



Department of Psychiatry Newsletter



December 15, 2005 Volume 4 Issue 4

Update Department of Psychiatry

Editor's Note:

Please see the attached letter from the Dean which announces Dr. Athanasios Zis's intention to step down as Head of the Department. As the Dean highlights, one of Dr. Zis's many legacies will be the UBC Institute of Mental Health. On the following page, you will therefore find an update of the current status of the Institute provided by its inaugural director, Dr. Anthony G. Phillips. On behalf of the Department, I too would like to thank Dr. Zis for his strong leadership—both academically and ethically - and his unceasing commitment to excellence.

H. Karlinsky, MD



Event Calendar

'Frames of Mind'

A Department of Psychiatry sponsored Mental Health film series held at the *Pacific Cinémathèque*
1131 Howe Street, Vancouver
Tickets : \$8.50 (7.00 students) at the door or on-line at www.cinématheque.bc.ca

December 21, 2005 7:30 p.m.

'In the Realms of the Unreal'

Director: Jessica Yu
Discussant: Ramon Kubicek

January 18, 2006 7:30 p.m.

'Memory for Max, Claire, Ida & Company'

Director: Allan King
Discussant: Allan King

February 15, 2006 7:30 p.m.

'First Love' (Primo Amore)

Director: Matteo Garrone
Discussant: Dr. Laird Birmingham

Teaching Hospital /Division/Program Education Rounds

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

Other Activities

February 3, 2006

2nd Annual Hot Topics in Psychiatry for Primary Care
UBC at Robson Square
Info: 604-822-7301

February 24, 2006

Drug Abuse and Major Mental Illness: Clinical Neurosciences Conference
SFU at Harbour Centre
Info: 604-822-7301

THE UNIVERSITY OF BRITISH COLUMBIA



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Dean's Office



November 28th, 2005

Faculty Members,
Department of Psychiatry

Dear Colleagues,

I wish to confirm the intention of Dr. Thanasis Zis to step down as head of the Department of Psychiatry effective August 31, 2006. Although somewhat earlier than the full completion of his second term as Head of the Department, Dr. Zis will have led the Department through nine years of active growth and accomplishment.

Dr. Zis has provided strong academic leadership to the Department and has forged strong relationships with the Provincial Health Services Authority together with the Vancouver Coastal Health Authority. As well, the interdisciplinary linkages through the Brain Research Centre, the Parkinson's Research Centre, and other key components of the Neurosciences environment have been most valuable. The recent announcement of the Institute of Mental Health has in large part been related to the strong leadership of Dr. Zis.

I will be convening a formal Search & Selection process as soon as possible in order to ensure that similar strong academic leadership is available to the Department in a consistent manner. I would invite you to participate and contribute to this process.

I would like to thank Dr. Zis for his major contributions to the Department, as well as to the Faculty of Medicine and The University of British Columbia. I very much look forward to working with him over the course of the next year.

Sincerely,

Gayn CE Stuart, MD
Dean

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.

UBC Institute of Mental Health | Dr. Anthony G. Phillips, Director, UBC - IMH

UBC Institute of Mental Health: A Catalyst for Change

The new UBC Institute of Mental Health is very much in its infancy but at the tender age of just six months, it has already learned an important lesson; namely, in order to be a great success, the UBC Institute of Mental Health must be more than the sum of its parts.

The terms of the generous bequest from the anonymous donors, matched subsequently by the Provincial Government, stipulate that most of the funds be used in support of three new endowed Chairs in the areas of Psychotherapy; Child/Adolescent; and Geriatric Psychiatry. Recruitment plans are well underway and candidates for the initial recruitment of a Chair in Psychotherapy will be interviewed in March-April 2006. Joint advertisements for the two Chairs in Child/Adolescent and Geriatric Psychiatry will appear in January 2006. The objective of this recruitment campaign is to bring three outstanding clinician scientists to UBC, who will compliment two new BC Leadership Chairs in Depression and Addiction research. When coupled with the existing strength in Mood Disorders, Schizophrenia, Behavioural Sciences and Child Psychiatry, along with a great strength in Basic Neuroscience, it is not an exaggeration to claim that within two years, UBC will have one of the strongest research teams in the world in the areas of mental health and addiction. This will indeed be a great achievement, but this alone will not ensure a successful Institute of Mental Health.

To be truly successful, our Institute must become a home for a community of scientists and clinicians who are fully committed to a reexamination of the field of mental health and mental illness and to seeking new insights into the diagnosis and treatment of some of the most challenging issues in modern medicine. As a first step in creating this

new community of clinicians and scientists, a partnership has been forged with the UBC Peter Wall Institute of Advanced Studies (PWIAS) that will provide access to their wonderful facilities on the top floor of the University Center for a dinner and distinguished lecture series, featuring members of the UBC Institute of Mental Health. By taking a leaf from the book of the Oxbridge system, these evenings will create an opportunity for the diverse membership of the Institute to meet on a regular basis, in a convivial setting, so they can really get to know one another. If this initiative takes hold, we will be well on our way to having a 'real' community of clinicians and scholars in the arena of mental health and mental illness.

The second element in this partnership with the PWIAS will be the co-funding of two 'Exploratory Workshops' per annum, designed to bring together experts in several areas to discuss critical issues or emerging themes in the areas of mental health and addiction. The budget for these 2-3 day workshops will be a minimum of \$25,000, with funds available for travel and accommodation for international colleagues. Ideally, these annual interdisciplinary workshops will lead to position papers and possibly new research collaborations, thereby providing further payoff for this relatively small investment.

Another use of the modest discretionary funds available from the balance of the endowment will be to support a Lecture Series with a distinctly clinical research theme. The first speaker will be Professor Ted Jones, Director of the Neuroscience Institute at UC Davis, a distinguished neuroanatomist who has made seminal contributions to understanding the neural correlates of schizophrenia. We welcome suggestions as to the best time to present these lectures to facilitate attendance by our clinical colleagues. The Institute will also sponsor annually, a major Symposium on Mental Health, beginning with an inaugural event on April 6, 2006 featuring a dialogue with the Dalai Lama on determinants of mental health.



Dr. Anthony G. Phillips

Important steps have also been made in shaping the administrative structure of the Institute. Shortly after the Dean of Medicine appointed me Director, I felt that the Institute would benefit from the advice and indeed the recognition provided by a distinguished International Advisory Board. Five individuals, three of whom are Nobel laureates, have graciously agreed to serve in an advisory capacity to the Institute and they include: Professors Arvid Carlsson; Joe Coyle; Herb Meltzer; Susumu Tonegawa; and Torsten Wiesel. Ideally, they will visit UBC once a year either together or individually to review progress and guide our planning process. Needless to say, I will be calling on them shortly for suggestions concerning candidates for the three endowed Chairs that will bolster the core of the Institute.

Finally, I am delighted to welcome to UBC and the Institute of Mental Health, Professor Allan Young, our newest colleague and recent appointee to the BC Leadership Chair in Depression. I am especially pleased that he has agreed to become the Associate Director of the UBC Institute of Mental Health. Allan brings a wealth of clinical, research and administrative experience to this position and already we are tapping his network to encourage excellent clinician-scientists to apply for the endowed Chairs. We also welcome your suggestions concerning promising candidates, along with any other comments and ideas you may have to ensure the success of the new endeavor.

Island Medical Program Dept. of Psychiatry**Dr. Richard Williams, Academic Site Leader**

The first cohort of Island Medical Program students, the class of 2008 (24 students) are now in the midst of year 2 studies, and will start their clerkship experience in July 2006.

Psychiatrists in VIHA (Vancouver Island Health Authority) have shown great enthusiasm for involvement in the medical program. Twelve psychiatrists have appointments and a further seven have appointments in progress.

Dr. Richard Williams has accepted the role of academic site leader; Dr. Wei Yi Song is the director of the undergraduate teaching program; Dr. George Pawliuk is the coordinator of the residency training program and Dr. Mary Kay Nixon is the course director of the Doctor, Patient and Society for the Island Medical Program.

Undergraduate Students

There has been one successful pilot clerkship experience in Victoria. Dr. Song has managed to organize an excellent seminar series for students utilizing many of the new clinical faculty. There will be 3-4 clerks per each 6 week rotation. Space requirements remain challenging.

Residency Program

Dr. Pawliuk, who has been responsible for family practice residents and R1 for some years, has now taken on responsibility for psychiatry residents in Victoria. Currently (5) of the (10) first year residents are scheduled to go into psychiatry residency programs. Two residents are expected to be here for 1 year starting July 2006. There are possible slots available in child and adolescent psychiatry for interested residents.

Research

Dr. Williams chairs a research group for the Dept of Psychiatry in Victoria. The Mood Disorders group (Dr. Song and Dr. Connolly) have collaborated on research projects with their colleagues from UBC. Dr. Connolly is a co-author with Dr. Yatham on the "CANMAT Guidelines for the Management of Patients With Bipolar Disorder".

The Schizophrenia group (Dr. Williams and Dr. Shrikhande) have collaborated with Dr. Honer and the Centre For Complex Disorders on a number of studies, including the Stanley Foundation funded CARE Study (clozapine augmented with risperidone, study) and are about to start evaluation of antiviral treatment of patients with early psychosis.

The IMP, under Dr. Oscar Casiro's leadership, remains focused on the medical students' leadership. However with support from UBC's Dept of Psychiatry we are keen to develop expertise in residency training and research, to reflect our genuine partnership with UBC in developing a comprehensive university program at the Victoria site.

Challenges

The main challenges are related to :
space
clinical faculty

Space is limited at the Eric Martin Pavilion, and many inpatient physicians have not had access to office space to interview patients. With the proposed arrival of medical students and residents, administration has struggled to provide swing offices for staff, residents and clerks. We hope the proposed space allocation will be adequate.



Dr. Richard Williams

For clinical faculty the challenge is going to be on two fronts; first, obtaining adequate professional development to be good faculty, and secondly to have adequate opportunity to be involved in teaching in order to achieve the required 50 hours to maintain a faculty appointment. This will be easier for psychiatrists working in the two designated clinical teaching units. It will be more difficult for other clinical faculty, especially those outside of Victoria, and outside of general adult psychiatric practice. We would hope the clinical faculty appointments committee at UBC recognize and acknowledge this problem.

**Stay Tuned!****March 30, 2006**

UBC Department of Psychiatry
Twentieth Annual Research Day

May 4-7, 2006

3rd Annual Frames of Mind Mental
Health Film Festival
Pacific Cinematheque
Info: 604-822-7610

June 9, 2006

5th Annual UBC Dept of Psychiatry
Clinical Day
UBC at Robson Square
Info: 604-822-7301

Hot Topics in Psychiatry for Primary Care



February 3, 2006

UBC at Robson Square
Vancouver, BC



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Conference Overview

UBC CME and the UBC Department of Psychiatry are providing a one day update for primary care physicians on important psychiatric topics. All presentations will be very practical and relevant to daily medical practice and participants will become up to date on strategies to deal confidently with a range of psychiatric issues that are seen in daily clinical practice.

Topic Highlights

- Recognition and Management of ADHD in Adults
- Treatment Resistant Depression
- Anxiety Disorders in Children
- Management of Pain, Sleep, and Depression following MVAs and Other Trauma
- Use of Psychotropic Medications in Children and Adolescents
- Mood Swings Assessment and Management
- The Metabolic Effects of Atypical Antipsychotics
- Rapid Assessment and Treatment of Primary Insomnia
- PTSD: Current Concepts and Management Strategies
- An Update on the Use of Anticholinesterase Inhibitors in Clinical Practice

Invited Speakers

Sal K. Denny	Jonathan Fleming	Jane Garland
Caroline Gosselin	Ron Manley	Greg Passey
Ron Remick	Scott Rintoul	Sandra Sirrs
Derryck Smith		

Target Audience

This conference will appeal to all primary care physicians and others involved with the care of patients with psychiatric conditions.

Program Sponsors

UBC Department of Psychiatry and Division of Continuing Medical Education.

www.cme.med.ubc.ca



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