President’s Column

Happy New Year!

As we embark on another year, full of optimism (I hope) about what the future brings, it seems very timely to produce another issue of the Chronicle. As an organization, we are entering our 29th year. I am sure for some this is difficult to believe. I suggest we start preparation now for a 30 year Anniversary as part of our annual symposia in 2014. I think we have much to celebrate.

For those of you who were not at the meeting in Montreal, hopefully the articles and pictures in this edition will give you a sense of the day. I was struck yet again by the high quality of the science, the collegiality, and the impressive contributions and participation of our student trainees and fellows. The future is bright indeed.

This year’s business meeting also marked an important milestone in the history of CAPE. We ratified our constitution, which brings us one step closer to official recognition as an organization. I am asking Scott Patten to put the constitution on our website so all will have access. At the same meeting, we also voted to have the student awards become named awards in honour of two very special CAPE members – Dr. Roger Bland and Dr. Jane Murphy. Both were on hand and both conveyed how touched and honoured they were at this decision. Finally, the members voted to include student representation on the executive (now recognized in the constitution). This is long overdue as our students and trainees are vitally important to our organization. All in all, a truly historic day!

In December, we had our first election under the terms of our first constitution. Dr. Tracie Afifi will take over the reins as Treasurer from Dr. Scott Patten (who is now Secretary) and Isabelle Doré will be our first student representative on the executive. It was a close and competitive race – congratulations to all.

With our terms of reference and constitution now in place, I would like to turn attention to the website. In particular, I would like to strike a committee who will work on content including the creation of an online archive of the history of CAPE. In the months that follow, I will be contacting you asking for your help (feel free to contact me if you are interested in participating).

These are exciting times for CAPE. Many of you have commented to me privately that there is a sense that CAPE is “on the move” again. I think that is true. Our task, as always, is to continue in the traditions that make us strong – commitment to scientific excellence, to training, to knowledge translation and exchange and most of all, to each other.

John Cairney, Ph.D.
CAPE President, Associate Professor, McMaster University
The 2012 Leighton Lecture
Summarized by this year’s recipient.

On Being Mentally Ill: Reflections on Social Psychiatry

Julio Arboleda-Flórez MD
Emeritus Professor and Head, Department of Psychiatry, Queens University

Stigma has been defined as a feeling of being negatively differentiated as a result of a particular health or bodily condition, belongingness to a particular group, or an identified state in life. The process of stigmatization occurs when there is a power differential, for only powerful groups can create social inequities.

Goffman conceptualized that stigma resulted from one of three discrediting conditions that have the potential to spoil an individual social identity.

- "Abominations of the body," such as physical deformities
- "Tribal belongingness" conveyed by ethnicity, gender, or religion, and
- "Blemishes of individual character" ascribed to persons who are unemployed, have a criminal record or suffer from mental illness.

In fact, few medical conditions have a social impact that produces some form of social identification. With the exception of tuberculosis & leprosy, only mental illness conveys a sense that something is wrong with the individual and that society better take care of the situation.

A person can have a broken leg and another person could suffer from diabetes or cancer, but one is tubercular, is a leper, or is mentally ill. Furthermore, in addition to implications for one’s social identity, mental illness also results in important structural inequities that might impinge on the health, social welfare, civic participation and access to resources among those who are mentally ill.

Pervasive stigmatization of people with mental illness should also be a matter of concern to public health officials and academics in social psychiatry. Besides, it is an important practical issue for clinicians that provide care for them in the community. The Canadian Psychiatric Association position paper on stigma and discrimination suffered by persons with mental illness is a clear call to action for psychiatrists to get involved and to start campaigning against stigma and discrimination of the mentally ill.

Dr. Julio Arboleda-Flórez has spent his lifelong career advancing psychiatric epidemiology. He has served as President of CAPE, directed the WHO Regional Unit for Research & Training in Mental Health at the University of Calgary, and currently directs Queen’s/PAHO/WHO Regional Unit for Research and Training in Psychiatric and Behavioural Epidemiology. Dr. Arboleda-Flórez has presented internationally on psychiatric epidemiology, mental health service & psychiatric ethics and has served as a consultant to several international initiatives & organizations. He has published over 300 scientific papers and technical reports in the areas of psychiatric epidemiology, mental health services, public mental health, mental health ethics and forensic psychiatry.

Prof. Arboleda-Flórez is flanked by Drs. Terry Wade (nominator) & John Cairney (CAPE President), and is surrounded by past Leighton Award winners, Drs. Roger Bland, Alain Lesage and Paula Goering.
Trainee/Student Awards named in honour of two of Canada’s most esteemed scientists.

The awards are:
- The Roger Bland Award for Best Oral Presentation by a Trainee
- The Jane Murphy Award for Best Poster by a Trainee

Both are awarded for presentations made at the annual CAPE conference.

Roger Bland and Jane Murphy are CAPE members and winners of the Leighton Award for excellence in psychiatric epidemiology.

Dr Murphy came to epidemiology from a background in anthropology. She has served as Chief of the Psychiatric Epidemiology Department at the Massachusetts General Hospital, Professor of Epidemiology and Psychiatry at Harvard University and Director of the famed Stirling County Study from 1975 onwards. She is a past winner of the Rema Lapouse Award from the American Public Health Association.

Dr Bland is a psychiatrist who speaks the language of many disciplines. He led the Edmonton Area Study of Psychiatric Disorders, originated a top longitudinal study of schizophrenia outcomes, served as Director of Alberta Mental Health Services and Chaired the Psychiatry Department at the University of Alberta.

Notable Students at CAPE 2013

Jane Murphy Award Winner

Kirsten Sjonnesen, University of Calgary, for her presentation ¿Assessing the Patient Health Questionnaire to screen for Major Depression in Multiple Sclerosis patients.¿

Roger Bland Award Winner.

Kelly Anderson, Centre for Addiction and Mental Health, for ¿Patterns of health services use by patients with first-episode schizophrenia-spectrum psychosis: The impact of primary care¿
Recognizing CAPE’s Young Scientists

Daniel Rasic
Dalhousie University

Kristin Reynolds
University of Manitoba

Tyler Oswald
University of Manitoba

Genevieve Gariepy
Douglas MH University Inst.

Marc-André Bélair
University of Ottawa

Diane Daneau
Hôpital Douglas

Cara Katz
University of Manitoba

Samantha Gontijo-Guerra
Université de Sherbrooke
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<th>Student/Trainee Poster Presenters II</th>
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<tbody>
<tr>
<td>Arden Jones</td>
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<td>University of Calgary</td>
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<td>Renée El-Gabalawy</td>
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<td>University of Manitoba</td>
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<td>Ryan Reyes</td>
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<td>University of Calgary</td>
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<td>Kimberley Smith</td>
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<td>Douglas MH University Inst.</td>
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<td>Matthew Clyde</td>
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<td>McGill University</td>
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<td>Sarah Raposo</td>
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<td>University of Manitoba</td>
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Our Compliments to the Local organizers. Thank you for an excellent conference.

To the right is a photo of the beautiful Laurentians - just North of the CAPE venue.
Roger Bland appointed to the Order of Canada.
Recently, Canada’s Governor General appointed CAPE member Dr Roger Bland, to the Order of Canada. This, for his contributions to improving the lives of people with mental illness, as a professor, administrator and researcher.

Roger had previously received a number of honours, including the Alexander Leighton Award in 1999. He continues to add to his reputation via his current work as a clinician, policy consultant, and researcher.

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Heather Stuart awarded World’s first chair in anti-stigma research.
Bell Canada and Queen’s University have announced a world first with the establishment of a Research Chair dedicated to the fight against stigma associated with mental illness.

The inaugural chair holder is internationally-renowned Queen’s professor of Community Health and Epidemiology, and CAPE member, Dr. Heather Stuart. Heather will expand her work in the development and dissemination of best practices in stigma reduction and strengthen her research collaborations around the world - all to raise awareness about the significance of mental health and mental health research.

Important Conference Dates
IFPE 2013 - 14th International Congress
Leipzig, Germany -
June 5-8, 2013
Contact: Prof. Steffi Riedel-Heller
Steffi.Riedel-Heller@medizin.uni-leipzig.de

International Academy for Suicide Research
World Congress on Suicide
Montréal, June 10 ï 13, 2013.
or
http://suicide2013.org/fr/

CAPE 2013 - Annual Scientific Symposium
Wednesday, September 25th, 2013
Montfort Hospital
Ottawa, ON
Contact: Ian Colman
icolman@uottawa.ca

Write an editorial!
Do you have opinions on an issue important to our members? Some matters that might benefit from your contribution would include: (1) unnecessary anonymity constraints on access to StatsCanada data, (2) conflicts of interest in health research policy & funding, (3) and the effects of the proliferation of open access journals.

Send Newsletter submissions and announcements to:
Gus Thompson, Editor
gthompson@ihe.ca