

# Newsletter

## DISCIPLINE OF PSYCHIATRY

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## Recent & Upcoming Events

### **Cultural Psychiatry Day 2019- Indigenous Mental Health: Clinical Wisdom and Applications**

Cultural Psychiatry Day 2019 was held on Wednesday, May 1, from 3-6 PM. Cultural Psychiatry Day is a national presentation anchored at University of Toronto designed to increase exposure to topic in Cultural Psychiatry. It is planned by a committee consisting of the Departments of Psychiatry across the country, Dr. Robert Mercer and Dr. Melanie Wong represented Memorial. This year's topic was Indigenous Mental Health: Clinical Wisdom and Applications. The workshop featured Dr. Nel Wieman who is the Senior Medical Officer for the First Nations Health Authority in BC. Dr. Wieman shared her experiences as an Indigenous woman, and how it has impacted her Psychiatric practice and her life in general. Mr. Bill Hill, an Indigenous Knowledge Keeper and Social Worker, along with Dr. Arlene MacDougall also spoke of their experience working with the Indigenous population and their work in pioneering a new mental health clinic in London. Finally, there was also an interesting presentation from Dr. Ashley Johnson, a PGY5 Psychiatry resident who is also Indigenous. She shared her experience as an Indigenous woman and shared some resources that may be helpful for those working with Indigenous mental health. Overall, much positive feedback was received and the day was well attended.

We would like to thank Dr. Melanie Wong for her participation over the last 3 years, and welcome Dr. Jordan Power who will be taking over as Resident representative.

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HSIMS

Planning for this year's Cultural Psychiatry Day is well underway. It will be held on Wednesday April 22, 2020 from 3-6 PM and is tentatively entitled "Speaking with Patients" and will feature talks about interviewing patients through interpreters. We plan for this to be fully accredited with the Royal College for 3 Section 1 Credits. We hope to see you all in April! As always, snacks and drinks will be provided!

### Scholarship and Awards Day 2019

On June 14, The Discipline of Psychiatry celebrated an afternoon of achievements in scholarly work amongst our residents and faculty. The afternoon began with a sponsored luncheon provided by Janssen Inc., followed by a keynote presentation from Dr. Ted Callanan, on the topic of 'Mental Health and the Natural Environment'.

A special thank you goes out to Dr. Callanan for delivering his keynote address, as well as appreciation to the guest judges, Drs. Tara Snelgrove and James Valcour. We also thank Ms. Jennifer O'Neill for making time to present the Frederick Michael O'Neill award, on behalf of her family.

A congratulatory message goes out to all award winners! The following were award winners from that afternoon:



◀ **Dr. Kevin Fowler** (right), presenter Dr. Kim St. John (left). Dr. Howard Strong Memorial Scholarship for Postgraduate Geriatric Psychiatry Award.

**Dr. David Lundrigan**, ▶ (left) presenter Ms. Jennifer O'Neill (right). The Frederick Michael O'Neill Award in Psychiatry.



◀ **Dr. Anne Hurley** (right), presenter Dr. Kim St. John (left). The Janssen Research Award.

**Dr. Jordan Brennan** ▶ (right), presenter Dr. Kim St. John (left). The Resident Teaching Award.





◀ **Dr. Jasbir Gill** (right), presenter Dr. Kim St. John (left).  
The Academic Senior Teacher Award.

**Dr. Leslie Wheeler**, (right) ▶  
presenter Dr. Kim St. John  
(left). The Clinical Junior  
Supervision Award.



◀ **Dr. Chris Earle** (right),  
presenter Dr. Kim  
St. John (left). Grand  
Rounds certificate based  
on highest score from  
feedback.

**Dr. Tim Hierlihy** was the recipient of this year's academic junior teacher award. **Dr. Sarah Noble** was the recipient for the clinical senior supervision award (no photos).

**Here are two extra photos taken from that afternoon!**



◀ Senior residents with Dr. St. John, (left to right): Drs.  
Chris Tang, Khing Lin (Sulin), Kim St. John, Kathleen  
Callanan, and Julia Curtis.

Dr. Ted Callanan (left), ▶  
Dr. Weldon Bonnell (right).



This event was an Accredited Group Learning Activity (section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by Memorial University of Newfoundland's Office of Professional Development.

### **Annual Discipline Pot Luck – June 21, 2019**

This year's potluck was held at Dr. Angela Penney's home, in farewell to our graduating residents, and welcoming the incoming PGY1s to our program.

### **Memorial at CPA - Quebec City, Quebec, September 2019**

Memorial had a large and enthusiastic group attend the conference this year in Quebec City.

Dr. Angelique Myles presented a workshop on "Female Professional Advancement and Work-Life Balance (Women in Psychiatry)," with a panel of speakers including Dr. Sarah Noble.

Dr. Sarah Noble presented a workshop on "The Future of Medical Education: Getting More Comfortable with Competency by Design (CBD)."

Memorial residents formed two teams, and with the support of the remaining Memorial residents in the audience, competed in a nail-biting trivia competition in an attempt to defend their win from last year. Combining brainpower, Memorial achieved second and fourth places. Thank you to Graeme Campbell, Chris Earle, Rebecca Harrison, Duncan MacIver, Angelique Myles, Jordan Power, Drea Uzans, and Melanie Wong for participating.

Memorial continued to be active participants in the conference, including at the Section on History and Philosophy of Psychiatry.

Resident attendees were Graeme Campbell, Christopher Earle, Emily Fitzgerald, Rebecca Harrison, Jeff MacDonald, Duncan MacIver, Amanda Marchak, Angelique Myles, Jordan Power, Drea Uzans, Mingyang Wang, and Melanie Wong.

### **Save the Dates of Upcoming Events:**

- Strategic Planning Meetings – Nov. 1 and 8
- TaMMI – Nov. 2, 2019
- Geriatric Psychiatry Education Day – Nov. 22
- CaRMs file review begins – Nov. 20
- CaRMs Interviews – Jan. 20 and 31, 2020
- Faculty Development Retreat – Feb. 2020 (date TBD)
- COPE Exam – February 12-26, 2020
- Cultural Psychiatry Day – April 22, 2020
- Psychiatry Scholarship Day – June 12, 2020
- CBD roll out for adult psychiatry program – July 1, 2020

# Announcements

**Dr. Kim St. John** was reappointed as Chair of the Discipline.

**Dr. Greg Radu** was re-appointed as an Honorary Associate Professor with the Swansea University Medical School in the UK.

**Dr. Greg Radu** was re-elected for a second term as Chair of the European Psychiatric Association' Section of Psychotherapy.

Four new faculty members have joined our Discipline. On behalf of the Discipline of Psychiatry, Dr. St. John would like to welcome board **Drs. Rebecca King, Julia Curtis, Anne Hurley and Kathleen Callanan!**

Baby News! Congratulations to **Dr. Mahlodi Tau** and family on the arrival of baby boy Kobeli ( Koh bay' dee) Liam Tau Bruce. Kobeli was born on September 20th.

# Grants

2019 September – 2022 December Role: Principal Investigator	Title: Provider training in Child and Adolescent Psychiatry (PTCAP) as an adjunct to a robust assessment of the genetic contributions to familial psychiatric disorders in Newfoundland and Labrador (finding causative genetic variants for mental health conditions  Principal Investigators: Hodgkinson, K., Bassett, A., <b>Steele, M.</b>  Co-Applicants: Powell, L., Barney, K., Minhas, D., Young, T., Coombs, H., Espinet, S., Whitton, C.  Funding Source: Atlantic Canada Opportunities Agency (ACOA)
Principal Investigator: <b>Steele, M.</b> (PTCAP)	
Grant Total: \$424,000 (\$110,000 for PTCAP)  Industry Grant: N	

## Awards and Congratulations

Congratulations to **Dr. Catherine Hickey** for receiving the 2019 Association of Chairs of Psychiatry in Canada Award for Excellence in Education. This award is presented annually to individuals whose work has been widely recognized for significant and sustained contribution to Psychiatric education.

Congratulations to **Dr. Greg Radu** for receiving the Canadian Mental Health Association NL's 2019 Mental Health Leadership Award. This award honors a mental health service provider, researcher, and/or community leader for their excellence in mental health leadership within Newfoundland and Labrador.

## Publications

Authored by **A. Latus**. "Thomas Nagel and Bernard Williams on Moral Luck." The Routledge Handbook of the Philosophy and Psychology of Luck. Ian M. Church and Robert J Hartman (eds.) New York: Routledge, 2019: 105-112. Print publication date: February 2019.

## Presentations

Invited Moderator, Critical Reflections on Trauma, Stress and Resilience: A Refugee's Trajectory, Canadian Academy of Health Sciences Conference, Ottawa, Ontario, Sept. 19, 2019. Panelists: Pain, C., Kronick, R., Rousseau C., Moderator: **Steele M.**

**Adey, T.**, Heath, O. (2019, May). *Learner Mistreatment in Medicine: It's Complicated*. New Brunswick Med Ed Forum. Fredericton, New Brunswick.

**Adey, T., Steele, M., Curtis, J., & Nuaaman, M.** (2019, September). *Addressing mistreatment (including Bullying, Intimidation, Harassment and Sexual Harassment-BIH&SH) in postgraduate medical education: Lessons learned from a Medical School Unit Assessment*. Conference Workshop. International Conference on Residency Education (ICRE) Ottawa, Ontario, Canada.

**Adey, T.** (2019, August). Priorities and Insights: A Professionalism Curriculum for Postgraduate Psychiatry Learners. Oral Presentation. International Association of Medical Education, Vienna, Austria.

Heath, O., Trahey, J., Reid, A., **Adey, T.**, Burse, M., Genge, T., Porr, C. & Snow, N. (2019, October). *Training IPE Facilitators: Impact of a full day workshop*. Oral Presentation. Collaborating Across Borders VII. Indianapolis, Indiana, USA.

Reid, A., Trahey, J., **Adey, T.**, Burse, M., Byrne, J., McPhee, C., Mullins, P., Stringer, K., & Heath, O. (2019, October). *Assessing pre-licensure collaborative competencies: The implementation and evaluation of the Simulated Team Consultation Exercise*. Oral Presentation. Collaborating Across Borders VII. Indianapolis, Indiana, USA.

**Dr. Angelique Myles** moderated a workshop at the Canadian Psychiatric Association Annual Conference on September 14th, 2019 entitled: Female Professional Advancement and Work-Life Balance (Women in Psychiatry)

Panelists pictured from left to right included: ▶  
Dr. Lara Hazelton (Dalhousie University), Dr. Inbal Gafni (Women's College Hospital, Toronto), Dr. Karen Saperson (McMaster University), Dr. Harriet MacMillan (McMaster University) and Dr. Patricia Pearce (Dalhousie University).



Psychotherapy Training Opportunities in Europe.

**Radu, G.**, Philipsen A., Gargot T. Presentation to the Section of Psychotherapy of the European Psychiatric Association. The 27th European Congress of Psychiatry. Warsaw, Poland. April 2019.

ESME Lead Course. McKimm, J., Jones, P., Forrest, K., **Radu, G.** Course. The Association for Medical Education in Europe (AMEE) 2019 International Conference. Vienna, Austria. August 2019.

Towards Recovery: Inter-sectoral Plan to Advance Mental Well-being in Newfoundland and Labrador. Legge, N., **Radu, G.**, Browne, L., Corcoran-Jacobs, P. Oral Presentation. Canadian Mental Health Association National Conference. Toronto, ON. September 2019.

Technology Breakthroughs in Mental Health Care: What to expect? **Radu, G.**, Poulin, G. Oral Presentation. Canadian Mental Health Association National Conference. Toronto, ON. September 2019.

## Message from Administrative Residents

As another academic year begins, we welcome our new PGY1 residents  
Congratulations to last year's PGY5 residents for completing residency and passing the Royal College Exam!

Sarah Aubert, Chris Earle, and Melanie Wong are pleased to have the opportunity to take on the role of co-administrative residents for the 2019-2020 year, as Anne Hurley and Chris Tang have completed their term.

While our curriculum continues to evolve, so do our resident activities, including Journal Club. We look forward to another academic year and working with our new resident committee members as we prepare for Competence by Design.

# Message From the Program Director

Dear Faculty and Residents,

I just wanted to take this opportunity to welcome you to a new academic year that promises lots of change and opportunity, and to reflect on our accomplishments as a program.

As you all know, we had 9 residents eligible for the Royal College examination in 2019 and all 9 were successful! Dr. Anne Hurley, Dr. Kathleen Callanan and Dr. Julia Curtis are all working as staff psychiatrists with Eastern Health. Dr. Aarun Leekha and Dr. Javeria Tabish are completing fellowships in Child and Adolescent and Geriatric psychiatry respectively. Dr. Khing Lin (Sulin) is working for the McGill Student Health and Dr. Wei (Chris) Tang is at Markham Hospital in Ontario. Dr. Irina Mihaescu has embarked on a new adventure with her family in Alberta. Finally, Dr. Christine Mikael is currently providing telepsychiatry coverage to Labrador Grenfell Health. We are so proud of them all and excited to see how their careers will develop.

Our new PGY1's have arrived and are getting settled in. They've participated actively in our academic half days and other resident activities such as journal club, in addition to providing excellent care on E3A and PAU/SSU. Please take any opportunity to provide tips to our residents from elsewhere (e.g. Where to go blueberry picking or the futility of umbrellas) and clinical pearls about work in Newfoundland (the definition of "sook," for example).

As you all know, Psychiatry will begin its transition to Competence by Design in July 2020 with our new cohort of PGY1 residents. We have incorporated some faculty development into our monthly faculty meetings and there will be a resident-faculty retreat planned in the New Year. It is an exciting time in postgraduate medical education to enhance our current system of supervision and evaluation as well as an opportunity to revise our core rotations to best meet our local training and healthcare needs. As the CBD lead for our Discipline, Dr. Cathy Hickey will be providing regular updates and helpful links to faculty and residents.

As always, we have an active and engaged resident body and executive this year. I am so pleased that Dr. Chris Earle, Dr. Melanie Wong and Dr. Sarah Aubert will be sharing co-administrative resident duties over the academic year. As always, we were well-represented at the CPA and our residents placed second in the trivia challenge. They had hoped to regain last year's win, but I still think it was a very impressive performance from the 2nd smallest program of 17 across the country!

As always, my door is open for any residents or faculty with questions/concerns/ideas or compliments.

~ Sarah Noble