



## AWARDS AND WINNING ABSTRACTS

## Awards of the Canadian Academy of Child and Adolescent Psychiatry's 2014 Annual Conference

## SCIENTIFIC AWARDS

## Dalhousie Award for Best Oral Presentation by a Full Member

**Recipient: Dr. Jaswant Guzder**

## Self Control and Literacy in High Risk Children in Kingston, Jamaica

**Abstract:** The Grand Challenges Grant award for a scale up of the Dream a World pilot project undertaken by the University of West Indies-McGill collaboration, has been underway since July 2013. The original research project focused on high risk children from inner city garrison communities of metropolitan Kingston, who were both severely disruptive and failing by age 8. The mental health intervention aims were promotion of self control and literacy as well as action research impacting teachers as well as the children. The project has now been extended to four schools and has engaged the teachers in a knowledge transfer process, while primarily providing an intervention to a study cohort with a comparable control group of the highest risk latency aged children in each school. This session will report on the outcome results for the first year of the study. The DAW intervention is planned over a two year period with two summer programs as well as twice monthly school year working groups with a research team and some school teachers. The discussion will be on the early results and indicators from data based on academic records, ethnographic, qualitative (teacher and student data) and quantitative measures (Achenbach, WISC and other measures) with video clips of the children's group work.

## Best Poster Presentation by a Full Member

**Recipient: Dr. Suneeta Monga**

## Beginning to Speak: Group-based CBT for Children with Selective Mutism

**Introduction:** Selective Mutism (SM) is a debilitating anxiety disorder in which children do not speak in a variety of social situations, including school, thereby causing significant academic and social impairment. To date, there are few controlled treatment studies. The primary objective

of this study is to assess the feasibility and effectiveness of a 14-week manualized group Cognitive Behavioural Therapy (gCBT) program developed specifically for children with SM. **Methods:** Children eight years and older with a primary diagnosis of SM and their parents were invited to participate in a group CBT treatment protocol in which children and parents were taught CBT strategies separately. Research assessments conducted pre and post-treatment used the (1) Anxiety Disorders Interview Schedule for DSM-IV: Parent Version (ADIS:P) and the (2) Children's Global Assessment Scale (CGAS). Data analysis included descriptive analyses and paired t-tests. **Results:** 26 children [34.62% male; mean age 8.68 years (SD=1.91)] participated in this study. Significant decreases in the ADIS:P clinical severity scores of SM post-treatment (M=2.64, SD= 1.55), as compared to pre-treatment (M=5.84, SD= 1.49)  $t(24)=-8.99, p<.0001$  were found. In addition, significant decreases in the clinical severity scores of Social Anxiety Disorder from pre-treatment (M=4.88, SD=1.48) to post-treatment (M=2.88, SD= 1.40),  $t(25)=-7.69, p<.0001$  were noted. More importantly, significant improvements in global functioning on the CGAS from pre-treatment (M=45.62, SD= 3.60) to post-treatment (M=62.80, SD= 9.43),  $t(24)=9.42, p<.0001$  were observed. **Conclusions:** Study results suggest that this manualized gCBT program is both a feasible and effective treatment for children eight years and older with SM. Further studies replicating these findings are warranted.

## Best Oral Presentation by a Member-in-Training

**Recipient: Dr. Rachel Mitchell**

## Inflammation and Neuropsychiatric Disorders in Children and Adolescents: A Systematic Review

**Introduction:** There has been rapid growth in research regarding inflammation in neuropsychiatric disorders as it relates to youth (1,2). We therefore set out to systematically review the literature on inflammation and neuropsychiatric disorders in children and adolescents. **Methods:** A systematic review of the literature was performed according to The Preferred Reporting Items for Systematic Reviews and

Meta-Analyses (PRISMA) statement (3). Studies were included if pro-inflammatory markers (PIMs) in children and/or adolescents with neuropsychiatric disorders were measured. **Results:** Sixty-seven studies were included involving 3952 youth. Evidence for a pro-inflammatory state is strongest for Autism Spectrum Disorders (ASD). PIMs are elevated in children and adolescents with major depressive disorder (MDD), bipolar disorder (BD), post traumatic stress disorder (PTSD), obsessive compulsive disorder (OCD), tourette disorder (TD), attention deficit and hyperactivity disorder (ADHD), and schizophrenia (SZ). However, the data is inconsistent. Evidence for specific PIMs is equivocal at this stage, although the findings in youth with MDD, BD

and PTSD converge with the extant adult literature in these areas. Definitive conclusions are limited by methodologic factors including cross-sectional and retrospective study design, between-study differences in specific markers and methods of analysis, small sample size and other sources of heterogeneity. **Conclusions:** The literature regarding inflammation among children and adolescents with neuropsychiatric disorders represents nearly 4000 youth. There is preliminary evidence for elevated markers of inflammation in this population. Larger, prospective studies are needed to realize the goal of inflammatory markers informing clinical practice. In the interim, present findings suggest that further examination of this topic is warranted.

## RECOGNITION AWARDS

### Excellence in Education Award

*This award is presented to a psychiatric educator who has made a significant contribution in undergraduate, post-graduate, continuing professional education or public education in child and adolescent mental health.*

#### **Awarded to Dr. Stan Kutcher**



Dr. Stan Kutcher is the Sun Life Financial Chair in Adolescent Mental Health and Professor of Psychiatry at Dalhousie University, Halifax, Nova Scotia. Over several decades, Stan has been an outstanding contributor to education in child and adolescent psychiatry, both nationally and internationally. In his academic roles at University of Toronto and Dalhousie University, he has provided direct clinical education of the highest calibre and has helped inform practitioners through his acclaimed Child and Adolescent Psychopharmacology textbook, his multiple book chapters and his newsletter editorship. He has had a global presence through the Dalhousie WHO Collaboration Centre in the provision of mental health education to the Caribbean, Central and South America and southern Africa.

From its initial local focus, in working with the education system in Nova Scotia, Stan's work is now being

extensively applied across Canada and in other regions of the world. His initiatives include the development of a mental health high school curriculum guide along with modules related to training for educators. Virtual classrooms utilize various technological tools such as social networking, chat rooms, blogs, and podcasts allowing teachers to incorporate today's technology along with evidence based knowledge in order to enhance student learning in the area of mental health.

Stan's work has informed government departments in policy making. His work has been incorporated into the curricula of health providers. His work with undergraduate, postgraduate and continuing professional education has made a significant difference to how clinicians, educators, and policy makers understand youth mental health issues.

### Naomi Rae Grant Award

*This award is dedicated to the memory of Dr. Naomi Rae Grant and is presented annually to a member of the Academy who has done creative, innovative, seminal work on an aspect of community intervention, consultation, or prevention.*

#### **Awarded to Dr. Tony Pignatiello**



Dr. Tony Pignatiello is Associate Psychiatrist-in-Chief at the Hospital for Sick Children, Toronto. He has been Medical Director of the Telepsychiatry/TeleLink Mental Health Program, Division of Child Psychiatry, University of Toronto, since 2004. Tony's extraordinary capacity to combine clinical expertise with strategic thinking and pragmatism enhanced by his ability to communicate and collaborate effectively has evolved the Telepsychiatry/TeleLink Mental Health Program from a modest initiative into one of the largest tele-mental health programs focusing on the needs of children and adolescents in the world.

Locally, provincially, nationally and internationally, Tony has been a champion and advocate, building and disseminating knowledge on the use of telepsychiatry using video-conferencing and other technologies to provide timely,

equitable access to bilingual services that enhance care and community capacity in children's mental health. Tony has brought about a profound transformation to the system of care of children and adolescents in remote and less privileged contexts.

In addition to relevant peer review publications and book chapters, Dr. Pignatiello has also been invited to present on the program to international visiting dignitaries including the Health Minister from Denmark, Greenland and China. Tony's work has been noticed by Canada's Federal Health Minister, and he is principal investigator of a one-year pilot project, funded by a grant from Canada Post Foundation for Mental Illness and Mental Health, which provided professional consultations to front line community health practitioners in Nunavut.

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## Certificate of Special Recognition

*This certificate recognizes a person or an organization that has made outstanding contributions and provided important leadership in the field of children's mental health.*

### **Awarded to Anne McGuire**



Anne McGuire is President and CEO of the IWK Health Centre, Halifax, Nova Scotia. Anne graduated with a Bachelor of Nursing degree from McGill University and was a mental health nurse at Nova Scotia Hospital where she eventually became Director. She led the move of child and adolescent mental health services from the Nova Scotia Hospital to the IWK Health Centre where young people

could receive specialized age appropriate care. Prior to coming to IWK Health Centre as President and CEO, Anne was CEO of the Annapolis Valley Health Authority District.

Anne has made mental health and addiction services for women, youth and children at the IWK a priority. She has provided support for the IWK Mental Health and Addictions Program strategic planning through re-alignment of resources and PBMA change initiatives and has committed herself to the MHA strategic planning process. She has steadfastly supported growth and change within the MHA during times of financial pressures to reduce services. The implementation of the Choice and Partnership Approach which she has supported, has resulted in significantly decreased wait times for children, youth and their families. She has been a strong supporter of community initiatives for youth beyond the Health Centre including the Phoenix House program, Kids Help Phone, and as a board member of the Avalon Centre. As a result of Anne's assiduously soliciting funds for the much-needed redevelopment of the IWK acute inpatient mental health unit, the state of the art Garron Centre for Child and Adolescent Mental Health opened in May 2014.