**Research and Clinical Highlights**

**Cannabinoid and Endocannabinoid Modulation of Reward, Memory and Mood**

by Dr. Xia Zhang, research director, Translational Neuroscience, IMHR.

Cannabis, marijuana or cannabinoids (compounds found in cannabis), produce analgesia effects and modulate vomiting, seizures, ischemia, cerebral trauma, mood and tumors in both humans and animals. However, heavy marijuana use can result in transient motor suppression, transient memory impairment and dependence in a significant subset of humans. How cannabis produces these effects is not clear. Cannabinoids act on type 1 and type 2 cannabinoid receptors, i.e., CB1R and CB2R, which are mainly distributed in the brain and peripheral immune system, respectively. Since the discovery of CB1R and CB2R in the 1990s, our brain has been found to contain endogenous cannabinoids or endocannabinoids (chemicals with action similar to cannabinoids).

Our brain consists of two main cell types: neurons and glial cells. Neurons communicate to each other via synapses that transmit information from the axon of one neuron to the dendrite of another neuron. Both excitatory glutamatergic and inhibitory GABAergic transmission at synapses can be transient or long-term, which are modulated by CB1R located in excitatory and inhibitory presynaptic terminals as well as in glial cells. Activity- or experience-dependent enhancement and weakening of synaptic strength, i.e. long-term potentiation (LTP) and long-term depression (LTD), respectively, plays important roles in drug addiction, memory processing and mood modulation through mechanisms that are far from being fully understood.

Our research is to explore how cannabinoids and endocannabinoids modulate reward, memory and mood through LTD and LTP induction as a result of their actions on CB1Rs in both presynaptic terminals and astrocyte-type of glial cells. Specifically, we are determining the contributions of cannabinoid- and endocannabinoid-induced LTD and LTP at midbrain and hippocampal synapses to cannabinoid addiction, working memory performance, fear memory extinction and anxiety and depression development. These studies are performed simultaneously on four platforms employing molecular and biochemical, electrophysiological, neuroanatomical and behavioral strategies.
by Drs. Andy Jacobs, Dave Davies and Jakov Shlik, Anxiety Disorders Program, Royal Ottawa Mental Health Centre.

Anxiety disorders are striking in both their prevalence and the often devastating impact they can have on quality of life. Fortunately, anxiety disorders are also among the most treatable of mental health conditions. At the Royal’s Anxiety Disorders Program, we are fortunate to serve a very large volume of consumers and offer effective and efficient evidence-based cognitive-behavioural treatments (CBT). Ongoing outcome evaluation research efforts suggest that our group-based CBT protocols are helpful in diminishing symptoms of anxiety, depression, and functional impairment, and we are continually exploring new avenues for advancing our ability to greater serve our clients and our community. The results of recently completed and ongoing research activities are being regularly presented at national and international conferences (Anxiety Disorders Association of America, Canadian Association of Cognitive Behavioural Therapy, Canadian Psychological Association and Canadian Psychiatric Association).

In keeping with the Royal’s values on innovation in treatment, optimizing outcomes, and increasing efficiency of service delivery, a primary focus in our work has been the examination of the role of comorbid depression in predicting treatment response and outcome for participants in group CBT. Data collected thus far have demonstrated, reassuringly, that the presence of comorbid depression does not interfere with the robust improvement in anxiety symptoms that a client can expect from participation in treatment. However, clients who do experience clinically significant depressive symptoms at the outset of treatment typically endorse more severe anxiety symptoms (compared to their non-depressed counterparts) at both treatment outset and completion.

In response to these findings, our Anxiety Disorders Program team has focused our program development efforts on evolving groups that address comorbid anxiety and depression in one unified treatment protocol. A pilot study of this protocol has proven promising, and the Program expects to be running these comorbidity groups regularly within the current academic year. Additionally, recent additions to the program’s staffing compliment bring the ability to easily incorporate Behavioural Activation-based depression treatment strategies into existing exposure-based anxiety treatment protocols in both group and individual formats. The ability to explore and expand upon the common threads in the cognitive-behavioural treatment of mood and anxiety disorders is currently a major focus of international research and clinical development in psychotherapy, and these efforts of the Anxiety Disorders Program at the Royal ensure we remain on the cutting edge of effective, efficient, and evidence-based treatment.

The Anxiety Disorders Program also remains committed to maintaining an awareness of the needs in our greater community and targeting our services in a way that will maximize our ability to reach the greatest numbers of people in the most need. Toward this end, Program members have completed a comprehensive assessment of the needs of individuals with severe, treatment-resistant obsessive-compulsive disorder (OCD) and their healthcare providers – frequently one of the most underserved anxiety disorders populations. Our findings have demonstrated a clear need for intensive OCD treatment modalities that are thus far largely unavailable; a lack not only within our own Champlain District, but across Canada as a whole. The identification of this need is serving as a rich springboard for further development of resources for these individuals, and the Program is enthusiastically exploring options on this front. At the same time, Program staff is developing a comprehensive workshop (to be delivered in November 2011) that will serve to disseminate effective exposure-based treatment strategies to a wide range of mental healthcare professionals involved in the treatment of OCD.
Postdoctoral Fellowship

The IMHR and Great West Life have recently partnered with the CIHR Institute of Neurosciences, Mental Health and Addiction for the launch of a 3-year postdoctoral fellowship on Depression Research and Intervention through the CIHR Fellowship: Fall 2011 Priority Announcement program. The applications must be relevant to the understanding and/or treatment of depression and co-morbidity with a focus on translational research and early detection (e.g. diagnostic biomarkers, brain imaging), or environmental vulnerability factors, or therapeutic interventions.

The maximum amount of the fellowship is $55,000 per annum for up to 3 years. The application deadline is October 3, 2011. For more information on this Funding Opportunity, and questions on how to apply, please refer to the Funding Opportunity Details on the CIHR website (http://www.researchnet-recherchenet.ca/rnr16/srch.do?all=1&search=true&org=CIHR&sort=program&masterList=true&view=currentOpps&fodAgency=CIHR&fodLanguage=E).

Grants, Awards and Distinctions – Kudos!

Dr. John Bradford was appointed to the Order of Canada on June 30, 2011 by the Governor General of Canada. Dr. Bradford was one of 35 appointed Members as recommended by the Advisory Council for the Order of Canada. The Order of Canada, one of our country’s highest civilian honors, was established in 1967 to recognize a lifetime of outstanding achievement, dedication to community and service to the nation (http://www.gg.ca/document.aspx?id=14175&lan=eng).

Dr. Paul Fedoroff, was recently named Fellow of the American Psychiatric Association (earned award) and Fellow of the Canadian Psychiatric Association (earned award).

Professor Dave Holmes and Dr. Stuart Murray were awarded an operating grant from the Canadian Institutes of Health Research (CIHR) [2011-2013] for the pursuit of their studies on the effects of the use of seclusion on psychiatric patients and on nurses.

Mr. Patrick Martin has received awards from the Social Sciences and Humanities Research Council of Canada (SSHRC) and the Fonds québécois de la recherche sur la société et la culture (FQRSC) [2011-2013] for his study entitled « Pratiques émancipatrices d’infirmières québécoises politiquement engagées au regard des conditions d’exercice de la pratique infirmière ». Mr. Martin is currently enrolled in his doctoral studies at the Faculté des sciences infirmières, Université de Montréal, under the supervision of Professor Dave Holmes.

Dr. Rob Milin was recently named a Master Clinician by the American Academy of Child and Adolescent Psychiatry in recognition for his outstanding work in the field of child and adolescent psychiatry.

Dr. Georg Northoff and colleagues received a major five-year operating grant from the Canadian Institutes of Health Research (CIHR) to study the “Neural and biochemical correlates of resting state activity and emotional processing in major depressive disorder – multimodal imaging (fMRI, MRS and PET) during GABA- and glutamatergic intervention”.

Ms. Zaida Ramahan was awarded PhD Scholarships from PHIRNET – Canadian Institutes of Health Research [2010-2013] and The Canadian Institute for Energy Training (CIET) [2011-2012] for her study entitled “Nursing the ‘Other’: Exploring the Roles and Challenges of Nurses within Canadian Rural Northern Communities”. Ms. Ramahan is currently enrolled in her doctoral studies at the School of Nursing, University of Ottawa, under the supervision of Professor Dave Holmes.

Congratulations to all!
In its April and June editions, Breaking Through highlighted the successful 3rd Annual IMHR Young Researchers’ Conference held at The Royal under the theme Lab to Life Translational Mental Health Research. This issue features a summary of the two Best Basic Research Posters. The prizes were awarded ex aequo to Ms. Jojo Jiang from the University of Ottawa IMHR and Mr. Juan-Pablo Lopez from McGill University.

The research of Jojo Jiang and collaborator M. El Mansari, conducted under the supervision of Dr. Pierre Blier, relates to “Sustained triple reuptake inhibition decreases the firing activity of norepinephrine but not serotonin neurons in the rat brain”.

While SSRIs are the most frequently used treatment for depression, recent studies have established the existence of reciprocal relationships between the serotonin (5-HT), norepinephrine (NE) and dopamine (DA) systems in the brain. All should be considered when investigating the mechanism of action of antidepressant drugs. A recent approach in depression treatment is triple reuptake inhibitors (TRI). Since TRIs are still being developed and not readily available, administration of the SSRI escitalopram (ESC) and nomifensine (a NE/DA reuptake inhibitor) was used to mimic the effect of, and will be referred to as a TRI. This study examines the effects of TRI administration on locus coeruleus (LC) NE and dorsal raphe nucleus (DRN) 5-HT neurotransmission. Methods: Subcutaneously implanted minipumps delivered ESC (10 mg/kg/day), and/or nomifensine (5 mg/kg/day) for 2 and 14 days. In vivo recordings were conducted in anesthetized male Sprague-Dawley rats. Results: The TRI decreased the firing of NE neurons by about 60% after both 2- and 14-day administration. A 2-day administration of TRI resulted in 5-HT firing rates that were the same as control levels. In order to determine if this TRI produced an increased activation of the 5-HT1A autoreceptor, the selective 5-HT1A antagonist WAY100635 was injected intravenously. This led to a tripling of the firing rate of 5-HT neurons. The firing rate of the 5-HT neurons also remained at control levels after 14 days of TRI. Discussion: As with SSRIs, S/NRIs, and SNRIs, the TRI was shown to decrease the firing rate of LC NE neurons after both 2- and 14-day administration. However, the normal spontaneous firing rate of DRN 5-HT neurons was maintained after the 2-day TRI administration compared to the robust inhibitory action of SSRI.

The result suggests that there was an increased activation of the excitatory α1-adrenergic and D2 receptors on 5-HT neurons resulting from NE and DA reuptake inhibition, respectively. At optimal levels, there may be a more rapid enhancing action on 5-HT transmission than with a SSRI alone.

The research of Juan-Pablo Lopez and collaborators L.M. Fiori and V. Yerko, conducted under the supervision of Dr. Gustavo Turecki, relates to “miRNAs and Polyamine Gene Expression in the Prefrontal Cortex of Suicide Completers”.

MicroRNAs (miRNAs) are small, non-coding RNA molecules that play an important role in the post-transcriptional regulation of mRNA. These molecules have been the subject of growing interest as they are believed to control the regulation of a large number of genes, including those expressed in the brain. Evidence suggests that miRNAs could be involved in the initiation and progression of neuropsychiatric disorders. Alterations in metabolic enzymes of the polyamine system have been reported to play a role in predisposition to suicidal behavior and we have previously shown the expression of the polyamine genes SAT1 and SMOX to be down-regulated in the brains of suicide completers. We hypothesize that the dysregulation of these genes in suicide completers could be influenced by miRNA posttranscriptional regulation. Methods: Using five miRNA target prediction programs, we identified several miRNAs that target the 3’UTR of SAT1 and SMOX. We profiled the expression of 10 miRNAs in the prefrontal cortex (BA44) of suicide completers (N=15) and controls (N=15) using qRT-PCR. Results: We found that several miRNAs showed significant up-regulation in the prefrontal cortex of suicide completers compared to healthy controls. Furthermore, we demonstrated a significant correlation between these miRNAs, SAT1 and SMOX expression. Conclusion: Our results suggest a relationship between miRNAs and polyamine gene expression in suicide behaviors and postulate a mechanism for SAT1 and SMOX down-regulation by posttranscriptional activity of miRNAs. Ultimately, our results provide new evidence for the role of miRNAs in neuropsychiatric disorders.
ANNOUNCEMENTS

Appointment

Dr. Paul Fedoroff was recently nominated Member of the Peer Review Committee for the American Academy of Psychiatry and the Law. In 2010, Dr. Fedoroff also became Chair of the Committee on Sex Offenders for the American Academy of Psychiatry and the Law (AAPL).

Professor Dave Holmes, Vice-Dean Academic and University Research Chair in Forensic Nursing, was appointed as the Director and Associate Dean of the School of Nursing, University of Ottawa, for a five-year term starting on July 1, 2011.

Dr. Rob Milin was appointed as a Member of the Board of Directors of the American Academy of Addiction Psychiatry. Dr. Milin was also named to the Editorial Board for the World Journal of Psychiatry, Open Access Journal in 2011.

Dr. Michael Seto has recently joined the Canadian Psychological Association’s Task Force on the Future of Psychology in Corrections. Objectives include research and training needs and opportunities for clinical forensic psychology in Canada, in light of a chronic shortage of qualified professionals in correctional settings.

Because of his research on internet-facilitated sexual offending, Dr. Seto has also been asked to consult with the United States Sentencing Commission, National Centre for Missing and Exploited Children (NCMEC), and National Criminal Justice Association in the past six months, participating in roundtable meetings and/or providing summary reviews of the literature on this topic.

Dr. Kimberly Sogge was recently appointed as Chair-Elect of the Sport and Exercise Psychology section of the Canadian Psychological Association.

Dr. Nicola Wright was recently appointed as a Member of the Canadian Psychological Association’s Scientific Affairs Committee. As one of only a few committee members from a non-university based institution, Dr. Wright’s membership on the committee will give The Royal a national voice on research matters in psychology.

Young Researchers’ Committee Update

by Lisa Batten

Mood Disorders Research Unit, IMHR

September arrived very quickly! The Young Researchers’ Committee is kicking the sand off of their feet and heading into another great year of conference planning as we begin to lay out the details of the upcoming 4th Annual Young Researchers’ Conference on March 23, 2012. We have submitted a grant application to the Canadian Institutes of Health Research with the hopes of once again obtaining funding to assist with conference planning. Working closely with support from the IMHR, the Young Researchers’ Forum hopes to make the next conference our best one yet! We are excited to bring together innovative young researchers to network and share their knowledge with one another. It’s a great time to showcase the outstanding work occurring at the IMHR and to create stimulating exchange of ideas among individuals working in mental health.

If you are an early career researcher interested in joining the scientific and organizing committee for the upcoming conference, please contact Lisa Batten at Lisa.Batten@theroyal.ca. We also welcome thoughts, ideas, and suggestions for future events to be held for young researchers.

Farewell

In August, the Psychology Team at The Royal bid farewell to Dr. Nicole Varshney, C.Psych., Psychologist in the Youth Program. Dr. Varshney will add her substantial knowledge as a clinical researcher to the Ottawa community in a private practice specializing in children and adolescents.

In September, Dr. Kimberly Sogge left The Royal, as Chief of Psychology Professional Practice, for a full time private psychology practice focused on women’s mental health and performance. She will also continue her teaching and supervision of graduate students at the University of Ottawa. We wish Dr. Sogge all the best for continued success!
by Dr. Georg Northoff, research director, Mind, Brain Imaging and Neuroethics Unit, IMHR

I have long-standing collaboration in China and visited several places in May. I flew from Ottawa via Vancouver to Hong Kong. However, after getting up gruesomely early at 4 a.m. to catch the plane to Vancouver, that city did apparently not want to get rid of me. A 12 hour delay for the flight to Hong Kong is quite something. What to do? I worked on my book and finished a chapter. Good for the book and good against any boredom. Then I flew into Hong Kong in the evening and had meetings with my colleagues the next morning. We got together to plan a rather complex study with several imaging modalities like fMRI, PET and MRS with all the facilities being well installed in Hong Kong. This meeting served to prepare for a study which is currently conducted by Niall Duncan, a Scottish graduate student of mine, who is currently enjoying a three month stay in his Queen’s former colony. What is the study about? Of course about the self and how it is mediated by neuronal and biochemical activity in the brain in healthy subjects as compared with subjects who suffer from lesions in midline regions of the brain. In the afternoon, I had to go back to the airport, leaving Hong Kong after not even 24 hours, to go on to Hangzhou in mainland China.

However, before that I should say that Hong Kong is quite an amazing place, skyscrapers set against lavish green mountains which make for a beautiful contrast. Hence, each time I am in Hong Kong, I run in the mountains and enjoy the scenery.

Hangzhou is about two hours west of Shanghai. I hold a professorship there, a chair for mental disorders. I help to establish their imaging centre and supervise my Chinese group including several doctoral and postdoctoral students. As with everything in China, the hospital for mental disorders is large and contains about 800 beds for patients. We had several discussion on how to set up brain imaging in the best way and to integrate it with the clinical demands. Quite a challenge no matter where you are in the world, be it Germany, China or Canada. And we had the formal opening ceremony of the Imaging Centre. I gave a talk -- in English obviously. The dinner afterwards was even more of an unforgettable experience -- several round tables, wonderful food, and drinking and cheering all the time, no wonder that my rather sparse Chinese thinned out almost completely at the very end…

Hangzhou is a mythical place in China since it has the West Lake, a beautiful lake in the midst of lush green hills decorated by many Chinese pagodas and other buildings set up by many emperors during the long history of China. This contrasts quite with Shanghai, which is a buzzing big city with impressive skyscrapers.

I met my colleagues in the biggest Chinese hospital for neurosurgery (that means something!), where we are planning to conduct a study in vegetative state to reveal the neuronal mechanisms that lead to the loss of consciousness in these patients. Another postdoctoral student of mine, Pengmin Qin from China, will conduct the study at the beginning of next year. As you can see, every visit by me is followed by a longer stay by one of my students.

Consciousness is one of the nuts still to crack in the neuroscience of the brain. Why do we have consciousness at all? Does our brain predispose us to have consciousness (or some unconsciousness) rather
than remaining non-conscious? No answer to these questions yet. And who does not want to participate in a puzzle that will ultimately resolve how the brain works and why we are the way we are? This will also contribute to better understanding the alterations of the self, which are so prominent in psychiatric disorders like depression and schizophrenia. Hence, we also plan to conduct a multimodal imaging study in patients with schizophrenia in Shanghai, in collaboration with the rather small psychiatric hospital there that contains only two thousand beds…

On the weekend I also visited a little water town, Zhouzhang, with beautiful, old houses along rivers and canals.

Traveling by yourself in China is an experience – especially given my basically non-existent Chinese. But the Chinese people are very friendly and are always helpful, thereby creating many funny situations, especially given the fact that my own pride prevented me from using the one page with all the English-Chinese instructions to survive in daily life handed to me by my colleagues in Hangzhou. Besides all the water, I enjoyed the performance of several Chinese operas in Zhouzhang which, I must say, is a wonderful experience being completely different from the western-style opera.

I went on to Beijing for a conference, the 10th Sino-German workshop for Cognitive Neuroscience. Don’t be fooled by the name. There were Germans and Chinese indeed, but many other nationalities too, including people from Canada (what a surprise!), USA, Russia, India, Spanish, Italy, Poland, etc. These kinds of conferences provide the opportunity to hear about research in fields which one is not primarily occupied with, as for instance, the visual cortex in my case. Since the self and consciousness, my prime interest, are everywhere in our experience, I also need to look everywhere in the brain and that is exactly what we are currently doing. I also met my long-standing Chinese collaborator in Beijing, Shihui Han, to discuss some future projects, papers, and grant applications.

After Beijing, I headed home to Ottawa. The flight was long and served me well to do work on my consciousness book. In the first week in Ottawa, the jetlag was pretty bad, though. I was rather experiencing a shadow of my own self in my clouded consciousness. The Chinese brain? Brain is brain and human is human and that holds true everywhere in the world. Both brain and humans function according to the same principles; principles which are still unknown and therefore the prime target of my research into the brain and how it yields consciousness. However, there are several specifics about the Chinese culture whose manifestations in the brain we currently investigate in transcultural imaging studies. And there are not only cultural specifics about the Chinese brain but also about the Chinese food which I adore. Bon appetite!
Academic and Research Day 2011

The 31st Academic and Research Day, organized by the Department of Psychiatry of the University of Ottawa, was held on June 2, 2011 at the Royal Ottawa Mental Health Centre. The event was an Accredited Group Learning Activity as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada.

The objective of the day was to increase the rigor in academic and research activities, and to incorporate best-evidence into clinical activities. The successful event featured:

- A keynote lecture entitled "White Coat – Black Art: How I do it" by Dr. Brian Goldman.
  Dr. Goldman, an emergency room physician who has worked at Mount Sinai Hospital in downtown Toronto for more than 20 years, is also a prominent medical journalist and the host of CBC Radio's White Coat, Black Art. The objective of this lecture was to show how you take an idea for and develop it to become what is presented on the radio and secondly, how to develop what on the surface is a psychiatric topic, but approach it from another angle that makes it engaging to the public.

- Presentations on "Who are and what do the Canada and Endowed Research Chairs do within the Department of Psychiatry?" by Drs. Pierre Blier, Georg Northoff and John Lyons.
  Dr. Blier, Canada Research Chair in Psychopharmacology and Endowed Chair of Research in Mood and Anxiety Disorders, Dr. Northoff, Canada Research Chair, Mind, Brain Imaging and Neuroethics, and Dr. Lyons, Endowed Chair of Mental Health Research at CHEO, described what it means to be a Clinical and/or Endowed Research Chair and presented an overview of their areas of expertise and role.

- A presentation by Dr. Katharine Gillis on new programs and departmental opportunities in telemedicine, women's health, youth transition, and shared care.

- Poster presentations highlighting 10 basic science and 33 clinical studies.
  The basic science posters were presented by Franck Chenu, Ramez Ghanbari, Dave J. Hayes, Jon James, Jojo Jiang, Daphne Kamino, Pam Kent, Philip Kesner, Stella Manta and Stacey Shim.

- Four concurrent workshops on:
  1) "Incorporating practice guidelines in your practice" led by Drs. Deanna Mercer and Katharine Gillis
  2) "Program Evaluation and Quality Improvement: Why it matters to my practice" led by Dr. Susan Farrell and Joan Fernandez
  3) "Building research in your day-to-day practice" led by Drs. Alan Douglass and Wendy Spettigue
  4) "Moving knowledge into practice through evidence-based educational planning" led by Drs. Elisabeth Lindsay and Andrew Wiens

COMING UP
Women in Mind - A Conference on Women's Mental Health
Friday, October 21, 2011 (7:45 a.m. - 4:40 p.m.) at the Ottawa Convention Centre

Women in Mind will bring together leading researchers and practitioners for Ottawa’s first academic conference devoted to women’s mental health. Speakers and panelists will present and discuss leading-edge research and best practices for mental health care that reflect women’s physiological and social needs.

- Dr. Pauline M. Maki professor in the Departments of Psychiatry and Psychology at the University of Illinois, Chicago, is the keynote speaker and will address the effects of estrogen on cognition and dementia.

- Dr. Claudio Soares, associate professor in the Departments of Psychiatry and Behavioral Neurosciences and Obstetrics & Gynecology at McMaster University, will present research on mood and perimenopause.

- Dr. Dennis Raphael, professor of health policy at York University’s School of Health Policy and Management, will speak on the social determinants of women’s mental health.

SYMPOSIA, CONFERENCES, MEETINGS, FORUMS, LECTURES AND EVENTS

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An awards presentation concluded the activities of the day.

- The Department of Psychiatry Best Clinical Poster Presentation was awarded to Dr. Wendy Spettigue for her presentation entitled ‘Quetiapine use for the adjunctive treatment of adolescents with anorexia nervosa: A retrospective preliminary chart review’.

- The IMHR Young Investigator’s Award for the Best Presentation in Basic Science Research was given to Pam Kent for her presentation entitled ‘Neonatal blockade of gastrin-releasing peptide receptors as an animal model of autism’.

- The IMHR Young Investigator’s Award for the Best Presentation in Clinical Research was given to Jennifer Phillips for her presentation entitled ‘Analysis of Cortical Thickness in Treatment-Resistant Major Depressive Disorder’.

- The IMHR Young Investigator’s Award for the Best Presentation in Basic Science Research was given to Pam Kent for her presentation entitled ‘Neonatal blockade of gastrin-releasing peptide receptors as an animal model of autism’.

Mindfulness Based Training

Dr. Jean-Claude Bisserbe, clinical director of the Mood Disorders Program at The Royal, Dr. Kimberly Sogge, chief of Psychology Professional Practice at The Royal, and Gail McCauchern, MBSR guest teacher in Learning and Development at The Royal all attended training in Mindfulness Based Cognitive Therapy for Relapse Prevention in Depression offered by Dr. Zindel Segal, C.Psych. of the CAMH in Rhinebeck, New York.

- The IMHR Young Investigator’s Award for the Best Presentation in Basic Science Research was given to Pam Kent for her presentation entitled ‘Neonatal blockade of gastrin-releasing peptide receptors as an animal model of autism’.

Inaugural Health Research Caucus Event

Hosted by the Health Research Caucus Chair Senator Kelvin K. Ogilvie and promoted by Vice-Chairs Dr. Kirsty Duncan (Liberal) and Megan Leslie (NDP), the event held on Parliament Hill on June 7, 2011 provided Parliamentarians with an overview of current research taking place at the University of Ottawa Institute of Mental Health Research (IMHR) and the Centre for Addiction and Mental Health (CAMH) in Toronto. Guest speakers included Dr. Pierre Blier of the IMHR and Dr. Jeffrey Meyer of the CAMH. More than 25 MPs and Senators representing all parties attended as well as several distinguished members and guests, reflecting the interest in this important issue.

Comments & Suggestions

The IMHR welcomes your feedback about the newsletter.

Please contact Dr. Martine Lafrance project director at 613.722.6521 ext. 6727 or by email at martine.lafrance@rohcg.on.ca.
**COMING UP - cont’d**

**Women in Mind - A Conference on Women’s Mental Health**

Friday, October 21, 2011 (7:45 a.m. - 4:40 p.m.) at the Ottawa Convention Centre

- Dr. Valerie Taylor, assistant professor in Psychiatry and Behavioral Neurosciences at McMaster University and head of its Mood Disorders Somatic Health Program, will discuss mental illness and medical comorbidity in women.

- Dr. Charmaine Williams, associate dean Academic of Social Work and the Factor-Inwentash Chair in Health and Mental Health at the University of Toronto, will talk about women’s caring: psychological and social issues.

- Dr. Catherine Shea, chair of the Division of Geriatric Psychiatry and associate professor at the University of Ottawa, geriatric psychiatrist at the Royal Ottawa Mental Health Centre and Director of the Day Hospital and Rural Outreach for the geriatric psychiatry program, will speak on women, aging and mental illness.

- Dr. Jasmine Ghandi, clinical lead and psychiatrist for the Ottawa Regional Perinatal Mental Health Program at the Ottawa Hospital, head of Interpersonal Psychotherapy training, Department of Psychiatry, University of Ottawa and assistant professor, will talk about mental illness in the pregnant and postpartum woman.

- To learn more on the conference, visit www.theroyal.ca/womeninmind.

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**Publications**


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**Recent Publications and Conference Presentations**

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**Conference Presentations**


**Charette, Y., Salem, L., Crocker, A. G., Braithwaite, E., Seto, M. C., Nicholls, T. L., Côté, G. (2011, June)** Symposium: Balancing individual rights and public safety: Level of supervision of Review Boards and criminal recidivism in an urban area subsample of individuals found NCRMD. In A. G. Crocker (Chair), Urbanization, substance use and management of criminal behavior: Canadian Trajectory Study of individuals not criminally responsible due to mental disorder. 11th Annual Conference of the International Association of Forensic Mental Health Services, Barcelona, Spain.


**Chernoloz, O., El Mansari, M., Blier, P. (2011, September)** Chronic administration of quetiapine increases norepinephrine and serotonin neurotransmission in the rat brain. 24th European College of Neuropsychopharmacology Congress, Paris, France.


Seto, M. C., Crocker, A. G., Nicholls, T. L., Côté, G. (2011, June) Symposium: Forensic mental health in Canada: Context for the National Trajectory Project. In A. G. Crocker (Chair), Urbanization, substance use and management of criminal behavior: Canadian Trajectory Study of individuals not criminally responsible due to mental disorder. 11th Annual Conference of the International Association of Forensic Mental Health Services, Barcelona, Spain.


Media Interviews


July 2011, CTV Ottawa News at Noon, Dr. Paul Fedoroff interviewed live, mass murders, in relation to the Norway incident.