



McGill

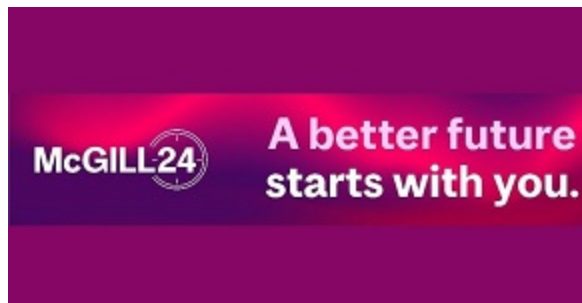
Department of  
Psychiatry

Département  
de psychiatrie



Psychiatry Weekly ~ March 11, 2024

## THIS ISSUE'S HIGHLIGHT - LES ACTUALITÉS



### McGill24 returns on March 13!

On **Wednesday, March 13**, McGill24 returns for its 9th edition! This year, your contributions will go towards the Department-wide Distinguished Grand Rounds and the Clinical Innovation Pilot Fund dedicated to funding innovative projects and research that advance and improve patient care.

Many of you have donated generously to McGill24 in the past, and we hope this year will see an equal or even greater commitment to our department. No matter the amount, every donation will help support our department and contribute to making this year's McGill24 the best yet.



### Introduction to Pediatric Sleep Disorders – Virtual Course

**Dr. Reut Gruber** and the Scientific Committee are proud to announce a one-day workshop aimed at equipping professionals involved in the education, assessment, or care of children and adolescents with the knowledge and tools necessary to recognize and address pediatric sleep disorders.

Scheduled for **March 15, 2024**, International World Sleep Day, this free virtual event will feature educational sessions led by experts in pediatric sleep. Participants will gain insights into the relationship between sleep and youth health, mental health, and academic

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performance, as well as approaches for sleep disorders and improve young people resiliency through promoting their sleep health.

[Information and registration](#)

## LATEST NEWS - DERNIÈRES NOUVELLES



### Dr. Brett Thombs receives the CPA-CAPE Alex Leighton Award 2024

**Dr. Brett Thombs** is the successful awardee of the CPA-CAPE Alex Leighton Award 2024. The Alex Leighton Award is a joint initiative of the [Canadian Psychiatric Association](#) (CPA) and the Canadian Academy of Psychiatric Epidemiology (CAPE). Its purpose is to recognize an individual or a group of individuals who have contributed significantly to advancing and diffusing Canadian psychiatric epidemiology through innovative studies, methods, teaching or transfer of knowledge. Congratulations Dr. Thombs!



### 2nd Annual MUHC Mental Health Mission Research Day

The 2nd Annual MUHC Mental Health Mission Research Day will be held at the Allan Memorial Institute, South Seminar Room (1025 Pine Av. West, Montreal) and via zoom on **Friday, April 19** (8:30 - 14:00). This year's [program](#) will feature individual research talks, a poster session, and a panel on strategies to advance research within the MUHC Mental Health Mission. Poster submissions will be accepted until **March 18th**. Click [here](#) for application abstracts.

## OUR EXPERTS IN THE MEDIA - NOS SPÉCIALISTES DANS LES MÉDIAS

### Dr. Brett Thombs, The Washington Post

Depression risks of menopause have been overstated, study finds. [Read more](#)

### Dr. Marco Leyton, Vox, BNN Breaking

What's Ozempic doing to our brains? [Vox](#)

Breakthrough study: Cocaine cravings reduced with special shake, hints at addiction treatment possibilities. [BNN Breaking](#)

## Dr. Cecilia Flores, BioTechniques

microRNAs as a diagnostic and prognostic biomarker for psychiatric disorders. [Read more](#)

## Dr. Gabriella Gobbi, CTV News

Single dose of LSD provides immediate and lasting relief from anxiety, study says. [Read more](#)

## UPCOMING EVENTS - ÉVÉNEMENTS À VENIR

### March 12 (12:30- 14:00) Child Psychiatry Research Seminar

*The Interplay Between Prenatal Adversity and Polygenic Risk for ADHD on the Emergence of ADHD Symptoms and Related Neuroanatomical Changes in 4-7 Year-Olds: The DREAM BIG Consortium* by Dr. Eszter Szekely, Assistant Professor, Department of Psychiatry, McGill University. This seminar will be held via Zoom. [Read more](#)

### March 13 (14:00- 15:00) CIC Imaging Series

Presentation by Doug VanderLaan. In person event at the Bowerman Room, Douglas Institute. [Read more](#)

### March 15 McMaster CBT Training Workshops

McMaster University's Department of Psychiatry offers a series of virtual, synchronous, and interactive workshops that will provide you with either basic foundational CBT skills (Fundamentals) or more advanced skills in a variety of different areas (Advanced). [Read more](#)

### March 15 (11:00- 12:30)

### March 21 (11:00 - 12:00) Perspectives in Youth Mental Health Speaker Series

*Creating Integrated and Trauma-Informed Systems of Care for Children and Youth* by Dr. Stewart is a Professor at the Faculty of Education and a Professor within the Department of Psychiatry, Western University, London Ontario. [Read more](#)

### March 27 (18:30) Open Minds Gala

The next Open Minds Gala benefiting the Douglas Foundation will take place at the Théâtre Paradoxe. Since 2017 this event has raised nearly \$4M to support cutting-edge research and the best possible patient care for mental health at the Douglas Mental Health University Institute. Click [here](#) for more information and tickets.

### March 28 (12:00 - 13:30) Departmental Distinguished Grand Rounds

*Interventional Neuropsychiatry* by Dr. Nolan Williams, Associate Professor of Psychiatry and Behavioral Sciences, Stanford University. This seminar will be held via Zoom. Details will follow.

### April 5 (15:30 - 17:30)

## Department of Psychiatry Grand Rounds

*Cognitive and social neuroscience: A view of its consequences for schizophrenia and psychosis* by Dr. Bruno Debruille Dr. Yelizaveta Sher. This event will be held via [Zoom](#).

### March 25 (12:00 - 13:30) Special Neuroscience Seminar

*Ancestral Echoes: Genetic and Environmental Contributions of Ancestry-Associated Expression in the Brain* by Dr. Kynon Jade Benjamin, Associate Scientist, HEART-GeN Laboratory, Lieber Institute for Brain Development, Johns Hopkins School of Medicine. In person event at the Bowerman Room, Douglas Institute. [Read more](#)

## Bindra Lecture

*Retrospective Learning in the Brain* by Dr. Vijay Mohan K Namboodiri from the Weill Institute for Neurosciences at the University of California, San Francisco. In-person event hosted by the McGill's Department of Psychology. [Read more](#)

### April 12 (8:30 - 12:30) 18th Annual JGH Department of Psychiatry Research Day

This year's theme is *Care In Birth, Hospital, And School Settings: Lessons For Child, Youth, And Family Mental Health*. The event will be held in person and live streamed on Zoom. [Read more](#)