue sky, and the lush green meadows are waiting to take us in their embrace and provide some much-needed respite and relief from the hustle and bustle of day-day to life. So, as we wind down to engage in this fun and frolic filled summer, we are hoping that you will join us on this last stretch of our educational journey and enjoy the potpourri of educational endeavours that have been culled especially for you all. We hope that you will return in the fall of 2022 full of invigoration, zeal and enthusiasm to new and untapped educational ventures.

“EDUCATION BREEDS CONFIDENCE. CONFIDENCE BREEDS HOPE. HOPE BREEDS PEACE”. CONFUCIUS



Our gratitude goes out to all the presenters, participants and consumers of our educational activities and events. We thank you all for providing us the opportunity to be a part of your journey of learning, knowledge and education in the 2021-2022 academic year.

Upcoming CPD presentations for the Department of Psychiatry:

1. Department of Psychiatry Grand Rounds- –June 9, 2022–Dr. Suzanne Turner, 8:30 – 10:30 am, **ADDICTION MEDICINE AND THE ADOLESCENT PATIENT**
2. DPCCR – June 14, 2022 – Dr. Jessica Chen, 12:00 – 1:00 pm
3. ABC Book Club – June 21, 2022, 12:00 – 1:00 pm
4. DPCCR – June 28, 2022 – Dr. Brian Robertson, 12:00 – 1:00 pm
5. PACERS – June 29, 2022 – Peter Gray, 8:30 am – 12:00 pm, Psychotherapy Workshop, **INTRODUCTION TO ASSESSING AND TREATING COUPLES**

Learning After Five and other special education events will be announced via email. We continue to offer all of our education events virtually, via zoom, during this pandemic. Thank you for your patience and continued support.

All CPD events will resume in September 2022, starting with the **Morning Grand Round on Thursday, September 8, 2022.**

Developmental Disabilities Rounds

These rounds are offered October through June, on the second Wednesday of the month, from 4:00 pm to 5:00 pm. These rounds are offered via Western Zoom. Please look for email communication from Sarah O'Flanagan.

REMINDER: Registration is required for these accredited CPD events, as per the Royal College of Physicians and Surgeons of Canada Guidelines. The guidelines stipulate that attendance must be tracked for these educational events. Please complete your online evaluations for these events, also as per the RCPSC Self-Accreditation Guidelines.

PLEASE NOTE: We will continue to send all CPD events as calendar appointments, which will include the zoom registration link. Please ensure that you have registered for the event in order for us to track your attendance as per RCPSC guidelines. Certificates will only be sent to those individuals who register and attend the event.

We look forward to meeting with you all virtually for our next CPD event.

Cheers,

Dr. Varinder Dua
CPD Director

Division of Child and Adolescent Psychiatry

The Child and Adolescent Psychiatry Subspecialty Residency Program is accepting applications for the academic year starting in July 2023. Please see the department website for further details and we welcome your applications. Applications/Questions can be sent to Tracy Henebry tracy.henebry@lhsc.on.ca and/or Dr. Michelle Ngo michelle.ngo@lhsc.on.ca

Application deadline: **September 1, 2022**

Interview date: **September 30, 2022 (virtual)**

First offers of acceptance will be sent: **October 27, 2022**

Deadline for candidates to accept/decline the first offer of acceptance: **November 3, 2022, 1400 EST**

Application requirements include:

1. Letter of Intent
2. Updated CV
3. Letter of Good Standing from Current Residency Program Director
4. Two Reference Letters - At least one reference from a referee commenting on clinical ability in CAP
5. List of Child and Adolescent Psychiatry Resident Experience
6. Assessment forms from CAP core and elective rotations (ITERS/ITARs)

From Windsor

Everyone always talks about Windsor Pizza. If you haven't tried it, you must think, what's with all the hype? Last week, I stopped by Antonino's Pizzeria on my way home from work, picking up my weekly pizza for family movie night. As I was handed my pizza, the woman at the counter says "you just missed him". I asked who she was referring to. She said "Doug, the premier, he was just here!" Low and behold, I look on facebook, and just before I had arrived, there are pictures of Doug Ford and his entourage, ensuring that they did not leave Windsor without this coveted culinary experience. So, you've heard it once, and you'll keep hearing it, if you have not yet tried a Windsor pie, come on down. But be warned, you may not want to go back!

But back to Psychiatry. Dr. Akindipe will be leaving us unfortunately. Her contributions over her short time here were impactful and greatly appreciated. We wish her all the best in her future. On a bright note, we are excitedly anticipating the addition of at least 2 new faculty in July. We have our own Dr. Andrew Bridgen, and from the University of Toronto, Dr. Sabrina Botsford, who will be strengthening our team. In July, we also look forward to welcoming our 2 new residents, as we again add to our list of home grown residents, Dr. Hasan Hawilo, and we also welcome Dr. Amy Pipe to the city and Schulich family. At the same time, we will be bidding farewell to Dr. Zinnia Ali who will be transitioning to her C & A subspecialty training. She has been a star in our program for years, and we wish her all the best in her future. On the awards front, this year's Schulich teaching award goes to Dr. Yousha Mirza, for the 2nd time in three years, and the resident award goes to none other than Dr. Andrew Bridgen. Congratulations to both, well deserved! On the committees front, we have rounded out all committees with Dr. Peter Burke joining the STACER and Assessment Committees, with London faculty. We look forward to his enthusiasm. Last but not least, we are looking forward to the incoming of our new chief resident, Dr. Ashan Veerakumar, while we thank Dr. Jennifer Grbevski for her dedication and contributions over the past year.

One thing I am thankful for at this moment, is the spring weather upon us, bringing the sunshine and heat!

For this month's Windsor bio, we have PGY4 Dr. Jennifer Grbevski, and UGME Psychiatry Lead, Dr. Adewale Akinlosotu.

Yours truly,

A handwritten signature in black ink, appearing to read 'PMA', with a stylized flourish at the end.

Dr. Pat Montaleone
Academic Director, Windsor Site, Western Psychiatry



Dr. Adewale Akinlosotu MBChB, FRCPsych, FAPA, FRCPC

1. Tell us about yourself.

I graduated from the Obafemi Awolowo University Ile-Ife, Nigeria in 1993, I completed my housemanship the following year. I had various stints, short and long in diverse aspects of medicine; private hospital settings, general hospital setting, an industrial clinic with the Nigerian Railway, obstetrics and gynaecology as a medical officer, medical microbiology residency training, all in Nigeria before finally settling in psychiatry in Ireland. I completed my psychiatric training at the Royal College of Surgeons Rotational Scheme in Ireland, worked as a consultant psychiatrist in Ireland for a few years before moving to Canada in 2009. I have served as the Academic Director UGE, Dept of Psychiatry, Windsor Campus since 2010, it has been an absolute pleasure being involved in both undergraduate and postgraduate training of future doctors/psychiatrists. I am happily married, a proud father of 2 lovely ladies and 2 handsome gentlemen. I love languages, I speak a few that you probably have not heard of!

2. What are you most proud of?

That one is easy, my family!

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

I see myself making room for a lot of golfing and chilling!

4. What are your hobbies/interests?

I love watching movies, soccer (Gunner for life). Music of all genres (I can say that I am a bonafide amateur DJ on the side), I also love to move on the dancefloor, wherever!

5. What is your favorite food?

Eba and Ogbono with orishirishi, (google it), I have had to stay away though, that stuff goes straight to your mid-section.

6. Where is your favorite vacation destination?

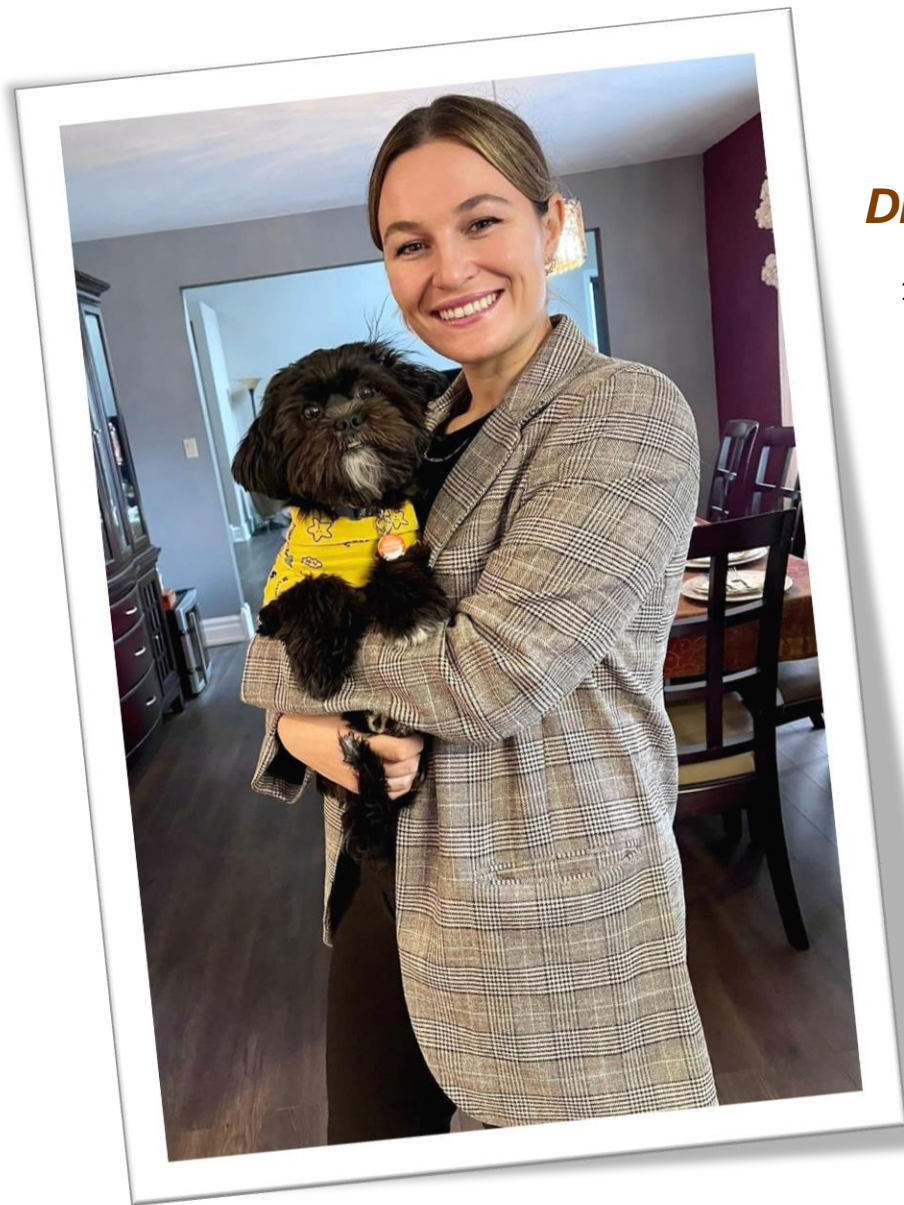
Home, chilling, doing absolutely nothing!

7. What is your favorite tv series?

Ancient aliens. interesting stuff! I am neck deep into Resurrection on Netflix currently.

8. What type of music do you listen to?

Everything!



Dr. Jennifer Grbevski

1. Tell us about yourself.
My name is Jennifer Grbevski. I am from Windsor, Ontario. I attended a 6-year medical school program right out of high school. I spent 6 years in the beautiful city of Wroclaw, Poland. I have 3 siblings, an older sister, younger brother and I share the “middle spot” with my identical twin sister. I have been married to my husband, Adam, for 4 years. He is from Sweden and just finished family medicine residency here in Windsor. I also share custody of two dogs, Oliver and Vinny, with my parents.
2. What are you most proud of?
My family!
3. Where do you see yourself in the next 5-10 years?
Working as a psychiatrist in my community. I hope to be involved with resident- and medical student teaching. Maybe law school. I was inspired after watching the Johnny Depp versus Amber Herd trial! :D
4. What are your hobbies/interests?
I enjoy yoga, traveling, gardening and watching my husband cook and enjoying his food.
5. What is your favorite food?
I love it all! I don't discriminate!
6. Where is your favorite vacation destination?
I have enjoyed every vacation destination. Still looking for my favourite.
7. What is your favorite tv series?
South Park, The Office and The Crown.
8. What type of music do you listen to?
A very wide variety. Anything from Celine Dion to Notorious BIG to Queen to Beyonce to Rammstein!

The Max Ehrmann poem, *Desiderata*, was written in the 1920's but had a surge of popularity in Canada in the late 60's and early 70's. Its cogent and inspiring life-advice struck a nerve with the peace-loving hippie generation and it seemed every home had a wall somewhere displaying a framed or unframed poster of the poem. I thought everyone knew *Desiderata* well enough to recite at least some passages, so I wouldn't have even thought to highlight the poem until Dr. Dickey mentioned she had not seen it, and asked that it be shared. And then I asked some others, and they hadn't seen it either. I am offering it to your attention, in case you haven't had the chance to experience it. "Desiderata" is Latin for "desired things." I hope you enjoy it.

—
Jim McCormack

Desiderata: Original Text

This is the original text from the book where Desiderata was first published.

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

by Max Ehrmann ©1927

Congratulations Tricia Mohan

It is my pleasure to inform you that **Tricia Mohan** was a successful candidate in this year's Diane Y. Stewart Endowed Scholarship program!

Undertaking continuing education is a significant commitment and receiving a Diane Y. Stewart Scholarship Award recognizes that dedication. A virtual awards ceremony is being held on Tuesday, June 21st from 3:00 pm - 4:00 pm. As a supporter of Tricia's application, we are extending this invitation to you to join us, if available.



London Health Sciences Centre

Join us to celebrate the 2022 recipients!

DIANE Y. STEWART ENDOWED SCHOLARSHIP AWARDS

Tuesday, June 21st, 2022
3:00 – 4:00 pm

Join on your computer or mobile app: [Click here](#)

Friends, family, colleagues, and anyone else are welcome!

You may share this invitation with anyone you wish to invite to this virtual event

Please RSVP by Monday, June 13th to centreforpeoplelod@lhsc.on.ca
or by phone, 519-685-8500 ext. 75938

Call in option (audio only): [+1 647-749-1074, 9270650#](tel:+16477491074), Canada, Toronto; ID: 927 065 0#



Congratulations Arlene MacDougall

This is highly competitive, so congrats, Arlene MacDougall!

SSHRC Insight Grants - Fall 2021 Competition (stream A:
\$7,000 to \$100,000)

Project Name: "Mental Health INcubator for Disruptive
Solutions (MINDS) of London-Middlesex: Youth wellbeing
through social innovation and participatory action research"

Amount awarded: \$99,616 (over 2 years)



Congratulations Giuseppe Guaiana

Dr. Giuseppe Guaiana for achieving his CCPE credentials. That is quite an achievement.

Fantastic!

Congratulations Dr. Don Richardson is our Department's inaugural Psychiatry Wellness and Resiliency Lead beginning July 1st. (This role is supported by our Finance Management Committee)

I also wish to express gratitude to our thoughtful Selection Committee members for their insights and wise counsel: Drs. Awani, Powe, Safdar, and Marlborough.

Postgraduate Education

We have completed CaRMS and successfully filled our 6 spots. We have also accepted a transfer, giving us 7 incoming PGY1s

London	
Ramona (Mona) Rosca	Calgary
Ryan Stevenson	McMaster
Landi Zhou	McMaster
Eric Toyota	Transfer within Western
Ericka DeBoeck	Caribbean (St. James, Anguilla)
Melina MacLean	Ireland (NUI Galway)
Spencer Kendall	Ireland (Limerick)
Windsor	
Hasan Hawilo	Western (Windsor campus)
Amy Pipe	Ireland (Cork)

Thanks to everyone who helped with the CaRMS process, we couldn't do it without you 😊

PGE



We are delighted to announce that **Dr. Nnamdi Ugwunze** has been selected and has accepted to be our inaugural Equity, Diversity, Inclusion, and Decolonization lead.

Many thanks to our thoughtful Selection Committee, Vasavi Poolacherla, Aturan Shanmugalingam, and Jedrin Ngungu.

Please join me in congratulating Nnamdi and supporting his development of this role.

RESEARCH UPDATES

Highlighting Research

April/May Featured Faculty: Dr. Derek Mitchell

Departments of Psychiatry, Anatomy & Cell Biology, and Psychology
Brain and Mind Institute – Western University
Email: dmitch8@uwo.ca

For the months of April and May, we chose to highlight a fantastic researcher, Dr. Derek Mitchell, a basic scientist with the Department of Psychiatry. His Research principally aims at determining how dissociable neural systems integrate emotion with cognition and behavior. His lab works to elucidate the pathophysiology of a range of psychiatric disorders from psychopathy to mood and anxiety disorders.

Click [HERE](#) to watch their video and learn more about his interests in research!

Previously Highlighted Researchers:

July 2021 – Dr. Paul Frewen

October / November 2021 – Dr. Steven Laviolette

December / January 2022 – Dr. Kelly Anderson

February / March 2022 – Dr. Rohit Lodhi

April / May 2022 – Dr. Derek Mitchell

Upcoming Presentations

PIR-Mental Health Research Imaginarium Series: MINDS of London-Middlesex & Dr. Arlene MacDougall

The Research and Innovation Office is once again hosting our virtual PIR-Mental Health: Research Imaginarium Series with the **members of MINDS of London-Middlesex team and Dr. Arlene MacDougall.**

Details to be announced!

This will be via [Microsoft Teams](#) ONLY (so everyone bring your own coffee, tea, and treat of choice!)

Internal Seed Fund 2022 Competition Winners

A sincere thank-you to those that applied to this years' Department of Psychiatry Internal Seed Fund Competition!

Following review and discussions by members of our Research Committee, the following projects have been selected for funding:

- **Dr. Michele Doering** , Dr. Serena Wong – “*A Novel Psychotherapeutic Group Intervention for Loneliness in Geriatric Psychiatry Inpatients*”
- **Dr. Joy Abramson** , Dr. Renee Pang – “*Development of a Wait-List Intervention for Children and Adolescents with Eating Disorders in SWO*”
- **Dr. Jae-Hon Lee** , Dr. Iouri Rybak – “*Development and the Effects of Virtual Reality-Based Mindfulness Intervention for Frontline Healthcare Workers Suffering from Depression and Anxiety During COVID-19*”

Please help in congratulating these teams on their innovative research!

Current Requests, Resources and Opportunities

Methodology Clinics – Department of Epidemiology and Biostatistics - Western University

The Methodology Clinics take place on Fridays, and are available by appointment only.

What are the Methodology Clinics?

Consulting and collaboration provided by supervising faculty and senior graduate students.

Why is the department offering this service?

- To train our students. One potential outcome, if the clinics are successful, is a graduate course in Methodological Consulting.
- To develop alternative funding streams for graduate student support.
- To identify potential employment opportunities for students and graduates.
- To facilitate collaborations between our faculty and our colleagues.

For more information [click here](#)

Contact Information:

Please direct any inquiries to EpiBio@uwo.ca to make an appointment to attend the clinic..

Important Note: Due to COVID-19, Methodology Clinic meetings will occur via online means (Zoom, Skype, etc.) until otherwise noted.

Call for Members - Research Ethics Board for Department of Psychiatry

The Department of Psychiatry is in need of additional Research Ethics Board - Western University members. The current complement of REB members is not sufficient for the high number of research protocol submissions.

Please consider serving as a member of the REB or acting as a delegated reviewer. To inquire about the possibility of becoming a member, please contact Monique.Lewis@sjhc.london.on.ca and we would be happy to provide more information and to connect you with Erika Basile, the Director of Research Ethics and Compliance at Western.

Looking forward to hearing from you.

Research Opportunities: Student/Trainee Researchers Available for your Labs/Projects

It takes a dedicated team to stay up to date on all the amazing research that is ongoing in mental health. To assist in the process of finding new team members, we have been collecting a list of potential new members for faculty!

If you are looking for a new research team member, please connect with Monique Lewis (Monique.Lewis@sjhc.london.on.ca) and she will happily share our updated list of interested individuals and their CVs with you!

Thank you!

Call for Research Publications

Dear all,

We want to recognize and showcase your research as it happens. We kindly request that faculty, residents, and students affiliated with the Department of Psychiatry to please send in the citations of your recent (late 2021-2022) publications to Monique Lewis.

- Format: APA
- Please state your division membership (as applicable)

Please email your publications to Monique.Lewis@sjhc.london.on.ca

Thank you!



**Were we sleeping on the job?
Want something added to the newsletter?**

**Contact: Jason Widdes
Jason.widdes@sjhc.london.on.ca**