Northern Psychiatric Outreach Program at the Centre for Addiction and Mental Health (NPOP-C)

General Psychiatry, ACME psychiatric outreach elective – Senior Selective

"The 'ACME' psychiatric outreach elective: focusing on CanMEDs Roles of Advocate, Collaborator, Communicator, Manager, and Medical Expert."

Psychiatrists have the opportunity to liaise with and work in settings where there are high and complex service demands, both locally and in northern underserviced communities. We are often looked to on teams to take leadership, to provide expert opinions as consultants and to build capacity through in-service education or case conferences. This is especially true in the context of outreach or community-based work. This elective will foster expertise in senior residents as consultants through outreach work done both through the Northern Psychiatric Outreach Program (NPOP-C) & locally in one of two streams. It will also provide residents with opportunities to focus in under-serviced areas and with marginalized populations, such as First Nations communities.

A minimum of 10 clinical days of NPOP-C visits per 6 month period to northern Ontario settings in combination with local outreach will be arranged. The resident will also be exposed to the use of videoconferencing technology for the provision of both telemedicine clinical consultation and education to remote, rural sites. Through NPOP-C visits, informal and formal educational activities will be encouraged. In this context, the CanMEDs roles of medical expert, collaborator, advocate, manager and educator will be fostered. Residents can elect to do 6 month or 1 year rotations in this elective.

Clinical Senior Selective
Provincial outreach and the Mood & Anxiety Disorders Program

This stream will provide the trainee with home placement in the outpatient clinics of the Mood and Anxiety Program at the Bell Gateway Building, CAMH, Queen St site, with the opportunity to develop advanced skill in the assessment and management of severe, chronic and/or complex mood and anxiety disorders including exposure to both psychopharmacologic and psychotherapeutic interventions. Residents will also conduct supervised telemedicine assessments. Residents will be supervised on outreach trips by several of the outreach psychiatrists, and in Toronto, principally by Dr R.Cooke. A three month option is available for this selective.
**SENIOR SELECTIVE DESCRIPTION (must be in CanMEDS format)**

This elective will combine NPOP-C mentored visits and tele-psychiatry consultations to northern, underserved communities with a placement at the **Mt. Sinai Hospital** with a focus on developing expertise in teaching and formulation of challenging patients using skills-based short-term psychotherapy approaches (e.g., Interpersonal Psychotherapy, CBT, and crisis counseling). Part of this elective will involve residents offering in-service presentations, during their in-person or telepsychiatry visits, on differing psychotherapy approaches using the “Psychotherapy Essentials to Go” curriculum with interactive case-based teaching and captioned videotaped simulations of evidence-supported psychotherapy approaches (e.g. Motivational Interviewing, CBT, DBT for Emotion Dysregulation). Residents will be supervised by several of the outreach psychiatrists, and in Toronto, principally by Drs. Paula Ravitz and Allison Crawford.

This elective involves key transition-to-practice competencies in the following areas:

1. **Communicator**
   **Establish professional therapeutic relationships with patients and their families**
   - Through this elective the resident will demonstrate flexibility in applying the key components of a patient-centered approach in the context of complex psychotherapeutic encounters
   - The resident will teach and mentor learners in managing and modifying approaches to patients to achieve quality psychotherapeutic care

2. **Collaborator**
   **Work effectively with other physicians and other health care professionals**
   - Through this elective the resident will establish and maintain healthy working relationships with outreach

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<td></td>
<td>Dr. Paula Ravitz</td>
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sites and interprofessional teams to support relationship-centred collaborative care

3. Scholar
   • Engage in collaborative learning with psychiatry outreach sites and interprofessional teams to continuously improve personal practice and contribute to collective improvements in psychotherapy practice

   SENIOR SELECTIVE SCHEDULE IS FLEXIBLE BASED ON RESIDENT NEED. TEACHING AND SUPERVISION WILL NOT BE SCHEDULED ON A WEDNESDAY.