CAREER OPPORTUNITY

Mental Health Fellowship

The UBC Department of Psychiatry is inviting eligible candidates to apply for a full-time Fellowship in Children and Women’s Mental Health and Concurrent Disorders.

The focus of the one-year funded fellowships can be in child and adolescent, reproductive, or infant mental health. The fellowship may be primarily clinical or research-focused, but it must have at least a part time research or academic project included in it, equating to approximately 20% of the fellow’s time. Areas of focus may include any of the subspecialty clinics within mental health that are interested in providing this advanced training to a fellow. For a full list of the areas of focus available, please see the supplement document.

Applicants will have a medical degree and successful completion of a Residency Training Program &/OR a PhD in mental health or neuroscience related fields.

The anticipated start date range between August 1st and October 1st. This is a 1 year appointment. Salary will be commensurate with qualifications and experience. This position will operate out of the Children and Women’s Mental Health and Concurrent Disorders at BC Children’s Hospital.

Department of Psychiatry

A letter of application, accompanied by a detailed curriculum vitae and names of three references, should be directed to:

Dr. Lucinda Kunkel
Lucinda.kunkel@cw.bc.ca
Closing date: December 31, 2019

Anticipated start date of this position: between August 1 and October 1, 2020

The University of British Columbia (UBC) is a global centre for research and teaching. Surrounded by the beauty of the Canadian West, UBC embraces bold new ways of thinking that attract exceptional students and faculty. It is a place where innovative ideas are nurtured in a globally connected research community, providing unparalleled opportunities to learn, discover and contribute.

Faculty members, students, staff and alumni in the UBC Faculty of Medicine are actively engaged in innovative, leading edge research, education and community service on university and hospital campuses across the Province. Together we aim to create knowledge and advance learning that will make a vital contribution to the health of individuals and communities, locally, nationally, and internationally.

UBC hires on the basis of merit and is committed to employment equity. All qualified persons are encouraged to apply. UBC is strongly committed to diversity within its community and especially welcomes applications from visible minority group members, women, Aboriginal persons, persons with disabilities, persons of any sexual orientation or gender identity, and others who may contribute to the further diversification of ideas. However, Canadian and permanent residents of Canada will be given priority.

psychiatry.ubc.ca & med.ubc.ca
Areas of Focus

**OCD and Related Disorders**

The OCD Provincial Clinic and Research Program is run by Dr. Evelyn Stewart and provides a range of services that includes outpatient assessment, consultation and treatment of youth with OCD, consultation with community practitioners, clinical and translational research on OCD, and teaching of inter-disciplinary students. The program team comprises interdisciplinary clinicians including child and adolescent psychiatrists, psychologists and a social worker, in addition to several post-doctoral fellows, research assistants and research coordinators. Current clinical research projects focus on neurocognitive profiles of youth with OCD and non-affected siblings, neuroimaging, program evaluation, a randomized controlled trial, predictors of treatment outcomes, parent mindfulness skills training, epigenetics, and parent management training augmentation.

**Provincial Specialized Eating Disorders**

The successful applicant would be working in a tertiary hospital-based eating disorders treatment program with a 14 bed inpatient unit, 6 bed day program unit and a robust outpatient clinic staffed by a strong multidisciplinary team. This program works collaboratively with BCCH Division of Adolescent Health and Medicine (Department of Pediatrics), and has strong community partnerships with secondary-level programs, as well as the Looking Glass Residence (14-bed residential eating disorders treatment facility in Vancouver for youth age 17 – 24). Our program has specific research interests in assessing treatment outcome in children and youth with eating disorders across the gender spectrum. The expectation is that the successful applicant would experience working in the various treatment modalities as well as undertaking a defined research project within the unit under supervision.

The training opportunities would be tailored to the individual applicant and their prior clinical background and career interest. For applicants trained in pediatrics or family medicine, the emphasis would be on medical management. For applicants trained in psychiatry or clinical psychology, the emphasis would be on the mental health management.

**Neuropsychiatry**

The outpatient Neuropsychiatry Clinic provides specialized mental health services for children and youth with complex neurodevelopmental conditions (e.g., autism, intellectual/developmental disabilities, fetal alcohol spectrum disorder, genetic conditions).

Assessment, consultation, and treatment are provided for a wide range of co-occurring mental health and behavioural issues (e.g., anxiety, obsessive-compulsive disorder [OCD], tics, disruptive behaviour). The clinic is staffed by a multidisciplinary team of clinicians, including psychologists, psychiatrists, social workers, occupational therapist, and speech/language pathologist.
Somatization

The fellow will work closely with their primary supervisor and interdisciplinary team members including child and adolescent psychiatrists, clinical psychologists, a clinical social worker, a nurse-clinician, and pediatricians, as well as other clinical and research trainees in psychiatry and psychology. He/she will participate in at least weekly research and clinic meetings and will have opportunities for involvement in direct clinical care with children and families, dissemination of peer-reviewed research, and knowledge translation for community clinicians and the public.

Inpatient Adolescent

We are a tertiary level, 10 bed unit that treats youth and their families with complex psychiatric disorders within complex psychosocial situations. Presenting concerns typically include, but are not limited to, psychotic disorders, severe mood disorders, anxiety disorders, complex PTSD, conversion/somatoform, autism and other neuro-developmental disorders. We treat youth from all over the province and the Yukon, so we see very challenging and often diagnostically complex and unique cases. We work as a multidisciplinary team including psychiatry, psychology, social work, occupational therapy, nursing, child and youth care workers, teachers, nurse practitioner, and pharmacy. Our average length of stay is 4-6 weeks.

The clinical portion will involve managing a clinical caseload (supervised). Typical opportunities include, intake/ screening, admission, and comprehensive diagnostic assessments and treatment planning (including pharmacological management); discharge planning; individual treatment in a milieu setting; and the opportunity to co-facilitate therapeutic groups. There are many therapeutic modalities offered as part of an admission, such as CBT, IPT, DBT and group therapy which the fellow could learn or observe. There are also opportunities to provide family therapy and learn from a multi-disciplinary team. Our unit strives to be trauma informed. For psychologists, there is a unique opportunity to develop skills in providing psychological assessments (e.g., emotional, social, and cognitive) to support diagnostic clarification and treatment planning, for youth with severe mental illness and often co-occurring learning disabilities or cognitive impairments.

We are open to any research project currently underway, including a literature review or meta-analysis. Current projects on our unit include areas of comprehensive assessment of atypical presentations of psychosis, clozapine initiation, risk triage, and evaluation of our program’s efficacy.

Mood and Anxiety Disorders

The fellow will work closely with their primary supervisor and other team members in the mood and anxiety disorders clinic including child and adolescent psychiatrists, clinical psychologists, social worker, graduate students, and research assistants. The fellow will participate in weekly team meetings and will have opportunities for involvement in assessment, treatment, community consultation, teaching and mood and anxiety disorders research.
Clinical training experiences include diagnostic assessments, individual and group-based treatment approaches for mood and anxiety disorders. Particular focus areas within the clinic include mindfulness-based parenting programs for childhood anxiety as well as cognitive behavioural groups for children and parents including mindfulness components for parents. Specialized parent-child interaction therapy-informed group selective mutism treatment is another area of expertise for the clinic. We regularly run CBT groups for teen social anxiety and childhood anxiety, as well as interpersonal therapy groups for teen depression. Additional opportunities would include participation in mindfulness groups for teens with mixed depression and anxiety. We also work closely with other subspecialty clinics such as OCD and neuropsychiatry and there would be opportunities for collaboration across clinics in areas of shared expertise.

Research training experiences include participating in existing clinical research projects including an ongoing selective mutism treatment outcome study including an examination of moderators of treatment outcome including the role of parent factors. Other clinical interventions including group-based treatment for anxiety and depressive disorders and parent-based treatment programs are possible areas for program evaluation and/or research. Development of new training materials and knowledge translation round out the academic opportunities as part of this fellowship. Our provincial program at BC Children’s Hospital has been developing new models of care to increase access to specialized care throughout the province as well as build community capacity, particularly in rural and remote areas. Evaluation data of the new models of care are being collected on an ongoing basis. These data provide opportunities for evaluation of these new models of care. In addition, there is opportunity to participate in further development and evaluation of new services as well as participation in clinical delivery of outreach and collaborative models of care. Areas of current focus are low incidence disorders including selective mutism and complex presentations of mood and anxiety disorders.