

# Psychiatry Newsletter

February 2022



Dear Psychiatry family,

This month our Newsletter is abbreviated as people have been selflessly covering for each other in the face of omicron. We had hoped to bring our department through the pandemic without any one becoming infected, but this current variant had other plans. Many have become symptomatic as have their family members. To date, each has recovered and for that we are extremely grateful. We are also grateful for all of the selfless cross-coverage people have provided. We know there have been periods of worry and of extraordinary stress. One faculty member commented that being sick with COVID brought a week of needed rest and relief. That remarkable statement demonstrated just how difficult it has been.

We are now heading into spring. We see the sun rising earlier and earlier each morning. With each rising sun brings a new day, a chance for a new start.

For us as a department, we have much to look forward to. First, after a bit of a delay, we are moving forward with our Strategic Plan planning process. We are holding our Strategic Planning Focus Groups for residents and faculty on March 10th from 3:00-5:00. During our time together that afternoon, we will collectively share our aspirations for the future of our department and explore ways to achieve those aspirations. We are grateful to those who completed the survey (50 and counting as of the writing of this note) and see resonance among the comments. We look forward to sharing a survey summary with you. Our Psychiatry Leadership Council (PLC) will review all of the survey results and, from them, derive the probes for our focus groups. We believe this will be an engaging and positive future-focused process. Your voice, ideas, and engagement in the Focus Groups is essential to our forming the best possible plan.

In other advances, our PLC and Finance Management Committees (FMC) have designed and funded two new important roles for us. We see both of these roles contributing to expanding the sense psychological safety and learning in the department for all.

First is the Wellness & Resiliency lead. This role is different from the direct support provided by our two Peer-for-Peer Support leads, Michele Marlborough and Mark Watling. They are available to faculty as empathic ears. The role is also different from the Wellness role that Laura Powe fills for the residents. She and her team also provide empathic ears, guidance, and organize wellness retreats for the residents. In this new Wellness & Resiliency role, the incumbent will welcome and orient new faculty regarding resources, plan Continuing Professional Development (CPD) activities, and advises on ways to improve faculty wellness.



## Geriatric Mental Health Education Series #3

Wednesday April 6,  
10am – 12pm

Presenter: **Dr. Dallas Seitz**

Theme:  
**Severe Mental Illness and Dementia in Late Life**

## 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**

More details to follow.

The second role is our Equity, Diversity, Inclusion, and Decolonization (EDID) role. This person will review departmental policies and processes through an EDID lens. This person will also meet with new faculty to ensure they appreciate the range of available supports. This person can also serve as a resource to our education leaders on the crafting of appropriate and inclusive teaching materials. Collectively, we will gain knowledge and understanding from both of these roles.

We are also holding a search for our next General Psychiatry Residency Training Program director. We would like to thank Vadim Beletsky for leading our Residency Program Committee (RPC) in their efforts to improve the program. We are confident that our RPC under new leadership will continue the strong work toward sustained accreditation and advancing the educational environment.

On a personal note, I remain proud of our large and inclusive family. We are so much larger than our psychiatrist team and include allied health professionals, nurses, administrative partners, leaders, community partners, patient advocates, Sodexo, patient support workers, secretaries, researchers, research associates, and more. Together we have weathered extraordinary stress and remained focused on our shared mission. I am grateful to each of you and the unique contributions of talent and wisdom and joy you bring to work each day.

Fondly,  
Chandlee



## Who are you grateful for?

### Julie Richard

Dear Julie, thank you for always filling your patients and your dear PEPP colleagues' days with joy. We don't know what we would do without you!

- Zahida Meghji



*Hi there!*

*I'm Archie, Jason Widdes' dog*

*and I love to smile.*

*Who makes you smile?*

# **Child and Adolescent Psychiatry**

The Child and Adolescent Psychiatry subspecialty residency program is involved in planning the first national recruitment event to highlight the many opportunities that come with a career in child and adolescent psychiatry. This event is a collaboration between all the CAP subspecialty programs across the country and is aimed at psychiatry residents. Please watch for more information to come and save the date for this virtual event: Thursday, April 7, 2002 1800-1930. We will have speakers from across the country for this exciting event!

Thanks,

Michelle Ngo

## **From our Windsor Family**

The only thing hotter than the real estate market in Windsor, is the Psychiatry department! When the residency program was first envisioned for Windsor, the end goal was to cultivate local psychiatrists who would stay in our severely underserved area. After 5 successful years of residency, we are finally seeing the fruits of our labor, and that vision becoming a reality. Just this year, we have had 3 freshly minted psychiatrists (Dr. Peter Burke, Dr. Ryan Parker, Dr. Ishan Gupta) start on our tertiary inpatient wards, while others (Dr. Len Cortese) who have helped paved the way have retired. For a community who has struggled to recruit psychiatrists for decades, I wonder whether we may now have the youngest department around. There are also several more who are ready to come aboard, so stay tuned for more young blood in the years ahead.

Perhaps the most thrilling news out of Windsor, is the recent announcement from the Ministry of Health of an infrastructure project, approving the expansion of psychiatric facilities at our tertiary hospital, HDGH, where the vision is for all psychiatric care in Windsor to be under one roof. In the months ahead, we plan on forming working groups to begin the planning phases of the ins and outs of patient flow and mental health programming. The project will take several years, so stay tuned for more details on this exciting project.

The Windsor faculty, as in London, continue to work hard in preparation for next fall's External Review. Several people have stepped up to the plate this past year, with Dr. Kristina Levang joining the Competency Committee, Curriculum Committee, and the Wellness Committee, Dr. Richard Owen joining the Evaluations Committee, and Dr. Priya Sharma taking on the lead of Research Lead when she returns from maternity leave. Having these individuals on my side, while working with bright young faculty in Windsor, and liaising with amazing faculty and administration in London, makes me feel like I'm playing the role of Academic Director with a cheat code! While prepping for the External Review, we of course continue to engage in the regular endeavors. Upcoming we are excited for CaRMS, because we know that our success as a department starts with our people.

On that note, each newsletter moving forward will feature 1 Windsor faculty and/or a Windsor resident. Today, I would like you to get to know Dr. Peter Burke, and Dr. Andrew Bridgen (PGY5):

Dr. Pat Montaleone

Academic Director, Windsor Site, Western Psychiatry

## Who are you grateful for?

I want to express gratitude for YOUR work, Jason!  
Thank you for keeping our wellness in mind during  
such difficult times!

-Israel Spivak



## Movie Night

November 17<sup>th</sup>, 2021

Thanks to those that joined us!



Did you know our Department has an Events Calendar?

## Check it out

Missing an event? Let us know [Jason.widdes@sjhc.london.on.ca](mailto:Jason.widdes@sjhc.london.on.ca)

## CPD Update – February 2022

Welcome to the second half of the CPD activities for this academic year 2021-2022. Whew, another year has flown by and we are now into 2022!! Wow, that was fast, and without even realizing 2021 just flew past in the blink of an eye. Nonetheless, it brought with it all the trials and tribulations related to COVID-19 and exciting solutions with the vaccines, online education, novel opportunities, etc. It is amazing and even agonizing to see how we as a Nation and Country are divided over some of these issues and continue to do so, as we can see what is happening on the Parliament Hill right now. Despite all of this, we have learnt a lot and still have further learning to do.

Now, with Christmas and New Years behind us, we are off to the race again and a new start here at the CPD Office. We have an exciting array of speakers lined up to help you all assimilate and imbibe knowledge, skills and tools that will assist you in providing robust, stellar and evidence-based care to your patients. These will also help you to engage in collaborative dialogue and communication with your peers, trainees, families and patients alike. The reflections that you garner from these activities will enable you to enrich and enhance your knowledge that will guide you in your ongoing journey of lifelong learning.

***“They know enough who know how to learn”. Henry Adams***



We are grateful and thank you all who have walked with us on this journey of exploration, enrichment and enhancement of knowledge so far in the 2021-2022 academic year.

Our thanks go out to all of you (Our faculty and residents) who have either presented or are going to be presenting at our educational activities and a huge thanks to all of you, who have attended these events.

**Jedrin Ngungu**



I really appreciate our weekly chats where we support one another through work issues that come up. But what I enjoy most is our chats about things outside work. Love hearing your perspectives on house and family, and the reminder of world outside hospital.

- Mohamad Elfakhani

# CPD presentations for the month of January 2022:

- DPCCR- January - 11, 2022 – Dr. Ravneet Ghuman, 12:00 – 1:00 pm
- Department of Psychiatry Grand Rounds- January 13, 2022 – Dr. Francis Lu, 8:30 – 10:30 am
- DPCCR- January 25, 2022 – Dr. Sean Li, 12:00 - 1:00 pm

Upcoming CPD presentations for the Department of Psychiatry:

- MMI- February 1, 2022 – Dr. Shawn Hudes, supported by Dr. Akshya Vasudev, 12:00 - 1:00 pm
- DPCCR – February 8, 2022 – Dr. Zahra Khazaeipool, 12:00 – 1:00 pm
- Learning After Five – February 8, 2022 – Drs. James Ross & Michael Thomson, 5:00 – 7:00 pm
- Department of Psychiatry Grand Rounds- –February 10, 2022–Dr. Allan Peterkin, 8:30 – 10:30 am
- DPCCR – February 22, 2022 – Dr. Svetlana Iskhakova, 12:00 – 1:00 pm
- DPCCR – March 8, 2022 – Dr. Ivan Witt, 12:00 – 1:00 pm
- Department of Psychiatry Grand Rounds-, March 10, 2022 – Dr. Caroline Tait, 8:30 – 10:30 am
- DPCCR- March 22, 2022 – Dr. Shawn Hudes, 12:00 – 1:00 pm
- MMI – March 29, 2022 – Dr. Viraj Mehta – 12:00 – 1:00 pm

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.

## 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

I am grateful for the brief but meaningful elevator chats with colleagues like **Mohamad Elfakhani** and **Therese Jacob Goldman**, that bring that personal connection and warmth to the day.

- Michelle Ngo



# Psychiatry Research Updates

## Internal Seed Fund 2022 Competition for Research Grants

Dear Colleagues,

I am pleased to announce the Internal Seed Fund 2022 Competition for Research Grants on behalf of the Department of Psychiatry's Research Committee.

The overarching purpose of this Internal Seed Fund is to catalyze novel and collaborative research projects led by our Department faculty that build upon on our established strengths and expertise, as well as provide opportunities for training of the next generation of researchers.

The maximum budgetary amount available to support each project in this competition is \$10,000; smaller funding requests will also be considered.

The deadline for applications is March 31<sup>st</sup> 2022.

Please find a copy of the application [HERE](#) and complete it, noting the guidelines set out for this competition. Once completed, please save a copy for your files and submit an electronic copy along with any attachments to Monique Lewis ([Monique.lewis@sjhc.london.on.ca](mailto:Monique.lewis@sjhc.london.on.ca)). You will receive an e-mail acknowledging receipt of your application. If you do not receive an acknowledgement of your submission within 2 working days, please contact Monique Lewis, Administrative Assistant for the Department of Psychiatry, at (519) 685-8500 x 47240.

We look forward to receiving your application!

### Parkwood Institute Research-Mental Health: Research Imaginarium Series with Dr. Bilal Salem

The St. Joseph's Health Care London Mental Health Care Research and Innovation Office would like to invite you to join us for our PIR-Mental Health: Research Imaginarium Series *with Dr. Bilal Salem* on **February 7, 2022 at 12:00-1:00pm** virtually - WebEx ONLY so everyone bring your own coffee, tea, and treat of choice!

Topic: *“Craving among individuals with stimulant use disorder in residential social model-based treatment – Can exercise help?”*

Description: In a randomized controlled 8-week trial, we examined the efficacy of aerobic and resistance exercise in reducing craving for methamphetamine (MA) among individuals with MA-use disorder during residential treatment. Results support the utility of incorporating a structured exercise program for individuals with MA-use disorder to reduce craving and improve MA-use outcomes

*When it is time to join, please use the following WebEx*

*link:* <https://swohealth.webex.com/swohealth/j.php?MTID=m029e897716f32a98ebca0c613e936886>

*Meeting Number:* 2314 520 1648

*Password:* a9NAYVb7bp2

We hope you are able to join us! Please let me know if you have any questions.

### Monique Lewis

Administrative Partner for Dr. Arlene MacDougall

[Monique.Lewis@sjhc.london.on.ca](mailto:Monique.Lewis@sjhc.london.on.ca)



## Highlighting our Faculty Researchers

In January we highlighted Dr. Kelly Anderson, PhD, who is the Canada Research Chair in Public Mental Health Research and an Associate Professor and Graduate Chair with the Department of Epidemiology & Biostatistics. She has a cross-appointment to the Department of Psychiatry.

Click [HERE](#) and scroll to January to learn more about her exceptional program of research!

## Research Opportunities: Student/Trainee Researchers 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](mailto:Monique.Lewis@sjhc.london.on.ca)) who will happily share the updated list of interested individuals and their CV's with you!

## Call for Research Publications

Dear All,

Showcase and let your research be recognized as it happens! We kindly request that faculty, residents, and students affiliated with the Department of Psychiatry to please send in the citation of your recent (late 2020/2021/2022) publications to Monique Lewis.

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

Please email your publications to: [Monique.Lewis@sjhc.london.on.ca](mailto:Monique.Lewis@sjhc.london.on.ca)



Congratulations to

**Giuseppe Guaiana**

**Who has been awarded the**

**Canadian Certified**

**Physician Executive credential**

## Kamini Vasudev

Thanks for all you do is the understatement of the year!  
Deepest gratitude for all your hard work and dedication.

-Mohamad Elfakhani



## Recent Publication



[“Craving among individuals with stimulant use disorder in residential social model-based treatment Can exercise help?”](#)

**Bilal A. Salem a,f,\*** , Rachel Gonzales-Castaneda a,c , Alfonso Ang a , Richard A. Rawson a,e,\*\* , Daniel Dickerson a , Joy Chudzynski a , Jose Penate a , Brett Dolezal b , Christopher B. Cooper b , Larissa J. Mooney

## Welcome Dr. Aiswarya Pillai



Dear Colleagues,

Please join us in welcoming, Dr. Aiswarya Pillai as a Full time Clinical Academic with the Department of Psychiatry, Division of General Psychiatry, Schulich School of Medicine & Dentistry, Western University effective February 1, 2022.

Dr. Pillai completed her MBBS (Bachelor of Medicine, Bachelor of Surgery) from Government Medical College Thiruvananthapuram, University of Kerala, India in 2008.

In 2012 she achieved her Masters of Science in Epidemiology and Biostatistics from Case Western Reserve University, Ohio, USA.

From 2012 to 2014, Dr. Pillai worked as a Research Statistical Analyst within the Population Health Outcomes Research Core, Department of Epidemiology and Biostatistics, Case Western Reserve University, Ohio, working on several interdisciplinary research projects that used large national databases such as the Healthcare Cost and Utilization Project (HCUP), National Health and Nutrition Examination Survey (NHANES) and Medicaid. From 2014 to 2016 she joined the Centre for Medical Evidence Decision Integrity Clinical Impact (MEDICI), Schulich School of Medicine and Dentistry, UWO, as a Research Associate where she performed statistical analysis for QA and MEDICI projects and additionally assisted with teaching Clinical Epidemiology graduate students.

Dr. Pillai went on to complete her residency in Psychiatry in 2021 from University of Ottawa.

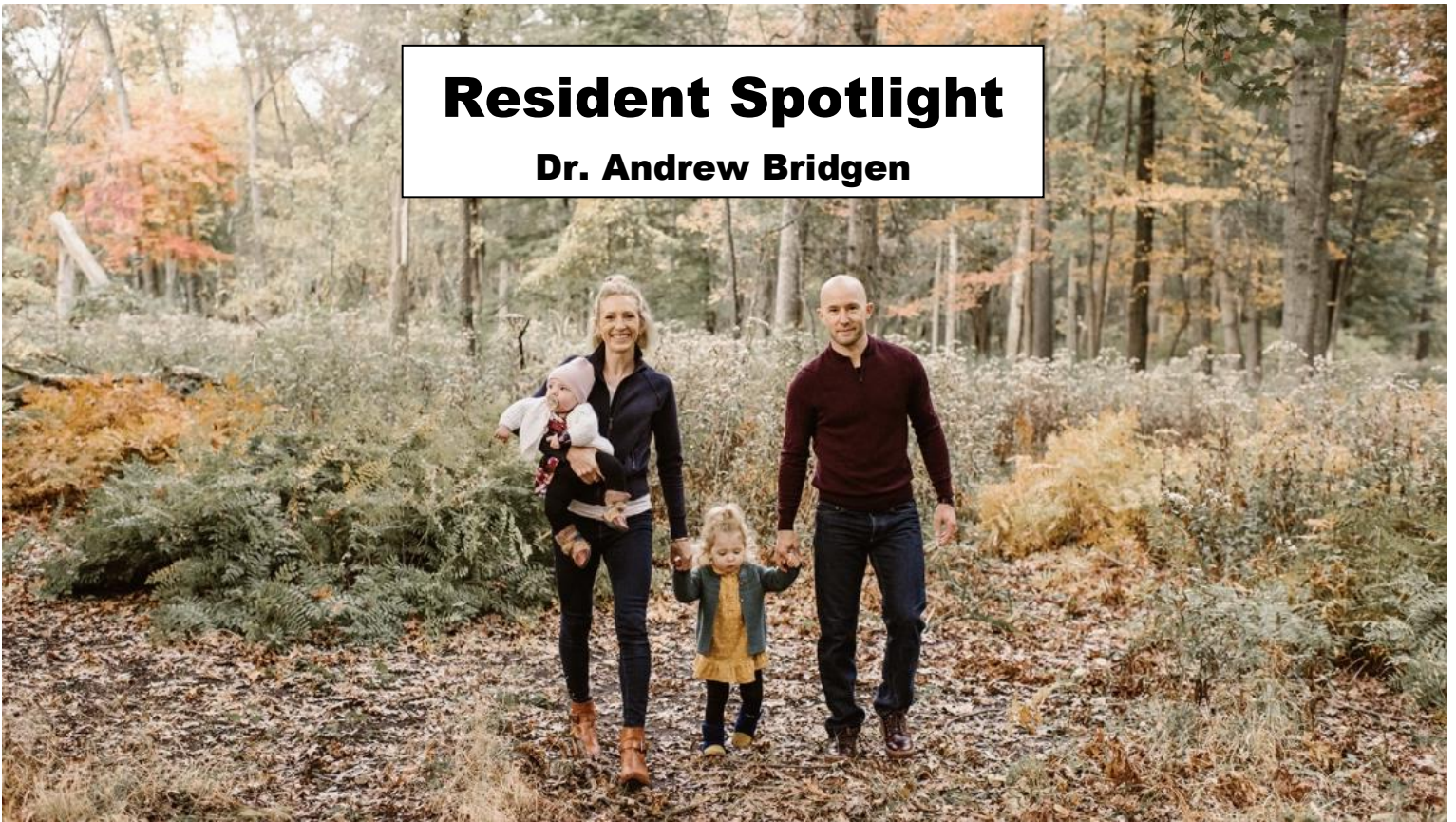
Aiswarya's hobbies and interests include Bharathnatyam (Indian Classical Dance) and Carnatic Music. She plays the Veena (Musical Instrument). She also enjoys an active lifestyle with badminton, biking, swimming and traveling.

Dr. Pillai joins us at Victoria Hospital campus primarily serving the Ambulatory Care Program at LHSC.

To welcome Aiswarya, please email her at [Aiswarya.Pillai@lhsc.on.ca](mailto:Aiswarya.Pillai@lhsc.on.ca).

# Resident Spotlight

## Dr. Andrew Bridgen



### **Tell us about yourself.**

*I am local aspiring psychiatrist, in my final year of residency. Growing up in the Windsor Essex area, I consider myself lucky to have been raised in such a great community. From a young age I have been involved in patient care in various modalities including Firefighting, Land and Flight EMS, Teaching, and eventually pursuing the dream of being a physician. I'm thankful for the opportunity to practice medicine, to work with patients, students, and colleagues it is very fulfilling.*

### **What are you most proud of?**

*My Family, I have a beautiful and supportive wife and We are blessed with 2 adorable girls. They have been the best distraction from pandemic life, and I am very blessed to have them.*

### **Where do you see yourself in the next 5-10 years?**

*As my interest lie in Adult Psychiatry, I hope to establish myself in the community in both hospital and private practice. Additionally, I plan to pursue clinical and academic work at Schulich. Medical education has been a big enjoyment in my life and working with students can be very inspiring.*

### **What are your hobbies/interests?**

*I love being outdoors, most of my life I have been involved in various sports making great friends along the way. Currently when not chasing the children, I enjoy cycling, rowing, and strength training. Additionally, I enjoy travel, films, and spending time with my family.*

### **What is your favorite food?**

*That's tough the Windsor area has a fantastic food scene, I don't think you can look past Windsor's Pizza, however before the pandemic my favorite restaurant was located in Detroit Mario's they make a fantastic steak with zipp sauce, can't wait to go back!*

### **Where is your favorite vacation destination?**

*Also tough the world has a lot of natural beauty in various forms, relaxing I would say anything on the Mediterranean Sea, Adventure I've enjoyed Utah*

### **What is your favorite tv series?**

*Not a major fan of TV series... Although I did watch Yellowstone which was great! I am more of a film person particularly saga films ie Lord of the Rings, Harry Potter, and the Marvel films*

### **What type of music do you listen to?**

*A little bit of everything, although the Frozen soundtrack seems to be playing the most in our home!*

# Resident Spotlight

**Dr. Peter Burke**



My name is Peter Burke, and I'm a newly trained psychiatrist based in Windsor, Ontario. Currently, most of my time is spent working at Hotel-Dieu Grace Healthcare on the inpatient psychiatry unit and in the Dual Diagnosis clinic. I'm also starting to build up an outpatient practice, with outreach to rest homes.

## **What are you most proud of?**

I'm proud of being able to work in the community where I grew up and completed my medical education!

## **Where do you see yourself in the next 5-10 years?**

In 5-10 years, I think my practice will be a bit more established, and I hope to be involved more with medical education.

## **What are your hobbies/interests?**

Most of my hobbies are based around music. I really enjoy writing songs and performing. I'm also taking piano lessons at the moment. I enjoy running, buying (and eventually reading) books, supporting Liverpool FC and cooking as well.

## **What is your favorite food?**

Generally speaking, probably Korean food, but specifically, I could probably eat Korean fried chicken every single day

## **Where is your favorite vacation destination?**

Paris

## **What is your favorite tv series?**

Seinfeld

## **What type of music do you listen to?**

I like all sorts, but tend to lean towards post-punk/new wave, as well as ambient music.



I am grateful for **Dr. Kristina Levang**, who is always willing to go the extra mile for the residents. She is not recognized nearly enough for how much she contributes to the Windsor program.

-Pat Montaleone

I'm so grateful to have such caring and supportive colleagues in the Forensic Psychiatry division. I would like to thank them for their continuous support and willingness to always go above and beyond for our patients and colleagues. I am so appreciative to work with such an amazing group. I would like to express my gratitude to **Dr. Arun Prakash** for his constant support, guidance and encouragement, to **Dr Rupa Roopchand** for her kindness and valuable mentorship, to **Dr Nnamdi Ugwunze** for his treasured friendship and his meticulous work, to **Dr. Jason Quinn** for bringing innovative ideas and fresh perspective on our team, to **Dr Ajay Prakash** for his contributions to this team, his attention to detail is an asset to our team and to **Dr Helen Whitworth** for her enthusiasm and dedication to the work.

-Naghmeh Mokhber

### **Chandlee Dickey**

Your work to support our department through these very trying Covid times has been beyond amazing. Your genuine care for the well-being of our department and our individual faculty has been so obvious through your leadership. I know you have sacrificed so much for our department and yet with all this that you yourself do, you never fail to share gratitude towards others. These moments of gratitude you share are so grounding and so beautiful and speak to your principles and character.

-Mohamad Elfakhani



There are so many people to thank in our department. First, the members of our Psychiatry Operations Committee. Our three site chiefs, Viraj Mehta, Patty Hall, and Mohamad Elfakhani, for holding our clinical services together through two years of COVID. That is quite a feat! To Sarah Jarman, thank you for providing wise council day in and day out; I will personally miss you very much. Thank you to our Division Chairs, Naghmeh Mokhber, Patty Hall, and Volker Hocke, for beginning the journey of collaborating across divisions as we strive to find similar ways of advancing our collective mission. Thank you to our many education leaders. Thank you to Sreelatha Varapuvan and Aturan Shanmugalingam for maintaining high engagement of learners as you constantly had to dramatically change learning format. To Vadim Beletsky, James Ross, and Pat Montaleone, thank you for leading the transformation of our residency in collaboration with our Residency Program Committee members. To Lisa Van Bussel and Michele Ngo, for modeling information sharing and encouragement of another. To Varinder Dua for helping to provide nearly 100 learning sessions per year. Remarkable! To Arlene MacDougall, for constantly working to improve our research opportunities. Thank you to our many clinical leads for keeping our services open even when our colleagues have had to step away: Jedrin Ngungu, Nina McCurdy, Joy Abramson, Rob Nicolson, Aleksandra Nowicki, Rob Renwick, Jatinder Takhar, Don Richardson, Arun Prakash, Jay Rao, Jenn Barr, Julie Richardson, Beth Osuch, and Kamini Vasudev. To our Peer-for-Peer supporters, Michelle Marlborough and Mark Watling, thank you for being available to all of us during these difficult days. Thank you to our administrative partners for helping us get paid, continue recruitment, and keeping our department moving forward: Jim McCormack, Bernice James, Khushnum Khatow, Laura Willis, Tracey Henebry, Monique Lewis, Suzy Mendez, Alex Carson, Bela Franze, Meaghan Backtash, Janet Holmes, Kate Hayes, Jason Widdes (and thanks for this newsletter and including his dog, Archie), Sarah McLaughlin, and Melissa Monahan. A special thanks to Amy Ribera for all that she does to help keep me on track! And thanks to our hospital partners, Jodi Younger, Tom McHugh, Jatinder Baines, April Mullin, Heather Lumley, Deb Gibson, Janice Vandevoren, Mary Ann Linley, and Lynanne Mason. And these words of thanks just scratch the surface.

But most of all, thank each of you for being who you are and being part of our big, beautiful family.

-Chandlee Dickey