<u>The Birchall Family Fellow in Perinatal Mental Health</u>
<u>Fellowship in the Perinatal Mental Health Program: Psychiatric Care for adults during pregnancy and the postpartum period</u>
<u>Department of Psychiatry, Mount Sinai Hospital</u>

Mount Sinai Hospital is home to the Women's and Infants' Centre of Excellence, one of the largest academic medical centers for women's health in Canada, where services include pregnancy planning, labour and delivery, high risk obstetrics, prenatal genetics, a menopause clinic, among many other options. The Perinatal Mental Health Program at Sinai Health is affiliated with this centre and is also one of the largest programs of its kind in Canada for pregnant women and new parents struggling with psychiatric illnesses during the reproductive years and beyond.

This fellowship in the Perinatal Mental Health Program is a one-year academic fellowship (clinical and/or research) that provides advanced training in the treatment of adults during pregnancy and the postpartum period and the opportunity to develop an academic project. This program would give the Fellow the opportunity for training with psychiatrists and allied health care providers who have expertise in assessing and treating pregnant women and new mothers and fathers with mental health issues. They will learn how to assess and treat a wide array of psychiatric disorders (from depression and anxiety to psychotic illnesses etc.,) and stressful life events, including trauma and losses, during pregnancy and the postpartum period. The fellow will develop focused expertise in treatment modalities, such as medication use in pregnancy and while nursing, and various psychotherapy modalities. Such modalities may include: group therapies and individual therapies. Fellows can participate in the well-developed Perinatal Mental Health Telemedicine Program. Fellows will have the opportunity to develop expertise in outreach consultation with underserved communities and will learn how to provide virtual psychiatric care. There will also be the opportunity to develop and teach webinars for a wide range of health care providers who treat the perinatal population, as part of the robust outreach program that the Perinatal Mental Health Program provides. Clinical supervision will be provided by faculty in the Perinatal Mental Health Program.

Fellows will mostly work in outpatient settings and will work collaboratively with a multi-disciplinary health care team. Fellows may also gain exposure to the psychiatric inpatient care of perinatal patients and Consult-Liaison psychiatry in order to learn about the continuum of care from outpatient to inpatient services, and to gain expertise in treating an array of perinatal mental health issues.

In addition to developing clinical skills, a major focus of this fellowship will be to complete an academic project. In particular, Fellows who have an interest in designing and developing a research or Quality Improvement project that addresses issues related to diversity and inclusion in access to perinatal mental health care will be supported to develop such projects.

Remuneration: The Fellowship will be jointly funded through clinical billings and philanthropic support which will support the completion of an academic project.

Eligibility:
- Completion of accredited psychiatric residency training program
- Strong clinical and academic skills
- Demonstrated interest in women's mental health issues

Applicants for the fellowship should submit the documents below to Dr. Sharon Szmuilowicz (sharon.szmuilowicz@sinaihealth.ca)
- CV
- A personal statement which explains your interest in this fellowship and women's mental health
- Medical school transcript
- 2-3 three letters of reference (to be emailed directly by the writers).

- In conjunction with the Sinai fellowship application process, applicants will need to review the University of Toronto's Fellowship Application process, including details regarding fellowship funding.. For more information please visit the website: https://www.psychiatry.utoronto.ca/apply-fellowship-program

Please contact Dr. Sharon Szmuilowicz for more information: sharon.szmuilowicz@sinaihealth.ca