

Child and Adolescent Psychiatry: Sites for Junior and Senior Rotations

Dr. Karen Wang
Postgraduate Education Director
Tel: (416) 480-6100 E: 4073
Email: kawang@sunnybrook.ca

Training Sites and Site Directors:

Centre for Addiction and Mental Health: Dr. Oshrit Wanono 2
P: (416) 535-8501 ext. 39363 E: oshrit.wanono@camh.ca

George Hull Centre for Children and Families: Dr. Greg Lodenquai 4
P: (416) 622-8833 E: g.lodenquai@georgehull.on.ca

Humber River Health / Hospital: Dr. Raj Rasasingham 5
P: (416) 242-1000 ext. 4300 E: rrasasingham@hrh.ca

Michael Garron Hospital: Dr. Katie Zhu 6
P: (416) 469-6580 ext. 3606 E: Katie.Zhu@tehn.ca

North York General Hospital: Dr. Kevin Gabel 7
P: (416) 756-6933 E: Kevin.Gabel@nygh.on.ca

Ontario Shores Centre for Mental Health Sciences: Dr. Biruntha Sritharan..... 8
P: (905) 430-4055 E: sritharanbi@ontarioshores.ca

SickKids Centre for Community Mental Health: Dr. Adam Enchin 9
P: (416) 924-1164 ext. 4243 E: aenchin@sickkidscmh.ca

SickKids Hospital: Dr. Lele Wang 11
P: (416) 813-7529 ext. 207529 E: lele.wang@sickkids.ca

Sunnybrook Health Sciences Centre: Dr. John Teshima 13
P: (416) 480-6100 ext. 3077 E: john.teshima@sunnybrook.ca

Trillium Health Partners: Dr. Mark Messih..... 14
P: (905) 813-1100 ext. 6161 E: mark.messih@thp.ca

Unity Health – St. Joseph’s Health Centre: Dr. Hannah Klein 15
P: (416) 530-6825 E: hannah.klein@unityhealth.to

Women’s College Hospital: Dr. Aliza Israel 16
P: (416) 323-6400 ext. 3054 E: aliza.israel@wchospital.ca

Youthdale Treatment Centres: Dr. Finola D’souza 17
P: (437)-677-3971 E: fdsouza@youthdale.ca

General Description:

The Child, Youth, and Emerging Adult Program at CAMH provides psychiatric assessment and treatment to children and adolescents under 18, youth with concurrent disorders ages 14-24, and has an urgent care clinic for youth age 16-24.

Common Clinical Presentations:

- Mood and anxiety disorders
- Disruptive behaviour disorders
- Autism spectrum disorders
- Concurrent disorders

Treatment Settings:

- Ambulatory services (new assessments and follow up for mood and anxiety disorders, disruptive behaviour disorders, autism spectrum disorder, bipolar disorder)
- Urgent care clinic- Youth age 16 - 24 referred from the emergency room.
- Day program (up to 16 spots) – for youth with concurrent disorders
- In patient- 12 bed unit for Youth, ag 13-18, with concurrent mental health and substance use disorders

Treatment Modalities:

- CBT, IPT
- DBT skills and DBT-informed individual therapy
- Parenting interventions
- Group therapy
- Group therapy to help children with disruptive behaviour disorders
- Psychopharmacology
- Individual therapy
- Family therapy

Supervisors:

- Stephanie Ameis – autism spectrum disorders, research
- Joanna Barlas - youth urgent care
- Marco Battaglia – general child, mood/anxiety, disruptive behaviours, research
- Darren Courtney – youth addictions, mood disorder, research
- Amy Gajaria – General child, work with racialized youth (SAPACCY)
- Benjamin Goldstein – bipolar disorders, research
- Naima Javaid - general child, mood/anxiety, disruptive behaviours
- Dafna Kahana - general child, youth addictions
- Tariq Khan- Concurrent Youth unit (inpatient)
- Meng-Chuan Lai – autism spectrum disorders, research
- Marissa Leong – general child, mood/anxiety, disruptive behaviours
- Anthony Maher- Concurrent Youth unit (inpatient)
- Susan Quesnel – concurrent disorders, family therapy
- Priya Raju - general child, youth urgent care
- Polina Perlman- Concurrent Youth unit (inpatient)
- Amit Rotem – youth urgent care, youth addictions
- Samra Sahlul- Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY)
- Amanda Sawyer – autism spectrum disorders
- Debbie Schachter – general child, mood/anxiety, disruptive behaviours
- Aaron Silverman - general child, youth addictions
- Oshrit Wanono – general child, mood/anxiety, disruptive behaviours
- Marcia Zemans – general child, mood/anxiety, disruptive behaviours

Other:

- Research – opportunities with various supervisors engaged in research
- Teaching and Education – opportunities for supervising junior trainees, co-teaching seminars
- Quality Improvement – opportunities for working on QI projects

George Hull Centre for Children and Families

Dr. Greg Lodenquai
 PG Education Coordinator
 Tel: (416) 622-8833
 Email: glodenquai@georgehull.on.ca

General Description:

The George Hull Centre for Children and Families is a children's mental health organization located in Etobicoke which serves infants, children, youth, and their families from a diverse range of cultural and socioeconomic backgrounds. Clinical presentations are similarly varied, from a child's first contact with community mental health services, to complex, chronic psychiatric conditions. We take a family-centred approach to children's and youth mental health concerns, and George Hull has a strong history in various family therapy modalities. As well, the Centre is a leader in the area of trauma assessment and trauma-informed care. Psychiatry staff and residents work closely with a large group of allied health professionals (social workers, early childhood educators, etc.) in providing care to families.

Common Clinical Presentations:

- Anxiety
- Depression and self-harm
- Developmental trauma and attachment related issues
- Inattention and school related difficulties
- Parent child relational issues

Treatment Settings:

- Outpatient psychiatric consultations, brief follow up (in person and virtual)
- Outpatient individual and family counselling (in person and virtual)
- Outpatient group treatment – CBT anxiety, DBT for teens, attachment groups for parents (virtual)
- Day treatment classrooms in a community school setting (middle and high school)
- Girls residential program (6 beds)
- Intensive in-home support program
- Early On prevention and early intervention program
- R.I.T.E.S. Collaborative (integrative, culturally responsive mental health services for Black youth and their families)

Treatment Modalities:

- Outpatient psychiatric assessments and medication management
- CBT for anxiety, selective mutism
- DBT-informed individual and group DBT skills
- Group therapy (CBT, attachment-focused)
- Trauma assessment and various treatments (TF-CBT, EMDR, SMART)
- Dyadic developmental psychotherapy
- Family therapy

Supervisors:

- Greg Lodenquai
- Farid Ahmad
- Taylor Armstrong
- Upasana Krishnadev
- Arfeen Malick
- Reem Abdul Qadir, MSW, RSW

General Description:

The Child and Youth Division at Humber River Hospital focuses on seeing child and youth with complex mood, anxiety, and psychotic disorders. Children and youth from 6-18 years of age are seen in this Schedule 1 facility with the full spectrum of care: outpatient, urgent care clinic, day hospital (Section 23 school), and inpatient programme. Residents have the full support of the medical and allied health staff to support learning and clinical needs. Interdisciplinary team concept of care; allied health professionals work closely with medical professionals to provide care to our multicultural patient population.

Common Clinical Presentations:

- Complex mood and anxiety disorders
- Complex psychotic presentations
- ADHD and early childhood disorders
- Variety of case presentations and rich diversity of patients and cultures
- Adolescent psychopathology

Treatment Settings:

- Inpatient program (up to 7 beds) – interprofessional team of nurses, CYWs, social worker, teacher, and art therapist
- Day program (up to 12 spots) – interprofessional team of teacher, CYW, and social worker
- Urgent assessment clinic – assessments of referrals from the ER
- Outpatient clinics – new assessments and follow-ups

Treatment Modalities:

- CBT for depression, anxiety, OCD
- IPT-A for depression
- Supportive psychotherapy
- Psychopharmacology
- DBT skills and DBT-informed individual therapy
- Group therapy (inpatient program, day program)

Supervisors:

- Raj Rasasingham – mood disorders, anxiety disorders, integrated mental health, ADHD, psychotic disorders; teaching and education; CPPD/CME; global health research; advocacy
- Tania Fiacco – mood disorders, anxiety disorders, integrated mental health, inpatient, day hospital
- Maged Kodsí – mood disorders, anxiety disorders, family work, psychotherapy supervision
- Jacqui Holiff – mood disorders, anxiety disorders, OCD, ADHD, ASD, urgent care
- Leora Glick – outpatients, 6-12, ODD, ADHD, mood disorders, some ASD
- Catlin Yee- outpatients, complex care patients.
- Rega Chang, MSW (secondary) – mood disorders, anxiety disorders, OCD, urgent care
- Jodi Farbstein, MSW (secondary) – outpatient psychiatry, CBT, complex patients, ASD, DBT
- Mehwish Khan, MSW (secondary) – older adolescents, Culturally informed care
- Flora Peluso and Nigel Campbell, CYW (secondary) – behavioural management plan, ODD, ADHD
- Rose Ceci, RN (secondary) – community outreach, culturally informed care, transition age youth
- Jeremy Saunders CYW (Secondary)- Complex Behaviour Cases.
- Kirsten Yeo, MSW (secondary) – urgent care, complex cases, DBT

Other:

- Research – opportunities with supervisors engaged in research, primarily in mood disorders
- Teaching and Education – opportunities for supervising junior trainees, co-teaching seminars
- Quality Improvement – opportunities for working on QI projects

Dr. Katie Zhu

PG Education Coordinator

Tel: (416) 469-6580 ext. 3144

Email:

Katie.zhu@tehn.ca**General Description:**

Michael Garron Hospital, formerly Toronto East General Hospital, is a community teaching hospital located at 825 Coxwell Avenue, just north of the Danforth (walkable from Coxwell Subway Station). We are a dynamic, busy, innovative service, with several opportunities for learning and interdisciplinary clinical work.

Common Clinical Presentations:

- Mood and anxiety disorders
- Psychosis
- Personality disorders
- Substance use disorders
- Neurodevelopmental disorders (Autism Spectrum Disorder, ADHD, Intellectual Disability)
- Disruptive and conduct disorders
- Gender dysphoria
- PTSD/Complex PTSD/Developmental Trauma
- Refugees, Newcomers, Racialized Persons

Treatment Settings:

- Inpatient program (6 beds) – interprofessional team of nurses, CYWs, social worker, and teacher
- Day program (Building Bridges for School Avoidant Youth) – interprofessional team of teacher, CYW, and social worker
- Day program (General outpatient day treatment program - shorter term than Building Bridges) - interprofessional team of teacher, social worker
- Outpatient and urgent care clinics
- Anxiety clinic (CBT for anxiety and OCD)
- Consultation Liaison consultations to inpatient Pediatrics unit

Treatment Modalities:

- Psychopharmacology
- CBT for depression, anxiety, trauma, OCD
- IPT-A for depression
- Supportive psychotherapy
- DBT skills group
- Parent workshops
- Family Therapy
- Behavioural Therapy for Disruptive and Behavioural Disorders

Supervisors:

- Susan MacKenzie – inpatients, outpatients
- Stephanie Wiesenthal – outpatients
- Katie Zhu – inpatients, outpatients
- Avital Klein – outpatients, IPT-A, Building Bridges Day Treatment Program
- Gili Adler – anxiety assessments and therapy treatment, opportunities for research
- Milorad Vukovic - outpatients, neurodevelopmental assessments
- Jennifer Russel - General Day Treatment Program, Family Therapy

General Description:

The child psychiatry program operates within a large community teaching hospital that trains undergraduate and postgraduate students from different disciplines. The program at NYGH offers residents completing the core child psychiatry rotation and child psychiatry career trainees a full range of clinical and educational opportunities. We see school-age children up until the age of 19.

Common Clinical Presentations:

- Mood disorders
- Anxiety disorders
- OCD
- ADHD
- ODD
- Eating disorders
- Personality disorders
- Psychosis

Treatment Settings:

- Inpatient program (6 beds) – multidisciplinary team of nurses, social workers, CYWs, and teacher
- Day program (maximum 8 spots) – multidisciplinary team of psychologist, social worker, CYWs, and teacher
- Eating disorders – outpatient clinic, day program, and consultation to pediatric inpatient unit for youth with eating disorders
- Emergency room assessments of youth with mental health presentations
- Outpatient clinic – new assessments and follow-ups

Core residents typically spend two months on our inpatient unit, and two months seeing outpatients which includes seeing youth in our day hospital program, as well as patients with eating disorders. Elective and subspecialty residents can create full or part-time rotations to suit their interests.

Treatment Modalities:

- CBT for depression, anxiety, OCD
- DBT skills group and DBT-informed individual therapy
- Supportive psychotherapy
- Group therapy (inpatient program, day program, outpatients)
- Psychopharmacology

Supervisors:

- Kevin Gabel – eating disorders, day treatment, mood disorders, anxiety disorders, ADHD
- Zoe Kichler - inpatient, consultation-liaison, eating disorders, mood disorders, anxiety disorders, ADHD
- Lara Propst – mood disorders, anxiety disorders, ADHD
- Leigh Solomon – mood disorders, anxiety disorders, ADHD
- Jillian Sussman – mood disorders, anxiety disorders, ADHD

Other:

- Teaching and Education – opportunities for supervising junior trainees, co-teaching seminars

Ontario Shores Centre for Mental Health Sciences

Dr. Biruntha Sritharan
 PG Education Coordinator
 Tel: (905) 430-4055
 Email: sritharanbi@ontarioshores.ca

General Description:

Ontario Shores has inpatient and outpatient training experiences available to trainees. All inpatient programs are provincial tertiary care programs. The learning experience can be tailored to the level of training and career needs of the trainee.

Common Clinical Presentations:

- Mood disorders
- Anxiety disorders
- Eating disorders
- Neurodevelopmental disorders
- Psychotic disorders

Treatment Settings:

- Inpatient adolescent unit (12 beds) and inpatient adolescent eating disorder unit (12 beds) – assessment and treatment of young people with complex, treatment-refractory illnesses
- Outpatient assessment and follow-up clinic – opportunities to see patients and families in-person or using the Ontario Telemedicine Network
- Classroom day program (8 spots) – high school based, in partnership with the local school board
- Opportunities for assessment of individuals with intellectual disabilities and comorbid psychiatric conditions through Dual Diagnosis Services

Treatment Modalities:

- Psychotherapeutic (individual and group) modalities including CBT, DBT, led by interdisciplinary mental health teams
- Psychopharmacological interventions

Supervisors:

- Graciela Kriegel-Perez
- Jenilee Generalla
- Biruntha Sritharan
- Paul Slodovnick

Other:

- Medical student and junior resident teaching and research opportunities are available
- Additional exposures to specialized youth mental health (ages 18-24) are available upon request

Garry Hurvitz Centre for Community Mental Health at Sickkids

Dr. Adam Enchin
Interim PG Education Coordinator
Tel: (416) 924-1164 ext. 4243
Email: aenchin@sickkidscmh.ca

General Description:

The Garry Hurvitz Centre for Community Mental Health at SickKids (CCMH) is a children's mental health centre in Toronto's downtown core. The centre provides mental health services for children from birth to 18 years of age, including outpatient services as well as day treatment and intensive classroom services for children aged 6-12 at our Sheppard site, and for youth aged 13-18 at our Jarvis site.

Common Clinical Presentations:

- Community based but with a direct acute care relationship allowing for a wide range of clinical presentations and a unique opportunity within community mental health.
- Assessment across the developmental spectrum is available including evaluation of infant/preschool, school-aged, and adolescents with a full range of clinical presentations across these age groups
- Specialized expertise: attachment disorders and concerns, type 1 and type 2 trauma, migration and urgent care assessment through our collaboration with Sick Kids

Treatment Settings:

- Outpatient services – new assessments and follow-ups
 - Infant and preschool mental health assessment and treatment
 - School-aged assessment
 - Family therapy
 - CBT, MBT, DBT, brief dynamic
 - Trauma assessments and interventions
 - Migration psychiatry (focusing on cultural mental health)
 - Community consultation
 - Programme Passerelle – francophone section 23 class
- Intensive in-home services with multidisciplinary team of ECEs, CYWs, social work, psychology, and psychiatry
- Treatment classroom for children aged 6-12 at our Sheppard Site – joint venture with the TDSB where CCMH provides the multidisciplinary team of ECEs, CYWs, social work, psychology, and psychiatry
- Day treatment for adolescents for youth aged 13-18 at our Jarvis Site– joint venture with the TDSB where CCMH provides the multidisciplinary team of ECEs, CYWs, social work, psychology, and psychiatry

Treatment Modalities:

- CBT for depression, anxiety, OCD
- IPT-A for depression
- TF-CBT and other evidence-based trauma focused treatments
- Infant and preschool treatments: Watch Wait and Wonder, Interaction Guidance, Reflective Family Play, Videofeedback
- Behavioural strategies for parenting
- EFFT (Emotion Focused Family Therapy)
- Brief psychodynamic therapy for adolescents
- Brief play-based therapy for children
- Supportive psychotherapy
- DBT skills and DBT-informed individual therapy; DBT groups for youth and parents
- Group therapy (inpatient program, day program)
- Psychopharmacology

Supervisors:

- Adam Enchin – urgent psychiatric consultations
- Laura Paccione – adolescent mental health, DBT-A, consultant to WHO on child mental health

- Diane Philipp – infant and preschool mental health, play therapy
- Debra Stein – migration team
- Kate Cochrane-Brink - psychiatric consultation, support of intensive day treatment services for adolescents
- Laura Orlando - psychiatric consultation, support of intensive day treatment services for children
- Psychologists, Social workers, and Registered psychotherapists

Other:

- Research – opportunities with supervisors engaged in research
- Teaching and Education – opportunities for supervising junior trainees and trainees from other disciplines
- Residents often have the opportunity to receive live supervision of their cases through a one-way mirror and earpiece (or via videoconferencing)

General Description:

The Department of Psychiatry at SickKids offers a variety of experiences with children of all ages. Our ambulatory, consultation-liaison, urgent care, day hospital, and inpatient services all provide valuable learning opportunities within collaborative interdisciplinary teams. Our site is the only one with a dedicated consultation-liaison team providing psychiatric care to medical and surgical patients. Options for clinical opportunities vary and include training in pharmacological interventions as well as psychotherapy (with cognitive behavioural therapy being a particular strength of our program). Training opportunities also involve virtual experiences, including through the telemedicine and telepsychiatry.

Common Clinical Presentations:

- Anxiety disorders
- ADHD
- Mood disorders
- OCD
- Behavioural disorders
- Autism spectrum disorders
- Suicidal behaviours
- Self-harm behaviours
- Psychotic disorders
- Psychiatric disturbances due to medical issues (i.e., delirium, neuropsychiatry)

Treatment Settings:

- Inpatient program – interprofessional team of nurses, CYWs, social workers
- Day program (2 programs - eating disorders and mental health) – interprofessional team of CYW and social worker
- ER psychiatry
- Urgent care clinic – assessments of referrals from the ER
- Outpatient clinics – new assessments and follow-ups
- Consultation-liaison – inpatient and outpatient opportunities

Treatment Modalities:

- Individual CBT for anxiety, OCD, depression
- Group CBT therapy (for anxiety)
- Emotion Focused Family Workshops (parents)
- Parent coaching/behavioural coaching for parents
- Behavioural therapy (with Dr. Mark Hanson)
- Eating Disorders Treatment (FBT, CBT-E)
- Somatization Treatment
- DBT Skills and DBT-informed therapy
- Comprehensive Behavioural Intervention for Tics (CBIT)
- Psychopharmacology

Supervisors:

All our supervisors see a variety of disorders. Supervisors' particular areas of interest and expertise are listed below.

- Elia Abi-Jaoude – tic disorders, OCD, research
- Olabode Akintan - inpatient psychiatry
- David Carlone - consultation-liaison, general outpatient
- Alice Charach – ADHD, anxiety
- Claire De Souza – consultation-liaison
- Marc Fadel – consultation-liaison, inpatient psychiatry
- Rose Geist – consultation-liaison

- Daniel Gorman – ADHD, tic disorders, OCD
- Mark Hanson – anxiety, behavioural disorders, selective mutism, parenting/family therapy
- Abel Ickowicz – ADHD, neurodevelopmental disorders, telepsychiatry
- Daphne Korczak – mood disorders, research
- Aneta Krakowski – consultation-liaison, neurodevelopmental disorders
- Arfeen Malick - consultation-liaison, telepsychiatry
- Irfan Mian – mood and anxiety disorders, OCD, telepsychiatry
- Suneeta Monga – eating disorders, research
- Sarah Smith- eating disorders day treatment, eating disorders outpatient assessments
- Biruntha Sritharan - inpatient psychiatry
- Jacob Vorstman – neurodevelopmental disorders, consultation-liaison, research
- Lele Wang – mental health day treatment, general outpatient clinic
- Michael Wodzinski - consultation-liaison
- Munaha Mostofa - general outpatient psychiatry
- Adam Enchin - urgent care clinic, ER

Other:

- Research – opportunities with various supervisors engaged in research
- Teaching and Education – opportunities for supervising junior trainees and working collaboratively/providing education to interdisciplinary teams
- Longitudinal Follow Up clinic (LFC) for CAP trainees

General Description:

The Youth Division at Sunnybrook Health Sciences Centre focuses on seeing youth with complex mood and anxiety disorders. Youth are ages 14-18 at intake and are followed into their early 20s.

Common Clinical Presentations:

- Complex mood and anxiety disorders – usually comorbid with one or more of substance use, trauma, emerging personality disorders

Treatment Settings:

- Inpatient program (up to 10 beds) – interprofessional team of nurses, CYWs, social worker, teacher, and art therapist
- Day program (up to 8 spots) – interprofessional team of teacher, CYW, and social worker
- Urgent assessment clinic – assessments of referrals from the ER
- Outpatient clinics – new assessments and follow-ups

Treatment Modalities:

- CBT for depression, anxiety, OCD
- IPT-A for depression
- Prolonged exposure for PTSD
- Supportive psychotherapy
- DBT skills and DBT-informed individual therapy
- Group therapy (inpatient program, day program)
- Psychopharmacology
- ECT
- rTMS (older adolescents)

Supervisors:

- Carolyn Boulos – mood disorders, anxiety disorders
- Amy Cheung – mood disorders, anxiety disorders, IPT-A, integrated mental health
- David Kreindler – mood disorders, anxiety disorders, day treatment, research
- Ralph Lewis – mood disorders, anxiety disorders, OCD, ADHD, ASD
- Rachel Mitchell – bipolar disorders, DBT, research
- Enoch Ng - neuromodulation, inpatient psychiatry
- Sharon Reiter – mood disorders, anxiety disorders, OCD
- Lauren Riggan - inpatient psychiatry, urgent assessments
- John Teshima – inpatient psychiatry, rural outreach, teaching and education
- Karen Wang – inpatient psychiatry, CBT, DBT, prolonged exposure, QI

Other:

- Research – opportunities with supervisors engaged in research, primarily in mood disorders
- Teaching and Education – opportunities for supervising junior trainees, co-teaching seminars
- Quality Improvement – opportunities for working on QI projects

General Description:

Trillium Health Partners is the largest community teaching hospital in Canada, and Credit Valley Hospital houses the Regional Pediatric Treatment Centre for Peel. The Child & Adolescent Mental Health Services treats patients up to 18 years old, and with the Transitional Age Youth Program patients are seen up to 24 years old.

Common Clinical Presentations:

- All anxieties and mood disorders
- OCD and other repetitive behaviour disorders
- ADHD complicated by SLD or ASD or tics or other comorbidities
- Selective mutism
- Disorders with comorbid disordered eating, trauma, borderline character, or substance use

Treatment Settings:

- Urgent care program – inpatient discharges from partnering hospitals and when referred from the emergency department
- Outpatient ambulatory clinic – new assessments and short-term follow-up if needed
- Transitional age youth – youth 16-24 years old needing an intensive team approach

Treatment Modalities:

- CBT
- DBT
- Unified protocol
- Supportive psychotherapy
- IPT
- Groups – including the above modalities for patients and parents
- Psychopharmacology

Supervisors:

- Psychiatric and psychology consultation and supervision is provided by seven psychiatrists and one psychologist and allied clinicians including social work and occupational therapy
- Psychiatrists include Drs. Karen Petrucci, Mahgul Malik, Finola D'souza, Louis Peltz, Jonathan Beard, Mark Messih, Tejpal Bedi, Tyler Halverson.

Other:

- Learning opportunities – weekly treatment team meetings, grand rounds, and case conferences
- Teaching – learners including medical students, psychiatry residents, pediatric residents and family medicine residents
- Research – opportunities through the Institute for Better Health
- Community partnerships – EveryMind, AYSP, Peel CAS, Peel region school boards

General Description:

The Child, Adolescent and Family Mental Health program at St. Joseph’s Health Centre focuses on seeing children and adolescents who present to the Emergency Department with a variety of acute clinical problems and require inpatient or urgent outpatient care. Our inpatient unit has a strong focus on family work. Outpatient services such as consultation, shared-care, and day-program are also offered. There are also opportunities to do CL consults as needed.

Common Clinical Presentations:

- Acute presentations including mood, anxiety, psychotic, suicidality, self-harm and other conditions
- Common comorbidities including behavioural disorders, parent-child difficulties, personality disorders, substance use disorders and others are also present

Treatment Settings:

- Inpatient program (up to 8 beds) – interprofessional team of nurses, CYWs, social worker, and teacher
- Day program (up to 6 spots) – interprofessional team of teacher, CYW, and SW/MD team
- Urgent assessment clinic – assessments of referrals from the ER
- Outpatient clinics – new assessments and follow-ups

Treatment Modalities:

- Inpatient psychoeducation and psychotherapy
- CBT for adolescents
- DBT for adolescents
- Family therapy
- Supportive psychotherapy
- Psychopharmacology
- ECT

Supervisors:

- Andrew Howlett – inpatient, urgent care, outpatient assessments and f/u, perinatal/fathers’ mental health, pediatric CL
- Benyamin Rotberg – inpatient, urgent care, outpatient assessments and f/u, pediatric CL
- Rachel Ptashny – inpatient, urgent care, outpatient assessments and f/u, pediatric CL
- Hannah Klein – inpatient, urgent care, outpatient assessments and f/u, pediatric CL

Other:

- Teaching and Education – opportunities for supervising junior trainees, co-teaching seminars
- Quality Improvement – opportunities for working on QI projects

General Description:

The Family and Child Program at Women's College works in collaboration with all the adult mental health programs at WCH, providing consultation and short-term treatment for children aged 0 to 18. Patients are referred when a parent is a patient at WCH, from WCH Family Practice, and from the community (general outpatient child psychiatry). As a small site, we have enhanced ability to tailor experiences according to interest and provide direct mentorship in a number of areas - please ask!

Common Clinical Presentations:

- Mood
- Anxiety
- OCD
- ADHD
- Parenting difficulties in the context of parent mental illness
- Parent-infant attachment
- Behavioural disorders

Treatment Settings:

- Outpatient clinics – new assessments and follow-ups
- Longitudinal follow up clinic (LFC) for CAP trainees

Treatment Modalities:

- Psychopharmacology
- Play therapy
- Family therapy including dyadic psychotherapy
- Psychodynamic individual psychotherapy
- Mom and baby group

Supervisors:

- Aliza Israel – all above
- Tatiana Valverde – all above

Other:

- Weekly multidisciplinary clinical rounds with perinatal team
- Research: opportunities to participate in multisite studies
- Teaching and Education – opportunities may be available for supervising junior trainees, co-teaching seminars
- Quality Improvement – opportunities for working on QI projects

General Description:

Youthdale is a non-profit, charitable community agency funded by the Ministry of Health and Long-Term Care. The agency meets the complex needs of children and youth aged 6 and up, as well as their families, with a team of highly skilled and dedicated psychiatrists, psychologists, social workers, nurses, child and youth workers, as well as other allied social service and health work related professionals.

Common Clinical Presentations:

- Complex mood and anxiety disorders
- Parent-child difficulties
- ADHD, FASD, and neurodevelopmental disorders
- Disruptive and conduct disorders
- Youth justice/ forensic presentations
- Developmental trauma and substance use

Treatment Settings:

- Crisis support team – bringing crisis intervention to family or group home, school or hospital
- Inpatient units – interprofessional team of child psychiatrists, psychologists, a consulting neurologist, registered nurses, psychiatric crisis workers, and educational specialists; specialty consultations with speech-language pathology or occupational therapists may be arranged as required
 - Acute support unit (8 beds)
 - Step up/ Step down unit (8 beds)
 - Transitional age unit (8 beds)
- Outpatient and consultative services – multiple day treatment programs serving the needs of youth from age 12 through to the completion of high school
 - Intensive Support and Supervision Program (ISSP) for youth with forensic involvement and mental health needs

Treatment Modalities:

- Outpatient psychiatric assessment and medication management
- CBT for mood and anxiety
- IPT
- DBT-informed individual and group DBT skills
- Family therapy
- Positive Parenting Programs (Triple P)
- Trauma assessment and treatment

Supervisors:

- Mitesh Patel – forensic youth psychiatry, neuropsychiatry, externalizing disorders, FASD
- Finola D'souza – mood and anxiety disorders, CBT, ADHD, trauma related presentations
- Mark Messih – mood and anxiety disorders, complex psychopharmacology, CBT, forensic youth psychiatry