



Mind|Matters

Department of
Psychiatry
Newsletter
Calgary Zone
Winter 2017

Message from the Department Head, Dr. Beverly Adams

The members of the Department of Psychiatry have enjoyed tremendous success of late.

Congratulations to Drs. Glenda MacQueen and Jean Addington, two of six researchers from the Cumming School of Medicine named to the Reuters list for 2016. Each year Thomson Reuters compile a list of highly cited researchers which capture the top one percent of researchers with global influence and impact.



(left: Dr. Jean Addington, right: Dr. Glenda MacQueen)

Congratulations to Dr. Chris Wilkes for his promotion to Full Professor in the Department. Chris was our only academic Child and Adolescent Psychiatrist for many years. He has been a clinical power house and has worked tirelessly and collaboratively to serve our indigenous population. He has provided leadership in Child and Adolescent Psychiatry in the Department and was instrumental in establishing subspecialty training in the field. Congratulations to Dr. Zahinoor Ismail for his promotion to Associate Professor. He has developed the concept of “Mild Behavioral Impairment” as an early marker for dementia which will transform clinical practice.

The Department hosted two excellent candidates for the neurostimulation position- Dr. Alex McGirr and Dr. Fidel Vila-Rodriguez. Both would provide exceptional leadership for our clinical and research interests in neuromodulation. We have also hosted four excellent candidates for the Mathison Centre positions which will provide further growth in our efforts in Child and Youth Mental Health.

Our first departmental retreat was held on January 20th and was a great success. Issues around transitional age and office agreements were clarified. An update on strategies dealing with aggression on inpatient units was also provided. We will plan for a yearly retreat and ask for agenda items in advance.

A recruitment dinner was held at the Calgary Winter Club for our fourth and fifth year residents. Opportunities for employment were discussed along with privileging in the Calgary Zone. The residency training program also hosted CARMS interviews with a record number of 150 applications for 8 positions.

As always, thank you for the tireless work that you do with our mental health population both clinically and academically.

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What's New?

Dr. Chris Wilkes along with Martin Schiavetta from the Calgary Police Service were the Keynote Speakers at the AARC Community Education & Prevention workshop on January 26th, 2017. The presentation focused on marijuana's impact on the developing adolescent brain, how marijuana is impacting our communities and Lexi H. (AARC graduate) shared her personal story regarding marijuana addiction, mental health, treatment and recovery.

Currently Canadian Child and Adolescent Psychiatrist are being approached by the media, families and many of our medical colleagues about concerns regarding the decriminalization and legalization of marijuana due in April 2017. This occurred after much a public consultation, and parliamentary discussion by the Government of Canada, which announced that legislation on the legalization and regulation of marijuana would be introduced in spring 2017. This legalization has more than just political implications, it also has social, psychological and pathological implications that we think should be addressed.

At present, according to Statistic Canada, marijuana is the most commonly illegal drug used by youth in Canada, and according to a study conducted by UNICEF in 2013, young Canadians rank top in Marijuana use among rich countries. Indeed, the estimated use of marijuana by 15yr olds in the past year in Canada is around 10% with high school students around 17 and 18yrs of age being 22% and 40% of Canadians have used in their lifetime.

So recognizing that marijuana policy is changing to legalization in many countries such as, Netherlands, Portugal, Uruguay and some US states such as Washington, Colorado and California, it won't be helpful if we become alarmist or moralistic about its use here in Canada. However it is essential that we examine the evidence carefully, for example from the reports from Colorado of an increase in marijuana related traffic deaths and increase in the use of health care due to intoxication, burns and cyclic vomiting syndrome, as well as overdose in children due to marijuana edibles. We should note that Colorado and Washington in January and July 2014 legalized marijuana but neither state adopted a health focused regulatory model with strict controls on marketing, availability, potency and formulation. In contrast to



the Netherlands and Uruguay where there has been both a move to legalize and strictly regulate the production and consumption of marijuana. Portugal since 2001 has decriminalized all drugs and focused on diversion with the use of a three person panel with the primary aim of directing people with substance use problems to treatment.

The CMA in response to Canadian Government planning to legalize Marijuana consumption in the spring of 2017 has made many recommendations including limiting the amount one person can buy, phase in period for education and public awareness programs, making more mental health and substance abuse services available, start the collection of data on marijuana emergency room visits and try and reduce the perception of Marijuana being completely safe especially for the most vulnerable populations such as pregnant mothers, adolescents and those patients with severe and persistent mental illness. Highlighting the importance of ongoing evaluation and further study in the next few years of the effect of marijuana on traffic accidents rates, prevalence of medical prescription for chronic pain, cancer therapy and PTSD, and what the impact of educational/awareness programs will have on perceived risk and use. Finally we will have to pay attention to the differential health impact of the different administrations of marijuana through "smoking, and use of edibles or vaping."

**Dr. Chris Wilkes, Section Chief
Child & Adolescent Outpatients**

What's New?

Adverse Childhood Experiences (ACE) in Child and Adolescent Addiction, Mental Health and Psychiatry Program CAAMHPP- Calgary Zone

Jennifer Kuntz, Brian Marriott, Sandra Cheung, Avril Deegan and Andrea Perri

Why is CAAMHPP investing in an Adverse Childhood Experiences (ACE) Initiative?

- To align with larger system priorities including the CAAMHPP Strategic Plan 2014-2020, the Addiction and Mental Health Review and research on the impact of toxic stress on the developing brain.
- The score on the ACE questionnaire provides insight into the individual's possible health risks, inclusive of addiction, mental health, cardiac health, stroke, sexual health, cancer and other medical conditions.
- It highlights valuable, clinically relevant information in a systemic way.
- Individuals who complete the ACE questionnaire and understand its meaning show less health utilization, even when no other intervention is provided.
- The ACE questionnaire provides information on the impact of intergenerational trauma on families.

CAAMHPP believes collecting ACE will have a significant impact on how we provide care to children and families who access our services and help our system better respond to growing demands.

The ACE initiative spans over 6 years (2014-2020). Planning and preparation started in late 2014/early 2015, with data collection the focus in 2016. In 2017, the focus will be on data analysis and focused clinical training (trauma informed care/trauma focused intervention). In the coming years, 2017-2020, the focus will be on program design and service delivery to meet the needs of our population.

ACE Mission and Implementation

The goal of the ACE Initiative is to identify, treat and reduce cumulative mental health risks by reviewing available research; applying this research to our clinical practice; capturing and analyzing CAAMHPP ACE data; developing opportunities for knowledge translation and, developing system-wide service provision to target the reduction of the cumulative risks associated with high ACE scores.

By September 1, 2016

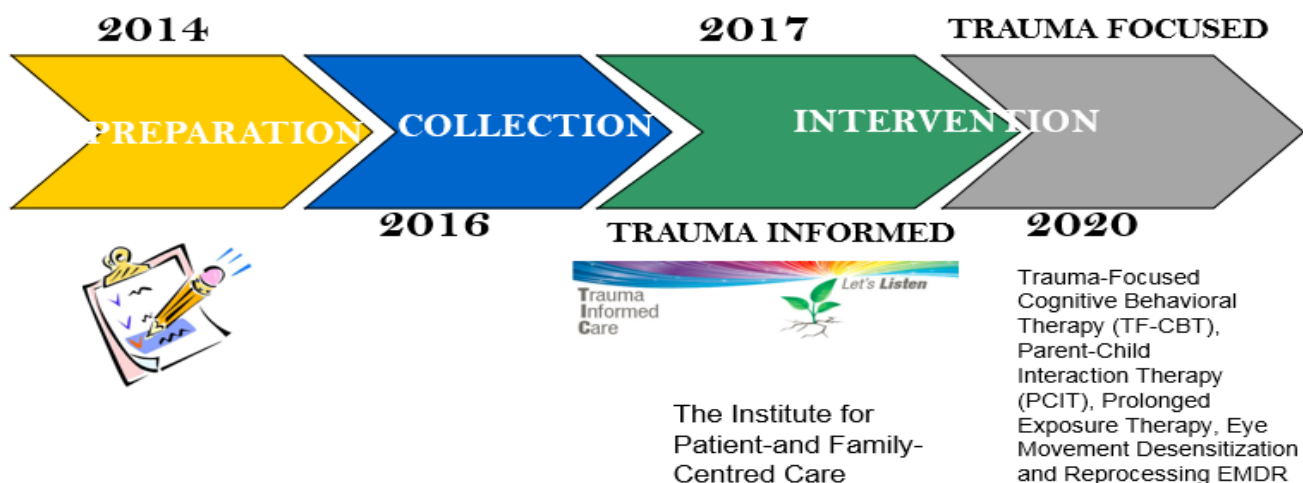
All clients and families seen within CAAMHPP will be asked about Adverse Childhood Experiences and their score will be centrally recorded in an electronic database

By March 31, 2017

Information collected and used to clinically inform treatment will help identify service gaps and inform program planning.

By March 31, 2020

Service provision will be targeted to help families prevent FURTHER accumulation of Adverse Childhood Experiences and mitigate potential health risks associated with toxic stress.



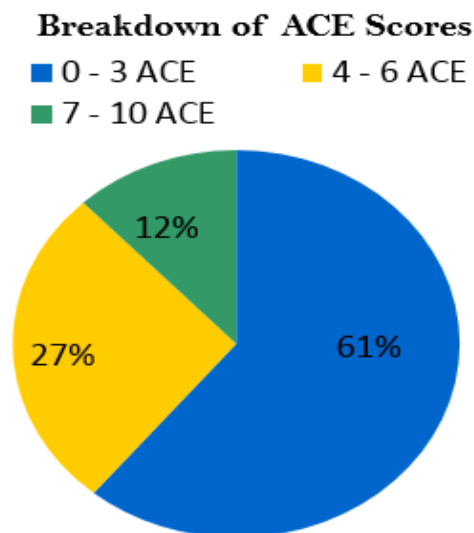
We have created several ACE working groups to support the implementation of the initiative including:

- ACE Advisory Committee which is represented by leadership, clinical staff, research and evaluation staff and University of Calgary colleagues with the mandate to oversee the initiative and working groups.
- ACE Guiding Principles working group that was formed in the spring of 2016 for the purpose of developing an ACE/TIC (trauma informed care) guiding principles resource guide which was completed and disseminated CAAMHPP wide in August 2016. The ACE/TIC Resource Guide was also adapted this fall for the community and has been distributed to our community partners. The ACE Guiding Principles working group has also provided direction and support for the CAAMHPP Connect Education Days.
- ACE Evaluation & Research working group was formed alongside the ACE Advisory Committee to help guide the initiative from a program evaluation and research perspective.
- ACEs Too High working group was formed in response to the increasingly large numbers of patients with high ACE scores to review service utilization patterns within CAAMHPP and develop different clinical pathways, if necessary, for this population.
- ACE Champion leadership group was formed as a way for the ACE Advisory Committee to connect with frontline leaders from all areas of CAAMHPP. Champions bring forward questions, concerns and suggestions on behalf of their teams and also act as the leaders in their areas regarding the ACE initiative.

We continue to offer bi-annual professional development opportunities for CAAMHPP staff and our partners. In January, Sheldon Kennedy gave a keynote address exploring the effects of trauma from an intergenerational perspective.

ACE Data to Date

As of September 1, 2016, all clients seen within CAAMHPP should be asked about Adverse Childhood Experiences (ACEs) and the corresponding scores centrally recorded. Although it is still early days, the ACE Advisory Committee feels that is important to begin communicating some of the early findings from this information and highlight ways that the information is being used to enhance client care. Below are some of the highlights from the information collected to date* (n=2,533):



ACE & Health Outcomes:

Compared to people with 0 ACEs, those with 4 or more ACEs are:

- 12 times more likely to have attempted suicide
- 4.6 times more likely to be depressed
- 7 times more likely to be an alcoholic
- 10 times more likely to have injected street drugs
- 3.9 times more likely to have chronic obstructive pulmonary disease
- 2.4 times greater risk to have hepatitis

www.thepermanentejournal.org/files/PDF/winter2002.pdf

We would like to thank Dr. Abdul Rahman & Dr. Chris Wilkes for their leadership and support with the ACE initiative. We are always looking for fresh and innovative ideas within the ACE initiative. Please feel free to connect with us through our ACE email address ACESatCAAMHPP@albertahealthservices.ca

What's New?



Visiting Professor, Dr. Lloyd 'Chip' Taylor

The University of Calgary, Dept of Psychiatry, Division of Child and Adolescent Psychiatry was privileged to have Dr. Lloyd Taylor a Professor of Psychology from the Citadel, the Military College of South Carolina give Grand Rounds at the Alberta Children's Hospital on the 12th January and teach the PGY5 and PGY6 seminar for Child and Adolescent Psychiatry residents on knowledge resilience as protective factors for bullying and ostracism among children and adolescents with ADHD.

Dr Lloyd Taylor, also known as "Chip" has a Fullbright Canada-Palix Distinguished Chair in Brain Science and Family Wellness, University of Calgary and will be in Calgary until the summer of 2017. He was born and raised in Radford, VA and attended the University of Tennessee as a Whittle Scholar. His major was College Scholar with an emphasis in Psychology and Life Sciences, and he was the top graduating senior in the College of Arts and Sciences (1996). Upon graduation from Tennessee, Dr. Taylor completed master's level course work at Radford University in the Experimental Psychology program. In 1997, Dr. Taylor was admitted into the Medical Clinical Psychology program at The University of Alabama at Birmingham where he completed both his Masters' (1999) and Doctoral (2002) degrees. His dissertation, *Improving Chronic Disease Health Status and Utilization*, explored the impact of written self-disclosure on improving health status and hospital utilization among pediatric patients with Cystic Fibrosis.

Dr. Taylor completed his pre-doctoral clinical internship at the Medical University of South Carolina/VA Consortium where he was a child psychology fellow. Following his internship, he served as the principal investigator of a National Institute of Health investigation of cognitive late effects among pediatric brain tumor survivors. Dr. Taylor joined the faculty of the Medical University of South Carolina following his two year postdoctoral work; his duties included supervision of clinical interns and teaching in the College of Health Professions. He has published numerous articles focusing on the psychological impacts of chronic illness among children, attention deficit/hyperactivity disorder, and heroism and bullying among school children.

In 2006, Dr. Taylor joined the faculty at The Citadel. He served as Arland D. Williams Professor of Heroism from 2008-2011. Dr. Taylor teaches courses at both the undergraduate and graduate level within the Department of Psychology. His primary areas of research and clinical work are in the field of Pediatric Psychology. He additionally maintains a private practice in Charleston, SC affiliated with a pediatric practice. On behalf of the Division of Child and Adolescent Psychiatry we welcome our distinguished visitor and hope "Chip" has adjusted to the frigid winter conditions of Calgary, a big temperature shift from sunny South Carolina.

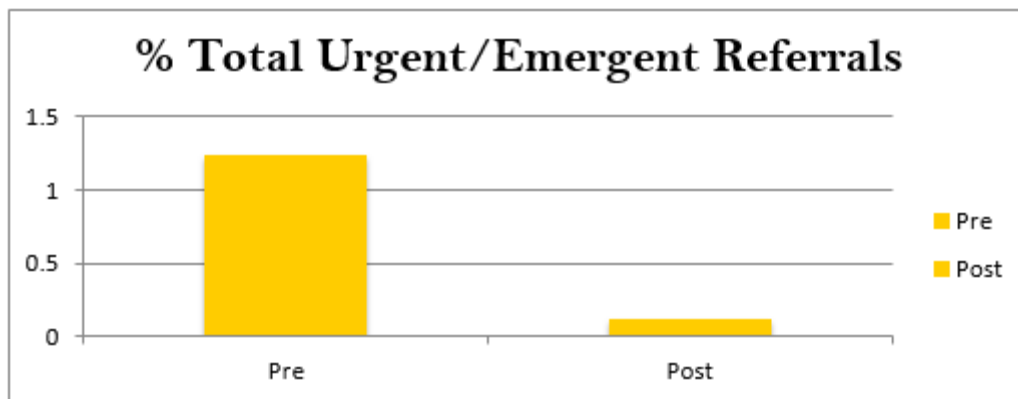
Dr. Taylor resides in Charleston, SC with his wife, Erica, and their four children, Walker, Charlie, Enuka, and Kelly Grey.

What's New?

Can REACH

CanREACH has been busy and is excited to share some updates with their colleagues. In case you are not familiar with CanREACH, The Canadian Research and Education for the Advancement of Child Health (CanREACH) is a program devoted to promoting pediatric mental health literacy in primary care through education and training. CanREACH is dedicated to transforming children's health services by empowering their primary care providers to know and use the most effective evidence based methods for identifying and assisting children with mental health conditions. The CanREACH team delivers a mini-fellowship in Primary Pediatric Psychopharmacology via a partnership with The REACH Institute, as well as offering consultation, web based support, localized resources and ongoing training modules specific to primary care.

This program, while still fairly young, has been very successful in meeting their identified goals of promoting mental health literacy in primary care providers. Preliminary data, which was presented at the 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress (IACAPAP), and the 36th Annual Conference for the Canadian Academy of Child and Adolescent Psychiatry (CACAP) has found Emergency Referrals went from 1.24% pre-training to 0.12% post training:



The CanREACH team was extremely honored to have received the 2016 Systems Transformation Award presented by the Department of Psychiatry. The Can REACH team was also recently nominated for a President's Excellent in the area of innovation and research. The group looks forward to what 2017 will bring, and hopes to continue to build upon their successes with further program development and initiatives.



What's New?

Kolabo Information Session

We are currently recruiting for the next phase of the Kolabo project, the partnership between the University of Calgary and Catholic University of Health and Allied Sciences (CUHAS)! Kolabo currently has active projects to enhance the teaching curriculum at the medical school and Masters of Public Health program at CUHAS.

Anyone interested in participating in the Oct/Nov 2017 trip to Tanzania, helping from their home base here in Calgary, or joining us at some point in future years, is invited to attend one of our two Information Sessions:

- March 20 at 7-8pm
- April 6 at 4:30-5:30pm

Please RSVP so we can anticipate preferences in planning Info Session venues! (email link below)

<http://doodle.com/poll/2faystrn4xwyi2rp>

Who's New?

Dr. Kaitlin Chivers-Wilson

Kaitlin completed an undergraduate degree at the University of Alberta. There, she became actively involved in the research community and completed a masters degree in psychiatry, focusing on the neuroendocrine impacts of traumatic stress in women. She found a new home at the University of Calgary for medical school, and happily stayed for residency. She has enjoyed presenting her research at local, national and international conferences, and the Royal College has applied research credits to her residency training. Given this, Kaitlin is now our newest grad -- just starting work in January of 2017.



Kaitlin is thrilled to join several teams in our city. She works at the Operational Stress Injury Clinic, serving veterans and RCMP officers, with a focus on biological and trauma-informed psychotherapy treatments of PTSD. She also works with Sunridge Primary Mental Health, doing group therapy and adult outpatient psychiatry. Kaitlin also works with the Sheldon M. Chumir Urgent Mental Health Team, providing urgent assessment services. She has already enjoyed having resident learners with her, and looks forward to being involved in more teaching opportunities with medical students and residents.

In her spare time, you'll find her planning another international adventure, covered in clay at her amateur pottery classes, or being enthusiastically uncoordinated at the YMCA. Kaitlin is very grateful to have joined the Calgary Department of Psychiatry and looks forward to building her career in our city!

Mathison Centre



(From left: Ron Mathison, Sheldon Kennedy, Paul Arnold & Sam Weiss)

Mathison Centre – Sheldon Kennedy Child Advocacy Centre Partnership

On November 10th 2016, we formally announced our partnership with the Sheldon Kennedy Child Advocacy Centre (SKCAC). The purpose of this partnership is to use scientific approaches to understand the impact of childhood trauma and how best to mitigate such impact. For more details, see <http://calgaryherald.com/news/local-news/sheldon-kennedy-centre-joins-u-of-c-to-research-impact-of-child-abuse>

Mathison Centre Researchers on Highly Cited List

We celebrate Drs. Jean Addington and Glenda MacQueen, two of our members who made the Thomson Reuters list of highly cited researchers for 2016 (out of 6 in total for the Cumming School of Medicine). Each year, Thomson Reuters compiles a list of highly cited researchers which captures the top one per cent of researchers with global influence and impact.

Dr. Addington's work as a researcher, clinician and educator on psychosis and schizophrenia has spanned over 20 years. Her primary focus is on identifying predictors and mechanisms of psychosis and understanding risk factors of mental illness in youth.

Dr. MacQueen studies factors associated with outcome in mood disorders, particularly following a first onset. In addition to clinical dimensions of outcome, she examines cognitive function, structural and functional brain changes and physical health in unipolar or bipolar disorder patients.

Mathison Centre Community Connections Committee (MC4)

An inaugural meeting of the Mathison Centre Community Connections Committee (MC4) was held in January 2017. The MC4 has been created to provide a means to engage and work with our community partners to advance the early identification, prevention and treatment of mental illness. Members of the committee will connect the Mathison Centre to our communities through sharing information and providing relevant insights from their various sectors on mental health. Through the MC4 the Mathison Centre will stay informed of initiatives within the community and make contributions through our research and education outreach. Representatives on the committee are from the Calgary Board of Education, Palix Foundation, Mental Health Commission of Canada, Calgary Catholic School Board, Sheldon Kennedy Child Advocacy Centre, Alberta Children's Hospital Foundation, Rockyview School Board, City of Calgary, Alberta Health Services, Organization For Bipolar Affective Disorders (OBAD) and a Person With Lived Experience (PWLE).

Mathison Centre in the News

Our centre has received notable public media attention recently through the work of our researchers. This has been in the form of TV interviews and print features. Examples of these include

- Compelling Calgarians article on Dr. Paul Arnold - <http://calgaryherald.com/news/local-news/paul-arnold-child-psychologist-researcher>
- CTV Primetime interview of Dr. Chris Wilkes on THC - <http://alberta.ctvnews.ca/video?clipId=1021816>
- CTV Primetime interview of Dr. Scott Patten on Binge Drinking - <http://alberta.ctvnews.ca/video?clipId=989905&binId=1.2002989&playlistPageNum=1>
- CTV interview of Dr. Sheri Madigan on Controlling Temper Tantrums - <http://calgary.ctvnews.ca/video?clipId=1046232&binId=1.1201941&playlistPageNum=1>



Investigator of the Month Profile: Kathryn Wiens, PhD Student

Department of Community Health Sciences, Cumming School of Medicine

I am a PhD student in Epidemiology at the University of Toronto, focusing on research related to adolescent mental health, and evaluation and improvement of housing interventions for homeless youth. I received my Bachelor of Science with Honours in Health Science from Brock University, and recently completed a Master of Science in Epidemiology at the University of Calgary. For my thesis, my research focused on assessing trends in major depression in Canadian adolescents.

At the University of Calgary, I was fortunate to have an incredible mentorship team, who supported my research and career development. Under the supervision of Dr. Scott Patten, I had the opportunity to work on various research projects in collaboration with faculty members, research assistants and other students. The first project assessed urban-rural differences in prevalence of major depression using secondary population data. I developed valuable skills in data management and analysis techniques, which have prepared me for my PhD at the University of Toronto.

Other projects included investigating education level in relation to major depression, and assessing trends in prevalence of major depression in Canadian adolescents. Additionally, I was encouraged to actively participate as a reviewer for peer-reviewed journals, including *Social Psychiatry and Psychiatric Epidemiology* and the *Canadian Journal of Psychiatry*. This experience has been invaluable in critical appraisal of literature, and writing manuscripts.

As a graduate student in the Mathison Centre Trainee Organization, there were countless opportunities to attend journal clubs, be involved in community outreach, and attend research days, all of which enabled me to develop my research interests and grow as an investigator. I was supported by the Mathison

Graduate Studentship, allowing me to present my research at conferences and research days both nationally and internationally. These presentations included the Canadian Depression Research and Intervention Network in Ottawa, Sebastian K. Littmann Research Day in Calgary, and the International Federation of Psychiatric Epidemiology in Bergen, Norway. Not only were these conferences a great opportunity to present my research, but they have also been a place to network with experienced researchers and graduate students in the field.

In the next phase of my education, I am completing my PhD at the University of Toronto to build on the research experience and skills I have gained with my master's degree. I am drawn to a career in epidemiology for the opportunity to examine patterns of health inequalities, and to understand the impact of these inequalities on national and global population health. In particular, the research I will conduct as a PhD student aims to evaluate and implement interventions for marginalized youth populations, to reduce the impact that inequalities have on health and long term outcomes.

Recent Publications:

Wiens K, Williams JVA, Lavorato DH, Pringsheim TM, Duffy A, Sajobi T, Patten SB (submitted). Is the Prevalence of Major Depression Increasing in Canadian Adolescents? Assessing Trends from 2000 to 2014. *J Affect Disord*.

Wiens K, Williams JVA, Lavorato DH, Bulloch AGM, Patten SB. (2016) The prevalence of major depressive episodes is higher in urban regions of Canada. *Can J Psychiatry*. Pii:0706743716659246 [Epub ahead of print].

Patten SB, Williams JVA, Lavorato DH, Bulloch AGM, **Wiens K**, Wang J. (2015) Why is major depression prevalence not changing? *J Affect Disord*, 190: 93-97.



Investigator of the Month Profile: Rebecca Haines-Saah, PhD, Assistant Professor

Department of Community Health Sciences, Cumming School of Medicine

I joined the Department of Community Health Sciences at the University of Calgary in January 2016. I have a PhD in Behavioural Health Sciences and Addiction Studies from the University of Toronto. My postdoctoral work was in the School of Nursing at the University of British Columbia (UBC). The major focus of my research, publishing and teaching has been on gender, adolescent health, mental health and substance use – especially tobacco and marijuana

use by young people. My areas of research specialization include: critical social theories of health and illness, the sociology of tobacco, substance use and addiction, qualitative methods in health research, gender analyses in health, and systems-level child and adolescent mental health policy. I am co-lead for the Population Health and Prevention Interest Group at the O'Brien Institute for Public Health and am a member of the core advisory committee of Alberta Health Services' Addiction and Mental Health Strategic Clinical Network.

My PhD research combined qualitative and arts-based methods (Photovoice) to enable adolescent girls in Toronto to document and share their experiences with smoking in the context of their everyday lives. Given that tobacco prevention for youth had largely neglected gender issues, this research developed important insights for addressing gender and the social contexts of adolescent smoking. In particular, young women shared that smoking was part of their 'coping strategies' for dealing with distress and the gendered 'everyday violence' and discrimination

tied to being a young woman. Postdoctoral fellowships – funded by CIHR and SSHRC – allowed me to diversify my skills in adolescent substance use research through projects addressing cannabis use, tobacco and breast cancer prevention, media representations of marijuana use, and adolescent perceptions of how their communities and families shaped experiences of distress and resilience. At UBC I was a Co-Investigator with TRACE (Teens Report on Adolescent Cannabis Experiences), an innovative program of 'youth-centered' ethnographic research on the culture and context of frequent cannabis use. I also led a feasibility study addressing the use of Facebook for providing peer-driven online supports for tobacco reduction and cessation amongst young adults.

Beyond my academic training I have a longstanding history of work in the arena of mental health service delivery and systems-level integration and policy

Continued on next page...

change, through working as an Analyst in the child and adolescent mental health system in Ontario, and as a Science Policy Fellow in the mental health and substance use portfolio at the British Columbia Ministry of Health. My current projects address illicit and problematic substance use through the lens of a “critical public health” approach that prioritizes harm reduction, social justice, and the lived experiences of persons that use drugs and/or live with mental illness.

I am particularly interested in using arts-based and participatory qualitative methods as research tools for ensuring the meaningful involvement and inclusion of participants in the context of research and policy forums. I am very excited about bringing the TRACE program of research to Alberta, as I recently took on the role of Co-Principal Investigator of this program.

Our current focus is on developing resources to support parents of adolescents in having an informed and supportive ‘cannabis conversation’ with their adolescent children. This research is based on the success of our CYCLES resource, developed to support teachers in creating a context for ‘open dialogue’ about cannabis with youth in the classroom context.

I am honored and excited to be a new Associate Faculty member at The Mathison Centre for Mental Health Research & Education, especially for the opportunities for collaboration and networking this will provide to me as an early career researcher.

I post regularly about public health, mental health, and substance use issues
@RebeccaSaah
(<https://twitter.com/RebeccaSaah>) – follow me and let’s connect!

Recent Publications and Media:

Youth Voices Needed in Cannabis Debate (May 7, 2016). Authour, Op-Ed Commentary. *The Calgary Herald*.
<http://calgaryherald.com/opinion/columnists/youth-voices-needed-in-cannabis-debate>

TRACE - CYCLES cannabis resource link:

<http://www.uvic.ca/research/centres/carbc/publications/helping-schools/cycles/index.php>

Haines-Saah RJ, Hilario CT, Jenkins EJ, Ng CKY, Johnson JL (2016). Understanding adolescent narratives about ‘bullying’ through an intersectional lens: Implications for youth mental health interventions. *Youth & Society*, (Early online).

Moffat B, Haines-Saah RJ, Johnson J (2016). From didactic to dialogue: Assessing the use of an innovative classroom resource to support decision-making about cannabis use. *Drugs: Education, Prevention and Policy*, (Early online).

Haines-Saah RJ, Kelly MT, Oliffe JL, Bottorff JL (2015). Picture Me Smokefree: A Qualitative Feasibility Study Using Social Media and Digital Photography to Engage Young Adults in Tobacco Reduction and Cessation. *Journal of Internet Medical Research*, 17(1): 327.

Psychopharmacology Research Unit (PRU)

Dear members of the Department of Psychiatry:

As the Medical Director of the Psychopharmacology Research Unit (PRU) I would like to give you a brief update on the recent activities of our clinical trials unit. First of all we would like to thank you for your ongoing support of our program. With your help we were able to recruit several participants for our clinical trials program.

The Real Life Assessment of Abilify Maintena® (**ReLiAM**) study is a phase IV study (ClinicalTrials.gov identifier: NCT02131415). This non-interventional prospective cohort study follows subjects with schizophrenia, who are being switched to Abilify Maintena®, for two years. As per the decision of the sponsor (Lundbeck Canada), this study was terminated on January 31, 2017. The data is currently being analyzed.

We are currently participating in the following clinical trials. We are still looking for subjects for both trials. Please feel free to discuss potential participants with us on a case-by-case basis.

The **NaBen Study** (Adaptive Phase II Study to Evaluate the Safety & Efficacy of Sodium Benzoate as an Add-on Treatment for Schizophrenia in Adolescents; ClinicalTrials.gov identifier: NCT01908192) assesses the effects of sodium benzoate, a well-known food-additive, on symptoms of schizophrenia in adolescents with schizophrenia between the ages of 12 and 17 years. Beverly Adams, MD and Iliana Garcia-Ortega, MD serve as co-investigators. We are expecting to be approved for participation in a similar study in adults with schizophrenia (including subjects treated with clozapine) over the next few months.

ADVANCE Study:

These studies focus on depressed patients age 7 – 11 (Interventional, Randomized, Double-blind, Placebo-controlled, Active Reference (Fluoxetine) Fixed-dose Study of Vortioxetine in Paediatric Patients Aged 7 to

11 Years With Major Depressive Disorder (MDD); ClinicalTrials.gov identifier: NCT02709655) and depressed adolescents age 12 – 17 (Interventional, Randomized, Double-blind, Placebo-controlled, Active Reference (Fluoxetine) Fixed-dose Study of Vortioxetine in Paediatric Patients Aged 12 to 17 Years With Major Depressive Disorder (MDD); ClinicalTrials.gov identifier: NCT02709746).

We also received approval for the *open-label extension study* (Long-term, Open-label, Flexible-dose, Extension Study of Vortioxetine in Child and Adolescent Patients With Major Depressive Disorder (MDD) From 7 to 18 Years of Age; ClinicalTrials.gov identifier: NCT02871297). Subjects will be eligible to participate in this extension study after they complete the initial study.

These studies compare the efficacy of Vortioxetine, a new antidepressant, with fluoxetine, an older SSRI-antidepressant, and placebo in the treatment of pediatric and adolescent depression. In addition to pharmacological treatment all subjects will also be offered a Brief Psychological Intervention (BPI). Iliana Garcia-Ortega, MD and Chris Wilkes, MD serve as co-investigators.

We continue to rely on your support for our clinical trials program. You can obtain additional information on current studies by accessing the web-site of the Psychopharmacology Research Unit (www.ucalgary.ca/pru). Please feel free to contact Geri Anderson (Geri.Anderson@ahs.ca) or Tara Morash (tlmorash@ucalgary.ca) by email or phone (403.210.6903) if you wish to have more information about one of these studies, or if you wish to refer a patient for possible participation.

Dr. Thomas J Raedler
Medical Director, Psychopharmacology
Research Unit

Continuing Professional Development

It was my honor to accept Dr. Adams' request to assume the role of CPD-Director for the Department of Psychiatry following Dr. Simpson's retirement from his academic position in June 2016. Since July 2016 I, have been serving as the CPD-Director for our department. Please join me in thanking Dr. Steve Simpson for many years of outstanding contributions as CPD-Director. Due to administrative changes Trang Pham took over from Roxanne Evans as CPD Coordinator in October 2016. Please also join me in thanking Roxanne for many years of services as CPD Coordinator.

Our Department offers a variety of CPD-activities. Many of these CPD-activities are multidisciplinary in nature and are attended by different professional groups, including psychiatrists, other physicians, nurses, psychologists, occupational and recreational therapists as well as trainees. Our weekly Grand Rounds occur every Tuesday from 1200 – 1300 in room HSC G500 at Foothills Medical Centre. Grand Rounds are video-conferenced to multiple other sites, including all hospitals and outpatient centres. The Grand Rounds schedule is sent out weekly via email. Please contact myself (Thomas.raedler@ahs.ca) or Trang Pham (tpham@ucalgary.ca) if you are not yet on our email distribution-list. Physicians can claim CME-credits for attending Grand Rounds after submitting an electronic evaluation. Please contact myself or Trang if you are not receiving the email-link for the evaluation. Please also let us know if you wish to add an additional site to the video-conference of Grand Rounds. Our goal is to make Grand Rounds easily accessible.

The Grand Rounds schedule has been finalized until the end of June 2017 and is available at the departmental web-site (<http://ucalgary.ca/psychiatry/calendar/month>). We are also posting learning objectives and an abstract of the presentation as well as biographic information on the

speakers. Upcoming Grand Rounds presentations cover a variety of different topics including legalisation of cannabis, the Fentanyl crisis, Medical Assistance in Dying, ketamine in psychiatry, epilepsy and seizures, mindfulness, indigenous mental health, aggression and suicide, as well as the Kolabo initiative. In addition, there will be updates on the research activities through the Mathison Centre for Mental Health Research and Education, the Strategic Clinical Networks as well as the Psychopharmacology Research Unit (PRU).

In addition to the departmental Grand Rounds some of the clinical sites offer their own Grand Rounds. Our department is also involved in day-long updates in different areas including Mood Day, Psychosis Day, Women's Health Day, Addiction Day, Geriatrics Day, Psychotherapy Day and Forensics Day. Our department is also offering an online journal club that is attended by both urban and rural psychiatrists.

We recently reactivated the CPD-Committee, with representatives from different clinical sites as well as different professional groups. This Committee oversees and coordinates all the CPD-activities of our department.

We recently created an events calendar that is posted on the departmental web-site (<http://ucalgary.ca/psychiatry/calendar/month>). This calendar offers information on all CPD-activities through our Department. We appreciate your help in informing us of all upcoming activities.

Please keep in mind that our CPD-activities are only viable if they are attended by a sufficient number of participants. We are grateful for the financial support through our Department. Without this support many of our activities would not be possible.

Dr. Thomas J Raedler
Director, CPD

Education

Residency Training Program

I'm not sure if it's just a case of learning the ropes as a beginning Program Director, but there doesn't seem to be any period within the residency training year for catching your breath! There's always a new project starting just as soon as another ends.

Since the fall, we have had changes to the curriculum committee. I would like to thank the outgoing chair Dr. Raj Ramasubbu for his years of steering this committee and welcome Dr. Rory Sellmer into this position as part of his expanded Education and Evaluations Lead role. The committee has also brought in two new unit managers – Dr. Aaron Mackie for Neuropsychiatry / Research and Dr. Rachel Grimminck for the Practice of Psychiatry. Dr. Grimminck's three month long unit began after Christmas break, so she hit the ground running!

One of the bigger and ongoing projects is a review of the core rotations to maximize learning opportunities and minimize challenges (including travel time) in meeting clinical and psychotherapy training requirements. I am discussing with preceptors the content of their rotations – currently focusing on Outpatients and Chronic Care which are each six months in a single setting - and available psychotherapy supervision on the same site. Longterm, the plan is to align clinical training and psychotherapy supervision to the same site. Thank you to everyone who has discussed components in this project with me to date and I look forward to meeting with others to learn more about their rotations.

November and December saw practice orals for 21 residents run over three Fridays, using 42 faculty for a minimum of two hours each; not a small feat! A special thank you to the faculty who offered their entire mornings to help – Don Addington, Marie Claire Bourque, Kathy Fitch, Eric Fung, Dave Gibbs, Ursula Hines, Darrin Leung, Darcy Muir, Dave Pocock and Rob Tanguay. Also thanks to Rory Sellmer for covering for me as exam chair on December 9.

November also saw the start of CaRMS, with applications for next year's eight residency positions opening on November 22. The program broke all past records by leaps and bounds with 35 more applications than ever before for a total of 155.



After some dogged work alongside the Chief Residents over several days, the shortlist was created and interviews ran over three and a half days in January and February. The CaRMS committee, ably run by Drs. Krystyna Banas and Patsy Maron, oversaw the hospitality room (aka the solarium generously lent to the program by Unit 24), luncheon presentations and evening events with positive feedback from the applicants. Match results will be released on March 1.

At the other end of the training spectrum, senior residents have also been busy with the PGY-4s preparing and sitting their final STACERs Feb 10 and 24 (overseen by Dr. Cindy Baxter) and seven final year residents studying for their May 2 written exams, followed by OSCEs in Ottawa the week of May 15. Join me in wishing them well in this phase of their residency training.

With the fiscal year end wrapping up in March, the PGME teaching invoice for clinical supervision and didactic lectures from late September to mid-March has been submitted. Payments should be received by late March. If you have any questions about teaching payments, please contact Pauline in the program office at 944-1271.

The program has also begun planning for next year's residency rotations, with the plan to have the roster largely in place by late March and rotation memos for July to December rotations sent out by early May.

Dr. Greg Montgomery
Director, Postgraduate Program

Recent Publications

Cannon T.D., Yu C., Addington J., Bearden C.E., Cadenhead K.S., Cornblatt B.A., Heinssen R., Jeffries C.D., Mathalon D.H., McGlashan T.H., Perkins D.O., Seidman L.J., Tsuang M.T., Walker E.F., Woods S.W., Kattan M.W. (2016) An Individualized Risk Calculator for Research in Prodromal Psychosis. *American Journal of Psychiatry*, 2016 Oct 1; 173(10):980-988.

Kuang C., Buchy L., Barbato M., Makowski C., MacMaster F.P., Bray S., Deighton S., Addington J. (2016) A pilot study of cognitive insight and structural covariance in first-episode psychosis. *Schizophrenia Research*, 2016 Oct 6; 179:91-96.

Mueser K.T., Kim M., Addington J., McGurk S.R., Pratt S.I., Addington D.E. (In Press) Confirmatory Factor Analysis of the Quality of Life Scale and New Proposed Factor Structure for the Quality of Life Scale-Revised. *Schizophrenia Research*, 2016 Oct 15; PMID:27756514

Seidman L.J., Shapiro D.I., Stone W.S., Woodberry K.A., Ronzio A., Cornblatt B.A., Addington J., Bearden C.E., Cadenhead K.S., Cannon T.D., Mathalon D.H., McGlashan T.H., Perkins D.O., Tsuang M.T., Walker E.F., Woods S.W. (2016) Association of Neurocognition With Transition to Psychosis: Baseline Functioning in the Second Phase of the North American Prodrome Longitudinal Study. *JAMA Psychiatry*, 2016 Dec 1; 73(12):1239-1248.

Jeffries C.D., Perkins D.O., Chandler S.D., Stark T., Yeo E., Addington J., Bearden C.E., Cadenhead K.S., Cannon T.D., Cornblatt B.A., Mathalon D., McGlashan T.H., Seidman L.J., Walker E.F., Woods S.W., Glatt S.J., Tsuang M.T. (2016) Insights into Psychosis Risk from Leukocyte microRNA Expression. *Translational Psychiatry*, 2016 Dec 13; 6(12). e981. <http://dx.doi.org/10.1038/tp.2016.148>

Addington J., Liu L., Perkins D.O., Carrión R., Keefe R.S.E., Woods S.W. (2017) The Role of Cognition and Social Functioning as Predictors in the Transition to Psychosis for Youth with Attenuated Psychotic Symptoms. *Schizophrenia Bulletin*, 2017 Jan; 43(1):57-63. PMID:27798225

Browne J., Penn D.L., Meyer-Kalos P.S., Mueser K.T., Estroff S.E., Brunette M.F., Correll C.U., Robinson J., Rosenheck R.A., Schooler N., Robinson D.G., Addington J., Marcy P., Kane J. (In Press) Psychological Well-Being and Mental Health Recovery in the NIMH RAISE Early Treatment Program. *Schizophrenia Research*, 2016 Nov 29;

Buchy L., Barbato M., Makowski C., Bray S., MacMaster F., Deighton S., Addington J. (In Press) A pilot study of structural covariance and facial emotion recognition in first-episode psychosis. *Schizophrenia Research*

Zheutlin A.B., Jeffries C.D., Perkins D.O., Chung Y., Chekroud A.M., Addington J., Bearden C.E., Cadenhead K.S., Cornblatt B.A., Mathalon D.H., McGlashan T.H., Seidman L.J., Walker E.F., Woods S.W., Tsuang M., Cannon T.D. (In Press) The role of microRNA expression in cortical development during conversion to psychosis. *Neuropsychopharmacology*

Ismail Z, Elbayoumi H, Fischer CE, Hogan DB, Millikin CP, Schweizer T, Mortby ME, Smith EE, Patten SB, Fiest KM. Prevalence of Depression in Patients With Mild Cognitive Impairment: A Systematic Review and Meta-analysis. *JAMA Psychiatry*. 2017 Jan 1;74(1):58-67. doi: 10.1001/jamapsychiatry.2016.3162.

Awards and Recognitions

Congratulations to the following individuals!

Dr. Nicole Letourneau received the Inspiration Award from Alberta Human Services for her research in family violence prevention and also the UofC Peak Scholars Award for her research on postpartum depression.

Dr. Zahinoor Ismail granted \$15,000 from Dept. of psychiatry 4 years ago, the result was the paper on “Prevalence of Depression in Patients with Mild Cognitive Impairment: A Systematic Review and Meta-analysis” published.

Dr. Raj Ramasubbu was featured as a guest editorial for the Chronicle of Neurology + Psychiatry on CANMAT Updates in December 2016.

Dr. Daniel Chinedu Okoro successfully passed the Psychiatry Maintenance of Certification examination on October 31, 2016. In maintaining Board certification, Dr. Okoro has achieved the gold standard in each of the six core competencies of patient care, medical knowledge, interpersonal and communication skills, professionalism, systems-based practice, and practice-based learning and improvement to practice quality specialized medicine in Psychiatry.

Dr. Patsy Maron was acknowledged by the Cumming School of Medicine for her contributions to Discovery Day in Health Sciences in October 2016 as a career panelist and workshop presenter of Psychiatry, From Freud to Neurotransmitters. Discovery Mental Health Day informs and excites 300 potential future health care workers and leaders about the wide variety of career options in the health care field.

Ashley Pauls (PGY 2) and Kim Williams (PGY 3), Call for a Cause Reps

Thank you all those who donated to this year's Call for a Cause! They were able to raise \$6,065 for the Alex! They are very appreciative of the donation and have a lot of programs which it will be used for including street survival, mobile health, addictions support, and of course providing learning environments for residents physicians. They work with patients of all age demographics with mental illness so this donation will go a long way!

Congratulations to Drs. Jean Addington and Glenda MacQueen, two of our members who made the Thomson Reuters list of highly cited researchers for 2016 (out of 6 in total for the Cumming School of Medicine). Each year, Thomson Reuters compiles a list of highly cited researchers which captures the top one per cent of researchers with global influence and impact. Please see the link to the CSM newsletter for further detail.

Events

29th Annual Sebastian K. Littmann Research Day

Date & Time:

March 3, 2017 | 8:30 am - 4:00 pm

Location:

Best Western Village Park Inn
1804 Crowchild Trail Northwest, Calgary, AB

Keynote Speaker: Dr. Russell Schachar.
Dr. Schachar is a leader in cognitive and genetic studies of child psychopathology in particular Attention Deficit Hyperactivity Disorder (ADHD). His widely cited research in response inhibition stimulated the development of new models of inhibitory control, of ADHD and of the mechanism by which genetic and neural risk factors such as brain injury lead to behavioral disorders such as ADHD. These discoveries carry wide and significant implications for normal and atypical development, gene discovery, diagnosis and, ultimately, therapeutic breakthroughs

Women's Mental Health Day Conference: Focusing on Perinatal Mental Health

Date & Time:

May 12, 2017

Location:

Best Western Village Park Inn, 1804 Crowchild Trail NW, Calgary, AB

MindMatters is distributed to psychiatry medical staff and faculty, psychiatry residents, program directors and section chiefs, Alberta Health Services executives, and psychiatry support staff.

Submissions & Inquiries: Jillian Clarke

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www.ucalgary.ca/psychiatry



UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE
Department of Psychiatry

Youth Mental Health Day

Date & Time:

March 13, 2017

Keynote Speakers:

Dr. John Cryan, University College Cork, Ireland

Dr. Andrea Danese, Kings College, London, UK

Dr. Andrew Miller, Emory University School of Medicine, Georgia, USA

Dr. Sue Swedo, National Institute of Mental Health, Maryland, USA

The 9th Annual Addiction Day Conference

Date & Time:

May 26, 2017

Location:

MacEwan Hall at the University of Calgary.

The vision of the Addiction Day Conference and Networking Fair is to increase public awareness of addiction and mental health problems and to enhance knowledge, competencies and treatment care.

Through a combination of diverse presentations, workshops and networking opportunities, we hope to bring together healthcare professionals from across the care continuum for a day of learning and discussion.



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