Psychiatry
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Inner City Community Psychiatry Fellowship

St. Michael's Hospital, Unity Health Toronto
Toronto, ON, Canada

The St. Michael's Hospital Inner City Community Psychiatry Fellowship (ICCPF) seeks: 1) to support and improve the practice of Community Psychiatry and the level and type of care provided to marginalized and underserved inner city populations, 2) to help fellows develop a better understanding of how socio-cultural-political factors, in concert with biological and psychological factors, influence the causes, expression and course of psychiatric disorders, 3) to develop expertise in evidence based clinical, programmatic and policy practices in intensive community based care provided to patients with severe mental illness (SMI) and substance use challenges; to gain expertise in different models of care in the community (e.g. Assertive Community Treatment (ACT), Flexible ACT (FACT), and Intensive Case Management (ICM).

Program Description:
The St. Michael's Hospital ICCPF Program was established in 2017 to help fellows develop expertise in providing comprehensive psychiatric care to marginalized patients with complex mental illness. Our hospital is located in an inner city area of Toronto with approximately 130,000 inhabitants in its catchment area. Many of the city's main homeless shelters and drop-in centres are located in this area. Twenty seven percent of private households in this area live below the poverty line, and the unemployment rate is the highest within the city. Our hospital provides medical and psychiatric care to many of these patients through a number of programs.

The core program for the ICCPF is the FOCUS team which was established based on the Flexible Assertive Community Treatment (FACT) model. FACT, developed in the Netherlands, aims to provide recovery focused care to a broad range of patients with SMI. This model recognizes the changing service needs of patients over time and combines elements of both Assertive Community Treatment Teams (ACTT) and Intensive Case Management (ICM) on the same team, maintaining continuity of care. This team is the first known implementation of FACT in North America. A longitudinal core rotation on the FOCUS team will provide the fellow with the opportunity to develop their skills in delivering care to patients with SMI and complex physical health and social needs.

While the primary and formal supervision is with the faculty at FOCUS, fellows may in addition have exposure to the following clinical areas that can enhance their clinical expertise:

i) Substance Use Care. Many of our clients utilize the Addictions Program (RAAM) at SMH for consultations, out-patient rapid access to pharmacological addictions treatment, and psychosocial interventions such as cognitive behavioral therapy, dialectical behavior therapy

and seeking safety therapy that are delivered by a multi-disciplinary team. The fellow may improve skills in addictions pharmacology, brief interventions, and treating medical/psychiatric comorbidities, and practice motivational interviewing.

ii) Early psychosis. Our community psychiatry program contains the Starting Treatment Early for Psychosis Service (STEPS) for Youth program, which is designed to provide early intervention services for youth experiencing signs and symptoms of a first episode of psychosis. A number of the FOCUS patients may be recent member of the STEPS program, or have early psychosis issues that can be consulted by the STEPS program for additional learning opportunities.

iii) Emergency psychiatry. Many of our clients experience mental health crisis and utilize the St. Michael's Hospital or other emergency departments. The SMH Emergency Room has one of the largest volumes of all the Toronto emergency departments and is a designated trauma centre. A 24/7 psychiatric emergency service (MHESA) with crisis beds and full-time specialized nurses and residents. Working with our clients when they are in MHESA provides excellent opportunities to learn about emergency psychiatry and the Mental Health Act.

iv) HIV psychiatry. SMH has an HIV Psychiatry Care program, which provides psychiatric care for patients at all stages of HIV/AIDS illness. Their services range across multiple settings, from ambulatory care, to inpatient consultation team and community outreach to organizations that provide care and support for people living with HIV (e.g. Fife House, Casey House and McEwan Housing). Fellows can work and learn with FOCUS patients who may require such care.

v) Homeless patient care. FOCUS patients who are homeless and/or precariously housed present unique challenges and often require special primary care, psychiatric, and palliative health services. Fellows will work on psychiatric outreach for people on the street or at shelter-based clinics, drop-in sites, encampments, and shelter-hotels to acquire special expertise in this area.

Faculty members at FOCUS, all of whom are appointed with the University of Toronto Department of Psychiatry, will supervise patient care and related educational activities. In addition, fellows may choose to pursue other educational or research activities during their Fellowship based on their personal interests, including educational scholarship, quantitative or qualitative research, and administration as well as policy or advocacy pending approval of their primary fellowship supervisor and related oversight bodies (e.g. REB). The distribution of clinical, teaching, and research time can be flexible, with the main focus being clinical.

Fellows are not expected to do on-call at the hospital.

Fellowship Duration & start date: One year commencing July 1, although exceptions may be made on a case by case basis.

Stipend availability: While the ICCPF does not have its own funding, fellows will receive a guaranteed stipend of around **$83,000 CAD/annum** annually for a full-time training

position. Candidates selected for this opportunity have options to finance this stipend. Please note that self-funding through independent OHIP billings is no longer an option. Recent (2023) policy changes in Ontario from the Ministry of Health and Ontario Health Insurance Program (OHIP) have severely limited the billing opportunities even for fellows who have an Ontario OHIP billing number. As an alternative for raising the funding, one is sourcing this stipend through institutional research/educational scholarships or grants- examples of such are from Government sponsorship such as those from Saudi Arabia or similar, or from provincial incentives such as those from Quebec. These are typically related to a return-of-service agreement with home country sponsorships***.(*** Sponsored candidates are applicants from the following countries whose governments have official postgraduate medical training agreements with the University of Toronto: **Bahrain, Kuwait, Oman, Qatar, United Arab Emirates**, and **Saudi Arabia**. **Note**: Sponsored candidates must have already initiated an application on the University of Toronto's **Sponsored Trainee Application Registry (STAR)**. For more Information, contact the University's postgraduate medical education (PGME) office at: pgme.international@utoronto.ca)

A second option is to bill a fellow's work via the supervisor's billing number. As the fellow is required to have an educational licence, such billing is feasible. This approach contains some uncertainty in income and financial liability for the fellow and supervisor and will be considered on a case-by-case basis.

Application deadline: Applications will be reviewed on a rolling basis. However, candidates must apply at least 6 months in advance of the prospective start dates, which are typically July 1st (or in less common cases Jan 1st) to accommodate the additional university registration, provincial accreditation, College of Physicians and Surgeons of Ontario (CPSO) qualification and insurance registration timelines (see below). Typical time frame for this process is at least 6 months as advised by PGME.

Note: Selected candidates will have to secure a clinical fellowship appointment with the University of Toronto's Psychiatry Fellowship Program to pursue this training. Therefore, applicants must also familiarize themselves with the University of Toronto's fellowship application process: https://www.psychiatry.utoronto.ca/apply-fellowship-program.

Eligibility

- Have a recognized medical degree.
- Will have completed psychiatry residency.
- Be eligible for obtaining the College of Physicians and Surgeons of Ontario (CPSO) medical practice license and
- Be able to obtain malpractice insurance (e.g. CMPA) coverage. Please see the detailed requirement information here: https://psychiatry.utoronto.ca/prospective-fellows.
- Eligible for Workplace Safety and Insurance Board coverage (premium coverage negotiable with supervisor)

To Apply

Please send a brief (1 page) letter of intent and a CV to the fellowship co-leads Dr. Beder and Dr. Law.

Contact:
Michaela Beder: michaela.beder@unityhealth.to
Samuel Law: samuel.law@unityhealth.to