

Newsletter

DISCIPLINE OF PSYCHIATRY

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Announcements

Congrats to **Dr. Brandon Snow** and wife, on the birth of their baby girl, born in December 2024. Ivy weighed in at 6 pounds, 5 ounces. ▶



◀ Congrats to proud parents **Dr. Jessica Sang** and Jonathan Cluett on the birth of their baby boy! Luke Thomas Cluett was born on June 10, 2025, and weighed 7 pounds, 10 ounces. Mom and Dad are overjoyed!



Congrats to **Dr. Emily Fitzgerald** and husband Giles Ayers, who were married this past July! ▶

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Congrats to **Dr. Khalid Jat**, who recently celebrated his 50th blood donation. Well done! ▶



The Prague Agreement, spearheaded by Dr. Lade Smith, president of the Royal College of Psychiatrists, was initially launched at this year's World Congress of Psychiatry. **Dr. Cathy Hickey**, CPA President, added her signature on behalf of the association on Oct. 22, 2025, in Vancouver, following a presentation to the CPA Board by Dr. Smith. The agreement reframes mental health not only as a human rights imperative but as a strategic investment in national prosperity. In urging more international partners to sign on, Dr. Smith noted that the economic argument has become increasingly urgent. **Drs. Eva Davenport and Liz Rowe** (members of the CPA board) were also present for the signing of this agreement.



Farewells

Farewell to **Dr. Sarah Noble**, who officially stepped down as Chair of Psychiatry on October 15. She will be missed tremendously by all who had the pleasure of working with her.

Events

The Waterford Hospital, opened in 1855, ► officially closed inpatient services on April 13, 2025. A reception was held to mark the momentous occasion.



◀ Memorial Psychiatry had a strong turnout at the 75th Annual CPA Meeting in Vancouver! Psychiatrists, residents, and medical students are pictured here. Dr. Cathy Hickey said they were delighted to see some former Memorial residents who are now practicing in BC. (Missing from photo: Drs. Chris Earle and Angelique Myles).

Drs. Eva Davenport and **Cathy Hickey** completed their ► terms as MIT Chair and President of the CPA. **Dr. Liz Rowe** was elected as the MIT Chair.



◀ **Dr. Cathy Hickey** awarded the CPA President's Commendation award to former Olympian Clara Hughes, who championed mental health advocacy as the founding spokesperson for the Bell Let's Talk Campaign. Pictured are Clara Hughes, Dr. Hickey, Dr. Lade Smith (President of the Royal College of Psychiatrists in the UK) and Dr. Teresa Miskimen Rivera (President of the American Psychiatric Association).



Finally, **Dr. Rebecca King** is excited to announce that the Tertiary Care Mental Health Neurobehavioral Consultation Team (NBCT) officially launched October 20, 2025 after years of development (including Dr. King's sabbatical). The clinical program consists of a highly skilled group of health professionals that aim to support complex patients with conditions at the interface of neurologic or developmental disorders and psychiatric disorders. The first phase of the rollout will be for those with moderate to severe brain injuries on inpatient neurology or neurosurgery units in St. John's with plans for stepped expansion to a provincial program over the next year.

Invites and Involvement

Dr. Cathy Hickey represented the CPA for Mental Illness Awareness Week with the Canadian Alliance on Mental Illness and Mental Health at the Parliament Hill Lobby Day on October 7, 2025. Pic L to R: Sarah Kennell - CMHA, MP Salma Zahid, Marjorie Michel- Minister of Health, Kim Hollihan- President of the Canadian Counselling and Psychotherapy Association, Dr. Cathy Hickey.



Publications

Kaur Boparai, J, Clemens, M, **Jat, K.** (2025). Late-Onset Depression and Dementia: A Systematic Review of the Temporal Relationships and Predictive Association. *Medicina*, 61(5), 1-27. <https://doi.org/10.3390/medicina61050839>

Myles A. (2025, March 22). Overlooked: When health care is unreachable for those who need it most. CBC. <https://www.cbc.ca/news/canada/newfoundland-labrador/left-without-being-seen-first-person-1.7482712>

Sang J, Hickey C. (2025 Oct 13) What Factors Influence Residents to Enroll in Geriatric Psychiatry Subspecialty Training? A Cross-Canada Survey. *Acad Psychiatry*. doi:10.1007/s40596-025-02210-x. Epub ahead of print. PMID: 41083862

Sadek J, Bazaid K, Harrington M, Choy A, Hamer D, Fung K, Jayas, R, Varapran S, Mak M, Raedler, T, Bohler H, Kuzenko N, **Hickey C**, Karlinsky H, Cote-Olijnyk M, Garcia C, Wijeratne N. (2025). Canadian Psychiatric Association Position Statement. Psychiatric Training During Clerkship: Specific Recommendations for Reform. Teaching and Learning. *The Canadian Journal of Psychiatry*. doi:10.1177/07067437241291774

Sadek J, Bazaid K, Harrington M, Choy A, Hamer D, Fung K, Jayas, R, Varapran S, Mak M, Raedler, T, Bohler H, Kuzenko N, **Hickey C**, Karlinsky H, Cote-Olijnyk M, Garcia C, Wijeratne N. (2025). Canadian Psychiatric Association Position Statement. Psychiatric Training During Clerkship: Specific Recommendations for Reform. Assessment and Evaluation. Accepted for publication in the *Canadian Journal of Psychiatry*.

Presentations

How to Practice Geriatric Psychiatry as a General Psychiatrist. Annual Meeting of the New Brunswick Psychiatric Association. **Hickey C.** Oral Presentation. Fredericton. September, 2025.

Understanding Davanloo's Intensive Short-term Dynamic Psychotherapy-The Man, The Method, the Myths. Grand Rounds, University of Manitoba. **Hickey C.** Virtual Presentation. September, 2025.

Presidential Session of Canadian and Mexican Psychiatric Associations: Mental Health Among Immigrants. American Psychiatric Association Annual Meeting. **Hickey C,** Molinger-Lopez A. Los Angeles. May, 2025.

The Value of Subspecialty Psychiatry Training in Canada. Annual Conference of the Canadian Academy of Psychiatry and the Law. **Hickey C.** Montreal. June, 2025.

How to Practice Geriatric Psychiatry as a General Psychiatrist. Annual Meeting of the Saskatchewan Psychiatric Association. **Hickey C.** Oral Presentation. Regina. April, 2025.

Development and Evaluation of an Asynchronous Online Course to Complement Competency-Based Postgraduate Training for Geriatric Psychiatry Sub-specialty Residents. International Congress on Academic Medicine. Eslinger M, Murphy C, Chisholm T, Singh K, Levinson A, **Hickey C.** Poster Presentation. Halifax. April, 2025.



Message from the Program Director(s)

As I write this, I am finishing up the usual biannual meetings with all of our residents. This has included meetings with our excellent group of PGY 1s. It has been wonderful to hear from each of them how supported they have felt as they started residency, both by faculty and our more senior residents. It's great to see the collaborative spirit of our program thriving and a credit to our resident and faculty groups.

The academic year marches on though, which means that we are already moving forward with the CARMS process for 2026. This year, we are fortunate to again

have six positions available for the St. John's campus and I am very happy to say that we will be able to recruit again for a residency position in Grand Falls-Windsor. I expect this will lead to us welcoming another strong group of residents next July.

Another change coming into effect in July will be the first major revision of the Competence-by-Design (CBD) standards for psychiatry, including updates to the Entrustable Professional Activities (EPAs) and other aspects of training. I expect we will be able to share details of these very soon, so you can expect to hear lots about this in emails and meetings.

One key reminder for our faculty: a theme that emerged repeatedly during meetings with our residents is that they value coaching and EPA assessments most when they are done in the moment immediately after a patient encounter occurs. While I know everyone is very busy, if it is possible to find the time to do EPAs at the same time as the encounter, this is highly valued by our residents.

Finally, as the calendar year draws to a close, I hope everyone is able to find time to rest and recharge. The resident holiday schedule will run from December 21 through January 3 this year. I hope all of our residents and faculty have the opportunity to relax and reconnect with family and friends before 2025 comes to an end.

Andrew

Subspecialty Programs

Geriatric

We are delighted to announce that **Dr. Jessica Sang** had a baby boy in June/2025. A hearty welcome to the world to Luke Thomas Cluett. Mom and baby are doing well. We are also delighted that **Dr. Laura Gale** started her PGY 5 year in our subspecialty program on July 1, 2025. We did not have any matches in the first iteration of the CaRMS match this year. We are entering the second match with great hope, but acknowledge that many subspecialty spots go unfilled across the country each year. As always, we encourage all residents to approach us if they have an interest in the subspecialty program. We are a small but mighty team of psychiatrists who are passionate about resident education and clinical excellence.

We have had a large number of requests for clerk electives and thanks to our team

for accommodating as many of these requests as possible. We continue to teach and supervise Neurology and Care of the Elderly residents as well and life has been busy for our team.

Finally, we congratulate **Dr. Khalid Jat** on his promotion to Associate Professor, Dr. Dalton on completing her tenure as our Mental Health and Addictions Clinical Chief, and Dr. Truskolaski on completing his Study Leave. Well done to all!

Child and Adolescent

Warm greetings to you all from our Child and Adolescent Psychiatry team at the Janeway!

It has been a season of exciting transitions and well-earned celebrations in our corner of the Discipline of Psychiatry. To begin, I am honoured to have assumed the role of Program Director as of July 1, 2025, succeeding my esteemed colleague, **Dr. Weldon Bonnell**. Dr. Bonnell has provided over a decade of outstanding leadership, vision, and innovation as the founding program director of our child and adolescent psychiatry subspecialty residency program at Memorial University. On behalf of our faculty and learners, I extend sincere thanks to Dr. Bonnell for building such a solid, learner-centered foundation, and we wish him every success in his new role as Faculty Lead for Program Evaluation.

We would also like to express our most sincere appreciation to **Dr. Sarah Noble** for her truly excellent leadership over so many years in her previous role of Program Director of the general psychiatry residency program as well as her most recent role as Chair of the Discipline of Psychiatry. Our faculty group looks forward to working closely with **Dr. Rebecca King**, who has stepped into the role of interim Discipline of Psychiatry Chair.

Please join me in offering congratulations to **Dr. Rebecca Harrison**, one of our recent PGY-6 graduates, who completed her Child and Adolescent Psychiatry subspecialty training in June 2025 and officially joined our staff group in October 2025. We are delighted to have her back with us in a faculty role — Rebecca brings clinical excellence, and a learner-friendly approach that enriches our program.

We are equally pleased to celebrate a successful CaRMS Fall Subspecialty Residency Match (FSRM) for the first time in our program's history. Congratulations to **Dr. Leanna Lewis**, one of our internal PGY-4 applicants, who matched to our Child and Adolescent Psychiatry subspecialty program on October 22, 2025 and will commence her PGY-5 year with us on July 1, 2026. This was the first time that Child and Adolescent

Psychiatry - as a subspecialty nationally - participated in the CaRMS FSRM process; this marks a significant milestone for our program. We are pleased to share that we anticipate offering at least one (1) position each year going forward. Our group is genuinely thrilled to have both Dr. Harrison and Dr. Lewis with us.

Our quarterly Child and Adolescent Psychiatry Journal Club continues to be well received by both faculty and learners — thank you to everyone who has presented, facilitated, or showed up enthusiastically after a full clinic day! We look forward to closing out the calendar year with our final journal club of the calendar year on November 13, 2025.

As with all thriving programs, we also mark transitions. We extend sincere thanks and best wishes to **Dr. Aarun Leekha**, who departed our program in September 2025 to continue his career in Edmonton, AB. We are grateful for his contributions to our learners and to the broader child and adolescent psychiatry community locally, as well as his leadership provided locally and nationally. We wish Dr. Leekha and his family only the very best as they begin this new chapter out west.

We would also like to bid a warm farewell to **Drs. Tina McWilliam and Rajive Rajan**, who will be entering retirement within the next six months. Our faculty group is deeply appreciative of their decades of service to the children, youth, and families of Newfoundland and Labrador, and of their collegiality and generosity as teachers and clinicians. We wish them both much joy, rest, and fulfillment in their retirement.

Looking a little farther ahead, please mark your calendars for the CACAP 2026 conference, which will be hosted right here in St. John's, NL from June 6–9, 2026. Several members of our faculty are actively engaged with the planning committee to ensure this event will be a smashing success from start to finish for attendees from coast to coast and beyond. We hope to see strong local participation and to showcase the excellent work happening in child and adolescent psychiatry.

As we head into the hustle & bustle of the holiday season, I want to thank each of you — faculty, staff, residents, and administrative colleagues — for the ongoing commitment you bring to teaching, to service, and most importantly, to the communities we serve.

Wishing each of you a safe and joyous Holiday Season, and a happy, healthy and bright New Year ahead.

2024-25 has been a busy academic year so far. The first part of the year focussed on accreditation and now we have just wrapped up another year of CaRMS. I'd

like to thank all the faculty and residents who helped us get ready for both of these tasks. It takes the efforts of many people to succeed at these things. As probably everyone knows by now, we were successful in accreditation back in November with just a written update being required by the Royal College a couple of years from now. And now, we've been successful in the first round of CaRMS. We had 6 spots to offer, and have filled all of these in the first round. Starting in July of this year, we will welcome 5 new residents from Memorial (Kurtis Thornhill, Kyron Power, Kathryn Bonner, Lindsay Bellows and Olivia Penney) and, 1 new resident from the University of Calgary (Leah Acton). This is a great group of future residents, and speaks well of the work all of our faculty and residents do in teaching students and recruiting candidates. Our best recruiting tool continues to be our excellent faculty and residents!

Message from the Interim Chair

Looking Forward Together

Dear Colleagues,

As the leaves change and we move into the full swing of the academic year, I want to take this opportunity to share a few thoughts with all of you.

First, I want to express our deepest thanks to **Dr. Sarah Noble** for her dedicated service and steadfast leadership as the Chair of Psychiatry. Her commitment to the discipline's mission has positioned us well for the future. We are profoundly grateful for her contributions and wish her all the best.

Gratitude for Your Hard Work

In this time of transition, I am continually inspired by the commitment and tireless efforts of our entire discipline—our faculty, staff, and learners. The demands of modern healthcare and academic life are significant, yet your dedication remains unwavering. It is a privilege to serve as your Interim Chair.

As many of you know, my leadership philosophy prioritizes a culture of well-being. I want to emphasize that our discipline's commitment to well-being is not a passing trend—it is a foundational pillar of our identity and success. The tradition of this newsletter is one way we honour this foundation. Our discipline continues to evolve the conversation about well-being in other ways, too. For example, we were privileged to host Dr. Will Bynum, MD from Duke University on October 3, 2025 for

a special grand rounds on “Shame in Medical Education”. This is a topic that allows space, not just for our successes, but also for our vulnerabilities as real people working in challenging environments.

Acknowledging Significant Contributions

While a newsletter cannot capture every achievement, please take a moment to acknowledge the significant contributions we’ve seen recently. Whether it is leadership or clinical position, launching innovative clinical or academic programs, receiving teaching awards or grants, publishing impactful papers, or embarking on new life phases and stages—each success is a testament to the strength and talent within our department. Thank you for the impacts you have in our field and beyond.

Focusing on a Successful Transition

My priority as Interim Chair is simple: to ensure stability and continuity in our operations and to set the stage for our next permanent Chair to succeed. This is a time to solidify our current strengths, support ongoing initiatives, and participate constructively in the search process.

We have a vibrant, resilient, and talented department. By working together in the coming months, we will ensure the transition is smooth, allowing the new Chair to step into a strong place to support our next phase of growth.

Thank you again for everything you do. Please do not hesitate to reach out to me with your thoughts and ideas.

Warmly,

Dr. Rebecca King