

Psychiatry Newsletter

November 2021



Dear Psychiatry family,

As we head into cooler weather, we are continuing to work to advance our department. There are many ways to be involved and we hope that you see yourself being involved in several of them.

Our Strategic Plan

This summer Western rolled out its Strategic Plan with three major themes: Greater Impact; People, Community, and Culture; and Western's Place in the World. Western will be growing strategically and stimulating research and scholarship; advancing Reconciliation with Indigenous communities; and working towards sustainability, including environmental sustainability. It is a bold plan that we encourage you to read. <https://strategicplan.uwo.ca/>

Schulich followed with its planning work and thanks to many of you who participated in the focus groups. Schulich's Strategic Plan starts with outlining its three major values: belonging, excellence, and accountability. Seems to me that when people see themselves in an organization, that excellence and accountability follow naturally. We hope that you see yourself in our department and Schulich more generally. Schulich's Plan has five strategic priorities: educational excellence, research excellence, social accountability, people, and partnerships. Please delve into these more fully by reading the plan. <https://www.schulich.uwo.ca/strategicplan2021/>

With these two plans completed, it is now our turn. We have an opportunity to reflect on our strengths, weaknesses, opportunities, and threats (SWOT) and envision where we want to be two, three, four, five years from now. To ensure the most inspirational and achievable plan, we need you. We need you to be engaged in the process, bring forth your hopes, aspirations, and talents.

Our plan will be a living document, not just a colorful infographic on our webpage. Like anything worth its value, it will require revisiting and tweaking to ensure success. It will require metrics by which we measure whether we are on target.

What are the next steps? Your Psychiatry Leadership Council (PLC) is having a retreat on October 27 to plan our engagement strategy. You can anticipate learning more about how to contribute ideas in the weeks and months to come. As a start, please send along your ideas on what you think we should ask about and focus on as we plan our focus groups.

This journey is about engagement. We want to hear from as many as possible about what we value, who we wish to be collectively, and how we want to get there. It is about crafting the future direction of our Department.



Geriatric Mental Health Education Series Event #1

This is the first event in a four-part series this academic year.

**Wednesday,
November 3, 2021**

10:00 am – 12:00 pm

Guest Speaker:

Ben C. H. Kuo, Ph.D.,

Cultural Competence and Cultural Humility: Implications for Personal-Professional Development and Clinical Practice

Spotlight Presenter:

Clara Parra,

London InterCommunity Health Centre, Seniors WrapAround Program

Virtual Event – Western Zoom Webinar

Register in advance for this webinar:

https://westernuniversity.zoom.us/webinar/register/WN_YLQkLq8lQLiDbYY7WgM1tQ

Contact Kate Hayes, CPD Coordinator for more details or questions at:

CPDpsychiatry@lhsc.on.ca

Equity, Diversity, and Inclusion

Issues of EDI are similarly critical to our Department and our communities. Our individual and collective understanding of systemic racism will differ. As such, we have embarked on offering a series of educational events designed to spark challenging conversations and enhanced understanding. To date our speakers have included “Speaking Up Versus Silence: Navigating Power, Prejudice, and Hierarchy in Medicine” by Javeed Sukhera, “Being in the Moment” and “Indigeneity, Wellness through Sacred Healing Spaces within Hospital Walls” by Bill Hill. We also hosted the Cultural Psychiatry Day 2021 entitled, “Racialized Identities, Racism, and Disparities in Psychiatry”.

EDI issues are not addressed through a “one and done” approach. Rather we see these learning opportunities as providing beginning steps. Further steps can include reading the multitude of excellent books and the Truth and Reconciliation Commission’s final report <https://www.rcaanc-cirnac.gc.ca/eng/1450124405592/1529106060525#chp2>. If you have ideas on how we can incorporate these themes and issues more fully into our Department, please engage with us.

Recruitment of Talent

As we expand our faculty slots, we have an opportunity to recruit additional talent. We are looking for colleagues who are innovative, curious, CQI-oriented, highly professional, and importantly, kind. If you would like to be involved in interviewing candidates, please let HRPsychiatry know. We welcome your input.

Selection Committee

People may be interested in learning more about the selection process.

The final selection of candidates is determined by our Selection Committee. Membership of that committee is members of the Psychiatry Operation Committee (POC). Respective division chairs are invited to attend the final deliberations.

How are selections made? We integrate information from multiple sources: formal feedback candidate interviewers, service and academic areas of need, exploration of the candidate pool, references, funding, and a person’s dossier. Once selected, the successful candidate’s references, CV, and interview feedback are further reviewed by our Appointments and Promotion Committee (A&P) and they vote. If the A&P Committee endorses a candidate, a draft offer letter is sent.

Onboarding Process

The Site Chiefs, administrative partners, and others have created a process to ensure that new faculty have the information they need to work. We have co-created a checklist of people to meet with new faculty, which includes site and division leads, as well as members of our Schulich team.

We know that the information can be overwhelming for new faculty so we appreciate people’s efforts to answer their questions. This is a work in progress as we continue to streamline procedures.

There is a WhatsApp group for newer folks. If you would like to be part of that group to offer information, advice, or to ask questions, please let us know and you can be included.



We have combined our Journal Club, Complex Case Rounds, Patient Safety Rounds, and Interest Group rounds into one set of rounds called the **“Child and Adolescent Psychiatry Mental Health Rounds”**

For a list of dates, speaker and topics visit our webpage:

https://www.schulich.uwo.ca/psychiatry/divisions_programs/child_and_adolescent_psychiatry/continuing_professional_development/index.html

Psychiatry Operations Committee (POC)

We realized that some may not know about our POC.

The membership of the POC includes our Site Chiefs (Mohamad, Patty, and Viraj); Vice Chair-Clinical (Sarah); Manager, Administration and Finance (Jim), and myself. There can also be *ad hoc* members, depending on the needs of the day. Given the importance of our residency accreditation, we have included, as an *ad hoc* member, the Program Director of our general program (Vadim).

The purpose of this group is to problem-solve day-to-day issues, select candidates and brainstorm solutions to achieve our mission. The POC, for example, crafted our physician Work from Home Guidance document, discussed below.

Transparency

We know that it can be difficult to keep up with email and know what is happening. To ensure you have the information you need when you need it, we will be working on hosting many documents on TEAMS. We will be putting committees' Terms of Reference, some financial information, and other documents in TEAMS. We have already included our Organizational Chart.

Our Organizational Chart

We have divided our Org Chart into three categories: positions that support you, Physician Support; Educational Programs; and Patient Care. What is unusual about our chart, and we hope you find helpful, is that we have included both the names of key administrative partners and hospital dyadic partners. This chart is dynamic as people shift roles and responsibilities. If you see something that is outdated, please let Danielle McVeeny and me know.

Geriatric Psychiatry Sub-Specialty Program

As we continue to grow our department, there will be at times when we need to pause. One of those times is in our Geriatric division. At this time, we will not be recruiting for residents for the 2022-2023 academic year. Of course, this is not what any of us wanted, but we need to have this pause to focus on ensuring strong clinical programming. We are however, continuing to recruit for a division chair.

Advancing Strategic Research Initiatives

One way we will be advancing strategic basic research initiatives is by offering a naming opportunity for the department chair. Many departments internationally have named department chairs and Dean Yoo is eager for Schulich to pursue this opportunity across Schulich.

Dr. Yoo designed the strategy. In connection with Schulich's advancement team we would connect with a potential donor to raise at least \$2 million, which may be matched by Western. The chair incumbent would select the strategic direction and recruit a basic scientist for five years. During that time, the scientist or scientists would write grants to build a group dedicated to addressing the problems at hand. After five years and in close collaboration with a basic science department, those scientists would move fully into the basic science department. With the resources freed, the next strategic area could be built.

This has significant advantages for us. We can support the growth of scientists interested in mental health issues without needing to tap tithe dollars to support it. Every five years we can start fresh in another area.

For our first strategic direction, we have connected with Dr. Greg Gloor, Chair of Biochemistry and co-developer of a biotherapeutics lab. We will be looking for a scientist to search existing compounds to find some that may interact with methamphetamine early in its pathway. We hope to find a biotherapeutic to address craving. We envision this scientist or scientists to not only work in the lab, but also connect with our psychiatrists, community partners, and people with lived experience as we know that an anti-craving drug alone will be insufficient against the devastating impacts of methamphetamine.

If you know someone who may be interested in such a naming opportunity, please be in contact with me.

Steps towards Enhancing Well-being

Well-being is a complex construct but when distilled down means that someone feels good about themselves and their place in the world. The part that we can address is our work life, and even that is quite complicated, but includes both system-level and personal components. We are committed to exploring ways to enhance people's sense of well-being. We collectively included that commitment to each other when we wrote our Department's Principles.

Physician Work from Home Guidance

Evidence suggests that when people have some sense of control of their schedules, that they feel better. That is why we launched the pilot work from home project. This Work from Home Guidance pilot started with ambulatory care clinicians and involves talking with one's medical director and site chief. We hope that physicians consider whether they would like to be involved and talk with their leaders. If you can't find the email and want to learn more, please reach out.

Wellness Lead

We are also exploring whether to have a departmental Wellness Lead. Currently this role is conceptualized to model after Oncology's and has an academic accountability in addition to support function. While the role has yet to be finalized, we envision the incumbent to find speakers for two major talks per year (integrated into our existing schedules); meet with new faculty as part of our onboarding process; and share resources.

This is distinct from our Peer-for-Peer Support representatives, Mark Watling and Michelle Marlborough. Their roles are to be available by phone to physicians needing an empathic and confidential ear.

If we decide on pursuing this role, we will engage our Finance Management Committee (FMC) to solicit funding; send out a role description; and have a formal selection process.

Working in a Psychologically-safe Environment

Part of well-being involves ensuring a psychologically-safe environment. Creating a safe environment is all of our responsibilities, each and every day. When we feel that this standard has been breached, there are steps that we can take as outlined in a document that we are finalizing. This is important. While we strive to ensure that everyone feels safe every day, we also need to support people who do not feel so. Once finalized, this document will be available in our Department's TEAM.

ABC Book Group

Our ABC Book Group has been meeting for about a year now discussing how to hold "Difficult Conversations" and how to enhance our personal leadership skills. This resident and faculty group was initiated as part of our QI/well-being initiative supported by LHSF. This group is continuing and we welcome new participants to join the conversation. It doesn't matter if you have read the selection, you are welcome. We are grateful to the CDP office for their on-going support.



2021 Division of
Child and Adolescent
Psychiatry
Conference Rounds

"Building Mental Health Resilience in the Face of Social Disadvantage"

a 4-part series of *FREE* rounds, presented via Zoom Webinar

[REGISTER HERE \(PARTS 3&4\)](#)

Part 3: Wednesday, November 10th 12 - 1 pm

"Pandemic-Mental Health Risk-Social Disadvantage: A Triple Threat"

Psychiatry Leadership Council Plus – PLC (+)

Some of you may have noticed that the PLC (+) has had some cancelled meetings and the Briefing Notes have not been coming. For those of you who are newcomers, the PLC (+)'s sole job was to ensure that people knew what was happening with respect to COVID and share information. We cancelled some meetings as an effort to ensure that people's time was well-spent. As long as our local numbers of COVID cases remains low, we will cancel on a week by week basis. Fingers crossed!

Gratitude

As you all know by now, expressing my gratitude for each of you is a frequent practice for me. I do feel incredibly grateful for your steadfastness, contributions, laughter, smiles, knowledge, and friendship.

These last 19 months have been tough, perhaps some of the hardest many of us have had to endure. Many have lost loved ones or had significant scares, people have had to take time away to regroup and recharge, people have been lonely, and, I suspect it is safe to say that we all, at some point or another, have been tired down to our bones. We all hope that this nightmarish pandemic dissipates soon.

I have been overwhelmed by people's fortitude throughout this time. I am so very grateful to each of you for bringing your best selves to work in service of our patients, each other, and our collective mission. You are an inspirational group, thank you.

Chandlee



Division of Child and Adolescent Psychiatry Update

Thank you to all members of the Division of Child and Adolescent Psychiatry for your exceptional efforts over the past academic year. As we are now into fall, I would like to highlight some of the Division's accomplishments over the past year.

I have been honoured to hold the position of Chair and Site Chief for the division since April 2020. With the support of Dr. Chandlee Dickey, the clinical leadership role for the Division changed from a Physician Lead to a Site Chief, representing Children's Hospital at the department level. We also welcomed Dr. Joy Abramson as the Physician Lead, Inpatient/Emergency Services, Child and Adolescent Mental Health (CAMH) and Dr. Nina McCurdy, Physician Lead, Ambulatory Services, CAMH. We also thank Dr. Aleksandra Nowicki for her continued work as Physician Lead, Eating Disorders Program, CAMH. I am so grateful for the efforts of our physician leads and division members over this unprecedented increase in clinical volume and complexity.

Another change to celebrate over the past academic year is the start of Dr. Michelle Ngo as Program Director, Child and Adolescent Psychiatry Subspecialty Program. Dr. Ngo stepped into the position with unanimous support from the entire division. It has been an amazing year for the program!

Congratulations to Dr. Lauren Riggan and Dr. Sybille Lindsay for their recent graduation and new positions! Dr. Riggan has joined CAMH in Toronto and Dr. Lindsay has joined Ontario Shores in Whitby. We are excited about the upcoming graduation of Dr. Rebecca Barnett this November and are looking forward to welcoming Dr. Barnett to the division in January 2022. The CAP Subspecialty Residency Program welcomed Dr. Julia Mastrangelo (Western) and Dr. Peter Cordell (McMaster) to the program in July 2020, and Dr. Christina Yee (Manitoba), in July 2021. Congratulations to Dr. Riggan for winning the prestigious John D. Brown Award, awarded by the Schulich School of Medicine & Dentistry for the resident demonstrating excellence in patient-centered care. Congratulations to Dr. Frank Symons who has chaired the CAP competence committee since July 1st, 2020 and to Dr. Jonathon Gregory who accepted the role of CAP CBME Lead. I want to personally thank all the faculty in the division who continued to provide teaching, lectures and supervision during the challenging past 18 months. In addition, I want to make special note of our interprofessional division members for their commitment to education. Their volunteerism is appreciated at such a critical time in children's mental health. Lecture presenters and supervisors during the 2020/2021 academic year from our interprofessional team or from other divisions include: Ms. Stephanie Rabenstein, Dr. Richard Zayad, Dr. Julie Eichstedt, Dr. Kerry Collins, Dr. Devita Singh, Mr. Bill Hill, Dr. Natalya Karp, Dr. Jason Quinn, Dr. Sarah Jarmain, Dr. Juliana Li, Dr. Abirami Kandasamy, Ms. Melissa VanHarn, Ms. Loesje Tucker, Mr. Allan Workman.

In terms of other academic updates, Dr. Nina McCurdy started as the PGY-3 CAP Coordinator for the General Psychiatry Residency Program Committee and has been busy working on curriculum changes and managing the clinical experiences. Dr. Heidi Haensel continues in her role of Undergraduate Education Coordinator for DCAP and has assisted with the successful transition of the Child and Adolescent undergraduate experience to the new CBME model. Thank you to both Dr. McCurdy and Dr. Haensel to all your work managing curriculum and clinical opportunities for learners!

CPD Events for the Division of Child and Adolescent Psychiatry for the 2020-2021 year are included below. I am very appreciative of all the effort that went into these presentations. I am looking forward to the amazing speakers we have lined up for this academic year. Thank you to Dr. Abramson for leading the CPD Program for the Child Division and the members of the planning committee that include: Mr. Jason Widdes, Dr. Naveed Rizvi, Dr. Sandra Fisman, Dr. Brook Nofle, Dr. Janet Orchard, and Ms. Melissa Vanharn.

Division of Child and Adolescent Psychiatry CPD Events 2020-2021 (Last year)

DCAP Complex Case Rounds:

- November 19th – Dr. Rebecca Barnett, “Exploring a Complex Case of ARFID”
- February 18th – Dr. Sybille Lindsay, “A Case of Self-Inflicted Eye Injury”

DCAP Journal Club:

- October 15th – Dr. Julia Mastrangelo, “Review of the 2020 Canadian Practice Guidelines for the Treatment of Child and Adolescents with Eating Disorders”
- December 17th – Dr. Lauren Rigglin, “Atypical Anorexia: Review of the Literature”

Child and Adolescent Psychiatry Interest Group (CAPIG):

- September 24th – Dr. Jonathan Gregory, “What It’s Like in the Child and Adolescent Psychiatry Subspecialty Program”
- October 22nd – Dr. Frank Symons, “How Much Does Parenting Matter?”
- November 26th – Dr. Michelle Ngo, “Youth Opportunities Limited”
- January 28th – Dr. Jennifer dela Paz – Guest Speaker Robyn Hodgson, RN, “London Intercommunity Health Centre, Trans Health Program: Service and Supports for Trans and Non-Binary Youth”
- March 25th – Dr. Sandra Fisman – Guest Speaker Dr. Margaret Steele, Vice Dean, MUN, “The National Conversation on Indigenous Health: What is the Role of Med Schools and Physicians to Improve Indigenous Health”
- April 22nd – Dr. Nina McCurdy – Guest Speaker Dr. Karen Bax, “Academic Community Partnership: Western Mary J. Wright Research and Education Centre at Merrymount”
- May 27th – Dr. Nina McCurdy – Guest Speaker Dr. Katrina Fenicky, “Identification and Treatment Approaches to Child and Youth Sex Trafficking in a Clinical Setting”

DCAP Conference Rounds:

- October 2nd – Part I – Dr. Joy Abramson – Guest Speaker Dr. Kathleen Gallagher, “Cultivating Creative and Collective Resilience in Youth Well Being: The Relational Piece of Care”
- November 25th – Part II – Dr. Joy Abramson – Guest Speaker Clark Bryan, “Using Music to Build Healthy Communities”

Department of Psychiatry Grand Rounds:

- November 12th – Dr. Sandra Fisman, “Creating a Map for Wellness”
- March 11th – Dr. Javeed Sukhera, “Speaking Up Versus Silence: Navigating Power, Prejudice, and Hierarchy in Medicine”
- June 10th – Dr. Joy Abramson – Guest Speaker Dr. Tyler Black, “Desperate Kids: Child and Adolescent Psychiatry Emergencies and Suicide”

Department of Psychiatry Learning After Five:

- June 24th – Dr. Jonathan Gregory, “Wanton Wanting or Just Their Won’t?: An Update on the Impact of Sexually Explicit Media on Youth Mental Health”

Please note the following upcoming CPD presentations for the Division of Child and Adolescent Psychiatry:

- October 21st, 2021 – CAPIG – Tanya Kelly, CPRI, “Child and Parent Resource Institute Overview”, 12:00 – 1:00 pm
- October 22nd, 2021 – DCAP CC Rounds – Dr. Julia Mastrangelo, “Medication Induced Movements”, 12:00 – 1:00 pm
- November 10th, 2021 – DCAP Conference Rounds Part III – Dr. Sandra Fisman, “Pandemic-Mental Health Risk – Social Disadvantage: A Triple Threat”, 12:00 – 1:00 pm
- November 17th, 2021 – DCAP Conference Rounds Part IV – Stephanie Rabenstein, “When the World Changed: The Influence of COVID-19 on the Mental Health of Disadvantaged Children, Youth, and Families”, 12:00 – 1:00 pm
- November 19th, 2021 – Patient Safety Rounds – Dr. Joy Abramson, 12:00 – 1:00 pm
- November 25th, 2021 – CAPIG – Dr. Sandra Fisman, 12:00 – 1:00 pm

The division remains active in research and many projects are currently in progress. Western University will be the intervention site for a national study to improve the experience of mental health patients who attend the ER titled:

“A Multi-disciplinary, Patient -Partnered, Pan-Canadian Comparative Effectiveness Evaluation of an Innovative Acute Paediatric Mental Health and Addiction Care Bundle”.

I will be involved as Co-Investigator with Dr. Gary Joubert from Paediatrics.

Thank you to Dr. Jeff Carter for his continued work as Research Coordinator for the division.

Members have been active at the national level presenting their work. Dr. Michelle Ngo, Dr. Sandra Fisman, Dr. Jennifer Dela Paz and Dr. Jonathan Gregory recently presented a workshop on the Wellness Program of the CAP Subspecialty Residency Program. I also presented our Emergency Diversion Clinic at the national level, with Dr. Javeed Sukhera.

Respectfully submitted,

Dr. Patricia Hall
Chair, Division of Child and Adolescent Psychiatry
Schulich School of Medicine and Dentistry, Western University
Site Chief, Child and Adolescent Mental Health Care Program



CPD Update – November 2021

Wow, time is moving at an amazing pace. The summer months have just flown by, and autumn is upon us. The resplendent beauty of the fall colours has been exhilarating and breathtaking. As we move toward the end of 2021, it gives us time to ponder and reflect on what has happened and recognize that despite the COVID-19 pandemic we have been able to move forward and forge, collaborate and build relationships. We have also faced many trials and tribulations; however, despite that we have persevered. The adversities that we have faced have tried our patience, made us more resilient and taught us many important life lessons. As 2021 draws to a close, we are thankful for all that has been bestowed upon us and look forward to continuing our journey of growth and learning.

“Education is not the filling of a pail, but the lighting of a fire.” — W.B. Yeats

Let the beautiful and fiery colours of autumn be a reminder that nothing dies; it just regenerates. This has inspired our ongoing quest for knowledge, learning and education at CPD because even the dying embers provide very powerful lessons.

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.



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

1. DPCCR- November 9, 2021 – Dr. Niron Sukumar, 12:00 – 1:00 pm
2. Grand Rounds- November 11, 2021 - **CANCELLED** (due to STAT), 8:30 – 10:30 am
3. DPCCR- November 23, 2021 – Dr. Anwar Hammoud, 12:00 - 1:00 pm
4. ABC Book Club – November 16, 2021 – Book, “Managing Oneself” by Peter F. Drucker
5. Learning After Five – November 16, 2021
6. MMI- November 30, 2021 – TBD, 12:00 - 1:00 pm
7. Grand Rounds- December 9, 2021 – Drs. - 8:30 – 10:30 am
8. DPCCR-December 14, 2021 – Dr. Corinne Boudreau, 12:00 – 1:00 pm
9. Learning After Five - December 14, 2021
10. ABC Book Club – December 21, 2021 –Book “The 7 Habits of Highly Effective People” by Dr. Stephen R. Covey

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, 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 in order 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 is enjoying this beautiful autumn season.

Dr. Varinder Dua
CPD Director

Dr. Svetlana Kotin
Assistant CPD Director

Hello Department of Psychiatry Team,

Below you'll find some of the accomplishments made at LHSC during the June 2020 to July 2021 period. I would like to thank you all for all your hard work now and over this past year. It's definitely been another interesting one, with many challenges. Despite this all, we have collectively made significant progress in a number of areas I've summarized below.

Recruitment:

- Since July 2020, we have made significant progress with our recruitment efforts and have seen a number of new faculty join us! We have successfully recruited two new hospitalists (Dr. Dost, Dr. Kaschor), three C&A psychiatrists (Dr. Dela Paz, Dr. Gregory and Dr. McCurdy), 8 adult psychiatrists (Dr. Armstrong, Dr. Chaudhari, Dr. Gajebasia, Dr. Lee, Dr. Lodhi, Dr. Safdar, Dr. Salem and Dr. Shah) and two geriatric psychiatrists (Dr. Awani & Dr. McLean (hopefully joining soon)). These have included five of our own residents! We also have a number of pending potential candidates currently and we anticipate we will be near capacity by July 2022.
- We recruited a new Hospitalist (Dr. Kaschor) and a Psychiatrist (Dr. Armstrong) to the Adult Eating Disorders program.
- Very happy to report that since July 2020, we have maintained full coverage for adult inpatients, C/L Service, as well as the CEPS service.
- We were able to recruit two new Physician Clinical Leads in C&A (Dr. Abramson and Dr. McCurdy), a new ECT Physician Lead (Dr. Chaudhari) and a new Adult Division Chair (Dr. Hocke).
- Through hard work from our Chief Admins (Amy, Sarah and Melissa) and our Human Resource staff (Khushnum, Sophie, Laura and Jim) we now have a standardized Onboarding Document used for all new faculty across all three sites.



Did you know our Department has an Events Calendar?

Check it out

Missing an event? Let us know Jason.widdes@sjhc.london.on.ca

Adult Inpatient Program:

- Following the successful opening of the Short-Stay Unit at LHSC adult inpatients, we also opened a second unit this past year, the Specialized Care Unit (SCU), to help reduce pressures on the PICU and get patients admitted in a timely manner.
- We revamped Inpatient psychotherapeutic programming and for the first time, expanded to 7-day a week program delivery on the adult Inpatient units.
- We have successfully maintained our adult inpatients average length of stay half of what it was in 2019, allowing for decreased times for patients waiting in the ED.
- We have continued to work towards cohorting of physicians to particular units, with a maximum of two units, whenever possible.

Ambulatory Program:

- Through strong leadership from Dr. K. Vasudev and Heather Oneschuk, we began an ambitious Team-Based Model of Care in our Adult Ambulatory program and now have four teams up and running with psychiatrists, social workers, nurses, occupational therapists and psychologists involved.
- In the context of COVID, we were able to restart ambulatory psychotherapy groups virtually.
- Established two new Family Medicine sites for collaborative care.
- Significant ongoing work is underway in Addictions, Transition Age Youth, Psychosis, Trauma, as well as Transcultural Psychiatry areas of care.
- After multiple delays due to COVID redeployments and supply chain challenges, FEMAP's second location will be opening in late October/early November. There will be new staff and an improved program model. This will include measurement-based-care (MBC) and additional research. The MBC platform FEMAP will be using provides additional capabilities that will allow for better integration of community and LHSC services.
- We have begun looking at piloting a Work From Home program in ambulatory settings.

Emergency Department (CEPS):

- Through strong leadership from Dr. Ngungu, working closely with Dr. Dagnone, a team of residents and faculty from Psychiatry and Emergency Medicine developed a new consensus document on medical stability this past Spring.
- We have added a Social Worker (SW) focused on Addictions in the Adult ED and have extended regular Adult SW presence in ED till 10pm each evening.
- Our CEPS work space was expanded, with an additional, larger space in E1 allowing for physical distancing.

C&A Psychiatry (Dr. Patricia Hall, Site Chief in Child & Adolescent psychiatry, may be sharing more detailed achievements in C&A Psychiatry section.

- We transitioned C&A Psychiatry under a C&A Site Chief model allowing for better leadership coordination with Children's Hospital.
- Expanded from 16 beds to 25 to serve a broader range of children and adolescent youth experiencing mental health crises. Our services now include providing inpatient level of care to youth with more persistent mental health challenges.

COVID-19 Pandemic Specific Response:

- In response to the COVID-19 pandemic, we developed a new City-Wide Backup Call Roster.
- We intermittently ran weekly PLC (+) meetings to ensure smooth communication.
- We effectively managed multiple COVID outbreaks on our inpatient units, limiting spread through hard work and diligence by our staff.

Additional Initiatives and Events:

- Our resident group lead an initiative which contributed to over 250 pairs of socks donated to the Regional HIV/AIDS Connection and Carepoint.
- Our Geriatric Mental Health Program celebrated 40 years of service this year.
- We started Departmental Morbidity and Mortality Rounds back in October 2020 for the first time. These have been an excellent source of clinical learning for our faculty and residents.
- We hosted an educational session on running Consent & Capacity Board hearings in November 2020 among many other initiatives.

On the Department side:

- Dr. Don Richardson named as our Department's lead on faculty mentorship.
- Dr. Mark Watling named a second wellness peer for faculty under the Peer-to-Peer Support Program from the Vice Dean's office.
- Designed a new Merit-Based Recognition program to align with academic imperatives. Also included funding for faculty to innovate on small proposals to encourage innovation and continuous quality improvement. It is hoped that these funding opportunities will support faculty spending time with activities that foster their sense of meaning at work.

In the coming year:

- We are working on having more specialized teams in our Ambulatory Program.
- We are actively working on developing a model of care for addictions, with us now having a number of psychiatrists with a strong interest in addictions.
- We will continue to try to recruit a doctor to join us to develop a Justice Clinic.
- The First Episode Mood and Anxiety Program (FEMAP) will be expanding services into LHSC's 54 Riverview Ave site. This expansion will allow the program to increase its patient care capacity.
- Continue discussions to move toward a city-wide geriatric psychiatry service. While this will take time to develop, early explorations have started. This will ease the navigation challenge experienced by elders in our community and region.
- There are a number of quality improvement projects being implemented.
- We are working on a number of HQO Pathways.

It's been an interesting year and I would again like to thank each of you for all your hard work and thank Chandlee and all of our other leaders (Tom, Adam, Viraj, Sarah J, Patty, Heather L, Jedrin, Kamini, Julie, Jennifer, Beth, Aleksandra, Joy, Nina, Sumit, Volker, Vadim, James, Jeremy, Yoel, Anwar, Sarah M, Amy, Melissa, Daniella, Jim, Bernice, Heather O, Angela, Michelle, Randy, Jessica and others) for your consistent support. I feel we have a great team here at LHSC and in our Department and I hope the coming year will be an even better one.

Ultimately, our efforts and hard work will help us deliver the best care we can to our patients. Specifically though, I personally hope that our recruitment efforts and wellness initiatives help ensure that each of us have the time to focus on what we enjoy most at work - whether it's teaching, research, leadership, specialized clinical work, etc.... This and better work/life balance will also ultimately help our patients by improving our staff and residents' morale and our overall happiness and success.

As usual, please don't hesitate to send feedback or ideas for focus in the coming year. :)

Best,
Dr. Mohamad Elfakhani, Site Chief Psychiatry, LHSC



An Update from Windsor

We continue to have positive changes to our academic community in Windsor. Dr. Cortese has stepped down from his academic role as Research Lead in Windsor. His contribution over the years is second to none, as he has been a mentor to many residents and staff. He has been a pioneer to the Windsor medical community, not only for laying the foundation for our current tertiary mental health facility, but also his time and dedication in the physician-lead musical band, the Tragically OHIP. Dr. Cortese will be missed dearly, but not forgotten. Dr. Sharma will be looking to take his place in this role, once she returns to clinical duties, as she is currently taking time to care for her newborn baby. On the topic of personal celebrations, our former chief resident, current PGY-5, Dr. Paris Lai, has recently tied the knot. We wish he and his wife many years of happiness together.

We recently welcomed Dr. Beletsky for a site visit in Windsor, which was well received by faculty and staff. We look forward to welcoming Dr. Dickey in early November, as well. If there are any faculty or residents who would like to experience Windsor for a day, or more, we are more than happy to provide a warm Windsor welcome, pizza included!

In early November, Windsor faculty have orchestrated a CBME workshop, with many great speakers, on topics involving both UGME and PGME education. This event is highly anticipated in our medical community, truly a unique learning opportunity for our Windsor cohort. In other academic news, we continue to work towards our next CaRMS match, reviewing files and calling for interviewers.

Stay tuned for future newsletters. We look forward to highlighting some of our faculty and residents in future editions.

Warmest Regards,

Dr. Pat Montaleone



From the President and Assistant Chief Resident

I'd like to take this opportunity to highlight some of the impactful work our residents are engaging in:

- I'm pleased to share that we have fully operational resident committees for each subspecialty. Residents have also worked closely with partners spanning hospital departments to create policies for excellence in patient care and safety in the Emergency Department.



- A panel of PGY1-5 residents and Dr. Beletsky recently held a Virtual Career Night for Western medical students, sharing perspectives on psychiatry as a career choice and on the experience in our training program.

- Our Wellness Committee hosted a successful BBQ event, followed by a well-attended retreat to East Park, enhancing cohesion and providing an opportunity for our new PGY1 cohort to connect across the years.



- Numerous residents have completed training through the innovative Mindfulness Without Borders Curriculum where they learned key concepts and practices to integrate mindfulness into their daily routines.

Thank you to the resident body for your ongoing essential contributions, and good luck to those who have applied to subspecialty fellowships this month!

Yoel Green

Research Highlights

This month we are highlighting a remarkable team of researchers and their work on addiction.

Dr. Steven Laviolette, Ph.D., B.Sc.

Professor and Faculty Scholar
UWOFA Board of Directors
Dept. of Anatomy & Cell Biology
Dept. of Psychiatry
Schulich School of Medicine & Dentistry
University of Western Ontario
Phone: (519) 661-2111 x 80302
Web: www.laviolettelab.com

Dr. Walter James Rushlow

Associate Professor, Departments of Psychiatry and
Anatomy & Cell Biology
Western University
E: walter.rushlow@schulich.uwo.ca

Please click on the video link to learn about their innovative program of research.

[Click HERE](#) to watch!

Joint Mental Health Research & Innovation Day 2021

Highlights

Hello everyone,

Thanks to all the keynotes, speakers, poster presenters, planning committee members, evaluators, and moderators for making our virtual event a tremendous success! A special shout-out to our staff: Melissa Taylor-Gates, Taryn Sendzik, Sheryl Rooth, Nicole Snake and Renee Hunt who had time for little else in the weeks leading up to this event. It truly takes a team to pull off such an event and we are so fortunate for having such a great team. The poster and oral presentations will be available for viewing through the Whova app for another THREE months.

We are happy to report that 311 registrations actually sets a new record for this joint event of the Department of Psychiatry, Suchlich Medicine; Lawson Mental Health Group; and Parkwood Institute Research - Mental Health, St. Joseph's.

Announcing are Awards Recipients and Prize Winners of the Day:

Best Poster - Trainee \$150

Braeden Terpou:

Moral Wounds Run Deep: Exaggerated Midbrain Functional Network Connectivity across the Default Mode Network in Post-Traumatic Stress Disorder

Best Poster - Overall \$150

Dr. Rachel Plouffe:

Validation of the Mental Health Continuum – Short Form Among Regular and Reserve Canadian Armed Forces Personnel

Best Oral Presentation – Trainee \$200

Dr. Jenny Liu:

Treatment approaches and efficacy for posttraumatic stress disorder in military population: A meta-analysis and systematic review

Best Oral Presentation - Overall \$200

Dr. Ken Lee:

Treatment retention with monthly buprenorphine extended release injection: Results from a Canadian rapid access addiction medicine (RAAM) Clinic

Highest Engagement Contest:

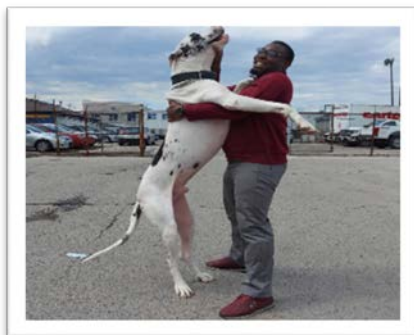
1st place \$100 - **Lindsay Davis**

2nd place \$50 - **Daniel Turski**

3rd place \$25 - **Ashrafunissa Janmohammad**

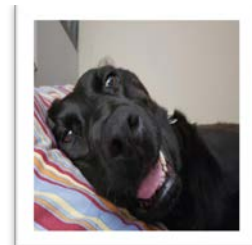
Happy office picture \$25

Henry Orewa



Runner Up

Rebecca Shostak



Help us make our next conference even better! Please take a few moments to provide your feedback about the day [CLICK HERE!](#) Please complete by **Friday, November 5th.**

For those receiving CPD credits for the day (4.5 hours), please contact Renee.Hunt@sjhc.london.on.ca to obtain your attendance certificate!

Thank you,

Cheryl Forchuk RN PhD O Ont FCAHS
Beryl and Richard Ivey Research Chair in Aging,
Mental Health, Rehabilitation and Recovery
Mental Health Nursing Research Alliance
Lawson Health Research Institute
Parkwood Institute Research
Parkwood Institute Main Building

Arlene MacDougall, MD, MSc, FRCPC
Director of Research, Department of Psychiatry
Assistant Professor, Depts of Psychiatry and
Epidemiology & Biostatistics
Schulich School of Medicine & Dentistry
Western University

Director of Research and Innovation for Mental
Health Director, [MINDS of London-Middlesex](#)
St. Joseph's Health Care London and Parkwood
Institute Research, Lawson Health Research
Institute

Brain and Mind Institute

Virtual Lab Fair

Thursday, November 18th 2021

6:00 pm

We are still eagerly awaiting responses from labs that want to participate in the Brain and Mind Institute (BMI) Virtual Lab Fair of Thursday Nov 18 at 6:00 pm. Participants can be PIs, postdocs, or graduate students, and multiple people from the same lab can sign up!

Please complete this short Qualtrics form to sign up, and please circulate it to anyone who may be interested. [Click HERE!](#)

The lab fair can also be used as an opportunity to recruit Work Study students! This is a win-win because students with financial need get paid for their work, and labs usually get a more dedicated and committed student working with them. Supervisors can hire work study students for the Fall/Winter term until March 15, 2022.

To create a work study position, please complete an application [HERE!](#) Applications will need to be approved before they are available to students.

More information about Work Study for faculty/labs can be found [HERE!](#) (Work Study Supervisors tab).

Thank you,

Ysabel (Domingo) Macdonald, PhD

Clinical Research Coordinator, BrainsCAN
Western Interdisciplinary Research Building

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) and I will happily share our updated list of interested individuals and their CVs with 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 (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

Congratulations Dr. Kamini Vasudev!

Dr. Vasudev has been selected by the Association of General Hospital Psychiatric Services (AGHPS) as a Jane Chamberlin Award winner for her outstanding contribution to Hospital Psychiatry.

"In addition to her hard work in leadership, Kamini has always been extremely dedicated to her work and to our patients. She is very often the first physician to offer to support patients who for whatever reason are left without a physician. She sets an example for others through both her actions as well as her vast knowledge of our department's history and current state."

- Dr. Mohamed Elfakhani



From Dr. Palaniyappan:

We have some awards won by students since the last update

Jonathan & Joshua Memorial Graduate Scholarship (Doctoral Awards):

- Peter Jeon (Supervisors, Drs. J. Theberge & Dr. L. Palaniyappan)
- Michael MacKinley (Supervisor, Dr. L. Palaniyappan)

Dean's Research Scholarship for Translational Research (2021):

- Peter van Dyken (Supervisor - Dr. L. Palaniyappan)

PSI Research Award for Trainee (2021):

- Peter van Dyken (Supervisor - Dr. L. Palaniyappan)

Dr. L. Dewitt Wilcox Award for best Medical Student Research project

- Jami Kronick (Supervisors - Dr. L. Palaniyappan, Dr. Burhan)

2021 Next Generation Award, Canadian College of Neuropsychopharmacology

- Jasmine Cakmak (Supervisors - Dr. L. Palaniyappan, Dr. Anazodo)

