



Department of Psychiatry Newsletter



September 15, 2007 Volume 6 Issue 3

Update from Department Head **Dr. Trevor Young**

It is a pleasure to contribute to this newsletter after what has been a very exciting and very productive year for this excellent department. This Department continues to be among the leading departments of psychiatry in Canada with the many contributions in the areas of teaching and research by our distinguished faculty members, both full time and clinical faculty.

Since the last newsletter there have been a number of remarkable achievements by members of the Department. I would like to note that Dr. Brian MacVicar was elected as a Fellow, to the Royal Society of Canada. This is Canada's senior national body of distinguished scientists and scholars and is among the highest awards in science in Canada.

We have had great success at the Michael Smith Foundation for Health Research. Dr. Jeremy Seamans received a senior scholar award in bio-medical research and Dr. Tonia Nicholls and Dr. Jehannine Austin were both made scholars through this foundation. These are remarkable achievements in an extremely competitive funding environment. Dr. Weihong Song had his CRC award renewed as well as his MSFRHR renewed.

Members of our Department were incredibly successful in the recent CIHR grant competition with a record number of grants funded by our Faculty.

We have two new appointments, Dr. Todd Woodward and Dr. Clare Beasley, starting Assistant Professors in our Department, as of July 1st, 2007.

Dr. Derryck Smith will step down as the Head of the Division of Child Psychiatry as of September 1st, 2007 after providing excellent leadership and building a superb training program for our students and postgraduate trainees. Dr. Richard Pico will be starting as the Head of the Department of Psychiatry, at Providence Health Care as of September 1, 2007. Dr. Pico joined our Department on January 2007 and has recently been appointed to the rank of Clinical Professor of Psychiatry. Dr. Pico brings new enthusiasm and unique skill set to this position. He will continue to take on major leadership roles both at PHSA and within the Faculty of Medicine in knowledge translation and E-health.

And congratulations to Dr Harry Karlinsky for his appointment as the Medical Director of a new program within the Faculty of Medicine's Division of CPD/KT designed to support International Medical Graduates on the College's Temporary Register.

Finally, UBC is pleased to name a number of graduates of the residency program who have also been successful in obtaining their Royal College Certification. Please join me in congratulating: Dr. Alya Al Merri, Dr. Jay Bondar, Dr. Caroline Cho, Dr. Jennene Freed, Dr. Jonathan Fung, Dr. Alex Gubanov, Dr. Ursula Gutteridge, Dr. Divya Kundhur, Dr. Ashley Miller, Dr. Anna Nazif, Dr. Will Panenka, Dr. Mark Pattison, Dr. Megan Roberts

I look forward to joining you all for a busy and productive academic year and I'm certain that this year will be even more exciting and productive than the last one.



Event Calendar

'Frames of Mind'

A Department of Psychiatry sponsored Mental Health film series held at the **Pacific Cinémathèque**
1131 Howe Street, Vancouver
Tickets : \$9.50 (8.00 students) at the door or on-line at
www.cinématheque.bc.ca

Wed. Sept.19, 2007 7:30 p.m.
The Self Made Man—USA, 2005
Director: Susan Stern
Discussant: Dr. Michael Myers

Wed. October 17, 2007 7:30 p.m.
The Bridge—USA, 2006
Director: Eric Steele
Discussant: Chief Coroner Terry Smith

Teaching Hospital/Division/Program Education Rounds

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

Other Events

January 25, 2008
4th Annual Hot Topics in Psychiatry
UBC Robson Square
Info: www.cpdkt.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 Harry.Karlinsky@vch.ca

Department Notes

CREST. BD Team, UBC Department of Psychiatry and Institute of Mental Health hold Publication Education Night. Dr. Erin Michalak

Members of the MSFHR funded 'Collaborative RESEARCH Team to study psychosocial issues in Bipolar Disorder' (CREST.BD) team, the Department of Psychiatry and Institute of Mental Health held a public education evening at the UBC Robson Square campus on the 10th of July 2007. Entitled 'Bipolar Disorder: A review of medication and self-management strategies. An education night for consumers and their families', the event attracted over 150 members of the public. Presenters were a multidisciplinary team consisting of Dr. Erin Michalak, Professor Allan Young, Dr. Jehannine Austin, occupational scientist Dr. Melinda Suto and clinical social worker Shahzina Karim.

CREST.BD is a network of individuals that focuses upon the study of psychosocial issues in bipolar disorder (BD). Although advances in the medication management of BD have been encouraging, it is becoming increasingly apparent that psychosocial factors have a crucial role to play in the expression of the condition. CREST.BD is a cohesive, multidisciplinary team of individuals who concentrate their research efforts upon developing knowledge in this area; the aim of the group is to create a team of individuals who can become 'more than the sum of their parts' in contributing to this burgeoning field of research.

For more information or to stay informed about future public education events, contact Erin Michalak at emichala@interchange.ubc.ca.



CREST. BD Team Members,
UBC Nitobi /Gardens Spring 2007

UBC Medical Students for Mental Health Awareness Jenny Barley & Alan Bates III year UBC Medical Students

The Family Practice Club and the Student Interest Group in Neurology are among the several student-interest groups at UBC. Until recently, there has not been a Psychiatry related group. This is beginning to change with the organization of Psychiatry themed events by and for students. The largest event to date was a session on living with schizophrenia or bipolar disorder. Dr. Philip Long facilitated the comments of four individuals who spoke about their experiences living with mental illness and interacting with health professionals. The event was even broadcast to students in Victoria and Prince George. Students have also begun volunteering at the Frames of Mind monthly mental health film series.

The primary goal of the new group is to increase awareness of mental health, and work towards eliminating erroneous and harmful stereotypes. It also aims to expose students to the diverse opportunities in a career in Psychiatry. Specific goals for next year include a presentation on Child Psychiatry, and an event entitled "Treating Mental Illness: a Family Physician's Perspective". The group will also be exploring the possibility of educational presentations at local schools.

Support for student-interest groups in Psychiatry has been growing both in Canada and in the US. In 2003, a group of students at the University of Ottawa founded the first branch of Medical Students for Mental Health Awareness (MSMHA; <http://www.med.uottawa.ca/msmha/index.htm>). There are now nine Canadian medical schools with associated groups. In the US, the APA has begun funding a group called PsychSIGN (<http://www.psychsign.org/>) that includes Canadian students. The new UBC group hopes to build on this growing support to create a permanent Psychiatry interest group at UBC.

To contact the group, please email Alan Bates (bates@interchang.ubc.ca) or Jenny Barley (jbarley@interchange.ubc.ca).

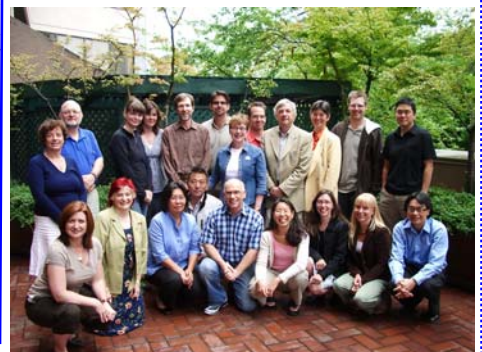
Undergraduate Education Summit: Review of Clerkship 2006 – 2007 Dr. Janette McMillan

On July 19, 2007 the Undergraduate Education Committee members held an end of the year review of the clerkship at the Wedgewood Hotel, Vancouver. There was representation from all sites, VFMP, IMP and NMP: Dr. J. McMillan, Dr. P. Chan, Dr. R. Boulding, Dr. L. Chapman, Dr. J. Fabian, Dr. S. Kiraly, Dr. S. Kelleher, Dr. B. Tang, Dr. A. Koczapski, Dr. R. Bouffard, Dr. J. Weiss, Dr. H. Karlinsky, Dr. A. Koo, Dr. W. Song, Dr. C.V. Manjunath, Dr. R. White, Twylla Hamelin, Monique Sunderland and Toi Leslie. We were joined by Dr. Don Duncan, a Child Psychiatrist from Kelowna and Dr. Andrew Hall, soon-to-be Child Psychiatrist in Surrey. We valued the participation of Dr. Kyle Burns, PGY 4 and Dr. Emily Ellingsen, PGY 3 as well as a Year 3 student representative, Jennifer Barley.

The Summit was a full day of five workshops; each workshop was attended by selected members. The workshops were on -

- ◆ Review of Seminars
- ◆ Review of Mini Clinical Evaluation Exercises (MiniCEXs)
- ◆ Review Objectives and Logging Sessions
- ◆ Review of Child Planning
- ◆ Review of Sites

With full participation and commitment from those attending the Summit, we were able to come away with action plans and enthusiasm to continue to develop and promote psychiatry undergraduate education.



Faculty Publications

Dr. Robin Friedlander & Ms. Tina Donnelly

Editor's Note - This column focuses on publications by our Dept's Faculty. The following foreword is printed with permission from the book 'Success Stories from the Frontlines: Developmental Disabilities and Mental Health' by Dr. Robin Friedlander & Ms. Tina Donnelly

This book is about the group of people in our society who have the highest needs and yet who are the least served. It is about the people who fall through the proverbial "cracks" in the government system. On one side of the crack is the wide array of services developed for people in British Columbia with serious mental health needs such as schizophrenia and Bipolar mood disorders. On the other side is another array of services and supports for individuals in BC with intellectual disabilities (ID).

The term "ID" is used to refer to the 2% – 3% of the population who are observed in childhood to have developmental delays such as late development of speech and/or difficulties with academics. As adults, these people would demonstrate associated difficulties in adaptive functioning such as using money or public transport. Although the cause of the ID is often unknown in about half the cases, a genetic syndrome or other identifiable cause may be demonstrated. Overall, IQ testing shows a score of less than 70. Even so, such individuals may have and often do have unique strengths. As examples, it is accepted that people with Williams Syndrome have perfect pitch/musicality and some individuals with autism have savant skills in math.

This book is concerned with those individuals who have both ID and serious mental illness. This is more common than would be expected by chance. Just less than 1% of the population in Canada receives government supports because of ID and about 3% of the general population has serious mental health needs. People with ID have a 30%- 40% risk of concurrent mental disorder and a 10% rate of serious mental illness such as schizophrenia or bipolar. In other words, for each person receiving government services for having ID, the chance for concurrent mental illness is three times the expected rate in the general population! These are the very people who are being neglected by current government agencies; the highest needs people who, through no fault of their own, have been pushed into the "cracks" of the system.

That is the nature of government. Government services are established because of recognized public needs. Those needs are generally identified in western countries by powerful lobby groups. In Canada there has been successful advocacy to get adequately government funded services for those people diagnosed with ID another set of services for those diagnosed with mental illness. Services for the two distinct

groups are provided by two separate support agencies.

There remains the third group – the people with both ID and mental illness. This group stands alone.

There never is enough money available for all public services. When any specific agency or ministry department does receive funding approval, the mandate becomes restricted in order to ensure that the group is adequately resourced. There is no room in the budgets of the established agencies to provide add-on services to a special group of higher needs citizens. Because this new third group does not have its own powerful advocates, it does not always appear on the radar screens of decision makers. It falls in those darn "cracks".

We generally use the term "Dual Diagnosis" to label this third group, but, in BC where we live and work, the term has been co-opted by the substance abuse lobby to refer to individuals who are addicted with substance abuse and who also have concurrent mental illness. Because of this situation, in this book, we will use the term IDMH to refer to those with both intellectual disabilities and problems with mental health.

That is what this book is about: our work with "the other dual diagnosis", our work with the special group of people and families whose needs too often fall through the frustrating cracks in the system.

Success is often defined as the accomplishment of an aim. Our aim was to identify individuals with IDMH who were assisted by a community mental health team over a period of years and to give them a voice to describe the combined experience of both ID and Mental health.

Previously, the BC Association for Community Living (BCACL), a powerful advocacy group in BC for individuals with ID, published a series of stories highlighting successful transition from institution to community living. As well, the Canadian Mental Health Association (CMHA) in BC published an anthology of personal stories documenting people's struggle with serious mental illness and into recovery. Neither publication recorded stories of individuals with IDMH, or the experiences of their families.

This book not only identifies the neglected "third group" but also gives these individuals and families their voice. These intimate stories

were written by the people who can convey the message better than anyone else. Who better to tell the story of recovery than those who have lived the experience?

We first recognized the power of personal stories when we hosted the panel presentation of families and individuals with IDMH at the NADD conference held in Vancouver. We (the clinicians) were brought to tears by hearing about the steps that made positive differences in the lives of these special people.

When the concurrent mental illness initially appeared, neither the families nor the individuals concerned had any idea of what was happening. As all the literature and family support resources (on schizophrenia, for example) referred to individuals with typical intellectual functioning, so they have any idea of how long and difficult the road ahead would be.

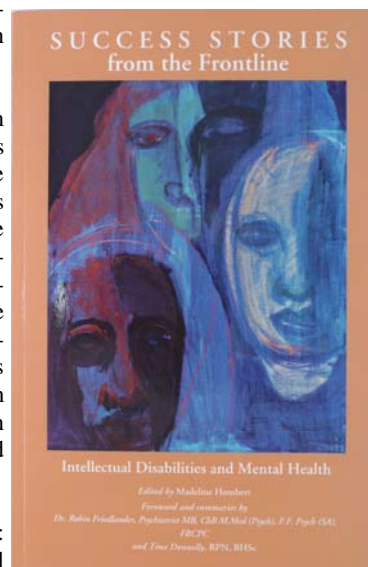
This book can not be faulted for having a "hidden agenda", as the message is clear and explicit. It comes at a critical time for health planning and for funding decisions. It is delivered through these personal stories and is wrapped in hope.

Although a unique group in BC, this really is an international issue as countries all over the world must deal with a new generation of children and adults with ID living outside of institutions and in the community.

Our message of hope is that the policy/decision makers in the Ministries of Social Services and Mental Health in British Columbia will recognize the needs of this unique group. Our managers in the Regional Health Authorities have been made aware of this population and there is an attempt to address this need.

There are, however, other systems in BC who need to be involved including CLBC (Community Living BC), the government crown agency responsible for children and adults with ID and the Provincial Health Services Authority.

This is a call for these agencies to pay closer attention to this group of individuals; there is a need to work together at a provincial level to develop dedicated cross systems planning and funding for this high needs population.



Interdisciplinary Colloquium Series 2007 - 2008
Sponsored by the UBC INSTITUTE OF MENTAL HEALTH

- Sept. 27** **Alvaro Pascual-Leone, MD, PhD:** **The Plastic Human Brain: Implications for Translational Neuroscience and Education**
 Professor of Neurology, **Harvard Medical School**; **Director, Berenson-Allen Center for Non-Invasive Brain Stimulation** and Associate Director, Harvard-General Clinical Research Center, Beth Israel Deaconess Medical Center
Co-sponsored by the Brain Research Centre. 2nd talk on Fri., Sept. 28, 11 am, BRC
- Oct. 11** **Beverly Spring, MD:** **Osler's Legacy: Reclaiming the Heart and Soul of Medicine - Lessons from Palliative Care**
Medical Leader, Vancouver Home Hospice Palliative Care Service; Physician, Vancouver General Hospital Palliative Care Program; and Clinical Assistant Professor, Division of Palliative Care, Department of Family Practice, **University of British Columbia (UBC)**
- Dec. 6** **Edith Chen, PhD:** **Socioeconomic Status and Health in Children: Psychobiological Pathways**
Canada Research Chair in Health & Society and Associate Professor, Department of Psychology, **University of British Columbia (UBC)**
- Jan. 24** **Tomáš Paus, MD, PhD:** **Mapping Brain Maturation and Cognitive Development During Adolescence**
Professor and Chair of Developmental Cognitive Neuroscience, Brain & Body Centre, University of Nottingham; and Editor of the journal, *NeuroImage*
Co-sponsored by the MRI Center. 2nd talk on Fri., Jan. 25, 11 am, Brain Research Center
- Jan. 31** **Sterling Clarren, MD:** **The Problems of Diagnosing Atypical Brain Development in Alcohol Teratogenesis: New Research Confirming the Value of the 4-Digit Diagnostic Code Approach**
CEO & Scientific Director, Canada Northwest Fetal Alcohol Spectrum Disorder Research Network; and Clinical Professor of Pediatrics, Centre for Community Child Health, **UBC**
- Feb. 28** **Dan McAdams, PhD:** **The Redemptive Self: The Therapeutic Value of Telling your Story**
 Professor of Psychology, Charles Deering McCormick Professor of Teaching Excellence, & **Professor of Human Development and Social Policy, Northwestern University**
Co-sponsored by the Dept. of Psychology. 2nd talk on Fri., Feb. 29, in Kenny Bldg.
- Mar. 6** **Hilary Blumberg, MD:** **A Neurodevelopmental Perspective on Bipolar Disorder: A View from Neuroimaging**
 Associate Professor of Psychiatry and Diagnostic Radiology; and **Director, Mood Disorders Research Program, Yale University School of Medicine**
Co-sponsored by Children & Adolescent Psychiatry. 2nd talk on Fri., 12 noon, BC Children's.
- Mar. 13** **Randy Buckner, PhD:** **Remembering, The Default Mode, & Alzheimer's Disease**
 Professor in Psychology, Center for Brain Science, & Martinos Centre for Biomedical Imaging, **Harvard University**; and **Howard Hughes Medical Institute Investigator**
Co-sponsored by the Brain Research Center. 2nd talk on Fri., Mar. 14, 11 am, BRC
- May 1** **John Joseph Peregoy, PhD:** **Issues in Native Mental Health & Research Challenges**
President, Society of Indian Psychologists; President/CEO, Consulting, Diversity and Educational Services; & Senior Researcher, Endvision: Research and Evaluation
will probably be co-sponsored by First Nations programs at UVictoria & UBC. 2nd talk on Fri.



All IMH talks are on Thursdays at 12:00 noon in Rm. 2NA/B in Detwiller at UBC (2255 Wesbrook Mall). A light lunch is provided.

