

September 2021

# Department of Psychiatry Newsletter

Schulich School of Medicine & Dentistry  
Western University



Dear Psychiatry family,

Welcome to the new academic year! We hope that you found some restorative time over this lovely summer and feel refreshed.

Earlier in the summer, we sent out a list of all that we achieved clinically, educationally, scholarly, and administratively during the preceding four months and it was an impressive list. We remain grateful for all that you do in support of our academic mission. Last year, we shifted to a new Merit-based Recognition program, which we hope will enhance transparency, reliability, and equity in that process.

In this coming year, we hope to strengthen our mentorship program. For faculty, that is under Don Richardson's and our Division Chairs' leadership. Each faculty member should have at least two mentors and meet with them twice a year (fall and spring). Mentors help connect mentees with collaborators, review CV, support wellness, and provide general support. It has the potential to be a treasured relationship for all parties involved. Sandra Northcott is leading our mentoring program for residents and we hope that faculty offer their time to support the development of our trainees through this program.

While we have many important events lined up for this year, the Internal Site Visit for our General Residency Program is of particular importance to our Department (October 2021). It will be a mock run-through of what we can expect when the Royal College returns in November 2022. Lois Champion, Associate Dean, Postgraduate Medical Education, will host a series of meetings this month to tell us more about what we can expect during these visits. Please make every effort to attend.

Another important effort this year will be the collaborative creation of our department's Strategic Plan. The Psychiatry Leadership Council (PLC) is holding its retreat in early October to outline the process. The most important aspect of this process will be people's engagement. Just as we co-wrote our Mission Statement and Principles Governing our Department, we will build upon that success and co-create our Strategic Plan. The timing is good. Western and the School went through this process in the last academic year and this will ensure that our activities align with their priorities. We look forward to hearing your creative ideas throughout this collective effort.

Most importantly, we continue to want to support people's well-being. The news is replete with warnings of the fourth wave and the delta variant targeting unvaccinated children. That is scary for the parents, grandparents, aunts, uncles, and neighbors among us. We will get through this fourth wave as we got through the first three, by staying together, communicating often, and leaning on each other.

Remember that we have two Peer-for-Peer Support representatives, Michelle Marlborough and Mark Watling for faculty, and Laura Powe and Jennifer dela Paz, for our residents. The Dean's Office also has resources to support faculty (Laura Foxcroft) and trainees (Micelle Marlborough). Please don't hesitate to reach out. We are here for each other—that is what being part of a family is all about.

I am optimistic that this new academic year will be rich with discovery and meaning for all of us. Fondly,

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## Research Updates:

The Brain and Mind Institute, Department of Psychiatry, and Robarts Research Institute are proud to present the first:

### Psychedelics Research Workshop

Wednesday, September 29, 2021

1:00-4:00 pm

The event will be virtual

[Click Here for Zoom Link](#)

The goal of this workshop is to establish a community of psychedelics researchers at Western by providing an opportunity for clinician-teachers, clinician-scientists, and researchers to connect and share their work. For this inaugural year, we will focus on building our local community. In the future, we hope to expand across other institutions and countries. Please stay tuned for our list of presenters.

If you have any questions about the event, please contact Ysabel Macdonald at [ysabel.macdonald@uwo.ca](mailto:ysabel.macdonald@uwo.ca)

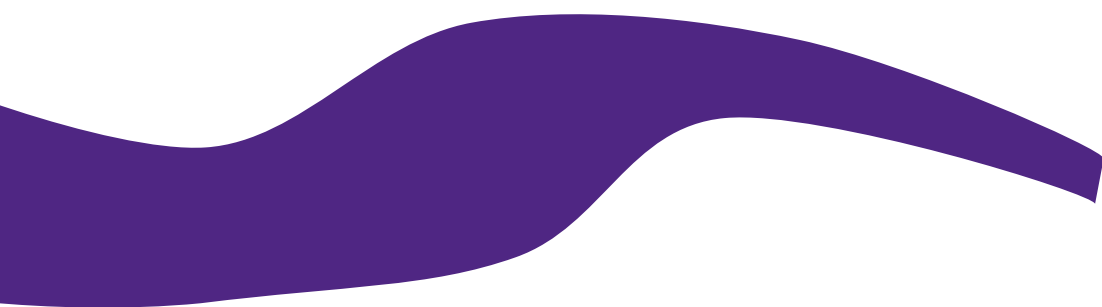
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### Call for Research Ethics Board members for Department of Psychiatry

The Department of Psychiatry needs 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 [Nicole.snake@sjhc.london.on.ca](mailto:Nicole.snake@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.

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## 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 Nicole Snake ( [Nicole.Snake@sjhc.london.on.ca](mailto:Nicole.Snake@sjhc.london.on.ca) ) and I will happily share our updated list of interested individuals and their CVs with you!

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## Call for Research Publications

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 please send in the citations of your recent (2020-2021) publications to Nicole Snake.

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

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

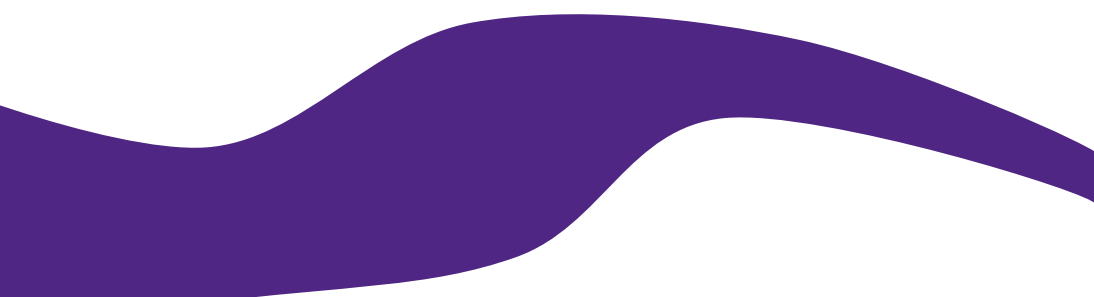
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## Child and Adolescent Psychiatry Subspecialty update

The Child and Adolescent Psychiatry Residency Program is pleased to welcome a new PGY6 resident, **Dr. Peter Cordell**, to our program. He has transferred to Western from McMaster's program to complete his final year of training.

Applications for starting CAP residency training next July will be accepted until Sept 1, 2021. We look forward to interviewing candidates virtually on **October 15, 2021**.

Our monthly **Child and Adolescent Psychiatry Interest Group (CAPIG)** will start once again in September. This is a meeting for any trainees/faculty/staff/community member that has an interest in learning and discussing various children's mental health topics. This event is now an accredited learning activity under Section 1 from the Royal College. Each session is facilitated by a faculty member and we hope to resume this meeting in person with catering once the pandemic allows for that. The first CAPIG for the academic year will be September 23 at noon led by Dr. Jon Gregory.



## Continuing Professional Development Update

We hope that each and every one of you are enjoying this warm and wonderful summer. This summer especially is precious because of the current times in which we are all living. We have had to contend with a lot of restrictions, confinements, and environmental challenges that have all exacted a cost on our psychological and emotional health. The fresh breath of air in the summer, fluttering birds and butterflies, the warm embrace of friends and family, and the exhilarating smell of flowers is rejuvenating and exciting. We all hope that you are invigorated and excited to start the fall academic year, with love, cheer, and laughter.

***“The roots of education are bitter, but the fruit is sweet”. – Aristotle***

Education and learning thrive in an unencumbered environment; this is our belief and inspiration for CPD.

We welcome all of you back for the 2021-2022 academic year that is enriched with knowledge, learning, discourse, and education.

Please note the following upcoming CPD presentation for the Department of Psychiatry:

1. MMI – August 31, 2021 – Dr. Robert Renwick – 12:00 – 1:00 pm
2. Grand Rounds – September 9, 2021 - Dr. Meng-Chuan Lai - 8:30 – 10:30 am
3. DPCCR- September 14, 2021 – Dr. Alex Hofkirchner, 12:00 – 1:00 pm
4. ABC Book Club – September 21, 2021 - “Difficult Conversations” - 12:00 – 1:00 pm
5. DPCCR- September 28, 2021 – Dr. Yoel Green, 12:00 - 1:00 pm
6. DPCCR- October 12, 2021 – Dr. Tricia Mohan, 12:00 - 1:00 pm
7. Grand Rounds- October 14, 2021 – Drs. Wael Haddara & Nabil Sultan - 8:30 – 10:30 am
8. ABC Book Club- October 19, 2021 - book, “Managing Oneself” - 12:00 – 1:00 pm
9. MMI – October 26, 2021 – presenter TBD - 12:00 – 1:00 pm
10. Grand Rounds- November 11, 2021 - **CANCELLED** (due to STAT), 8:30 – 10:30 am

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.

**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.

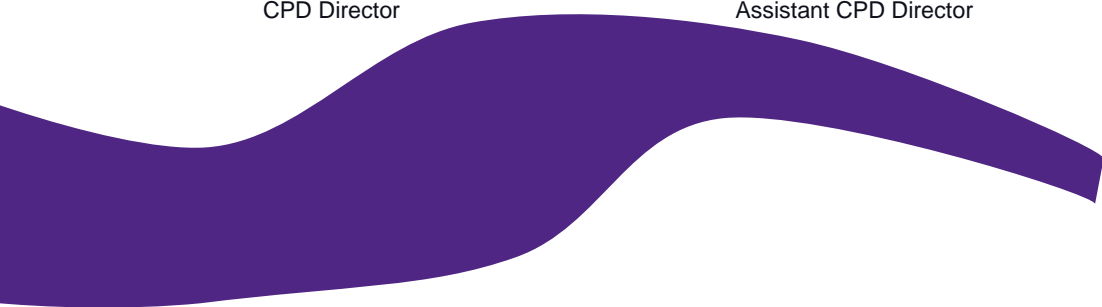
**PLEASE NOTE,** due to several requests, moving forward we will be sending all CPD events as calendar appointments, which will include the zoom registration link. Please ensure that you have registered for the event for us to track your attendance for the RCPSC. If you do not register for the event, you will not be granted entry to the live virtual event.

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

Cheers,  
Hope everyone had a safe and happy summer!

Dr. Varinder Dua  
CPD Director

Dr. Svetlana Kotin  
Assistant CPD Director



## PEPP Updates

**Funding:** Our research group has been successful as a co-applicant in 2 CIHR awards, announced this month. The first, led by Dr. Kelly Anderson in collaboration with PEPP research led by Dr. Palaniyappan, will explore the effects of cannabis legalization on the incidence of psychosis in Ontario. The second, led by Dr. Archie of McMaster, in collaboration with PEPP research led by Dr. Palaniyappan, will study a gaming intervention to reduce cannabis use among Black and minority youth with psychosis. More details here: <https://www.mentalhealthcommission.ca/English/cannabis-mental-health-research-projects>

**Publications:** We have 19 papers published this year so far. <https://pubmed.ncbi.nlm.nih.gov/?term=palaniyappan+l&sort=date>

One paper worth highlighting for our faculty is the work led by Dr. Dempster when she was a PGY-5 resident with PEPP, based on a 5-yr follow-up of the PEPP cohort assembled by Dr. Ross Norman and colleagues. In this paper, we observe that the use of a simple measurement of total symptom burden at baseline and 6 months, along with an assessment of treatment compliance, may help us increase the use of clozapine early in psychosis. This open-access paper is available here: <https://www.mdpi.com/2075-4426/11/8/711>

**Training:** Peter van Dyken, MD/Ph.D. student in our research group has been selected to submit a full application for the PSI Research Trainee Award.

**Upcoming events in 2021:** A new International Consortium for the study of Thought, Language and Communication in Psychosis has been formed and is being led by Dr. Palaniyappan. DISCOURSE stands for Diverse International Scientific Consortium for Research in Thought, Language and Communication in Psychosis. We have planned an inaugural series of 5 seminars delivered by global leaders on the topic of thought/language disorders in psychosis. Please visit <https://discourseinpsychosis.org/> for more details.

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## Developmental Disabilities Program Update

The Developmental Disabilities Program is thrilled to welcome our first-ever Clinical Fellow in Developmental Disabilities.

The Faculty and staff in the Developmental Disabilities Program have been working tirelessly for several years to create and implement a Clinical Fellowship in Developmental Disabilities in the Department of Psychiatry.

This project, which to our knowledge, is the first Clinical Fellowship specific to Developmental Disabilities in a Psychiatry program that is externally funded in Canada. We are extremely proud of this project and are grateful to Shannon Bain, the Director of the Child and Parent Resource Institute in London, and the Government of Ontario Ministry of Children, Community, and Social Services for their support.

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We are thrilled to welcome **Dr. Ashley Galloway** to the Developmental Disabilities Program as our first-ever Clinical Fellow.

Dr. Galloway completed medical school at the University College Cork, Ireland, and recently finished her psychiatry residency at Western University. Dr. Galloway's interest in Developmental Disabilities began before medical school when she was a respite worker in a group home and a counselor at a camp for people with Developmental Disabilities in Alberta.

Dr. Galloway notes that she "... love[s] this field for its challenges, its amazing patient population, and the excellent people who come together to support them!" Dr. Galloway began her clinical fellowship training in July of 2021.

Welcome, Dr. Galloway.

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## PGE Update

The PGY1 cohort from last year successfully completed the first-year rotations in a CBD model and feedback was generally positive about having more direct supervision. We are working on streamlining the process of sending EPAs and having them completed.

We have launched CBD for the PGY2s and the PGY3s are also having a pilot of CBD EPAs this year.

[A CBD Handbook](#) was launched to provide information to residents and consultants about how CBD works and details of CBD for different years and different rotations.

[CBD Documents Webpage](#)

## Welcome PGY1s:

Nahla Al Sarrai  
Dennis Curry  
Rosie Javinsky  
Jeremy Lau  
Jin Liu

Nicholas O'Brien  
Michael Warren  
Tanuj Sharma (Windsor)  
Serena Ho (Windsor)

