In the Institute of Mental Health Research (IMHR) Youth Research Unit, the main areas of research are eating disorders, anxiety disorders, and mood disorders in children and adolescents. The program of research aims to identify the risk and resilience factors involved in the onset and maintenance of these disorders and to investigate the mechanisms of action of evidence-based and innovative treatments. We conduct clinical research investigating biobehavioural markers of acute psychopathology in young people and the changes induced by either psychotherapy or pharmacotherapy. Other research is community-based, e.g., studies on risk and protective factors for eating and weight disorders in adolescents. We investigate the outcomes of naturalistic treatment within the Clinical Youth Program at The Royal (e.g., youth partial hospitalization program, dialectic behavioral treatment for youth who self-harm). Several collaborative studies address a diversity of risk factors for anxiety (in collaboration with Dr. Koszycki at the University of Ottawa) and depression (in collaboration with Dr. Blier at the IMHR). An ongoing project also aims to increase youth mental health awareness in the community, and to facilitate early intervention (Dr. Milin at the IMHR).

A Few Highlights:

➢ **The Ontario REAL study** (Research on Eating and Adolescent Lifestyles), examining a biopsychosocial model of development of body image, eating behaviours and weight in adolescents, is conducted in collaboration with researchers from the Children’s Hospital of Eastern Ontario (CHEO) Research Institute (K. Henderson, A. Buchholz, G. Goldfield), the University of Ottawa (G. Tasca, T. Vaillancourt), Carleton University (S. Maggi, K. Matheson) and Paris Descartes University (P. Gorwood, N. Godart).

Until recently, the etiological and treatment models for eating and weight disorders have had different theoretical foundations, leading to polarized research agendas and conflicting messages for the public. There is now a growing recognition that both categories of disorders should be conceptualized within a shared theoretical

*Continued on page 2…*
Anxiety disorders are the most common mental illnesses of adolescence and can be hugely disruptive to everyday life. Recent research has shown the efficacy of cognitive behavioural treatment (CBT) for youth with anxiety. Yet fundamental questions remain regarding treatment processes and underlying mechanisms of changes. The CAP study seeks to increase the empirically-based evidence on the pathophysiology and treatment of anxiety disorders in adolescence by identifying specific biological and psychological correlates of the clinical syndromes of anxiety in young people, and examining their changes with targeted treatment.

So far, about 40 adolescents with anxiety disorders have been compared to 40 sex- and age-matched healthy controls on their cognitive styles and coping strategies, as well as on measures of central and autonomic nervous system activity at rest and during a stressful task. Selected markers include facial emotion recognition, basal and stress-induced salivary measures of cortisol and other stress-dependent hormones, and sequential measurement of heart rate variability. All anxious youth then received an intensive individual 16-week course of CBT. Preliminary analyses have shown changes from pre- to post-psychotherapy, in both the subjective and the biological measures of arousal and stress response. Testimonies from participants also indicate that, besides contributing to research, youth and their families get tremendous benefits from the state-of-the art treatment provided as part of the protocol.

The next step of this research, in collaboration with Dr. D. Koszycki from the IMHR and Drs. D. Koszycki and B. Schneider from the University of Ottawa.

For more information on the REAL and the eating disorders, please refer to the following recent publications:


New Recovery Program Launched for People with Mental Health Conditions

by Heather Masson,
Acting Manager of Patient Care Services, Recovery Program, The Royal

The Recovery Program, developed by The Royal in partnership with the Champlain Local Health Integration Network (LHIN), is a unique thirty-two bed unit which focuses on fostering hope, meaning, personal identity and independence for persons with serious and persistent mental illness.

Now fully operational, the program is located at the Royal Ottawa Mental Health Centre. It focuses on recovery, helping people to get on with their lives after a hospitalization or crisis, and offers life skills training and guidance on how to live responsibly and independently. Thirty-two clients can be enrolled at any one time and stay for an average of six months. They can be admitted from hospitals across the Champlain region or from home through community agencies.

The program is staffed by a multi-disciplinary team which includes psychiatrists, nurses, personal care attendants, occupational and recreation therapists, and a social worker. By offering short-term assistance from a variety of health professionals, the program adds a new level of care that allows clients to transition safely from crisis to recovery and from hospital to home.

It also works closely with community partners and agencies to provide support and reintegration back into the community. The clients discharged from the program have gained the necessary skills to live successfully in the community, and many of them continue to visit the unit, thus providing invaluable peer support to the current inpatients.


GRANTS, AWARDS AND DISTINCTIONS – KUDOS!

Dr. Dave Hayes, Postdoctoral Fellow in the Mind, Brain Imaging and Neuroethics Research Unit, IMHR, recently received the University of Ottawa, Faculty of Medicine Award of Excellence for Postdoctoral Research. The award is granted annually to two Postdoctoral Fellows in recognition of their research accomplishments.

Philip Kesner, Graduate Student in the Translational Neuroscience Unit, IMHR, was recently awarded the Queen Elizabeth II – Graduate Scholarship in Sciences and Technology for the academic year 2011-2012. Philip was also awarded a University of Ottawa Excellence Scholarship.

Drs. William Marshall and Liam Marshall,
Collaborators within the Integrated Forensic Program, were recently recognized for their book of exceptional merit entitled Rehabilitating Sexual Offenders: A Strength-Based Approach written in collaboration with Dr. Geris A. Serran, and Matt D. O’Brien.

In its presentation of the 2012 Award at the Annual Society for Sex Therapy and Research (SSTAR) meeting in Chicago in March 2011, the SSTAR Health Professional Book Awards Committee recognized that “This book exemplifies superb integration of therapy and research. The authors report excellent, methodologically sound, outcome data and demonstrate how to work effectively with a population that many clinicians prefer to avoid.

Congratulations!
GRANTS, AWARDS AND DISTINCTIONS – KUDOS! cont’d

Announcements

STUDENT PLACEMENT

On November 24, 2011, Ms. Katie Crawford and Rachel Price, Baccalaureate Nursing students (4th Year) at the University of Ottawa, completed their involvement in the Operational Stress Injuries Family Needs Assessment. Under the supervision of Ms. Faye Bryers, they completed four interviews during their ten-day Community Health placement. The Family Needs Assessment will be continued by students as available to provide program evaluation.

Congratulations!

UNIVERSITY MEDICAL RESEARCH FUND COMPETITION RESULTS

by Dr. Keith Busby, Research Ethics & Scientific Review Coordinator / Research Quality Associate

Each year the University Medical Research Fund (UMRF) Grant Competition awards research funding contributed by the Associates-in-Psychiatry group. This year, with an unprecedented 19 grant applications submitted, the UMRF Review Committee recommended funding to:

A.G. Ahmed, Michael Seto, Erika Jansman and Wagdy Loza, from the Integrated Forensic Program, for their studies on “Assessing the risk posed by forensic clients: Comparing measures and methods”.

Michele Boivin, Dave Davies, Carrie Robertson and Jakov Shlik, from the Operational Stress Injury (OSI) Clinic and the Anxiety Disorders Program, for their studies on “Virtual reality exposure therapy vs. treatment as usual for combat-related posttraumatic stress disorder among veterans and social phobia”.

John Bradford, A.G. Ahmed, Colin Cameron, Steve Michel, Michael Seto and Helen Ward, from the Integrated Forensic Program, for their studies on “Is there a common client? Comparing patients who use forensic mental health services to those who use correctional mental health services”.

Susan Curry and Paul Fedoroff, from the Forensic Research Unit, for their studies on the “Relationship between hormone levels, aggression and sexual offending in men with problematic sexual behaviour”.

Martine Flament, Georg Northoff and Smita Thatte, from the Youth Research Unit and the Mind, Brain Imaging and Neuroethics Research Unit, for their studies on “Neural mechanisms underlying abnormal arousal and body perception in adolescents with anxiety disorders”.

Anik Gosselin, Jakov Shlik and Carrie Robertson, from the Operational Stress Injury (OSI) Clinic, and the Anxiety Disorders Program, for their studies on “Comparison of two conceptually different methods to treat insomnia among veterans with PTSD: CBT for insomnia (CBTi) versus mindfulness based stress reduction (MBSR)”.

Verner Knott, Alain Labelle and Paul Albert, from the Neuroelectrophysiology Laboratory, the Schizophrenia Program and the Ottawa Hospital Research Institute, for their studies on the “Role of prefrontal cortical systems and genes in sensory gating and its modulation by nicotine”.

Sabrina Paterniti, Jean-Claude Bisserbe, Irit Sterner and Christine Caldwell, from the Mood Disorders Unit, for their studies on “Predictors of recurrent and chronic course in major depressive disorder – A follow-up study”.

Michael Seto, Erika Jansman, Anne Crocker, Tonia Nicholls and A.G. Ahmed, from the Integrated Forensic Program, for their studies on “Family involvement in the rehabilitation of forensic psychiatric clients”.

It represents an important departure from the traditional approach in the treatment of sex offenders, moving the field from a “correctional” mindset to a psychotherapy framework. This book offers real hope to the therapist the client and society, that substantive and enduring change in sexual behaviour can be attained. Indeed, it can make this world a better and safer place”.

Dr. Robert Milin from the Youth Research Unit, IMHR, recently received a Certificate of Recognition from the Dave Smith Youth Treatment Centre (DSYTC) for his effort and commitment in helping the DSYTC become the residential and aftercare program of choice for youth and families in need.

Congratulations to all!

www.theroyal.ca 4
by Cathy MacLean, Manager, Library Services

We are pleased to announce that you now have access to the PsychiatryOnline – DSM Premium online collection of books, journals and practice guidelines. This electronic collection is fully searchable, and includes full text access to:

Sixteen reference books including:

- DSM-IV-TR®
- DSM-IV-TR® Handbook of Differential Diagnosis
- DSM-IV-TR® Casebook and its Treatment Companion
- American Psychiatric Association Practice Guidelines in both comprehensive and quick-reference formats
- What Your Patients Need to Know About Psychiatric Medications
- Gabbard’s Treatments of Psychiatric Disorders, Fourth Edition
- The American Psychiatric Publishing Textbook of Substance Abuse Treatment, Fourth Edition, with its companion study guide, Self-Assessment in Substance Abuse Treatment
- Textbook of Psychotherapeutic Treatments
- Helping Parents, Youth, and Teachers Understand Medications for Behavioral and Emotional Problems: A Resource Book of Medication Information Handouts
- Dulcan’s Textbook of Child and Adolescent Psychiatry, with its companion study guide, Self-Assessment in Child and Adolescent Psychiatry
- Textbook of Traumatic Brain Injury, Second Edition

Four peer-reviewed journals (access includes 1997-Present):

- American Journal of Psychiatry
- Psychiatric Services
- Academic Psychiatry
- Journal of Neuropsychiatry and Clinical Neurosciences and Psychiatric News

Also included:

- The complete DSM archives (DSM-I, DSM-II, DSM-III, DSM-III-R, DSM-IV, and a couple of significant changes to between-edition printings) for research and archiving purposes
- A Best-Selling Title from APPI each month for 12 months (PDF format)

Direct access will be available from the library website on OREO: http://oreo.rohcg.on.ca/departments/library/index.cfm

Remote and mobile access will also be available. Please contact the library for more information: library@theroyal.ca or phone 613.722.6521 ext. 6832.

…Medical Research Fund continued

Nicola Wright, Verner Knott, Alain Labelle, Dave Davies and Owen Kelly, from the Schizophrenia Program, the Neuroelectrophysiology Laboratory and the Anxiety Disorders Program, for their studies on ”Talking down the voices: A pilot study on the neural, behavioural, and functional outcome of cognitive therapy for auditory hallucinations”.

Congratulations to all!

FROM THE ROYAL’S MEDICAL LIBRARY

Interesting e-Links

by Dr. David Armstrong, IMHR

➤ The Brain Museum
Almost a brain overload of information, this site includes an animation illustrating the development of the human brain, and brain images along with some interesting information on circuitry and function, etc. Images are copyright free. It’s a great resource for teaching or just curiosity!
• http://www.brainmuseum.org

➤ Genes to Cognition (G2C) Online
Is about modern neuroscience focusing on cognitive disorders, cognitive processes, and research approaches. Explore, interact, and have fun!
• http://www.g2conline.org

➤ BrainInfo
Is a portal to neuroanatomical information on the Web. It helps you identify structures in the brain and provides a variety of information about each structure by poring you to the best of 1500 web pages on 50 other neuroscience sites.
• http://braininfo.rprc.washington.edu/Default.aspx
The Arnold Pfeffer Centre for Neuropsychoanalysis in New York City sponsors a lecture series in which researchers speak on topics of relevance to psychoanalysis. Presenters have included behavioral, cognitive and affective neuroscientists, developmental neurobiologists, neurologists, cognitive psychologists, neuropsychologists and neuropsychoanalytic researchers. Recent lectures can be accessed at: http://www.npsafoundation.org/PfefferCenter/Lectures/Lectures.html.

The lectures currently available online are those of:
- Siri Hustvedt - “Three Emotional Stories”
- Jaak Panksepp - “Affective Continuity? From SEEKING to PLAY – Science, Therapeutics and Beyond”
- B.J. Casey - “Adolescence: What Do Transmission, Transition, and Translation Have to Do with It?”
- Vittorio Gallese - “From Mirror Neurons to Embodied Simulation”
- Yoram Yovell - “Anxiety - One or Two?”
- Heather Berlin - “The Neural Basis of the Dynamic Unconscious”
- Orrin Devinsky - “Limbic Lessons from Epilepsy”
- Maggie Zellner - “Neural Substrates of Drive, Motivation and Cathexis”
- Stephen Suomi - “New insights about attachment in rhesus monkeys”
- Bruce McEwen - “Central Role of the Brain in Stress and Adaptation”

The presentation of Dr. Georg Northoff, Director of the Mind, Brain Imaging and Neuroethics Research Unit should be available in the coming months. Dr. Northoff was awarded the Arnold Pfeffer Prize for 2010. The prize is awarded annually to “the author of work which, in the judgment of the Selection Committee, best advanced the integration of psychoanalytic and neuroscientific knowledge”.

SYMPOSIA, CONFERENCES, MEETINGS, FORUMS, LECTURES AND EVENTS

- On October 20, 2011, the Operational Stress Injury (OSI) Clinic, in collaboration with the Canadian War Museum, organized an evening at the CWM entitled: Witness to History. Three veterans (William, Stéphane and William) receiving services from the OSI Clinic shared their stories and their path to treatment with the general public, while their therapists, Ms. Anne Bailliu, Dr. Michele Boivin and Dr. Anik Gosselin, provided information about the OSI Clinic and described operational stress injuries and relevant treatments. The event was a success and both the CWM and the OSI Clinic intend to repeat the experience.
- On November 18, 2011, Dr. Jakov Shlik and Dr. Michele Boivin, in collaboration with the Anxiety Disorders Clinic, organized and held a one-day conference and workshop entitled Obsessive-Compulsive Disorder: Knowledge and Skills for Health Professionals.
**RECENT PUBLICATIONS, PRESENTATIONS AND COMMUNICATIONS**

**Publications**


**Conference Presentations**


**Media Communications**


Milin, R. (2011, October 2) CBC National Television, Breaking The Silence, Aired.

Milin, R. (2011, November 8) CTV Ottawa, Legalization of Weed Questioned by Researchers, Aired.


**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@theroyal.ca.