

July 2021

Department of Psychiatry Newsletter

Schulich School of Medicine & Dentistry,
Western University



Dear Psychiatry Family,

As this academic year draws to a close, we reflect on all that has happened. We have gone through two additional waves of COVID, transitioned to online care, made huge strides in improving our general psychiatry residency program, changed clinical practice processes, opened units, closed units, comforted patients, listened to peers, and weathered hospital leadership changes. We have seen a surge in mental health needs in our community and experienced moral distress in our inability to meet demand fully. For many, the burden of the “fourth wave”, the mental health wave, has been the hardest.

And then there has been the toll on our personal lives. Nearly every person I have connected with either had a loved one pass away or had a significant scare. People have crossed continents in support of loved ones. Some have had to face their own worst, health fears. People have worried about the toll of isolation, online bullying and online learning on their kids. Immigration issues have kept families apart for months on end. The details differ for each of us, but the strain is shared.

People have been lonely and missed the shared coffee, the chitchat before a meeting starts, the “breaking of bread” at a meeting, the informal discussion about a recently read paper...the everyday experience of being in each other’s company. These connections are central to our well-being.

We know that for some, the strain has been hard to manage. Please do not keep that strain to yourself. Please reach out to our Peer-for-Peer colleagues (Michelle Marlborough & Mark Watling); other colleagues and me. We are here for each other. We have soldiered through a great deal already and we will get through this period as well.

We have also had some good moments, moments of joy, moments of learning, and moments of experiencing the true meaning of our work. We have helped patients improve, heard their expressions of gratitude, and witnessed families’ relief. We have published papers, secured grant funding, and spoken on virtual platforms. We have taught residents, observed them master new skills, and gain fundamental insights. Hold onto those moments. Cherish them and expand those efforts that bring you joy.

With love in my heart,

Chandlee



CPD Update

A huge Thank You to all our learners, staff and faculty for your diligent attendance and willingness to present at all of our various CPD events. We appreciated your candour and honest feedback which we use to continue to strive to do better and make appropriate changes such that these education events are meaningful for all of you.

“CHANGE IS THE END RESULT OF ALL TRUE LEARNING”. – LEO BUSCAGLIA

Education and learning thrive in an unencumbered environment; this is our belief and inspiration for CPD.

Our CPD Educational activities have now concluded for the academic year 2020-2021, then will resume August-September 2021 starting with the MMI Rounds on August 31, 2021 and Department Grand Rounds on Thursday, September 9, 2021.

We would like to announce our CPD Award Winners for 2020-2021 and they are:

Faculty CPD Award

Dr. James Ross

James Ross is an outpatient psychiatrist at FEMAP and Parkwood Institute. Residency education in psychiatry and Competence-Based Medical Education is a major area of interest for him. As the Associate Program Director and Competence by Design (CBD) Lead, he is leading the implementation of CBD at Western's Psychiatry program. He is also interested in the application of psychotherapy tools in the outpatient treatment of complex psychiatry patients, including personality disorders comorbid with other mental health conditions, as represented by the General Psychiatric Management (GPM) model of care and Mentalization-Based Treatment. Treatment of transition-aged youth for anxiety, mood, trauma and personality disorders is also an area of interest and practice for him.

Resident CPD Award

Dr. Tricia Mohan

Dr. Tricia Mohan is a second-year resident in Psychiatry at Western University. She graduated with a Bachelor of Arts in French from Yale University. After taking a detour into legal studies and practicing as a lawyer for a few years, she completed her medical degree at Western University. She is passionate about matters of education and assessment. She is currently the COPE resident representative. She is also interested in psychotherapy and qualitative research. She enjoys reading 19th-century novels and learning to cook.



We continue to offer all of our education events virtually, via zoom, during the COVID-19 pandemic. Thank you for your patience and continued support.

We look forward to meeting with you all virtually on August 31, 2021 when we resume our CPD activities for the 2021 -2022 academic year.

Have safe and happy summer.

Cheers,

Dr. Varinder Dua

CPD Director

Dr. Svetlana Kotin

Assistant CPD Director

Windsor

This has been an exciting year for Psychiatry in Windsor, as we have had several developments. In the past few months, we welcomed a new Chair of the Department of Psychiatry at Windsor Regional Hospital, Dr. Corina Velehorsi, who sits on our Windsor RPC. We have already seen positive changes for resident learning, through the creation of a Mental Health Assessment Unit. This has improved the resident call schedule, supervision quality, and patient care and satisfaction.

As we prepare for accreditation, we continue to re-arrange our committees to strengthen our Windsor-London collaboration and communication. Dr. Priya Sharma will join the London Safety and Wellness committee, however, she will be on maternity leave for a year, so Dr. Kristina Levang will fill her place in the interim. Dr. Levang will also be joining the Curriculum Committee, and may also join the Competency Committee, in addition to her previous commitment to the Psychotherapy Committee.

Our residents, as always, are our bright spot. This year we felt the momentum of the whole program running on all cylinders, as it was our first year with all 5 years of residents. We are enthused that Dr. Ryan Parker and Dr. James Charbonneau are proudly our first 2 grads of the program. We look forward to presenting to them a token of our appreciation in the coming days.


Our future is also bright. Both Dr. Charbonneau and Dr. Parker will be remaining on staff at Hôtel-Dieu Grace Healthcare (HDGH), and will be very much involved in medical education. Additionally, Dr. Peter Burke, and Dr. I. Gupta will be joining the staff at HDGH and will contribute their expertise to the residents.

With all of this positive news, we are very hopeful for the continued success of the Windsor branch of the Psychiatry Residency Program, Schulich Medicine, Western University.

Warmest Regards,

Dr. Pat Montaleone

Academic Director - Schulich Psychiatry, Post Graduate Program, Windsor Site



Research Updates:

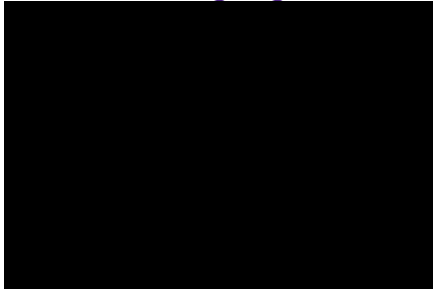
Call for Research Ethics Board members for Department of Psychiatry

The Department of Psychiatry is in search of additional Research Ethics Board - Western University members. The current complement of REB members is not sufficient for the high number of research protocol submissions.

Please consider serving as a member of the REB or acting as a delegated reviewer. To inquire about the possibility of becoming a member, please contact Nicole.snake@sjhc.london.on.ca and we would be happy to provide more information and to connect you with Erika Basile, the Director of Research Ethics and Compliance at Western.

Looking forward to hearing from you.

Research Highlights - Dr. Paul Frewen



https://www.schulich.uwo.ca/psychiatry/research/highlighting_research.html

2020-2021 Department of Psychiatry Research Award

This award is presented annually to a faculty member of the Department of Psychiatry who has made a significant impact through their exceptional research.


Congratulations to this year's Research Award recipient, Dr. J. Don Richardson.

Research Opportunities: Student/Trainee Researchers for your labs/projects

It takes a dedicated team to stay up to date on all the amazing research that is ongoing in mental health. To assist in the process of finding new team members, we have been collecting a list of potential new members for faculty.

If you are looking for a new research team member, please connect with Nicole Snake (Nicole.Snake@sjhc.london.on.ca) and I will happily share our updated list of interested individuals and their CVs with you.

Thank you.



Call for Research Publications

Dear all,

We want to recognize and showcase your research as it happens. We kindly request that faculty, residents, and students affiliated with the Department of Psychiatry to please send in the citations of your recent (2020-2021) publications to Nicole Snake.

- Preferred format: APA
- Please state your division membership (as applicable)

Please email your publications to: Nicole.snake@sjhc.london.on.ca

Thank you.

Child and Adolescent Psychiatry

The CAP residency program celebrated our 3 graduating residents on May 25 with a virtual celebration over lunch. Congratulations to **Drs. Lauren Riggin, Rebecca Barnett and Sybille Lindsay** on completing their CAP training. We could not be more proud of your accomplishments and look forward to hearing about your careers in the future.

A workshop on “Wellness Curriculums for Residency Training” by our Division members, Drs. Michelle Ngo, Patricia Hall, Sandra Fisman, Jennifer dela Paz and Jonathan Gregory, was accepted at the Canadian Academy of Child and Adolescent Psychiatry (CACAP) virtual conference in September.

We are looking forward to accepting applications for CAP subspecialty training once again and hope that PGY4 residents will consider applying to our program. The deadline for applications is Sept 1, 2021. Details about the application process will be emailed out and are available on the website.

Thanks,

Michelle Ngo

Welcome to the Family

We are pleased to welcome Laura Willis into the Department of Psychiatry administration group. Laura replaces Sophie Wang, who left us to take a full-time role performing grant administration with Lawson. We congratulate Sophie on her new role and thank her for her important contribution to our department.

Laura will be working closely with Khushnum Khatow in H.R. administration and over time will be also working with Bernice James in support of the Finance role.

Laura has an Honours Bachelor of Commerce degree with a major in Accounting from Fanshawe College and an Honours double major in Psychology and Criminology from Western University.

Please join us in welcoming Laura.



CALL FOR ABSTRACTS

for

Virtual Mental Health Research & Innovation Day

Thursday, October 28, 2021

On behalf of the Planning Committee (Lawson Health Research Institute - Mental Health Group, Western University's Department of Psychiatry, and St. Joseph's Health Care London's Parkwood Institute Mental Health Care and Southwest Centre for Forensic Mental Health Care), we are pleased to invite you to submit an abstract for presentation at this year's Mental Health Research & Innovation Day, to take place *virtually* on **Thursday, October 28, 2021**. The deadline for submissions is **July 16, 2021**.

Please indicate your preference for poster presentation, oral presentation (15 minutes in length), or symposium (3 oral presentations linked together thematically). Although we will try to accommodate speaker preferences, presentation format will ultimately be determined by the Planning Committee. Awards will be given for best oral and poster presentations across different categories. We welcome you to submit any COVID-19-related research project abstracts.

Abstracts should be double spaced, with a maximum of 250 words typed in a minimum of 12-point font in Microsoft Word format and submitted **electronically** to Renee.Hunt@lhsc.on.ca. Notification of decisions will be distributed in late August.

Abstracts should clearly summarize the study objectives, methods, results, and conclusions, and ideally should outline implications for care, policy development, and/or future research and evaluation. We will consider submissions for studies currently in progress, with preference given to completed projects. Please indicate whether your project has Research Ethics Board approval. Please acknowledge sources of funding, as appropriate. As this event will be accredited, please indicate three (3) learning objectives for your audience.

Cheryl Forchuk RN PhD O Ont FCAHS

Beryl and Richard Ivey Research Chair in Aging,
Mental Health, Rehabilitation and Recovery
Assistant Director
Program Leader
Mental Health Group
Lawson Health Research Institute
Parkwood Institute Research

Arlene MacDougall, MD, MSc, FRCPC

Director of Research, Department of Psychiatry
Assistant Professor, Depts of Psychiatry and
Epidemiology & Biostatistics
Schulich School of Medicine & Dentistry
Western University
Director of Research and Innovation for Mental
Health
Director, [MINDS of London-Middlesex](#)
St. Joseph's Health Care London and Parkwood
Institute Research, Lawson Health Research
Institute

UGE Updates

As the academic year is ending, UME is busy planning for the curricular changes in the 2021-22 year. We hope that in-person classroom sessions can resume. All medical students are encouraged to get vaccinated. Students may be precluded from attending certain rotations/clinics if they choose to not be vaccinated.

To align with the future of patient care, medical education and the strategic priorities of Schulich Medicine & Dentistry, Western University. The MD Program Curriculum will be responsive to delivering medical student education to these five “Themes”.

1. Social Determinants of Health

The practice of Medicine must target the primary driver of health care outcomes - the Social Determinants of Health. The focus for our MD program will be on the sociopolitical and economic conditions impacting health, disease and accessibility to care. The importance of social determinants has most recently and tragically been exemplified in the COVID-19 North American mortality data. The Determinants of Health must be interwoven purposefully into all aspects of the 4-year curriculum, preparing our students for the MCC exam and the practice of medicine.

2. Equity Diversity and Inclusion (EDI)

Aligned with the strategic goals of Western University and our School, the MD Program acknowledges the presence of systemic racism and pledges to deliver an integrated 4-year curriculum grounded in the principles of Equity, Diversity and Inclusion. These principles include a solid foundation of increasing cultural competency and the development of skills needed to promote equity and foster inclusion.

3. Evidence Based Decision Making (EBDM)

Evidence-based practice aims to provide the most effective health care improving patient outcomes. Regardless of practice, clinical decision-making includes knowledge and appraisal of the evidence. With the rapid expansion of knowledge and technology, our students will master the principles and foundations of EBDM and deliberately apply these across the 4-year curriculum.

4. Indigenous Health

In response to the Truth & Reconciliation recommendations and acknowledging the pervasive effects of colonization on First Nation, Inuit and Métis peoples, Indigenous Health must be thoughtfully integrated within all courses. With the guidance of the School’s Indigenous Leader in Residence, we will design, deliver and assess the key competencies necessary to provide culturally safe health care to Indigenous peoples.

5. Socially Accountable Health

Social Accountability in medical education refers to our curriculum highlighting the health care issues of the community we serve. Our curriculum must focus on socially accountable outcomes; care must be equitably accessible to everyone within our region, responsive to patient, community and population health needs. Synchronous and asynchronous planning will purposefully immerse students in examples reflective of the acute, chronic and preventative care that drives outcomes in Southwestern Ontario.

MD Program Curriculum Retreat

This event was held on June 9, 2021. Featuring *‘Thinking Like a Physician: Assessing Patients as They Walk through the Door’*.

Approach to Mental Health MCC Presentations – Psychiatry was a key topic at the Retreat. Other topics included: *Approach to integration in Foundations Course* and *Peer Dialogue*. Sincere gratitude to invited speakers - Dr. Heidi Haensel, Dr. Aturan Shanmugalingam and Dr. Varapravan who presented at the UME Retreat. We shared how Psychiatry serves as a good model for integration with other disciplines in Medicine; Reviewed progress made so far in Psychiatry in integrating MCC clinical presentations in pre-clerkship; Reviewed progress made so far in Psychiatry in integrating MCC clinical presentations in clerkship. This event was well received.

Announcements:

It is indeed a pleasure to share that the Best Paper Award by a Medical Student submitted to COUPE (Canadian Organization of Undergraduate Psychiatry Educators) was won by Ms. Gali Katznelson from Western for a paper on Reproductive Psychiatry. Congratulations to Gali on the well-deserved success. There were many submissions this year including 2 from Western. The COUPE Best Paper Award by a Medical Student is designed to recognize a student in undergraduate medical training who demonstrates an enhanced level of understanding and interest in a topic related to mental health. Furthermore, this prize is intended to acknowledge a student who takes the time and effort to investigate a specific issue relevant to mental health, either within Psychiatry or another area of medicine. Finally, this prize is intended to reward a student who best demonstrates an advanced level of scholarship within their program of study.

Once again, congratulations to all the departmental award winners for their tremendous contributions to UGE.

Dr. Varinder Dua and **Dr. Michelle Marlborough** for winning the Awards of Excellence in Education – Preclerkship Courses

Dr. Niman Gajebasia for winning the Award of Excellence in Education – Clerkship Course

Dr. John Villela for winning the Award of Excellence in Education in UGE (Windsor)

Dr. Jasmine Aulak for winning the Best Resident Teacher Award

It is indeed a privilege and honour to celebrate these outstanding educators.

We are equally thrilled to announce that **Dr. Sujata Ojha** has accepted the position of Foundations Course lead, Psychiatry block and **Dr. Rohit Lodhi** has accepted the Research Coordinator position in the UGE committee. Dr. Ojha and Dr. Lodhi joined the UGEC in June 2021. Research is now a mandatory requirement for medical students. This provides a unique opportunity for us to get medical students interested in research in Psychiatry early in their training as well as build collaborative partnerships. Welcome to the UGE committee to both of you and we look forward to your leadership, innovation, creativity and enthusiasm to inspire learners in Psychiatry.

Who We Are

Each newsletter, we profile a faculty/student/resident/staff representative from our committee to get to know them better. This month, I would like to share some little-known facts about our senior resident Dr. Jasmine Aulak.

“Hello, my name is Jasmine Aulak, and I'm a fourth-year (soon to be fifth-year) psychiatry resident here at Western. I completed my undergraduate degree in biomedical sciences with a minor in neuroscience at the University of Guelph and then completed medical school at the Schulich school of medicine's Windsor campus. I have a particular interest in general adult psychiatry, and I've really enjoyed working with patients with SPMI, practicing CBT for mood and anxiety disorders, and working in the PEPP and ACT teams. Prior to residency, I worked in academic peer support and tutoring, and I've really appreciated the opportunities to provide teaching to, and receive teaching from, medical students and my peers respectively, throughout my training thus far. I hope to continue to incorporate teaching into my daily practice upon graduation. A fun fact about me - I am a (not so secret) adrenaline seeker and have been skydiving, bungee jumping and hang gliding; I really hope to resume travelling to new countries once we are through this pandemic.”



A big shout out to all our faculty and residents (including our Windsor colleagues) who continuously strive to adapt and improve the medical student education. A big shout out to all medical students who have shown extraordinary resilience in an unprecedented challenging period.

~ Sreelatha Varapavan

UGE Director

WESTERN ONTARIO HEALTH TEAM



Western Ontario Health Team Announces Clinical Lead, Dr. Sarah Jarmain

(LONDON, ON, April 27, 2021) – The Western Ontario Health Team (WOHT) is pleased to announce Dr. Sarah Jarmain is joining the Operations Team as the Clinical Lead, starting May 17, 2021.

Dr. Jarmain is an excellent addition to the WOHT Operations Team. She is a Certified Canadian Physician Executive and has been working as a physician administrator since 2001. Dr. Jarmain is currently an Associate Professor and the Interim Vice-Chair Clinical and Interim Chair Division of General Adult Psychiatry in the Department of Psychiatry at Western University. She is also the Past Chair of the Medical Advisory Committee and Co-Chair of the Quality Council at St. Joseph's Health Care London and has served as the Medical Informatics Planning Lead for the implementation of the regional electronic health record.

Dr. Jarmain is a strong advocate for the development of a resilient work culture, continuous quality improvement and patient safety, and the effective integration of technology into clinical care. Dr. Jarmain has also been actively involved in curriculum development and has a keen interest in helping health care professionals and trainees gain the leadership and administrative skills to be able to effectively function in today's health care environment.

Dr. Jarmain is also an avid gardener who has been exploring how regenerative growing practices and permaculture have much to teach us about navigating complexity in our lives.

In her role as Clinical Lead, Dr. Jarmain will provide leadership and support to the design and implementation of the WOHT. Working closely with the Coordinating Council and Operations Team, she will work to improve population and individual patient health outcomes, patient/client/care partner experiences, provider experiences, and value for per-capita cost. Dr. Jarmain will support clinical change management and communication initiatives to inform OHT stakeholders and the broader community as clinical population pathways are implemented.


The WOHT looks forward to working with Dr. Jarmain to help us achieve our purpose. Please join the WOHT in welcoming Sarah.

Sincerely,

Linda Crossley-Hauch
Patient/Caregiver Partner
Co-chair, WOHT Coordinating Council

Mike McMahon
Executive Director, Thames Valley Family Health Team
Co-chair, WOHT Coordinating Council

“Improving our healthcare experience together – where people are heard, care is connected, and whole health is possible for everyone”



Awards

Awards for Residents

Best Resident Teaching Award (1-5)	Dr. Jasmine Aulak
Best CPD Presentation by a Resident (1-5)	Dr. Tricia Mohan
Dr. Paul Patterson Resident Award * <i>For excellence in teaching, clinical work, professionalism, administration, advocacy, and service (1-5)</i>	Dr. Jeremy Chitpin
Dr. David Harris Award—An award for a PGY III for Excellence in Clinical Care in Geriatrics	Dr. Ju Eun Lee

Awards for Faculty

Awards of Excellence in Education – Pre-clerkship (2)	Dr. Varinder Dua & Dr. Michelle Marlborough
Award of Excellence in Education -- Clerkship	Dr. Niman Gajebasia
Award of Excellence in UGE teaching (Windsor)	Dr. G. Villella
Best Clinical Supervisor Award (for PGE)	Dr. Jennifer Barr
Best Faculty Educator Award (meant for innovation in didactic teaching)	Dr. James Ross
Best CPD Presentation by Faculty	Dr. James Ross
Research Award	Dr. Don Richardson
Mentorship Award (for mentoring of trainees)	Dr. Laura Powe
Faculty Member of the Year Award	Dr. Mohamad Elfakhani

Team Excellence Award

The Team Excellence Award had two recipients due to their outstanding contributions and adaptations this past year.

PGE Residency Program Committee

Alex Carson, Resident Training Program Coordinator (Windsor)

Dr. A. MacDougall, Research Coordinator

Dr. A. Prakash, Forensic Representative

Dr. Andrew Bridgen, Resident Representative (Windsor)

Dr. James Ross, Associate Training Program Director, CBME Lead

Dr. Jeremy Chitpin, Chief Resident

Dr. Jonathan Gregory, Assessment Lead

Dr. K. Vasudev, Scholarly Portfolio Lead

Dr. Katrina Fenicky, COPE Resident representative

Dr. L. Powe, Wellness & Safety Lead

Dr. L. VanBussel, Sub-Specialty Director - Geriatric

Dr. M. Ngo, Subspecialty Director - C & A

Dr. N. McCurdy, PGY3 Coordinator - C& A

Dr. Pat Montaleone, Associate Program Director (Windsor)

Dr. R. Egan, Psychotherapy Portfolio lead

Dr. R. Renwick, Evaluations Lead

Dr. V. Beletsky, Program Director

Dr. V. Dua, CPD Representative

Dr. Yoel Green, President and Assistant Chief Resident

Suzy Mendes / Bela Franze, Residency Training Program Coordinators

Under Graduate Education Committee

London:

Dr. S. Varapravan - Chair

Dr. V. Dua

Dr. J. Gregory

Dr. B. Grynspan (resigned)

Dr. H. Haensel

Dr. J. Ngungu

Dr. H. Park

Dr. J. Ross

Dr. I. Rybak

Dr. P. Sabesan

Dr. A. Shanmugalingam

Windsor:

Dr. Akinlosotu, Dr. G. Vilella

Rural/DEN: Dr. R. Chahal (Stratford), Dr. R. Rafiq (Chatham)

Residents: Dr. J. Chitpin (Chief) Dr. Y. Green, Dr. J. Aulak, Dr. S. Hudes, Dr. J. Lee (Senior Residents)

Students: H. Dhar, N. Samarasinghe, A. Zygowska

Administration: Ms. J. Cordick, Ms. A. Carson, Ms. J. Holmes

Promotions

We are absolutely delighted to announce the following promotions. Don, Vadim, Naghmeh, and Aleksandra, we are incredibly proud of your academic achievements in research, education, and leadership. You are raising the bar in Psychiatry and serve as role models for others. Congratulations.

Dr. Don Richardson
Promoted to Professor



Dr. Vadim Beletsky
Promoted to Associate Professor
with a Continuing Appointment

Dr. Aleksandra Nowicki
Promoted to Associate Professor
with a Continuing Appointment

Dr. Naghmeh Mokhber
Granted a Continuing Appointment

Congratulations

Dr. Arlene MacDougall who was not only featured in a recent Breakfast of Champions with her MINDS group but also for becoming the new Chair of the AMOSO Innovation Fund Subcommittee in 2022.

Dr. Sandra Northcott has been appointed Vice-Chair of the St. Joseph's Medical Advisory Committee (MAC) beginning in July. It was a highly competitive search for a critically important role. Congratulations, Sandra, we are proud of you.

Graduating Class of 2021



Mohammad Alolayan
Mahtab Asadabadi
Sahand Babapoor-Farrokhran
Zainab Bhojani
Ashley Galloway
Julia Mastrangelo
Oluwatoni OyewoleEletu
Israel Spivak
James Charbonneau
Ryan Parker

On behalf of the Department of Psychiatry we would like to congratulate you on successfully passing the Royal College exam.

May your future be filled with many more great achievements.

