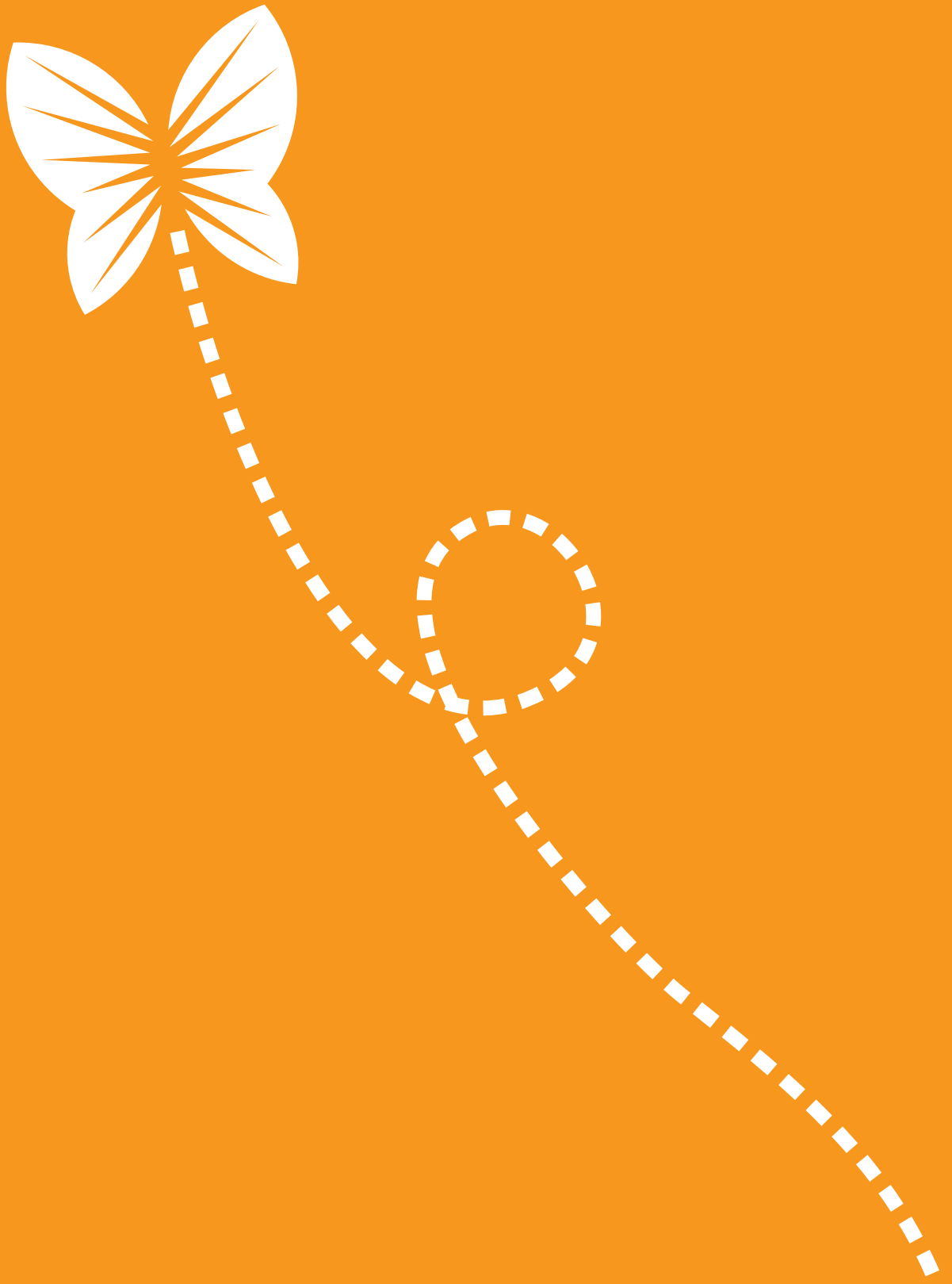




University of Ottawa Institute of Mental Health Research  
**Annual Report 2006**



University of Ottawa  
Institute of Mental  
Health Research



# Introduction



This has been a defining year for the University of Ottawa Institute of Mental Health Research (IMHR). In November 2006, the Royal Ottawa Mental Health Centre and IMHR moved into their new state-of-the-art facilities that will facilitate excellence in mental health care and research. The research tower boldly makes the statement that time has come for mental health to come out of the shadows and bring hope to those who have known too much despair. This focus on mental health is in keeping with the priority of the Canadian government, which launched the Mental Health Commission of Canada this year, with an office in our facility. This report highlights a small sample of the many activities that exemplify excellence in research at IMHR in 2006.



The IMHR has become, in its brief history, one of the leading mental health research institutions. Indeed, we are now the third largest mental health research institute in the country. This achievement is attributable to several measures of success and growth. Our researchers garnered over \$4.7 million in grants and contracts. Research at the IMHR is about the creation of new scientific knowledge, but it is also about translating and applying those discoveries into improved clinical care, locally and globally. Indeed, we have over 69 clinical and basic research projects under way. Our researchers served as teachers and mentors for over 25 graduate students and post-doctoral fellows. Their work resulted in over 88 peer-reviewed scientific papers in 2006 alone, featured in scores of newspaper, radio and television stories, bringing hope and inspiration for a better tomorrow. We applaud the scientists, clinical and research staff, students, post-doctoral fellows and volunteers for their dedication and outstanding work.

We should be proud of our achievements over the past five years. We look to the future with confidence, with our strategic plan in place to foster research “from the neuron to the neighborhood”. We look forward to creating a Brain Imaging Centre and a preclinical and translational research infrastructure. This facility will bring together researchers who can investigate all aspects of mental disorders, from the molecule to the cell, and from the patient’s bedside into the community. Our vision is a centre of excellence where the free exchange of ideas, knowledge and skills will open new frontiers in the understanding, treatment and prevention of mental illness – promoting research from the neuron to the neighborhood.

**Myrna Barwin**  
Chair, Board of Directors

**Dr. Zul Merali**  
President & Chief Executive Officer

# About the IMHR

**The University of Ottawa Institute of Mental Health Research (IMHR) was established in 1990 by the Royal Ottawa Health Care Group (ROHCG) and the University of Ottawa. In helping to fulfill the role of the ROHCG as a tertiary diagnostic, treatment, and education centre, the IMHR continually strives to promote, support, integrate, and disseminate basic and clinical research knowledge through collaborative efforts and networks. With the ROHCG, the IMHR is developing leading-edge multidisciplinary research programs with the ultimate goal of fostering innovative ways of treating mental illness.**





## MISSION

To create scientific knowledge to improve mental health and well-being locally and globally.

## VISION

To be a premier research institute with a national and international centre of excellence status that continuously improves mental health and well-being through leadership, collaborative discoveries and innovation in research, patient care and education.

## VALUES

Excellence, collaboration, integrity, respect, compassion, wellness and equity.

### The Year in Numbers

#### Research Staff:

<b>Researchers</b> .....	<b>33</b>
<b>Support Staff</b> .....	<b>62</b>
<b>Trainees</b> .....	<b>45</b>
<b>Volunteers</b> .....	<b>5</b>
<b>Peer Reviewed Publications</b> .....	<b>88</b>
<b>Research Grants and Contracts</b> .....	<b>69</b>
<b>Research Space</b> .....	<b>22,714 sq. ft.</b>

# Board of Directors



**Myrna Barwin (Chair).**

Consultant specializing in the management and operation of organizations. Co-Founder, President and COO of Zequra Technologies, an Adobe (formerly JetForm) spin-off company. Former Vice-President at JetForm who built and led the group that developed the Zequra product.



**Shirley Westeinde (Vice-Chair).**

Chair of the Westeinde Group of Companies specializing in development, property management, leasing and green building design and development.



**Roxanne L. Anderson.**

Partner with PricewaterhouseCoopers LLP, Ottawa.



**Dr. Caroline P. Andrew.**

Professor in the School of Political Studies and Director of the Centre on Governance at the University of Ottawa.



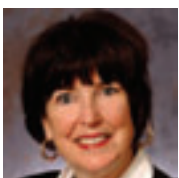
**Dr. Pierre Blier.**

Professor in the Departments of Psychiatry and of Cellular and Molecular Medicine at the University of Ottawa. Endowed Chair in Mood Disorders Research at the IMHR and Canada Research Chair in Psychopharmacology.



**Dr. Raj Bhatla.**

Associate Chief of the Royal Ottawa Health Care Group. Assistant Professor of Psychiatry at the University of Ottawa and Medical Director of the Ottawa-Carleton Assertive Community Treatment Team. Chair of the Institutional Ethics Committee of the hospital.



**Elizabeth (Lisa) Cogan.**

For 30 years, actively involved in both Ottawa community issues and in national issues as they have pertained to her board committees.



**Wendy L. Cohen.**

Director of Chartwell Communications Consultants Inc. Had a 25-year career with the federal government in international relations, communications, trade and economic policy and law.



**Scott M. Eaton.**

Corporate and securities lawyer. Has held senior management positions at SHL Systemhouse and NAV Canada. Chairman of the Board of Trustees of the Royal Ottawa Health Care Group.



**Murray J. Elston (Past Chair).**

President and CEO of the Canadian Nuclear Association. Member of the Ontario legislature from 1981 to 1994. Minister of Health. Chair of the Walkerton Clean Water Centre.



**Dr. Martine F. Flament.**

Director of the Youth Psychiatry Research Unit at the IMHR and Professor in the Department of Psychiatry at the University of Ottawa.



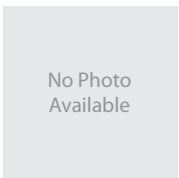
**Dr. Robert Haché.**

Vice Dean, Research, for the Faculty of Medicine at the University of Ottawa. Professor in the Department of Medicine and Biochemistry, Microbiology and Immunology within the Faculty. Senior Scientist, Ottawa Health Research Institute.



**Timothy J. Kluke.**

President and CEO of the Royal Ottawa Foundation for Mental Health.



**Patrick D. Lafferty.**

Retired partner of PricewaterhouseCoopers LLP. Member of the Executive Committee of the Friends of Canadian Institutes of Health Research.



**Dr. Zul Merali.**

President and CEO of the University of Ottawa Institute of Mental Health Research. Professor in the faculties of Medicine and Social Sciences at the University of Ottawa.

# Scientific Advisory Board

## **Dr. Hymie Anisman**

Professor in the Institute of Neurosciences at Carleton University. World-renowned neuroscientist and leading researcher on the causes of stress-induced illness. His research involves the exploration of the pharmacological and neurochemical basis for depression and anxiety for which he has received numerous international citations. His team is currently engaged in extending that research beyond looking for causes to looking for ways to counteract the changes brought on by stress. Dr. Anisman also holds a prestigious Canadian Research Chair in the Neurosciences.

## **Dr. Glen Baker**

Professor and Vice-Chair, Department of Psychiatry at the University of Alberta. Much of Dr. Baker's research has dealt with the metabolism and mechanisms of action of drugs used to treat psychiatric disorders, particularly depression, anxiety disorders and schizophrenia. He has also been involved extensively in the development of novel techniques for analysis of biogenic amines, amino acids, drugs and their metabolites. The research on antidepressants, amino acids and drug metabolism has resulted in the recent development of novel drugs which appear to be neuroprotective and have potential for treatment of stroke.

## **Dr. Mark Bisby**

Past Vice-President, Research for the Canadian Institutes of Health Research (CIHR). Dr. Bisby holds a D. Phil. from Oxford University and is a past-President of the Canadian Federation of Biological Societies and the Canadian Physiological Society. A professor, researcher and former Assistant Dean of Medical Sciences at the University of Calgary, Dr. Bisby was Head of the Department of Physiology at Queen's University before moving to MRC. He has published over 100 scientific articles in the area of neuroscience, most recently the inappropriate regenerative events that follow nerve injury which lead to chronic pain.

## **Dr. Mona Nemer**

Vice-President Research, at the University of Ottawa. Dr. Nemer earned her PhD in bio-organic chemistry from McGill University in 1982. In 1986, she joined the Université de Montréal as an assistant professor. She is presently Professor of Pharmacology at the Université de Montréal and adjunct professor of medicine at McGill University. She has also held teaching and research positions at the College de France and Columbia University, NY. Since 2002, she has served as Executive Director, Planning and Development, for the IRCM, an institute allied with the Université de Montréal and McGill. Previously she held the position of Director of Academic Affairs at IRCM. She has been a member of the IRCM management committee since 1997 and Director of the IRCM cardiac development research unit since 1992.



### **Dr. Anthony Phillips**

Professor, Department of Psychiatry at the University of British Columbia. Dr. Phillips is widely recognized as one of Canada's pre-eminent neuroscientists in the area of mental health and addictions research. A psychopharmacologist by training, Dr. Phillips holds an appointment in the Department of Psychiatry, Faculty of Medicine at the University of British Columbia. He is Chair of the Board of the CIHR Institute of Neuroscience, Mental Health and Addictions. In addition to a lifelong interest in brain research, Dr. Phillips has had a longstanding association with the development of biotechnology in Canada.

### **Dr. Rémi Quirion**

Director of INMHA at CIHR. Professor and Scientific Director at the Douglas Hospital Research Centre (a McGill affiliated teaching hospital) in Montréal, Québec. Dr. Quirion has received the First Annual Award of National Mental Health Champion (Research) in addition to the titles of the Royal Society of Canada Fellow and the Chevalier de l'Ordre national du Québec. Under his leadership, the Douglas Hospital Research Centre has become a premier research facility in Canada in the fields of neurosciences and mental health. Dr. Quirion has promoted the development of clinical research in Neurology and Psychiatry as well as social and evaluation aspects of research in mental health and addiction.



## First Friday Lectures

**February 3, 2006**

### **Improving Knowledge Translation: The Complexity of Professional Behaviour Change**

Speaker: Dr. Jeremy Grimshaw, MBChB, PhD, FRCGP  
Director, Clinical Epidemiology Program, Ottawa Health Research Institute  
Director, Centre for Best Practice, Institute of Population Health, University of Ottawa

**March 3, 2006**

### **Evidence for a Role of the Pro-Inflammatory Cytokines in Depression and Parkinson's Disease**

Speaker: Shawn Hayley, PhD  
Canada Research Chair (Tier II): Neuroscience, Department of Psychology, Carleton University

**June 2, 2006**

### **Glutamatergic Treatments in Schizophrenia**

Speaker: Dr. Donald C. Goff, M.D.  
Director, Schizophrenia Clinical and Research Program, Massachusetts General Hospital  
and Associate Professor of Psychiatry, Harvard Medical School.

**December 1, 2006**

### **Yoga Breathing for Stress, Anxiety, Depression and PTSD**

Speaker: Dr. Richard P. Brown, M.D.  
Associate Professor in Clinical Psychiatry, Columbia University College of Physicians and Surgeons, NY.

## Public Lectures

**April 7, 2006**

### **The Brain Pacemaker – New Technology in the Treatment of Depression**

Speaker: Dr. Andres M. Lozano  
Head, Division of Applied & Interventional Research, Toronto Western Research Institute,  
Canada Research Chair in Neuroscience, University of Toronto.

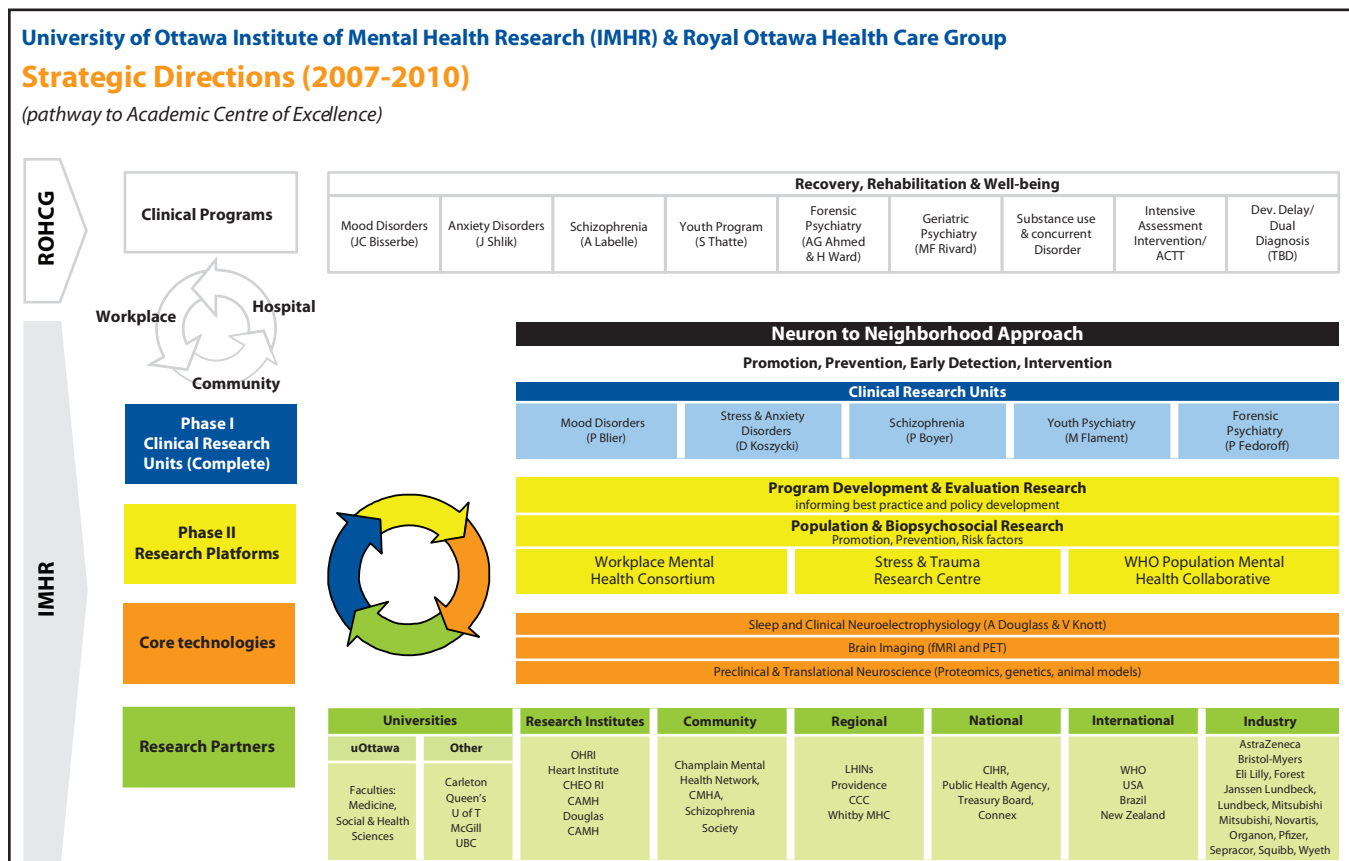
Speaker: Dr. Helen S. Mayberg  
Professor, Psychiatry and Neurology, Emory University School of Medicine, Atlanta, Georgia.

# New Strategic Directions



The University of Ottawa Institute of Mental Health Research (IMHR) has experienced unprecedented growth in the past four years. The first phase of transitioning from a virtual entity to a fully functional research institute was designed to build research capacity into some of the existing areas of clinical strength at the Royal Ottawa Health Care Group (ROHCG). This led to the creation of five illness- or population-based clinical research units in the areas of: 1) Mood disorders, 2) Anxiety disorders, 3) Schizophrenia, 4) Youth and 5) Forensic psychiatry. We ended 2006 by transitioning from the old buildings to the state-of-the-art research tower of the new campus. We are now poised to bring IMHR to the next level.

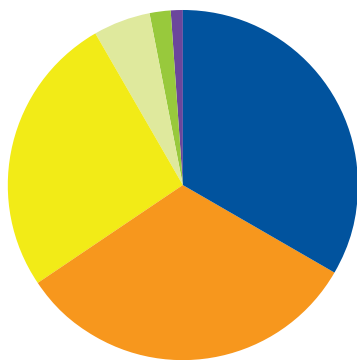
A shared goal of the University of Ottawa, the IMHR and the ROHCG is to create an Academic Centre of Excellence in the area of Mental Health. This requires targeted growth in cutting-edge research. The second phase of our growth plan proposes a holistic research framework spanning from “Neuron to Neighborhood”. These strategic directions (see figure below) call for the establishment of several research platforms (depicted in yellow) and core technologies (depicted in orange) that will support not only research at the IMHR and ROHCG, but will also enhance regional and national capacity supporting the needs of our stakeholders (depicted in green). The implementation of the strategic directions will help fulfill IMHR’s future mission of creating new knowledge to improve mental health and well-being locally and globally. Moreover, although each platform will certainly yield specific benefits, the confluence of these platforms will ultimately facilitate the Institute’s vision of being a premier research institute with a national and international centre of excellence status that continuously improves mental health and well-being through leadership, collaborative discoveries and innovation in patient care, education and research.



# Funding

## Sources

- AstraZeneca
- Canada Research Chairs
- Canadian Foundation for Innovation
- Canadian Institutes of Health Research
- Canadian Psychiatric Research Foundation
- Change Foundation
- CHEO-Provincial Centre of Excellence for Child and Youth Embassy of France
- Heart & Stroke Foundation of Canada
- Janssen-Ortho
- Lundbeck Canada
- NARSAD - The Mental Health Research Association
- Natural Sciences & Engineering Research Council
- Novartis
- Ontario Mental Health Foundation
- Ontario Ministry of Research & Innovation
- Ontario Research Fund
- Organon Laboratories Ltd.
- Royal Ottawa Foundation for Mental Health
- Sepracor Pharmaceuticals
- University Medical Research Fund
- Wyeth Pharma



### Revenue Distribution (\$5.3 million)

- 33% Royal Ottawa Health Care Group
- 32% Grants/contracts/salary awards (direct)
- 26% Grants/contracts/salary awards (partnered)
- 5% University of Ottawa
- 2% Investment Income
- 1% Royal Ottawa Foundation for Mental Health



## Research Participant

“ In early 2005 I volunteered to participate in a research study at the Royal Ottawa Hospital (ROH) with the hope of finding a successful treatment for the major depression I had been suffering from since 2000 ... Fortunately I was able to participate in Dr. Blier's depression treatment research project at the ROH ... Ultimately, with Dr. Blier's wealth of knowledge in advanced treatments for mental illness, he was able to prescribe for me a combination of medications that finally put my depression into remission. And today, as my recovery continues, I have regained control over my life and now enjoy a renewed optimism for the future ... My family and I are grateful for the treatment that I received at the ROH from Dr. Blier and his associates.”

— Name withheld to protect individual's privacy

## Honorary Patron

“ I am honoured to accept the Institute's request that I become Honorary Patron. I have taken the destigmatization of mental illness as one of the themes of my mandate as Lieutenant Governor, and I see the patronage of an institution such as this as one of the ways in which I can lend the weight of my office to the effort to advance greater public understanding of mental illness. All people who have depression suffer, whether prominent or not, I am one of the prominent ones, and as Ontario's Lieutenant Governor, I have dedicated myself to raising public awareness of the need to fight stigma.”

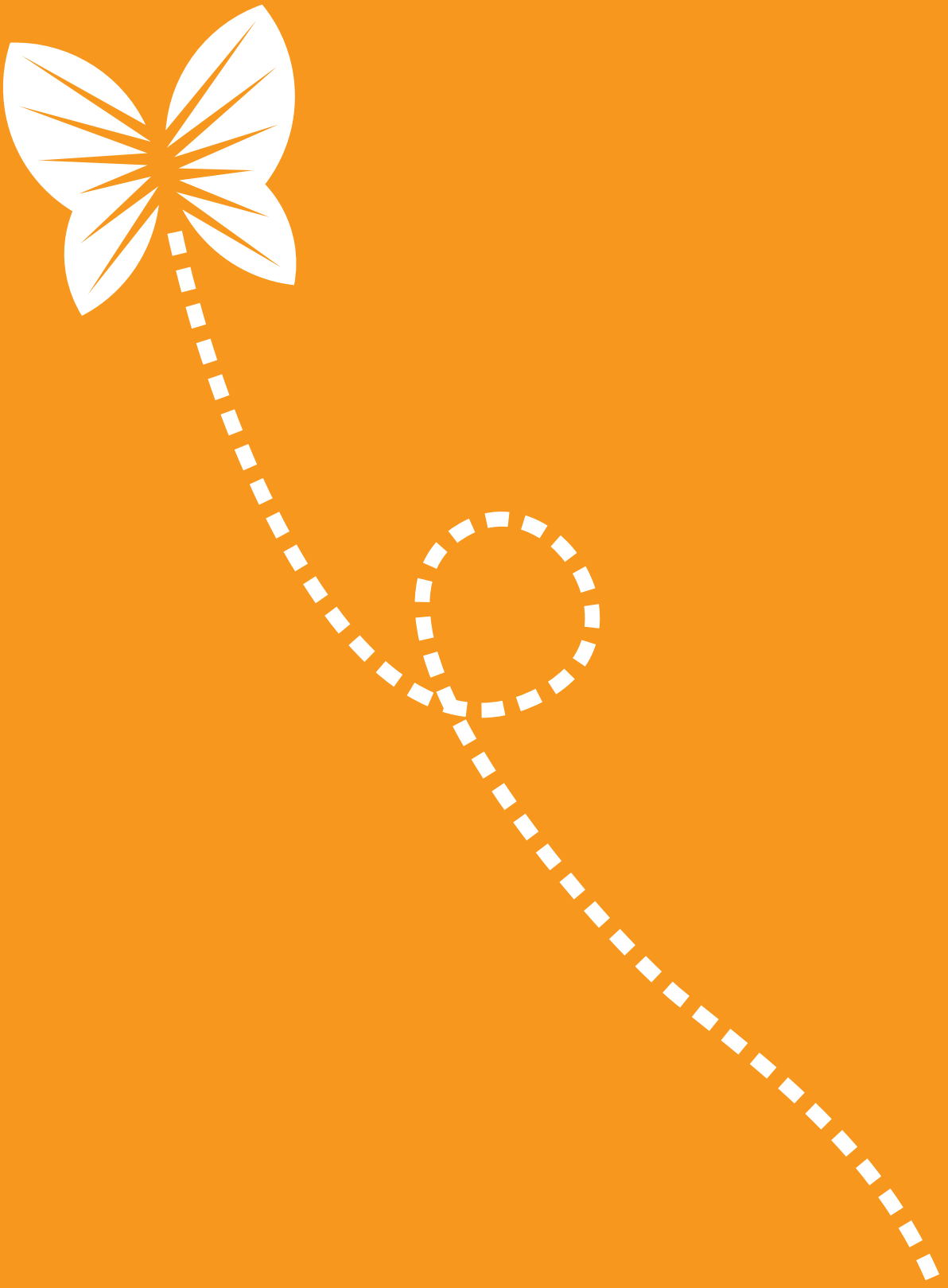
— The Honourable James K. Bartleman  
Lieutenant Governor of Ontario

## Graduate Student

“ I have worked at the IMHR both as an undergraduate student and as summer research assistant. During my time here, I have learned new skills in data handling and analysis, and have been introduced to new and interesting topics of research. My co-workers and supervisors have been friendly and eager to help a younger student. My time here has encouraged me to further my academic career and shown me the excitement to be found in doing real hands-on research.”

— Benjamin Elgie, Summer Research Assistant, Sleep Research  
(Supervisor: Dr. Alan Douglass), July 2007







University of Ottawa  
**Institute of Mental  
Health Research**

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