

Newsletter

DISCIPLINE OF PSYCHIATRY

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Announcements

Congrats to **Dr. Julia Curtis** and her husband Bill Jenkins, on the birth of their baby girl! Kiara Eve Jenkins was born on January 20, and weighed 7lbs 12oz. Welcome to the world, Kiara! ▶



Congratulations to **Dr. Jonathan Phang** who recently passed his Royal College subspecialty exam in Child & Adolescent Psychiatry and successfully completed his fellowship. Wishing him all the best in his career out west! (Pictured in photo: Christine Brown - Administrative Assistant, ◀ and Dr. Jonathan Phang)

Congrats to **Dr. Dakotah Janes** on winning the CAME rising star award!

Dr. Rebecca King is happy to announce that she finished her sabbatical for the development of the neuropsychiatry program (clinical), and staff are in the process of being hired for a Spring 2025 start date.

Dr. Archana Vidyasankar is happy to announce that the Canadian Network for Mood and Anxiety Treatments (CANMAT) 2024 Clinical Practice Guideline for the Management of Perinatal Mood, Anxiety, and Related Disorders, has been published online in the Canadian Journal of Psychiatry! <https://journals.sagepub.com/doi/10.1177/0706743724130303>. Dr. Vidyasankar was pleased to be on an advisory team to support in the development of these monumental documents.

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Farewells

Dr. Leslie Phillips will be retiring from her joint appointment between the Schools of Pharmacy and Medicine at the end of August, 2025. Wishing her all the best in future endeavours!

Events

Our residents had a jolly good time at the PARNL Christmas social on December 13th! The event took place at the Salt House. ▶



Invites and Involvement



November was a big month for Memorial Faculty and Residents at the CPA!

Dr. Liz Rowe was elected as the CPA Members-in-Training (MIT) Chair-Elect.

Dr. Eva Davenport was elected as the CPA Members-in-Training (MIT) Chair.

Dr. Cathy Hickey was elected as President of the CPA.

◀ Congrats to all!

Dr. Dakotah Janes was elected the Resident Doctors of Canada President! She will begin her term this summer. Big congrats to Dakotah!

Dr. Dakotah Janes and **Dr. David Lane** attended the International Conference on Residency Education in Ottawa from September 19 – 21, 2024. ▶



Publications

Hickey, C., Levinson, A., Singh, K., Esliger, M., Chisholm, T., Murphy, C. An Online Curriculum for Geriatric Subspecialty Residents. *Academic Psychiatry*. <https://doi.org/10.1007/s40596-024-02053-y>

Hofner, A., Bawks, J. Benefits of Using Intensive Short-Term Dynamic Psychotherapy in Psychiatric Practice. *American Journal of Psychotherapy*. <https://www.psychiatryonline.org/doi/full/10.1176/appi.psychotherapy.20240040>

Presentations

Psychotherapy from Residency to Practice: Key Elements for a Successful Transition. Annual Meeting of the Canadian Psychiatric Association. Cote-Olijnyk, M., **Davenport, E.**, Awad, D., **Hickey, C.**, Villela, R., Singhal, N. Oral Presentation. Montreal. November, 2024.

Perspectives on Canadian Psychiatry 2024: The Vision of Three Leaders. Annual Meeting of the Canadian Psychiatric Association. Di Nicola, V, Chaimowitz, G., Casiano, H., **Hickey, C.** Oral Presentation. Montreal. November, 2024

Geriatric Psychiatry-Can we help? Emergency Medicine Planning Day: Creating Pathways for the Management of Frailty in the ED. **Hickey, C.** Health Innovation Acceleration Centre. October, 2024.

Psychodynamic Bootcamp: From Theory to Practice. Dalhousie Psychotherapy Journal Club. **Hickey, C.** Virtual Event. October, 2024.

Creating a culture of well-being and connection using mindful practice in medicine in Canadian postgraduate medical education - a pilot programmatic development project. International Conference on Physician Health. **Janes, D., King, R.** Poster Presentation. October, 2024. ▶



Subspecialty Programs

Geriatric

We are delighted to congratulate **Dr. Julia Curtis** on the birth of her baby daughter

in January! We are delighted to announce that **Dr. Jessica Sang** will also be going on Maternity leave in June of this year.

Geriatric Psychiatry entered the CaRMS match for the first time this past year. We were delighted to match **Dr. Laura Gale** to our program. She will be starting with us on July 1, 2025. PGY4 residents are encouraged to consider applying to our subspecialty residency program in July/August of this year.

After much advocacy, the Royal College has decided that our residents will be able to complete general psychiatry training at the end of PGY 5 (rather than PGY 6). This will allow residents to consider moonlighting in general psychiatry in their PGY 6 year and is considered to be a very positive decision.

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 six (soon to be 4!) psychiatrists who are passionate about resident education and clinical excellence.

Child and Adolescent

Residents: We have been privileged to have two excellent residents: Dr. Rebecca Harrison and Dr. Jonathan Phang. Dr. Phang successfully completed his residency in November, while Dr. Harrison will be with us until June 2025.

Electives: We are particularly grateful to the faculty and staff that made the electives in Adolescent Medicine (Dr. Anna Dominic), Developmental Pediatrics (Dr. Tyna Doyle), and Early Psychosis (Dr. Kellie Ledrew) successful for Dr. Harrison.

Accreditation: We are thankful to everyone that contributed to make our Royal College accreditation in November successful.

Journal Club: Our faculty and residents continue to have an excellent experience with our Child and Adolescent Psychiatry Journal Club. A special thank you to Dr. Chantelle Reid and Dr. Richard Elcock for organizing these sessions.

Thank You! We are deeply grateful to all the Memorial University and Eastern Health administrative staff, as well as our faculty that are working hard to ensure the highest quality educational experience for our residents.

Presentations: Dr. Earle led a workshop at the Canadian Academy of Child & Adolescent Psychiatry Annual Conference in September, titled, *"Cognitive Behavioural Therapy for Insomnia (CBT-I) in Adolescents."*

Message from the Program Director

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 Chair

Hello Everyone,

What an eventful academic year already!

I want to begin by acknowledging our success at the recent Royal College Accreditation visit to Memorial University. Our programs in General Psychiatry and Child and Adolescent Psychiatry both achieved a full accreditation status. Geriatric Psychiatry maintained its full accreditation, but was spared the formal process this time. These results reflect the overall excellence of our faculty and residents. They also reflect the extraordinary work of our Program Directors, Dr. Latus and Dr. Bonnell, Assistant Program Director Robert Mercer, and our Academic Program Administrator, Jackie Doran. Congratulations to all!

Our formal academic curriculum was ushered in by the annual Resident Faculty retreat. Dr. Earle and Dr. Stuart Gill delivered a highly informative talk on how artificial intelligence might facilitate clinical and academic work. Dr. Latus presented a thought-provoking talk on the role of hidden curriculum in medical education, followed by a role-playing exercise. Thank you to Dr. Hearn for facilitating the role play with me and the residents who showed their considerable acting skills.

The Discipline of Psychiatry continue to offer a high quality and comprehensive curricula

of lectures and tutorials, clinical skills, simulation sessions, and presentations such as Grand Rounds, for both the undergraduate and postgraduate medical learners, as well as other disciplines and allied health professionals. Thank you to Dr. Mercer for chairing the postgraduate Curriculum Committee, Dr. Jat for chairing the undergraduate Curriculum Committee, and Dr. Curtis for her efforts as Psychiatry Content Lead and Clinical Skills Lead for UGME. None of this work would be possible without the true engines of our discipline, Academic Program Assistants, Jackie Doran and Jillian Fagan, and the wonderful Lisa Crummell!

Leadership has been a pillar of excellence for psychiatry within the Faculty of Medicine, and on national organizations, with 2024-2025 being a particularly notable year. Congratulations to Dr. Cathy Hickey, who is president of the Canadian Psychiatric Association. Additionally, Dr. Eva Davenport is Chair of the Member-in-Training Committee, and will eventually hand over this role to another Memorial University resident, Dr. Liz Rowe. It is unusual for any university to have more than one representative on the Board of Directors for the Canadian Psychiatric Association, and our little island has three! Dr. Dakotah Janes has also recently been announced as President-elect of the Resident Doctors of Canada 2025-2026. There are simply too many faculty and residents who have served as role models and mentors in leadership, to name each of you individually, but thank you.

As Chair, it is always exciting to welcome new members to our faculty and bittersweet to say farewell to people who have reached a well-deserved retirement. We were delighted this year to welcome two new graduates to the faculty, Dr. Emily Fitzgerald and Dr. Mahlodi Tau. For many years, The Discipline of Psychiatry has enjoyed and benefited greatly from a rich interprofessional collaboration with the School of Pharmacy, and specifically, Dr. Leslie Phillips, and Dr. Barbara Thomas. Dr. Thomas recently retired, and will now be joined by Dr. Phillips, effective August 2025. These will be challenging shoes to fill, but we feel it is an important model of education to continue, and I will advocate for an ongoing partnership between both faculties.

The biggest transition awaiting our discipline in 2025 is our move to the Mental Health and Addiction Centre in April of this year. We have spent so much time and discussion devoted to this building that it is hard to believe the day is finally arriving. While there will undoubtedly be some bumps and frustrations associated with a move of this scale, I am genuinely confident in our faculty, residents and interprofessional teams, to navigate these challenges. Many of you have already seen the educational spaces, which are well-designed and spacious, befitting our exceptional work. I am also excited about opportunities to form new relationships with our medical colleagues, community, and patients. More to come!