

Psychiatry Digest

March 22, 2021

March 11th marked the first anniversary of the Global Covid pandemic and our transition to a new world of virtual contacts, working from home, separation from friends, colleagues and loved-ones, lockdowns and restrictions on social activities, and anxiety about the unknowns that lay ahead of us.

I remain amazed at how each of you have risen to every one of the individual and collective challenges we have faced, and consistently gone above and beyond what was expected, how we have also been able to maintain our vitality, creativity, collegiality and productivity in ways that do credit to us all.

As optimism and hope grow and we can begin to look to a time when this will be behind us, I want again to express my appreciation and gratitude for everything you have given over the last year and for your tenacity, commitment, and resiliency.

But while things are looking up, especially as we receive our first vaccinations, I want to emphasize the importance of continuing vigilance, whether it be through wearing masks, distancing, handwashing, and not eating or drinking when others are in close proximity. If we can, it will help us get us through this that little bit faster.

The pandemic has also highlighted the importance of paying attention to our own wellness and creating healthy and resilient environments that enhance well-being. Last week, as part of a series of rounds organized by our Wellness Working Group, Dr. Mary Elliott from the Princess Margaret Hospital in Toronto presented on their BRITE (Building Resilience within Institutions Together with Employees) Program and a video of the Rounds can be seen [here](#).

We also had a really nice virtual celebration last week, to announce the new McMaster Children's Hospital Chair in Autism and Neurodevelopment and you can view the video [here](#). Congratulations again to Stelios and thanks to HHS and the HHS Foundation for their support.

Finally, I'd invite you to consider submitting a proposal for the 2021 Canadian Collaborative Mental Health Conference, to be held this year in partnership with the US Collaborative Family Healthcare Association Annual Meeting. Details can be found [here](#).

Nick

Department News

Welcome to...

The following part time adjunct clinical faculty who joined our department over the last two months. They are: **Anna Marie Abadir, Renato Antunes dos Santos, Ruxandra Colibasanu, Robin Khanna, Patricia Lepage, Achal Mishra, Ajmal Razmy, Farid Singh, Mara Smith, Elliot Stansfield, Claudia Thibodeau Garcia, and Jeanetta Viljoen.**

Research News

Congratulations to...

Ryan Van Lieshout (PI), Peter Bieling, and David Streiner (Co-I's) who received a three year (\$348,000) CIHR grant, for their project, *"Online Peer-Delivered Group Cognitive Behavioural Therapy for Postpartum Depression"* and a one year (\$100,000) grant from CIHR for their project, *"Online Public Health Nurse-Delivered 1-Day Cognitive Behavioural Therapy-Based Workshops for Postpartum Depression"*.

Margaret McKinnon and Alex Heber, Chief of Psychiatry at Veterans Affairs Canada, (PI's) and **Ruth Lanius (Co-I)** who were awarded three year funding (\$750,000) from Defence Canada to support the *"Pan-Canadian Sexual Misconduct During Military Service Collaborative Network"*.



Suzanne Archie who received a one year Catalyst grant from CIHR (\$115,000) for her project, *"Insights about Cannabis and Psychosis: How do young people with early psychosis conceptualize the link between cannabis and psychosis, particularly those from Black racialized backgrounds?"*.



Andrew Nicholson (PI) who received two year funding (\$100,000) for his project, *"The Neural Correlates of Minority Stress: Towards a Minority Mosaic Framework with Implications for Mental Health Risk and Resiliency"* from the LGBT Purge Fund and PTSD Centre of Excellence. Co-I's include **Margaret McKinnon, Ruth Lanius, Alexandra Heber, Taylor Hatchard, and Maiko Schneider**.

Adile Nexha, student of **Benicio Frey** who received a Mitacs Globalink Research Award (\$6,000 for 4 months) for their study, *"The impact of social distancing on biological rhythms and mental health: a study of the effectiveness of interventions in biological rhythms and sleep"*.

Kim Ritchie who received a Mitacs post doctoral fellowship for her project, *"Evaluating the Implementation of Goal Management Training Cognitive Remediation Therapy among Operational Stress Injury (OSI) Clinic Clients in Quebec City"*. Kim will be jointly supervised by Margaret McKinnon and Ruth Lanius.

Equity, Diversity and Inclusion

I am enclosing a **HealthCareCAN Report** [here](#) which discusses some of the critical issues facing Indigenous people and the role that Canadian health leaders can play in helping to close the health gap. It contains **10 steps to Wise Practices** for health leaders and organizations to address the health-related Calls to Action of the Truth and Reconciliation Commission of Canada (TRC).

The Hannah History of Medicine and Medical Humanities Speaker on March 24th, 1:30-3:30pm is **Maureen Lux**, Professor and Chair, Department of History at Brock University, who will be presenting on **"Race, Medicine, and Healthcare: Indian Hospitals in 20th Century Canada"**. To join this virtual talk, please register [here](#).

Media News



Jenn Brasch was one of several speakers at a special meeting of the **Canadian Federation of Medical Women** that was held on March 15th. Jenn's presentation was entitled, *"Addictions and Opioid Use Disorder"*.

Jennifer Couturier was featured in a segment on the National last week on



eating disorders. Video [here](#). The segment was also featured on the CBC 6:00 news.



Randi McCabe was featured in The Spectator for stories, "*Sadness, anger, and inspiration: One year of COVID-19*" ([here](#)) and "*One year later COVID has changed everything, for worse and better*" ([here](#)).

The announcement of **Stelios Georgiades Chair** was featured in a number of local publications including [The Bay Observer](#), [Dundas and Ancaster News](#), and the [McMaster Times](#).

Bode Akintan was featured in The Spectator for a story, "*McMaster Children's Hospital reports rise in 'more serious' suicide attempts*". Fully story [here](#).

Karen Zhang was interviewed on 570 News on coping during the pandemic.

From the Postgrad Office



In this week's Spotlight, we are pleased to introduce Pgy3 Resident:

Stanislav Pasyk



Stan is a local boy - born & raised in Burlington! He is the middle child, having two brothers: one a chicken farming radiologist and the other a professional theatre director.

Stan completed his undergraduate studies at McMaster in Biochemistry & Biomedical Sciences, with a minor in Philosophy. He then earned a PhD in Biochemistry from UofT, with a focus on better understanding the molecular basis of Cystic Fibrosis. From there, he studied medicine

at Queen's University.

Dr. Pasyk's interests in Psychiatry lie in working with youth & young adults, with special interests in anxiety & anxiety-related disorders. He already has 11 peer-reviewed publications, including two recent publications on biomarkers of psychiatric disorders.

Stan describes his family as being exceptionally important to him, serving as both his inspiration & motivation for his professional endeavours. He also has a keen interest in fine foods & culinary arts and declares that he's always hungry and always happy to discuss breathtaking dining experiences!

Upcoming Events



GeriMedRisk monthly Rounds will take place (virtually) on **April 6th, Noon-1:00pm**. Presenters are Karen Cameron and Sandra Porter on the topic of "*Exploring COVID-19 Vaccine Clinical Trials with a Focus on Older Adults*". Registration for this event can be found [here](#). The GeriMedRisk- Geriatric Clinical Pharmacology Rounds is a self-approved group learning activity

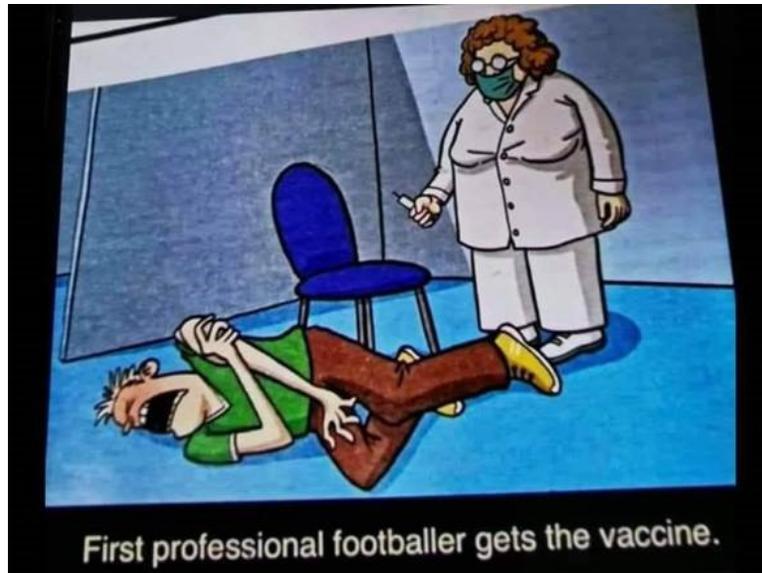
(Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

The 14th Annual Risk and Recovery Forensic Conference is taking place virtually on April 15th and 16th with a pre-conference workshop on April 14th. For a full list of speakers, topics and registration details, please visit [here](#).



The International Forensic Psychiatry Lecture Series hosted by McMaster University and St. Joseph's Healthcare Hamilton, is a weekly educational webinar series, every Thursday morning at 10:00am, that provides engaging and innovative topics on Forensic Psychiatry. Attendees have the flexibility to register for any topics that pique their interest. Please visit [here](#) for a detailed schedule and to register for the weekly (free) sessions, click [here](#).

Staying Connected



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.