

Child Psychiatry Fellowship

Name of Institution: McGill University Health Centre/Montreal Children's Hospital
Location: Montreal
Type of Fellowship: Clinical allowing for a research component
Length: 1 year

Program Information (see Appendix):

- Number of fellowship positions requested: One
- Academic affiliation: McGill Department of Psychiatry
- Name of hospitals involved in training: McGill University Health Centre/Montreal Children's Hospital
 - 100% of the time spent at the Montreal Children's Hospital
- The Pediatric Psychiatry Care Program is a tertiary care program for the assessment and treatment of children and adolescents suffering from complex psychopathology, requiring hospitalization. The program has a clinical/teaching/research vision. The Fellowship will be aimed at developing expertise in the evaluation and treatment of psychosis (First episode psychosis, psychosis NOS, substance-related psychosis) and co-morbid conditions (Mood & Anxiety Disorders, Personality and Substance Use disorders). The Fellow will be fully integrated into the Pediatric Psychiatry Care Program Clinical Services including Inpatient care (about 200 patients per year, 6 beds, average stay 8 days), day program (step-down and Crisis intervention (10 – 15 places) and outpatient (follow-up in Psychosis Clinic).

Name of the Fellowship Program Director: E. Lila Amirali M.D.

Names of the Teaching Faculty:

- Roles: Dr. E. Lila Amirali, a child and adolescent psychiatrist whose main clinical practice is in the field of complex psychopathology will be the main supervisor. She will ensure adequate exposure to all aspects of the program, guide reading and assist in the conceptualization and implementation of academic projects. Dr. Mary Deremer, a psychologist of the program, will also offer clinical supervision on CBT and standardized testing (PANSS, etc.). Mme. Michele Paquette, clinical manager, will offer guidance in the role of case manager for the Psychosis outpatient Clinic. The fellow will benefit from the close collaboration of a highly specialized multi-disciplinary team, consisting of psychiatrists, psychologists, social workers, nurses, occupational therapists, recreational therapists and social counsellors.
- Major Strengths: Working in a highly specialized, innovative, interdisciplinary program, with an excellent clinical record, adapted to the Plan d'action en Santé Mentale in Quebec and applying evidence-based clinical practices.

Academic Facilities:

- The Montreal Children's Hospital is part of the McGill University Health Centre, a centre of excellence for health care, dedicated to treating patients across the life span.

The Pediatric Psychiatry Care Program is an integral part of the MCH and our expertise is well recognized by all our colleagues. Training for medical students and residents is also highly rated on a yearly basis.

- The Montreal Children's Hospital has an extensive library with dedicated and qualified staff and is connected to the McGill Life Sciences Library. Access to all McGill databases and electronic journals and references is available through the intranet. Library staff also provides training in the use of databases and search engines. In addition, the Pediatric Psychiatry Care Program has its own library of specialized books, journals and workbooks that are made available to all trainees.
- The Montreal Children's Hospital is equipped with teleconferencing equipment and has an audiovisual department that provides assistance in the production and utilization of teaching tools (videos, smart boards, power points, photographs). Consultations and evaluations within the RUIS McGill often take place via teleconference.

Fellow Duties and Responsibilities:

- The fellow will have no call responsibilities and will not be expected to provide clinical supervision for residents.
- The fellow will have access to secretarial, nursing and program coordinator assistance.
- The fellow will attend weekly interdisciplinary team rounds on outpatient clinic and on inpatient population.
- The fellow will be expected to present at least twice during the academic year (once at the Case Conference of the Montreal Children's Hospital Department of Psychiatry and once at Grand Rounds).
- The fellow will be expected to complete an academic project such as a review paper or a small-scale research project that can generate results to be presented at a national or international conference.

Curriculum

- Inpatient responsibilities will include performing 3-5 evaluations per week, following a caseload of approximately 10 patients at one time. Clinical work in inpatient and day programs will be done alongside the clinical supervisors. The fellow will participate in most assessments (approximately 200 per year) and therefore have the opportunity to encounter a heterogeneous group of patients with severe psychopathology, including psychosis, mood and anxiety disorders, emerging personality disorders and comorbid substance abuse.
- An introductory reading package given to all trainees will be made available to the fellow. Additional Reading materials will be assigned on an as-needed basis.
- The Fellow will attend in-service teaching rounds held daily at the Pediatric Psychiatry Care Program. The fellow will also have the opportunity to attend rounds organized by different research axes of the RUIS McGill Psychosis such as Grand Rounds, Case Conferences and Journal Clubs.
- The fellow will also receive training and mentoring in teaching. The objective being to prepare the fellow to teach the basics of first episode psychosis

evaluation, treatment and management to medical students, residents and community partners.

Specific Learning Objectives:

1. The fellow will develop the ability to carry out detailed biopsychosocial assessments of the full range of psychosis and comorbid disorders.
2. The fellow will learn to assess the medical comorbidity or medical causes of psychosis and other psychiatric disorders.
3. The fellow will acquire the capacity to determine the optimum treatment setting (inpatient, outpatient day program or day hospital) for individual patients.
4. The fellow will learn to develop and implement detailed treatment plans for individual patients (including psychoeducation, individual therapy, family therapy and pharmacotherapy).
5. The fellow will have the opportunity to develop skills in various psychotherapeutic modalities with particular emphasis on their application to psychosis and to crisis intervention (including psychoeducation, cognitive-behavioural, behavioural, family therapy and psychodynamic therapy).
6. The fellow will learn the role of pharmacotherapy in the treatment of psychosis and the new antipsychotic medications.
7. The fellow will be exposed to the ethical issues specific to the treatment of children and adolescents and their families as well as the collaboration with the Youth Protection Services and will face the challenge of developing a therapeutic alliance with difficult patients and families.

Learning Modalities:

1. Carrying out initial assessments under direct observation and participation in assessment with other team members.
2. Participation in outpatient and inpatient multidisciplinary clinical rounds.
3. Follow-up of individual patients with clinical supervision by different supervisors.
4. Participation in crisis interventions.
5. Participation in teaching rounds.