

5TH HELMUT REMSCHMIDT RESEARCH SEMINAR

Social Adversity and Children's Mental Health

13–18 September 2015

Delta Lodge at Kananaskis, Alberta Canada



UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE

Alberta
Children's
HOSPITAL 
RESEARCH INSTITUTE 

IACAPAP 2016

Fighting Stigma, Promoting Resiliency and Positive Mental Health

September
18-22
2016



The 22nd International Association for
Child and Adolescent Psychiatry and
Allied Professions World Congress (IACAPAP)



36th Annual Conference for the
Canadian Academy of Child and
Adolescent Psychiatry (CACAP)

Calgary TELUS Convention Centre
Calgary, Alberta, Canada

*"As far as we can discern, the sole purpose of human existence
is to kindle a light in the darkness of mere being"* – C. Jung

Join us in Calgary, Canada for IACAPAP 2016

Major topic areas will be:

- **General child and adolescent mental health**
- **Psychiatric disorders and conditions**
- **Treatment and care**

Program Highlights

The mission of the Congress is to bring together children's mental health professionals to exchange and present scientific research and information for the betterment of child and adolescent mental health globally, nationally and regionally. The Scientific Program promises to be at the frontier of knowledge in child and adolescent mental health. Keynote presentations, oral and poster presentations, symposia, workshops and exhibits will focus on the theme of fighting stigma, promoting resiliency and positive mental health for children and adolescents.

For More Information

Visit www.iacapap2016.org often from now until September 2016, as it will be updated regularly with information on the Program, Registration, Pre/Post and Daily Tours and Sponsorship/Exhibitor opportunities. Contact the IACAPAP 2016 Congress Secretariat for more information: Sea to Sky Meeting Management Inc. Phone: +1-604-984-6448 Email: info@iacapap2016.org

Abstracts:

IACAPAP 2016 will begin accepting abstracts in fall 2015.

Registration:

Online registration will open in early 2016.

Tour and Social Event

Program: will be online in 2015 with pricing and registration available in early 2016.

Venue and Accommodation:

IACAPAP 2016 will take place at the Calgary TELUS Convention Centre. The Calgary Marriott Downtown Hotel bookings will become available in fall 2015.

www.iacapap2016.org

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Acknowledgements:

We are extremely grateful to the wide range of people who contributed to this seminar. A few specific acknowledgements are warranted:

- Our hosts: Cumming School of Medicine, University of Calgary and Alberta Children's Hospital Research Institute
- To The Scientific Association for Child and Adolescent Psychiatry Berlin (Wissenschaftlicher Verein für Kinder-und Jugendpsychiatrie Berlin) for travel sponsorship
- All mentors and speakers, for their time and expertise

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Welcome from the University of Calgary, Department of Psychiatry and Cumming School of Medicine

It is my great pleasure to welcome you to the fifth Helmut Remschmidt Research Seminar, on behalf of the Department of Psychiatry of the Cumming School of Medicine, University of Calgary.



We recognize the need for innovative research in the area of social adversity and children's mental health, acknowledging that early support and treatment impacts patients, families and the broader community. The Cumming School of Medicine and the University of Calgary are committed to supporting and mentoring emerging researchers, because your work makes a difference.

Our hope is that this conference will provide you with opportunities to make connections, gain insights and benefit from the expertise of seasoned researchers. Engage with this community of researchers; indulge in the beautiful setting of Kananaskis country; and most of all, relax and enjoy!

Dr. Beverly Adams
Head, Department of Psychiatry
Cumming School of Medicine
University of Calgary



UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE

Welcome from the Alberta Children's Hospital Research Institute (ACHRI)

It is a pleasure to welcome all the participants to this fifth Helmut Remschmidt Research Seminar. ACHRI is very pleased to play a role in this seminar as the development of young researchers is an important goal of our institute.



This year's focus on 'Social Adversity and Children's Mental Health' is a subject that resonates with many of our child health researchers. Canada is a country full of bountiful resources, as you see in this beautiful setting here in Kananaskis Country. But as a society we still do not fully address the needs of children in adverse social environments or with mental health issues. Until we do, these children will not realize their full potential. We need to give them a better tomorrow.

Developmental, behavioural and emotional problems are now collectively the leading cause of disability affecting children. The etiology of most of these conditions is still unclear and there is an urgent need to devote resources to find the causes and develop interventions for families.

We hope this seminar helps you to develop research skills, build high quality research programs, create new knowledge and apply it in ways that improves the social circumstances and mental health of children here in Alberta and elsewhere. I hope you all enjoy the experience and that you will have an inspiring time filled with useful discussion of innovative ideas.

Dr. Brent Scott
ACHRI Executive Director

Welcome from Assoc Prof T.C.R. Wilkes; HRRS local Organizer 2015

It is a pleasure to welcome you to the 5th Helmut Remschmidt Research Seminar (HRRS) held at the Delta Lodge Kananaskis, Alberta, and Canada. This event would not be possible without the constant support of Dr Adams the Head of the dept of Psychiatry and Dr Brent Scott from the Alberta Children's Hospital Research Institute for this we are all truly grateful. Additionally I find it especially gratifying to host a research development event for emerging Child and Adolescent Mental Health Specialists that will focus on the importance of Social Adversity in Children's Mental Health. Alberta has been very innovative and is leading the country on how it has focused clinicians, researchers, policy makers on the importance of adverse Child Event and the impact this has on early brain development. Research suggests that we are the metabolic end products of our sensory perception and the largest single determinant for reducing the prevalence of non-communicable diseases will come from reducing Adverse Child Events in the general population and by learning to mitigate the epigenetic effects of toxic stress through healthy supportive relationships.



We have a great complimentary team of inter-national mentors and participants to facilitate a very exciting week. I hope that you will find the locale of the seminar week not only inspiring but stimulating and fun. We will be discussing research methods and various aspects of neuroscience, epigenetics, adverse life events and resiliency in the context of facilitating your personal future research contributions.

Sincerely,

T.C.R. Wilkes, B.Sc., M.B., ChB., M. Phil., D.C.H., F.R.C.P. (Edin), F.R.C. Psych., F.R.C.P.(C), F.A.P.A., I.A.A.P.,

Associate Professor, University of Calgary,

Division Head, Child and Adolescent Mental Health & Addictions,

Outpatient Section Chief, Child and Adolescent Psychiatry

Consulting Psychiatrist, Young Adult Outpatient Services,

Alberta Health Services & University of Calgary

About the Helmut Remschmidt Research Seminar

At the 17th IACAPAP Congress in Melbourne 2006, the IACAPAP executive committee agreed to arrange research seminars, named the *IACAPAP Helmut Remschmidt Research Seminars (HRRS)*, in the geographical area where the next IACAPAP Congress will take place. The purpose of the seminars and according to the IACAPAP Constitution – “to promote the study, treatment, care and prevention of mental and emotional disorders and disabilities of children, adolescents and their families” – is to inspire young colleagues from child & adolescent mental health disciplines to engage in research. The aims are to provide basic knowledge in key aspects of research design in child and adolescent mental health, skills in presenting research to colleagues, skills in commenting on the research of others, and to enable participants to carry out their own research projects under the specific circumstances of their departments.

The seminars take place approximately 6 to 12 months before the Congress. Given that the next IACAPAP meeting will be in CALGARY, CANADA in September 2016, a decision was made to have the HRRS at the Delta Lodge at Kananaskis Alberta, CANADA. The seminar was open to applicants and nominees from across the world. The IACAPAP executive together with the Canadian Academy of Child and Adolescent Psychiatrist agreed that the main theme for 2016 Congress will be “Fighting Stigma: The Promotion of Resiliency and Positive Mental Health” it appeared appropriate to have as a specific theme of the 5th HRRS “Social Adversity in Children’s Mental Health” Now each seminar participant is asked to bring a research plan or an ongoing project to present and work on in small groups supervised by 1 or 2 mentors.

Mentors are experienced Child & Adolescent mental health clinicians and scientists, supported by research colleagues from local organizing institutions. Mentors would typically present papers in the morning and lead small group work in the afternoons. The outcome of the HRRS is for participants to have developed and shaped research projects that can be performed in the environment where the participant is based. In addition, participants will be encouraged to prepare abstracts for submission to the IACAPAP congress in 2016.

About the mentors

(in alphabetical order)

Prof Petrus J de Vries, MBChB, MRCPsych, PhD

Prof de Vries is the Sue Struengmann Professor of Child & Adolescent Psychiatry at the University of Cape Town, a post he took up in 2012. He trained in Medicine at Stellenbosch University in South Africa before moving to the UK where he completed his clinical training in Psychiatry and Child & Adolescent Psychiatry, and a PhD in Developmental Neuropsychiatry at the University of Cambridge.



Until 2011, Prof de Vries was the clinical lead for a multi-agency, multi-disciplinary service for school-aged children with neurodevelopmental disorders in the Cambridgeshire & Peterborough NHS Foundation Trust, UK. He has a clinical interest in assessment and intervention for young people with very complex neurodevelopmental and mental health needs.

His research interests include autism spectrum disorders, tuberous sclerosis complex and the application of neuropsychological assessments in the clinical and educational setting. Prof de Vries has a particular interest in the molecular mechanisms underlying neurocognitive and neurodevelopmental deficits associated with the TSC1/2-mTOR signalling pathway.

Prof de Vries is a Medical Advisor to the Tuberous Sclerosis Association (UK), a member of the Professional Advisory Board and International Scientific Advisory Panel of the Tuberous Sclerosis Alliance (USA), and a Specialist Advisor to TSDDeutschland. He is also chairman of the Society for the Study of Behavioural Phenotypes (SSBP), an international, interdisciplinary research organization, is a member of the National Executive Committee of Autism South Africa (ASA) and scientific advisor to MONAA (MONaco Against Autism).

Bruno Falissard, MD, PhD

After some initial training in mathematics and fundamental physics (Ecole Polytechnique, Paris), Bruno Falissard engaged in medical studies and specialized in Child and Adolescent Psychiatry in 1991. His PhD was in biostatistics and his post doc in psychometrics and exploratory multimensional methods. He was assistant professor in child and adolescent psychiatry in 1996–1997, associate professor in Public Health in 1997–2002 and full professor in Public health from 2002. He is at the head of the Master in Public Health of South-Paris University (600 students) and at the head of the “Center of Epidemiology and Population Health” (400 members). He is co-author of about 400 papers and author of 4 books. He has a clinical activity in child and adolescent psychiatry. His personal areas of research are about methodology and epistemology of mental health research. Since 2015 he is the president of IACAPAP (International Association of Child and Adolescent Psychiatry and Allied Professions) and member of the French Academy of Medicine.



Nicole Letourneau

Nicole Letourneau is the author of *Scientific Parenting: What Science Reveals About Parental Influence* (2013), published by Dundurn. She is a Full Professor at the University of Calgary in the Faculty of Nursing and Cumming School of Medicine (Pediatrics & Psychiatry). She holds the Norlien/ACHF Chair in Parent-Infant Mental Health and previously, she was Canada Research Chair in Healthy Child Development. She also is Director of RESOLVE (Research and Education for Solutions to Violence) Alberta.



She is PI of the CHILD (Child Health Intervention and Longitudinal Development) studies program (www.childstudies.ca) which develops and tests interventions that support the development of vulnerable infants, children and youth. She studies parenting, attachment and child development, particularly child behaviour, in the context of maternal depression, family violence, and substance abuse. She is Principal Investigator of the APron cohort study of 2200 Alberta families, focused on examining the influence of maternal mental health on infant development and Co-Principal Investigator of the Alberta Births Common Dataset (ABCD). One of her most recent studies examines the mediating influence of maternal attachment behaviours on the relationship between maternal mental distress during pregnancy and infant Hypothalamic Pituitary Adrenal axis responses. Another study, called ATTACH (Action Team on Triadic Attachment and Child Health) tests an innovative parenting intervention focused on reflective function for Calgary's highest risk families. All of her research is community-based and seeks to develop evidence to guide best practice in parent-child support and intervention.

Dr. Letourneau began her career at the University of New Brunswick where she received her Bachelor of Nursing (1991). She then received both her Masters (1994) and PhD in Nursing from University of Alberta (1998), focusing on pediatrics and community health. She completed post-doctoral training with Dr. Miriam Stewart at the University of Alberta, Social Support Research Program and Dr. J. Douglas Willms at the University of New Brunswick, Canadian Research Institute for Social Policy. Dr. Letourneau has extensive training in the area of child development and parenting assessment and has completed the CARE-Index Coder and Trainer Training and undertaken the Strange Situation Procedure Training from the Family Relations Institute in Miami Florida. She is also a certified NCAST (Nursing Child Assessment Satellite Training) Instructor from the University of Washington, Seattle. She is also certified to code adult reflective function using the Reflective Function Index, trained by Howard Steele of the New School in New York.

She has received many honours for her scholarly work including being named Canada's Premier Young Researcher by the Canadian Institutes of Health Research (2006),

to Canada's Top 40 Under 40 (2007), Nurses Association of New Brunswick Award of Merit: Research (2011), Fellow of the Canadian Academy of Health Sciences (2014) and the Award of Excellence in Research from the College and Association of Registered Nurses of Alberta (2015). In her career, she has earned over \$32 million in funding, with \$19 million as Principal or Co-Principal Investigator. She has published over 105 peer-reviewed papers, 14 chapters and book contributions and over 80 opinion editorials appearing in the Huffington Post, Globe and Mail and other major Canadian news outlets. She has over 9000 Twitter followers.

Relevant Publications (*student)

- Letourneau, N., Whitty, P., Schryer*, E., & Watson*, B. (in press). *The Influence of newborn early literacy intervention programs in three Canadian provinces. Issues in Comprehensive Pediatric Nursing.*
- Letourneau, N., Tryphonopoulos*, P., Dennis, C., Giesbrecht, G., Bhogal, B., & Watson*, B. *A narrative and meta-analytic review of the effectiveness of attachment interventions. Infant Mental Health Journal.*
- Tomfohr, L., Letourneau, N., Campbell, T., & Giesbrecht, G. (in press). *Trajectories of Sleep Quality and Associations with Mood during the Perinatal Period. SLEEP.*
- Letourneau, N., Secco, L., Colpitts, J., Aldous, S., Stewart, M., & Dennis, C. (2015). *Quasi-experimental evaluation of a telephone-based peer support intervention for maternal depression. Journal of Advanced Nursing.*
- Tryphonopoulos*, P., Letourneau, N., & DiTomasso, E. (2014). *Attachment and caregiver-infant interaction: A review of observational-assessment tools. Infant Mental Health Journal, 35(6), 642–656.*
- Leger*, J., Letourneau, N. & Weaver, K. (2015). *Gaining perspective: Peer mentors' experiences with an intervention project for mothers with postpartum depression. Clinical Nursing Studies, 3(1), 29–36.*
- Secco, L., Letourneau, N., Campbell, M., Craig, S. & Colpitts, J. (2014). *Stresses, strengths and experiences of mothers engaged in Methadone Maintenance Treatment (MMT). Journal of Addictions Nursing, 25(3), 139–147.*
- Tryphonopoulos*, P., N. Letourneau, N., Azar, R. (2014). *Approaches to salivary cortisol collection and analysis in infants. Biological Research for Nursing, 16(4), 398–408.*
- Letourneau, N., Giesbrecht, G., Bernier, F., & Joschko, J. (2014). *How do interactions between early caregiving environment and genes influence health behavior? Biological Research for Nursing 16(1), 83–94.*

Frank P. MacMaster, PhD

Frank MacMaster is the inaugural holder of the Cuthbertson and Fischer Chair in Paediatric Mental Health, in the Departments of Psychiatry and Paediatrics, University of Calgary. He is also the Scientific for the Addictions and Mental Health Strategic Clinical Network in Alberta Health Services.

He received his Bachelors in Psychology for Saint Mary's University, completed graduate work at Dalhousie University in neurobiology, and a postdoctoral fellowship in brain imaging in child psychiatry at Wayne State University. Dr. MacMaster has received the NARSAD Young Investigator Award, the New Investigator Award from NIMH (New Clinical Drug Evaluation Unit), and other honors.

He has over 56 peer-reviewed papers, and has been cited over 1000 times. His work is focused on using neuroimaging methods to better understand the underlying neurobiology and impact of novel interventions like neurostimulation in child and adolescent mental health.



Alan McLuckie

Alan McLuckie earned his Ph.D. in Social Work from the University of Toronto and an MSW (Clinical Specialization) from the University of Calgary. His areas of research include qualitative and quantitative methods focusing on children's mental health, parenting stress, clinical supervision and family-based interventions. He is a registered social worker, an experienced mental health therapist, a member of the American Family Therapy Academy and a supervisor with both the American Association for Marriage and Family Therapy and the Canadian Association for Child and Play Therapy. Dr. McLuckie is an award winning educator who is an associate member of the Matheson Centre for Mental Health Research & Education and an Assistant Professor with the Faculty of Social Work, cross-appointed to the Department of Psychiatry at the University of Calgary. He is also a consulting supervisor to the IWK Health Centre's Mental Health and Addictions Program related to family therapy and an Adjunct Professor in the Department of Psychiatry, at Dalhousie University in Halifax. He also maintains a clinical practice with the Calgary Counselling Centre where he provides psychosocial treatments to children and youth with significant mental disorders, and with the Calgary Family Therapy Centre as a supervisor for family therapy training.



Prof Helmut E Remschmidt, MD, PhD, FRCPsych

Prof Remschmidt was born in Czernowitz, Romania. He studied Medicine, Psychology and Philosophy at the Universities of Erlangen (Germany), Vienna (Austria) and Tübingen (Germany). He completed a habilitation in medical psychology (*venia legendi*) in 1971.



He was head of the Department of Child & Adolescent Psychiatry and Neurology at the Freie Universität Berlin from 1975–1980. He then became head of department at the Philipps-University, Marburg (Germany) in 1980 from where he retired as Emeritus Professor in 2006.

He received numerous awards including the Hermann-Simon-Award for outstanding research in social psychiatry (1990), the Christina-Barz-Award for scientific research in the field of eating disorders (1994), the Ernst-von-Bergmann-Medal of the German General Medical Council (1996), the Niilo-Hallman-Medal of the Finnish Foundation for Pediatric Research (1998), the Max-Planck-Award for International Cooperation (1999), received the Federal Cross of Merit (2004), the Lilly Quality of Life Award (2006), the Euricius-Cordus-Medal of the Philipps University Marburg (2012) and the Beccaria-Medal of the Criminological Association (United Criminologists of Austria, Germany and Switzerland) in 2013.

He is a member of numerous learned societies including the German Academy of Nature Research (Deutsche Akademie der Naturforscher) "Leopoldina" (since 1991), International Scholar of the American Psychiatric Association (since 1992) and Fellow of the Royal College of Psychiatrists (since 2000). He was Special Professor of Psychiatry at the University of Birmingham (UK) from 1993–1996 and was Dean of the Medical Faculty of the Philipps-University, Marburg from 1995–1997. Prof Remschmidt was President of the European Society for Child and Adolescent Psychiatry (ESCAP) (1995–1999), Honorary President of the Spanish Society for Child and Adolescent Psychiatry (since June 1998), and President of the International Society for Child and Adolescent Psychiatry and Allied Professions (IACAPAP) from 1998 to 2004. He is Honorary President of the German Society for Child and Adolescent Psychiatry and Psychotherapy (since 2000), Honorary Member of the Romanian Association for Child Neurology and Child Psychiatry (since 2003) and was a member of the Steering Committee and Scientific Director of the WPA Global Presidential Program on Child and Adolescent Mental Health, carried out in co-operation with IACAPAP and WHO between 2003 and 2005.

Prof Remschmidt's main research interests are forensic child and adolescent psychiatry, developmental psychopathology, eating disorders, schizophrenia research, psychiatric genetics, and therapy and evaluation research.

He has published more than 600 articles in scientific journals and book chapters in several languages. He is author, co-author and editor of more than 50 books in the field of child and adolescent psychiatry and mental health and has been Editor and co-editor of several scientific journals including European Child and Adolescent Psychiatry, Zeitschrift für Kinder- und Jugendpsychiatrie und Psychotherapie, Nervenarzt, Monatsschrift für Kriminologie und Strafrechtsreform und Deutsches Ärzteblatt, Journal of Child and Adolescent Psychopharmacology, Current Opinion in Psychiatry, Cambridge Monographs in Child and Adolescent Psychiatry. In addition he is Editor of the German series "Clinical Psychology and Psychiatry" (currently 70 volumes)

Prof Remschmidt has continued to share his expertise since retirement as Guest Researcher and Invited Lecturer at many universities in Europe, Israel, Africa, USA, China, Brazil, Thailand, Korea, and Australia.

Prof Per-Anders Rydelius, MD, PhD

Education:

- 1971, Leg läk "M.D." Swedish Authorization as a physician
- 1978 Specialist diploma, license in child and adolescent psychiatry
- 1981. Ph.D. at the Karolinska Institutet, Stockholm. - Thesis: "Children of alcoholic fathers - Their social adjustment and their health status over 20 years". Acta Paed Scandinavica Suppl 286, 1981.



Executive Education:

- 1991 MPAB IV, Management Program for leading doctors in the Stockholm County Council
- 1999/2000 CUPS Executive Education /Health Care, Stockholm School of Economics

Academic positions:

- 1989–2012 By the Swedish Government appointed Professor, Chairman, Child and Adolescent Psychiatry Karolinska Institutet, Stockholm
- 2013– Senior Professor, Child and Adolescent Psychiatry Karolinska Institutet, Stockholm
- 2000–Feb 2006 Prefekt (Chairman/Director for research and education), Department of Woman and Child Health at the Karolinska Institutet, Stockholm. Including the divisions for Pediatrics, Neonatology, Neuropediatrics, Pediatric Endocrinology, Pediatric Oncology, Child Surgery, Child and Adolescent Psychiatry, Obstetrics and gynecology, Reproductive Endocrinology and Midwife-education
- Summer 1994: Invited visiting professor at the research program on juvenile delinquency, the Chicago South Neighborhoods, Director: Professor Felton Earls, Harvard School of Public health, Boston, Ma. USA
- Sept 2003–Jan 2004: Invited guest professor at the Nagoya University Center for Developmental Clinical Psychology and Psychiatry, Director: Professor Shuji Honjo, Nagoya, Japan
- 2007–2012, Guest professor, Child and Adolescent Psychiatry Central South University, Changsha, Hunan, China

Swedish Commissions:

- 1982–1990, Vice president and President of the Swedish Association for child and Adolescent Psychiatry
- 1989– By the Swedish Government appointed as member of the board of the Solstickan
- Foundation for research
- 1983–1996, Secretary, the Swedish Medical Research Council's Planning Group for Child and Adolescent and Social Pediatric Research.

- 1997–2002, Chairman, the Swedish Medical Research Council's Planning Group for Child and Adolescent and Social Pediatric Research.
- 2005– Scientific Reviewer – The Swedish Council of Sciences

International Commissions:

- 2006–2010 President of IACAPAP, the International Association of Child and Adolescent Psychiatry and Allied Professions.
- 1998–2004 Vice President of IACAPAP.
- 2004–2006 Secretary General of IACAPAP.
- 2003 Member of the task force committee on prevention in the WPA (World Psychiatric Association) Presidential Program on Child Mental Health in collaboration with the WHO (World Health organization) & the IACAPAP (International Association of Child and Adolescent Psychiatry and Allied Professions).
- 2009– WHO's International Advisory Group for revision of ICD-10 to ICD-11.

Editorial Boards:

- Editorial Board, International Journal of Adolescent Medicine and Health, Child and Adolescent Psychiatry and Mental Health

Supervision:

- Supervised 21 Ph.D. – exams and 5 lic.med.sci-exams 1991–2012

Publications:

- More than 170 articles and chapters in peer reviewed scientific journals, other journals and textbooks

Prof T.C.R. Wilkes, B.Sc., M.B., ChB., M. Phil., D.C.H., F.R.C.P. (Edin), F.R.C. Psych., F.R.C.P.(C), F.A.P.A., I.A.A.P

Dr. Wilkes is a medical graduate of Birmingham, England (1976). After completing a Pediatric and then Psychiatry residency, including a Fellowship in Affective Disorders in Dallas, he moved to Canada in 1987. He worked initially at Children's Mental Health Services in Lethbridge and in 1990 moved to Calgary to join the Department of Psychiatry as the Director of the Young Adult Program.



Dr. Wilkes is currently Section Chief of Outpatients of the Child and Adolescent Mental Health and Addictions Service, Calgary Zone, AHS. He is also the University of Calgary/ Alberta Health Services Division Chief of Child and Adolescent Psychiatry and a member of the Pediatric and Psychiatry faculties. He is an Associate Professor at the University of Calgary and Consulting Psychiatrist at the Young Adult Outpatient Service. He is President of the Canadian Academy of Child and Adolescent Psychiatry, a member of the Advocacy Committee and he is Chair of the Global Psychiatry Committee for the promotion of global children's mental health. He is also Chair of the CACAP Conference Organizing Committee and Local Chair of the International Association of Child and Adolescent Psychiatrists and Allied Professionals (IACAPAP) Meeting in 2016 in Calgary.

Dr. Wilkes is a Distinguished Fellow of the American Psychiatric Association. He is also a Fellow of the Royal College of Physicians of Edinburgh and a Fellow of the Royal College of Psychiatrists U.K. He was a Founding Member of the Calgary Jungian Association and Founding Member of the Academy of Cognitive Therapy. Dr. Wilkes completed training in hypnosis with the Society of Medical and Dental Hypnosis in Edinburgh and later recertified in Alberta with the Canadian Federation of Clinical Hypnosis. Dr Wilkes also completed training in Jungian Analysis whilst in Canada and is a member of the International Association of Analytic Psychology. He has presented locally and internationally on a variety of mental health issues including the role of hypnosis for treatment of psychiatric disorders. Dr. Wilkes' research and publications have been in the area of cognitive behavioral treatment of youth depression, suicide, affective disorders, post traumatic stress disorder, psychotherapy and mental health economics. Most recently he has been researching the role of adverse child events on mental health outcomes and the role of trans-cranial stimulation for depression in youth.

About the HRRS participants

(in alphabetical order by chosen first name)

Caroline Buzanko: *Caroline*

| | | |
|----|--|--|
| 1 | Your first name | Caroline |
| 2 | Your surname | Buzanko |
| 3 | What would you like us to call you? | Caroline |
| 4 | Your qualifications | Master of Counselling PhD Candidate (In School and Applied Child Psychology) |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Psychologist |
| 6 | At what institute/clinic/hospital/university are you currently working? | University of Calgary |
| 7 | In which country are you currently working? | Canada |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | <ul style="list-style-type: none"> I am conducting qualitative research to investigate parents' experiences of the assessment process that resulted in their child's diagnosis of ADHD. As an extension to this study, I will create a parent input form to translate the knowledge obtained from my research into a useful and applied way for parents and clinicians. |
| 9 | What particular things are you hoping to come and learn at the HRRS? | <ul style="list-style-type: none"> First and foremost, I would like to gain additional learning opportunities to strengthen my overall research skills. Regarding my own work, I would like to receive input regarding my research design and guidance on how to maximize the rigour and credibility of my study. |
| 10 | Do you have any requests for the mentors? | Only that I receive open and honest feedback and regarding my work and possible suggestions to strengthen my work. |
| 11 | Any dietary requirements? | No dairy or soy |
| 12 | Any other comments? | None. |

Danielle Baribeau: *Danielle*

| | | |
|----|--|---|
| 1 | Your first name | Danielle |
| 2 | Your surname | Baribeau |
| 3 | What would you like us to call you? | Danielle |
| 4 | Your qualifications | MD |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Psychiatry Resident |
| 6 | At what institute/clinic/hospital/university are you currently working? | University of Toronto |
| 7 | In which country are you currently working? | Canada |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | My current research is based on data from the Province of Ontario Neurodevelopmental Disorders Network, looking at biomarkers across childhood onset neurodevelopmental disorders. At HRRS, I hope to refine my research questions and study design for subsequent projects in anticipation of pursuing a graduate degree in Clinical Epidemiology. |
| 9 | What particular things are you hoping to come and learn at the HRRS? | I would like to learn about statistical software that would be appropriate for a beginner. I am interested to learn about study design, particularly regarding longitudinal research registries/databases. I am excited to meet with researchers across disciplines, as I prepare to focus my research career on important questions that affect children and youth with mental illness. |
| 10 | Do you have any requests for the mentors? | If possible, I would like to meet with a mentor who has a background in clinical epidemiology, or Autism Spectrum Disorder. |
| 11 | Any dietary requirements? | No |
| 12 | Any other comments? | None. |

Debbie Jones: *Debbie*

| | | |
|----|--|--|
| 1 | Your first name | Debbie |
| 2 | Your surname | Jones |
| 3 | What would you like us to call you? | Debbie |
| 4 | Your qualifications | Bachelor's of Science Bachelor's of Nursing In progress of Master's of Nursing (Thesis based) |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Registered Nurse |
| 6 | At what institute/clinic/hospital/university are you currently working? | Currently working at South Health Campus completing mental health assessments in the emergency department. |
| 7 | In which country are you currently working? | Canada |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | I am examining what predicts parenting competence in women with Postpartum Depression. |
| 9 | What particular things are you hoping to come and learn at the HRRS? | I am interested in learning any new research ideas that can be applied to my clinical setting and my current thesis project. |
| 10 | Do you have any requests for the mentors? | No |
| 11 | Any dietary requirements? | Nil |
| 12 | Any other comments? | No |

Emma Climie: *Emma*

| | | |
|---|--|--|
| 1 | Your first name | Emma |
| 2 | Your surname | Climie |
| 3 | What would you like us to call you? | Emma |
| 4 | Your qualifications | Ph.D. (School & Applied Child Psychology, University of Calgary, 2012) R.Psych, College of Alberta Psychologists (2014) M.Sc. (Cognition & Cognitive Development, Psychology, University of Calgary, 2008) |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Psychologist (Registered in Alberta), specialization in School/Educational psychology |
| 6 | At what institute/clinic/hospital/university are you currently working? | School & Applied Child Psychology program, Werklund School of Education, University of Calgary |
| 7 | In which country are you currently working? | Canada |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | I am about to begin a project looking at knowledge and stigma surrounding Attention-Deficit/Hyperactivity Disorder (ADHD). I am interested in better understanding the experiences of stigma in children with ADHD and their families and what individuals and groups actually know about the disorder (e.g., parents, teachers, school psychologists). I am interested in how knowledge and stigma may relate to children's mental health and am examining a number of factors including resilience, social emotional well-being, parenting, and child self-esteem. I would love to get feedback from others who may have more experience in this area, including theoretical, methodological, and statistical implications. *please note that, as described in my application letter, I have two ongoing projects that I am able to bring to this seminar and can speak to either |

| | | |
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| 9 | What particular things are you hoping to come and learn at the HRRS? | I am very excited about the possibilities for mentorship from senior researchers in the field of children's mental health. I am a junior faculty member in a School of Education, and the opportunities for mentorship within the field of children's mental health in my faculty are limited. I am interested to learn about methodological considerations and research designs, specifically in regards to longitudinal samples. As well, I feel as though my statistical abilities are adequate but I would like to build my capabilities in these areas. Finally, I look forward to connecting with other junior researchers from across the globe. |
| 10 | Do you have any requests for the mentors? | Not at this time |
| 11 | Any dietary requirements? | No |
| 12 | Any other comments? | I am looking forward to this opportunity, as well as to the IACAPAP conference in 2016. |

Gabrielle Chartier: *Gabrielle*

| | | |
|----|--|--|
| 1 | Your first name | Gabrielle |
| 2 | Your surname | Chartier |
| 3 | What would you like us to call you? | Gabrielle |
| 4 | Your qualifications | M.D.-M.Sc. |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Psychiatry resident |
| 6 | At what institute/clinic/hospital/university are you currently working? | University of British Columbia PGY-1 Resident in the Research track program /Psychiatry St-Paul's Hospital Past experience and research at Université de Montréal, CHU Sainte-Justine |
| 7 | In which country are you currently working? | Canada |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | I would like to develop my next research project on neuroinflammation, inflammatory markers & their link to social stressors/ influence on development of mood disorders. |
| 9 | What particular things are you hoping to come and learn at the HRRS? | - The future areas of interest in research in pedopsychiatry (What's next) - Tips to success as a clinician investigator - Tips to plan an efficient & clinically pertinent research project |
| 10 | Do you have any requests for the mentors? | |
| 11 | Any dietary requirements? | Vegetarian |
| 12 | Any other comments? | Thanks for organizing this |

Hanna Kubas: *Hanna*

| | | |
|---|--|---|
| 1 | Your first name | Hanna |
| 2 | Your surname | Kubas |
| 3 | What would you like us to call you? | Hanna |
| 4 | Your qualifications | Bachelor of Science (Honours) Master of Science Doctoral Student |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | School Psychology Trainee |
| 6 | At what institute/clinic/hospital/university are you currently working? | School and Applied Child Psychology Werklund School of Education University of Calgary |
| 7 | In which country are you currently working? | Canada |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | I am currently the Project Coordinator of a study examining medication effects on frontal-subcortical circuits and functional outcomes in children with ADHD. By incorporating neuroimaging, neuropsychological, academic, and behavioural data within a randomized clinical trial, we aim to address and potentially explain why the long-term impact of medication on academic and real-world outcomes has been equivocal in previous studies. |
| 9 | What particular things are you hoping to come and learn at the HRRS? | I am hoping to become exposed to different types of adolescent and mental health research being conducted around the world to help guide my own research paradigms as I make the transition from trainee to independent researcher. Additionally, I am hoping to receive invaluable mentorship and feedback from experienced researchers and trainees from various disciplines as I prepare to begin data collection for my dissertation project. |

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| 10 | Do you have any requests for the mentors? | I am hoping that the mentors can help guide the development of my research skills. Specifically, I am looking forward to receiving feedback from local and international multidisciplinary researchers regarding my project and methodology, in order to become exposed to varying viewpoints and suggestions. |
| 11 | Any dietary requirements? | None |
| 12 | Any other comments? | N/A |

Iain Perkes: *Iain*

| | | |
|----|--|---|
| 1 | Your first name | Iain |
| 2 | Your surname | Perkes |
| 3 | What would you like us to call you? | Iain |
| 4 | Your qualifications | BMedSc BMed |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Psychiatrist, trainee |
| 6 | At what institute/clinic/hospital/university are you currently working? | Rivendell Adolescent Unit, Thomas Walker Hospital. Hospital Rd, Concord West, NSW Behavioural Neuroscience Laboratory |
| 7 | In which country are you currently working? | Australia |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | fMRI correlates of decision making in obsessive compulsive disorder in adolescents. Please see attached documents for further detail. |
| 9 | What particular things are you hoping to come and learn at the HRRS? | Mentoring on career planning in child and adolescent psychiatry research; skills in research design and review; presentation skills, strategies specific to child and adolescent psychiatry, e.g., recruitment of research participants |
| 10 | Do you have any requests for the mentors? | Advice on careers involving multi-site research; Advice on the approach to translational research involving phenomenology of mental illness, particularly cross-diagnostic approaches |
| 11 | Any dietary requirements? | No |
| 12 | Any other comments? | No |

Iliana Garcia-Ortega: *Iliana*

| | | |
|----|--|--|
| 1 | Your first name | Iliana |
| 2 | Your surname | Garcia-Ortega |
| 3 | What would you like us to call you? | Iliana |
| 4 | Your qualifications | MD |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Psychiatry – Child and Adolescent Psychiatry Fellow |
| 6 | At what institute/clinic/hospital/university are you currently working? | University of Calgary |
| 7 | In which country are you currently working? | Canada |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | I would like to draw a plan for a research project to be conducted during my fellowship in child and adolescent psychiatry |
| 9 | What particular things are you hoping to come and learn at the HRRS? | Research design and methods. |
| 10 | Do you have any requests for the mentors? | If possible review critical appraisal skills |
| 11 | Any dietary requirements? | None |
| 12 | Any other comments? | Thank you |

James Shelly: *James*

| | | |
|----|--|--|
| 1 | Your first name | James |
| 2 | Your surname | Shelly |
| 3 | What would you like us to call you? | James |
| 4 | Your qualifications | MBCChB; FCPsych(SA) |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Psychiatrist; Senior Registrar – Child & Adolescent Psychiatry |
| 6 | At what institute/clinic/hospital/university are you currently working? | The Red Cross War Memorial Children's Hospital; University of Cape Town |
| 7 | In which country are you currently working? | South Africa |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | A qualitative exploration of recognition of first symptoms and perceptions of disability in parents of young children with Autistic Spectrum Disorder in South Africa. |
| 9 | What particular things are you hoping to come and learn at the HRRS? | How to develop appropriate questions to answer specific points of interest in qualitative research. Methods of qualitative data capture, interpretation and analysis from focus groups. |
| 10 | Do you have any requests for the mentors? | No |
| 11 | Any dietary requirements? | No |
| 12 | Any other comments? | |

Pei-Chen Chang: *Jane*

| | | |
|----|--|--|
| 1 | Your first name | Jane (Pei-Chen) |
| 2 | Your surname | Chang |
| 3 | What would you like us to call you? | Jane |
| 4 | Your qualifications | 1. Board Certified Child and Adolescent Psychiatrist, DOH, Taiwan (No. 191) 2. Board Certified Psychiatrist, DOH, Taiwan (No.171) 3. Board Certified Medical License, DOH, Taiwan (No. 038856) |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Child and Adolescent Psychiatrist (Taiwanese Society of Child and Adolescent Psychiatrists) |
| 6 | At what institute/clinic/hospital/university are you currently working? | China Medical University Hospital, Taichung, TAIWAN |
| 7 | In which country are you currently working? | Taiwan |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | I am interested in carrying out a research on omega-3 treatment in children with ADHD and would like to work on the protocol at HRRS. |
| 9 | What particular things are you hoping to come and learn at the HRRS? | I would like to learn about the “dos” and “don’ts” in the field of child and adolescent psychiatry. Also to learn about child and adolescent psychiatry training and research in other countries. |
| 10 | Do you have any requests for the mentors? | I hope to have a chance to learn about mentors’ experiences in the field of child and adolescent psychiatry. |
| 11 | Any dietary requirements? | I don’t eat mutton |
| 12 | Any other comments? | I hope I will have a chance to participate in this seminar and make connections with other young child and adolescent psychiatrists. |

Jonathan Lee: *Jonathan*

| | | |
|----|--|---|
| 1 | Your first name | Jonathan |
| 2 | Your surname | Lee |
| 3 | What would you like us to call you? | Jonathan |
| 4 | Your qualifications | HBSc (Psychology Research) MD |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Psychiatrist |
| 6 | At what institute/clinic/hospital/university are you currently working? | The Hospital for Sick Children, University of Toronto |
| 7 | In which country are you currently working? | Canada |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | Paired-associative stimulation incorporates transcranial magnetic and peripheral nerve stimulation to evidence long-term potentiation-like plasticity. PAS has evidenced differences in neuroplasticity between healthy and mentally ill adults. It has not been extensively applied to adolescence – a time when the brain is understood to undergo numerous plastic changes. PAS could serve as a tool to explore adolescent brain plasticity, and elucidate mechanisms of disease. |
| 9 | What particular things are you hoping to come and learn at the HRRS? | The steps involved in becoming a successful clinician-scientist, specific trajectories/experiences from more learned mentors – what has worked for them, what pitfalls they have circumvented/overcome, specific feedback about my presentation style/the quality of my research, a network of motivated/bright colleagues and peers. |
| 10 | Do you have any requests for the mentors? | It would be extremely helpful to know specific decisions made and wisdom accrued on the path to becoming researchers, regarding family life, sacrifices made, motivations to pursue further training, income and valuation, pressures and strains. It would also be helpful to know the mentors' opinions regarding whether they feel it is likely that I might become successful in this career path. |

About the HRRS participants

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|----|---------------------------|---|
| 11 | Any dietary requirements? | No |
| 12 | Any other comments? | I would always appreciate specific feedback and guidance about how to improve, and increase the likelihood that my research will help people in practical ways. |

Julia Imanoff: *Julia*

| | | |
|----|--|--|
| 1 | Your first name | Julia |
| 2 | Your surname | Imanoff |
| 3 | What would you like us to call you? | Julia |
| 4 | Your qualifications | BSc, BScN, RN, PNC(c) |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Registered Nurse |
| 6 | At what institute/clinic/hospital/university are you currently working? | University of Calgary |
| 7 | In which country are you currently working? | Canada |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | To explore the relationships between prenatal stress, birth outcomes, postpartum depression, and maternal-infant attachment |
| 9 | What particular things are you hoping to come and learn at the HRRS? | How to position research as child mental health research? What organizations and associations to become a member of? How to "sell" the research to funders/stakeholders. |
| 10 | Do you have any requests for the mentors? | How to use social media to market your research/yourself as a researcher? How to develop a program of research? |
| 11 | Any dietary requirements? | N/A |
| 12 | Any other comments? | N/A |

Katherine Bright: *Katherine*

| | | |
|----|--|---|
| 1 | Your first name | Katherine |
| 2 | Your surname | Bright |
| 3 | What would you like us to call you? | Katherine |
| 4 | Your qualifications | RN, BN, BSc, MN, PhD(s) |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Registered Nurse |
| 6 | At what institute/clinic/hospital/university are you currently working? | AHS - Women's Mental Health Clinic Foothills Hospital AHS - Ward of the 21st Century - Research Assistant |
| 7 | In which country are you currently working? | Canada |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | Understanding physiological underpinnings of Maternal Anxiety to Infant/Child outcomes in order to fill critical gaps in understanding the relationships among prenatal maternal anxiety, maternal stress hormone patterns, and subsequent infant/child development. |
| 9 | What particular things are you hoping to come and learn at the HRRS? | Mentoring around research design, data analysis, study completion, and presentation of results. |
| 10 | Do you have any requests for the mentors? | Expected timeframes Role of mentors and student Expectations for student |
| 11 | Any dietary requirements? | No pork |
| 12 | Any other comments? | |

Kristian Hansson: *Kristian*

| | | |
|----|--|--|
| 1 | Your first name | Kristian |
| 2 | Your surname | Hansson |
| 3 | What would you like us to call you? | Kristian |
| 4 | Your qualifications | Master of Science in psychology licensed psychologist. 5.5 years of work experience as a child and adolescent psychologist |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Psychologist |
| 6 | At what institute/clinic/hospital/university are you currently working? | Office for Healthcare "Sund", Child & Adolescent Psychiatry, Regional Inpatient Care, Emergency Department, Skåne University Hospital |
| 7 | In which country are you currently working? | Sweden |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | It is a 15 year follow-up study of former child and adolescent psychiatric patients with documented self-injury treated as inpatients on the ward where I am working. I'm planning to do a qualitative study |
| 9 | What particular things are you hoping to come and learn at the HRRS? | I would like to learn more about how to design my project to get valid and reliable results. I have only identified 12 patients and plan to do interviews. |
| 10 | Do you have any requests for the mentors? | I would like help with how to think about studies using qualitative methods, how to get the best information out of a small sample. |
| 11 | Any dietary requirements? | No |
| 12 | Any other comments? | |

Sivleap Sor: *Leap*

| | | |
|----|--|---|
| 1 | Your first name | Sivleap |
| 2 | Your surname | Sor |
| 3 | What would you like us to call you? | Leap |
| 4 | Your qualifications | MD |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Psychiatrist |
| 6 | At what institute/clinic/hospital/university are you currently working? | Center for Child and Adolescent Mental Health (Caritas-CCAMH), Cheychumneas Hospital, Takmao, Kandal province, Cambodia |
| 7 | In which country are you currently working? | Cambodia |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | I would like to attend the Helmut Remschmidt Research Seminar (HRRS) held from September 13 to 19 at the Delta Lodge at Kananaskis, Alberta, Canada on the theme social adversity and child mental health. Coming from Cambodia, a country in transition of the war and conflict where children suffer from multiple psychosocial adversities. This workshop will give me knowledge and expertise to understand child mental health in the context of post conflict psychosocial adversities. |
| 9 | What particular things are you hoping to come and learn at the HRRS? | Currently I am meeting many children who are trafficked and are victims of physical, emotional and sexual abuse. Though i am aware of trauma and healing at individual level, I would like to know more about mental health challenges in the context psychosocial adversities. I hope this experience at the seminar will lead to better understanding and newer therapeutic technique which i can practice when back at home. |
| 10 | Do you have any requests for the mentors? | I wish the mentors at the seminar will discuss the social cultural differences and context specific adversities and their impact on mental of children. I hope situation of children and young people in post conflict and low income countries will be discuss. |
| 11 | Any dietary requirements? | No |

| | | |
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| 12 | Any other comments? | 36% of Cambodian population is under fifteen year of age but there are no trained professionals to provide service for children affected by psychosocial adversities like trafficking, physical abuse and abandonment. I hope to share my experiences gained at the HRRS workshop to my team members after my return to my home country. |
|----|---------------------|--|

Lorie Laroche: *Lorie*

| | | |
|----|--|--|
| 1 | Your first name | Lorie |
| 2 | Your surname | Laroche |
| 3 | What would you like us to call you? | Lorie |
| 4 | Your qualifications | B.A. Hons. Psych, M.S.W. |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Social worker (health/mental health) |
| 6 | At what institute/clinic/hospital/university are you currently working? | University of Ottawa Health Services/ (In process of applying to PhD in Population Health at University of Ottawa) |
| 7 | In which country are you currently working? | Canada |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | I am interested in studying the impact of a shared decision-making approach on outcomes in the treatment of ADHD in children, youth, and families (e.g. improvement of symptoms, decision quality, level of involvement in care, treatment adherence, follow-through, level of knowledge, self management) |
| 9 | What particular things are you hoping to come and learn at the HRRS? | Increasing my knowledge and comfort with research design, improving my research presentation, honing my critical analysis skills, and to networking with other mental health professionals from around the world. |
| 10 | Do you have any requests for the mentors? | I do not have any requests to make at this time. |
| 11 | Any dietary requirements? | No |
| 12 | Any other comments? | Although I have much experience with mental health, I have just recently returned to postgraduate studies and am anticipating applying to the Population Health program to complete a PhD. Any assistance in increasing my research skills and number of publications would be greatly appreciated. |

Lubna Anis: *Lubna*

| | | |
|----|--|---|
| 1 | Your first name | Lubna |
| 2 | Your surname | Anis |
| 3 | What would you like us to call you? | Lubna |
| 4 | Your qualifications | MBBS, PhD Student |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Nursing and Medicine (Paediatrics) |
| 6 | At what institute/clinic/hospital/university are you currently working? | University of Calgary |
| 7 | In which country are you currently working? | Canada |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | Currently I am enrolled as a doctoral student at the University of Calgary and my proposed research project for doctoral work explores the influence of parental reflective function (RF) on parent child interaction quality and child development with an intention to enhance the effectiveness of parenting interventions to inform parents, service providers' practice, and policy and program decision making about service delivery for parents. I will draw my data from Dr. Nicole Letourneau's project called Action Team on Triadic Attachment and Child Health (ATTACH) study which is a pilot study of 40 families focusing on the concepts of parent-infant attachment and parental Reflective Function. |
| 9 | What particular things are you hoping to come and learn at the HRRS? | I am hoping to learn about research methods, public health policies and procedures, social determinants of health and research in mental health in detail. Additionally I am interested in learning more about how to conduct a meaningful research that creates a high impact on larger scale. |
| 10 | Do you have any requests for the mentors? | No |
| 11 | Any dietary requirements? | No |
| 12 | Any other comments? | |

Maisha Syeda: *Maisha*

| | | |
|---|--|--|
| 1 | Your first name | Maisha |
| 2 | Your surname | Syeda |
| 3 | What would you like us to call you? | Maisha |
| 4 | Your qualifications | Masters of Science (MSc.) in School and Applied Child Psychology 1st year Doctoral student (PhD) in School and Applied Child Psychology |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | School and Child Psychology |
| 6 | At what institute/clinic/hospital/university are you currently working? | University of Calgary |
| 7 | In which country are you currently working? | Canada |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | If given the opportunity, I would like to work on further developing my doctoral research project at the HRRS. My doctoral research will investigate the efficacy of mindfulness-based training in reducing anxiety in identified, 8–12 ages, gifted children. Furthermore, I am interested to further explore whether the effect of mindfulness on gifted children's anxiety will vary by their age, sex and ethnic backgrounds. A copy of the research proposal for the project is attached to the application. |

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| 9 | What particular things are you hoping to come and learn at the HRRS? | <p>I am hoping to advance my knowledge in areas of research design and analysis. Particularly, I am interested to further learn how to corroborate information about child and adolescents' mental health from parent, teachers, and child or adolescents' own self reports, and to reflect that accordingly on research designs.</p> <p>In addition, I think that HRRS will provide an exceptional platform to seek out international collaborations in child and adolescent mental health research. Specifically, I am interested to learn more about how various international communities have generated research movements in their underprivileged communities (e.g., low socio-economic status, minorities) to target child and adolescent's mental health. As a research student in the field of school psychology, I am interested to learn and contribute to how schools act as protective grounds against social adversity in affecting children's and adolescents' mental health.</p> |
| 10 | Do you have any requests for the mentors? | N/A |
| 11 | Any dietary requirements? | No |
| 12 | Any other comments? | N/A |

Joan Martha Hart: *Martha*

| | | |
|----|--|--|
| 1 | Your first name | Joan Martha |
| 2 | Your surname | Hart |
| 3 | What would you like us to call you? | Martha |
| 4 | Your qualifications | PhD in Social & Developmental Psychology |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Researcher - primary focus on mental health via caregiver/child interactions. |
| 6 | At what institute/clinic/hospital/university are you currently working? | University of Calgary |
| 7 | In which country are you currently working? | Canada |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | Currently we are developing an add on parenting intervention for at risk mothers/children based on reflective functioning - this is the work I would like to focus on. |
| 9 | What particular things are you hoping to come and learn at the HRRS? | I am hoping to gain more insight into conducting research, research design, as well as improve my presentation skills. |
| 10 | Do you have any requests for the mentors? | No. |
| 11 | Any dietary requirements? | No. |
| 12 | Any other comments? | None. |

Sambath Kao: *Sambath*

| | | |
|---|--|--|
| 1 | Your first name | Sambath |
| 2 | Your surname | Kao |
| 3 | What would you like us to call you? | Sambath |
| 4 | Your qualifications | MD, MSc in Medicine (Pediatric) |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Pediatrician |
| 6 | At what institute/clinic/hospital/university are you currently working? | Center for Child and Adolescent Mental Health (Caritas-CCAMH), Chey Chumneas Referral Hospital, Kandal province, Cambodia. |
| 7 | In which country are you currently working? | Cambodia |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | <p>killed and the education and health systems collapsed during the Khmer Rouge era in 1970s, as a resultThe developing education and health systems included mental health services and health seeking behavior remains a huge challenges.</p> <p>I would like to attend the 2015 Helmut Remschmidt Research Seminar (HRRS) which will be held from September 13th to 19th 2015 at Delta Lodge at Kananaskis, Alberta, Canada on the theme “social adversity and child mental health” to have knowledge and expertise to design and presentation research project to understand the cultural belief system and stigma around children with epilepsy and their families in order to improve health seeking behavior in Cambodia, where epilepsy, one of the most common major neurological disorder in children, affecting 4–10 children per 1000 [Berg, 1995] is referred to as “Chikoot Chiruk”, -pig-madness in Khmer, a stigmatizing term; and at the out-patient department (OPD) of the Center for Child and Adolescent Mental Health where I am working, 29% of the clients are children with epilepsy, often associated with comorbidities such as hemiplegia, developmental disability and psychogenic non-epileptic seizures (PNES), leading to stigmatization, over protective parenting and school drop-out (Center for Child and Adolescent Mental Health, 2013).</p> |

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| 9 | What particular things are you hoping to come and learn at the HRRS? | My training had mainly been in the area of pediatrics, despite of I have been working in the field of child and adolescent mental health for years, seeing many children and adolescents with mental and neuro-developmental disorders, I found that there was a big challenge for me to understand child mental health in the context of psychosocial adversities, particularly, the link between physical, sexual, or emotional trauma with psychogenic non-epileptic seizures and/ or epileptic seizure. So that I need to learn more knowledge and expertise in these area. I hope this experiences at the HRRS will lead to better understanding and updating diagnostic skills and therapeutic technique which i can implement at my work place when I am back. |
| 10 | Do you have any requests for the mentors? | I wish the mentors at the seminar will send the workshop document to read in advance and will discuss the socio-cultural differences and context specific adversities and their impact on mental of children and adolescents, particularly in children with psychogenic non-epileptic seizures and epilepsy. |
| 11 | Any dietary requirements? | No |
| 12 | Any other comments? | In Cambodia there are children below 15 years constitute 36% of the population (Ministry of Planning, 2013) but there is no child adolescent psychiatry training in the country and there is only one child psychiatrist expatriate who has been committed to develop center for child adolescent mental health, the only one that provide services for children and adolescents affected by mental and neuro-developmental disorders. As a pediatrician but working in the field of child and adolescent mental health, I consider this an excellent opportunity to further enhance my knowledge in understanding psychosocial adversities in children. I hope to gain more experience and knowledge from attending the seminar which I will share with my colleagues at the center when i am returned to my country. |

Takoua Brahim: *Takoua*

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|----|--|--|
| 1 | Your first name | Takoua |
| 2 | Your surname | Brahim |
| 3 | What would you like us to call you? | Takoua |
| 4 | Your qualifications | Resident in child and adolescent psychiatry, third year |
| 5 | Your professional group (e.g. psychiatrist, psychologist etc) | Psychiatrist in training |
| 6 | At what institute/clinic/hospital/university are you currently working? | University hospital of Monastir |
| 7 | In which country are you currently working? | Tunisia |
| 8 | Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS | This project proposal is a part of a bigger one exploring the attachment (prenatal attachment, parent attachment style and the child attachment style before and after medical intervention). The hypothesis is that social adversity encountered by parents and especially the mother, influence negatively the prenatal mother-foetal attachment. This will result in a perturbed mother-infant early interaction that will lead the genetically predisposed children to develop autism spectrum disorder. We have conducted a pilot study that had shown that the quality of prenatal attachment in the population of child with ASD was lower than in the population of typical development one. the project is still in his first steps but we hope to bring some clarifications of the reason behind the phenomenal rise of ASD prevalence as well as a better understanding of the functioning of ASD children and their families |
| 9 | What particular things are you hoping to come and learn at the HRRS? | <ul style="list-style-type: none"> • How to conduct a proper research project • How child and adolescent psychiatry is practiced in other countries • Meet new peoples |
| 10 | Requests for the mentors? | No |
| 11 | Any dietary requirements? | No |
| 12 | Any other comments? | No |

Programme

| Sunday 13 September 2015 | |
|---------------------------------|--------------------------------|
| 15.15–18.00 | Arrival |
| 19.15–20.30 | Dinner Get-together meeting |

| Monday 14 September 2015 | |
|---------------------------------|---|
| 9.00–10.30 | Lecture 1 Helmut Remschmidt. (Germany) Longitudinal research in CYMH. |
| 10.30–10.45 | Break |
| 10.45–12.15 | Lecture 2 Frank McMaster. (Canada) Practical research methods. |
| 12.15–13.30 | Lunch |
| 13.45–15.15 | 1 st discussion groups of participants's research plans (5 small groups) Speakers act as group facilitators |
| 15.15–15.30 | Break |
| 15.30–18.00 | Feedback to other groups |
| 19.15–20.30 | Dinner (Fellows and mentors) |

Tuesday 15 September 2015

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|-------------|--|
| 9.00–10.30 | Lecture 3 Bruno Falissard. (France) Research and public health policies with CYMH. |
| 10.30–10.45 | Break |
| 10.45–12.15 | Lecture 4. Alan McLuckie. (Canada) Social determinants of CYMH health. |
| 12.15–13.30 | Lunch |
| 13.45–15.15 | Time for lecture or discussions |
| 15.15–15.30 | Break |
| 15.30–18.00 | Feedback to other groups |
| 19.15–20.30 | Dinner (Fellows and mentors) |

Wednesday 16 September 2015

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|-------------|---|
| 9.00–10.30 | Lecture 5 Per Anders. (Sweden) Resilience Research in CYMH Circumpolar regions. |
| 10.30–10.45 | Break |
| 10.45–12.15 | Lecture 6 Nicole Letourneau. (Canada) Research in Mother Infant mental health. |
| 12.15–13.30 | Lunch |
| 13.45–15.15 | 2 nd discussion groups of participants's research plans (5 small groups) Speakers act as group facilitators |
| 15.15–15.30 | Break |
| 15.30–18.00 | Feedback to other groups |
| 19.15–20.30 | Dinner (Fellows and Mentors) |

Thursday 17 September 2015

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|-------------|--|
| 9.00–10.30 | Lecture 7 Petrus De Vries. (Africa) Research in CYMH in under-developed countries. |
| 10.30–10.45 | Break |
| 10.45–12.15 | Lecture 8 Chris Wilkes. (Canada) Research with Adverse Child life Events. |
| 12.15–13.30 | Lunch |
| 13.45–15.15 | Free time |
| 15.15–18:00 | Excursion |
| 19.15–20.30 | Gala Dinner (Fellows and mentors) |

Friday 18 September 2015

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|-------------|--|
| 9.00–10.30 | 3 rd discussion groups of participants' research plans (5 small groups) Speakers act as group facilitators |
| 10.30–10.45 | Break |
| 10.45–12.15 | General discussion, evaluation of the Seminar and conclusions |
| 12.15–13.30 | Lunch |
| 13.45–15.15 | End |



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