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|  | YOUTHDALE CORE RESIDENTS EXPERIENCE  227 Victoria Street ♣ Toronto, ON M5B 1T8  TEL 416-368-3751  FAX 416-363-7945 |
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Youthdale provides a wide range of psychiatric and psychosocial services to children and youth in south central Ontario. Currently, it operates 10 inpatient beds for high-risk youth on the Acute Support Unit (ASU), a secure treatment, quaternary care service and 8 beds on the Transitional Psychiatric Unit (TPU) – geared towards assessment, stabilization and disposition planning for complex/high needs youth. Over 50% of admitted children have involvement of child protective services. Many of the youth served have complex histories of multiple psychiatric medication trials, neurodevelopmental disorders and complex trauma. This Summer, Youthdale opened a third, voluntary 8-bed inpatient service for Transitional Age Youth of age 18-24, with significant psychosocial needs, employing a Dialectical Behavioural Therapeutically based treatment model.

Youthdale provides outpatient psychiatric consultation, individual and family therapy program with supervision on-site available for Family, CBT and interpersonal therapy. Consultation is also provided around complex psycho-pharmacologic issues for youth with neurodevelopmental challenges. There is an ongoing series of Family therapy seminars. A Formulation Seminar and Grand Rounds also occur regularly.

Youthdale has an on-site Sleep Medicine Clinic that provides a seminar series and annual clinical day. There is a Neuropsychiatry Clinic and telepsychiatry services, as well as Neurology consultation.

The agency has several live-in treatment programs in Toronto, as well as one in Aurora, ON and several Rural Houses, each with its own psychiatric consultant. These programs provide resourced classrooms integrated into community schools. There is an Intensive Day Treatment/ Alternative Classroom for youth age 16 and over located at Covenant House.

Lastly, Youthdale provides Toronto’s Intensive Support and Supervision Program for Youth Justice, this MST oriented service provides community based psychiatric and psychosocial support in collaboration with probation services to youth with mental health needs.

**CHILD & ADOLESCENT PSYCHIATRY**

The resident will be assigned an Outpatient supervisor. Residents will be assigned clients being referred for consultation for diagnosis, treatment planning, medication management, or individual or family therapy.

Residents may, if interested, also be involved in admission assessments to one of Youthdale’s Inpatient Units and become involved in urgent care provision or involuntary treatment through these services. The resident will meet with their patients regularly and discuss the interaction with their supervisor, attend family meetings and participate in inpatient or outpatient group therapy sessions. The Resident may attend crisis team rounds and learn about community-based assessment, risk assessment and case priorization. Resident may also attend community-based assessment with the mobile crisis team. If they wish, the resident will have an opportunity to observe, or to participate in the care of young offenders through our Intensive Support and Supervision Program (ISSP) in the community,

The resident will assess and follow patients in the neuropsychiatry outpatient clinic. After discussion with the outpatient supervisor the resident will gather information from all relevant sources and develop a diagnostic impression and a plan of investigations and treatment summarized in a formal consultation letter to the referring physician.

The resident will have the opportunity to become familiar with the diagnosis and investigation of sleep disorders that present in children. The resident will observe the operation of a paediatric sleep laboratory and basic principles of interpreting sleep study results.