



**THE JUDICIAL EDUCATION INSTITUTE  
OF THE TURKS & CAICOS ISLANDS**

**Presents**

**Mental Wellness**

**Presented by:**

**Dr. Joseph Sadek, Professor of Psychiatry, Dalhousie University.**

**FRIDAY 22<sup>nd</sup> SEPTEMBER, 2023**

**9:00am to 11:00am**

**A Virtual Event**



<https://us06web.zoom.us/j/84978956143?pwd=8pXAZFejC5ZbZJeXKVG4zaBixxRbiG.1>

Meeting ID: 849 7895 6143 Passcode: YJuP51

**PROGRAMME**

<b>9:00 am</b>	<b>WELCOME &amp; INTRODUCTION OF FACULTY</b>	<b>The Hon. Ms. Justice Tanya Lobban Jackson, Supreme Court, Turks and Caicos Islands.</b>
<b>9:05 am</b>	<b>MENTAL WELLNESS</b>	<b>Dr. Joseph Sadek, Professor of Psychiatry, Dalhousie University.</b>
<b>10:30am</b>	<b>QUESTIONS</b>	
<b>10:55am</b>	<b>VOTE OF THANKS</b>	<b>Ms. Tanya Carter, Executive Director Office of the Chief Justice.</b>

## BIOGRAPHY OF PRESENTER

### Dr. Joseph Sadek



Dr. Sadek is a full Professor of Psychiatry at Dalhousie University and the clinical and academic leader, Nova Scotia Hospital, Acute Care. He is the head of the psychopharmacology consultation service for the Nova Scotia Health authority.

He chaired the provincial Suicide Prevention Task Force and served as the Vice president for the Canadian ADHD resource Alliance (CADDRA) and the head of the neuroscience's professional competency unit component at Dalhousie University.

Dr. Sadek is a Diplomat of the American Board of Psychiatry and Neurology (DABPN) and fellow of the Royal College of Physicians and Surgeons of Canada (FRCPC) (2005). He also holds a pharmacy degree (B.Sc. Pharm), MBA

from St. Mary's University in Halifax and completed the GCSRT and psychopharmacology training at Harvard University and his psychiatry residency program (Dalhousie University) (2004).

He served at the Dalhousie University Senate and worked in different committees and boards including The Canadian Centre for Ethics in Sport, Ottawa (CCES), NS Provincial Education Group, Dalhousie Progress and Curriculum Committee, and The Research Ethics Board. He is the current president of the District Medical Staff Association and the chair of the Education Committee of The Canadian Psychiatric Association and member of the Royal College Specialty Committee on psychiatry.

Dr. Sadek has over 75 publications including book chapters and 5 books: Clinician's guide to ADHD (2013), adult ADHD comorbidities (2016), Children and Adolescents ADHD comorbidities (2018), and suicide risk assessment (2018), Clinician's guide to psychopharmacology (2020).

Dr. Sadek is an editor for the Journal of Brain Sciences and serves at the editorial board of 5 academic international journals.

Serving the Judiciary community for many years, Dr. Sadek developed a judiciary virtual clinic to serve the judiciary community. He published an important article at the United Nations Website on wellbeing of Judiciary. He had over 22 presentations to the judiciary community across the world on wellbeing and stress reduction. He received the Award of Merit from the Commonwealth Education institute for his service to the judiciary community. He also received an award from the Province of NS for his work in suicide prevention.