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**Ontario Shores Centre for Mental Health Sciences**

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**HOSPITAL OVERVIEW**

Located on the lakeshore in Whitby, the Ontario Shores Centre for Mental Health Sciences (Ontario Shores) is a large tertiary psychiatric hospital providing a wide range of specialized assessment and treatment services to those living with complex and serious mental illness. Set on a large picturesque lot, our facility is known for its innovative architectural design. We are located just south of the 401, approximately a 40-minute drive from downtown Toronto, and easily accessible by local public transit service from the nearby Go Station.

At Ontario Shores, exemplary patient care is delivered through safe evidence-based approaches where successful outcomes are achieved using best clinical practices and the latest advances in research. Patients benefit from a recovery-oriented environment built on compassion, inspiration, and hope. We have a strong interprofessional focus and team-based approach to care.

Residents at Ontario Shores will see patients with a wide range of diagnoses at various stages of illness. As a large tertiary care centre, we often see complex and unique illness presentations. Residents at Ontario Shores will gain experience implementing first-line treatments for common psychiatric presentations as well as managing more complex and treatment-refractory patients.

We currently offer core rotations in adolescent psychiatry, geriatric psychiatry, and SPMI (forensic psychiatry, dual diagnosis, and ACTT), and we offer PLEX rotations within these and our other programs.

Ontario Shores’ inpatient geriatric psychiatry program consists of 68 beds on three units; two specializing in the treatment and management of behavioural disturbances in dementia and one providing treatment of major mental illness in older adults. Our forensic program consists of 118 assessment, “medium,” and “minimum” secure beds across six units as well as a 5-bed women’s correction unit. We also have a 106-bed general and schizophrenia inpatient program across 4 units, a 12-bed adolescent program, a 12-bed adolescent eating disorders unit, and a 10-bed dual diagnosis unit. An excellent Integrated Health Service provides collaborative hospitalist care to all of our inpatients, as well as access to specialist consultations.

Our outpatient and outreach programs in Geriatric Psychiatry include a CBT seniors’ groups as well as long-term care and community services. We provide outpatient and outreach services within the adolescent, forensic, and dual diagnosis programs, and specialized outpatient clinics within our general psychiatry program including services focused on mood disorders, psychotic disorders, women’s mental health, and manualized therapies (for example, psychotherapy for PTSD and depression). We have 24-hour crisis support, a Prompt Care Clinic that provides care for individuals who require timely access to psychiatric services but do not require an emergency department visit, and a Traumatic Stress Clinic to provide specialized assessment, medication support, illness education, and supportive counselling for individuals who have experienced trauma. We also offer a day treatment service specializing in treatment of borderline personality disorder and dialectical behaviour therapy (DBT). The Ontario Telemedicine Network (OTN) is available in all areas as needed to support the delivery of care.

**Grand Rounds:**

Interprofessional Grand Rounds are presented on most Thursdays at Ontario Shores. Residents have an opportunity to present during their rotations.

**Psychotherapy:**

Supervision is available in a range of modalities including long-term psychodynamic, CBT, group, and DBT exposure.

**Journal Club:**

Monthly resident-led academic discussions on a wide variety of topics.

**Teaching:**

Ontario Shores routinely hosts medical and physician assistant students from the University of Toronto, Queen’s University, McMaster University, and several international medical schools for core and elective rotations. Residents will have the opportunity for both clinical teaching when students are placed on their services, as well as the opportunity for didactic teaching in seminars and lectures.

**CORE ROTATION**

**ADOLESCENT PSYCHIATRY**

**Medical Director:**

Dr. Graciela Kriegel

kriegelg@ontarioshores.ca

**Child and Adolescent Program Site Director:**

Dr. Graciela Kriegel

kriegelg@ontarioshores.ca

**Supervisors:**

Dr. Jenilee Generalla (outpatient and inpatient)

Dr. Graciela Kriegel (inpatient)

Dr. Sybille Lindsay (outpatient)

Dr. Biruntha Sritharan (outpatient)

The Adolescent Psychiatry program at Ontario Shores offers a unique learning opportunity for residents, with a combination of inpatient and outpatient experiences. Our inpatient unit is a provincial resource reserved for adolescents with complex mental health concerns. It offers residents a wonderful opportunity to refine their diagnostic skills and learn treatment strategies for this unique patient population within an interdisciplinary team. Learning opportunities are as diverse as our clinical population and include: mood and anxiety disorders, early psychosis, disruptive behaviour disorders, and autism spectrum disorder.

Our inpatients benefit from structured programming that emphasizes thorough clinical assessment by interdisciplinary team members including social workers, child and youth workers, teachers, and psychologists in addition to the psychiatric perspective.

Outpatient learning opportunities include day treatment, telepsychiatry, and general outpatient consultation and follow-up.

We serve patients aged 12-17 from local communities and across the province. Details of the rotation can be tailored to the interests and learning needs of the resident, and may include opportunities to participate in group therapy, family-based interventions, and experience on the adolescent eating disorders unit.

**CORE ROTATIONS**

**GERIATRIC PSYCHIATRY**

**Medical Director:**

Dr. Arany Shanmugalingam

shanmugalingama@ontarioshores.ca

**Supervisors**:

Dr. Arany Shanmugalingam

Dr. Robyn Waxman

Dr. Sarah Elmi

The Geriatric Psychiatry program includes 20- and 23-bed inpatient dementia units, a 25-bed general geriatric psychiatry unit focused on the treatment of major mental illness in seniors, and an outreach service into long-term-care facilities. Specialized psychogeriatric clinics include an outreach team to long term care as well as a Geriatric Mental Health Clinic where group therapy for seniors is also available and residents can obtain experience with group facilitation. Most of our supervisors also provide ECT services to the hospital and interested residents are welcome to participate in the delivery of this treatment, as well as rTMS.

Through inpatient, outpatient, and outreach experiences, residents will gain knowledge and experience in the phenomenology and assessment of patients with a wide variety of neurocognitive disorders and complex mental illness in the geriatric population. They will also have the opportunity to collaborate with community partners while caring for this population.

**CORE ROTATIONS**

**SMI – LAW AND MENTAL HEALTH**

**Medical Director:**

Dr. Elizabeth Coleman

colemane@ontarioshores.ca

**Supervisors:**

Dr. Elizabeth Coleman

Dr. Karen DeFreitas

Dr. Claire Harrigan

Dr. Misha Hartfeil

Dr. Derek Pallandi

Dr. Mark Pearce

Dr. Andrew Wang

Dr. Leslie Wong

The Forensic Psychiatryprogram offers residents a unique SPMI experience. Residents will be involved in fitness to stand trial and criminal responsibility assessments as well as risk assessment, psychiatric treatment, and rehabilitation in assessment unit, minimum and medium security, and community settings. Depending on the level of comfort of the resident, there will be opportunities to prepare reports for the Ontario Review Board and Court, and to testify at Ontario Review Board and Consent and Capacity Board hearings.

The management of patients with severe and persistent mental illness requires excellent skills in the assessment and management of suicide and violence risk potential. Regardless of the resident’s future career path within psychiatry, these skills are essential for practice. This rotation will offer the resident instruction on various risk assessment tools, interviewing skills, medication management, documentation, and risk management.

**CORE ROTATIONS**

**SMI – DUAL DIAGNOSIS**

**Supervisor:**

Dr. Tim. Gofine

gofinet@ontarioshores.ca

The Dual Diagnosis Service (DDS) at Ontario Shores is among the largest in Canada. Residents can gain expertise in this fascinating and specialized area of practice that is in demand locally, nationally, and internationally.

Experience with the dual diagnosis population will enhance the training of a resident following a variety of care interests, from child and adolescent psychiatry (what is the natural course of autism in the adult?), to general psychiatry (what are the unique needs of a deaf and intellectually disabled individual with bipolar disorder?), to geriatric psychiatry (what are the needs of an aging person with mild intellectual disability and chronic health issues?).

Few psychiatrists realize that the incidence of schizophrenia in the intellectually disabled, for instance, is estimated to be three times that of the general population, or that anxiety disorders are estimated to be present in 75% of people with mild intellectual disabilities. The challenge of discerning psychiatric symptoms within the severely disabled, or distinguishing autistic spectrum disorder from schizophrenia, can be one of the most exciting clinical situations in contemporary psychiatry.

The treatment philosophy of the service is based on the primary importance of crafting a diagnostic formulation that considers biological, psychodynamic, and social factors with detailed accuracy so that treatment plans can be rational and effective. The psychiatric assessment of the dually-diagnosed includes clarifying at times complex medical issues, investigating the root cause of the disability from a genetic and metabolic point of view, and exploring developmental factors first seen in childhood and adolescence.

The resident will have the opportunity to be directly involved in the assessment of patients via outpatient consultation and in the treatment of inpatients on the dedicated inpatient unit. The treatment team is multidisciplinary and a model of interprofessional practice is followed. As a result, there will be opportunities to learn first-hand how the allied professions integrate into psychiatric care. As well, the resident can participate in programs in the community to further understand the process of recovery.

**CORE ROTATIONS**

**SMI – ACTT**

**Medical Director:**

Dr. Kevin Chopra

choprak@ontarioshores.ca

**Supervisors:**

Dr. Carol Tse

The Assertive Community Treatment Team (ACTT) Durham is an interprofessional clinical team that provides treatment, recovery and support services to adults with a serious mental illness and who require a high degree of support in their community. The program brings mental health services to patients in the community on a long-term basis and with flexible levels of intensity. About 75 per cent of services are provided outside the office and in homes within the community. ACTT offers increased patient engagement, relationship building, and individual support.

Residents will work with a team consisting of nurses, social workers, occupational therapists, psychiatrists, case managers, and peer support workers. ACTT works with patients to support them in their journey to recovery and to integrate comprehensive services into their everyday lives.

Residents will gain the necessary skills and experience to manage patients with severe and persistent mental illness in a community setting.