



YEAR IN REVIEW 2012–2013

PRESIDENT'S MESSAGE



*Dr. Suzane Renaud
President 2012-2013*

for our patients and for our profession while maintaining a strong and united voice.

Knowing that health care reform is underway, we need to be an integral contributor to the public policy discussion on the future of mental health care and the role of psychiatry in adopting strong, evidence-based advocacy positions in the media and on Parliament Hill. In certain instances this will require leadership from the CPA standing on its own, and in others it will be important to stand in strategic partnership.

In the latter case, it will be essential to nurture our longstanding collaborative partnerships with the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) as well as strengthening our relationships with the Canadian Medical Association, the Royal College, the Mental Health Commission of Canada (MHCC) and others.

The provincial psychiatric associations are also key partners given that health care is administered by the provinces and territories, most of which have mental health strategies. This past year, it has been my pleasure as President to bring a message of collaboration to our provincial colleagues. Many provincial presidents attended a special CPA-sponsored session on mental health advocacy with MHCC Chair, Dr. David Goldbloom, offered at this year's annual conference.

As a national organization CPA continues to focus on federal populations and legislation. We consider and respond to those new laws that will affect how we treat our patients. We also offer expertise in working with Corrections Services Canada, judges and the police to improve the interaction between those with mental illness and the justice system.

We have strengthened our ties with the Canadian Armed Forces, Veteran's Affairs and community organizations with the newly created CPA military and veteran's section which will provide a wealth of expertise for future collaborations. At the annual conference I hosted a meeting of the CPA native mental health section. Those attending selected Dr. Doug Marr as their new Chair and agreed to rebuild this formerly very active section.

Under the related themes of access and quality, mental health wait times, best practices in shared care, continued professional development and the translation of best practices from the academic to the clinical setting continue to be of strategic importance to the CPA.

What does the future hold? The arrival of the CPA's new CEO, Glenn Brimacombe has energized the CPA as we seek to identify a manageable number of public policy priorities in mental health and mental illness care where we can have maximum impact. Our goal is to be viewed as a "go to" organization that can provide the federal government, the public and the media with reliable and evidence-based positions—particularly as it relates to those populations for which the federal government is responsible (Aboriginal peoples, RCMP, public service, military, correctional facilities).

Although my presidency has come to an end, my commitment to CPA has not. I look forward to continuing to work with my predecessor and valued mentor, Dr. Fiona McGregor, as well as Dr. Michael Teehan, our current president, and our President-Elect, Dr. Padraic Carr. As you can see from the above, we have our work cut out for us.

CPA supports mosaic of psychiatric interests. As a national association, it is essential that we engage members on an ongoing basis so they feel represented and connected. We employ a team-based leadership approach to respond with a common voice to the nation's strategic challenges related to mental health.

As President over the past year, I have come to appreciate this diversity, reflected in the CPA's large, dedicated pool of volunteers. From our Board, Committees and Sections to our provincial affiliates and Academy colleagues—the expertise of our members is our Association's greatest strength. Throughout the year they have shared their knowledge and wisdom to help the CPA inform the media, the public, politicians and other mental health and health organizations on issues ranging from the *Not Criminally Responsible Reform Act* and military mental health to stigma-discrimination and the DSM.

That said, there is important work ahead for the CPA; we must clearly define for others what psychiatrists contribute to the medical profession, the health care system and Canadian society; we must continue to build knowledge, respect, and esteem

MESSAGE FROM THE CHAIRMAN OF THE BOARD



*Dr. Donald Addington
Chairman of the Board, 2009-2015*

As Chairman of the CPA Board, I am pleased to present the Association's 2012-2013 Year-in-Review.

It has been a year of changes and challenges.

After 25 years of dedicated service to the Canadian Psychiatric Association, our Executive Director, Alex Saunders, retired last January. This summer we welcomed Glenn Brimacombe as our new CEO. His strong background in health, as well as health policy and economics, will be an advantage to the Association as it

improves supports for psychiatrists in their practices and advocates for better access to evidence-based mental health treatments and services for our patients.

Dr. Scott Patten was named Editor-in-Chief Designate of *The Canadian Journal of Psychiatry* this fall, a responsibility he is gradually taking over from Dr. Joel Paris over a twelve month period. Dr. Patten is a well respected epidemiologist with a particular interest in mood disorders and we are fortunate to have him at the helm of our flagship publication.

After six years as Chairman of the CPA Council of Provinces during which he authored CPA's position paper on human resources, Dr. Kent Sargeant comes to the end of his mandate. We thank him for his dedication and welcome his replacement Dr. Deborah Elliott.

This year also brought important governance changes. The rules guiding CPA committees were changed to allow committees to recruit those members most relevant to fulfilling their mandates. For example, Research Committee members are now drawn from the research departments of each university. The wide spectrum of expertise on this Committee is helping CPA to respond

more nimbly to requests for mental health collaborations, consultations on government legislation and media commentary (an important part of public education).

CPA has remained very active on the advocacy front, with the hottest advocacy file being the *Not Criminally Responsible Reform Act*. Our work on this Bill showcases how close ties between the CPA and the academies—in this case the Canadian Academy of Psychiatry and the Law—enable your Association to respond more effectively to issues of common concern.

Our cadre of devoted volunteers continue to provide thoughtful guidance to the profession. During her presidency Dr. Suzane Renaud has done a tremendous job, always making herself available to the media, politicians, partners and colleagues. As Dr. Renaud noted in her President's address last September, the CPA's large pool of volunteers is its greatest strength.

I am confident that the changes and activity of this past year leaves the CPA well positioned to face the challenges of the coming year.

OUR MEMBERS ARE OUR STRENGTH!

Through membership in the Canadian Psychiatric Association, you actively strengthen the national voice of psychiatry on mental health and healthcare policy.

Membership also gives you access to a number of benefits that support you in your practice:

- complimentary publications to keep you updated on psychiatric issues
- a wide range of accredited continuing education opportunities
- an extensive professional network of culturally diverse psychiatrists across Canada

Did you know, it's easier than ever to renew your membership?

Simply go online at: www.cpa-apc.org or contact us at membership@cpa-apc.org

Thank you for your continued support!



ADVOCACY

Advocacy has continued to be a focus for your association, both alone and in collaboration. And that effort is bearing fruit as CPA is asked to testify before government committees on studies and legislation and is increasingly approached to collaborate on mental health initiatives.

Hot Files

Military Mental Health

The mental health of military members, veterans and their families are a major federal responsibility and have been an important file for Dr. Suzane Renaud during her presidency. During the 2012 annual conference, she and Dr. Fiona McGregor, CPA President (2011-2012), held a first meeting with the Surgeon General of the Canadian Forces (CF) and Colonel Rakesh Jetly, senior mental health advisor to the Surgeon

General to discuss how to reinforce the working relationship between the CF and CPA, including the formation of a CPA military and veteran's section. CPA announced the formation of the section at its Annual Conference this year.

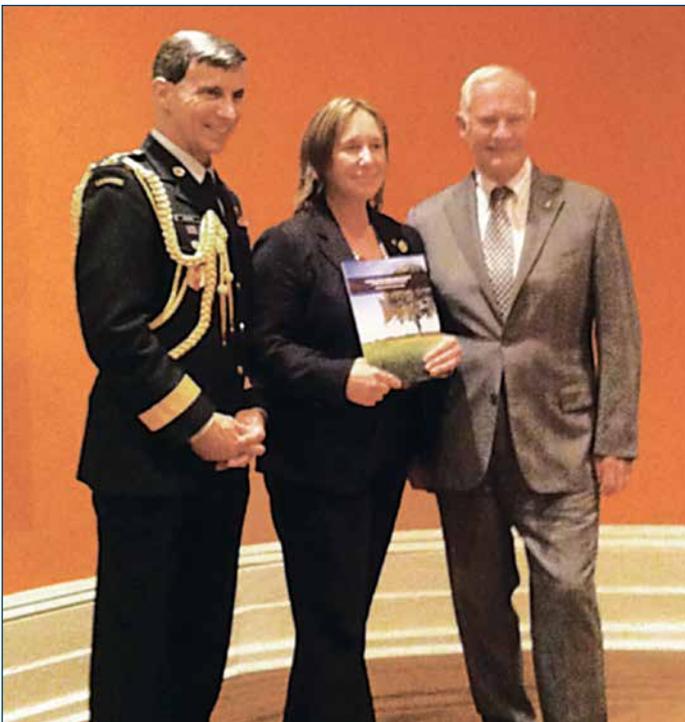
To expand CPA's understanding of military mental health issues, Dr. Renaud and Dr. McGregor, paid a visit to the Operational Stress Injury clinic at CFB Petawawa in November. Dr. Renaud also attended *Military Families Matter* in late March. This leadership and networking opportunity was a joint CF and Vanier Institute for the Family venture where participants learned about the community and DND outreach services and networks available to military families.

In early October 2013 the Surgeon General's military mental health strategy was welcomed publicly by the CPA. Over the next five years the strategy will

CPA Advocacy Principles...

The CPA is committed to a mental health system that:

- Is driven by population based plans with clear performance measures
- Has measurable targets for timely access to patient-centred, evidence based practices
- Has a transparent funding process and receives an equitable share of health care funding



Dr. Suzane Renaud, CPA President, holds the newly released Surgeon General's mental health strategy. From L to R: Surgeon General Brigadier-General Jean-Robert Bernier (left), Dr. Suzane Renaud and His Excellency the Right Honourable David Johnston, Governor General of Canada



CPA President Dr. Suzane Renaud and Past-President Dr. Fiona McGregor paid a visit to the Operational Stress Injury (OSI) clinic at Canadian Forces Base Petawawa. Conservative MP Cheryl Gallant joined for part of the day. (From L to R: MP Cheryl Gallant, Dr. Suzane Renaud, Dr. Fiona McGregor, Elspeth McGregor and Kelly Masotti, CPA Public Affairs Manager.)

bring the CF's mental health initiatives under an integrated framework that includes prevention, clear priorities and timelines, an evidence-based approach to assessment and treatment, performance-based evaluations and a focus on research. [Read the CPA media release.](#)

Mental Health and Corrections

Mental health and its interplay with the justice system is an ongoing strategic concern for the CPA.

Throughout the year, the CPA issued media releases to reinforce the mental health concerns expressed by the Correctional Investigator (CI) in his annual reports. In October 2012, he highlighted issues of access to mental health services in prisons. CPA issued [a joint media release](#) with the Canadian Psychological Association where the new CPA President, Dr. Suzane Renaud, called on Correctional Services Canada (CSC) to develop comprehensive mental health needs assessments and treatment plans to respond effectively to the mental health needs of offenders. In addition, Dr. Stanley Yaren and Dr. Barinder Singh, members of the CPA Advocacy Committee, penned a [Hill Times editorial](#), noting the need for action on self-injury and segregation among inmates with mental illness in prisons.

In October 2013 the CPA once again supported the CI, issuing a [media release](#) calling for CSC to transform its approach to managing chronic and complex self-injury cases among federally sentenced women.

The Not Criminally Responsible Reform Act (initially Bill C-54 and now reinstated as Bill C-14) was another hot justice file for CPA. The Bill would amend the law governing those found not criminally responsible (NCR). Dr. Renaud issued a [response to a Globe and Mail editorial](#) to dispel misinformation among the public about the recidivism rate among NCR accused, Review Boards and the process to ensure public safety. CPA then

published an [information statement](#) outlining the unintended consequences of the Bill. A [written brief](#) asking for specific amendments was also authored by Dr. Sandy Simpson and submitted to the federal government.

Government Submissions

The Not Criminally Responsible Reform Act

Dr. Paul Fedoroff, CPA Board Member and President of the Canadian Academy of Psychiatry and the Law, testified on the *NCR Reform Act* on behalf of CPA. In [his testimony](#) to the House of Commons' Justice and Human Rights Committee Dr. Fedoroff explained that the creation of a "high-risk accused" NCR category will increase the burden on the criminal justice system. He noted that the increased restrictions on community passes will decrease public safety by making it harder to transition those found NCR safely back into the community since passes, which begin as escorted and lead to unescorted, assist in assessing true risk. In addition, the legislation risks stigmatizing people who have mental health problems.

Off-label Prescribing

Dr. Jitender Sareen, Chair of the CPA Research Committee, gave [testimony on off-label prescribing in psychiatry](#) at the Standing Senate Committee on Social Affairs, Science and Technology. He noted that the off-label use of medication is an essential tool in treating people suffering from severe and disabling mental disorders. He cautioned that governments cannot rely on pharmaceutical companies to conduct research on the long-term safety and efficacy of medications and they must invest in education and research into the causes and appropriate treatments of mental disorders.

PTSD and the Military

Dr. Don Richardson appeared before the House of Commons Standing Committee on National Defence on behalf of CPA on PTSD in the military. In

[his testimony](#) he asked for more periodic screening for PTSD and common comorbid conditions, education for family physicians who treat soldiers who have been released, more education for military members, veterans and clinicians, additional treatment outcome research and increased family supports.

Federal Pre-Budget Submission

In August CPA prepared a [pre-budget submission](#) to the federal government asking for specific action in workplace mental health, mental health research and First Nations mental health.

Collaboratives

The CPA is working in collaboration with organizations such as the Canadian Alliance on Mental Illness and Mental Health (CAMIMH), the Health Action Lobby (HEAL), the Mental Health Commission of Canada (MHCC) and others to advance the mental health agenda on several fronts.

Suicide

Along with many other mental health organizations, CPA supported *Bill C-300*. The Bill, introduced by Conservative MP Harold Albrecht, called on the government to establish a federal framework for suicide prevention. The Bill has since been enacted into legislation and now the Public Health Agency of Canada is consulting with stakeholders nationwide, including the CPA, on what that framework should include. CPA Research Committee member, Dr. Simon Hatcher, is the Association's representative on this file.

CPA is also part of a *National Collaborative on Suicide Prevention* along with the Mental Health Commission, the Canadian Association for Suicide Prevention and many others. The Collaborative is tasked with building suicide-prevention capacity, promoting knowledge exchange and informing public policy development on suicide prevention. Dr. Jitender Sareen sits on the Collaborative on CPA's behalf.

Stigma

On the issue of stigma, Dr. Layla Dabby of the CPA Stigma-Discrimination Committee, worked with the Mental Health Commission of Canada to further CPA's efforts on stigma. She conducted a survey of CPA members and residents this June. This survey asked questions to evoke explicit and implicit attitudes towards people with mental illness. The results of this work, which she presented at the CPA Annual Conference, will be used to update the CPA's Stigma-Discrimination Committee workplan. CPA also continues to reduce stigma through Mental Illness Awareness Week (MIAW). Founded by CPA, MIAW is now administered through the Canadian Alliance on Mental Illness and Mental Health.

e-Therapy Framework Steering Committee

Dr. Robert Campbell is the CPA representative on the e-Therapy Framework Steering Committee. This Committee,

formed by the Mental Health Commission of Canada (MHCC), is intended to provide advice, opinion, feedback and expertise from a range of perspectives for the development of an e-Therapy Framework for Canada. E-therapy is most simply defined as computer administered therapy for mental health problems.

The Not Criminally Responsible Reform Act

Collaboration has helped psychiatry amplify its voice on the *Not Criminally Responsible Reform Act*. CPA is part of a coalition made up of 12 mental health organizations. This Coalition organized a joint press conference on May 7 where Dr. Fedoroff provided his expertise as the CPA spokesperson. The Coalition also spoke out on November 26 when the Bill was reinstated in the Senate. On this occasion Dr. Fedoroff provided his expertise to respond to media on behalf of psychiatry. He was interviewed on CTV News' Power Play with Don Martin and his editorial was published in The Hill Times, a weekly newspaper

widely read by politicians and decision makers.

Meetings with Parliamentarians

CPA leadership has had numerous one-on-one meetings with government officials and Parliamentarians from all parties, principally about, but not limited to, the *NCR Reform Act* and suicide prevention.

Some of the highlights include meetings with Conservative MP Harold Albrecht; Dr. Carolyn Bennett, the Liberal Health Critic; Dr. Colin Carrie, Parliamentary Secretary to the Minister of Health; Françoise Boivin, the NDP Justice Critic; Robert Goguen, the Parliamentary Secretary to the Minister of Justice; Irwin Cotler Liberal Advocate for Rights and Freedoms and former Minister of Justice, Peter MacKay under his former portfolio as Minister of National Defence, and most recently, Senator Kelvin Ogilvie, Chair of the Senate Standing Committee on Social Affairs, Science and Technology.

Nominate your deserving colleagues for

CPA AWARDS

Nominees must be CPA members to be eligible for the following three awards:

J.M. Cleghorn Award for excellence in clinical psychiatric research and leadership in Canada.

Paul Patterson Award recognizing psychiatric educators who make significant and innovative contributions to psychiatric education.

C.A. Roberts Award recognizing psychiatrist clinicians who have made significant contributions to the improvement of patient care.

CPA COLLABORATIVE AWARDS

Alex Leighton Joint CPA-CAPE Award This award recognizes an individual or group that has made a significant contribution to the advancement and diffusion of Canadian psychiatric epidemiology through innovative studies, methods, teaching or transfer of knowledge. The contribution can be related to lifelong activities or to a recent significant achievement by more junior scientists.

Joint CPA-COPCE Awards These awards recognize individuals or groups for excellence in the planning, delivery and evaluation of a continuing education (CE) activity in psychiatry in Canada. Two awards are presented annually, one for CE planners who work in a community or rural setting and one for CE planners affiliated with a medical school. Eligible activities must have been completed within the previous two years.

MORE INFORMATION

For further information, see "Awards/Grants" at www.cpa-apc.org, call 613-234-2815 or 1-800-267-1555, or email awards@cpa-apc.org.

NOMINATION DEADLINE:
February 1, 2014



CONTINUING PROFESSIONAL DEVELOPMENT

Annual Conference

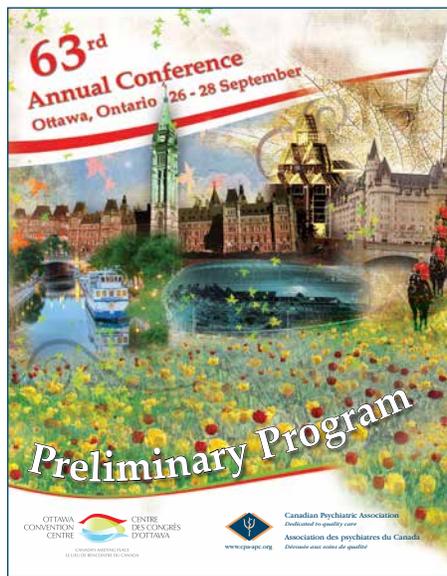
2013 marked the Annual Conference's first return to Ottawa in almost 20 years. This conference, the largest psychiatry CPD event in Canada, assembled over 500 experts to deliver 118 sessions to more than 1000 delegates who gave the newly opened Ottawa Convention Centre rave reviews.

This year's excellent programming was augmented by the launch of a new Professional Track in support of the CanMEDS professional role as well as a CPA-sponsored Lunch and Learn symposium that delivered a primer on the newly released DSM-5. This event attracted record attendance and bears repeating. Stay tuned for more DSM-5 sessions in 2014.

The screening of the documentary, *Not Criminally Responsible*, was also a standing room only event. Sponsored by the CPA Stigma-Discrimination Committee, the screening was followed by a panel with the Director John Kastner, the victim, Julie Bouvier, and her parents, as well as Past CPA President and forensic psychiatrist, Dr. Stan Yaren.

CPA CPD Institute

The Association's CPA CPD Institute programs complement the conference,



bringing educational offerings to numerous provinces throughout the year.

Overall attendance at 2013 CPA CPD Institute programs, including *Perspectives in Mental Health Care*, which is aimed at both psychiatrists and family physicians, is on track in comparison to 2012 figures.

The fall series for psychiatrists, *Innovations in Psychiatric Care: From Neuron to Clinical Practice* brought high quality CPD to Vancouver, Montreal and Toronto. The series included talks on the neurobiology of mindfulness, circadian rhythms in bipolar disorder and dementia treatment.

In addition to the *Innovations* and *Perspectives* programs, CPD Institute programs were offered in conjunction with the annual meetings of the Alberta, Manitoba, Saskatchewan and Newfoundland Psychiatric Associations plus four presentations at the CPA Annual Conference this September.

International CPD Conference

The ICPD conference took place on board the *Celebrity Silhouette* from February 24 to March 3, 2013 with ports of call throughout the Western Caribbean. Drs. Ashok Malla, Tatyana Barankin, Paul Fedoroff and Mark Lau led a variety of sessions, including ones focusing on mindfulness-based cognitive therapy, paraphilias, ageing and resilience, physician mental health, as well as the effects of culture, immigration and stress on psychosis. ICPD 2014 will cruise the Tahitian Islands.

Other CPD News

Eight programs were codeveloped by the CPA. Six will be implemented nationwide, and two others were offered during the annual conference. As well, the CPA has reviewed and approved three knowledge assessments (Section 3 activities).



A capacity crowd of delegates listen attentively to the CPA-sponsored Lunch and Learn DSM-5 symposium with panelists Dr. Darrel Regier, Vice-Chair of the DSM-5 Task Force, Dr. Joel Paris, Editor-in-Chief of *The CJP*, Dr. Scott Patten, Editor-in-Chief Designate of *The CJP*, and moderator Dr. David Goldbloom, Senior Medical Advisor at CAMH



An animated dialogue with panelists followed the screening of the documentary *Not Criminally Responsible*. L to R: John Kastner, Director, Dr. Stan Yaren, past CPA President and forensic psychiatrist, Noella Bouvier, mother to Julie Bouvier, and the victim featured in the film, Julie Bouvier and Andy Bouvier, her father.



Professional Guidelines

Intimate partner violence (IPV) is an underrecognized problem with an enormous impact on the physical and mental health and well-being of women, men and children. In June, the CPA published a [position paper on IPV](#), authored by Drs. Donna Stewart, Harriet MacMillan and Nadine Wathen.

The paper discusses the epidemiology of IPV including prevalence, risk factors, special populations, associated impairment in health (with a focus on mental health), exposure to IPV among children, identification, assessment, documentation, management, treatment, prognosis, prevention, education and research. The paper also provides recommendations for best practice in treating IPV (victims and perpetrators), highlighting key findings from the highest-quality evidence available internationally, with a special focus on Canadian data.

Subspecialties

This fall the first wave of Canadian psychiatrists who subspecialize in child and adolescent, geriatric, and forensic

psychiatry sat for the inaugural RCPSC Practice Eligibility Route exams to obtain psychiatric subspecialty certification.

The CPA continues to support the efforts of the child, geriatric and forensic academies to obtain funding and to fill the residency positions in these subspecialties.

Education

The Practice Eligibility Route to Psychiatry

In 2010 the Royal College of Physicians and Surgeons of Canada (RCPSC) approved a Practice Eligibility Route (PER) process for internationally trained physicians who are practising as competent specialists in Canada without RCPSC certification. The RCPSC Specialty Committee in Psychiatry was one of nine specialty committees tasked with developing a scope of practice document and assessment tools with the intent to pilot this route in one specialty.

Dr. Paul Dagg, Chair of the RCPSC Specialty Committee in Psychiatry,

obtained feedback and input from the CPA Education Committee for this initial phase. A separate committee has now been formed to write the exam questions for the PER-B route to certification in psychiatry.

RCPSC Mental Health Core Competencies Project

The CPA is collaborating with the Mental Health Commission of Canada, the Royal College of Physicians and Surgeons of Canada, the College of Family Physicians of Canada and the Canadian Medical Association to identify the mental health core competencies for all Canadian physicians including specialists and family physicians. CPA Board Chair, Dr. Donald Addington, represents the CPA on this initiative.

It is anticipated that a joint document that proposes goals, principles and core competencies for family physicians and specialists based on the CanMEDS framework will be released in the coming year. CPA hopes to further this initiative by working with other groups to develop enabling competencies specific to individual specialty groups.

CPA Junior Investigator Colloquium

To address the decreasing numbers of psychiatrists opting to become clinician-scientists, the CPA will fund a CPA Junior Investigator Colloquium. Plans are to launch the program during the 2014 Annual Conference under the auspices of the CPA Research Committee. Through a competitive application process this program will bring 18 resident researchers from across Canada together with six of the country's top psychiatric researchers for a full day of learning and networking.

AWARDS



Award winners pictured with CPA President, Dr. Suzane Renaud. (Back row, from L to R): Dr. Kiran Rabheru, Ms. Joanna Bhaskaran, Dr. Catherine Lynn Shea, Dr. Tim Lau (Royal College Mentor of the Year, 2013), and Dr. Lakshmi Yatham. (Front row, from L to R): Dr. Priyanthy Weerasekera, Dr. Suzane Renaud (CPA President) and Dr. Clairéline Ouellet-Plamondon (Scotiabank Grant for Research in Children's Mental Health, Foundation of the CPA).



Madame Lorraine Palardy (left) accepts the President's Commendation awarded to Les Impatients by Dr. Suzane Renaud (right).

The following psychiatrists, residents and individuals were honoured during the CPA Annual Conference for their exemplary contributions to psychiatry and mental health as well as to the conference's scientific program.

CPA Awards

Dr. Ronald Remick received the C.A. Roberts Award for Clinical Leadership for his work as co-founder of the Urgent Psychiatric Assessment Program for the Mood Disorders Association of British Columbia. This innovative program offers follow-up care for all assessed patients using group medical visits where six patients share hour-long follow-up medical appointments that include 10 minutes each for individual exchange.

Dr. Lakshmi Yatham was recognized with the J.M. Cleghorn Award for Excellence and Leadership in Clinical Research for his outstanding contributions to bipolar disorders research and his leadership in advancing bipolar research and education in Canada and internationally. His brain imaging research has significantly advanced our understanding of the

neurobiological aspects of bipolar disorder and the role of dopamine in bipolar disorder as well as what role the brain's 5-HT₂ receptors play in activating antidepressant treatments.

Dr. Priyanthy Weerasekera received the Paul Patterson Innovation in Education Leadership Award in recognition of the latest evolution of her innovative work, a web based psychotherapy program called the Psychotherapy Training e-Resources program, otherwise known as PTeR. PTeR contains e-modules for 10 different psychotherapies and employs a combination of PowerPoint presentations, references, 70 clinical vignettes to demonstrate specific techniques, and a "virtual therapist" which uses interactive patient simulations to assess clinical competence.

Les Impatients, a Montreal-based community organization that helps people with mental illness through artistic expression was recognized with a President's Commendation for its active role in fostering and developing the creative skills of patients, connecting them to the broader community, building on their strengths and breaking down the barriers of stigma.

CPA Annual Conference Scientific Awards

Dr. Kiran Rabheru

R.O. Jones Award for Best Paper at the 2013 CPA Annual Conference, first place

Joanna Bhaskaran

R.O. Jones Award for Best Paper at the 2013 CPA Annual Conference, second place

Dr. Julia Kirkham

R.O. Jones Award for Best Paper at the 2013 CPA Annual Conference, third place

Dr. Michael Stubbs

Best Poster at the 2013 CPA Annual Conference, first place

Dr. Timothy Moran

Best Poster at the 2013 CPA Annual Conference, second place

Dr. Corinne Isaak

Best Poster at the 2013 CPA Annual Conference, third place

Joint CPA Awards

Dr. Angus Thompson

Alex Leighton Joint CPA-Canadian Academy of Psychiatric Epidemiology Award in Psychiatric Epidemiology

Other Awards

A number of other Canadian psychiatry and medical organizations presented their awards throughout the CPA Annual Conference. Those recognized included:

Dr. Catherine Lynn Shea

and Dr. Melissa Andrew
CAGP Award for Outstanding Contributions in Geriatric Psychiatry

Dr. Nicola Casacalenda

Association of Chairs of Psychiatry Award for Excellence in Education

Dr. Fidel Vila-Rodriguez

Association of Chairs of Psychiatry Annual Research Award

Ms. Ratika Srivastava

Canadian Organization of Undergraduate Psychiatric Educators Award for Best Paper by a Medical Student

Dr. Tim Lau

Royal College Mentor of the Year, 2013

Nominate a
colleague for a

CPA Award

Deadline: February 1, 2014
See "Awards and Grants" at

www.cpa-apc.org

for more information.

PUBLICATIONS



*Editor-in-Chief Designate,
Dr. Scott Patten*

The Canadian Journal of Psychiatry

Dr. Scott B. Patten officially became the Editor-in-Chief Designate this September and will gradually take over responsibility for *The CJP* during the coming 12 months. Dr. Patten is a professor in the Departments of Community Health Sciences and Psychiatry at the University of Calgary, where his research focuses on the longitudinal epidemiology of major depression. He has served on *The CJP* Editorial Board since November 2005 and was promoted to Associate Editor in January 2010.

Dr. Joel Paris, the current Editor-in-Chief of *The CJP* has led the publication since the fall of 2004 and will end his second five-year term at the 2014 conference. During Dr. Paris' tenure, the time from researchers submitting an article for consideration and it being published in *The CJP* has gone from more than 14 months to 9.5 months this year. This means the CPA's journal is getting the latest research out to clinicians faster than ever. With the help and support of the Editorial Board and other volunteer peer reviewers, Dr. Paris has been accepting

less than a third of the 200 manuscripts submitted to *The CJP* each year, ensuring the articles published are of the highest quality.

Canadian Psychiatry Aujourd'hui

Established in 2005, Canadian Psychiatry Aujourd'hui is the official news magazine of the CPA. It offers the latest news and information on psychiatric research, clinical practice and health policy, while also keeping members engaged and informed about CPA activities. Published quarterly, and supplemented by its monthly e-newsletter, Psych-e, Aujourd'hui continues to grow in popularity among psychiatrists. Results from this year's Print Measurement Bureau's Medical Media Study show Aujourd'hui has achieved significant increases to its average page exposure (calculated by looking at the number of psychiatrists reporting that they read each issue and the amount of each issue that they report reading).

Social Media

CPA continues to be an active communicator on its Facebook, Twitter and LinkedIn pages. With over 1,500 followers on Twitter and Facebook "likes" increasing by 59% since last December, CPA's brand and messaging is reaching a wider audience.



CPA Website

Work to modernize and revamp the CPA website to make it more user friendly and informative has begun. It is anticipated the refreshed website will be launched in 2014.

FELLOWSHIP PROGRAM



*2013 Distinguished Fellow of the CPA,
Dr. Amin Muhammad*

The designations of Fellow of the CPA (FCPA) and Distinguished Fellow of the CPA (DFCPA) are conferred on CPA members who have contributed to excellence in their specialty in a variety of areas, including:

- Involvement in territorial, provincial, national or international medical or psychiatric associations.
- Activity in other national or international organizations concerned with mental health and mental illness issues.

- Volunteer community or humanitarian work locally, national or internationally.
- Significant clinical contributions to psychiatry.
- Administrative psychiatry.
- Teaching in any setting.
- Documented scholarly or research activity.

Fellows of the CPA are members who excel in three or more the listed areas.

In 2013, CPA conferred the designation of FCPA to Dr. Howard Book, Dr. Padraic Carr, Dr. Maria Corral, Dr. Alison Freeland, Dr. Adel Gabriel, Dr. Karandeep Sonu Gaiind, Dr. David Keegan, Dr. François Mai, Dr. Frank Sommers, Dr. Phil Tibbo, Dr. Michael Van Ameringen and Dr. Stephen Wiseman.

Distinguished Fellows have made exemplary contributions in five or more of the listed areas, currently hold the designation of FCPA and are nominated by their peers. In 2013, Dr. Gerald Schneiderman and Dr. Amin Muhammad were inducted as Distinguished Fellows.



Fellows of the Canadian Psychiatric Association. (From L to R): Dr. Phil Tibbo, Dr. Michael Van Ameringen, Dr. Frank Sommers, Dr. David Keegan, Dr. Alison Freeland, Dr. François Mai, Dr. Karandeep Sonu Gaiind and Dr. Padraic Carr.



2014

Fellow and Distinguished Fellow of the CPA designations

In order to recognize the vast array of talents and achievements amongst its members, the CPA offers **two** separate categories of recognition for exceptional psychiatrists who excel in their specialty: the *Fellow of the CPA*, for which qualifying members may apply directly, and the *Distinguished Fellow of the CPA*, for which a Fellow may be nominated by another member of the Association.

For complete information about the application and/or nomination process, click on "Awards" at www.cpa-apc.org or contact CPA Membership Services at membership@cpa-apc.org, or call 613-234-2815, extension 244.

Submission deadline
February 1, 2014

For the complete list of Fellow and Distinguished Fellow of the CPA recipients, please visit the CPA website under Awards/Grants.

www.cpa-apc.org

GOVERNANCE AND FINANCES

CPA Welcomes New CEO

The CPA welcomed Glenn Brimacombe as the Association's new Chief Executive Officer this August. Mr. Brimacombe has a strong background in health as well as health policy and economics.

He comes to the CPA after 12 years as President and Chief Executive Officer of the Association of Canadian Academic Healthcare Organizations (ACAHO). ACAHO is the national voice of the country's research hospitals, academic provincial and regional health authorities and their research institutes. At ACAHO Mr. Brimacombe had overall responsibility for the strategic management of the organization which provides national leadership, advocacy, and policy representation with respect to the federal government's role in supporting health research and innovation, and improving overall health system performance.

In diverse roles, Mr. Brimacombe has also worked at the Canadian Medical Association, the Ontario Medical Association, Health Canada and the Conference Board of Canada. He is also currently Co-Chair of the Health Action Lobby (HEAL), a coalition of forty-two national health and consumer organizations dedicated to protecting and strengthening Canada's



health care system. HEAL represents more than half a million providers and consumers of health care, including the CPA.

CPA Committees Reconfigured to Serve You Better

The policy governing the composition of CPA committees no longer requires regional representation. This will allow committees to recruit those members most relevant to fulfilling their mandates. For instance, Research Committee members are now drawn from the research departments of each university. The Economics Committee, which will continue to have representation from each

province, now allows for continued membership on the Committee beyond the standard term of three years, renewable once to ensure that the current tariff negotiator from each province remains at the CPA table. All CPA committees have or are in the process of reviewing their terms of reference.

New CPA Sections

A new **CPA Military and Veterans** section has been formed, co-chaired by Colonel Rakesh Jetly and Dr. Don Richardson. It brings together researchers and clinicians who work with the military, veterans and their families to collaborate on, and foster evidence-based care and research. A new section on **Global Mental Health**, headed by Dr. Raymond Tempier, has also been established.

Finance

2012 was a relatively stable year financially. An operating surplus of \$400,000 helped offset the extraordinary item of 2011 and will provide a buffer for an expected deficit in 2013, also the result of an extraordinary item. Each year sees increased challenges in generating revenues from the traditional sources for advertising and sponsorship. As a result, the CPA has begun to explore funding opportunities outside those of the pharmaceutical industry.

64th CPA Annual Conference
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YOUR COMMENTS

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FOUNDATION OF THE CPA



Dr. Clairéline Ouellet-Plamondon (right) accepts the Scotiabank Grant for Research in Children's Mental Health from Dr. Stanley Yaren, Trustee of the Foundation of the CPA, and Mrs. Michèle Seaton-Gascon of Scotiabank.

A \$3,000 Scotiabank Grant for Children and Mental Health was awarded to Dr. Clairéline Ouellet-Plamondon for her outdoor adventure project for youth recovering from psychosis.

This innovative project integrated outdoor adventure into a rehabilitation program for youth 15 years and older who are recovering from first episode psychosis. Participants took part in weekly meetings over two months to prepare for a four-day outdoor adventure with the group. This program gave teens whose lives have been disrupted by psychosis a normalizing experience to develop their group skills and social aptitudes with their peer group while at the same time improving their physical fitness and healthy habits.

The study builds on an earlier joint project by the Centre hospitalier de l'Université de Montréal (CHUM) and Face aux vents, a non-profit organization. Although the number of pilot project participants was too few to allow for a quantitative analysis, clinicians and patients found that the program not only promoted physical activity but also improved

the therapeutic alliance, bolstered patient self-confidence and developed group and socialization skills. The Scotiabank grant allowed Dr. Ouellet-Plamondon to repeat this program on a larger scale and to gather sufficient reliable data to establish the efficacy and merits of adventure therapy programs for youths recovering from first-episode psychosis. The expanded program was offered in both a rural and urban setting through a CHUM first episode psychosis clinic in Montreal and a first-episode psychosis clinic in Shawinigan, Quebec.

The benefits of adventure therapy have been studied in youth with behavioural problems and who have come into conflict with the law. However studies examining the use of adventure therapy to rehabilitate youth who have experienced a first-episode psychosis, although positive, is sparse.

Dr. Ouellet-Plamondon plans to use the project data to develop a therapeutic adventure manual for first-episode psychosis youth that can be used as a clinical tool to proliferate this program throughout Quebec and eventually Canada.