

Psychiatry Digest

January 25, 2021

This week's Digest highlights a couple of upcoming events. The first is this **Wednesday's Department Rounds, where Dr. Mamta Gautam**, one of Canada's leaders in physician health and well being will be presenting on "**Resilience and Wellness during and after the Pandemic**" and I hope you will be able to attend.

And we still have one or two spots available for the **Woodland Culture Centre (the former Mohawk Residential School) virtual tour on Thursday, January 28th, from 2:30-3:30pm**, so if you want to join just let Joanne Milne milnej@mcmaster.ca know.

On a different note, while we have a great program for **Research Day on May 5th**, (see below), for a variety of unavoidable reasons, we have sadly had to cancel the virtual poster session, for this year only. There will be other opportunities for learners who need to present a poster to complete their program requirements to do so. My thanks to the planning committee who have put together a really outstanding day

Finally, I would like to draw your attention to an event in the **Arctic community of Igloodik** last week, when a fire completely destroyed the local co-op, the main source of food and provisions as well as many jobs for the community. This link provides more information on the fire and an opportunity to contribute to a fundraising campaign for the local food bank, if you should so wish - link [here](#).

Nick

Department News



found [here](#).

Catharine Munn is leading McMaster's Okanagan Mental Health and Wellbeing Task Force, whose work is just getting underway. In addition, Catharine is also the lead on Professor Hippo on Campus, a student mental health education program for educators and navigators. Further information about the Okanagan Task Force and Professor Hippo can be

Congratulations to...



Anita Acai, Assistant Professor and Education Scientist with our department, successfully defended her PhD thesis, "*Understanding Competence Committee Implementation and Decision-Making Practices in the Era of Competency-Based Medical Education*", last week.

Fighting Racism

Last Thursday, January 21st was **Lincoln Alexander Day**, which commemorates Lincoln Alexander who was Canada's first Black member of Parliament (for Hamilton West) and cabinet minister, and Ontario's lieutenant-governor. He died at the age of 90 in 2012.

I was very pleased to see the **APA come out with a powerful apology** for the role of

psychiatry in promoting racism against black, Indigenous and people of colour, which can be found [here](#).

A number of family medicine journals have collaborated to provide this collection of **scholarly articles on racism and health disparities**, as seen by the family medicine community. Link [here](#).

I am also enclosing a link to the first of a three part series by **Stephanie Nixon**, sponsored by the Royal College, College of Family Physicians, Medical Council of Canada and Black Educators Collaborative. Link to article [here](#).

WEBINAR: Let's Talk About Race - Islamophobia
January 27th, 11:30-1:00pm

This talk is hosted by the Race, Racism and Racialization (R3) PACBIC Working Group and the Equity and Inclusion Office to commemorate the 4th anniversary of the 2017 Quebec Mosque Shooting. Registration is required, via email, to Khadijeh Rakie rakiek@mcmaster.ca, using your McMaster email and include LTAR (first and last name) in the subject line.

Research News



Congratulations to **Margaret Fahnstock** who received a grant from the Pooler Charitable Fund for her project entitled, "*Ameliorating autistic-like behavior by activating TrkB*".

The Department's 32nd Annual Research Day is taking place on **May 5th, 2021 (virtually) from 8:30-12:30pm** and this year's theme is, "*Anxiety Disorders: From Genes to Behaviour to Society*". Further details can be found [here](#).

Upcoming Events

McMaster's Alumni Office is pleased to share @HomeWithMac, events geared to educating and entertaining, to enhance our well-being. More details and registration can be found [here](#). Please direct any questions about these events to Meggie via email at macdouml@mcmaster.ca

McMaster's Global Health Program is organizing a 10 week series of workshops on Health in the Arctic. More details about the series and how to register for single sessions or the whole series can be found [here](#).

From the Postgrad Office



To help acquaint our faculty with our Psychiatry Residents, each **Resident Spotlight** introduces one of our many fantastic residents.

First up in our Resident Spotlight, is our Hamilton Call Chief, Pgy4 Resident:
Dr. Liz Lovell

Liz Lovell completed her undergraduate degree in Health Sciences at the University of Ottawa. During her first placement as a UofT OT student, at the secure forensic unit at Ontario Shores, she fell in love with



psychiatry! Liz went on to do medical school here at McMaster.

Liz has been an active member of our residency program, including her current work in the very busy role as the Charlton Chief Resident.

Liz will be completing her Child and Adolescent Subspecialty Program through the University of Toronto. She hopes to work primarily with youth with concurrent disorders.

Outside of residency, Liz enjoys reading, Olympic weightlifting and spending time with her loved ones including traveling to Poland where much of her family lives.

Media News



Ryan Van Lieshout, had a paper published in the journal of Depression and Anxiety entitled, "*Changes in infant emotion regulation following maternal cognitive behavioural therapy for postpartum depression*". The article can be found [here](#). Public Relations wrote a press release on the paper which can be found [here](#). The story also appeared in the Hamilton Spectator and can be found [here](#).



Ram Mishra who was part of a team of neuroscientists and engineers that developed a nasal spray to deliver antipsychotic medication directly to the brain rather than having it pass through the body offering patients greater ease of use and the promise of improved quality of life, including more reliable, effective treatment. The full story can be found [here](#). The story was also featured in the Hamilton Spectator and can be found [here](#).



Paulo Pires who spoke to Bill Kelly from CMHL radio on mental crisis in today's youth. You can listen to the interview [here](#) (at the 16:36 mark).

James MacKillop appeared on Global News' Scott Thompson who show discussing alcohol consumption during the pandemic. Listen to his interview [here](#).



Laura Duncan and **Michael Boyle** wrote an opinion piece, "*Canada's vaccine rollout plan should give higher priority to citizens at highest risk*", which was featured in The Spectator. Full article [here](#).

Stay Connected

Here's a video on what it's like to have children learning at home, from the student's perspective. View video [here](#).



The Department recognizes and acknowledges that it is located on the traditional territories of the Anishnabe and Haudenosaunee nations as part of the Upper Canada Treaty, and within the lands protected by the Dish With One Spoon Wampum Covenant.