

Health Education England

St Mary's Higher Training Scheme in Child & Adolescent Psychiatry, London

Introduction

St-Mary's C&A higher training scheme offers higher training for psychiatrists wishing to pursue specialist training in Child & Adolescent Psychiatry. It is one of the 5 higher training schemes for child and adolescent psychiatry within the London School of Psychiatry. The scheme mainly includes placements in the North and West of London and is linked to Imperial College London, one of the leading universities in the UK so there are many opportunities for involvement in research and teaching.

The St Mary's training scheme includes posts in:

- Central and North West London NHS Foundation Trust
- West London NHS Trust
- Barnet, Enfield & Haringey Mental Health NHS Trust
- East London NHS Foundation Trust

The scheme is overseen by **Training Programme Directors (TPDs), Dr Sharon Taylor and Dr Julia Gledhill (who both also trained on the scheme).**

The TPDs are supported by educational supervisors who have general oversight of trainees' training during the time they are on the scheme and routinely meet with trainees at least 4 times a year. The educational supervisors help trainees identify and achieve their learning objectives within the training curriculum and support trainees in pursuing areas of special interest when appropriate. The scheme is managed by Layth Humsi (Head of Medical Education) and Titilayo Akintoye (Medical Education Manager) who are based at St Charles Hospital.

General Information about Posts

There are a total of 15 posts for higher trainees on the scheme, with 12 out-patient placements and 3 in-patient placements. Trainees rotate every year on 1st October. Outpatient placements are generally for a year; inpatient placements are for 6 months.

Job allocation meetings are usually held in May each year and trainees usually agree on placements as a group after discussions have taken place with educational supervisors about learning objectives that need to be met.

The St Mary's Higher Training Scheme in Child and Adolescent Psychiatry supports an **Honorary Clinical Lecturer post for Research** & an **Honorary Clinical Lecturer post for Teaching/Education** through links with Imperial College London; these posts are advertised internally, and applications are accepted from trainees who have already achieved their literature review research competency. The scheme also supports Academic Clinical Fellows in Child & Adolescent Psychiatry, through joint recruitment involving CNWL NHS Foundation Trust and Imperial College London.

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All posts provide a range of experience in Child & Adolescent Psychiatry and several offer specialized experience for specific disorders. Opportunities are available in generic services, adolescent services, neuro-developmental services, learning disability, paediatric liaison services, eating disorders, looked after children teams, specialist refugee mental health teams, adolescent forensic psychiatry, substance misuse, Early Intervention Psychosis and also include opportunities in national centres such as Collingham Gardens Children's inpatient Unit. Some of the specialist experience can be made available as special interest sessions.

CAMHS Services

CAMHS teams meet a wide range of the mental health and psychological needs of children and adolescents within a defined geographical area and are made up of CAMHS professionals from several disciplines who work together to ensure integrated provision. The scheme provides placements in CAMHS teams in different geographic areas across the three Trusts. In some Trusts such as CNWL CAMHS Transformation has led to the development of more specialist sub-teams within each clinic; trainees may be based in a specific team but other training opportunities are available within clinics according to training needs including, in some clinics, specialist services for learning disability/neurodevelopmental disorders, eating disorders, paediatric liaison, YOT, looked after children etc .Treatment models include family therapy, parenting, individual psychotherapy, behavioural/cognitive therapy, group therapy (such as Webster Stratton groups) and psychopharmacology. Opportunities are generally available for supervised experience in a range of psychological therapies.



Neuro-Developmental Services

The scheme offers many placements that provide experience of working with children and young people with a range of neurodevelopmental difficulties. These include Autism Spectrum Disorder [ASD], Attention Deficit Hyperactivity Disorder [ADHD], tic disorders and other complex neuro-developmental difficulties.

Interventions provided by the Neurodevelopmental Teams generally include:

- Assessments: Trainees can receive training to use the Autism Diagnostic Interview [ADI] and Autism Diagnostic Observation Schedules [ADOS].
- Individual interventions including cognitive behavioural therapy [CBT] and behaviour management.
- Support groups for parents of children with ADHD and ASD and where indicated referral to family therapy
- Liaison with school and other professionals.
- Psychopharmacological treatment.



Paediatric Liaison

Trainees can work closely with local paediatric services and thus promote the collaborative working between paediatric and mental health services. Trainees will be expected to assess children and young people's physical, psychological and social needs and provide individual therapeutic interventions, liaison with other agencies and offer support to and work collaboratively with hospital staff.



Opportunities for paediatric liaison are specifically available at St Mary's Hospital and Chelsea & Westminster Hospital.

Learning Disability Services

Many of the placements in the scheme offer the opportunity for trainees to gain the necessary competencies required for the management of children and adolescents with learning difficulties.



Eating Disorder Services

Some of the placements within the scheme offer eating disorders experience, e.g. posts at Ealing CAMHS and there are also opportunities that can be made available within the Community Eating Disorders Service for Children and Young People (CEDS-CYP) within CNWL.

Tier 4 CAMHS Services

Tier 4 inpatient placements are for 6 months for full time trainees, and usually 1 year for part time trainees. Inpatient experience for the scheme is obtained at Collingham Gardens for children (≤ 13 years) and Lavendar Walk adolescent unit both in CNWL NHS Trust, and The Coborn Centre for Adolescent Mental Health in East London (adolescent unit which also has a PICU).



Crisis Work

Opportunities to obtain experience in assessing and managing emergencies are also available in Urgent Care Teams (CNWL) and the Alliance Team (West London NHS Trust) according to training needs.

Academic Programme

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The scheme academic programme has been rated as one of the best in the country and has a high level of participation by trainees, trainers and Child and Adolescent Psychiatry members of the Division of Psychiatry, Imperial College London. The current **Academic Programme Organiser** is **Dr Jovanka Tolmac**. The programme consists of treatment modules, reading seminars in developmental psychopathology, a research course, and other specialised courses. Each component of the treatment course, which lasts 1-3 terms, has an assigned consultant coordinator. The programme is delivered in three year cycles. Trainees contribute to the organisation of the reading seminars, with each trainee expected to present three papers each term. The academic programme takes place over three University terms. Administrative support is provided by the administrator for the Division of Psychiatry, Imperial College London, **Nicole Hickey**, based on the Hammersmith Campus of Imperial College London.

Treatments Courses

The scheme offers a very structured training programme over the three year period covering behaviour therapy (one term), CBT (two terms), family therapy (three terms), psychodynamic psychotherapy (one term), psychopharmacology (one term), and evidence based approaches to interventions (one term). Sessions are delivered by both internal & externally renowned speakers, who have special expertise in their area of interest. The family therapy component is recognised by the Institute of Family Therapy and has been recognized by the Tavistock Family therapy course.

Reading Seminars in Child Development and Child & Adolescent Psychiatry

The weekly reading seminars cover all aspects of developmental psychopathology including child development, the range of influences on development, the main disorders, and preventive approaches. For each seminar a review chapter/article is identified, and trainees present papers from carefully selected journals. The seminars are chaired by a consultant, and thus trainees have the opportunity to receive Work-Place Based Assessment "Journal Club Presentation feedback".

Additional Wednesday Afternoon Sessions include:

Once Monthly: OOH supervision

Once Monthly: Case presentation/ Research presentation OR Research Seminar

Every 3 months: Trainee-Trainer Meeting

Other Training:

Periodically additional trainings are arranged and offered to trainees. Recent courses include the ADOS and ADI-R.

Research Training

Trainees are allocated 2 sessions (1 day) /week to undertake research; this initially needs to be used to achieve the curriculum required research competency (carrying out a literature review to a publishable standard) which should be achieved within the first 18 months of training. Many trainees publish their reviews in well regarded journals (see appendix). Trainees on this scheme will be encouraged and supported in attaining additional research competencies (generation of original research and dissemination of findings) once they have completed their review.

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There is also a rolling programme of research seminars (one per term) covering different aspects of research methodology and providing an opportunity for facilitated peer supervision of trainees' individual research projects. Opportunities are also provided monthly for trainees to present their research as part of the academic programme.

The scheme has a **research co-ordinator** – currently **Dr Julia Gledhill**, who meets trainees within their first month of starting on the scheme. Previous research experience and current interests will be discussed, and trainees are supported to select a topic for their literature review and are allocated an individual research supervisor. Some trainees may have already achieved the required research competency prior to starting on the scheme. In this situation trainees will be strongly encouraged to become involved in a research project (likely linked with Imperial) and supported in finding a project and a supervisor.

Special Interest Placements

Trainees who have completed their required research competency may obtain special interest experience in many aspects of child & adolescent psychiatry including: substance misuse, adolescent forensic psychiatry, child neurology/neuropsychiatry, paediatric liaison, psychological treatments, as well as many other clinical and non-clinical areas such as teaching, etc.

Management and Leadership

What is available is unique and highly valued by trainees.

We offer a 3 year rolling programme on a Wednesday afternoon once a month of an integrated leadership\management\communication skills workshop programme. This covers a wide range of topics linked to the Spiral Leadership Toolkit (HEE) and is knowledge\skills based. Higher trainees from all psychiatric subspecialties attend with joint working and collaboration encouraged.

Trainees are also encouraged to undertake a project within their 3 years of training that they can take a leadership skills view of. This is supported by the opportunity to join an Action Learning Set. The Learning Sets are based on adult learning theory (learning from action and reflection) and use a co-consulting model. Good learning about coaching\mentoring and about personal leadership skills is developed. The Learning Sets conclude a presentation of projects to the executive level management team of the Trust. Trainees have published work and have used their experience to in turn co-run the monthly Wednesday afternoon workshops.

Opportunities are available in both Trusts to support development of Quality Improvement knowledge and skills, to work with the Clinical Governance teams (management of complaints, review of serious incidents etc), attend Root Cause Analysis training and to shadow senior member of the organization.

Teaching

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There are many opportunities for trainees to become involved in teaching and training. All trainees teach Imperial College School of Medicine (ICSM) medical students about self-harm and medically unexplained symptoms as part of their Paediatric / Psychiatry Module. There are opportunities to teach Imperial students in clinic placements as part of their Psychiatry and Paediatric attachments and to be involved in setting exam questions and mock CASC exams for core trainees and intercalated BSc teaching at Imperial.

Trainees on the scheme can access a wide range of short courses in teaching and some trainees choose to study for the teaching qualification at Imperial College (ICSM).



On-call Services for Child and Adolescent Psychiatry

A full shift system for on call is currently in place.

The North West London on call Service for child and adolescent psychiatry includes:

- Central and North West London NHS Foundation Trust
- West London NHS Trust

Most hospital sites are covered by Out-Of-Hours CAMHS nurses (1st on-call). CAMHS SpR [2nd on-call] cover is provided by trainees on the St-Mary's Child and Adolescent Higher Training Scheme. A General Psychiatry SHO [CT1-CT3] can provide help if needed. The aim of the service is to provide an on-call service to the above-mentioned sites including emergency departments and wards for children and adolescents up to their 18th birthday. The Out of Hours service is supported by a CAMHS consultant on call.

Positions in the Scheme

- **Training Programme Directors:** Dr Sharon Taylor (Westminster CAMHS, CNWL) and Dr Julia Gledhill (Harrow CAMHS, CNWL).
- **Academic Programme Organiser:** Dr Jovanka Tolmac (Harrow CAMHS, CNWL).
- **Research Coordinator:** Dr Julia Gledhill (Harrow CAMHS, CNWL).
- **Management Course Coordinator:** Dr Elizabeth Fellow-Smith (Hounslow CAMHS, West London NHS Trust).
- **Current SpR reps:** Dr Tania Saour and Dr Suzana Corciova.

Placements in the St Mary's Scheme

Trust	Post	Trainer	Clinical areas
CNWL NHS Foundation Trust	Westminster CAMHS	Dr Ritu Mitra Dr Sharon Taylor (named Supervisor)	Neurodevelopmental plus LD, General CAMHS and paediatric liaison
	Westminster CAMHS	Dr Matthew Hodes	Mood & anxiety disorders, general, paediatric liaison, refugees
	Collingham Child & Family Centre	Dr Gary Wannan	<13 yr old inpatient Unit.
	Chelsea & Westminster CAMHS	Dr Mike McClure	General, paediatric liaison.
	Lavendar Walk	Supervisor TBC	Adolescent Inpatient Unit
	Harrow CAMHS	Dr Jovanka Tolmac	Enhanced treatment, Adolescents, Crisis work.
	Harrow CAMHS	Dr Julia Gledhill	Mood Disorders, pediatric liaison and opportunities for other clinical experiences depending on training needs
West London NHS Trust	Ealing CAMHS	Dr Rupali Acharya	Adolescent team, CAMHS-LD
	Ealing CAMHS	Dr Clare Lucey	General & Eating disorders
	Ealing CAMHS	Dr Elizabeth Tullett	Eating disorders, General
	Hammersmith CAMHS	Dr Meenal Sohani	General, Neurodevelopmental, Learning Disability, Adolescents
	Hounslow CAMHS	Dr Arianna Marconi	General / Adolescent team

	Hounslow CAMHS	Dr Liz Fellow–Smith	General, Neurodevelopmental disorders, Intellectual Disability
Barnet, Enfield & Haringey Mental Health Trust	Edgware CAMHS	Dr Jaya Gupta	General and Neurodevelopmental
North East London Foundation Trust	Coborn Adolescent Unit	Dr Rafik Refaat	Adolescent inpatient

We hope the information above has helped, and if there is anything else you are curious about, we would be happy to talk with you over the phone or via email. Do feel free to contact the TPD’s or trainee reps on the following telephone numbers and email addresses below:

Trainee reps:	Dr Tania Saour	taniaaour@nhs.net	07870867039
	Dr Suzana Corciova	suzana.corciova@nhs.net	07761081888
TPD’s:	Dr Julia Gledhill	julia.gledhill2@nhs.net	020 8869 4500
	Dr Sharon Taylor	cnw-tr.westminstercamhs.admingroup@nhs.net	
Academic Programme administrator:		n.hickey@imperial.ac.uk	020 3317 5999

Appendix

1. Baker, SC., & Gledhill, JA. (2017). Systematic Review of Interventions to Reduce Psychiatric Morbidity in Parents and Children After PICU Admissions. *Paediatric Crit Care Med*. Apr;18(4) 343-348. doi:10.1097/PCC.0000000000001096.
2. Mitra, R., & Hodes, M. (2019). Prevention of psychological distress and promotion of resilience amongst unaccompanied refugee minors in resettlement countries. *Child Care Health Dev*, 45(2), 198-215. doi:10.1111/cch.12640.
3. Ngo, T., & Hodes, M. (2019). Pervasive refusal syndrome in asylum-seeking children: Review of the current evidence. *Clin Child Psychol Psychiatry*, 1359104519846580. doi:10.1177/1359104519846580.