

## EDITORIAL

# Finding the “Right” Balance in this Clinical Journal

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What is the purpose of a clinical journal? In taking on the editorship of this Journal, just over two-years ago, there was a minimal expectation to continue the standard vetting of passively received research manuscripts through the peer-reviewed process, and then collating the successfully revised manuscripts which meet the Journal's standard into periodic clusters for official publication in an issue. From this process, find an interesting set of three research papers that grapple with different aspects of the interface between educational institutions and mental health during transitions in this issue (1-3).

Relying exclusively on passively received research manuscripts may, however, result in important limitations. One key manifestation is the lack of control over the range of research and clinical topics that are received by the Journal. If there are no submissions on a given important contemporary topic, for example, the pattern and extent of eating disorder presentations during the pandemic or the impact of legislation on cannabis use, then we may be missing opportunities to contribute to the discourse of current phenomena. Such aspirations to be timelier and more relevant must, however, be balanced with expectations for methodological rigour. We have endeavored to strategically address gaps in content and timeliness in two ways. One entails the identification of content gaps in important areas and then soliciting invited commentaries from experts on the given topics. This approach brings you this issue's informative review of repetitive transcranial magnetic stimulation (rTMS) in child mental health (4). Second, we created the Recommended Academic Reading (RAR) column, in which a group of experts on a given topic are asked to identify and discuss recent important published papers in other journals which may be of value to our readers. In this issue, you will find excellent recommendations on the topic of genetics and

child mental health from our four genetics experts: Drs. Chad Bosman, Louise Gallagher, Jacob Vorstman, and Paul Arnold. It is hoped that these approaches allow for the expanded delivery of clinically relevant research content for child and adolescent mental health practitioners.

We are also mindful that a clinical journal can presents additional opportunities beyond the presentation of research findings. This can include the exploration of clinical conundrums. We have attempted to do this through clinical discussions around specific intentional cases with academic rigour. Our most recent case which entailed a patient's request for a cannabis prescription appeared in our February 2022 issue (5). This was our third case discussion and we are currently developing a fourth for a future issue. In further pursuit of some balance, the Arts, Literature, and Nature (ALAN) column strives to create space to touch on ideas beyond the clinic and laboratory but that may still be relevant to the wider experience of child mental health providers. This is an opportunity for our readership and those connected with the child mental health field to submit short pieces that reflect on some aspects of art, literature, or nature. We are pleased to bring you three short pieces to peruse in this issue, and to encourage nay cajole you into considering what you might have to contribute to this column.

In addition to the above initiatives, we are also restructuring the Journal's editorship. To date, the Journal has relied on a traditional editor-in-chief structure. We are now replacing this with a two-editor structure composed of a Clinical Editor and Research Editor, to ensure the dual championing of these complementary aspects of the Journal. We are delighted to have recruited Dr. Lind Grant-Oyeye as the inaugural Clinical Editor for the Journal. A Research Editor will be recruited in 2023. Dr. Grant-Oyeye is a child and adolescent psychiatrist practicing in New Brunswick. She

draws on clinical experience from three countries, Nigeria, Ireland, and Canada. She is also a published poet and has a diploma in medical journalism. This rich mix of training and experience will most certainly strengthen our Journal. See her interview of Dr. Peter Szatmari in this issue in the new column, “Apercevoir: the people of child and adolescent psychiatry”, as well as her contribution to ALAN.

## References

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5. Courtney D, Hammond CJ, Rizwan B, Giasson S, Gupta M. The Cannabis Ask: What’s a Psychiatrist to Do? *Journal of the Canadian Academy of Child & Adolescent Psychiatry*. 2022; 31(1): 28-37.