

Awards of the Canadian Academy of Child and Adolescent Psychiatry Annual Conference 2012

SCIENTIFIC AWARDS

Dalhousie Award: Best Presentation by a Full Member

Treatment of severe mood dysregulation in a day hospital setting

Ashley Wazana

Severe mood dysregulation is associated with significant dysfunction for children both in emotional and behavioural spheres. The most visible constellation of this distress is characterized by oppositional defiant disorder. Although the life course of this disorder suggests long term course of psychopathology, with such associated outcomes as mood disorders and substance abuse and personality disorder, the treatment options are diverse and the outcome inconsistent. We present the case of a 7 year old child treated in a day hospital, which uses a multidisciplinary and systemic approach to assess and treat high risk children who suffer from complex and severe disruptive behavior disorders that have been unresponsive to first and second line interventions. Familial, developmental and attachment dimensions and associated comorbidities are discussed for this child who has had a complicated response to treatment. The complexities of medication treatment as well as the strategies within CBT are presented along with findings from measures administered to quantify the response to treatment.

Best Poster by a Full Member

Neural Correlates of Externalizing Behaviour in Typical Development

Stephanie Ameis; Simon Ducharme; James J. Hudziak; Budhachandra Khundrakpam; Russell Schachar; Sherif Karama; Alan C. Evans

Introduction: Disruptive behaviour disorders (DBDs) are the leading reason for referral to child/youth mental health services, and are over twice as common in males than females. Neuroimaging studies have implicated associations between DBDs and reduced fronto-limbic and fronto-striatal volume in affected children. Large neuroimaging studies of normative populations offer the unique opportunity to examine whether specific brain regions relate to both risk and resilience for externalizing behaviour, and whether these relationships differ between genders.

Results: Negative associations between cortical thickness and EBP scores were found in bilateral orbitofrontal cortex, and right posterior cingulate cortex ($p < 0.5$, corrected). A gender-by-EBP score interaction effect in left posterior hippocampal gyrus was found ($p < 0.5$, corrected). Exploratory analysis revealed different patterns of structural connectivity related to EBP scores in males versus females. **Conclusions:** These findings indicate that cortical thickness in regions important

for behavioural regulation and abstract thinking may influence both risk and resilience for externalizing behaviours in typical development. Further research is needed to elucidate whether structural brain differences in males and females influence gender differences in DBD prevalence.

Best Presentation by a Member-in-Training

Creating a subspecialty training program in child and adolescent psychiatry

Upasana Krishnadev

Child and Adolescent Psychiatry is now a recognized subspecialty with the Royal College of Physicians and Surgeons of Canada. The documents defining the subspecialty were finalized in April 2011. The University of Toronto submitted an application for accreditation and was given full accreditation in February 2012. We will accept our first resident cohort in July 2012. The workshop will highlight the process of developing a new residency program with a particular focus on the development of academic curriculum, evaluation tools, and providing faculty development.

Best Poster by a Member-in-Training

Street youth with concurrent disorders: Perceived factors influencing service use

Nicole Kozloff ; Heather (Soberman) Winer; Amy H. Cheung; John Langley; Diana Ierfino

Introduction: Homeless and marginally-housed "street" youth have a tremendous burden of psychiatric disorders compared to the general youth population, and the majority of street youth with a substance use disorder (SUD) meet criteria for at least one other mental disorder (MD). Youth with co-occurring MDs plus SUDs ("concurrent disorders" or CDs) in general are not adequately served, and street youth with CDs have unique challenges in accessing services. Given the high rates of CDs and low rates of service use among street youth, this study aimed to explore the factors influencing service use among street youth with CDs. **Results:** The factors identified as influencing CD service use were grouped into 7 main themes: motivation and insight, therapeutic relationship, feeling supported (emotional support, advocacy, and lack of stigma), availability of harm reduction services, flexible and comprehensive services (including addressing basic needs), coordination, and accessibility (including waitlists). **Conclusions:** Street youth with CDs cite a range of perceived factors that influence their initiation and maintenance of service use. Given the lack of evidence to support specific interventions for homeless youth with MDs and SUDs, these findings may be used to guide the development of thoughtfully designed interventions to engage street youth with CDs.

RECOGNITION AWARDS

Paul Steinhauer Advocacy Award



Awarded this year to **Dr. Cécile Rousseau**, this award is dedicated to the memory of Dr. Paul Steinhauer and is presented annually to a member of the Canadian Academy of Child and Adolescent Psychiatry who has been an exceptional advocate for children, adolescents and their families at the regional, national, and international level.

Dr. Rousseau is a professor of psychiatry at McGill University working with refugee and immigrant children. She has developed and evaluated school-based prevention programs for immigrant and refugee children using different creative expression modalities. Presently, her research is focusing on the effect of the international context around 9/11 on minorities and mainstream community, on the impact of migratory politics on mental health of refugees and on the evaluation of collaborative care models in multiethnic neighborhoods.

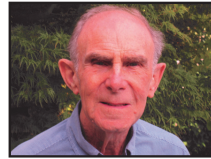
Naomi Rae Grant Award



Dedicated to the memory of Dr. Naomi Rae Grant, this award is presented annually to a member of the Canadian Academy of Child and Adolescent Psychiatry who has done creative, innovative, seminal work on an aspect of community intervention, consultation, or prevention.

The Naomi Rae Grant Award was presented this year to **Dr. Rob Milin**, who completed combined fellowships in Child and Adolescent and Addiction Psychiatry in 1990. Currently, he is Head of the Division of Addiction and Mental Health and Associate Professor, Department of Psychiatry, University of Ottawa. He is Director of the Adolescent Day Treatment Unit, Youth Psychiatry Program, Royal Ottawa Mental Health Centre. Dr. Milin is the Consulting and Advisory Psychiatrist to the Dave Smith Youth Treatment Centre. He is a clinical scientist with the University of Ottawa, Institute of Mental Health Research. In 2011, Dr. Milin was awarded the honour of being named a "Master Clinician" by the American Academy of Child and Adolescent Psychiatry.

Excellence in Education Award



Awarded this year to **Dr. Stuart Fine**, the Excellence in Education Award is presented to a psychiatric educator who has made a significant contribution in undergraduate, postgraduate, continuing professional education or public education in child and adolescent mental health.

Born in South Africa, Dr. Fine attended the University of Cape Town medical school. Dr. Fine completed his psychiatric and child and adolescent psychiatry training there as well as at Newcastle-upon-Tyne, England and at the Massachusetts General Hospital. After 3 years as junior faculty at McMaster University, Dr. Fine joined the Division of Child Psychiatry at the University of British Columbia in 1971 where he was Division Head for 25 years. Dr. Fine retired in 2003. His teaching interests lay in small group teaching and in problem solving-based learning. His research interests included group therapy in adolescents, disturbed preschoolers, ADHD in children, health delivery and patient compliance.

Certificate of Special Recognition



The Certificate of Special Recognition recognizes a person or an organization that has made outstanding contributions and provided important leadership in the field of children's mental health. The award is presented this year to **Dr. Sandra Fisman**.

Dr. Fisman has practiced in Child and Adolescent Psychiatry through most of her career. She completed her psychiatry training in 1981, becoming a fellow of the Royal College of Physicians and Surgeons of Canada. In the course of her residency she completed the Diploma Program in Child Psychiatry at The University of Western Ontario. Earlier in her academic career, she devoted herself to clinical care and research in families with developmental handicaps, particularly autism spectrum disorders. She has been a strong advocate for early intervention, particularly where psychobiological vulnerability intersects with the stress of the developing adolescent. She has developed a special interest in the development of academic physicians beginning with mentorship in the junior faculty years. She has held a number of senior leadership positions including Department Chair in Psychiatry and Division Chair in Child and Adolescent Psychiatry at Western.