

# SUNNYBROOK HEALTH SCIENCES CENTRE

*Sunnybrook continues to provide excellent didactic and clinical learning experiences across the lifespan in the areas of mood and anxiety disorders, psychosis, substance disorders and cognitive impairment.*

## BRIEF DESCRIPTION

Sunnybrook Health Sciences Centre (SB) Department of Psychiatry has three Divisions: Youth, General and Geriatrics. The Department has a 35 bed inpatient unit with a 5 bed Psychiatric ICU. The Youth Division has a Day Treatment program and an active Outpatient program. The General Division also has a Day Treatment program. In addition, the General Program includes the Mood and Anxiety Disorders Program, the Neuropsychiatry Program, an ACT team, a Crisis team in the ER and also provides Consultation/Liaison services. The Geriatric Program has a 4 bed inpatient service, a community outreach program, a consultation/liaison program and an active outpatient program. The Department currently has 30 FTE Psychiatrists, and two Research Scientists.

## DIVISIONS & PROGRAM


### General Division:

#### *Mood and Anxiety Disorders Program*

The Mood & Anxiety Disorders Program at Sunnybrook Health Sciences Centre has thrived

in the 2008/09 academic year. The clinical elements of the program continue to excel, with busy mood disorder, OCD, and youth outpatient clinics servicing the needs of the local community and providing expert consultation to physicians and patients throughout southern Ontario. The Mood & Anxiety Disorders program remains a major pillar of the Brain Sciences Program at Sunnybrook Health Sciences Centre.

This has been a year of tremendous growth for the Mood & Anxiety Disorders Program. Dr. Benjamin Goldstein has been recruited as the Director of the newly established Centre for Excellence in Youth Bipolar Disorder. He arrives with an outstanding, international academic track record, and is developing a clinical research program in this important area. Dr. Gregory Chandler has also been recruited to the program after completing a fellowship in the US. He has a clinical and academic focus in both mood and anxiety disorders, with a special interest in early adults. Drs. Stephanie Cassin, Amy Cheung, David Kreindler, Anthony Levitt, Gili Adler-Nevo, Neil Rector, Peggy Richter, and Ayal Schaffer continue to be very productive in a variety of research endeavors. Notably,



Dr. Cheung was recently awarded a prestigious 5-year Career Scientist Award from the Ontario Ministry of Health and Long-Term Care.

#### ***Neuropsychiatry:***

Over the past year, Neuropsychiatry research has focused on running CIHR and MS Society of Canada-funded grants looking at diffusion tensor imaging in patients with multiple sclerosis and searching for cognitive correlates of potential genetic markers of behavioral disturbance in MS. Dr. Omar Ghaffar is pursuing his PhD while two Master's students, Nadine Akbar and Kimia Honarmand are working on MS-related projects. Dr. Ghaffar has been the recipient of a career development award from the American Neuropsychiatric Association. Nadine Akbar has received a Fellowship grant from the CIHR. In addition to research, the Neuropsychiatry Program continues to run the Traumatic Brain Injury Clinic on the Sunnybrook campus together with outpatient clinics devoted to an eclectic array of Neuropsychiatric disorders.

#### ***Neuropsychopharmacology:***

Over the past year grants have been received from the National Institutes of Health, with continuing support from the Heart and Stroke Foundation and Physicians' Services Incorporated Foundation. Studies currently underway are looking at inflammatory markers, neurotoxic metabolites and imaging correlates, including diffusion tensor imaging indices, of cognitive and mood disturbance in patients post-stroke or with CAD. We also continue our work in Alzheimer's optimizing the treatment of apathy. The emphasis on education continues with 1 PDF, 2 PhD, 2 MSc and 1 co-op student currently training in the group, and our participation in a CIHR Training Grant. In addition the highly-rated psychopharmacology crash course for residents continues with a revised and lengthened curriculum.

#### **General Program**

The General Division at Sunnybrook Health Sciences Centre continues to be strong as it works alongside interdisciplinary expertise in mood disorders, neuropsychiatry, and dementia. Due to an increased complement to 6 PGY2 residents, we

moved to traditional inpatient/outpatient split in 2008-09. For 2009-10 an additional resident will be part of a new Sunnybrook/Women's College rotation, spending 6 months at Sunnybrook for inpatients, and 6 months at Women's College for outpatients. Experiences in Day Treatment, Mood Disorders, and CBT Assessment Clinic are essential elements of the PGY-2 year. The General Division provides training in Emergency Psychiatry for PGY-1s, Family Practice residents, and Clinical Clerks. There are opportunities of working with a full Crisis Team, a Crisis Follow-up Clinic, as well as a Mobile Crisis Team. The General Division welcomed Dr. Saulo Castel in September 2008, who took on the portfolio of Inpatient Medical Director.

#### ***Geriatric Division:***

The Division of Geriatric Psychiatry has had a busy productive year. Research has focused on pharmacoepidemiology, clinical neuropharmacology (in the areas of dementia, stroke, coronary artery disease, and traumatic brain injury), medico-legal issues, and driving in dementia. Members of the Division were actively involved in creative professional activities and service delivery design/administration at the hospital, University, and Provincial level, with Dr Cohen taking a particularly active role in assisting the LHIN with issues of Mental Health service delivery in the community.

#### ***Youth Division:***

The Youth division continues to be a very busy clinical and teaching service, taking referrals from the local community, the GTA, from the 5 Adolescent Services throughout the region and from across the province. The Division continues to be involved in helping to develop the GTA-wide Early Intervention for Psychosis network. Dr Gili AdlerNevo has established an Anxiety Clinic as part of the Mood and Anxiety disorders Across the Lifespan Program. Dr Ben Goldstein joined our group from Pittsburgh to head a centre of excellence in Youth Bipolar Disorder.

#### ***Inpatient service:***

The Inpatient Adult Unit has continued to provide excellent educational experience in General Psychiatry for the PGY2 and for more senior

residents in Geriatric Psychiatry and Adolescent Psychiatry. The unit also contributed significantly for the quality of psychiatric training for undergraduate medical and nursing students. The inpatient unit has taken part on the ED Alliance initiative, an innovative approach to decrease waiting times in Emergency Rooms across Toronto. Dr. Castel has joined other investigators and obtained funds from the Canadian Patient Safety Institute on a project about Near Misses in Mental Health as well as from the Canadian Institutes of Health Research on a project about Knowledge translation and dissemination of screening tools for mental disorders.

**EDUCATION:**

*Under-graduate:*

The department has continued to offer our highly successful clerk clinic for supportive counseling. This innovative program allows third year medical students to provide psychotherapy to their own patients while receiving supervision from our experienced multidisciplinary team. In addition, Sunnybrook continues to provide excellent didactic and clinical learning experiences across the lifespan in the areas of mood and anxiety disorders, psychosis, substance disorders and cognitive impairment.

*Post Graduate:*

Our department continued this year to receive very positive feedback regarding teaching and supervision from our residents and fellows. Many of our teachers were nominated for our departmental postgraduate teaching award. The department also introduced personal security badges for each of our staff and residents in our ongoing commitment to maximize the safety of our trainees. We also continued our commitment to the resident experience through the purchase of new computers for each resident office. Our PGY2 general psychiatry rotation joined other sites in splitting into a 6 months inpatient/ 6 month outpatient experience. This change was very well received by our residents and will continue moving forward. We look forward to growing our postgraduate program in the coming academic year

through the creation of a new general psychiatry full year rotation in which a resident based at Women's College Hospital will complete their outpatient rotation there and then complete their inpatient rotation at our site. Our adolescent, consult-liaison and geriatric core rotations and senior selective rotations continued to be popular choices for trainees. We have also recruited several staff with demonstrated interest and excellence in teaching and look forward to their contribution in the years ahead.

*Anthony Levitt, MD, FRCPC  
Psychiatrist-in-Chief  
Sunnybrook Health Sciences Centre*

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