

Psychiatry Digest

December 18, 2020

Amidst all the uncertainty surrounding us, it was lovely to have had a chance to gather virtually yesterday for our annual holiday celebration. The evening included a musical performance by the 4 strings and Mom (**Jenn Brasch**), a couple of quizzes, a cooking demonstration – how to make Tiramisu in 5 minutes and 12 seconds (recipe [here](#)) – and a chance to share our previous and present holiday experiences and just to chat to each other. Thanks to Jenn and her family and to everyone who joined us and made it an evening to remember, and particular thanks to **Joanne Milne** for all her work in organizing the event. The recording can be found [here](#), passcode: R7JE&9H0.

Meanwhile the realities of the second wave continue to confront us, [linkhere](#), perhaps nowhere more with the likelihood that some of our residents are likely to be redeployed to assist in General Medicine the near future. I will be sending out an email from JoAnn Corey about this later this afternoon.

A lot of work has also been taking place to create freezer capacity for the new vaccines at the West 5th site, including the ones we use in our wet lab. **Margaret McKinnon** and **Bianca Wollenhaupt De Aguiar** have worked tirelessly to prepare our wet lab for the possible arrival of vaccines and to assist research teams that have previously been using freezers that are temporarily being repurposed. It is very much appreciated.

And exciting news from our **Psychotherapy Masters Program**, which launched in September. When applications closed this week we had received almost 300 applications for the 2021-22 Program. Congratulations to **Liz Pawluk**, **Laura O'Neill**, and **Tracey Oliphant** for all their work in promoting the program and getting it off the ground

Nick

Department News

Congratulations to...



Bernice Downey who has been appointed as the first Associate Dean, Indigenous Health at McMaster effective January 1st. Bernice joined McMaster and our department in 2017 to lead the Indigenous Health Initiative and in addition to this role, was appointed as the Acting Director of McMaster's Indigenous Research Institute in 2019.



Melissa Kimber who has been approved for full supervisory privileges within the Global Health MSc and PhD programs.

Tea Rosic (PGY5) who was selected as the 2020/21 recipient of the Lillian Rose Stegne Memorial Fellowship.

Lauren Forrest and her husband on the birth of their daughter, Angelina, born on October 29th.



Alison Kerkhof and her husband Jordan on the safe arrival of their second child, Elliot, born on December 12th.

Things Happening In Other Departments

This fall, the Department of Family Medicine launched the **David Braley Primary Care Research Collaborative** (or PCRC for short). This is a \$4 million investment and one of the largest of its kind dedicated solely to primary care research in Canada. Work on this started long before COVID, but the pandemic has only reinforced the importance of a strong and nimble primary care system. A short (3 minute) video that speaks to the vision of the PCRC can be viewed [here](#).

News from Homewood



After 7 years as Chief of Staff of the Homewood Health Centre, **Brian Furlong** will be stepping down from this role on January 4th. Brian has been a valued collaborator, and partner and has made countless contributions to the success of Homewood and to the Department over his time in that role, especially during the pandemic. He will continue to work at Homewood and his successor will be

Carlos Lalonde, currently Chief of Psychiatry who will take over as Executive Vice President Medical Services and Chief of Staff on January 4th. Both Brian and Carlos are graduates of our residency program and have played key roles in training our medical students and psychiatry residents. On behalf of us all, I would like to extend best wishes to both Brian as he transitions into his new roles at Homewood and to Carlos as he takes over.

Media News

Jane Foster who was cited in The Scientist in an article, "*Distinct microbiome and metabolites linked with depression*". Full article [here](#).

Michael Boyle and **Laura Duncan** whose opinion piece entitled, "*Harms associated with lockdown are well founded*" was published in the Spectator. Full article [here](#).

Jean Clinton, whose work on the Hamilton School Board's bullying panel, has made recommendations ahead of the final report. Global News and the Spectator picked up the stories which can be found here - [Global News](#) and [Spectator](#).

Randi McCabe who was a guest on Global News' the Scott Thompson show discussing how to deal with holiday stress and family members who want to meet over the holidays. Interview can be viewed [here](#) at the 44:36 mark.

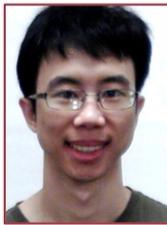
Chris Clarkstone (PGY4) who was featured in a short CBC piece that focused on the impact of the pandemic on resident physicians. Full story can be found [here](#).

From the Postgrad Office

To help keep everyone up to date and for full transparency, the minutes of the Postgraduate Education Committee (PEC) & WPEC (Waterloo PEC) meetings are now posted on the DPBN Website & Medportal.



Changing of the Chiefs



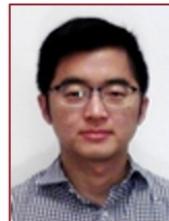
Special thanks to our Teaching Chief Residents who are finishing up their July to December term:

Dr. Jae Ryu, Dr. Jeremy Devine & Dr. Colin Ngan

The Teaching Chiefs provide education sessions to our undergraduate learners, support the back-up call schedule, are site representatives, act as resident leaders and in WRC organize enrichment sessions for our residents.

Welcome to our new Teaching Chief Residents, incoming for the Jan to June 2021 block:

Dr. Mei Chen (WRC)
Dr. Sang Song (West 5th)
Dr. Sean Andrea (HHSC)



Research News

Congratulations to **Soyeon Kim** who received a SSHRC Partnership Engage Grant (\$22,485) for her proposal entitled, *"Resiliency and social connectivity post-COVID-19: building capacity for online mindfulness delivery"*.

Stay Connected

This year someone gave our grandchildren the Advent Lockdown Calendar. 24 little doors... and none of them open.

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.