



## Psychiatry Digest

October 30, 2020

The last week has seen many members of our Department receive important awards, which are summarized below. Congratulations to all.

And congratulations also to everyone involved with the Geriatric Psychiatry Subspecialty Program, especially **Tracy Cheng** – the Program Director – and **Maria Benoit**, Program Administrator, on the recent very successful internal review of the program. It went exceedingly well and no major areas of concern were identified.

I am also attaching a link to a video interview with **Nate Epstein**, conducted by David Goldbloom, his son-in-law, 2 years ago, reflecting on his long career in psychiatry. His comments about his time at McMaster begins at the 1 hour mark, but he talks about aspects of his time here throughout the interview. Link to interview [here](#).

*Nick*

### Department News

#### *Congratulations to...*



**Sheila Harms** who is one of two recipients of the Universitas 21 (21 Universities from around the world) Health Sciences Group, 2020 U21 HSG Teaching Excellence Award. This is a very significant achievement that recognizes Sheila's many contributions to Education in many different capacities, and she will be presenting her work at their (virtual) conference next year. **Sheila** has also been selected to become a member of the American College of Psychiatrists, a notable accomplishment.



**Aaron Prosser (PGY2)** who received an RMA Scholarship award for his QI project entitled, "*Criminogenic Thinking in Forensic Psychiatric Patients*".



**Tea Rosic (PGY5)** and **Ana Hategan** who received awards from the Association of Chairs of Psychiatry of Canada (ACPC) at their annual meeting held on October 22nd. **Tea** received the 2020 residents Research Award and **Ana** received the 2020 Award for Creative Professional Activity, in recognition of her work as a mentor, teacher, author and editor, program builder and in developing resilience resources for learners and faculty.

**Tara Riddell (PGY5)**, **Sandra Westcott (PGY4)** and **Chris Clarkstone (PGY4)** who are the 2020 recipients of a PGME Quality Assurance Award for their CQI project on resident wellness, stress and resilience in PES.

#### *Welcome to...*

**Nicole Carter** and **Sharon Shavel** who both joined our department on October 1st both as

Assistant Clinical Professor (Adjunct). Both are involved as Longitudinal Facilitators in the Professional Competencies stream.

## Wellness



I am attaching the slides that **Tara Riddell (PGY5)** used in her superb presentation on Resilience and Wellness at Department Rounds last Wednesday. Slides can be found [here](#) and if you missed her presentation, you can view it on our YouTube channel [here](#).

## Equity, Diversity and Inclusion



**Bernice Downey** spoke to the Hamilton Spectator about the new Indigenous Health Practitioners (IHP) task force that has been created to help improve health care for Indigenous people. The creation of this task force evolved from the recent death of Joyce Echaquan in a Montreal hospital in late September and the racism and indignity she endured during her final moments. Read full story [here](#).

I would also draw your attention to a webinar with some excellent International Presenters that is being organized by **Ontario's Doctors Against Racism and Ant-Semitism (DARA)** entitled, *"Medicine and the Holocaust"*. It will take place on **November 10th, 2020** from **12:30 – 14:00 (EST)** and will look at the ways in which physicians and medical societies were complicit in the atrocities perpetuated by Hitler's Third Reich and the lesson we can learn that may be applicable today. Details can be found [here](#).

## Anti-Black Racism

I am attaching a link to an article, *"How to better support Black trainees in the biomedical sciences"*, which appeared in the October issue of Nature Magazine. Full article [here](#).

I would also draw your attention to a presentation coming up on **Thursday, November 26th at 7:00pm** that is co-sponsored by FHS's Equity, Diversity and Inclusion Advisory Committee (EDIAC) and the Program for Faculty Development. The presenter is **Dr. Joshua Ellis** from the Department of Emergency Medicine, Beth Israel Deaconess Medical Center, Harvard University and the topic is *Lessons from the first American pandemic: Racism*. Click [here](#) to read more and/or to register.

## COVID News and Updates

**Paul Links** was co-author on a Systemic Review published in Crisis entitled, *"The Impact of Infectious Disease-Related Public Health Emergencies on Suicide, Suicidal Behaviour, and Suicidal Thoughts"*. Full article [here](#).

I am attaching a link to a recent publication from **Public Health Ontario** that outlines very clearly the **current guidelines regarding COVID testing**, including steps to take following the test results, tracing and returning to work. It is a helpful reference that answers many of the questions that might arise. Click [here](#) for guidelines.

## Media News

**Jean Clinton** spoke to Global News about how the Hamilton public school board bullying review panel has put the suffering of the Devan Selvey family "front of mind". Full article [here](#).

## Research News

### *Congratulations to...*

**Ruth Lanius, Margaret McKinnon, Randi McCabe and Karen Rowa** who received a National Defence IDEaS grant (\$200K) that will allow them to expand their studies of COVID-19-related moral injury in healthcare workers, including exploration of the underlying neural and biological mechanisms of this injury. The major collaborator on this grant is the PTSD Centre of Excellence in Ottawa, along with colleagues at Western, Veterans Affairs Canada, McMaster and the University of Ottawa.

**Benicio Frey (PI), Nirushi Kuhathasan, James MacKillop and Luciano Minuzzi** who received \$71,875 over two years from the Canadian Centre on Substance Use and Addictions Closing the Gaps in Cannabis Research competition entitled, "*A Gender- and Age-Based Analysis of Cannabis Use for Pain and Mental Health in a Large Canadian Naturalistic Sample*".

**JeeSu Suh**, PhD student under the supervision of **Benicio Frey**, received a CIHR scholarship for her project entitled, "*Neurobiological markers for antidepressant response in major depressive disorder*".

## Education News

Interested in education? Not sure where to start? Done some teaching and not sure where to go next? Come and join **Sandra Westcott, Sheila Harms, JoAnn Corey and Anita Acai** for an evening to discuss opportunities in Health Professions Education!

**November 10, 2020**

**7:00-8:30pm**

Registration is required and can be found [here](#). Contact Sandra Westcott, PGY4, for more information - [sandra.westcott@medportal.ca](mailto:sandra.westcott@medportal.ca)

This event is open to all faculty and psychology and psychiatry residents.

## 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.