

Festschrift Editorial – For Whom the Bell Tolls



After four and a half wonderful and exciting years at the helm of the *Indigo Journal* it is time to pass the baton to our new team of Editors – Drs. Abel Ickowicz and Russell Schachar. I am extremely confident that the new editors will help grow the *Journal* and launch it into the new stratosphere of high quality research and academic debate. They are supported by a dedicated team of professionals (Vicki Simmons, Elizabeth Waite and Smita Hamzeh) who must receive the lion's share of accolades for the *Journal's* growth and progress over the last number of years. Our assistant editors (Drs. Boylan, Cleverley and Robaey) and our sections editors (Case Reports: Dr. Ad-Dab'bagh; Book Reviews: Dr. Laffleur; and, Psychopharmacology: Drs. Elbe, Hosenbocus and Reddy) have worked tirelessly to bring cutting edge information and topical issues to their sections. To all these individuals I owe an immense debt of gratitude for asking them to go the extra mile especially under the pressure of a looming journal deadline. I am indebted as well to all the reviewers who have helped uphold the standards of the *Journal*. I salute as well all the guest editors who have contributed so generously to what amounts to 50% of the *Journal's* output over the years. It really is a colossal effort and takes impeccable team work to pull off each issue of the *Journal* but the results speak for themselves. Also as Editor I have benefited from the unwavering support of the CACAP Board of Directors and last but not least is you, my dear reader, the membership that forms the bedrock of the *Indigo*.

We are living in exciting times as child psychiatrists. In any one day I could be refreshing my knowledge of attachment theory by reading Bowlby's still highly relevant trilogy on attachment and loss while in the evening I could be updating myself on models of chromatin re-modeling in the epigenome and how it is shaped by gene and early environment interactions. Everywhere all over the country Canadian child psychiatrists are doing cutting edge research in molecular biology or at the systemic level advocating for better models of care in Canada or internationally. It is not foreign anymore for child psychiatrists to be literate

or bilingual at several levels of discourse. We are indeed called upon to integrate and translate more and more how each of these levels "cross-talk" or are "embedded" within each other, to coin Jack Shonkoff's phrase "from neurons to neighborhoods." And while we have not been without our share of controversies such as the bipolar child or the misuse/abuse of stimulants by teens and young adults, our patients, their families and the public expect us, as child psychiatrists, to make reasoned decisions about what counts as legitimate science, advocacy and policy. The *Journal* has the important job of capturing this zeitgeist of the times as reflected in its pages by its selection of articles, commentaries, and debates. While cognizant of its membership, the *Journal* must take an arm's length position to advance knowledge but also reflect the views of all constituencies involved in child and youth mental health.

Within these pages I have always harped about a unique and distinctive Canadian "Great White North" approach to child psychiatry. Perhaps it is because we are more inclined towards a balanced approach, not rushing to conclusions or occupying the middle ground, while at the same time recognizing the context of social and cultural pluralities. Our annual conferences reflect these values. Yet I worry about disparities in care standards especially access to care across the regions of the country (try to practice in two provinces, you'll see what I mean). Also the challenge remains for the *Journal* to attract other disciplines involved in child development (pediatrics, nursing, early childhood education, speech and language pathology, occupational therapy, developmental psychology, neurosciences, public health, epidemiology) as they also do not have a distinctive Canadian home. How can the *Journal* become a galvanizing force for all these professionals as strength in numbers and by association are some of the means at our disposal to shape public opinion and policy?

The challenge for the new Editors also is how to stay relevant and noticeable in the tidal wave of new technology sweeping across the informational landscape. People don't read books or journals anymore, they skim, graze or scan. I continue to invite all readers to take ownership of the *Journal* by reading it, commenting on it, reviewing for it, volunteering for the Editorial Board or one of the Editorial Assistant positions. In the immortal words of John Donne, "Ask not for whom the bell tolls – it tolls for thee."

Normand Carrey, Outgoing Editor