

## Psychiatry Digest

November 30, 2020

Our 8th Education Day last Wednesday was an extremely successful and well attended event, particularly Sonia Anand's presentation on gender equity in academic departments. During the rounds, however, a number of comments were raised in the "chat" as to why less than 20% of attendees were male. I am not sure how much should or shouldn't be read into this, but it is a reminder that while our recent focus has been, and will remain, on anti-black racism and Indigenous mental health, there is still work that needs to be done in achieving gender equity.

To this end, we will begin by compiling all of the data that we have to get as accurate a picture as possible of the current state in terms of leadership roles and opportunities, funding, productivity, career advancement, and career pathways so that our discussions are based on the most accurate picture of what is going on in the department.

And just a reminder to let Joanne Milne ([milnej@mcmaster.ca](mailto:milnej@mcmaster.ca)) know if you are interested in attending the Cultural Safety training program organized by San'yas by the end of today.

*Nick*

### Department News

#### *Congratulations to...*

**Jenn Brasch**, one of the co-chairs at this year's ISAM-CSAM 2020 Conference - a joint effort of the International and Canadian Societies for Addiction Medicine with over 700 registrants. **James MacKillop** was one of the plenary speakers. Jenn was also elected President of the CSAM for a two year term and her priorities include the decriminalization of all drugs and developing a special interest group for trainees.

**Taiane de Azevedo Cardoso**, post-doc working with Flavio Kapczinski, was awarded the Basmajian Award for Excellence in Post-Doctoral Research Work from Graduate Studies (Health Sciences) at McMaster.

In my last Digest, I omitted to announce that the St. Joe's **TOPSS team** (part of the schizophrenia service) was also a recipient - in addition to Maxine Lewis and the PES team - of a Mission Legacy award from St. Joseph's. Our congratulations to everyone involved on receiving such a prestigious award.

#### *Farewell to...*

Three Clinical Fellows who are completing their training here. **Alejandro Barquero** (returning to Costa Rica) and **Diego Garcia** (returning to Brazil) completed two year fellowships in the Mood Disorders Program, while **Florian Erhel** completed a one year fellowship in our Forensic Psychiatry Program and will be returning to France.

---



# Holiday Reception

Our Annual Holiday Reception will take place, albeit virtually on December 17th from 5:00-6:00pm. A fun evening is guaranteed, as well as providing an opportunity to connect so I hope you will be able to join us. A notice, including the Zoom link, will follow separately.



Our **Psychiatry Elves** are back for another year! The Elves were started 8 years ago by former McMaster psychiatry resident, Joanna Jarecki (now staff), with the goal of providing holiday gifts for psychiatric inpatients. Their goal is to reach all psychiatric inpatients at both West 5th and Charlton, which is more important than ever this year. If you would like to donate, please visit [St. Joseph's Foundation](#). Under "Gift Designation", choose "Psychiatry Elves". If you have any questions, please feel free to contact Megan Puckering

([megan.puckering@medportal.ca](mailto:megan.puckering@medportal.ca)) or Zainab Mohamed ([zainab.mohamed@medportal.ca](mailto:zainab.mohamed@medportal.ca)), the residents who are leading the Elves this year.

## Equity, Diversity and Inclusion



I am attaching a very helpful resource aimed at helping gender diverse individuals access appropriate affirming care. It is valuable for anyone involved in trans care, covering topics such as the steps in navigating access for HRT, gender affirming surgeries,

assisting patients with changing their gender marker on legal documents. The guide can be found [here](#). Also, here is a helpful link to Rainbow Health Ontario's Trans Health Guide - [link](#).

## Research News

**Benicio Frey (PI), James MacKillop and Lucinao Minuzzi (Co-I's)** have received a grant from the Canadian Centre on Substance Abuse for their project entitled, *"A gender and age-based analysis of cannabis use for pain and mental health in a large Canadian naturalistic sample"*.

## Education News

### Getting Ready for Royal College Accreditation

#### Can you find the Hidden Curriculum?

The Hidden Curriculum are those implicit norms & values often found in medicine, which are in contrast to what is taught in the dedicated, formal curriculum. It is what is implicitly taught through example, day to day.

Awareness by faculty of the Hidden Curriculum is now an

H I D E E R R O R S G B Y S R  
R Y Z F A Y C H R G H U Z J B  
D E I Q E N T I T L E M E N T  
I G S I L E N C E Y K Z B Q X  
S O L O S O F I D E A L S Y  
R S Q O O U K G H C K C M T A  
E S M U H I E R A R C H I E S  
S I L G Y W V K Y S Y C N S R  
P P S T E R E O T Y P I N G I  
E T H I C A L E R O S I O N D  
C S V Y C U T C O R N E R S I  
T T B G S I A V M U Z X K W C  
M D I R V B S T P T V Y Z V U  
V L A H B O L X A J I E Z K L  
P B S S D E T A C H M E N T E

To learn more, click [here](#) a brief article.

## Media News

**James MacKillop** was quoted in a story by CBC News about the lack of oversight into who is growing medical cannabis and how much is being grown is allowing criminals to sell pot on the illegal market. Full story [here](#).

**Zena Samaan** was quoted in a New York Times article entitled, "*As Darker Days Set In, Light Therapy Lamps Can Thaw Your Winter Blues*". Full article [here](#).

## Our new sub-specialty residents for July 2021

I am very pleased to announce that we have filled our 4 sub-specialty residency positions for July 2021. We will welcome the following residents, of whom 2 (Colin Ngan and Amanda Canfield) are graduates of our General Psychiatry Program

**Geriatric Psychiatry** - Amanda Canfield (McMaster)

**Child and Adolescent Psychiatry** - Colin Ngan (McMaster), Sandra Gedruj (Manitoba)

**Forensic Psychiatry** - Khashayar Shariati (Ottawa)

Congratulations to all 3 programs on a very successful match.

## Stay 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.