

The **University of Toronto Youth Fellowship** is a training program that focusses on BRIDGING the ADULT and CHILD psychiatry areas with an educational mandate that prioritises:

- a). Developmental sensitivity
- b). Evidence-based care
- c). Service gaps

### **Mission Statement**

**To create skilled mental health providers specializing in transitional aged youth who are prepared to become leaders in the field.**

The **core competencies** for transition services providers established are:

- Partnering with youth & adults
- Promoting recovery
- Supporting empowerment
- Engaging in partnerships with providers of other services and collaborating to bridge service gaps
- Providing individualized & developmentally informed services
- Using evidence-supported practice & individualized interventions
- Promoting support from family, peers and mentors
- Meeting the needs of diverse young people
- Evaluating & improving services

**Curriculum Development** has been established. The curriculum will be FLEXIBLE with suggested core readings/literature and a minimum expectation of a grand rounds presentation and/or a focussed written project. A few examples of topics of interest are: Early intervention in psychosis and mood; mood disorders; youth bipolar disorder; the developing brain; youth epidemiology; the prodrome; a developmental perspective; health systems; gender spectrum issues; developmental disabilities; trauma/DBT informed skills; the role of family; peer

involvement; developmental focus around independence, intimate relationships, vocation/life skills.

Fellowship curriculum goals are to balance “structure” with “freedom” which is candidate and site specific incorporating depth and more specific interests.

Some key concepts covered in the youth fellowship curriculum are: The Role of the Psychiatrist in Community Based Services; Collaborative practice between physician and non-physician prescribers in Community Mental Health Settings; Recovery Focused Care and Psychosocial Rehabilitation; Concurrent Disorders in Youth Mental Health; Practical Evaluation and Quality Improvement; Special Populations and Cultural Factors Impacting Clinical Practice; Providing Leadership and Facilitating Collaboration; The Interface of Primary Care and Behavioral Health; Community Based Research and Scholarship; Interprofessional care; Collaborative care with family medicine; Youth engagement; Risk Assessment of Transitional Youth; Identity Development; Cultural Aspects; Identification and Management of Psychiatric Disorders Transitional Aged Youth; Cognitive, Social, and Emotional Aspects of Youth Adult Development.

Time frame: a one-year fellowship is offered with the option of a second year renewal.

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