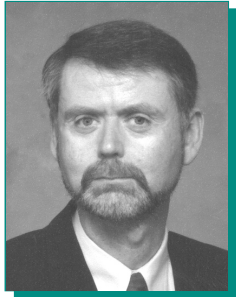




Ontario Psychiatric Association

DIALOGUE

THE NEWSLETTER OF THE ONTARIO PSYCHIATRIC ASSOCIATION / UNE PUBLICATION DE L'ASSOCIATION DES PSYCHIATRES DE L'ONTARIO



MESSAGE FROM THE PRESIDENT

Dear Colleagues,

It is my privilege to address you for the first time in my role as President of the Ontario Psychiatric Association. While I have been a member of the OPA since I moved to Ontario from Saskatchewan in 1989, I only fully understood the importance of the Association in the late 1990s when a few of my colleagues and I recommended broadening the committal criteria in the Mental Health Act and introducing community treatment orders. It quickly became apparent that these legislative amendments would never have been enacted without the leading role taken by the OPA. Many psychiatrists are unaware of the behind the scenes effort in an undertaking such as a major amendment of the Mental Health Act: including research, development of policy documents, professional lobbying and an active media campaign.

Whether it is advancing the interest of psychiatrists in discussions with the Ministry on details of Bill 171 (which sets up a College of Psychotherapy), or in fee negotiations, our strength comes through our size and by acting in unison. The OPA is the largest provincial psychiatric association in Canada. Indeed, with approximately 1600 psychiatrists in Ontario, our specialty is the largest in the province. Yet, sometimes we have "punched below our weight." The OPA has approximately 600 members. I believe that our failure to recruit the majority of Ontario psychiatrists to OPA membership has led others, and sometimes even ourselves, to not pay sufficient attention to the Association.

One of my goals is to recruit an additional 200 members during my presidency. You will see some promotional material, which will be rolled out later in the year that has been developed to catch the attention of our younger colleagues.

However, the most effective recruiting strategy will always be encouragement from other colleagues to join *our* Association.

One of the roles of the OPA is to provide quality continuing professional development. This year, the Fall Psychotherapy Conference will feature Dr. Mark Solms speaking on Neuropsychanalysis and will be held on October 20th at the George Ignatieff Theatre, Trinity College. The Annual Conference will be held at the Marriott Eaton Centre Hotel on February 8th and 9th, 2008. Council is aware that the Annual Meeting needs to be revamped and invigorated, and I will be working with the Continuing Education Committee to double the size of the meeting. Please hold February 8th and 9th in your 2008 calendar and also plan to attend the Gala Dinner Dance on February 8th. There are very few opportunities to meet with colleagues socially whether they work in the next office or in another city. Let's plan to do so at least once per year.

Last year, Dr. Susan Abbey initiated a series of visits and presentations in cities across the province. We received excellent feedback stating that this enabled our colleagues to better understand what the OPA does and to bring their suggestions to the Organization. I intend to continue these visits in the coming year. I look forward to seeing you through the year and at the Annual Conference. In the meantime, do not hesitate to contact me if you have questions or suggestions.

Richard O'Reilly
2007 OPA President



Ontario Psychiatric Association
Executive and Council



President
Dr. Richard O'Reilly



President-Elect
Dr. Sonu Gaiind



Past President
Dr. Susan Abbey



Secretary
Dr. Varinder Dua



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Dr. Sarah Jarman



Dr. Roumen Milev



Dr. Paul Mulzer



Dr. Anne Hennessy



Dr. Paul Sedge



Dr. Andrea Waddell

Dr. Leslie Buckley

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*The OPA reserves the right to refuse requests for advertising.
The views expressed in this newsletter do not necessarily
reflect the views of the OPA Council.*

FROM THE EDITOR

In this issue of *Dialogue* we report on the Annual Meeting that took place in February 2007. As Dr. O'Reilly indicated in his first Message from the President, the Annual Meeting is being "revamped and invigorated". We saw the beginning of some changes this year as we moved from the traditional three-day meeting to a more condensed two-day programme. We were also delighted with the increase in the number of posters and attendance by Residents. We look forward to increasing our link to the academic centers as we plan for next year. On a personal note, I was incredibly moved and impressed by Mr. MacPhee's presentation for the T.A. Sweet award. It was worth attending the Annual Meeting for this session alone.

The dates for the OPA Fall conference and the Annual Conference have been confirmed. The information is included in this newsletter and we encourage everyone to mark your calendar now.

We have a new addition to the *Dialogue* - Case Vignette. Thanks to Dr. Paul Mulzer for taking the lead on this and providing the first case.

I would like to take this opportunity to thank Dr. Susan Abbey for her outstanding work as President in 2006. Also, my sincere thanks to those members of Council who have completed their term. It has been a privilege to work with Drs. Keith Anderson, Cinda Dyer, Mamta Gautam, Toba Oluboka and Derek Puddester. I will miss you all.

I am excited at the enthusiasm that Dr. O'Reilly has already brought to the President position. This will certainly be a busy and productive year. I look forward to working with Dr. O'Reilly and the new Council.

Clearly a major focus for this year is to increase membership in the OPA. In this issue we have included the first in a series of three recruitment messages - Alexander the Great - please encourage your colleagues to join the OPA this year.

As always, your comments, suggestions and ideas are welcome at any time.

June Hylands
Editor

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Meet Your New Council

The following are the 2007 Council members:

President:	Dr. Richard O'Reilly
President-Elect:	Dr. Sonu Gaiind
Past President:	Dr. Susan Abbey
Secretary:	Dr. Varinder Dua
Treasurer:	Dr. Deborah Elliott

Council Members:

Dr. Doron Almagor	Dr. Leslie Buckley
Dr. Gary Chaimowitz	Dr. John Deadman
Dr. Alison Freeland	Dr. Anne Hennessy
Dr. Sarah Jarman	Dr. Roumen Milev
Dr. Paul Mulzer	

Member-in-Training Representatives:

Dr. Paul Sedge
Dr. Andrea Waddell

Thank you to Outgoing Council

The OPA would like to recognize the following outgoing Council members for their tireless efforts and contribution to the Ontario Psychiatric Association:

Dr. Keith Anderson
Dr. Cinda Dyer
Dr. Mamta Gautam
Dr. Toba Oluboka
Dr. Derek Puddester

Ontario Psychiatric Association Recognizes Excellence...

The T. A. Sweet Award

Presented to Mr. William J. MacPhee at the OPA Annual Dinner.

The T. A. Sweet Award is presented annually to individuals who have made a major contribution to the understanding of mental illness and its impact on individuals in society.

The OPA is delighted to announce this year's recipient was Mr. William J. MacPhee.

William J. MacPhee was diagnosed with schizophrenia in 1987. After years of struggling with this devastating illness, Mr. MacPhee was able to regain control of his life through medication, family support and other therapies.

Recognizing the need for an informative publication, he formed Magpie Publishing Inc. and in 1994 launched Schizophrenia Digest. He has overseen the growth of the magazine to a professional, quarterly publication. In 2003, Mr. MacPhee addressed the needs of the approximately 2.5 million Americans who suffer from schizophrenia. At that time, a U.S. Edition of Schizophrenia Digest was launched.

Mr. MacPhee is a strong advocate in the area of mental health and is often called upon to speak to mental health and consumer groups throughout Canada and the United States. He speaks candidly about the crippling effects of schizophrenia and describes with great clarity and detail what it is like to be paranoid, have hallucinations, become frustrated, depressed and suicidal. He also offers hope, showing that with the proper medication and support, recovery and a return to daily living are possible.

The OPA was pleased to recognize Mr. MacPhee at the OPA Annual Conference held this past February. Mr. MacPhee's presentation was inspirational and for those in attendance it gave a uniquely personal insight into the day-to-day challenges of those with Schizophrenia.

The Dr. Ann Thomas Award

The Dr. Ann Thomas Award was developed to honour Dr. Thomas for all of her efforts over a six year period in planning the OPA Annual Conference and recognizes the best poster and / or presentation.

Congratulations to this year's winners who tied for best poster presentation.

Roxanne Lai awarded the Dr. Ann Thomas Award for Best Poster Presentation

Julie Kalotay awarded the Dr. Ann Thomas Award for Best Poster Presentation

***The OPA would like to acknowledge and thank our sponsors
and exhibitors for their support of the
OPA Annual Conference***

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Why join the OPA?

Dedicated to excellence in psychiatric education, advocacy, representation and the advancement of public policy.

The Ontario Psychiatric Association was incorporated in 1956. Dr. Edward Ryan, Superintendent of Rockwood Hospital, established the Ontario Neuro-Psychiatric Association in 1920.

Objectives of the Ontario Psychiatric Association:

- **EXCHANGE** of scientific information
- **PROMOTE** an optimal level of professional development and practice
- **ADVOCATE** for persons with mental illness and their families
- **REPRESENT** the members in their relationships with governments at all levels, universities, medical associations and other associations
- **PROMOTE** the prevention of mental disorders in Ontario

Member Benefits:

- Access to specialty Sections, workshops and courses
- Opportunities for networking
- Peer Mentorship Programme
- Registration discounts for the Annual Conference
- Complimentary membership for Residents and longstanding members
- Voting privileges at the Annual General Meeting and general meetings (Full Member, Life Member and Member in Training only)
- Opportunities for maintenance of competence and continuing education credits
- Effective representation to the Canadian Psychiatric Association

- Joint partnership, with the Ontario Medical Association Section on Psychiatry, by means of the Coalition of Ontario Psychiatrists
- *Dialogue* - the quarterly Association Newsletter provides up-to-date information on issues affecting psychiatry and psychiatric practice

Other Information:

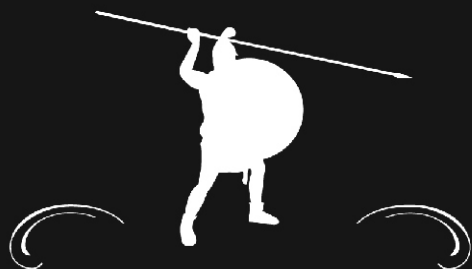
- Standing Committees: Advocacy, Communications, Continuing Education, Finance/Audit, and Member Services
- Membership Categories:
Full Member - is a legally qualified practitioner who is licensed to practice medicine in Ontario and is:
(a) Registered as a specialist in psychiatry by the Royal College of Physicians and Surgeons of Canada, and is in active practice, or,
(b) Teaching psychiatry in a university or other senior psychiatric position.

Member-in-Training - is a person who is registered in an approved, psychiatric, post-graduate training programme, or, in an undergraduate medical programme, in Ontario.

Associate Member - is any person who is a legally qualified medical practitioner or who occupies a position in nursing, psychology, social work, occupational therapy, or any other profession or occupation, closely related to psychiatry.

Life Member - is any Member who has reached the age of 65 and whose years of age and years of Full Membership totals 80 in the Association.

For more information about the OPA please visit our website at www.eopa.ca.



ALEXANDER THE GREAT
WOULD HAVE ONLY BEEN
ALEXANDER "THE GOOD"
WITHOUT HIS ARMY.



If history has proven anything it's that it takes more than one person to make big things happen. Sometimes it takes thousands. That's why it's so important that Ontario psychiatrists join the Ontario Psychiatric Association. The stronger our numbers, the better we can serve our community—and our profession—by representing our profession before government and other bodies, advocating for the mentally ill, and facilitating the exchange of scientific information. For more information on the OPA and to apply for membership, visit eopa.ca

Encourage your colleagues to join the OPA!



905.827.4659

Case Vignette

In this edition of *Dialogue* we are introducing a new section - Case Vignette.

These are actual cases from Ontario psychiatrists and the vignettes are intended to highlight real life experiences and challenges of our colleagues, along with take away messages. If you have a Case Vignette you would like included in *Dialogue*, please submit the case for consideration by the publisher. It is imperative that any case not violate confidentiality.

Mrs. R.K. is a 62-year-old widowed grandmother of three who presents to the ER with recent onset chest pain, shortness of breath, palpitations, light headedness and diaphoresis. Her medical history is significant for hypothyroidism and hypertension. She reports no antecedent psychiatric history and good exercise tolerance. She experienced a normal grief reaction seven years earlier following the sudden death of her husband. She was evaluated by the ER doctor and reviewed by the cardiologist before being consulted by psychiatry for "GAD and panic of recent onset".

Obviously an organic cause, medication or substance would need to be excluded after a much more detailed history is provided. A late onset anxiety disorder is sufficiently atypical to raise a flag of suspicion. This pleasant lady was being treated with Eltroxin 50mcg, HCTZ 25mg po QAM. Her thyroid, parathyroid, pituitary, adrenal and metabolic status were grossly normal. A urine drug screen was wisely ordered and negative. After twice denying alternative treatments she conceded that she had started a preparation given to her by her sister following a trip to Europe. This correlated with the onset of her symptoms. It took some effort to clarify the tincture was Nux Vomica and that it contained Strychnine. She discontinued this preparation and her symptoms resolved within 24 hrs.

Depression, anxiety and mood disorders are ranked on the list of conditions in which alternative or complementary therapies are often utilized. According to the New England Journal of Medicine, less than 40% of patients volunteer this information. Other reports indicate physicians ask only 20% of the time. The take away message is that it is common and may have significant adverse effects if not identified. Patient's anticipated criticism and perceived harmlessness is the rationale for silence.

Paul G.G. Mulzer MD FRCPC

Congratulations!

Submitted by Manon Charbonneau, MD FRCPC, President of the CPA

On behalf of the Canadian Psychiatric Association, I would like to congratulate the new CPA fellows and award winners from Ontario. The Association acknowledges their remarkable work which inspired their recognition at the CPA's 2006 Annual Conference.

Fellows of the CPA:

Dr. Susan Abbey
Dr. Roumen Milev
Dr. George Voineskos

Dr. Julio Arboleda-Flórez
Dr. Donna Stewart
Dr. Allan Peterkin

Dr. John Leverette
Dr. Richard Swinson

COUPE Best Paper by a Medical Student

Nicole Koziel
University of Toronto

CAGP Award for Outstanding Contributions to

Geriatric Psychiatry
Dr. Joel Sadavoy

R.O. Jones Award for Best Paper,

CPA 2006 Annual Conference
Dr. Richard O'Reilly

Paul Patterson Education Leadership Award

Dr. Susan Abbey

Best Poster by a Resident,

2006 CPA Annual Conference
Dr. Nathan Kolla

2006 Foundation of the CPA Mental Health Research Grant

Dr. Allison Crawford
University of Toronto

Ontario Psychiatric Association - Council Meeting AGENDA

Date: Thursday February 22nd 2007
Time: 1:00 - 4:00 P.M.
Location: Toronto Marriott Eaton Centre Hotel 525 Bay Street - York B Room (convention level)

1.0 Remarks from the President and Approval of Agenda

2.0 Approval of Minutes of December 8th 2006

3.0 Business Arising

- 3.1 President Theme 2007 Summary
- 3.2 Election Results
- 3.3 OPA Annual General Meeting & Annual Report
- 3.4 Insurance Reports update
- 3.5 Non Physician Prescribing

4.0 Treasurer's Report

- 4.1 Year end and Budget (*included in Annual Report*)

5.0 Reports of Task Forces and Committees

- 5.1 Advocacy Committee
 - 5.1.1 Discussions regarding the position of Medical Advisor for Community and Social Services
- 5.2 Communications Committee
- 5.3 Continuing Education Committee
- 5.4 Finance/Audit Committee
- 5.5 Member Services Committee

6.0 Standing Reports

- 6.1 CPA Reports
 - 6.1.1 Directors
 - 6.1.2 Council of Provinces
 - 6.1.3 Standing Committees
 - 6.1.3.1 Education
 - 6.1.3.2 Professional Standards & Practice
 - 6.1.3.3 Scientific & Research
- 6.2 OMA Section on Psychiatry
- 6.3 Coalition
- 6.4 Executive Director Report

7.0 New Business

- 7.1 Incorporating for charitable status
- 7.2 Change our last objective to - Promote the effective treatment and prevention of mental disorders in Ontario
- 7.3 Dates for next Annual Conference
- 7.4 Promotional ads

Ontario Psychiatric Association Annual General Meeting Agenda

**Saturday, February 24th 2007 - 8:00 - 8:45 A.M.
Toronto Marriott Eaton Centre Hotel, Salon C/D**

1. Call to order - S. Abbey
2. Introduction of Guests - S. Abbey
3. Approval of Agenda
4. Approval of Minutes of the January 27th 2006 Annual General Meeting
5. OPA President's Report - S. Abbey
6. OPA Treasurer's Report - D. Elliott for D. Puddester
7. Appointment of Auditor
8. OPA President's Address - S. Abbey
9. Presentation of 2007 Budget - D. Elliott for D. Puddester
10. Election Results for 2007 Council - M. Gautam
11. Other Business
12. Adjournment

Mark Your Calendars for the OPA Psychotherapy Section's 2007 Fall Conference!

Date: Saturday, October 20, 2007
Location: George Ignatieff Theatre, Trinity College
Featuring: **Dr. Mark Solms**
Topic: Neuropsychanalysis

Registration will be limited...check our web site for registration details.

Mark Your Calendars for the OPA Annual Conference!

Date: February 8th and 9th, 2008
Location: Toronto Marriott Downtown Eaton Centre
President Theme: Relationships and Partnerships

Plan on attending the Annual Dinner Dance!
Friday February 8th, 2008

Watch the OPA web site for programme details and registration information.



CALENDAR OF EVENTS

Members! Contact the OPA with the details on upcoming educational events and we will do our best to include them in the *Dialogue*.

April 28, 2007 - 18th Annual Day in Psychoanalysis

Contact: Toronto Psychoanalytic Society, Tel: 416-922-7770, Fax: 416-922-9988
Email: info@torontopsychoanalysis.com, Website: www.torontopsychoanalysis.com
Toronto, ON

May 11, 2007 - Gender Issues in Psychotherapy

Contact: CME, University of Toronto, Tel: 888-512-8173, Fax: 416-971-2200
Email: ce.med@utoronto.ca, Website: www.cme.utoronto.ca
Toronto, ON

May 23 - 27, 2007 - 2nd International Come to Your Senses Conference

Contact: MukiBaum Treatment Centres, Tel: 416-630-2222, Fax: 416-630-2236
Email: info@mukibaum.com, Website: www.sensoryconference.ca
Toronto, ON

May 27, 2007 - Moment To Moment Analytic Interactions: A Dream Within A Transcribed Session

Contact: Toronto Psychoanalytic Society, Tel: 416-922-7770, Fax: 416-922-9988
Email: info@torontopsychoanalysis.com, Website: www.torontopsychoanalysis.com
Toronto, ON

The Prime Clinic ~ For People at Risk for Psychosis

The PRIME Clinic is dedicated to the early identification and treatment of young people ages 12 to 30 who are at risk of developing psychosis. PRIME is one of the leading clinics in North America in studying possible ways to prevent or delay the onset of psychosis.

Individuals referred to PRIME are young people who have become distressed by changes in their thoughts, perceptions, and feelings. Mental and emotional changes are early signs that someone could be at risk for psychosis and often occur before more serious symptoms develop. These changes may be vague or barely noticeable and are often difficult to describe to others.

Signs include:

- Trouble concentrating or thinking clearly
- Trouble understanding what is heard or read
- Confusion about what is real or imaginary
- Hearing voices or seeing things that aren't really there
- Feeling that the world has become strange and unreal
- Preoccupation with religion or superstitions
- Feeling suspicious or paranoid
- Disorganized speech, racing thoughts or slowed-down thoughts
- Irrational ideas of special identity or abilities
- Problems with social activities, at work or at school
- Withdrawal from family and friends
- Flat emotions, decrease in facial expressions, monotone speech

While in the past it was common to delay active treatment until clear and obvious signs of psychosis appeared, recent research has focused on the outcome of very early detection and intervention. These early studies are exploring the possibility that if we recognize and treat clinical high risk youth as early as possible, the onset of psychosis can possibly be delayed or even prevented. At the least, early identification can minimize the duration of untreated psychosis.

Through our research and clinical program PRIME offers a range of treatment options to clients aimed at decreasing symptoms and strengthening coping strategies. If you are concerned about a client you think may be at risk, or if you have any questions about the PRIME Clinic, please contact the clinic directly at 416-260-4188.

The PRIME clinic is located at 252 College Street, a Victorian house adjacent to the College Street site. This non-institutional environment facilitates engagement and participation and is more amenable to the clients and families we help.

For more information or to download the clinic's brochure or referral form, please visit www.camh.net/prime_clinic.

The Association of General Hospital Psychiatric Services (AGHPS) provided the following update to the OPA on its past and future activities:

The AGHPS held its Annual General Meeting on February 23rd, 2007 at the Toronto Marriott Eaton Centre, 525 Bay Street. Dr. McNestry, President, gave a summary of the work undertaken by the AGHPS over the last year and also spoke of the challenges and opportunities in the upcoming year.

The Membership gave approval for one change to the Bylaws - a resolution that there be two Vice presidents.

The AGHPS is delighted to announce the slate of officers for the upcoming year.

The following slate of officers was approved by the Membership for the period February 2007 (AGM) - February 2008 (AGM).

- Past President:** Dr. Brian Hoffman
- President:** Dr. Gerry McNestry
- Vice President:** Mr. Bruce Whitney
- Vice President:** Dr. David Kozerginski
- Secretary:** Dr. Allan Rosenbluth
- Treasurer:** Ms. Jane Sippell

Jane Chamberlin Memorial Lecture and Award

The Jane Chamberlin Memorial Lecture is co-sponsored each year by the OPA and the AGHPS. This year's speaker was The Honourable Justice Edward Ormston, Chair of the Consent and Capacity Board, who spoke on The Growth of Mental Health Courts and the Consent and Capacity Board.

The Jane Chamberlin Memorial Award was presented by the Association of General Hospital Psychiatric Services to *Dr. Douglas Weir* for his outstanding contribution to general hospital psychiatry.

Dr. Weir is a child psychiatrist who practices in downtown Toronto. He is a former staff physician at The Hospital for Sick Children, and a former lecturer in psychiatry at the University of Toronto.

A Delegate to Council since 1988, Dr. Weir served as Psychiatry Representative to the Second Table during the negotiation of the 2000 OMA-MOHLTC Master Agreement.

Dr. Doug Weir has been Chair of the OMA Section on Psychiatry, and a member of the OMA Committee on Economics, and the OMA Relative Value Implementation Committee and is currently on the OMA Board of Directors.

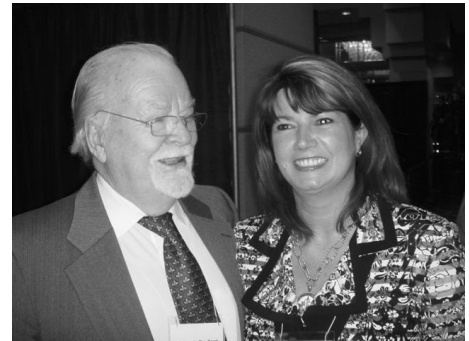
With this award we recognize the diligent commitment he has demonstrated over the years in profiling general hospital psychiatrists as key contributors in the treatment of mental illness and integral partners in the promotion of mental health.

His ability to represent the profession on a strategic level with political leaders, his understanding of the practical issues facing general hospital psychiatrists, and the integrity with which Dr. Weir approaches every issue has resulted in positive outcomes for psychiatrists and the patients under their care.

From the OPA Annual Conference - February 2007 Thanks for the Memories...



Dr. Deborah Elliott - OPA Treasurer
Dr. Varinder Dua - OPA Secretary



Dr. Quentin Rae Grant
CPA President - Dr. Manon Charbonneau



Dr. Richard O'Reilly - 2007 President
Dr. Susan Abbey - 2006 President



Dr. Sonu Gaiind - OPA President-Elect
Dr. Roumen Milev - Continuing Education Chair



Mr. William MacPhee - T. A. Sweet Award Recipient
Dr. Susan Abbey - 2006 President



Mr. Phil Upshall - T.A. Sweet Lecturer

MEMBERS ON THE MOVE *MOVE* *MOVE*

To get your new appointment in "Members on the Move", send us the following information - your name, position, date of appointment, the organization you were with and the new organization (if applicable), your email, phone number and address.

We will run these announcements as we receive them, and as space in the *Dialogue* allows. Please forward your items in writing to the OPA Office, 344 Lakeshore Road East, Suite B, Oakville, Ontario, L6J 1J6 or by email to: opa@bellnet.ca. Please ensure these are clearly marked "Dialogue Members on the Move".