



November 22, 2019

### FROM THE DESK OF NICK KATES

Next Wednesday, November 27th marks our **10th Annual Education Day**. This year's Day will be facilitated by Joan Sargeant, professor from Dalhousie University. There are still a few spots available for the workshop (10-1:00pm), so please contact Lisa Kennedy if you'd like to attend.

Next week is also National Addictions Week, and to mark this event, **Iris Balodis** is releasing this animated video showing how the brain is affected by problem gambling **Brain Connections**. It accompanies their popular **clinical handouts**.

Congratulations to **Flavio Kapczinski** who was once again named as one of Clarivate Analytics most cited researchers in the world, one of only 14 at McMaster. This is another fantastic achievement. **Full article**.

And I'm very pleased to announce that **Heather McNeely** will be the new Head of the Academic Division of Schizophrenia, effective December 1st. Heather has been acting Division Head for a year and I welcome her into her new role.

## Save the Date!

**CBS - Acceptance and Commitment Therapy (ACT)**  
November 27th to 30th - *info*

**Holiday Reception**  
December 11th, 5-7:00pm  
Great Hall, University Club

**2nd Annual Psychiatry Review Course**  
May 7 & 8, 2020 - *info*

Department  
Calendar

## Department News

### Congratulations to...



**Ryan Weist** (PGY3 in Waterloo) and his wife, Kathleen, on the arrival of their daughter, Ivy.

**Caitlin Gregory** (PGY5) and her partner, Paul, on the arrival of their daughter, Clare.

**Alexander Dufort** (PGY4) who has accepted a geriatric psychiatry subspecialty position effective July 1, 2020 and to **Natalie Raso** (PGY4) who has been accepted into a subspecialty position with the child psychiatry program, also beginning July 1, 2020.

**JoAnn Corey, Shuang Xu, Ashley Koch**, and to all the examiners who participated in the very successful inaugural mock OSCE examinations for psychiatry residents which was recently held at the Waterloo Regional Campus.

### Welcome to...

The following part time faculty members who have recently joined our department:

**Kamlesh Balchand**, working at Homewood Health Centre; **Anson Liu** at the Waterloo Regional Campus, and **Soyeon Kim** who recently completed a postdoctoral fellowship, is based at the Waypoint Centre in Penetanguishene.

## Media News

**Sawayra Owais'** paper on perinatal mental health of Indigenous women which was published in the Canadian Journal of Psychiatry in October was briefly cited in the Hamilton Spectator recently. [Article](#). Sawayra is a MD/PhD student under the supervision of **Ryan Van Lieshout**.

The Globe and Mail spoke to **Sheryl Green** about the perinatal program she created to help pregnant and new mothers who suffer from perinatal anxiety. [Full article](#).

**Jean Clinton**, is a newly appointed member to the HWDSB (Hamilton-Wentworth District School Board) "*Safe Schools: Bullying Prevention and Intervention Review Panel*". The panel members will be reviewing its anti-bullying practices at the board level. [CBC.ca](#) and [CHCH TV](#) both reported the news.

In this month's Journal of Clinical Psychiatry, **Sean Andrea** (PGY2) is the primary author on a study looking at utility of imaging in first episode psychosis, "*Brain Imaging in Adolescents and Young Adults with First-Episode Psychosis: A Retrospective Cohort Study*". [Article](#).

**Alyssa Wang** (PGY5) whose paper on the development of the Youth Wellness Centre, a St. Joseph's Healthcare youth-friendly centre providing mental health and addiction services to youth/young adults between the ages of 17 to 25, was recently published in EIP (Early Intervention in Psychiatry). Co-authors include **Juliana Tobon**, **Peter Bieling**, **Lisa Jeffs**, and **Bob Zipursky**. [Full article](#).

**James MacKillop's** New York Times article on the benefits of CBD was reposted in the Seattle Times. [Full article](#).



**Nadeem Akhtar's** CinePsych film, '*Buddy*' received an honourable mention from an indie film maker in the Top Shorts Short film festival. CinePsych: Mental Health on Screen is a project developed by Nadeem to train junior psychiatrists to create engaging, cinematic short films that reflect what we know of mental health problems, create discussion and debate, and gain a better understanding to reduce stigma. **Alex Dufort** (PGY4) wrote and starred in the film. To view other films created by psychiatry residents, visit [Cine-Psych](#).

## Equity, Diversity and Inclusion

Acting President and Vice-Chancellor, David Farrar, along with the Equity and Inclusion Office, Human Resources Services, the Provost's Office, Student Affairs and many others are working together to promote inclusive excellence, recognize the role that diversity of identity, background and perspective play, and the importance of building inclusive and collegial teams across the entire McMaster community. Read the President's Message [here](#) and/or visit the [Equity and Inclusion Office \(EIO\)](#) to learn more.

## Research News

Congratulations to **Krysta Andrews**, grad student of **Andrea Gonzalez**, who is the recipient of the highly competitive MITACS Elevate postdoctoral fellowship (\$120,000 over two years). Krysta's postdoctoral work will examine novel treatment interventions for PTSD. **Margaret McKinnon** will be a collaborator on this work.

**Michael Van Ameringen** and **Ana Francisco** (clinical fellow) have created a YouTube video as part of a CIHR competition for the Institute of Human Development, Child & Youth Health (IHDCYH). Their video is to share evidence-based messages about ADHD to as many people as possible which will hopefully have a positive impact on the health of children, youth, and families. **Roberto Sassi**, **Beth Paterson**, and Brent Urbanski are collaborators on this video. The score in the competition is based on 'likes' for the video. Click on the link to view and 'like' the [video](#).

## Education News

### *Writing Abstracts: Workshop for Your Ideas in Education Scholarship*

**Sheila Harms** (associate chair education) and **Anita Acai** (department's education scientist) will review the key elements of a good conference abstract and offer a range of helpful writing techniques.

**Wednesday, December 4th**

**5:00-7:30pm**

**Location: TBA**

**RSVP: Lisa Kennedy**

*\*All faculty members and learners are welcome to attend.\**

## Psychiatry Elves



It's that time of year again, when our **Psychiatry Elves** are gearing up for another year!! Their goal is to provide holiday gifts to ALL psychiatric inpatients, at both Charlton and West 5th, who remain in hospital over the Christmas holiday. Donations can be made online at [Psychiatry El ves](#). Be sure to choose '*psychiatry elves*' from the drop down menu.

## Stay Connected

