

Newsletter

DISCIPLINE OF PSYCHIATRY

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Announcements

Congrats to **Dr. Laura Gale**, and her husband Jamie, on the birth of their baby boy, Teddy Thomas David Brewer. Teddy was born on May 1st, 2023. We wish them all the best! ▶



Congrats to **Dr. Kellie LeDrew**, who was elected COPCE (Council of Psychiatric Continuing Education) Vice- chair for 2022-2023.

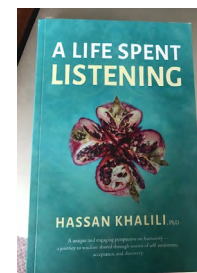
Congrats to **Dr. Kathleen Callanan**, who received her Masters of Education in Post-Secondary Studies from Memorial in October, 2022.

Congrats to **Dr. Rebecca King**, who was appointed as a director in the Office of Learner Well-Being and Success.

Congrats to **Dr. Jasbir Gill**, who has been appointed as the new Faculty Undergraduate Accreditation Lead.

Congrats to **Dr. Taryn Hearn**, who received the designation of Fellow of the Canadian Psychiatric Association, at the CPA Annual Conference in Toronto in October 2022.

Congratulations to **Dr. Hassan Khalili** on the release of his book *A Life Spent Listening*, which was published on June 17, 2022. ▶



Congrats to **Dr. Emily Fitzgerald**, who was nominated for the Canadian Federation of Medical Students Culture Changers Campaign for her contributions to making positive changes in the culture of medical education in 2022.

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Congrats to **Dr. Weldon Bonnell** on his appointment to the Canadian Psychiatric Association (CPA) Research Committee, as the representative from Memorial University. This appointment is for a first three-year term.

Two Repetitive Transcranial Magnetic Stimulation (rTMS) machines have been installed and two more psychiatrists have been trained in their use! This brings us closer to the availability of this treatment.

Congrats to PGY-5 residents **David Mo, Duncan MacIver, Jeff MacDonald** and **Ming Wang** on successfully passing the written portion of the RC Exam!

Congrats to **Elizabeth Rowe**, who will be joining our program as a PGY-1 in July, on receipt of the COUPE 2022 Award for Best Paper by a medical student. The presentation of this award took place recently in Toronto at the annual conference, and her topic was Mental Illness and the Prison System: Current Challenges & Proposed Solutions through Therapeutic Jurisprudence.

This year's **Scholarship Day** is scheduled for Friday, June 16, 2023. This event will take place in-person in Lecture Theatre B, HSC, but will be available online as well, for residents and faculty working outside of St. John's.

Grants

Congrats to **Dr. Kellie LeDrew, and Dr. Leslie Phillips** for receiving the Health Care Foundation Research Grant in the amount of \$10,000, and the NL SUPPORT/ Quality of Care NL Patient-Oriented Research Health Professional-led Grant in the amount of \$9987, for: "Integrating Physical and Mental Health Care for Individuals with Mental Illness: A Mixed Methods Study to Test a Lifestyle Intervention that Supports a Recovery Oriented Approach within Mental Health Services". Dr. LeDrew was a study lead, along with Dr. Jill Bruneau. Dr. Phillips was on the study team, along with Ms. Suzanne Condon, Dr. Joy Maddigan, two direct care mental health nurses, and four lived experience experts.

Congrats to **Dr. Margaret Steele**, who was a co-investigator, and to Principal Investigator, S. Bacon, Co-Principal Investigator, L. Carlson, as well as a host of other Co-Investigators, for receiving a grant totaling \$1,800,000 from the Canadian Institutes of Health Research (CIHR) Clinical Trials Fund. The title of the investigation is The Canadian Behavioural Trials and Interventions Training Platform. 2022 – 2025.

Invites and Involvement

Dr. Angelique Myles was a panel member, along with L. Dawson, J. Henley, M. Murphy, and L. Rowe, in a session entitled On Being Human Our Stories in Medicine. This session was given by the Office of Learner Well-Being & Success at Memorial University, on November 10, 2022.

Dr. Leslie Phillips was an invited participant at the Health Canada, University of Ottawa Heart Institute, and the Standards Council of Canada National Standards for Smoking Cessation Workshop that took place in Ottawa on February 16 and 17, 2022.

Dr. Leslie Phillips participated as an invited expert panel member in the Vaping Cessation Guidance Report in April, 2022. Project of Ontario Ministry of Health and CAMH. Available @ [www.nicotinedependenceclinic.com/en/electronic-nicotine-delivery-systems-\(ends\)](http://www.nicotinedependenceclinic.com/en/electronic-nicotine-delivery-systems-(ends)).

Dr. Leslie Phillips was invited as an expert panel member to the Ottawa Model for Smoking Cessation Annual Conference for “Coffee Talk: Ask the Experts”. This took place in January, 2023

Dr. Margaret Steele was an invited speaker at the Department of Oncology Grand Rounds, Memorial University. Personal and Professional Development: Role of Mentorship, Coaching and Sponsorship was the topic, on March 16, 2023.

Dr. Margaret Steele was an invited speaker on Personal and Professional Development: Role of Mentorship, Coaching, and Sponsorship, Newfoundland and Labrador Medical Association, St. John’s, on April 28, 2022.

Dr. Margaret Steele was an invited speaker for the Financial Management Institute of Canada. The topic was Building Trust in Leadership, and this took place on April 6, 2023.

Dr. Margaret Steele was an invited speaker for the Department of Oncology Grand Rounds, Schulich School of Medicine & Dentistry, Western University, London, Ontario. The topic was Personal and Professional Development: Role of Mentorship, Coaching and Sponsorship, and this took place on December 6, 2022.

Dr. Margaret Steele was a keynote speaker for the Atlantic Provinces Psychiatric Association Annual Meeting, The Westin Hotel, Halifax, Nova Scotia, Canada. The topic was Personal and Professional Development: Role of Mentorship, Coaching and Sponsorship, and this took place on September 10, 2022.

Dr. Margaret Steele was an invited speaker on Mental Health Advocacy on Child and Adolescent Psychiatry, Child and Adolescent Psychiatry National Seminar Series, on March 22, 2022.

Dr. Margaret Steele was an invited speaker for International Dean Leadership Development Program, AAMC. The topic was Building Trust in Leadership, and this took place on March 30, 2023.

Publications

Dalley, S.K. Hickey, C. (2023) Increasing awareness of the connection between breastfeeding and mental health through an educational session for healthcare providers. *Archives of Psychiatry and Psychotherapy*, 1: 63–68. 10.12740/APP/152777.

Hickey, C. (2022). Psychiatry in the Age of the Opioid Crisis. Accepted for Publication in *Academic Psychiatry*.

Khalili, H. (2022). *A Life Spent Listening*. University of Toronto Press.

Phillips L, Nguyen, H. Genge, T. Maddigan, J. (2022) Effective and Cost-Effectiveness of an Intensive and Abbreviated Individualized Smoking Cessation Program Delivered by Pharmacists: a pragmatic, mixed methods, randomized trial. *Can Pharm Journal*. Open Access. <https://journals.sagepub.com/doi/10.1177/17151635221128263>

Phillips, L. Pharmacy Technicians making a difference in Tobacco Cessation Strategies. A CCCEP-accredited continuing education lesson. <https://www.ecortex.ca/course/view.php?id=1379>

Presentations

Accreditation Communication in a Virtual World. International Congress on Academic Medicine 2023. **Hearn, T.,** Kerr, B. Oral Presentation. Quebec City. April, 2023.

Design, Development, and Implementation of a Series of Asynchronous Online Course to Complement Competency Based Postgraduate training of Geriatric Psychiatry Sub-Specialty Residents. Canadian Academy of Geriatric Psychiatrists Annual Scientific Meeting. **Hickey, C.,** Chisholm, T., Esliger, M., Krishnamoorthy, A., Levinson, A. Oral Presentation. Montreal. October, 2022.

The Future of Medical Education in Canada. CBME in Psychiatry at the Annual Meeting of the Canadian Psychiatric Association. Tourian, L., **Hickey, C.**, Harrington, M., Mak, M., Sadek, J. Oral presentation. Toronto. October, 2022.

Training in Telepsychiatry: Results from a National Study. The Canadian Psychiatric Association 72nd Annual Conference. **Myles, A.**, Noble, S., and Zhao, J. e-Poster. Toronto. October, 2022.

Pharmacist-led Smoking Cessation Programs are Effective and Cost-effective. Ottawa Model for Smoking Cessation Annual Conference. **Phillips, L.**, Nguyen, H., Nguyen, H., Genge, T., Maddigan, J. Poster Presentation. Ottawa. January, 2023. Winner of Best Poster Award.

Effective and Cost-Effectiveness of an Intensive and Abbreviated Individualized Smoking Cessation Program Delivered by Pharmacists: a pragmatic, mixed methods, randomized trial. Ottawa Model for Smoking Cessation Annual Conference. **Phillips, L.** Rapid Fire Presentation. Ottawa. January, 2023.

Integrating physical and mental health care for individuals with mental illness. Faculty of Nursing, Memorial University Research Week. Maddigan, J., Bruneau, J., **Phillips, L.**, LeDrew, K., Deeb, A., Smith, A. St. John's. November 2022.

One Medical School's Approach to Addressing Allegations of Sexual Harassment. 2022 Canadian Summit on the Prevention of Sexual Violence in Higher Education. University of Ottawa. **Steele, M.** Ottawa. June 2022.

Awards

Congrats to all the award winners for the 2021/2022 academic year! The majority of these were presented at Scholarship Day on June 17, 2022:

Clinical Supervisor Award – **Dr. Anne Hurley (Jr.)** and **Dr. Erin O'Keefe (Sr.)**

Academic Teacher Award – **Dr. Keith Vokey (Jr.)** and **Dr. Julia Curtis (Sr.)**

Resident Teaching Award – **Dr. Emily Fitzgerald** and **Dr. Paul Pitts**

Postgraduate Geriatric Psychiatry Scholarship – **Dr. Emily Fitzgerald**

Frederick O'Neill Award – **Dr. Emily Bolt**

Janssen Research Award – **Dr. David Lundrigan** ▶

Best Resident in Research: In Progress Award – **Dr. Dakota Janes**



Subspecialty Programs Child

A belated welcome to **Dr. Jonathan Phang**, who began his two-year child subspecialty program with us on July 1, 2022. Dr. Phang is from the University of Saskatchewan.

Thank you

The residents have been meeting for “Wellness Lunches” in conjunction with mentorship days. They wanted to thank faculty members who have seen the continuation of the Wellness Lunches, and also, want to thank them for their contributions to their new Resident Wellness Fridge! Photo was taken at group luncheon in December 2022. ▶



Message from the Program Director

It’s hard to believe I am coming to the end of my first year as program director. I’d like to thank everyone for their patience and support as I’ve started to figure out the many ways in which Dr. Noble kept things running so smoothly for so long. I’m particularly grateful for the assistance of our co-administrative residents Alain Bateman, Rebecca Harrison and Emily Fitzgerald, and our invaluable administrator, Jackie Doran.

It has been a typically eventful year. One highlight was that we were one of only a couple of programs in Canada to fill all our spots during the first round of the CARMS residency match. In July, we will welcome six new residents to our program, including our first ever resident for the Grand Falls-Windsor stream of our

program. For the St. John's stream, we will be joined by Jamie Green, Elizabeth Rowe and Charity-Jean Drover from Memorial, along with Vincent Dupont from McGill and Tai-ta Chen from UBC. The Grand Falls-Windsor stream will welcome Brandon Snow (also from Memorial), as the first of, what we hope will be, many residents in the Central Stream.

The coming academic year will be an eventful one, particularly since it will mark the transition of the Royal College exam from the PGY 5 year to PGY 4 for residents in the CBD cohort, as well as the last year for the PGY 5 exam, for the time-based resident cohort. This 'double cohort' year will certainly pose challenges for our whole resident group. It will be important for the faculty to support our residents through this, as I'm sure we will.

Thanks again for all the support over the past year.

~Andrew Latus

Message from the Chair

Hello Everyone,

A belated welcome to the 2022-2023 academic year! It has been a year of transition and some delays, but the Discipline continues to thrive and move forward.

I would like to start by again recognizing the immense impact of Dr. Kim St. John, who stepped down as Chair in August 2022. Her contributions at the medical school, regional health authority and nationally at the Royal College were recognized by her promotion to Full Professor in the Faculty of Medicine. We have all been benefactors of her tremendous work ethic, experience and vision, but also individually from her time, patience and mentorship. I am aware that I have big shoes to fill!

At the undergraduate level, the medical school was granted full accreditation under the leadership of Dr. Taryn Hearn. This would of course not be possible without the continuous efforts of our faculty and residents who deliver lectures, tutorials, clinical skills, OSCE evaluations, multiple choice questions, clinical supervision, ITARS, mentorship and role modeling. There was a high degree of interest in Psychiatry this year from the Memorial's graduating class which I also think reflects our collective efforts, so thank you.

At the postgraduate level, we have had another successful year. Dr. Andrew Latus assumed the role of Program Director and Dr. Robert Mercer of Associate Program Director in July 2022. The Competence Committee continues to refine and improve our CBD (Competence by Design) process and evaluations. We welcome Dr. Hickey back to her role as Chair of that committee and thank Dr. Anne Hurley for her work during Dr. Hickey's sabbatical. The program did well in the PGME-led internal review, our PGY5 residents passed their Royal College written examinations prior to the OSCE, and we filled our CaRMS spots in the first match. These are all excellent markers of success and reflect the Discipline's overall excellence.

The next 2-3 years will be an exciting and challenging time for our Discipline. 2024 will be psychiatry's "double cohort" year when PGY5 residents in the traditional stream and PGY4 CBD residents will both be eligible for the Royal College examination. 2024 will also be Memorial's Royal College PGME accreditation, which will include our General Psychiatry, Child Psychiatry and Geriatric Psychiatry programs. Finally, we take occupancy of NAHHAF and the renovated Psychiatric Assessment Unit (PAU) space in early 2025. While there are many advantages to this move, there are understandable concerns about a decrease in bed numbers. It will be important to maintain our communication and support of one another during these transitions, but I have every confidence in our group to navigate the challenges and to maximize the opportunities.

~Sarah