

## Psychiatry Digest

April 22, 2021

The increasing case and ICU numbers locally and provincially are placing increasing pressures on our health care systems, including our child and youth mental health services at HHS, and redeployment of physicians, other health care personnel and learners is already underway.

As we face this unprecedented challenge, I want to repeat some of the points Paul O'Byrne made in his letter to the Faculty on Tuesday, beginning with two general reminders. 1) In all aspects of our work, we should only be coming in if it is absolutely necessary or unavoidable, and 2) even after vaccination, continuing to follow the guidelines for distancing, handwashing, masking and limiting all social contacts is critical.

**Research remains in phase one**, the details of which are outlined [here](#). Again, only essential (and approved) personnel should be coming onto any of our sites.

**Congratulations again** to everyone involved with the CaRMS match which, as you will have seen yesterday, went extremely well. Interestingly, all our successful applicants came from McMaster, UofT and Western.

And April 22nd is **Earth Day**, a day focused on environmental protection and the health of the planet, which is also a reminder about the growing body of evidence about the impact of climate change on mental health globally and locally. This is something I hope we will be able to look at more closely over the coming months.

Nick

## Department News

### *Congratulations to...*



**Melissa Kimber** who received full supervisory privileges in the Health Sciences Education MSc program and **Anita Acai** who received full supervisor privileges in both the Health Research Methodology MSc program and Health Sciences Education MSc program.

## Research News

### *Congratulations to...*

**Khrista Boylan** who was featured in the 2020 HHS Annual Donor Report for her research project, *"Intervening in the Acute Management for Suicidal Adolescents and Families in the Emergency Department (I AM SAFE)"*. Full story [here](#).

**Chris Clarkstone** (PGY4) who received the 2021 OMA Resident Achievement Award.

**Aidan McIntyre**, thesis student supervised by **Bianca Wollenhaupt** received the Best Presentation Award, Neuroscience and Behaviour category at the recent Biology

## Equity, Diversity and Inclusion

The Race, Racism and Racialization (R3) PACBIC Working Group and the Equity and Inclusion Office at McMaster will be holding a talk on **April 26th from 10:00-Noon** with Daniel Coleman, Rodrigo Narro Perez, and Khadijeh Rakie who will be presenting, "*Part 2: Thinking About whiteness – How to be an Ally?*" To register please email [narrora@mcmaster.ca](mailto:narrora@mcmaster.ca) or [rakiek@mcmaster.ca](mailto:rakiek@mcmaster.ca) with the subject "Apr 26" and your first and last name.

The Indigenous Mental Health Working Group will be meeting again next **Tuesday, April 27th from 9:00-10:00am** via Zoom. If you're interested in joining this meeting or becoming a member of the working group, please email Joanne Milne, [milnej@mcmaster.ca](mailto:milnej@mcmaster.ca), for the Zoom link and meeting materials.

MERIT is holding a lecture by Marcia Anderson (U of Manitoba) entitled, "*Small Group Session: Principles and Best Practices for Conducting Education Scholarship with First Nation Peoples*" on **Tuesday, April 27th from 3:30-4:30pm**. Space is limited and registration is required. Click [here](#) to register.



Françoise Susset will be presenting at **Department Rounds on May 26th from 9:00-10:00am**. The title of her presentation is, "*Pathways to Gender affirming Care for Gender Diverse Individuals*". Her talk will be followed by a 2-hour workshop on, "*Medical and Mental Health Care from a Gender Affirming, Informed Consent Perspective*". Please contact Dana Waldern [waldernd@mcmaster.ca](mailto:waldernd@mcmaster.ca), to register.

## Around the Bay Road Race



This year's **Around the Bay** (being held virtually) is currently taking place until April 25th. All funds raised this year will go towards the redevelopment of PES. A few members of our department are participating this year. These include **Team PES** led by **Holly Raymond** and which **Peter Bieling** and **JoAnn Corey** are part of; **Team PBCAR & MGD CMCE** led by **James MacKillop** and which includes **Jenn Brasch** and **Jane DeJesus**; and **Team St. Joe's** which **Maxine Lewis** is a part of. To support any of these groups, please visit [here](#).

## Media News

The **Diagnostic Assessment Research Tool (DART)**, a semi-structured diagnostic interview which was developed under the leadership of **Randi McCabe** at St. Joe's was featured in the latest issue of the Canadian Psychological Association newsletter **PSYNOPSIS** that focused on healthcare innovation. This has resulted in a lot of national and international interest in, and excitement about the instrument. Other faculty involved in its development are **Irena Milosevic**, **Karen Rowa**, **Liz Pawluk**, **Katherine Holshausen**, **Michele Laliberte**, **Heather McNeely**, **Colleen Merrifield**, **Matilda Nowakowski**, **Stephanie Waechter**, **Phil Shnaider** and **Brenda Key**. Full story [here](#).

## From the Postgrad Office

In this week's Spotlight, we are pleased to introduce Pgy4 WRC Resident:  
**Kayla Simms**



Growing up in up in Vaughan, Ontario, Kayla attended an enriched arts school and performed many childhood bedroom renditions of Rent for stuffed animals, siblings & parents. She studied Arts & Science at the University of Guelph, completing double minors in Family/Child Studies & Biology and received her medical degree from the University of Ottawa where she maintained a strong engagement in the arts & humanities, founding a med student humanities blog, completing a certificate in art therapy and publishing a variety of poetry & prose.

Dr. Simms' areas of interest include emergency, C/L, shared-care & outreach psychiatry. She enjoys working in interdisciplinary, collaborative community settings to support & empower primary care colleagues caring for vulnerable & marginalized populations and she has developed a medical improv curriculum for psychiatry residents. Dr. Simms is currently our WPEC Resident Rep and Call Chief in WRC.

Outside of medicine, Kayla enjoys lane swimming, playing (and winning!) cribbage, acquiring houseplants, birding, improv comedy & hiking with her golden retriever.

## Staying Connected

