



Psychiatry Digest

December 23, 2020

While Covid-19 has dominated every aspect of our personal and professional lives in 2020, and challenged us in ways we could never have imagined at this time last year, it has also brought out the very best in us. This has been exemplified in the creative, courageous, tenacious and successful ways that you rose, time and again, to every challenge that was thrown at us, while maintaining the quality of as many of our programs, activities and traditions as the pandemic permitted. We found new ways to come together and support each other and you adjusted to new work environments and conditions with grace and good humour.

But despite everything that was going on around us, 2020 also saw some remarkable accomplishments. We witnessed the smooth introduction of CBME, and completed successful internal reviews of our three subspecialty programs as well as Psychology's Research and Clinical Training program, in which we play such an important role. Our faculty continued to have success in granting competitions and many received external recognition of their work, or took on new roles or responsibilities. We launched our Psychotherapy Masters Program and established the new Centre for Clinical Neurosciences, saw expansion of other key programs and remarkable innovations in our clinical services, especially in PES, and we made a significant start in addressing Anti-Black Racism and advancing our goals of Equity Diversity and Inclusion. We were also able to recruit 10 new GFT faculty to join our Department, an unprecedented number. And in all of these endeavours we worked closely, collaboratively and productively with our Hospital partners at SJH and HHS, and at Homewood.

So, I would like to thank each of you for everything you did, in ways that continued to amaze me, and often during very difficult personal circumstances. And thank you too for your ongoing commitment to our work. Time and again it has made me so proud to be part of such a fantastic Department.

I know, however, that we are also getting tired, and while the arrival of the vaccines brings greater hope, the return to lockdown reminds us that the next year is not going to be an easy one either, but perhaps in different ways from 2020. Fortunately we have learnt a lot from what happened in March and April and are much better prepared to swiftly and efficiently introduce the changes we need to, which will stand us in good stead with all that lies ahead.

And finally I'd like to wish each of you and your families a very happy, restful and safe holidays, however and wherever you will be spending it. To paraphrase the Xmas song, let's hope we'll all "be home for Christmas, if only on our screens".

Nick

In Remembrance



In Remembrance

When we look back on 2020 we also remember that we have lost eight former members of our Department, all of whom played significant roles in the evolution of our Department and helped to make it what it is today, as well as one of our former residents. They included two former Chairs, including our founding Chair Nate Epstein, and five people who were here from our earliest days and played major roles in laying the foundation for the

Department we enjoy and value today. We owe an enormous debt of gratitude to each of them. Read more [here](#).

Indigenous Health

A reminder about the two upcoming virtual visits to the **Woodland Cultural Centre – the former Mohawk Institute Residential School**, on **January 19th and 28th from 2.30-4.30**. If you are interested in attending – and based upon the experiences of those of us who have had an opportunity to do so I would highly recommend it – just let Joanne Milne know milnej@mcmaster.ca and she will send you the link closer to the date.

Department News



Many thanks to our **Department's Admin staff** who collected all the food seen in the picture for Hamilton Food Share that they were able to deliver this week. This is another way we have found to be able to give something back to our local community this year.

I'm looking forward to meeting with each of our GFTs in the new year for your annual career reviews, especially those of you who I haven't had a chance to see recently. Joanne Milne will be in touch to arrange a meeting time, and I would also be very happy to meet with any GPT who would like to do so as well.

Welcome to...

Cree Lambeck, Assistant Clinical Professor (Adjunct) working as a mental health counsellor at the Hamilton Family Health Team and **David Sarfati**, Assistant Clinical Professor (Adjunct) working at the Oakville-Trafalgar Memorial Hospital who joined our department on December 1st.

Congratulations to...

Andrea Gonzalez who received \$20,397 from FHS Research in the Fall 2020 request for infrastructure competition for Biopac Equipment.

Anthony Nazarov, an Assistant Professor (PT) in our department on his recent appointment as Associate Scientific Director of the MacDonald Franklin Operational Stress Injury Research Centre at Western University. Anthony is a graduate of the MiNDS program. Read more [here](#).

Research Update

There have been a number of recent developments following the lockdown announcement from both St. Joe's and the university. We have attached the documents that came out today, [here](#), in case you have not seen them.

COVID Resources

Here is a list of resources that are available for healthcare workers who are dealing with the stress and emotional challenges of the pandemic, including those working in long-term care facilities. Please feel free to distribute this to any networks you may be part of. List of

resources can be found [here](#).

Media News

Jean Clinton who was cited in an article in the Spectator entitled, *"Almost every Hamilton public school teacher has witnessed bullying - and most see it frequently"*. Full article [here](#) (local section).

And **Randi McCabe** was featured in an article in the Spectator on the impact of stress on our driving. View article [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.