

## Psychiatry Digest

April 13, 2021

I want to thank everyone involved in organizing the recent **CaRMS interviews** for our residency programs in Hamilton and Waterloo for their outstanding work in moving the interviews into the virtual world. This was a huge undertaking and particular thanks to **JoAnn Corey (Program Director)**, **Shuang Xu (REL for WRC)** and **Menika McKeegan, Cheyenne Reid, Josh Chiasson, and Ashley Clark** for all the administrative support they provided as well as everyone who participated (see below for more on CaRMS).

A reminder about a few events coming up soon including **Research Day on May 5th** (register [here](#)) and our **2nd Annual Psychiatry Review Course on May 27th and 28th** (register [here](#)). Can you also mark your calendars for our virtual **Annual Summer Celebration** taking place on **Wednesday, June 2nd**, when we will have a chance to say goodbye and thank you to our graduating psychiatry residents and all of our other learners. I hope you will be able to join us for these events.

I'd also like to thank all of the physicians and other members of our department who have volunteered their time to assist with the administration of COVID vaccinations. Almost 20 members of our department are helping out and their efforts are really appreciated.



Finally, tomorrow is **International Day of Pink**, the day when we take a stand against bullying, discrimination, homophobia, transphobia and transmisogyny across the world. It is an opportunity to express our solidarity and support with members of the LGBTQ2+ community and one way of doing that is by wearing a pink shirt.

Nick

## Department News

### *Welcome to...*



**Anita Acai and Laura Duncan**, who joined our Department as GFTs on April 1st. **Anita** will be continuing her work on wellness and resilience and also focusing on Educational Scholarship, while **Laura** will be continuing her work with HHS and the Offord Centre.

**Andrea Bunker and Naushad Noorani** adjunct clinical faculty who joined our department on March 1st.

**Andres McConnon** who transferred into our residency program from family medicine this month, as a PGY1.

### *Congratulations to...*

**Sheila Harms** who is the new interim Chair of the DEC/ACE committee for the Faculty, replacing Stephen Kelly.

**Andrea Gonzalez** who was elected as a member of the FHS Graduate Policy & Curriculum Committee, Interdisciplinary Graduate Program position.

**Jasmyn Cunningham**, undergraduate student of **Benicio Frey** who received a 2021 McMaster Medical Student Research Excellence Scholarship award for her submission of a perinatal anxiety review. Jasmyn was co-supervised by Sheryl Green and Anastasiya Slyepchenko.

**The Department's Finance Team** - Bev Pindar-Donick, George Hamilton, Kelly Goodale, and Jennifer Kraul - and also **Cheyenne Reid** who were both nominated for a President's Award for Outstanding Service in 2020.

**Correction from the last Digest** - **Andrew Olagunju** is a Co-I on the CIHR Catalyst grant that Suzanne Archie received 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?*".

## Research News

### *Congratulations to...*



**Margaret McKinnon** and **Ruth Lanius** have been awarded a four year \$832,000 grant from the Veterans Wellbeing Fund for their study, "*A novel treatment intervention (SMART) for Veterans who experienced sexual misconduct during military service*". Co-Investigators are Krysta Andrews, Sherain Harricharan, and Alex Heber.



**Margaret McKinnon** who will work closely with fellows in the newly created Paul Horne Memorial Fellowship at the Homewood Research Institute. This fellowship will aim to advance research to help first responders, including health-care professionals, living with post-traumatic stress injuries. The announcement was featured on CTV news [here](#) and in Guelph Today [here](#).



**Jane Foster**, a Co-I on a CIHR grant that was awarded 5 year, \$843,730 funding, for a project entitled, "*Using imaging to understand how parental diet programs offspring brain structure*".

## Equity, Diversity and Inclusion



**Cultural Psychiatry Day 2021** takes place on **Wednesday, April 28th** from **1:30-4:30pm** (virtually) and this year's theme is, "*Racialized Identities, Racism and Disparities in Psychiatry*". This is a free event but registration is required. Contact Alex Dross [drossos@mcmaster.ca](mailto:drossos@mcmaster.ca) to register.

## COVID Update

**Research Update:** The current province-wide stay-at-home order will not affect McMaster's current status of research activity under **Phase 1**, under which the University is currently operating. As a reminder, please ensure that your research team is limited to only those who absolutely need to be on campus, that they stay for the shortest time possible, restrict their movements to areas essential to their research, and follow all **health and safety protocols**. If your research staff and students can conduct their work from

home, or if their activity can pivot to work that can be conducted from home, it is imperative they do not come to campus. If your research takes place at a hospital site or McMaster Innovation Park, you must also adhere to site-specific protocols.

**Safety Update:** Attached is a safety update compiled by **Jessica Vanderveen**, Safety Subcommittee Chair and can be found [here](#).

And with more attention focusing on the longer-term effects of Covid, including the neuropsychiatric effects, I am attaching an article from this weeks Lancet [here](#). **Flavio Kapczinski** will also be presenting on this topic at Department Rounds on June 23rd.

## Media News

**Jeremy Devine** (PGY3) whose opinion piece, *"The Dubious Origins of Long COVID"*, was featured in the Wall Street Journal. Full article [here](#).

**Andrea Gonzalez's** study on middle-aged and older Canadians which reported a traumatic childhood experience, mainly from exposure to physical abuse, was published in CMAJ [here](#). It was also featured in a CBC news report [here](#) and in ANI news [here](#). Andrea was also featured in Niagara This Week and 610 CKTB for a study that will examine two new parenting programs to understand if families benefit from either or both. Read more [here](#).

**Jennifer Couturier** was featured in the APA News & Journals Gateway for her work on one year outcomes after treatment of anorexia nervosa. Full article [here](#).

**Tea Rosic** (PGY5), **Stan Pasyk** (PGY3), along with **Zena Samaan**, had a paper published in the journal of Neuropsychiatric Disease and Treatment entitled, *"Exploring the Impact of Modifiable Factors on Serum BDNF in Psychiatric Patients and Community Controls."* Full article [here](#).

**Terry Bennett**, lead for the Family Check Up Program study was featured in the HHS Share newsletter. Full article [here](#).

**Stelios Georgiades** was featured in the Spectrum for his Pathways in ASD study and how age 6 may represent a key turning point for those with autism. Full article [here](#).

## From the Postgrad Office



### CaRMS Thank You from Shuang Xu & JoAnn Corey

A very special thank you to everyone in our department who contributed to the launching of our first-ever Virtual CaRMS. This was a huge undertaking, the planning for which began in July 2020 and continued right through to the submission of our Rank Order Lists on April 1, 2021. This was a true team-initiative that required the collective efforts of residents & faculty, led by our amazing team of administrative professionals, all working collaboratively across both of our campuses. Regardless of the outcome on Match Day, getting to this point has been a success in itself, which was dependent on everyone working together. Thank you to everyone who contributed to this effort.

## Upcoming Events

The University of Toronto is holding a "Future of Psychotherapy" Conference on April 16th from 8:00-12:30pm, fully accredited for Sections 1 & 3. To view the program and/or to register (there is a cost), please see [here](#).

## Staying Connected

Finally, a remarkable collection of resources about platforms, programs and other technologies to help us negotiate all aspects of the virtual world can be found [here](#).

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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.