

**NORTH EAST LONDON HIGHER TRAINING SCHEME IN CHILD AND ADOLESCENT
PSYCHIATRY PROSPECTUS 2026**

INDEX

1. Overview of Rotation	2
2. ARCP and Workplace-Based Assessment Requirements	2
3. Special Interest Day	3
4. Research and Audit Opportunities	3
5. One-Day Specialist Placement Opportunities	4
6. Teaching Opportunities	5
7. Leadership Opportunities	5
8. Acting Up as a Consultant (AUC) and Out of Programme (OOP)	5
9. Academic Programme	6
10. On-Call Responsibilities	7
11. List of Posts on the Rotation	8

12. Description of Individual Posts

a. Community CAMHS: CFCS and AMHT Posts

• City and Hackney CAMHS (2 posts)	9
• Tower Hamlets CAMHS (2 posts)	12
• Newham CAMHS (2 posts)	15
• Waltham Forest CFCS (1 post)	18
• Havering CAMHS (1 post)	19
• Redbridge CAMHS (1 post)	20
• Islington CAMHS	21

b. Tier 4 Services: Inpatient CAMHS / ICCS

• ELFT Coborn Unit	22
• NELFT Brookside Adolescent Unit	23
• GOSH Mildred Creak Unit (MCU)	24
• ELFT Intensive Community CAMHS Service (ICCS)	25

c. Specialist Posts

• Royal London Paediatric Liaison Team	26
• Overview of Specialist Posts in GOSH	27
• GOSH Social Communication Autism Spectrum Service (SCASS)	27
• GOSH National Feeding and Eating Disorders Service (FEDS)	29
• GOSH Child Care Consultation Team (CCCT)	30
• GOSH Attachment and Trauma Team (ATT)	31
• GOSH National Tics Disorder Service	31

13. Appendix	33
14. List of SpR Representative Roles	34

OVERVIEW OF ROTATION

The North East London Child and Adolescent Psychiatry Higher Training (NEL CAP HT) scheme is the largest CAP scheme in London and one of the largest in the UK, with the equivalent of approximately 17 full-time posts. The programme offers a wide range of training opportunities across four trusts: East London NHS Foundation Trust (ELFT), North East London NHS Foundation Trust (NELFT), Great Ormond Street Hospital (GOSH) and Whittington Health NHS Trust (WHHT), ensuring exposure to diverse clinical settings and subspecialty services. This includes posts in general CAMHS, adolescent mental health teams (AMHT), paediatric liaison, inpatient units, and specialist services including neurodevelopmental and eating disorders.

The scheme provides comprehensive experience across the full curriculum, including core psychiatric conditions, psychopharmacology and a range of psychological therapies, while serving an ethnically diverse population and offering experience of working with children and families from varied social and cultural backgrounds.

The Training Programme Director (TPD), Dr Jolene John, oversees the scheme. Approximately 11 educational supervisors support: each trainee is allocated an educational supervisor who oversees their training, and meets them on a termly basis. The educational supervisors support trainees to identify and achieve their learning objectives, ensure they meet the needs of the curriculum by the end of their training, and develop their areas of interest within the field. In addition, trainees will have a clinical supervisor for each post.

There is also a Training Committee who meet monthly with the TPD, educational supervisors and trainee representatives to ensure ongoing high-quality training across the rotation at the TCM (Trainee Committee Meeting).

ARCP and Workplace-Based Assessment Requirements

Higher trainees are expected to demonstrate satisfactory progression through the Annual Review of Competence Progression (ARCP) in accordance with the Royal College of Psychiatrists Silver Guide for Higher Training. Further details on ARCP requirements and training progression can be found in the Silver Guide available at: <https://www.rcpsych.ac.uk/training/silver-guide>

Trainees should maintain an up-to-date training portfolio and logbook, documenting clinical experience, workplace-based assessments (WPBAs), supervision records, psychotherapy experience, teaching, leadership, and quality improvement activities. A copy of the relevant training logbook will be shared with trainees at the start of the placement to help guide the documentation of competencies and training experiences.

During each placement, trainees should meet regularly with their Clinical Supervisor (CS) and Educational Supervisor (ES) to review progress and learning objectives. At the end of each placement, a three-way meeting between the trainee, ES, and CS is recommended to review training progress, discuss competencies achieved, and plan further development in preparation for ARCP.

The recommended number of WPBAs per year for Child and Adolescent Psychiatry higher training is outlined below.

Recommended WPBA Numbers per Training Year

WPBA	ST4	ST5	ST6
ACE (Assessment of Clinical Expertise)	2	2	2
Mini-ACE	3	2	2
CbD (Case-based Discussion)	6	5	5
Mini-PAT (Multi-source feedback)	2	2	2
AoT (Assessment of Teaching)	1	1	1
DONCS (Direct Observation of Non-Clinical Skills)	2	3	4
SAPE (Supervised Assessment of Psychotherapy Expertise)	1	1	0
Total per year	17 (16)	16	16

Numbers are based on Royal College of Psychiatrists Silver Guide recommendations.

SPECIAL INTEREST DAY

A special interest day is equivalent to one day a week for a full-time trainee. In ST4, the special interest day should be used to complete a literature review of a publishable standard within their first year. Thereafter, examples of what special interest days can be used for include further research projects, quality improvement projects, audits, clinical opportunities, rep roles and leadership opportunities. All posts are structured to ensure this protected time is facilitated, with the specific day agreed in consultation with the trainee's clinical supervisor.

RESEARCH AND AUDIT

A protected special interest day, alongside structured systematic review training, is provided to enable all trainees to complete the required curriculum competency of producing a literature review of publishable standard within their first year. Following this, trainees are encouraged to participate in research projects to further develop their research interests and skills, which may be undertaken during their protected special interest time.

The scheme has two Co-Research Leads (Professor David Skuse and Dr Dennis Ougrin), who support trainees through their literature review via monthly online research supervision, alongside additional support via email. They maintain oversight of trainees' research experience across the training programme and can guide those interested in further research towards appropriate projects and supervisors.

Monthly research supervision sessions are delivered by Professor David Skuse, Professor Dennis Ougrin and Dr Steve Lukito on the second Wednesday of each month at 4pm.

Trainees are also encouraged to attend the two-day systematic review course by Dr Steve Lukito, typically held in September; recordings of the course are also available. For further details, trainees can contact Simone Silverstein.

Several research supervisors across the rotation are also available to support trainees in developing research projects, as outlined in the specialist placement opportunities section.

In conjunction with their Clinical Supervisor and TPD, trainees may, following completion of their literature review, choose to utilise their allocated research time for other structured clinical experiences.

Trainees also have the opportunity to participate in audit and Quality Improvement (QI) work, either by joining existing projects or initiating their own. ELFT is a leader in Quality Improvement training, providing trainees with access to a wide range of resources and support. All Higher Trainees are required to complete a Quality Improvement Project (QIP) or audit each year as part of their portfolio.

ONE-DAY SPECIALIST PLACEMENT OPPORTUNITIES

The Training Committee has identified a number of specialist one-day placement opportunities that trainees may utilise, particularly if they choose not to pursue further research. Trainees are also encouraged to arrange additional bespoke specialist placements aligned with their individual training needs.

1. Community Eating Disorders Service

Dr Erica Cini (ecini@nhs.net)

- Opportunity to shadow the Eating Disorder Intensive Programme (typically Thursdays or split sessions)
- Experience in multidisciplinary assessment, formulation and management of eating disorders
- Exposure to patient pathways from referral to treatment and transition
- Opportunities to develop skills in psychiatric and physical health monitoring

2. Royal London Hospital – Paediatric Liaison / Neuropsychiatry

Dr Birgit Westphal (birgit.westphal@nhs.net)

- Participation in joint neuropsychiatry clinics
- Exposure to paediatric liaison work, ward rounds and neuro-rehabilitation cases
- Opportunities to assess younger children, including under-fives

3. Coborn Adolescent Inpatient Unit (Newham)

Dr Alex Sales (alexsales1@nhs.net)

- Inpatient experience including psychopharmacology, Mental Health Act work and clinical leadership
- Multidisciplinary team working within a specialist adolescent unit

4. Brookside Adolescent Unit & YPHTT (NELFT)

Dr Leon Wehncke (AlexanderLeon.Wehncke@nelft.nhs.uk)

- Inpatient and home treatment experience
- Exposure to risk assessment, crisis management and community alternatives to admission

5. Great Ormond Street Hospital (GOSH)

5.1 Dr Simon Wilkinson (Simon.Wilkinson@gosh.nhs.uk)

- Child protection work within CCCT (court report experience)
- Attachment and Trauma Team (ATT) experience with trauma-informed assessments

5.2 Dr Claire Eccles (claire.eccles@gosh.nhs.uk)

- Experience within the Children's Epilepsy Surgery Service
- Pre-operative psychiatric assessments and neurodevelopmental presentations

5.3 Dr Philippa Buckley (philippa.buckley@gosh.nhs.uk)

- Assessment and management of feeding and eating disorders (e.g. ARFID, AN, BN)

6. Perinatal Parent-Infant Mental Health Service (PPIMHS) – NELFT

- Tier 3 service across Waltham Forest, Barking & Dagenham, Redbridge and Havering

- Exposure to parent-infant mental health assessment and intervention

7. Research Placement

Prof David Skuse (d.skuse@ucl.ac.uk)

- One-day per week research placement for trainees interested in developing academic project

8. London Children and Young People's Gender Service

Dr Sarah Jonas (sarah.jonas@gosh.nhs.uk)

This service is provided by Evelina London Children's Hospital (part of Guy's and St Thomas' NHS Foundation Trust), Great Ormond Street Hospital for Children NHS Foundation Trust and South London and Maudsley NHS Foundation Trust. MDT assessments occur on Tuesday, Wednesday and Thursday with initial assessments on a Thursday.

9. Barking and Dagenham CAMHS

9.1 Dr Jenny Parker (Jennifer.parker@nelft.nhs.uk) & **Dr Holan Liang** (holan.liang@nelft.nhs.uk)

- Autism research sessions (Thursdays).
- Opportunity to participate in ongoing research projects.
- Involvement in autism assessments within a specialist multidisciplinary team.
- Opportunity to contribute to a team audit evaluating psychoeducation groups, including understanding of autism within ethnic minority communities, access to services, and accessibility of psychoeducation.
- Opportunity to engage in service development, including service and change management work with Dr Jenny Parker
- Involvement in analysis of recently collected Development and Well-Being Assessment (DAWBA) data.

9.2 Dr Sharon Davies – Youth Justice Pathway (sharon.davies@nelft.nhs.uk)

- Experience within a specialist youth justice pathway
- Exposure to multidisciplinary working with young people in contact with the justice system
- Supervision available for goal setting, progress review and competency sign-off

TEACHING OPPORTUNITIES:

Trainees have a range of opportunities to develop teaching skills across the rotation.

This includes facilitating ELFT–QMUL Year 4 Clinical Skills workshops, which are informal OSCE-style sessions designed for medical students to practice clinical communication, history-taking and mental state examination skills. These workshops are delivered both virtually and in person.

There are also opportunities to deliver lectures and teaching sessions to medical students at Barts and The London School of Medicine and Dentistry.

At Great Ormond Street Hospital (GOSH), trainees can contribute to the Mental Health Module delivered in partnership with Middlesex University, providing teaching to a multidisciplinary student cohort.

LEADERSHIP OPPORTUNITIES:

Trainees are encouraged to take on increasing managerial responsibilities in preparation for their future role as Consultants, including chairing meetings and CPA reviews, as well as the opportunity to attend senior management meetings within individual Trusts and shadow Consultants. It is worth noting that in recent years, trainees from our rotation have been particularly successful in obtaining some of the most sought after Consultant posts once they have obtained their CCT.

ST4-6s are also encouraged to take on trainee representative roles during their training. The current structure includes two co-lead reps, two academic reps, an oncall rep, a less-than full-time (LTFT) rep, a Local Negotiating Committee (LNC) rep and a social rep. They are elected by the trainee group on an annual basis. The representative roles include liaison between the trainee group, the Training Programme Director (TPD) and Training committee, and involve attending monthly Training Committee Meetings (TCM). Please find the individual rep responsibilities at the end of this document.

ACTING UP AS A CONSULTANT (AUC) AND OUT OF PROGRAMME (OOP)

Trainees are supported to pursue Acting Up as a Consultant (AUC) and Out of Programme (OOP) opportunities in line with curriculum requirements and individual career development goals. AUC opportunities may be available in the final year of training, subject to appropriate supervision and approval.

In addition, trainees may apply for OOPT/ OOPE/ OOPR in areas such as leadership, medical education or research. The scheme supports trainees in exploring these opportunities in discussion with their Educational Supervisor and Training Programme Director, ensuring alignment with training progression and curriculum competencies.

As mentioned on the PGMDE website, <https://lasepgmdesupport.hee.nhs.uk/> when a doctor in training takes time out of their approved programme, this is called out of programme (OOP). There are currently 5 types of OOPs:

OOPT – out of programme Training. This will be used towards the award of a CCT and must have prospective GMC approval. This is for clinical training which isn't part of your training programme. This will normally be a maximum of one year. In exceptional circumstances it can be up to two years. It will not normally result in a delay to CCT date.

OOPE – out of programme experience. This will not be used towards the award of a CCT. OOPE will normally be for one year in total and may be extend up to two years with the agreement of the Postgraduate Dean.

OOPR – out of programme research. Time spent out of programme for research purposes may be recognised towards the award of CCT where the relevant curriculum permits this. OOPR should not normally exceed three years but may be extended to 4 years with the prospective agreement of the Postgraduate Dean.

OOPC – out of programme career break. Designated and planned time out of programme to pursue other interests (e.g. domestic responsibilities, work in industry, developing talents in other areas and entrepreneurship). Applications are considered on individual merits and are normally limited to 1 year. OOPC should not be used to cover sickness.

OOPP - out of programme Pause –allows trainees to step out of formal for a period of time – currently up to one year - and have any competencies gained whilst out of training assessed upon their return. This may allow trainees to minimise the impact on the time out of programme has on their CCT date. OOPP can now be undertaken in non patient facing, and non UK based posts.

ACADEMIC PROGRAMME

All trainees attend a structured weekly Pan North London & Oxford academic programme organised on a termly basis by Professor David Skuse in liaison with the SpR academic reps and the Training Committee. It is a joint session for Oxford, St Mary's, GOSH and the Tavistock trainees. The programme is a rolling 36 month schedule which has been designed to cover the full range of topics in accordance with the national curriculum in child and adolescent psychiatry.

The teaching takes place virtually on Wednesday mornings from 9am to 12pm, in which trainees must keep their videos on and interactive engagement is encouraged to ensure a similar teaching experience to that of in person teaching. Professor Skuse will ensure you are added to the academic mailing list to receive the Zoom link, timetable and to the MS Teams channel, where teaching materials and presentations are shared.

- 9am to 10:30am: Expert speaker
- 10:40am to 11:40am: Case Presentation/ Journal Presentation (Each training Scheme takes turns to present on the topic of the week)

The scheme benefits from a range of specialist clinicians who contribute to the delivery of key curriculum topics. Trainees contribute £150 per academic year to support the cost of high-quality expert speakers for the Pan North London Academic Programme. The full amount is paid upfront, after which trainees may claim reimbursement through their individual study leave budget. 70% attendance is compulsory for the academic programme.

The 12 to 1pm sessions are organised by the academic reps for the GOSH trainees only and it includes the following each month:

- A weekly 'Reflective Practice Group' facilitated by Dr Vega Roberts which encourages the development of reflective, systemic thinking with an emphasis on individual roles within wider systems
- Peer supervision - A regular, trainee-led forum providing a safe and structured space to discuss clinical cases, share learning, reflect on challenges, and offer mutual support.
- Business meeting - A trainee-only forum in which trainee representatives share feedback, discuss training-related matters, and collate agenda items to be escalated to the monthly Training Committee Meeting (TCM) with the TPD and ES.
- Out of hours supervision - Consultants from ELFT, NELFT and GOSH provide structured on-call supervision focused on reflective discussion of out-of-hours cases and safe decision-making, with opportunities for trainees to complete CBD workplace-based assessments.

ON-CALL RESPONSIBILITIES

Trainees cover an on-call rota in Child and Adolescent Psychiatry covering a wide geographical area and a range of A&E departments across East and North East London (ELFT/ NELFT), including:

- Homerton Hospital
- Royal London Hospital
- Newham General Hospital
- Whipps Cross Hospital

Cover is also provided to several young people's inpatient units, including:

- Coborn Centre (Newham) - ELFT
- Brookside (Goodmayes) - NELFT
- Mildred Creak Unit (MCU at Great Ormond Street Hospital)

Cover is also provided to the Section 136 Suite at Goodmayes Hospital alongside paediatric wards at Great Ormond Street Hospital and Royal London Hospital.

ST4-6s are non-resident and provide 2nd on-call cover, offering advice to CT1-3s and Crisis Nurses on-call. A CAMHS Consultant is available for advice at all sites. In addition, on-call supervision takes place on a monthly basis as part of the academic programme. Trainees participate in the on-call rota on approximately a 1:12 basis depending on the number of trainees on the scheme at a given time. Most posts will include cover of a daytime duty rota, including management of psychiatric emergencies and participation in a paediatric liaison service.

As a result, trainees gain good experience of managing emergencies in child and adolescent psychiatry throughout their training, both directly and through offering advice and supervision to junior trainees and other HCPs.

Further details regarding on-call responsibilities can be found in the induction documents and the out-of-hours protocol.

LIST OF POSTS ON THE ROTATION

GENERAL CAMHS & ADOLESCENT MENTAL HEALTH TEAM POSTS

HACKNEY

- 1) City & Hackney CAMHS – AMHT & EB – Homerton Row – CS: Dr Mamas Pipas
- 2) City & Hackney CAMHS - NDT - Homerton Row – CS: Dr Skirma Povilenaite

TOWER HAMLETS

- 3) Tower Hamlets CAMHS - Neurodevelopmental team – Greatorex street – CS: Dr Chiara Colonnelli
- 4) Tower Hamlets CAMHS – Emotional & behavioural team - Greatorex street –CS: Dr Rebecca Adams

NEWHAM

- 5) Newham CAMHS – E&B (emotional & behavioural team) CS: Dr Nicholas Isaacs
- 6) Newham CAMHS Adolescent Mental Health Team (AMHT) – York House CS: Dr Kiranjeet Gill

WALTHAM FOREST

- 7) Waltham Forest CFCS – Wood Street Clinic, 6 Linford Road – CS: Dr Colin Welch

HAVERING

- 8) Havering CFCS- The Acorn Centre – CS: Dr Manas Sarkar

REDBRIDGE

- 9) Redbridge CAMHS - The Grove, Romford – CS: Dr Ragini Bahry

ISLINGTON

- 10) Islington CAMHS – Dr Aspa Paspali

INPATIENT POSTS

- 11) Brookside Adolescent Unit, Goodmayes, NELFT – CS: Dr Leon Wehncke
- 12) Coborn Adolescent Inpatient Unit, Newham, ELFT - CS: Dr Alex Sales
- 13) Mildred Creak Unit, Great Ormond Street Hospital, CS: Dr Philippa Buckley

SPECIALIST POSTS

- 14) Social Communication & Autism Spectrum Service (SCASS)- GOSH – CS; Dr Amanda Popiel
- 15) Attachment and Trauma Team (ATT) & CCCT (child care consultation team) - GOSH - CS: Dr Simon Wilkinson
- 16) Feeding and Eating Disorders Team (FEDS) - GOSH – CS: Dr Philippa Buckley
- 17) National Tics Disorder Service – GOSH – CS: Dr Claire Eccles
- 18) Paediatric Liaison Team (PLT) – Royal London Hospital CS: Dr Birgit Westphal
- 19) East London CAMHS Crisis and Home Treatment Team – ELFT CS: Dr Priti Patel

DESCRIPTION OF INDIVIDUAL POSTS

CHILD AND FAMILY CONSULTATION SERVICE (CFCS) AND ADOLESCENT MENTAL HEALTH TEAM (AMHT) POSTS

CITY & HACKNEY CAMHS

Team Description/Duties

Address: City and Hackney CAMHS, 15 Homerton Row, London E9 6ED Tel: 0203 222 5600

Supervisors: Dr Mamas Pipis (AMHT/E&B) and Dr Skirma Povilenaite (NDT)

Number of training posts: 2

Specialist CAMHS: Through assessment and management of children presenting with a variety of presentations, the post-holder can gain a broad experience of the entire curriculum. Individual clinicians manage most cases, but there is close multi-disciplinary support through regular team meetings with opportunities for consultation by professionals from other disciplines when appropriate. The trainee can gain extensive skills in the management of neuro-developmental disorders (e.g. ADHD, ASD), behavioural difficulties in children under 5, neurotic and affective disorders and many others. There is ample opportunity to develop close links with colleagues working in schools and children's social care to ensure that a multi-faceted and comprehensive approach is taken to the management of the child and family.

1. Higher training Post 1: ST IN AMHT/EB

AMHT: Working within the AMHT team gives the SpR experience in working with young people with a range of severe mental illness including psychosis and those at high risk of suicide. All young people managed within this service have care coordinators and your role will be to support them and manage medication reviews. Weekly MDT meetings and mostly formulation meetings, ensure that young people's care is properly thought through and regular peer supervision in systemic therapy, dynamic psychotherapy and CBT helps to provide other insights. Often patients have spent time at the Coborn (Inpatient Unit) and there are ample opportunities in helping young people transition to adult services.

The daily huddle is at 9:15am and the MDT meetings for AMHT happen on a Tuesday morning at 10am till 11:30am.

E&B Team: In this post, the clinician will also be part of the E&B team. The patients here also suffer from a range of mental health illnesses including depression, anxiety and OCD. However, this case load of young people generally carry lower risk to themselves. Your role is sometimes as a prescriber but there is also an opportunity for regular therapy e.g. CBT. The MDT meetings for E&B happen on a Wednesday morning so it can be difficult to attend due to teaching.

Other Duties:

- Weekly participation in the duty doctor rota which includes 9:30am CRIT meeting, assessing urgent patients at Homerton Hospital, discussing complex cases and completing urgent prescriptions.
- Participation in the assessment clinics (for new referrals to the service) on a weekly basis

Opportunities for other clinical experience:

- CBT Case
- Individual psychotherapy case
- Family Therapy Clinic
- Child Development Clinics
- LD clinics

Research/audit opportunities:

- Active audit programme
- Workload appropriate to allow for research 1 day/week or other special interest

Management opportunities:

- Leading team meetings
- Attending management group meetings

Location/Travel:

- Bus: 236, 276, 425, 488, W15
- 10-15 minute walk from Hackney Central or Homerton Station
- 15-20 minute walk from Hackney Downs Station

2. Higher Training post 2: NDT/ Disability:**Basic Post Details****Duration**

6 or 12 months (12 months preferred; to agree with trainee and TPD)

Addresses

- **Mondays – CAMHS Disability (CAMHS-D)** Hackney Ark, Downham Road, London E8 2FP
- **Tuesdays–Fridays – City & Hackney CAMHS Neurodevelopmental Team (NDT)**
15 Homerton Row, London E9 6ED

Supervisors

- Dr Skirma Povilenaite (CAMHS Disability): Formal Clinical Supervisor (CS)
- Dr Christopher Travers (City & Hackney CAMHS NDT)
- Dr Cate Manning (City & Hackney CAMHS NDT – returning September 2026)

Team Structure and Organisation

This is a dedicated Neurodevelopmental Team (NDT) post split across two services.

The City & Hackney CAMHS NDT works with children and adolescents who both
a) have a diagnosis of autism spectrum condition and/or ADHD, and
b) meet Tier 3 (“Getting More Help”) criteria requiring specialist multidisciplinary intervention.

The post provides experience across core Higher Training competencies in neurodevelopmental psychiatry, including diagnostic assessment, pharmacological management,

multidisciplinary formulation and multi-agency liaison. Trainees will gain experience managing co-morbid major mental disorders in the context of neurodevelopmental conditions.

Weekly MDT meetings take place on Tuesdays. The second and fourth Tuesdays of each month are face-to-face (in the seminar room at 15 Homerton Row), with the remaining meetings held online. MDT includes structured diagnostic discussion and formulation space.

The multidisciplinary team includes consultant psychiatrists, nurse prescribers (including the team lead), clinical psychologists and psychotherapists (service configuration evolving), a family therapist, assistant psychologists, and administrative support. There is no embedded SALT or OT within the team, though liaison with other services is common.

CAMHS-D manages young people with moderate to severe intellectual disability and associated mental health needs, and the part of the team you work in will work at Tier 3 (“Getting More Help”) level of need again. Some cases will technically not have a diagnosis of intellectual disability but e.g. ‘global developmental delay’, a diagnosis that can (but does not always) precede intellectual disability at a later age.

Clinical Role of the Higher Trainee

Assessment

- Full ADHD assessments within Assessment Clinic (AXC)
- Holistic biopsychosocial assessment and formulation
- Screening for autism spectrum condition
- Participation in structured MDT diagnostic discussion

Structured school observations are available where clinically indicated, allowing trainees to observe neurodevelopmental presentations within educational settings and contribute to multi-agency formulation.

Trainees may attend the weekly ADHD clinical meeting (currently Wednesdays at 12pm), which includes discussion of new referrals, ADHD assessments, consultation cases and Qb testing. Timing may be adjusted where feasible to facilitate regular trainee attendance – this would need to be requested.

Qb training is available for trainees wishing to develop competency in test interpretation and its integration into clinical decision-making.

Autism diagnostic tools (3Di and ADOS) are used within the service. Trainees may observe assessments and undertake formal training in these tools if desired.

Medication Management

- Initiation, titration and review of stable ADHD cases within ADHD Medication Clinic
- Medication management within personal allocated caseload

Trainees will develop confidence and skill in ADHD pharmacology in particular.

Caseload and Complexity

Typical caseload: approximately 15–25 active cases when combined across both teams.

Presentations commonly include ADHD, autism spectrum condition and intellectual disability, frequently alongside anxiety disorders, depression, obsessive-compulsive disorder, trauma-related presentations, attachment difficulties, school avoidance, oppositional defiant disorder, functional disorders and challenging behaviour. Safeguarding concerns and social complexity are not uncommon.

Across both parts of the post, trainees are likely to become familiar with Education, Health and Care Plans (EHCPs), the Dynamic Support Register (DSR), and Care and Emergency Treatment Reviews (CETRs), particularly where young people present with complexity or are at risk of admission.

The trainee may act as care coordinator for selected cases. This involves liaison with schools, social care, and other professionals, as well as attendance at multi-agency meetings. Care coordination is part of the role but does not usually dominate the post.

The case mix includes both straightforward and complex presentations, with regular supervision and MDT input to support safe and manageable clinical practice.

Therapy and Additional Clinical Exposure

Opportunities include:

- Holding CBT cases under supervision
- Joining Family Therapy cases from assessment to completion
- Access to systemic supervision
- Participation in Post Diagnostic Parent Information Groups (PDIG)

PDIG sessions are usually held on Wednesday mornings, which may overlap with teaching commitments. Attendance can be discussed with supervisors and arranged where feasible.

Under-5s and Developmental Experience

Under-5 developmental work is not a default component of the post but may be available depending on trainee interest and service capacity. Opportunities could be explored in discussion with relevant colleagues (e.g. Neela Basu).

Transition Work

Trainees will gain experience of transition planning to adult services where young people approach 18. This includes referral to adult mental health services via Single Point of Access (SPA), transition to adult ADHD services, and for young people with intellectual disability, liaison with adult learning disability services and established transition pathways within CAMHS-D.

Duty and Emergency Work

Trainees participate in the City & Hackney resident doctor duty rota (approximately once weekly). This is the primary service commitment that must be considered when planning leave; the resident doctor rota must remain covered.

On duty, trainees may be asked to attend Homerton University Hospital for crisis assessments and paediatric liaison work, and may gain some experience of MHA assessments.

Teaching, Audit and Special Interest Time

Opportunities to teach medical students and contribute to MDT teaching are available.

Trainees may participate in audit and QI projects. City & Hackney CAMHS has an established QI framework, currently coordinated locally by Laura Palacio Rovegno. Trainees are supported to undertake audit and quality improvement work within this structure.

All trainees are entitled to a protected special interest day. The service recognises the need to complete the mandatory systematic literature review and supports grouping special interest days consecutively (e.g. 10 days together) rather than using them weekly, where agreed in advance.

Special interest days cannot normally be Mondays (CAMHS-D), Tuesdays (MDT), or Wednesdays (teaching). Thursdays or Fridays are therefore recommended, with a service preference for Fridays where this works for trainees.

TOWER HAMLETS – CAMHS

General Information regarding Tower Hamlets CAMHS Posts

Address: 18 Greatorex Street, London E1 5NF

The team is predominantly based in its main site, 18 Greatorex Street, London E1 5NF (nearest station: Whitechapel/Aldgate East).

Some work may be required at our alternative site which is situated in the east of the borough, Emmanuel Miller Centre, 11 Gill Street, London E14 8HQ (nearest station: Westferry).

Number of Posts: 2

Service Description:

Tower Hamlets is a busy CAMHS service in a London borough with a young population, a high level of ethnic diversity and high levels of social deprivation. The service has over 1000 active cases. It is staffed by a highly skilled multidisciplinary staff including six consultant psychiatrists, psychologists, psychotherapists, social workers, family therapists, nurses, creative arts therapists and cultural advocates. There are two specialty training posts, two core training posts and a foundation year one post. We are a training service and regularly have trainees in all disciplines which promotes a culture of learning that is very helpful to specialist trainees wanting a wide range of experience. As a trailblazer site in early intervention/school based mental health work, we also have a growing number of children's wellbeing practitioners training and working in schools. This means we have a number of less complex cases receiving psychological interventions which are therefore excellent training cases.

The service is divided into a number of different teams and pathways. Although all trainees will have a main team, there is opportunity to work across all teams and pathways according to training need and interest.

In addition to the specific training opportunities associated with each post, there are a range of opportunities common to the service.

Teaching

- Teaching in a variety of settings is central to the clinic. Opportunities exist for teaching at the medical school (Bart's and the London) and the ST 4-6 is encouraged to become involved in the teaching programme.
- Medicine in Society students as well as medical students on special study modules are regularly based in the clinic.
- The service runs a CAMHS Foundation Course providing multidisciplinary training for Tiers 1 and 2.
- Trainees regularly contribute to the whole staff continuing professional development teaching sessions.

Audit/Quality Improvement:

There is an active audit programme in which all trainees are expected to participate.

The service has two trained QI sponsors, Dr Justin Wakefield who can advise and support trainees in quality improvement projects.

Research:

ELFT has a dedicated WHO recognised research unit.

Opportunities for other clinical experience:

- The centre makes use of its two one-way screen and video facilities for postgraduate training, undergraduate teaching and peer supervision in assessment and family therapy.
- There are regular supervision groups for psychotherapy, family therapy and CBT.
- As well as regular supervision with his/her trainer, supervision in individual psychotherapy, cognitive behaviour therapy, family therapy and consultation is available. The specialist registrar will have an opportunity to work with all members of the clinic team and to receive live supervision.
- During the placement at Greatorex Street, the specialist trainee, core trainee and consultant assist the paediatric liaison team and self harm team at the Royal London Hospital in providing emergency cover for the Accident and Emergency department.
- There are opportunities to observe Autism assessments if not part of the Neurodevelopmental team.
- There is an opportunity to gain under 5s experience as our lead psychotherapist has a special interest in this area and when appropriate these cases do receive treatment in CAMHS.
- The trust wide community eating disorders service conducts its assessments in Tower Hamlets.
- The triage and front door team provide brief interventions for young people who may not need significant long term CAMHS involvement. All trainees are welcome to contribute to this.
- Group work: The service has a wide range of groups to which trainees can contribute such as NVR, Regulate, mindfulness, social skills, neurodevelopmental behavioural workshops, sleep workshops and ADHD psychoeducation.

Management opportunities:

- Opportunity to be the duty rota representative and lead junior/senior meetings.
- Attendance at business meetings.
- Taking on a service development project.
- Trainees have the opportunity to joint supervise CT/FY1 doctors to gain experience in clinical supervision
- Opportunities to chair MDTs

Emergency Work

The service runs a robust duty service. Junior doctors contribute to this service on a daily basis. It is largely comprised of non-medical staff. Two duty clinicians are supported by a duty senior and duty consultant. The resident doctor is part of this team and is normally therefore only involved in cases which specifically require psychiatric opinion such as psychosis and admissions to hospital.

3) TOWER HAMLETS Higher training post in Neurodevelopmental Team

Team Description/Duties

Address: Greatorex Street Children and Young People's Centre, 16-18 Greatorex Street, Tower Hamlets E1 5NF

Tel: 020 7426 2375

Supervisor: Dr Chiara Colonnelli

This ST4-6 post provides a broad experience and ample opportunity to cover all of the generic, non-specialist CAMHS clinical competencies in this deprived and multi-cultural borough of London. There

is also experience in emergency presentations gained through daytime duty rota covering Tower Hamlets and the Royal London Hospital.

The main clinical workload is as part of the Neurodevelopmental Team, so the trainee will gain experience in the assessment and management of young people with often complex neurodevelopmental profiles including Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, Learning Disabilities, as well as less common neurodevelopmental disorders. The trainee will also gain experience of assessing and managing major mental disorders in the context of neurodevelopmental difficulties. Experience can be broadened by joining the other teams in CAMHS (Emotional and Behavioral pathways, Bipolar and Psychosis pathways, Children in Social Care pathway, Eating Disorders Team). Currently the trainee in this post also provides clinical input to the ADHD team either through new assessments or medication reviews.

Clinical commitments:

- Weekly Autism clinic (opportunity to utilise 3Di and ADOS)
- Opportunities to gain experience and supervision in therapies and parenting groups (including ADHD, sleep and behavioral groups), CBT, Family Therapy, etc
- Varied work in clinic, schools and day centers
- Multidisciplinary team meeting
- Neurodevelopmental team consultation clinic
- As well as providing medical input for young people in the NDT team trainees will act as a Care-coordinator for some of the young people. Care-coordination involves close working with the young person, their carers and network, liaising with colleagues in schools, social care, GP, charities and other health care providers.
- Provide medical input in multi-agency meetings.
- Assessment and treatment of young people with neurodevelopmental difficulties with co-morbid major mental disorders

**4) Tower Hamlets CAMHS Higher training post 2 - Emotional and Behavioural Disorders Team:
Team Description/Duties**

Address: Greatorex Street Children and Young People's Centre, 16-18 Greatorex Street, Tower Hamlets E1 5NF

Tel: 020 7426 2375

Supervisor: Dr Rebecca Adams

The post is predominantly based in the Emotional and Behavioural Team. It therefore provides excellent training and experience to a wide range of presentations in CAMHS. The trainee can expect to develop proficiency in working with depression, anxiety, attachment disorders, PTSD and complex trauma, in addition to conduct disorder and ADHD. In addition to care coordination of appropriate cases, the trainee works closely with the rest of the multidisciplinary team. This gives an excellent opportunity to learn from other disciplines, but also to develop expertise in providing consultation to other professionals. According to training needs, trainees can ensure they work with other teams/pathways such as ADHD, Conduct (including Youth Offending Team) Looked after children, psychosis and bipolar, ASD and LD.

Clinical commitments:

- Weekly Multidisciplinary Team Meeting
- Opportunities to gain experience and supervision in therapies such as CBT, Family Therapy etc

- Opportunities to attend MDTs and/or pick up cases from the other pathways in TH CAMHS : Neurodevelopmental Team or Bipolar and Psychosis Team

NEWHAM CAMHS – York House

General Information

Newham is known for its considerable ethnic diversity (being the second most ethnically diverse borough in London), high indices of social deprivation, and an unusually young population. Newham CAMHS provides excellent training opportunities, covering common presentations in child and adolescent psychiatry, alongside opportunities to gain experience in a range of specialist areas.

Address:

York House, 411 Barking Road, Plaistow, E13 8AL

Tel: 0208 430 9000

Location and Travel

Newham is well served by public transport.

Paid street parking is available nearby, with limited on-site parking. Secure bicycle parking and shower facilities are also available.

Number of training posts: 2

Higher Specialist Training (ST) Posts in Newham CAMHS

Newham CAMHS offers two Higher Specialist Training (ST) posts, each providing a distinct training experience while ensuring coverage of CAMHS competencies.

5) Higher training Post 1 – Emotional & Behavioural (E&B) Team

Team description/Duties

Supervisor: Dr Nick Isaacs

There are 2 other consultants in the E& B team - Dr Shivani Patel & Dr AbdiKarim Ibrahim

This post is based within the Emotional & Behavioural (E&B) Team, the core CAMHS team in Newham. It offers broad experience in generic CAMHS, with exposure to a wide range of emotional, behavioural, and developmental presentations, including depression, anxiety disorders, post-traumatic stress disorder, obsessive compulsive disorder, deliberate self-harm, attachment disorders, eating disorders, and conduct disorders.

The trainee will work within a well-established multidisciplinary team comprising psychologists, psychotherapists, psychiatrists, family therapists, nurses, and social workers. This post provides excellent experience in managing clinical complexity, comorbidity, and high levels of psychosocial adversity.

In addition to generic CAMHS competencies, trainees will have opportunities to gain specialist experience in neurodevelopmental conditions, work with Looked After Children, and paediatric liaison, supporting young people with emotional difficulties related to physical illness.

Clinical commitments:

- Weekly Multidisciplinary Team Meeting on Tuesdays
- Opportunities to gain experience and supervision in therapies such as CBT, Family Therapy, parent infant psychotherapy
- To participate in the weekly duty rota

6) Higher training Post 2 – Adolescent Mental Health Team (AMHT)

Supervisor: Dr Kiranjeet Gill

Team description/Duties

This post is based within the Adolescent Mental Health Team (AMHT), which works with adolescents presenting with severe mental illness (e.g. psychosis) and/or significant risk to themselves or others, including recurrent self-harm.

The work requires complex multidisciplinary and multi-agency collaboration. Non-medical members of the team work as Care Coordinators and work within the Care Programme Approach (CPA). Psychiatric trainees do not routinely undertake care co-ordination but provide senior medical input to care planning and risk management.

The AMHT comprises experienced practitioners from a range of disciplines, including clinical psychology, psychiatric nursing, family therapy, child psychotherapy, substance misuse services, occupational therapy and psychiatry. This post provides advanced experience in assessment, formulation, pharmacological management, and risk assessment for high-risk adolescent presentations.

Opportunities for Clinical Experience in Newham CAMHS in both the ST posts:

Trainees have access to a wide range of supervised clinical experiences, including:

- Clinical psychology / CBT case
- Co-facilitation of CBT or other therapeutic groups
- Parent–Infant Psychotherapy and Under-5s work (liaise with Siobhan Caroline or Tamara Hussain)
- Family therapy experience (liaise with Marie Johnson)
- Paediatric liaison
- Emergency and urgent mental health work
- Experience working with the Front Door Team
- Experience in ADHD, ASC and cognitive assessments

Other Specialist Clinical Experience (Non-ST Posts)

Newham CAMHS includes additional teams which do not offer Higher Specialist Training posts but can offer valuable clinical experience to interested trainees.

Neurodevelopmental Assessment and Treatment Team (NDT)

Consultant: Dr Akriti Kamran

This multidisciplinary team delivers specialist diagnostic assessments for children and young people where Attention Deficit Hyperactivity Disorder (ADHD), learning disability (LD), and autism spectrum condition (ASC) are the primary presenting concerns. Trainees may attend MDT meetings and gain experience in ADHD and ASC assessments, including exposure to psychopharmacology, behavioural and parenting interventions, functional assessment, and management of co-morbid difficulties. Specialist parent groups and young people's social skills groups are also offered.

Looked After Children Team

This is a highly skilled and experienced multidisciplinary CAMHS team working with Looked After Children. Trainees can gain experience in complex network liaison with social care partners and in undertaking specialist psychiatric assessments where clinically indicated.

Front Door Team

The Front Door Team manages referrals into Newham CAMHS and provides valuable experience in triage and early assessment. The team filters and triages referrals, undertakes initial assessments of accepted referrals, and directs young people and families to appropriate services within CAMHS or to external agencies, based on identified needs.

Duty and Emergency Work

Newham CAMHS operates a duty rota between 9:00am and 5:00pm, to which trainees will contribute alongside the duty consultant and duty clinicians.

This includes:

- A once-weekly duty commitment for attending emergencies/crisis presentations at Newham University Hospital (NUH), including the Rainbow (Paediatric) Ward and an urgent assessment slot for young people requiring urgent psychiatric input, as agreed with the Duty Consultant

Research and Audit Opportunities

- Active audit programme
- Workload structured to allow one day per week for research or special interest activity

Management Opportunities

- Leading and contributing to team meetings
- Attendance at management and service development meetings
- Involvement in local service development and innovation

Teaching

Newham CAMHS offers ample opportunities for teaching in both small-group and lecture-based formats. Fourth-year medical students undertake three-week placements within the team, providing trainees with opportunities to contribute to undergraduate teaching. Additional teaching opportunities include facilitating Foundation Year simulation sessions and Year 4 medical student clinical skills workshops.

7) WALTHAM FOREST CFCS

Address: Wood Street Clinic, 6 Linford Road, London E17 3LA Supervisor: Dr Colin Welch

Number of training posts: 1

Team Description/Duties:

The team is located at Wood Street Clinic a large community clinic shared with general child services including Paediatrics, SLT and OT. The post offers an excellent opportunity to work and learn in a busy tier 3 CAMHS service to gain experience in assessing and management of neurodevelopmental disorders including Autism and ADHD plus opportunities to manage a variety of conditions including depression, anxiety, OCD, tic disorders, PTSD and wider trauma and to hold and joint work cases with care coordinators at the Early Intervention Psychosis Team based nearby at the Jane Atkinson Centre. The team is supportive and highly committed, working within a busy service with a substantial clinical workload. Currently there are 3 and a half consultant psychiatrist posts, 2 specialist grade doctors, 2 specialty grade doctors, 1 higher trainee, 1 core trainee and 2 GP trainees (part-time).

The higher trainee's primary role is as part of the multidisciplinary team within the neurodevelopmental assessment clinics, where joint assessments for Autism and ADHD are conducted. The trainee will also assess and follow up urgent and routine cases through the Emotional Difficulties pathway and contribute to the urgent prescribing rota. There are opportunities to initiate ADHD medication and provide ongoing follow-up. It is possible to observe or to jointly work cases in the Family Therapy clinic with team and to take on cases under supervision for CBT and psychotherapy.

There is also the opportunity to supervise medical students attached to the service.

Other activities within the wider team include:

- CLA looked after children service
- ADHD clinic
- Under 5s cases
- Option to jointly hold addictions cases with Change Grow Live (CGL) partner agency
-

Generally, you are welcome to become involved in any of the team's work that interests you but the extent of your involvement may be limited by time available after completing your core work. New initiatives for the service are also welcome.

Clinical supervision with your consultant is regular, weekly and good.

This post could be suitable for a LTFT trainee, with involvement further streamlined.

Location/Travel:

- The team is located a 3 minute overground journey from Walthamstow Central Station (London overground or Victoria Tube - Zone 3) to Wood Street station followed by a 3 minute walk to the Wood Street Clinic building on Linford Road.

8) HAVERING CAMHS, THE ACORN CENTRE

Address: The Acorn centre; 306 London Road; Romford; RM7 9NH; Tel: 03003001888

Supervisor: Dr Manas Sarkar

Number of training posts: 1

Team Description/Duties

This job allows opportunity to cover all of the generic non-specialist CAMHS clinical competencies. There is plenty of exposure to assessment, diagnosis, treatment and management of a wide range of conditions: neurodevelopmental (ADHD and ASD) in particular, as well as affective and neurotic conditions. There is some emergency work experience through the clinic duty rota which more commonly involves clinic reviews but at times covers self harm or acute presentations to A and E or Paediatric ward at Queens Hospital.

The medical team includes two full-time consultants, a core trainee and two staff grade doctors in addition to the ST4-6 trainee. There are also 2 child psychotherapists, 2 clinical psychologist (one with an interest in LD and ASD), 2 family therapists, several nurse therapists and a Primary Mental Health Team on site comprising of 5 further clinicians. There is also a Looked after Children Team meeting on a monthly basis that welcomes input from the trainee.

This is a well-established, friendly team covering the Havering area which has an increasingly mixed ethnic and socioeconomic demographic but the majority of clients are Caucasian English speaking. The senior staffs are very supportive and readily available with respect to clinical support. They are also very flexible and make every possible effort to allow study leave or annual leave when requested. It is also worth mentioning admin staffs are particularly good and supportive which always makes life easier. The team works in close liaison with the children services and run a joint clinic with the paediatrician and their child psychologist once a month.

The post is flexible enough to allow for the job plan to be tailored to the individual level of experience/training needs of the post-holder.

Opportunities for other clinical Experience:

- Family Therapy Workshop - can hold own case under active supervision
- Individual psychotherapy case
- Clinical psychology/ CBT Case

- Lots of opportunity for joint working of cases with experienced MDT staff.
- Joint working with paediatrician in managing complex neurodevelopmental cases/rare genetic conditions

Teaching Experience:

- NELFT Medical Education provides opportunities for ST4-6 to teach Foundation Year doctors during their FY study day and other opportunities as facilitators to teach medical students

Research/audit opportunities:

- Active trust audit programme

Management opportunities:

- Attending local management meetings

Travel:

- Clinic situated in Romford and it is either a 27 minute walk or 8 minute bus from Romford train station. There is free parking at the clinic, which is just off the A12.

9) REDBRIDGE CAMHS, THE GROVE

Address: The Grove, Grove Road, Chadwell Heath, Romford, RM6 4XH

Contact Number: 0300 300 1618

Number of training post - 1

Supervisor: Dr Ragini Bahry

Team Description/Duties:

Redbridge CAMHS is based at The Grove, a community clinic that is shared with other child services including Paediatrics, Physiotherapy and SALT.

This post would allow a trainee to cover all of the generic CAMHS competencies, including exposure to Neurodevelopmental assessments and subsequent management as well as working with young people who have depression, anxiety, OCD and other mood disorders. Additionally, young people with psychosis are seen in the clinic alongside a care co-ordinator from the Early Intervention Service.

There is also exposure to urgent or emergency work through a duty system which the trainee would be part of. This usually includes an urgent review of a patient within the clinic but can sometimes be a home visit with another member of staff. The duty day also includes being part of the MDT team for several meetings relating to referrals and treatment plans for patients who have had initial assessments and are brought for discussion.

The medical team consists of 4 consultants and 4 staff grade who work a mixture of full-time and part-time, in addition to the ST4-6 trainee. In the wider team there are nursing staff, clinical psychology team, child psychotherapy team and a family therapy team.

Overall, the post is well supported within a welcoming and friendly multidisciplinary team. The consultants are also supportive and available if needed for clinical advice. There is also a helpful administrative team who will work to assist.

It is important to note that the Redbridge CAMHS service is currently undergoing transformation to a Pathways based service so there may be changes to the exact role and caseload of the higher trainee after this point.

Opportunities for other Clinical Experience

- Family Therapy- can be part of reflecting team and possibly hold own case under supervision
- Individual psychotherapy case
- Clinical psychology/CBT case

Teaching Opportunities

- NELFT medical education provides regular opportunities for ST4-6 to teach 4th year medical students as part of their structured training
- 4th year medical students also attend The Grove on rotation for 3 days a week so there is the opportunity for more informal teaching.

Travel

- Clinic is situated in Chadwell Health
- It is a 19 minute walk or 5 minute bus from Chadwell Health Station which is on the Elizabeth Line.
- There is a limited amount of free parking at the clinic but also free parking available on nearby roads.

10) ISLINGTON CAMHS/ WHITTINGTON TRUST

Address: Northern Health Centre, 580 Holloway Road, London N7 6LB, Telephone: 020 3316 1824

Number of training post - 1 to 2

Supervisor: Dr Aspa Paspali

General Information

Islington CAMHS Community Team is under the Whittington Health NHS Trust. It provides broad training experience in child and adolescent psychiatry within a socially and culturally diverse inner-London borough. Islington has areas of significant deprivation alongside relative affluence, and the population is ethnically diverse, with many families from minority backgrounds and a high proportion of single-parent households. Trainees therefore gain valuable experience working with complex psychosocial contexts and health inequalities.

The team manages a wide range of presentations including anxiety and mood disorders, self-harm, neurodevelopmental conditions (ADHD and ASD), trauma-related difficulties, and family/attachment concerns. Trainees undertake comprehensive assessments, risk evaluations, and contribute to multidisciplinary formulation and care planning.

There is strong emphasis on MDT working, safeguarding, and multi-agency collaboration with schools, social care and paediatrics. Weekly consultant supervision is provided, alongside access to teaching and support with portfolio development.

This rotation offers excellent experience in systemic thinking, risk management, and culturally informed psychiatric practice within a vibrant and diverse community setting.

Location and Travel

Islington is well served by public transport.

Opportunities for Clinical Experience in Islington CAMHS

- Trainees have access to a wide range of supervised clinical experiences, including:
- Clinical psychology / CBT case
- Co-facilitation of CBT or other therapeutic groups
- Parent–Infant Psychotherapy and Under-5s work
- Family therapy experience
- Paediatric liaison

- Emergency and urgent mental health work
- Experience working with the Front Door Team
- Experience in ADHD, ASC and cognitive assessments

INPATIENT POSTS

11) COBORN ADOLESCENT INPATIENT UNIT

Address: Coborn Adolescent Inpatient Unit, Cherry Tree Way, Newham. Tel: 020 7540 6789

Supervisor: Dr Alex Sales/Dr Ravi Patel

Number of training post - 1

Team Description/Duties : The Coborn Adolescent In-patient Unit is an inpatient adolescent mental health unit offering assessment and treatment to young people aged 12 to 18 years. It provides 12 acute beds, 15 PICU beds and 6-Day places to the North Central East London Provider Collaborative Boroughs including Hackney, Newham, Tower Hamlets, Camden, Islington, Barnet, Enfield, Haringey, Redbridge, Waltham Forest, Barking, Dagenham and Havering. It also accepts referrals from the wider London Region. Referrals can also be accepted from other areas by agreement. The multidisciplinary team (MDT) provides experience in the assessment and treatment of a wide range of clinical disorders. Treatment includes psychopharmacology, group work, family work, education, individual psychological interventions, arts based therapies, occupational therapy and social care interventions. The Coborn operates under its own ethos, which is supported by a four pillar model:

- *Community oriented* (continuity of care, integrated care)
- *Co-production* (with children, families, carers and the wider network)
- *Leadership* (encouraged at all levels)
- *One Team* (Team “Young Person”; we foster cross-discipline, interagency partnerships and team work across settings)

We adopt a formulation based approach, paying special attention to young people’s stories and the wider systemic context.

There is a large multidisciplinary team consisting of:

- 3 Consultant Child and Adolescent Psychiatrists
- 1 ST4-6 in Child and Adolescent Psychiatry
- Service Manager (full-time).
- 2 Consultant Clinical Psychologists (full-time) and 2 psychologists (full-time).
- Resident Doctors: currently 1 ST, 1 CT1-3 and 1 FY2
- SAS Doctors: currently x 2.
- 3 Social Workers (full-time).
- Nursing Staff (Working a 4:4:3 Shift Pattern).
- Teachers and Teaching Assistants
- 3.6 wte Occupational Therapists
- Occupational Therapy Assistants
- 1.8 WTE Family Therapists
- Arts Therapist

Responsibilities and training opportunities of the ST4-6 include the following:

- To participate in assessment of referrals and decisions about suitability for admission.

- Participating in assessment, formulation, and treatment of adolescents with severe mental illness, complex cases and co-morbidity and managing acutely disturbed patients in PICU
- To co-ordinate management of complex cases.
- To liaise with and give consultation to other agencies (e.g. community adolescent teams, other specialist inpatient units) when appropriate in particular cases.
- Chairing relevant meetings, including ward round and CPA meetings, especially in the absence of the Consultant.
- Assess and initiate applications for Sections 2 and 3 of the Mental Health Act (1983) as appropriate.
- Attend Mental Health Act Manager's Review Meetings and Tribunal Reviews as appropriate
- Teaching experience: Participate in organisation and delivery of teaching of Medicine in Society medical students from Bart's and the London medical school, as well as clinical medical students on placement. This includes assessment of these students. Informal supervision and support to junior medical colleagues.
- Experience in psychological therapies: There is a regular weekly CBT supervision group. There is also opportunity to get experience in family therapy and Mentalisation based therapy.
- Attendance at the daily unit handover meetings with the MDT
- Management Experience: There will also be opportunities to shadow the unit's Consultants in various managerial duties in order to gain experience of management.
- Participation in the unit's programme of activities, including weekly community meeting, case discussion group, and mini-team meetings for more in-depth discussion of complex cases

Location/Travel:

Newham is well served by public transport. (Canning Town – Jubilee and DLR, Plaistow – Hammersmith and City and District Lines). A bus is required to get to the Coborn Unit. There is a good parking facility, which is free.

12) BROOKSIDE ADOLESCENT UNIT – GOODMAYES, NELFT

Address: Brookside Adolescent Unit, 107a Barley Lane, Goodmayes, Essex, IG3 8XQ Tel: 0300 5551156

Supervisor: Dr Leon Wehncke

Number of training posts: 1

Team Description/Duties

Brookside is a tier 4-specialist inpatient unit for adolescents. Referrals are normally from the greater North-East London Foundation Trust and there are also referrals from out of area CAMHS services. The team is run on a multidisciplinary model with expertise from the full complement of disciplines within the team including; Psychiatrists, Nursing, Education, Occupational therapy, Psychology and Family Therapy.

The post offers the opportunity to be involved in assessment and treatment of a wide variety of presentations in a multidisciplinary setting such as ASD, LD, Psychosis, Personality disorders, Mood disorders, Conversion disorders and Eating disorders, both within the inpatient and environment and in the community with the Home Treatment Team.

The unit caters for young people within several settings according to individual needs of the young person

- General inpatient unit
- Home Treatment Team

Other Duties:

1. Facilitating groups and therapeutic interventions

1. Liaison with CAMHS, schools, social services and other tier 3 community services
2. Teaching program for medical students.
3. Attending child protection meetings/ safeguarding,

Opportunities for other clinical experience:

1. Family Therapy Clinic
1. Individual psychology

Research/audit opportunities:

1. Due to recent establishment of YP HTT, there is a large database which can be used for audit/research.
1. Workload appropriate for taking 1 day/week for research

Management opportunities:

1. Leading team meetings
1. Chairing CPA
2. Attending management group meetings

Location/Travel:

1. 10 min bus ride from Newbury park tube station (Central line zone 4)
1. 5 min bus ride/10 min walk from Goodmayes overground rail station. Goodmayes is 20 minutes on national rail from London Liverpool street station and 12 minutes from Stratford international tube/rail station.
2. Free safe secure parking.

13) MILDRED CREAK UNIT, GOSH

Address: Level 6, Southwood Building, Great Ormond Street Hospital, Great Ormond Street, London WC1N 1JH Tel: 020 7405 9200 ex 8836

Supervisor: Dr Philippa Buckley

Number of training posts: 1

Team Description/Duties

The Mildred Creak Unit (MCU) is an intensive intervention 10 place (eight inpatient and two day places) unit admitting children from seven to 13 years of age with a range of mental health problems such as eating disorders, functional disorders and other emotional and behavioural disorders. The unit is named after Great Ormond Street Hospital's (GOSH) first consultant child and adolescent psychiatrist, Mildred Creak.

The team includes a Consultant Child and Adolescent Psychiatrist, a Higher Trainee in Child and Adolescent Psychiatry, a Core Trainee in Psychiatry, Nurses and Therapeutic Care Workers, a Consultant Child and Adolescent Psychotherapist, a Consultant Family Therapist, a Senior Family Therapist, a Clinical Psychologist, a Social Worker, a Physiotherapist and a Dietician.

As a Great Ormond Street Hospital post, you have access to the opportunities available to all trainees working at GOSH (see specialist GOSH posts information).

Opportunities for other clinical experience:

- Individual psychotherapy case with Supervision from Consultant Child and Adolescent Psychotherapist
- Family therapy case, Family therapy workshop and Supervision with Consultant Family Therapist
- CBT with Supervision from experienced Clinical Psychologist
- Case Management/Case Coordinator role of two cases at a time

- Participation in referral meetings and involvement in decisions around admission
- Pre-admission assessments, including home visits
- Post discharge follow up clinical work/liaison with professional network
- Paediatric Liaison
- Working with children in groups

Research/audit opportunities:

- Audit and Research opportunities are available
- Workload appropriate for taking 1 day/week for research

Management opportunities:

- Chairing ward round/review meetings when Consultant is on leave and at other times as appropriate

SPECIALIST PLACEMENTS

14) EAST LONDON CAMHS CRISIS AND HOME TREATMENT TEAM

Address: East London CAMHS Crisis/HTT, 385 Barking Road, Plaistow, E13 8AL

East London CAMHS Crisis Service

Team email: elft.eastlondon-camhs-crisis-service@nhs.net

Single access number (for all referrals and queries) 0204 591 4968

East London CAMHS Home Treatment Team email: elft.eastlondon-camhs-iccs@nhs.net

Single access number (available Mon-Friday 09:00-17:00) 0204 591 1966

Number of Higher Specialist Training (ST) post: 1

Team Description/Duties

General Information

This is a Trust wide post covering the 3 boroughs of East London: City and Hackney, Newham and Tower Hamlets. The Crisis and HTT services are part of the alternatives to admissions CAMHS services (Including DBT and Eating Disorders). This post would suit an experienced ST5 or ST6 doctor who already has a good knowledge of the CAMHS landscape and is familiar with the management of complex cases that require intensive interventions and risk management. The job is shared across two teams. Both roles will require flexibility and responsiveness to demands across the area, an ability to travel between sites and attend joint home visits.

Location and Travel

All sites are well served by public transport. Paid street parking is available nearby, very limited on-site parking. Bicycle parking is also available.

Higher Specialist Training (ST) Posts in ELFT CAMHS Crisis and HTT:

ELFT CAMHS Crisis and HTT have one Higher Specialist Training (ST) post across both teams each providing a distinct training experience while ensuring coverage of CAMHS competencies.

Supervisor: Dr Priti Patel and Dr Maria Martinez-Herves (job sharing)

East London CAMHS Crisis Team:

You will join a team of specialist nurses and social workers who undertake urgent assessments of young people presenting with mental health crisis at the 3 main acute hospitals in East London. We offer psychiatric assessments for the more complex cases and those who may require admission or referral to Home Treatment. The role requires flexibility and strong liaison skills, a good understanding of MHA

and safeguarding. This post would give the trainee extensive experience in managing the often complicated, multi agency interfaces to get the best outcome for the young person which is a great preparation for any future consultant role.

East London CAMHS Home Treatment Team:

This team offers intensive home treatment as part of the Trust's alternative to admission pathways. HTT offers intensive mental health interventions for up to 3 months. The model offers supported discharge from inpatient units to reduce length of stay and intensive input to community cases to reduce the need for admission, contribute assessments for formulations and second opinions. There are a wide range of clinical presentations and much of the work is focussed on home-based interventions that can help stabilise risk management using parental support and psychoeducation as well as community integration and improved school attendance. We offer a range of psychological and behavioural interventions and there is opportunity for liaison, joint work, MDT working. We use CPA to track progress and ensure the young person's network of support are mobilised. This job offers an opportunity to work with the new innovative models of CAMHS HTT and again offers great preparation for any consultant role.

Research and Audit Opportunities

- Active audit programme
- Workload structured to allow one day per week for research or special interest activity
- Professor Dennis Ougrin is a member of ELFT CAMHS HTT and can offer opportunities for research as part of his role as Professor of Child Psychiatry at QMUL.

Management Opportunities

- Chairing and contributing to team meetings
- Attendance at management and service development meetings
- Involvement in local service development and innovation

Teaching

ELFT CAMHS Crisis and HTT offers opportunities for teaching students from all disciplines in both small-group and lecture-based formats. Fourth-year medical students undertake three-week placements within the team, providing trainees with opportunities to contribute to undergraduate teaching. Additional teaching opportunities include facilitating Foundation Year simulation sessions and Year 4 medical student clinical skills workshops through QMUL.

15) PAEDIATRIC LIAISON TEAM (PLT)

Address: Paediatric Liaison Team Office, Level 6, Royal London Hospital, London E1 1BB. Tel: 020 3594 0407

Supervisor: Dr Birgit Westphal

Number of training posts: 1

Team Description/Duties Paediatric Liaison Team

Bart's and The London Children's Hospital is one of the busiest Children Hospitals in London with an annual turnover of approximately 40,000 patients in paediatric A&E alone. Served by London's air ambulance, it is London's busiest trauma centre. The Children's hospital provides tertiary service consisting of 22 paediatric subspecialties.

The Paediatric Liaison Team (PLT) is located on level 6 within the Children's Hospital and receives approximately 500 referrals per year. The trainer, Dr. Birgit Westphal, leads a team of 7 MDT members, who provide a specialist CAMH Service for in- and outpatients up to their 18th birthday. The team consists of a Consultant Child and Adolescent Psychiatrist, a Consultant Clinical Psychologist, Clinical

Psychologists specialising in Diabetes/Sickle cell/Haematology & Oncology/Retinoblastoma/Cystic Fibrosis/Trauma, an Art Therapist, Clinical Nurse Specialists (CNS), a Child Psychotherapist and an administrator.

Multidisciplinary discussions about patient management take place in weekly meetings of the respective specialties; particularly well established are the Neurology-, Gastroenterology-Haematology-, Endocrinology- (Diabetes clinic), Oncology-, CF-, Retinoblastoma- and A&E-Psychosocial meetings.

There are Tier 4 specialist MDT clinics such as the Feeding Clinic (weekly), a Neuro-Psychiatry Clinic (fortnightly) as well as the Complex Epilepsy-, Diabetes, CF, Gastroenterology clinics.

The Paediatric Liaison post is a specialist placement suitable for ST5 and ST6. The trainee will gain clinical as well as managerial experience under regular supervision of the trainer. It involves providing Senior Duty cover for the PLT (as part of rota with the consultant psychiatrist and consultant psychologist), providing supervision for the duty worker, advising on acute risk management of highly complex cases and chairing team meetings.

Opportunities for other clinical experience:

There is a special opportunity to consolidate skills in Neuro-Developmental assessments, neuropsychiatric assessments examining for comorbidity and neurological examinations.

The Royal London Hospital is a teaching hospital linked with Queen Mary University London and with close links to the UCL academic unit. There are opportunities to participate in clinical research and writing case reports.

The trainee in the Paediatric Liaison Team will gain experience in management and treatment of patients with a wide variety of psychiatric presentations in the context of medical illness as well as medically unexplained symptoms. Due to the trainer's special interest, the trainee will gain particular management experience of patients with traumatic and acquired brain injury at all stages of their pathway from A&E to (P)ICU, acute- and long term multidisciplinary Neuro-Rehabilitation. This includes advising Paediatricians on Psychopharmacological Management.

The trainee will gain skills in writing psychiatric assessment reports, under supervision of the trainer. Approximately 50% of referrals are from outside Tower Hamlets and require a comprehensive report with clear management recommendation and sometimes further consultations to the local CAMH-services or to the long term Neuro-rehabilitation Unit in Tadworth.

Management opportunities: There are a variety of further managerial opportunities such as getting actively involved in service development, business plan design and managing and evaluating quality & outcome measures. The trainee will gain an understanding of principles of NHS managerial structures, generating funding, commissioning structures. There is also the opportunity to complete one of the regular PLT audits.

Teaching opportunities:

The RLH is a University hospital and Teaching QMUL Medical Students is routine, Medical Junior Doctors (particularly in paediatrics), as well as Nursing Staff and MDT members is a central part of this post. This post is particularly suitable for a higher trainee in the final year especially ideally if they are able to do the placement for a 12 month period in order to take advantage of all the highly specialist learning opportunities on offer.

SPECIALIST POSTS IN GREAT ORMOND STREET HOSPITAL

Great Ormond Street Hospital overview:

Address: Great Ormond Street Hospital, Great Ormond Street, London WC1N 1JH

In addition to the Mildred Creak Unit, there are four specialist teams at Great Ormond Street. There is also a paediatric liaison service that all trainees will provide emergency cover for. All placements involve working in more than one of the clinical teams. The exact structure of the placements on offer varies on an annual basis according to clinical and educational needs.

Great Ormond Street Hospital (GOSH) is one of the world's leading children's hospitals. Psychological and Mental Health Services (PAMHS) department provides psychological services to Great Ormond Street Hospital and specialist CAMHS services. The placements at GOSH are within the specialist CAMHS services:

1. The Mildred Creak Unit (MCU) is an intensive intervention 10 place (eight inpatient and two day places) unit admitting children from seven to 13 years of age with a range of mental health problems such as eating disorders, functional disorders and other emotional and behavioural disorders. The unit is named after Great Ormond Street Hospital's (GOSH) first consultant child and adolescent psychiatrist, Mildred Creak.
2. Feeding and Eating Disorders Service (FEDS) is a national specialist service that works with local teams to support children and young people with feeding and eating difficulties. These can include conditions such as Avoidant Restrictive Food Intake Disorder (ARFID) or Anorexia Nervosa (AN). Some children we see may also have dietary challenges linked to neurodevelopmental or medical conditions.
3. Social Communication and Autism Spectrum Service (SCASS) is a national service for children with a suspected Autism Spectrum Disorder (ASD), who do not have an intellectual disability. The clinic provides comprehensive assessments of complex cases of suspected Autism Spectrum in children in mainstream education. Children are often referred to this service if they have a number of neurodevelopmental, neuropsychiatric or mental health difficulties and where diagnostic clarity is required.
4. The Parenting and Child Service (PACS) offers a specialist out-patient service for children and families where there has been a history of abuse, neglect or trauma. The team is currently configured of two teams: the Attachment and Trauma Team (ATT) and the Child Care Consultation Team (CCCT).
5. The Tic Disorder Service & Children's Epilepsy Surgery Service (TDS & CESS). The Tic Disorder Service is a National service specialising in the assessment, diagnosis and treatment of children and young people with tic disorders.

Further information regarding the individual teams is given below. The exact structure of the placements on offer may vary from year to year according to educational need. Resident doctors are encouraged to gain clinical experience in other CAMHS teams within GOSH during their placement.

During your time in PAMHS you will additionally gain specialist liaison experience via the CAMHS Duty (Liaison) Rota. GOSH has 24-hour provision of cover for psychiatry for patients with urgent mental health problems. Whilst GOSH does not have an accident and emergency department, there are situations in which the need for urgent psychiatric input arises either on the paediatric wards or as an outpatient, or on the Mildred Creak Unit. Common presentations are suicidal ideation and/or deliberate self-harm, possible psychotic or manic symptoms, and neuropsychiatric presentations such

as delirium, encephalitis or other causes of agitation. The psychiatry team may also be asked to advise on acute issues relating to the mental health of a parent of a child attending the hospital (advice and signposting only due to trust CQC registration).

Management opportunities:

- Attending Departmental Senior Management Meeting
- Case Based Discussion Meetings held monthly attended by Consultants and Residents- opportunity for learning and work place based assessments
- Great Ormond Street Resident Doctors Forum
- Organising the weekly multidisciplinary academic programme

Research/audit opportunities:

- There are ample opportunities for audit with the department of child and adolescent mental health and the rest of the hospital
- The posts are research active and there are close links between the clinical service and the research unit at the UCL Institute of Child Health

Teaching opportunities

- PGME organise trust wide Resident Teaching Tuesday sessions
- PAMHS Departmental Clinical Academic Meeting
- PAMHS Psychology teaching occurs weekly

Other benefits:

Great Ormond Street staff have access to a subsidised massage service. There is a well-supported and funded doctors' mess that arranges regular evenings at popular restaurants, bars, clubs and holds annual balls and Christmas parties.

Location/Travel: Great Ormond Street Hospital is located near to the centre of London. It is well located for transport – the Piccadilly Line (Russell Square), Metropolitan, Hammersmith and City and District Line (King's Cross St Pancras) and Central line (Holborn) and various bus routes. It is close to good restaurants and pubs.

16) SOCIAL COMMUNICATION AND AUTISM SPECTRUM SERVICE (SCASS)

Team Description/Duties

Supervisor: Consultant Dr Amanda Popiel (starting August 2026)

The Social Communication Disorders Clinic is a national assessment service for children and adolescents with autism spectrum disorders (ASDs). The team specialises in high functioning autism and sees children with complex neurodevelopmental disorders. The ST4-6 carries out 3Di assessments, which is a standardised instrument for assessment of ASDs that was developed within the clinic. In addition, children who attend the clinic will be offered an ADOS and cognitive assessments; there may be the opportunity to conduct ADOS assessments. The team offers a consultation service to local services and schools and also provides a treatment service taking a psychoeducation, consultation and psychological therapy approach. The team includes a number of disciplines: a Consultant Child and Adolescent Psychiatrist, a higher trainee in Child and Adolescent Psychiatry, specialist Clinical Psychologists, Speech and Language Therapy, Social Workers Assistant Psychologist, psychology trainees and will be appointing a psychiatric nurse. The trainee spends 2-5 sessions per week with this team and will have the opportunity to attend training courses in 3Di and ADOS assessments. There are opportunities to observe neuropsychological assessments and to run psycho-education groups. The trainee is also encouraged to participate in teaching of medical students at UCL Medical School.

17) FEEDING AND EATING DISORDERS SERVICE (FEDS)

Team Description / Duties

Supervisor: Consultant Dr Philippa Buckley

We are a tertiary level specialist outpatient service for children and young people with feeding and eating difficulties such as Anorexia Nervosa, Bulimia Nervosa, Rumination disorder, ARFID, PICA, and OSFED. As we are based at GOSH, we also see children and young people with dietary challenges linked to neurodevelopmental and/or medical conditions, including chronic illness, infant feeding problems, and failure to thrive. This post therefore provides an excellent opportunity to gain experience in working with children under 5 years old. Our team provides assessments and treatment to those who have struggled to respond to primary and secondary interventions and offers second opinions and consultations to local teams. Disciplines represented in the team include psychiatry, nursing, psychotherapy, family therapy, psychology, dietetics, speech and language therapy, occupational therapy, play therapy, and paediatrics.

The trainee joins the multidisciplinary team in detailed assessments of the child or young person's intake-related difficulties with their parents, contributes to MDT discussions that generate a formulation and management plan, and participates in providing feedback to parents and the young person. The trainee may be asked to assess and manage eating difficulties in the context of comorbid mental health disorders and to provide a brief assessment of parental psychopathology where necessary. The trainee is also expected to liaise with other paediatric teams at GOSH to manage complex physical comorbidities that our patients often present with. As our service provides manualised treatment interventions, there are ample opportunities to observe and deliver cognitive and behavioural treatments and to work systemically with families alongside the family therapist.

Key competencies gained through this post:

- Assessment and management of feeding (e.g. ARFID) and eating disorders (e.g. AN, BN) in childhood and adolescence
- Gaining an understanding of the identification and management of common comorbidities in the context of feeding and eating disorders
- Gaining an understanding of evidence-based treatments for eating disorders and emerging treatment approaches for ARFID
- Deciding the appropriateness of inpatient admission in feeding and eating disorders
- Assessment and monitoring of physical health risk in children and young people with feeding and eating disorders
- Understanding the physiological effects of feeding and eating disorders, including the impact of starvation, and identifying appropriate physical investigations
- Applying psychological therapies such as FBT and CBT in feeding and eating disorders under supervision
- Joining the team in providing multidisciplinary second opinions and consultations to local teams

18) CHILD CARE CONSULTATION TEAM (CCCT) & ATTACHMENT AND TRAUMA TEAM (ATT)

Team Description/Duties

Supervisor: Dr Simon Wilkinson

The Child Care Consultation Team is an expert witness service which accepts instructions from the courts to carry out assessments of children and families where there have been complex safeguarding concerns typically involving emotional harm. The team carries out some parenting intervention known as Trial for Change to establish whether parents can make changes that might allow them to look after their children safely. It also provides some treatment to children after proceedings have concluded, such as psychotherapy and narrative intervention.

The Attachment and Trauma Team is a national and specialist NHS service for children who have experienced abuse, neglect and complex trauma. It carries out assessments of children following referrals from CAMHS, community paediatrics or post-adoption teams focusing on neurodevelopmental concerns, attachment and mental health. The team also has capacity to offer some treatment, including parenting intervention, and individual treatments such as trauma-focused CBT, EMDR, and psychotherapy.

CHILD CARE CONSULTATION TEAM (CCCT):

Key competencies gained through this post:

- Identifying signs of maltreatment/neglect
- Conducting Parenting assessments
- Rehabilitating children who have been abused and/or neglected following assessment of family function and risk.
- Working with family and professional network to clarify and manage safeguarding.
- Learning about the legal framework including the Children's Act.
- Making recommendations for children who have been subject to care proceedings, including advice on therapeutic needs, placements and contact with birth family.
- Preparing reports for the Family Courts.
- Carrying out literature reviews when reports require a synthesis of research findings.
- Attending court and presenting evidence.

ATTACHMENT AND TRAUMA TEAM (ATT):

Key competencies gained through this post:

- Learning about the psychological impact of abuse and neglect
- Developing skills in complex neurodevelopmental assessments
- Opportunities to observe specialist assessments of attachment
- Assessment and treatment of trauma symptoms including medical trauma
- Therapeutic work under supervision including parenting interventions, parent-child interaction, family therapy, trauma-focused therapy, emotion regulation work and child psychotherapy
- Develop consultation skills in work with key agencies

19)NEUROPSYCHIATRY: THE TIC SERVICE AND CHILDREN EPILEPSY SURGERY SERVICE

Team Description/Duties

Supervisor: Dr Claire Eccles

The Tic Service is a National Service specialising in the assessment, diagnosis and treatment of children and young people with tic disorders. We are a multi-disciplinary team of psychiatry and psychology which works in a shared-care way with local services. We see children with tics and other neurodevelopmental movements stereotypies and compulsions. Although tics can be a prominent difficulty, often it is not the tics themselves that present as the main problem in the child's life but rather co-occurring conditions which the child might experience, such as attention difficulties, anxiety problems or social communication differences. Therefore, in our service we consider additional problems alongside tics, to develop a comprehensive plan alongside local services to support the young person.

Our clinical service typically offers comprehensive mental health assessment and psychological tic intervention to patients with severe, complex and impairing difficulties. We provide recommendations to referring services on pharmacological management of tics as well as pharmacological and psychological management of associated mental health challenges. There is an opportunity to work

with a highly skilled clinical psychology team providing specialised psychological interventions in children with tic disorders (such as Exposure and Response prevention and Habit Reversal therapy). This service is research active and there are often opportunities to be involved in service evaluation or research.

The post also offers the opportunity to gain experience providing neuropsychiatry assessments for the Children's Epilepsy Surgery Service (CESS). The aim of the epilepsy surgery is to remove the underlying cause of focal seizures and therefore cure the epilepsy. In some cases, however, it may only be possible to reduce the frequency of seizures as the cause cannot totally be removed. All children on the CESS pathway have a neuropsychiatry assessment as part of their pre-surgical evaluation. There is opportunity to learn more about the mental health of children with epilepsy, attend video telemetry ward round, and the epilepsy surgery MDT meeting weekly.

- Key competencies gained through this post:
- Knowledge and experience diagnosing disorders such as Tourette Syndrome
- Experience in the differential diagnosis of neurodevelopmental movements
- Understanding psychological treatments for tics and Tourette Syndrome
- Working within the national Children's Epilepsy Surgery Service, carrying out pre-operative psychiatric assessments, attending MDTs
- Understanding the role of the psychiatrist in a medical multidisciplinary team
- More information: [The Tic Service | Great Ormond Street Hospital](#)

APPENDIX

Representative Roles

For all representatives

- Reps are elected annually at the business meeting. We aim for one senior (ST5/6) and one junior (ST4/5) in each role to ensure smooth transition and back-up.
- All reps should jointly keep oncall protocol, Prospectus and induction up to date every 6 months
- Ensure timely handovers to next rep (changeover every 6 months to 1 year)
- It is mandatory to organise and attend 6 monthly in- person new starter inductions, which will be led by the lead reps within the fortnight of the new rotation
- Ensure MS teams is always updated with newcomers and new documents/ policies/ protocols
- Rep roles should be completed as part of your special interest day

This is the list of meetings and ongoing tasks:

1. Training Committee Meeting (TCM):
 - a. This takes place the 3rd Wednesday of the month over MS teams. All reps should attend but there is a closed group for Consultants only at the end of the meeting without the SpRs.
 - b. Attendees are TPD, all ES, research supervisors and SpR representatives
 - c. Agenda of TCM:
 - i. Introductions
 - ii. Go through previous month's action points to update if completed or pending
 - iii. Trainer updates
 - iv. Trainee updates
 - v. Academic Programme and research updates
 - vi. Trainers & Sites updates
 - vii. Open discussion of pending actions including SpR queries
 - viii. Closed group with Consultants only (minutes of which should not be shared amongst the wider network)
 - d. This meeting is chaired by the TPD whilst the rep shares screen and completes minute taking. The minute taking rotates between Reps. If the TPD is unable to attend TCM, they should find an alternative Chair in advance.
 - e. Once minutes are completed, TPD should approve it and then the minute taking SPR should distribute this to all those invited to TCM
 - f. Ensure MS teams TCM folder is updated with the minutes including the date, and is renamed before updating the next month with the new date
2. Trainee- Trainers Meeting (TTM): In person meeting
 - a. The TTM normally takes place in May and November (6 monthly) and remains as a recurrent agenda on the TCM meeting.

- b. Attendees are all CS, ES, Academic/ Research leads, TPD and SpRs to attend in person
- c. All reps to help organise TTM in liaison with the Training Committee, which will be led by Lead reps
- d. Leaver's talks – We usually have one of the SpRs who have completed the scheme doing a presentation during the TTM.

Role Summaries

Lead Reps

- Lead in coordinating induction for new starters and TTM every 6 months
- At least one Lead rep to must attend TCM, otherwise find an alternative rep in advance
- Lead Induction updates (recurring QIP at each cycle)
- Lead Prospectus updates (recurring QIP at each cycle)
- Liaise between trainee group, TPD, Training Committee, and trusts.
- Support communication and troubleshooting across the scheme.
- Support/ delegate reps to maintain MS teams
- Job changeover – TPD usually sends out the list of jobs and job choices form in March and September. Trainees can seek guidance from their ES regarding ranking their choices. Lead reps should facilitate discussion in the nearest 12pm to 1pm slot, preferably at business meeting, particularly to support ST4s. Job allocations are dependent on individual trainees' needs and level of training. This meeting is to share their experiences, but TPD will allocate jobs.

Academic Reps

- Prof Skuse sends out the academic program in advance for each term. The academic rep liaises with him and other academic leads to organize the 12pm - 1pm SpR meetings w
 - 1st Wed: Peer supervision (not fixed)
 - 2nd Wed: Vega's session
 - 3rd Wed: Oncall supervision
 - 4th Wed: Business Meeting/ Peer supervision
 - 3 monthly TPD drop in:
 - The beginning of the rotation to introduce themselves to trainees
 - The middle of the rotation for job allocation/ ARCP discussions
- Liaise with Prof David Skuse and trainees on the academic programme.
- Allocate SpR cohort when case/ journal presentations required
- Support colleagues in presenting and accessing academic opportunities (journal clubs, case presentations).

Oncall Rep:

- Support the organization of the 6 monthly OOH On call CAMHS SpR Rota in liaison with CAMHS SpR Rota Coordinator, ELFT medical staffing and TPD.
- Lead the OOH on call protocol update yearly QIP under TPD supervision and in liaison with relevant trust leads for on call work.

- In liaison with LNC rep, to be involved in and responsive to dealing with identified issues as they arise including negotiations with the trust leads who are involved (can be anything from people coming off the rota due to pregnancy to creating a back-up rota for covid to helping to negotiate locum/on call pay etc)
- Liaise with medical staffing, rota coordinator, Patchwork, and TPD (6-monthly).
- Help coordinate rota organisation.
- Receive training and guidance from ELFT medical staffing & Patchwork.
- Lead Oncall Protocol updates (recurring QIP at each cycle)

LNC Rep

- Roles and Responsibilities: Bridge the link of our scheme with LNCs
- Represent all CAMHS SpRs interests as employees including local disputes (e.g. pay slips and contracts) in all participating Trusts (GOSH, ELFT, NELFT).
- Attend ELFT junior doctor forum – this has helpful information around ARCP, special interest, contract changes etc.
- Directly negotiates policies and contracts with local management
- Communicate LNC discussions to the SpR cohort
- Negotiation: Directly negotiate policies and contracts with local management.
- Representation: Represent members in local disputes and raise issues on behalf of doctors.
- Actively work to increase BMA membership and act as a link between local members and the national union.
- To be aware of broader Trust policies to advocate for CAMHS SpR cohort's priorities
- Liaison with BMA/trusts in terms of the work conditions/ contract/pay based discussions when deemed necessary to ensure better outcomes in terms of service provision/training conflicts
- Report back to the SpR cohort at monthly business meetings summarising the above
- Report back to the TCM at monthly meetings or handover to an attending rep
- Represent trainees at JDF/LNCs across trusts.
- Work with lead reps and TCM on issues at the training–employment interface.

LTFT Rep

- Raise issues raised by LTFT trainees with TPD and TCM
- Liaise with LTFT Champion of flexible working
 - ELFT: Dr Charlotte Smith
 - GOSH - Dr. Imke Meyer- Parson
 - NELFT - Dr. Amber Selwood

Social Rep

- Coordinate social events to improve peer support and sense of connectedness.
- Book socials for in person academic days
- Book social for 6 monthly Induction and TTM
- Book Christmas social