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General Description:
There are training opportunities within the outpatient, day treatment and inpatient services at the Child, Youth and Family Program (CYFP) at CAMH. The CYFP is a multidisciplinary service. Rotations provide advanced training in assessment and intervention. The resident can tailor their rotation to their training and career goals. There are opportunities for advanced training in general and specialized psychiatric assessments as well as in psychotherapy and psychopharmacology.

Treatment Settings:
Ambulatory Child and Adolescent Psychiatry (Outpatient and Youth Addiction Service): The outpatient department has general and specialized services to assess and treat children with a variety of psychiatric disorders through a general consultation service, and through specialized services for mood and anxiety disorders, disruptive and neurodevelopmental disorders, autism spectrum disorders, psychotic disorders, urgent care or crisis, gender identity, court referred youth and youth with addiction and concurrent disorders. There are also opportunities for a variety of community consultations involving homeless youth, refugee centers, shelters, transcultural assessments and collaborative care. Residents can satisfy their outpatient subspecialty requirements in the ambulatory service.

Inpatient Unit and Day Treatment Unit (Youth Addiction Service): The inpatient unit serves youth ages 14 to 18 years old with severe mental health issues and concurrent substance use/misuse/dependence. Residents can satisfy their inpatient subspecialty requirements on the inpatient unit. There is also a day treatment program for youth with mental health issues and substance use.

Treatment modalities:
There are opportunities for individual, family and group psychotherapy training using a variety of modalities including psychodynamic, interpersonal, cognitive behavior therapy, dialectical behavior therapy, motivational interviewing and harm reduction.

Other:
Teaching Opportunities: There are opportunities for training in medical student and core resident teaching as well as in training of non-psychiatry elective residents in both clinical and classroom settings.

Research Opportunities: There are many research experiences available to residents. There are a variety of epidemiological, genetic, neuroimaging, clinical, intervention and service delivery studies. Study populations include children and youth with ADHD, autism spectrum disorders, concurrent disorders, court referred youth, disruptive disorders, gender identity disorders, language-impaired children, mood disorders, those exposed to trauma, preschoolers, and transitional-aged youth.
**General Description:**
Residents will be able to participate in a wide variety of cases including: ADHD, anxiety, depression, learning disorders, somatoform disorders, autism, ODD and addictions. Age range includes infants to 17 years of age. Residents will also have the opportunity to work on an interprofessional team comprised of psychiatrists, social workers, psychologists as well as speech and occupational therapists.

**Treatment Settings:**
- Opportunities to consult to an inpatient pediatric unit
- Outpatient clinic assessing cases on a non-urgent basis from family doctors and pediatricians
- Opportunities to assess cases in the emergency room
- Opportunities to work in an urgent care clinic reviewing cases recently discharged from the emergency room

**Treatment modalities:**
- Opportunities for supervision in CBT, DBT and family therapy

**Other:**
- Undergraduate medical student teaching
**General Description:**
The George Hull Centre is a community based Children’s Mental Health Centre where children and their families are served for a wide range of mental health needs. Children between the ages of 0 – 18 are welcome at our Centre, and they represent the many neighbourhoods and diverse cultural backgrounds that make up the west end of Toronto. The clinical presentations we see are similarly varied. We commonly treat children with neurodevelopmental disorders (Attention Deficit Hyperactivity Disorder, Autism Spectrum Disorders, Learning Disorders, etc.), mood and anxiety disorders, substance use disorders, and histories of trauma. In many cases we are a family’s very first contact with mental health services, while others present with challenges that are more chronic and complex. The George Hull Centre offers a rich and unique opportunity to residents with regards to the range of clinical presentations and levels of severity we see, as well as the different approaches to treatment that are offered.

**Treatment settings:**
Our services are provided in various treatment settings. Assessments and a wide range of treatments are offered within our Community Clinic, which include comprehensive psychiatric evaluations and follow-up care. In addition, we also have two houses for residential care (adolescents) and day treatment classrooms as part of the Centre, and residents can be involved with patients using such intensive services if they are interested. Within in the 0 – 6 population there are also opportunities to provide on-site consultation to day cares and schools in the community.

**Treatment modalities:**
Residents will have the opportunity to learn and participate in many modalities of therapy; supervision is available for family therapy, cognitive behaviour therapy, and interpersonal therapy. Also, there are psychoeducational and treatment groups that residents are welcome to take an active role in with other clinical staff at the Centre.

**Other:**
There are child psychiatrists, social workers, early child educators, speech and language pathologists and psychologists represented as part of our team of care providers at George Hull. Residents who come to the Centre will have many opportunities to learn from and collaborate with colleagues from these various disciplines. They will participate on clinical teams within the Community Clinic, and will be encouraged to work in partnership with others in the community, such as primary care physicians and school staff.
**General Description:**
SickKids offers a wide range of training in Child and Adolescent Psychiatry. Areas of focus include Psychiatry Ambulatory Services at SickKids, Consultation-Liaison Psychiatry, Eating Disorders, and the Acute Inpatient, Day Hospital and Emergency Care (AIDE) program. Each of the programs consists of a multi-disciplinary team that provides excellent patient and family-centered care. The options for clinical opportunities vary due to supervisor availability and are updated every 6 months.

**Treatment Settings**
The Psychiatry Ambulatory Services at SickKids sees children and adolescents less than 18 years of age who are referred for a variety of symptoms, often with comorbidities. There are generally opportunities to see a wide variety of diagnoses. Patients receive an intensive assessment that leads to a comprehensive treatment plan to address the identified issues. There are also opportunities to participate in specialized cognitive behavioural therapy treatments (group and individual) for various anxiety and mood disorder diagnoses. Residents will have the opportunity to attend the Urgent Care Clinic and a longitudinal Psychiatry Follow-Up Clinic.

The Consultation-Liaison Psychiatry program consists of an interdisciplinary team which provides comprehensive out-patient and in-patient care to children and adolescents with complex co-morbid medical and psychiatric conditions. Children, adolescents and their families are referred for inpatient consultation and treatment by the medical and surgical in-patient programs of the hospital. The program provides ambulatory consultation to various subspecialists, pediatricians, and family physicians. Telehealth and Telepsychiatry consultation are also available to other hospitals and children’s mental health centres. Collaborative care is emphasized including education and support of interdisciplinary teams.

The Psychiatry Acute Inpatient, Day Hospital and Emergency Care (AIDE) program provides short-term mental health care for youth up to age 18 years who are in crisis. The program consists of a three bed short-stay voluntary inpatient unit for youth who present to SickKids with mental health issues and require admission to hospital. The focus of the unit is on assessment and stabilization of the presenting issues as well as working with the youth and family on strategies to address safety concerns. AIDE also operates a six spot day hospital program. The focus of the day hospital program is on helping youth with mental health issues to acquire skills to improve their level of functioning. The day hospital program involves group therapy, family meetings, and a Toronto District School Board classroom. Residents participate in comprehensive, interdisciplinary assessment and treatment of children, adolescents and families. Patients are generally admitted through the Emergency Department or are transferred from the medical or surgical units. Residents will also take part in consultation to the Emergency Department. There are many opportunities for CAP subspecialty residents to teach and supervise more junior residents and other trainees.

The Eating Disorders program at SickKids provides multidisciplinary care to children and adolescents with Eating Disorders. The program consists of inpatient, day hospital and outpatient services and operates both as a regional and tertiary care ED program. Psychiatry consults to the inpatient ED program and provides outpatient treatment in the form of group and family therapy. Telepsychiatry consultation is also provided to remote sites where an established ED program may not be present. The ED program provides selective experiences and can offer a range of experiences for residents interested in obtaining further training.

The Telepsychiatry program (Tele-Link Mental Health Program) provides residents with the unique opportunity to provide consultation to families and health care practitioners in remote communities via videoconferencing.
**Treatment modalities:**
Child and Adolescent Psychotherapy training is also available. Opportunities to conduct treatment and receive supervision in CBT, Family Therapy, Psychodynamic Psychotherapy, Adolescent IPT, and Play Therapy are available, depending on supervisor availability. CBT training is a particular strength of our program and there are opportunities to participate in CBT programs treating a wide range of common and uncommon Anxiety Disorders in a variety of age groups. The Family Therapy Seminar is interactive with live supervision of treatment delivery. The main objective is to further the residents’ knowledge of systems theory and its application to family therapy with an emphasis on a conceptual appreciation of narrative approaches to treatment.

**Other:**
SickKids site-specific seminars may include a CBT Seminar/Supervision, an Interviewing and Formulation Seminar, and a Family Therapy Seminar/Supervision.

There are research opportunities available at SickKids. If residents are interested in working with a particular staff member they may contact that person directly and should also contact the head of the research program.
**General Description:**
Humber River Hospital moved to a brand new facility as of October 2015. We will be a fully digitalized hospital at the new venue. The Hospital is a schedule 1 facility. We see all ages until 19 years of age in the child and adolescent program. Residents are also exposed to all types of patients within the hospital system such as Psychotic Disorders, Mood disorders, ADHD and Learning Disabilities. You will have the opportunity to see very difficult and complex cases with follow up as well as one time consults.

**Treatment settings:**
We have a 6 bed inpatient child/adolescent unit and 9 seats for a transition day program. We have a fully functioning TDSB section 23 classroom within the transition program. We have two inpatient child psychiatrists. We also have three psychiatrists that see outpatients at the hospital. A resident may choose to have an experience in the inpatient or outpatient setting as well as a combined experience.

**Treatment modalities:**
Supervision for CBT, family, psychodynamic therapy and psychopharmacology can be arranged with highly regarded experts within the organization.
**General Description:**
Michael Garron Hospital is a community hospital located in the diverse and multicultural East York community, near Danforth and Coxwell Avenues. The MGH Child and Adolescent Mental Health program provides a number of services to children, adolescents and transitional age youth. The goal of this rotation is to provide an enriched academic and clinical experience in a positive learning environment!

**Treatment settings:**
We have a six-bed secure inpatient unit with an affiliated transitional day program. Our interdisciplinary team is comprised of child and youth counsellors, registered nurses, a social worker, a Toronto Catholic District School Board teacher and a psychiatrist. Students from nursing, child and youth work and social work can also be part of the team. The resident is expected to follow two to three patients and their families from admission to discharge. This role includes clarifying diagnosis, assessing and monitoring safety, initiating and monitoring medications, conducting family meetings with the primary supervisor and/or inpatient social worker, facilitating groups, and providing short term follow up upon discharge. The day begins with inpatient rounds at 9:30 am and mornings on the unit, followed by outpatient work in the afternoon. The rotation is an excellent learning experience, with opportunities to hone skills in team collaboration, health advocacy and leadership, while gaining clinical expertise.

The outpatient services are manifold and opportunities can be tailor made, according to the resident's interests. The resident will have an opportunity to conduct observed and independent general assessments of children and adolescents who present with a multitude of disorders, including but not limited to ADHD, anxiety, depression, ASD and other mental health difficulties.

**Treatment modalities:**
We offer individual cognitive behavioural therapy and the resident will receive expert supervision in this modality. Family therapy supervision will be provided by our outpatient social worker.

We also have a number of groups that run from September until June. These can include: a cognitive behavioral group for teens with generalized anxiety disorder and one for teens with social anxiety disorder; a mindfulness session for teens run by a certified meditation instructor; an anxiety group for younger children (age 7 to 12) with a simultaneous parent group; and a mindfulness group for children age 7 to 12 and their parents. The resident is encouraged to attend any groups in which they have an interest.
General Description:
North York General Hospital offers a wide variety of training opportunities which can be tailored to the individual needs of the resident.

Treatment settings:
Our Child and Adolescent Mental Health Outpatient Clinic (CAMHOP) is a General Psychiatry clinic for patients aged 19 and under. The resident will gain experience with psychotic disorders, mood disorders, anxiety disorders, neurodevelopmental disorders, obsessive-compulsive and related disorders, somatic symptom and related disorders, neurocognitive disorders, elimination disorders and sleep-wake disorders, disruptive, impulse-control, and conduct disorders, as well as other mental disorders affecting children and adolescents.

Other clinical services at North York General Hospital include the Eating Disorders Clinic, the Child and Adolescent Inpatient Unit, and the Child and Adolescent Day Hospital.

CAMHOP and the Eating Disorders Clinic are located at the Branson Site of North York General Hospital. The Child and Adolescent Inpatient Unit and Day Hospital are located at the General Site of North York General Hospital.

Treatment modalities:
Opportunities for cognitive-behavioural therapy, family therapy and group therapy supervision are available from our multi-disciplinary team of Child and Adolescent Psychiatrists, Psychologists, Social Workers and Child and Youth Workers.
General Description:
Ontario Shores has inpatient and outpatient training experiences available to trainees. All inpatient programs are provincial tertiary care programs.

Treatment Settings:
Inpatients:
Inpatient experiences include the Adolescent Unit (12 bed provincial catchment, tertiary care unit) and the Adolescent Eating Disorder Unit (12 bed provincial catchment, tertiary care unit). Approaches to assessment and treatment of young people with complex, treatment refractory illnesses will occur. The rotation will include exposure to common psychotherapeutic (including CBT, DBT, family therapy) and psychopharmacological interventions for mood, psychotic, eating and other disorders. The learning experience can be tailored to the level of training and career needs of the trainee.

Outpatients:
Outpatient Assessment and Follow-up Clinic.
The Outpatient clinic provides assessment and treatment for young people. Mood, anxiety, eating, neurodevelopmental and other disorders in young people are common clinical presentations. Common psychotherapeutic and psychopharmacological approaches are utilized. Opportunities to see patients and families in person, or using the Ontario Telemedicine Network are available. The learning experience can be tailored to the level of training and career needs of the trainee.

Classroom Day Program:
In partnership with the local school board, an 8 seat high school based, classroom program is available.

Treatment modalities:
Psychotherapeutic (individual and group) modalities including CBT, DBT, IPT and family therapies are available, led by interdisciplinary mental health teams.

Psychopharmacological interventions are used frequently in inpatient and outpatient settings.

Other:
Medical student and resident teaching and research opportunities are available. Additional exposures to specialized youth mental health (ages 18-24) are available upon request.
General Description:
The SickKids Centre for Community Mental Health offers outpatient service opportunities that provide experience in assessment, formulation and treatment planning with infants, preschoolers, school aged children, adolescents and their families. Residents will have the opportunity to participate in one of our multidisciplinary teams which evaluate new cases as well as provide treatment. Residents will also have an opportunity to spend 3 months at a community practice specialized in neuropsychiatric disorders of childhood including patients with ADHD, Tourette Syndrome, Autism and Learning Disabilities. Residents will also participate in the weekly psychopharmacology team as well as the CBT team. CAP subspecialty residents participate on multidisciplinary teams, at times playing a junior staff role.

Treatment Settings
- Infant and Preschool Mental Health assessment and treatment teams
- School-aged assessment team
- Adolescent Psychiatry assessment team
- Adolescent Residential treatment team
- Family therapy treatment team
- Neuropsychiatry rotation at The Possibilities Clinic – community rotation specialized in neuropsychiatric disorders of childhood including patients with ADHD, Tourette Syndrome, Autism and Learning Disabilities
- Psychopharmacology assessment and treatment team
- CBT team
- Trauma Team (opportunities for Trauma Focused-CBT case and supervision)
- Cross-Cultural Mental Health Team
- Community Consultation
  - Mindwerx therapeutic preschool
  - Jewish Family and Child Services
  - Programme Passerelle – francophone section 23 class

Treatment modalities:
1:1 supervision of different psychotherapy modalities:
- Psychodynamic
  - Play
  - Adolescent
  - Adult
- Interpersonal (IPT-A)
- DBT-informed adolescent work
- Mindfulness practice
- Trauma Focused CBT
- Group

Other:
- Research opportunities
- Residents often have the opportunity to receive live supervision of their cases through a one-way mirror and ear-piece.
General Description:
St. Joseph’s Health Centre (SJHC) is a community teaching hospital and is affiliated with the University of Toronto. The Health Centre’s Department of Mental Health and Addictions includes the Child, Adolescent and Family Mental Health Program. This program currently has 3-full time psychiatrists, 3 Social Workers, Youth Addictions Consultant (MD), and Administrative Assistant as well as the support from other members within our department. Our program is undergoing a review and expansion.

Treatment settings:
This program has an 8-bed Child and Adolescent In-Patient Unit (CAIPU), an 8-patient Day-Hospital program and out-patient services including Urgent Care, Consultation, and Shared-Care with community Family Health Teams. These services are very busy and provide service to youth of all ages who experience a number of mental health problems. All forms of interventions including psychoeducation, individual, family and group psychotherapy, medication and ECT are used when indicated. There have been opportunities for residents to provide an additional service such as Adolescent Group Dialectical Behavioural Therapy at our site.

Treatment modalities:
Opportunities for cognitive-behavioural therapy, family therapy and group therapy are available from our multi-disciplinary team. We also provide psychodynamic therapy and interpersonal therapy supervision.
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. Both the inpatient and day programs are run by interprofessional teams and the other outpatients services work in close collaboration with allied professionals within the Division and with community resources.

Treatment settings:
A range of clinical services are offered including an urgent assessment service, an 8-bed inpatient program, a day program, and outpatient assessment and follow-up.

Treatment modalities:
Include psychopharmacology, CBT for depression, CBT for anxiety disorders, IPT-A, psychodynamic psychotherapy, supportive psychotherapy, and family therapy. Group therapy is also available in the inpatient program and day program.

Other:
Junior, senior, and CAP subspecialty residents have the opportunity to design an elective according to their interests and needs. This could involve focusing primarily on one clinical service or involve a blend of several experiences. Residents can choose to work with multiple supervisors over the course of their elective to allow for exposure to a range of clinical issues and approaches. Several of the Youth Division supervisors are actively involved in research and there may be opportunities for either exposure to research projects or more direct involvement.

Note: Sunnybrook is generally not available for a PGY-3 Core rotation as it does not have exposure to children under the age of 14.

For CAP subspecialty residents, the inpatient rotation involves working on a team that covers 4 out of the 8 beds. The general expectation is that a resident would work towards increasing independence and take on the role of a junior staff on the team. An inpatient resident could also add outpatient experiences, depending on their interests and existing workload. During the inpatient rotation, there is an opportunity to complete a variety of psychotherapy modalities including CBT, Family, Group, and Inpatient Psychotherapy.

The CAP subspecialty outpatient rotation involves doing new assessments with one or more supervisors and taking on a subset of patients for follow-up in a variety of modalities. There is an opportunity to complete the Royal College Emergency Care requirement through the urgent assessment clinic over 6 months.
**General Description:**
Youthdale provides a wide range of psychiatric and psychosocial services to children and youth in south central Ontario. Currently, it operates 19 inpatient beds for high-risk youth on the Acute Support Unit (ASU), a secure treatment, quaternary care service and the Transitional Psychiatric Unit (TPU) – geared towards assessment, stabilization and disposition planning for complex/high needs youth. In early 2017, we will be opening the Transitional Age Psychiatric Unit (TAPU), an 10 bed Schedule One service intended to offer youth ages 16 and over more comprehensive stabilization and planning than is typically available at other more generalized inpatient settings.

Youthdale has an active outpatient psychiatric consultation, individual and family therapy program with supervision on-site available for Family, CBT and interpersonal therapy. There is an ongoing series of Family therapy seminars. A “Triple P” Parenting Program is available.

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. Over 50% of admitted children have involvement of child protective services. Many youth will have complex histories of multiple psychiatric medication trials. The services see a large number of children with neurodevelopmental disorders and complex trauma.

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

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.

**Treatment settings:**
The resident will be assigned an inpatient supervisor on the Acute Support Unit (ASU) and manage at least 5 inpatient cases under supervision. Resident will perform admission assessments, gathering information from all relevant sources and develop a diagnostic impression and a plan of investigations and treatment.

The resident will meet with his patients regularly and discuss the interaction with his supervisor, attend family meetings and participate in inpatient group therapy sessions.

The resident will actively participate in discharge planning, including communication with parents, community based agencies, schools and other professionals who may be involved in child’s care after discharge. The nature of patient care on the service will rapidly familiarize the Resident with the nature of legislation supporting involuntary treatment, patient rights and physician responsibilities related to mental health service provision in Ontario, as well as the organization and range of community based children’s mental health resources in Toronto and surrounding communities. The resident will provide outpatient follow up for the patients who were in his/her care during inpatient stay at Youthdale.

The resident may attend crisis team rounds and learn about community-based assessment, risk assessment and case prioritization. Resident will attend at least one community based assessment with the mobile crisis team. 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 at least 6 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 become familiar with the principles of neuropsychological testing and have an opportunity to observe neuropsychological testing process. The resident will learn how to interpret and use neuropsychological study reports.

The resident will 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.