



Breaking Through

The newsletter of the University of Ottawa Institute of Mental Health Research

Continued Funding Success!!



Dr. Koszycki

Two researchers from the University of Ottawa Institute of Mental Health Research have been awarded grants from the [Canadian Institutes of Health Research \(CIHR\)](#). Obtaining this funding is an important achievement, particularly in light of the very competitive nature of CIHR peer review. First, congratulations to [Dr. Diana Koszycki](#), Director of the Stress and Anxiety Clinical Research Unit, and study co-investigators ([Drs. Bradwejn, Flament, Merali](#) of the IMHR; [Dr. Barry Schneider](#) of the Department of Psychology, University of Ottawa, [Dr. Robert Gow](#) of CHEO; [Dr. Monica Taljaard](#) of the OHRI, and [Dr. James Kennedy](#) of the Centre for Addiction and Mental Health, Toronto) to whom CIHR awarded a grant for \$642,014 over 5 years to continue research on children at risk for panic disorder (PD). These funds will expand [Dr. Koszycki's](#) previous CIHR funded research on the familial origin of risk markers for PD. The study will evaluate healthy children who are at high and low genetic risk for PD to 1) determine whether developmental stage modifies the expression of risk markers; 2) evaluate the stability of risk markers over a 2-year period; 3) investigate the influence of genotype and stressor history on the expression of risk markers; and 4) determine the specificity of risk markers in children at risk for panic disorder and those at risk for social anxiety disorder and generalized anxiety disorder.



Dr. Farrell

Congratulations to [Dr. Susan Farrell](#), Clinical Psychologist and IMHR Researcher, (co-Principal Investigator) and colleagues ([Dr. Tim Aubry](#) from the University of Ottawa; [Dr. Fran Klodawsky](#) of Carleton University; [Wendy Muckle](#) of Ottawa Inner City Health; [Dr. Stephen Hwang](#) of St. Michael's in Toronto (lead) and [Dr. Anita Palepu](#) from UBC) who were also awarded a [CIHR](#) grant for \$1,860,000 over four years to study health and homelessness. Their study, "The Health and Housing in Transition (HHiT) study: A longitudinal study of the health (physical and mental) of homeless and vulnerably housed adults in Vancouver, Toronto and Ottawa", will track the health and housing status of a representative sample of 600 homeless single adults and 600 vulnerably housed single adults in 3 Canadian cities (Vancouver, Toronto & Ottawa) over a 2-year follow-up period. The objectives of this study are to: 1) determine the incidence of housing transitions in these populations; 2)

identify risk factors and individual, interpersonal, and community-level resources associated with the attainment of stable housing and the onset of homelessness among vulnerably housed individuals; and 3) ascertain whether changes in housing status are associated with changes in physical and mental health functioning.



Dr. Flament

Congratulations to [Drs. Martine Flament, Dr. Judy Makinen, Dr. Smita Thatte, Selena Walker, MA, and Dr. Darcy Santor](#) (CHEO) who were recently awarded a Program Evaluation grant for \$14,996 from the [Provincial Centre of Excellence for Child and Youth Mental Health](#) at CHEO for their proposal entitled "Evaluation of the Youth Out-patient Clinics at the Royal Ottawa Mental Health Centre". The proposal is a collaborative effort between the IMHR Youth Unit, Program Evaluation team of the Youth Program and Mood and Anxiety Disorders Clinic of CHEO. The goals of the project are to implement the services and outcomes assessment in the Youth Psychiatry Program and to develop linkages with other youth mental health facilities, beginning with the Mood and Anxiety Disorders Clinic at CHEO, by developing an online follow-up assessment tool and data base. This will enhance the capacity for Program Evaluation within the ROMHC Youth Psychiatry Program and other youth mental health facilities in Ontario.

Finally, congratulations to [Drs. Claude Messier, Michèle Gagnon, Elizabeth Kristjansson](#) and [Mr. Vincent Talbot](#) who were awarded \$199,227 from the [National Sciences and Engineering Research Council \(NSERC\)](#) for their project investigating the application of the interactive voice response (IVR) to evaluate cognitive status and to eventually aid in adapting technology to older populations. The short-term objective is to evaluate techniques for cognitive assessments using IVR. The long-term objective would be to use the results of that assessment to adapt the technologies and interactions between Clinical trials using IVR technology and the older

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Another Successful Psychology Day!



From left to right: Dr. Diane LePage, Dr. Simone Kortsee, Mr. Stephen Lewis, Dr. Nicola Wright, Dr. Rick Morris, Dr. Karen Cohen, Dr. Joyce D'Eon & Dr. Janice Cohen

Psychology is for Everyone. And, Psychology is for everyone in Ottawa. This was the central theme and impetus behind a very successful **Psychology Month** in Ottawa. **Stephen Lewis**, Resident in Psychology with the Royal Ottawa Health Care Group (ROHCG), along with **Drs. Susan Farrell** and

Nicola Wright, spearheaded a Psychology advocacy campaign aimed at promoting knowledge and awareness about the discipline and how it contributes to health and mental health well-being. In addition to activities at the **Royal Ottawa Mental Health Centre (ROHMC)** site, they also worked collaboratively with other hospitals to sponsor a city-wide professional practice development day.

At the ROHCG, a "**Psycho-educational Email Series**" was coordinated with the goal of providing awareness to all hospital staff about the six unique roles of psychology (i.e., assessment, intervention, supervision, ethics, research and interpersonal relationships). A "**Psychology Month Library Display**", which consisted of weekly themes that brought further attention to these roles while showcasing related books and resource was also featured. A community talk entitled: "**Self-harm in Youth: What It Is and What To Do**" was also hosted for youth, parents, teachers and mental

health care workers. The talk was presented by **Mr. Stephen Lewis** and **Dr. Darcy Santor** (Professor, University of Ottawa and Senior Research Scientist, Provincial Centre of Excellence in Child and Youth Mental Health at CHEO).

In partnership with the Children's Hospital of Eastern Ontario (CHEO), SCO Health Service and The Ottawa Hospital a full day of Psychology events entitled: "**Professional Practice of Psychology Workshop and Keynote Speaker Series**" was held at the Royal Ottawa Mental Health Centre on February 22. The event, which was open to discipline members city-wide, was comprised of the following events: a didactic seminar on clinical supervision by **Dr. Janice Cohen** (from CHEO), Clinical Supervision Focus Groups devoted to specific supervision topics and key note addresses provided by **Dr. John Service** (Executive Director, Mental Health Commission of Canada), **Dr Karen Cohen** (Acting Executive Director, Canadian Psychological Association) and **Dr. Rick Morris** (Deputy Registrar/Director, Professional Affairs, The College of Psychologists of Ontario). The day was a resounding success and thanks to the individuals involved in this day's organization!

The ROHCG has arranged for a committee dedicated to Psychology advocacy and organizing events for **Psychology Month** to be in place for forthcoming years. Psychology advocacy will also become an optional rotation for Psychology Residents and Residents will have the opportunity to join the Psychology advocacy committee each year. It is our hope that this movement will be sustained and that advocacy for Psychology will continue to be an ever-evolving endeavor for years to come!

First Friday Lecture Series Continues



Dr. Veitch

On February 1, 2008, **Jennifer Veitch, Ph.D.**, Senior Research Officer in the National Research Council (NRC) Institute for Research in Construction's Indoor Environment Program, gave a presentation titled "**Buildings, Health, and Well-Being: New Research and Practice Inter-**

sections. **Dr. Veitch's** presentation outlined research findings indicating that physical environments affect health and well-being, as well as described the challenges facing investigations into these interdisciplinary problems, and finally, she covered in-depth the avenues available for researchers to transfer research into application and practice.

On March 7, 2008, **Dr. Francois Mai**, Medical Adviser with the Income Security Program of the Federal Government in Ottawa and former Chief of Psychiatry at the General Campus of The Ottawa Hospital gave a talk titled "**Psychopathology and Creativity**". **Dr. Mai's** presentation outlined knowledge of the association between psychopathology and creativity and described how illness affects creativity. This association was illustrated using the life and work of Ludwig Van Beethoven. Specifically, it was discussed how Beethoven was able to remain creative despite his many medical and psychological difficulties, and the implications of this connection on the psychiatric treatment of the creative individual.

\$10,000 Gift for the Stress & Anxiety Clinical Research Unit

Dr. Diana Koszycki's work was recently featured in a direct mail letter to **Royal Ottawa Foundation for Mental Health (ROFMH)** Donors. This work inspired an individual to make a personal donation to the **Stress and Anxiety Research Unit** of the IMHR. The ROFMH sends several direct mail appeals

to its donors each year but was pleasantly surprised to hear back from a gentleman who felt **Dr. Koszycki's** work deserved his support. His first donation to the Foundation in over 16 years resulted in a \$10,000 boost to the Unit's research programs. Congratulations **Dr. Koszycki!**

Recent Publications, Presentations, Workshops & Awards



Andrews, G. & Holmes, D. (2008). Rethinking Health in Therapeutic Geographies: Transgressions of Health in Gay Bathhouses. In A. Williams (Ed). Therapeutic Landscapes: Advances and Applications. 221-232. New York: Ashgate Publishing.

Boulay, L., Labelle, A., Bourget, D., Robertson, S., Habib, R., Tessier, P., Tombaugh, T., Ward, H., Milin, R. (2007). Dissociating Medication Effects from Learning and Practice Effects in a Neurocognitive Study of Schizophrenia: Olanzapine versus Haloperidol. *Cognitive Neuropsychiatry*, 12(4), 322-338.

Duffy, A., Alda, M., Milin, R., Grof, P. (2007). A Consecutive Series of Treated Affected Offspring of Bipolar Parents: Is Response Associated with Clinical Profile? *Canadian Journal of Psychiatry*, 52(6), 369-376.

Duffy, A., Alda, M., Crawford, L., Milin, R., Grof, P. (2007). The Early Manifestations of Bipolar Disorder: A Longitudinal Prospective Study of the Offspring of Bipolar Parents. *Bipolar Disorders*, 9, 828-838.

Holmes, D., Roy, B., & Perron, A. (2008). The Use of Postcolonialism in the Nursing Domain: Colonial Patronage, Conversion and Resistance. *Advances in Nursing Science*, 31 (1), 42-51.

Kingston, D.A, Firestone, P, Wexler, A, & Bradford, J.M. (2008). Factors Associated with Recidivism among Intra-familial Child Molesters. *Journal of Sexual Aggression* (in press).

Kingston, D., Fedoroff, P., Firestone, P., Curry, S., & Bradford, J.M. (2008). Pornography Use & Sexual Aggression: The Impact of Frequency and Type of Pornography Use on Recidivism Among Sexual Offenders. *Aggressive Behavior*, 34, 1-11.

Milin, R., Manion, I., Dare, G., Walker, S. (2008). Prospective Study of Cannabis Withdrawal in Adolescents with Cannabis Dependence: A Pilot Study. *Journal of the American Academy of Child and Adolescent Psychiatry*, 47(2), 174-179.

Murray, S., Holmes, D., Perron, A., & Rail, G. (2007). Toward an Ethics of Authentic Practice. *Journal of Evaluation in Clinical Practice – International Journal of Public Health Policy and Health Services Research*, 13 (5).

Ryan, C. A., Stiell, K. M., Gailey, G. F., & Makinen, J A. (In Press). A family centered approach to leisure education and community reintegration for individuals who have had a stroke and their spouses. *Therapeutic Recreation Journal*.

St-Pierre, I. & Holmes, D. (2008). Managing Nurses through Disciplinary Power: A Foucauldian Analysis of Workplace Violence. *Journal of Nursing Management*, 16, 352-359.



Holmes, D. (2008). The Use of Postcolonialism in the Nursing Domain: Colonial Patronage, Conversion and Resistance. The University of Sydney, Faculty of Nursing & Midwifery, Sydney, Australia.

Holmes, D. (2008). Nursing Best Practice Guidelines: Reflecting on the Obscene Rise of the Void. The University of Sydney, Faculty of Nursing & Midwifery, Sydney, Australia.

Koszycki D, Rothe C, Shlik J, Kennedy J, Bradwejn J. The influence of CCK-B receptor polymorphism and personality on panicogenic sensitivity to CCK-4 in healthy volunteers. *World Congress Psychiatric Genetics*, October 7-11, 2007.

Milin, R. Attention-Deficit/Hyperactivity Disorder in an Adult Substance Use Disorder Population: Assessment and Treatment. Symposium: Addiction Psychiatry I: Incorporating Management of Concurrent Psychiatric Disorders and Cultural Context into Substance Use Treatment. (2007). *Canadian Psychiatric Association*, 57th Annual Conference, Montreal Quebec.

Milin, R. Motivational Enhancement Therapy for Psychiatric Youth with Substance Use Disorders. (2007). *American Academy of Child and Adolescent Psychiatry*, 54th Annual Meeting, Boston, MA.

Milin, R., Dare, G., Skilling, T., Wekerle, C., Walker, S. (2007). Evaluating the First Contact-Revised Motivational Enhancement and Substance Abuse Intervention for Comorbid Youth: A Pilot Study. 2007 Joint Meeting on Adolescent Treatment Effectiveness (JMATE). Washington, DC.

Freeland, A & Wright, N. (2008). Transcultural Issues & Enhancing Treatment of Psychotic Illness Ontario Psychiatric Association 88th Annual Conference, Toronto, Ontario

Recent Publications, Presentations, Workshops & Awards



Dr. David Holmes has been awarded the [Dean's Excellence Award in Research](#), Teaching and Community Services, by the Faculty of Health Sciences, University of Ottawa for 2007-2008. The award will be presented to [Dr. Holmes](#) on March 28, 2008. As well, [Marilou Gagnon](#) (PhD Candidate) University of Ottawa, Canada under the supervision of [Dr. David Holmes](#) has been awarded a [CIHR Doctoral Award](#) worth \$66,000 (2006-2010).

[Dr. Nicola Wright](#) has been made a staff supervisor with the [Beck Institute of Cognitive Therapy and Research](#). She is employed by the [Beck Institute](#) to supervise Cognitive Therapy training for the Beck Institute extramural training program.

[Dr. Diana Koszycki](#) presented her research findings on mindfulness meditation for social anxiety at a symposium entitled "Alternative and Complementary Treatments for Mood and Anxiety". The symposium was held at the annual meeting of the Canadian Psychiatric Association in Montreal and was sponsored by the Canadian Network of Mood and Anxiety Treatment (CANMAT). Other speakers at the symposium were [Drs. Arun Ravindran](#) (U of Toronto), [Pierre Bleau](#) (McGill), [Diane McIntosh](#) (UBC) and [Kevin Kjernisted](#) (U Manitoba).

Finally, Social Worker, [Orry Benhanoh](#) has successfully completed clinical certification with the [American Association of Marriage and Family Therapists \(AAMFT\)](#). [Orry](#) began this endeavor four years ago. She has completed 200 hours of supervision, and over 1000 hours of clinical practice with couples and families. [Orry's](#) area of practice is with the [Substance Use and Concurrent Disorders Family Program](#). In addition to [Orry's](#) work with AAMFT, she has been instrumental in developing a treatment manual for SUCD Family Program. [Orry](#) completed her undergraduate degree in social work at [Tel Aviv University](#) in Israel. She completed her Master of Social Work degree at [Boston University](#). Current research interests include improving the services provided by the SUCD Family Program by looking more closely at families struggling with addiction. She has a research study in place, an evaluation of the Family Program. Data is being collected on several outcome measures of the Family Program. Future research interests include the development of an evaluation study focusing on the efficacy of relationship counseling for families and couples accessing marital and relationship counseling, as part of their addiction treatment, through the SUCD family program. Specifically, the study would evaluate the impact of marriage and family therapy on the couples' ability to cope with sobriety and concurrent disorders.

Grant Opportunities & Deadlines



National Institute of Mental Health Research (NIMH)

For a full list of NIMH Neuroscience Funding opportunities go to:
<http://neuroscienceblueprint.nih.gov/funding.html>.



The Provincial Centre of Excellence For Child and Youth Mental Health at CHEO

Evaluation Implementation Grants: Deadline for Full Applications: **June 1, 2008**

Expertise Mobilization Grant: Deadline for Full Applications: **July 2, 2008**



Young Minds in Psychiatry: International Awards Program

The APA/AstraZeneca Young Minds in Psychiatry International Awards Program is a commitment by the American Psychiatric Association (APA) and AstraZeneca to recognize and support promising international young psychiatrists within 5 years of completing a psychiatric residency. The Young Minds in Psychiatry Awards addresses this issue through incentives encouraging young physicians to select a career path in research. Visit <http://youngminds.astrazeneca.com> for details.

Comments & Suggestions

The University of Ottawa IMHR welcomes any suggestions on improving our newsletter and making it more informative. To submit suggestions or material to appear in future editions of [Breaking Through](#), please contact [Dr. Owen Kelly](#), Research Associate, at 613.722.6521, ext. 6727, or by email at okelly@rohcg.on.ca.