To All Members of the Department,

As always, there’s a lot happening in and around the Department over the next month including our participation in the Art Gallery of Hamilton’s World Film Festival, the reappearance of the Psychiatry Elves after their brief summer hibernation and the ramping up of our work in implementing our Strategic Directions.

The Art Gallery of Hamilton World Film Festival
This begins on October 14th. and the entire program, which features 39 films this year can be found at [http://www.aghfilmfest.com/films-trailers.php](http://www.aghfilmfest.com/films-trailers.php) Once again, we will be providing discussants for four movies with mental health themes, to help raise awareness about the impact and consequences of mental health and addiction problems within our community. These movies are:

**LIFE, ANIMATED** (Saturday, October 15 at 7 pm Screening at Lincoln Alexander Centre English, 89 min)
is a documentary focusing on Owen Suskind, a young man with Autistic Spectrum Disorder who was unable to speak as a child until he and his family discovered a unique way to communicate by immersing themselves in the world of classic Disney animated films. This film shows us a novel approach to social skills training and charts Owen’s progress from his early years to adulthood.

**STANDING TALL** (Saturday, October 15 at 7 pm Screening at AGH Annex French w/English Subtitles, 120min) examines the social determinants of health. The narrative follows the journey of Malony, a conduct disordered child, under the rehabilitative guidance of a nurturing special educator Yann. It explores the impact that such a presence can have and the difficulties an emerging adult can face were such a presence not to exist.

**NELLY** (Wednesday, October 19 at 7 pm Landmark cinemas, Jackson Square French w/English Subtitles, 108min) is a part fictional, part factual, biopic focusing on Quebec writer Nelly Arcan, who scandalized the French literary world with her semi-autobiographical novel based on her experiences as a sex worker. The narrative shows her rise and demise with strong references to growing emptiness, need for validation, mood turbulence and escapism reflective of the struggles in Borderline Personality Disorder.

**DHEEPAN** (Saturday, October 22 at 9 pm Screening at AGH Annex Tamil / French w/English Subtitles, 115 min) is a film which charts the intricacies of the “refugee experience”. To escape the civil war in Sri Lanka, a former soldier, a young woman and a little girl pose as a family. They end up settling in a housing project outside Paris and try to build a life together free from the turmoil of war but soon realize that their new home offers several parallels to that which they left.

If you have any questions about any of this, please contact Nadeem Akhtar (Nadeem.Akhtar@hamiltonfht.ca) who is co-ordinating these activities on our behalf.

Education Day
Education Day is taking place on Wednesday, November 30th. We are very fortunate to have Brian Hodges who will be presenting at Department Rounds that morning and then leading a workshop on Teaching Compassionate Care in Medicine. Brian is an outstanding educator and presenter who is
leading A.M.S.’s Phoenix Project, which focuses on this important aspect of person and family-centred care and which has supported a variety of research projects and fellowships looking at different aspects of this area over the last 5 years, including a number by members of our Department. Please contact Menika McKeegan mckeegm@mcmaster.ca for more details.

Our 2016-17 Leadership Program
Our Leadership Program will be beginning on November 25th with a full day workshop led by Sarah Jarmain. We will be starting our Communities of Practice before then, so if you are interested and haven’t applied yet, can you let Joanne Milne know as soon as possible.

Congratulations to....
Ryan Van Lieshout and Jenna on the arrival of their daughter Beatrice.

Rebecca Anglin and Phil on the arrival of their son Max.

Merwa Amer, Research Coordinator working with Rebecca Anglin, on her recent marriage to Moe.

Sheryl Green and Iris Balodis who were recent recipients of awards from the St. Joes Research Institute.

Jodi Younger and St. Joseph’s Mobile Crisis Rapid Response Team whose work is being recognized with on the Ontario Minister’s Medal Honour Roll at the annual Health Quality Ontario (HQO) conference later this month (see details below). A paper on this excellent program was also published in the August edition of Psychiatric Services.

To MacART on the creation of their new website www.macautism.ca

Faculty in the News......
Michael Van Ameringen received widespread national and international attention for his poster on internet addiction at the recent ECNP meeting. http://dailynews.mcmaster.ca/article/internet-addiction-may-signal-other-mental-health-problems-in-students-study/ Judging by the number of media agencies and outlets that covered this poster this seems to be a remarkably topical and popular topic.


Department Priorities For 2016-17
At the Fall Department Meeting last month, I presented our priorities for 2016 which I am summarizing below. Unlike previous years, these are slightly higher level and work on most is already well underway. We will be identifying measurable goals for each of these activities for the coming year so we can evaluate our progress next summer.

1. Implement our Strategic Plan and advance our priorities
2. Increase our academic productivity (grants and publications ) by 5% over 2015
3. Promote scholarship and research in education
4. Continue to strengthen our presence within the MD program
5. Complete the transition of CBS to becoming a Master’s program
6. Negotiate the General Psychiatry Residency Program Accreditation Visit
7. Redesign our area and academic space
8. Organize a successful 50th Anniversary Celebration / Alumni Association
9. Implement our communication and commercialization strategy
10. Strengthen our partnerships with HHS and SJH

Financial Update
At the recent Department Meeting, I also presented an update on our current financial situation and I have since circulated a summary on the performance and expenditures of the Clinical Practice Plan in 2015-16, and our projections for 2016-17.

We have also just submitted our five month budget to the University (the University financial year begins on May 1st) when we are, again, projecting a small surplus in our MTCU account once we have added in the money from Neuroscience teaching. Without that, however, we still have a structural deficit of over $200,000, but our plan remains to eliminate that over the next two years.

I would like to thank two people in particular in our Finance office - Rima Nikolajeviene and Jennifer Kraul - for their work in the department’s finance office in overseeing the budgets and our financial transactions over the last 5 years, and making everything run as smoothly as it does. This is despite the enormous number of demands they face, and the increased pressure as more and more accounting and book-keeping responsibilities get downloaded by the Faculty and University to individual Departments – not to mention having to deal with MOSAIC!

The Psychiatry Elves are back again
The Psychiatry Elves are gearing up for another year! The Elves were started 4 years ago by then McMaster Psychiatry resident Joanna Jarecki, with the goal of providing holiday gifts for psychiatric inpatients. Many of our inpatients do not get the same kind of visits or support that other hospitalized patients get over the holidays, and this is one way that our psychiatry department can do something about that, and give something back. Our goal is to provide a gift for every in-patient on a mental health unit at St. Joe’s, both at West 5th and Charlton. If you are interested in donating, there are many ways to do so:

To give online: Visit stjoesfoundation.ca and click on "Make a Gift." In the designation tab, select "Other," and type "Psychiatry Elves" in the adjacent box.

To give by cheque: Please make cheques payable to St. Joseph’s Healthcare Foundation, and write "Psychiatry Elves" in the Description or Memo area. Cheques can be left either with Amanda Ritsma, or dropped off at Menika McKeegan’s office, B365 in the Dept. of Psychiatry Admin Area.

If you have any questions, please feel free to contact Amanda Ritsma at amanda.ritsma@medportal.ca

Welcome
I would like to welcome the following faculty who have joined our department in the last two months as either Assistant Clinical Professor (Adjunct) or Assistant Clinical Professor. They are:
Jennifer Cometto, Child & Youth Mental Health Program at HHS; Satya Nagari, Forensic Program at St. Joes; Stephanie Deveau, Child Advocacy Assessment Program at McMaster Children’s Hospital; Karen Timmerman, Child & Adolescent Services at the City of Hamilton; and Anthony Nazarov (Lecturer (Adjunct) at Defence Research & Development, Government of Canada.
Welcome back
To Kim Raskob after her recent family leave, and thank you to Julie Bodden for filling in so admirably in Kim’s absence.

Our Strategic Directions
The priority leads and heads of our strategic directions will be meeting shortly to go over the implementation plan circulated last month and discussed at the department meeting so that we can move ahead. A variety of groups are starting to meet or plan and there will be a lot more activity over the next nine months.

We will also be sending out a further survey after this meeting, to elicit your interest in planned working groups in the priority areas. I hope you will take a few minutes to respond. This will come out in the next two weeks.

50th Anniversary
We are getting closer to our 50th Anniversary celebration in June of 2017 and arrangements are falling into place. We had a lovely reunion at the recent CPA meeting in Toronto, and almost everyone there expressed their interest in coming to the June 2/3 reunion. Details can be found at http://psychiatry.mcmaster.ca/news-events/50th-anniversary

Nick