



Department of Psychiatry Newsletter



June 15, 2005 Volume 4 Issue 2

Update from Department Head **Dr. Athanasios Zis**

Distinctions and Awards

Dr. Adele Diamond (Child & Adolescent Psychiatry) was elected to the Board of Governors of the International Neuropsychological Society (INS).

Dr. Josie Geller (Behavioral Science) was awarded \$112,324 by the SSHRC (Social Sciences & Humanities Research Council of Canada).

Dr. Kerry Jang's (Behavioural Science) monograph, "The Behavioral Genetics of Psychopathology – a Clinical Guide" was published by Lawrence Erlbaum Associates, New Jersey.

Drs. Riho Kalda, (Adult Psychiatry) and **Andrzej Koczapski** (Adult Psychiatry) were elected to the status of Distinguished Fellowship in the American Psychiatric Association.

The Spertus Institute of Chicago hosted a program featuring **Dr. Robert Krell** (Professor Emeritus) as part of the "Life and Shadows: Hidden Children and the Holocaust" exhibit.

Drs. Edith and Patrick McGeer (Professors Emeriti) have been named as members of the Order of British Columbia, in recognition of their outstanding achievements.

Dr. Lynn Raymond (Basic Neuroscience) was the recipient of the UBC Killam Research Prize in the Senior Scientist Category.

Dr. Lakshmi Yatham (Clinical Neuroscience) and colleagues' paper on the benefits of risperidone as an adjuvant treatment in mania was the most cited paper in the British Journal of Psychiatry in 2003.

CIHR Operating grants – January 2005 results

Dr. W. John Livesley (Behavioural Science) was awarded \$140,944 over two years for the study of motivational processes and cognitions associated with personality disorder.

Dr. Timothy Murphy (Basic Neuroscience) received \$589,270 over 5 years to determine the rules for high frequency synaptic signaling at CNS synapses.

Dr. AG (Tony) Phillips (Basic Neuroscience) was the recipient of \$456,390 over 5 years for "Dopamine and incentive motivation: Links to depression". In collaboration with Dr. Jonathan Stoessl (Neurology), Dr. Phillips also received \$840,000 over 5 years for "Expectation, the placebo effect and dopamine release in Parkinson's Disease."

Dr. Weihong Song (Basic Neuroscience) received \$298,569 over 3 years to study the regulation of the BACE1 gene expression in the Alzheimer's Disease pathogenesis. In addition he received \$50,000 for a pilot study of Notch Signaling and Aging.

2005 MSFHR Salary Awards

Junior Graduate Studentship

Rochelle Bruneau (Dr. Alaa El-Husseini)
Marie-France Lise (Dr. Alaa El-Husseini)
Babak Khorram (Dr. William Honer)

Senior Graduate Studentship

Michael Hildebrand (Dr. Terrance Snutch)

Post Doctoral Scholar

Dr. Shimi Kang (Dr. Elliot Goldner)
Dr. Alasdair Barr (Clinical Neuroscience)
Dr. Jaye Wald (Behavioural Science)

Senior Scholar

Dr. Josie Geller (Behavioural Science)

CaRMS 2005 results

The 2005 Canadian Resident Matching Services results were announced. We filled all ten positions from a pool of 54 applicants and were able to attract five from our 10 top candidates! Five of the new PGY1 residents joining us in July are UBC graduates. Congratulations to Dr. Jonathan A. Fleming, PGE Director and many thanks to Lynn Falconer and all our faculty who worked hard through the rigorous interviewing and selection process.

Administrative Appointments

Dr. J. McMillan was appointed Director Undergraduate Education effective February 2005. Dr. McMillan is replacing Dr. E. Goldner who served successfully in this role for the last 2 ½ years.

Dr. A.G. (Tony) Phillips (Basic Neuroscience) was appointed Director, UBC Institute of Mental Health effective June 1, 2005.

Dr. Hiram Mok (Clinical Neuroscience) will be taking over from Dr. Valerie Gruson in June as the representative on the Faculty of Medicine Clinical Faculty Affairs Committee.

Dr. C.V. Manjunath (Clinical Neuroscience) will be the clinical faculty representative on the new Clinical Teaching Support Allocation & Accountability Committee.

In Memory of:

Dr. Milton H. Miller, who served as the Head of the Department of Psychiatry, University of British Columbia from 1972-1978, died on April 20, 2005. He was Chairman of the Department of Psychiatry, University of Wisconsin from 1961-72. Until recently, he was Chairman of the Department of Psychiatry, Harbor-UCLA Medical Center since 1978. A more detailed presentation of Dr. Miller's record and contributions to the Department will appear in the September issue.

Dr. Gordon Henry Stephenson, (Professor Emeritus), passed away on May 14, 2005. He was one of the early psychiatrists in Vancouver and was an active member of the Clinical Faculty for many years.



Event Calendar

'Frames of Mind'

A Department of Psychiatry sponsored Mental Health film series held the 3rd Thursday of each month at the *Pacific Cinémathèque*

1131 Howe Street, Vancouver 7:30 P.M.
Tickets \$8.50/7.00 at the door or on-line at www.cinémathèque.bc.ca

July 21, 2005

"The Brood"
Director: David Cronenberg
Discussant: David Spaner

August 18, 2005

"Spider"
Director: David Cronenberg
Discussant: David Spaner

Teaching Hospital /Division/Program Education Rounds

Information /details available at :
www.psychiatry.ubc.ca/cme/rounds/

Other Activities

June 23, 2005

Electroconvulsive Therapy Update Course
Detwiller Pavillion, UBC Hospital, Room 2NA/B
Info: Elena Gromov 604-877-8142

July 14, 2005 5:00 p.m.

WELCOME BARBEQUE
for the PGY1s & PGY2s
Join us in welcoming the incoming residents :

Please bring either an appetizer or a dessert
Please RSVP to: Lynn Falconer
Phone: 822-7730 Fax: 822-7876
Email: pge@interchange.ubc.ca

Editor - Dr. Harry Karlinsky
Managing Editor - Michelle Purcell
This newsletter is published quarterly as a vehicle to promote communication within the UBC Dept. of Psychiatry as well as with its wider community. Feedback and suggestions for invited submissions can be forwarded to the Editor at harryk@telus.net.

Research Day, 2005**Dr. Adele Diamond**

The 20th annual Departmental Research Day was held on Thursday, April 14, 2005.

Research Day is an opportunity for trainees in the Department to inform others about their work and interests, and to get feedback from peers and mentors. It is also a time for interaction among department members, during the question periods after talks, at the posters, over lunch, and at the reception at the end of the day.

Graduate students, postdoctoral fellows, medical students, and residents described their research in oral and poster presentations. This year, unlike past years, no one doing clinical research asked to give an oral presentation. Hopefully in future years clinical researchers will again wish to present talks. One award was given for the most outstanding basic science oral presentation and one for the most outstanding basic science poster. Both awards for excellence in clinical research were given for poster presentations. There were 19 posters (7 in basic science and 12 in clinical science) and 6 oral presentations, plus the keynote address by Prof. Herbert Meltzer of Vanderbilt University and the special oral presentation by our own Prof. William Honer, the Jack Bell Chair in Schizophrenia Research.

I was particularly struck by the quality of all 6 graduate and trainee oral presentations. Each one was outstanding -- clearly and engagingly presented, describing well-thought-out and well-conducted research. The Department should be very proud of training such outstanding young scientists, whose mentors have taken the time not only to train them in research but to train them in how to present their scientific work concisely and so that non-specialists can understand it and find it interesting.

Although a difficult choice due to quality of presentations, the award for the best basic science oral presentation (the McGeer Award for Basic Science), sponsored by Pfizer Canada, went to Kun Huang, in Dr. Alaa El-Husseini's lab, for her outstanding presentation on novel enzymes that modulate protein palmitoylation. This continues a tradition, since Dr. El-Husseini's lab also took away the same award last year. It will be up to the other basic science labs in the Department to try to wrest this award away from the El-Husseini lab next year.

The awards for the finest clinical research



From left to right - Drs. W. Honer, H. Meltzer & A. Zis

posters went to Carl Ernst (Poster Award for Clinical Science), sponsored by Glaxo Smith Kline, and to Babak Khorram (the Tsung-Yi Lin Award for Clinical Research), sponsored by Lundbeck Canada Inc. Carl Ernst, whose advisor on the project was Dr. Ray Lam, presented very interesting results on predictors of whether a person with Seasonal Affective Disorder would likely benefit from light therapy or fluoxetine. Babak, whose advisor is Dr. Bill Honer, presented anatomical data on reduced thalamic volume in patients with schizophrenia that might be medication dependent. Dr. Honer's lab took away the prize for best clinical research poster last year as well, so a challenge for next year will be to see if the clinical research advisee of another member of the department can break the hegemony of Dr. Honer's group.

Last, but certainly not least, the award for the best basic science poster (sponsored by Janssen-Ortho Inc) went to Christina Cheng in Dr. Tony Philip's lab for her poster on the effects of L-dopa on dopamine transporter based on both behavioral evidence and microdialysis.

Congratulations to all the award winners, and to the presenters more generally, for their excellent work. Indeed, I got so excited about the implications of the work Andy Shih (in Dr. Tim Murphy's lab) presented for potentially reducing the severity of neonatal ischemia that I contacted several heads of departments at Children's Hospital about Andy's work, and have been making arrangements for Andy to meet with people, including the visiting Head of Neurology at Washington University in St. Louis -- all because of Andy's research day talk.

Another highlight of this year's Departmental Research Day were the presentations by Profs. Herb Meltzer and William Honer. Prof. Meltzer, the Bixler/Mays/Johnson Professor of Psychiatry and Pharmacology, and Director of the Division of Psychopharmacology, at the Vanderbilt School

of Medicine, Nashville, TN, USA, covered a dizzying array of material all related to schizophrenia. He talked about endocrine and metabolic vulnerabilities related to schizophrenia and neuromuscular abnormalities. Indeed, he noted that muscular dystrophy is 5-10 times more prevalent in persons with schizophrenia than in the general population. Dr. Meltzer discussed the pros and cons of a number of different medications for schizophrenia in depth. He also talked about cognitive impairments found in patients with schizophrenia and that cognitive impairments precede the illness, sometimes by as much as 5 years.

Dr. Honer picked up on some of the themes in Dr. Meltzer's talk, elaborating them and coming at them from slightly different angles. He talked about the possible involvement of various serotonergic and dopaminergic genes in schizophrenia and in responses to different medications, and about the inef-



A Bevy of Grad Students

fectiveness of polypharmacy in treating schizophrenia.

An event like this does not happen without the hard work of many people. Credit, and much thanks, goes to Professor William Honer and his colleagues for organizing the program and scheduling the speakers. Deep gratitude also goes to Mr. Chris McGill and his staff for arranging the excellent food at lunch and at the reception, for the poster boards for all the posters, and for the audiovisual arrangements for the oral presentations. A special thanks to Chris for also taking on the duties of Photographer. The chairs for the morning and afternoon oral presentation sessions, Drs. Kerry Jang and Weihong Song, did an excellent job of introducing each speaker and of keeping the program running on schedule. The hardworking judges for the day were Profs. Kenneth Bainbridge, Adele Diamond, and Richard Williams.

Richmond Hospital Department of Psychiatry Dr. Sheldon Zipursky, Dept. Head

Richmond Hospital, located in the City of Richmond, has a catchment area of approximately 250,000 people. It is a community teaching hospital and has been affiliated with the UBC for a number of years. In addition to serving the community in Richmond the hospital also services communities in Steveston, and parts of Delta. The Dept of Psychiatry's mission is to deliver the best mental health care for the citizens it serves and to provide an excellent training site for psychiatry. The department reflects values of honesty and fairness.

Clinical Services

The Dept of Psychiatry has recently undergone significant changes. As an integrated department, it oversees psychiatric care within Richmond Hospital and the community. Inpatient services are provided in an 18-bed unit within Richmond Hospital, offering multidisciplinary assessment and treatment for wide range of psychiatric illnesses. There are 4 attending psychiatrists: Drs. Caroline Choo, Abi Dahi, June Ye, and beginning July 1st, 2005, Dr. Michael Shabbits. In addition, plans are to have 4 family physicians who will primarily be responsible for medical care. In addition to primary care nursing, occupational therapy, rehabilitation therapy, there are a variety of specialized inpatient groups focusing on areas such as medication management, group psychotherapy, and understanding the mental health act. The inpatient service also provides ECT for those patients who require such treatment.

Outpatient services and clinics includes a number of group therapy programs such as the 12 week group therapy program for individuals with Mood and Anxiety Disorders and very specialized group therapy programs dealing with post sexual trauma, depression, panic disorder group, intensive psychodynamic group, supportive interpersonal group, obsessive-compulsive disorder group, Assertiveness Group, and Changeway groups in English, Cantonese, and Mandarin. In the past year the outpatient program has also begun operating specialized clinics in such areas as Anxiety and Mood Disorders (Dr. Raj Katta), Geriatric Assessment and Consultation (Drs. Darren Thompson and David Cohen), Women's Mental Health and Mood Disorder (Dr Heather Donaldson), and Cross-cultural Psychiatry (Drs. Jas Bhopal, Raj Katta, June Ye). In addition a new group psychotherapy program for intellectually intact seniors will be started with Drs. Darren Thompson & Ingrid Sochting (Psychologist) in September 2005. Drs. Dahi, Mirmiran and Thompson are co-therapists in a number of our Group Psychotherapy Programs.

Emergency and Consultation Liaison services – Drs Raymond Au, Caroline Choo, and David Cohen provide consultation to medical and surgical wards and daytime emergency coverage. Consultation to the Hospital's Gilwest

Clinic, servicing HIV and Hep C patients is provided by Dr Heather Donaldson.

As an integrated department, the Richmond Hospital Dept of Psychiatry benefits from a close working relationship between the hospital and community-based services. Services located within the community are extensive and are housed close to the Richmond Hospital in several facilities. The community-based programs include an Adult Program (Drs. Raymond Au, David Cohen, Al Connolly, Paula Flynn, Eduardo Fullagar, Jamal Mirmiran, David Mullard, David Rabin, Eduardo Tesler, June Ye) and Older Adult Program (Drs. Sheldon Nathanson, David Rabin, and Darren Thompson), which are housed at Westminster Hwy and No. 3 Road. There are two sites for our Child and Adolescent Program (Drs. Brian Harris, Yoram Minnes, and in August 2005 Dr Lorne Brandt). One site is located on Bowling Green Road, which provides assessment and treatment and is our Child and Adolescent Program (CAP). The second site, the Richmond Blundell School Program, is for children with severe emotional and behavioral difficulties. The broad mandate for facilities in the community include all people with psychiatric difficulties including the severe and persistent mentally ill. Innovative community programs include the Rapid Urgent Consultation Service, which responds within 7 – 10 days to referrals usually from family physicians in the community, and an Early Intervention Program. The Older Adult Programing services clients that come to the Mental Health Team site and also does outreach in the community.

Psychological services, which are expanding under the direction of Dr Ingrid Sochting (PhD), provides services to Inpatient, Outpatient, and the Community care facilities.

Education

The Dept of Psychiatry has had a long history of providing a variety of medical student and resident rotations. In particular, final year Canadian and International medical students selected Richmond Hospital for a 4-week community assignment as part of UBC's Community Clerkship Elective Program.

In the past 18 months there has been a significantly enhanced commitment to teaching including Dr. Harry Karlinsky's appointment as Coordinator of Medical Education and Professional Development. Significant contributions to the second year UBC medical student clinical skills teaching program are underway and the Dept. has begun to provide well-received psychiatry rotations for increasing number of medical students and residents. In the year 2005, in addition to an elective rotation for a PGY5 psychiatry resident there have been residents from the UBC Family Practice Programs (St Paul's, Aboriginal Family Medicine, Rural

Family Practice Program) and the Enhanced Skills Training Program for Family Practice Residents.

The Dept is pleased to be selected (after completing a pilot clerkship in psychiatry for Year 3 UBC medical students) to provide an ongoing clerkship program as of July 1, 2005. As of this July, the Dept will also have two UBC PGY2 residents in psychiatry training in inpatient and outpatient programs.

The Dept has accredited monthly Grand Rounds & a monthly Case Rounds series. Additional initiatives include the development of an Annual Clinical Day in Psychiatry. The inaugural clinical day, held in April 2005 was sold out and positively received (Dr Jodi Lofchy from Toronto gave the keynote lecture in Emergency Psychiatry). Along with our formal teaching programs, the Dept has been involved in public education and has partnered to undertake a bi-annual public film screening during Mental Health Illness and Awareness Weeks.

Research

Our research leader, Dr Ingrid Sochting (PhD Psychologist) has been appointed by Vancouver Coastal Health as the Assistant Director of the Vancouver Coastal Health Research Institute/ Richmond Health Services. Local research initiatives include the evaluation of Cantonese Depression Treatment Programs (Changeways), evaluation of a Brief Day Program, and validation of a new measure of cognition assessment in adult and children with obsessive-compulsive disorders. Research collaboratives are extensive and include UBC psychologists Drs Lynn Alden and John Ogrodniczuk.

Future Directions

In the past year and a half, the Dept of Psychiatry has undergone remarkable growth. Ten psychiatrists have been hired and teaching opportunities and clinical programs continue to expand.

Recently, Richmond Health Services secured a home, which is being developed into a short-stay inpatient facility. The Richmond Bridge House as it is called, will be a multi-disciplinary service home, assisting patients in psychiatric crisis and will be supported by two psychiatrists (Drs Katta and Shabbits). In the longer term, ongoing clinical plans include development of a GeriMed/GeriPsych Inpatient Service, a Primary Care/Shared Care Program and expansion of Addiction Services.

This is truly a time of change and excitement in Richmond as more psychiatrists are wishing to join and participate in the development and expansion of our Dept of Psychiatry.

2005 American Psychiatric Association Annual Meeting First Prize for Mixed Media Art and Best in Show

Editor's Note: The artwork "Transformed By Nature" is a mixed media and poetry installation presented as 2 large translucent banners overlaid with poetic text and hung with bamboo poles. It won First Prize for mixed media art and also "Best in Show," the top prize at the recent American Psychiatric Association's Art Exhibit in Atlanta, Georgia in May 2005. More than 17,000 people from around the world attended the APA Annual Meeting and art show winners were chosen by popular vote. This piece is a collaboration between UBC Dept of Psychiatry Clinical Associate Professor Dr. Caroline W.H. Choo and award-winning writer Paula Stromberg.

Transformed by Nature by Dr. Caroline W. H. Choo and Paula Stromberg



**My feet were the sexiest part of my body
I always wore come-get-me high heels.**

**After the arthritis deformed me
Lovers never saw my feet
– I always wore socks.**

**But trust can lead to healing.
One day on the beach, I took my socks off.
I let my feet be painted.**



**Seeing my feet as birds
– emissaries between heaven and earth –
was transformative.**

**Over the years, my arthritis grows worse
but inside me, a pun from the laughing beach hums,
Don't be de-feeted.**

Artist Statement: This piece is about trust that can lead to healing. It documents one woman's journey as she conquers shame, allowing the artists to remove her ever-present socks as she comes to terms with her once-beautiful body being deformed by rheumatoid arthritis – finding humour in the process.

Bamboo poles used in the artwork reference Chinese scrolls and the now horrifying but once erotically-charged practice of female foot binding. Men paid large sums to unwrap the bound feet of their concubines and inhale the pungent flesh. Lotus feet, as they were known, were objects of sexual desire.