

Psychiatry Digest

September 4, 2020

From the desk of Nick Kates...

This has been an exciting week with the launch of our new Master's Program in Psychotherapy, and I want to welcome the 16 new students to our Department. Thanks to **Liz Pawluk**, **Tracey Oliphant** and **Laura O'Neill** for all their work in getting the program up and running, and to **Erika Harber**, **Brenda Key** and **Matilda Nowakowski** who are our initial teaching faculty. We also welcome our new Psychology Residents to HHS and SJH next week.

Looking ahead, next week will see the resumption of a number of activities including Department Rounds this coming Wednesday (virtually). And there are two significant events coming up in the regular rounds time this month.

On **September 23rd** we will be holding our **Fall Department Meeting** (virtually), when we will be catching up on some of the things that have been happening over the last 3 months, including the work that has been taking place in regards to Equity, Diversity and Inclusion, and Wellness, our plans for expanding our use of IT and some of the changes we are facing over the coming months. I hope you will be able to join us.

And the following week, **September 30th**, **Marty Antony** will be this year's Distinguished Alumnus / Alumna presenter. And in honour of our friend and colleague, **Glenda MacQueen**, this annual lecture will be renamed and will now be known as the "**Glenda MacQueen Distinguished Alumnus Annual Lecture**".

I also want to thank and commend all of you who have been working at home. It has not always been easy making the needed adjustments, balancing work and family life, managing childcare, especially during the summer (and also perhaps pet care, judging by the number of cats I have seen walking across the screen in Zoom Meetings) and setting limits around the "working day", while at the same time missing the contacts with colleagues and access to some of the resources our offices offer. I think you have managed this transition superbly, remaining productive and connected, and busy - maybe even busier than before. And I hope you did manage to take some time during the summer, as managing and balancing time is going to be vital over the coming months.

I would also like to wish you and your families a safe and enjoyable Labour Day weekend.

Nick

COVID News and Updates

Andrea Gonzalez, lead investigator, along with co-investigators **Terry Bennett**, **Eric Duku**, **Magdalena Janus**, **Melissa Kimber**, **Susan Jack**, **Ellen Lipman**, **Kathy Georgiades** and **Christine Wekerle** are part of a study featured on the front page of today's Hamilton Spectator on the impact of lockdown on the mental health of parents. Full article [here](#).

ALL McMaster faculty, staff, and students are reminded that they **must** complete a mandatory COVID screening tool within one hour of any expected arrival at any McMaster location (including any labs at St. Joes or any other off campus labs). Link: [COVID self-assessment screening](#).

For those employees and students who are on the main campus, please ensure you complete the **mandatory** online module in advance. You can register for the training in the Regulatory Training section of Mosaic. Upon completion, please submit proof to your supervisor. This only needs to be done once prior to your first arrival on campus.The Dean has exempted those employees of the University who are jointly appointed as professional staff in a health care facility (i.e. clinical full time faculty members) from the COVID training requirements, but your staff and non-clinical faculty employees will need to complete the training.

Department News

Welcome to...

Two new GFT faculty members who joined our Department this week.



Michele Korostil is a psychiatrist who completed her MD training at McMaster and her residency at UoT. She also completed a PhD at the Institute of Medical Science at the University of Toronto and Baycrest Science with a focus on using multivariate neuroimaging to examine cognition in schizophrenia. She is joining the Schizophrenia program at St. Joe's, working at the Cleghorn Program while also expanding her imaging and research into first episode psychosis.



Andrew Nicholson has been working most recently as a post-doc at the University of Vienna (Austria) but had previously completed his Bachelor's, Master's and Doctoral training at Western University and will be based at the Homewood Research Institute as well as at McMaster. His research uses neuroimaging to answer fundamental questions regarding memory encoding, executive functioning / cognitive control, emotion regulation, and neurobiological mechanisms of the stress response, with a strong focus on PTSD.

The following **part time faculty** who also joined our department recently. They are: **Jonathan Duboff** and **Adekunle Ahmed** both working in the Forensic Program; **Tajinder Dhariwal** working in the Child and Youth Mental Health Outpatient Clinic; **Sheri Nsamenang** working at McMaster Children's Hospital; and **Avni Pardasani** working at the Anxiety Treatment and Research Clinic.

And to our new **St. Joes and HHS Psychology Residents** who will be joining our department on September 8th. They are, from St. Joes: **Cara Dunkley**, **Jean-Philippe Gagne**, **Melissa Milanovic**, **Pauline Leung**, **Christiane Whitehouse**, **Danielle Rice** and **Nena Wang**, and from HHS, Clinical Child Psychiatry: **Rachel Jackson** and **Brittany Jamieson**, and Clinical Neuropsychology: **Kate Bartley** and **Chantel Mayo**.



Our **Psychiatry Leadership Skills Development Program** is now entering its 6th year, with a redesigned curriculum, which includes a broad exposure to leadership principles and practices that extend beyond academic medicine. The program is open to all faculty, senior learners and staff and the **application deadline is September 15th**. More information and details to apply can be found [here](#).

Media News



Nadeem Akhtar who did a piece for "Mr Feelgood" magazine on the use of cinema therapy. You can view the article [here](#)



Jeremy Devine (PGY3) spoke to the [CBC](#) about how dispensing drugs at safe supply sites could actually worsen the opioid overdose crisis.



Kathy Georgiades took part in a [CBC Facebook Live session](#) about a safe return to school for students, teachers and staff.

Resident News



Congratulations to **Alex Dufort** (PGY5) and his wife Samantha on the safe arrival of their daughter, Elizabeth, on August 26th.

Education News



The International Forensic Psychiatry Lecture Series, hosted by McMaster University and St. Joseph's Healthcare Hamilton, is a weekly educational webinar series that provides engaging and innovative topics on Forensic

Psychiatry. This series welcomes international speakers and experts in many areas of Forensic Mental Health. Participation has included representatives from across 12 countries. To learn more of the topics being offered or to register (free), please click [here](#).

Research News

Congratulations to...



Khrista Boylan (PI) and **Ellen Lipman** (one of the co-I's) who received funding from the Sobey's Foundation for their project entitled, "*I Am Safe*". The project is a randomized trial of family intervention post ER discharge to target self harm and suicide prevention. Khrista was also interviewed by News 1010 (Toronto) and CHML radio discussing this study.



Yarden Levy, PhD student of Margaret McKinnon's in the Research and Clinical Training (RCT) program who received a Wilson Leadership Scholar Award. The Award recognizes undergraduate and graduate students poised to serve as Canada's next generation of leaders.

Sherain Harricharan, post doctoral fellow of Margaret McKinnon's, who received a MITACS Accelerate Post Doctoral Fellowship award valued at \$120K over two years. Sherain will be collaborating on a recently funded CIHR trial and various other projects that draw on her rich expertise in

sensorimotor processing.



Ryan Van Lieshout (PI) who is the receipt of a CIHR grant for his project, "*Online 1-Day Cognitive Behavioural Therapy-Based Workshops for Postpartum Depression*". Among the Co-PIs are **Peter Bieling, Meir Steiner** and **Mark Ferro**.

Health Research Services is offering the following Zoom sessions in preparation for Fall project submissions to CIHR and to enhance all future CIHR submissions. The sessions are:

Knowledge Translation in Health Research

Wednesday, September 9th, 2:30-3:30pm

**Register your attendance by completing the survey [here](#)*

Sex and Gender Consideration for Researchers

Thursday, September 10th, 2:30-3:30pm

**Register your attendance by completing the survey [here](#)*

CIHR is hosting two "Ask Me Anything" sessions to answer questions about the Fall 2020 grant competition. The sessions are being held on:

Wednesday, September 9 at 3:00-4:30pm - join [here](#)

Friday, September 11 at 1:00-2:30pm - join [here](#)

World Suicide Prevention Day - September 10th



World Suicide Prevention Day #WSPD2020, is a chance for us to recognize, promote and understand all those who have been impacted by a suicide attempt or by the loss of family and/or friends. As part of this, the MHAP (Mental Health and Addiction Program at St. Joe's), in collaboration with the Suicide Prevention Council of Hamilton, is asking patients, staff and mental health community partners to send messages of HOPE. They will be compiling a photo mosaic with messages of hope for #WSPD2020. If you wish to find out more or send a personal message, visit [here](#).

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.