Welcome from the Psychiatry Clerkship Director

A warm welcome from the Department of Psychiatry and Behavioural Neurosciences, McMaster University! We are thrilled that you are interested in an elective in Psychiatry in our department. We have dedicated supervisors in numerous specialty and general programs, ready to provide a stimulating and enriching learning experience for medical students. We hope that this booklet will give you an idea of what is happening in our department, and what may be of interest to you. Please feel free to contact the people listed for additional information about individual clinical placements. However, you should NOT be booking your electives directly with those people. Please contact the Clerkship Education Coordinator (Lisa Kennedy lkenne@mcmaster.ca) directly for logistic questions, or for booking an elective, as all clinical placements must be reserved centrally through our office. We look forward to hosting you for a Psychiatry placement in our department!

Natasja Menezes, MDCM, MSc., FRCPC
menezes@mcmaster.ca

Welcome from the Psychiatry Waterloo Regional Undergraduate Education Leader

“Greetings” from the Waterloo Regional Campus. We are looking forward to hosting Psychiatry clerkship electives, and have much to offer you. My role as Regional Educational Leader includes coordination of the undergraduate psychiatry curriculum and facilitation of rotation placements. I have access to all elements of psychiatric experiences within the region and we have the flexibility of being able to craft a dynamic exposure to a multitude of subspecialties. Please contact me if you are interested! The Waterloo Region looks forward to offering you a wonderful experience in Psychiatry!

Carla Edwards, MD, FRCPC
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Welcome from the Psychiatry Post-Graduate Program Director

Hello and welcome to McMaster Psychiatry! I hope that your time at McMaster will be an enjoyable and useful learning experience. Whether you are contemplating psychiatry as a career choice or simply hoping to further develop your psychiatric skills, we are delighted that you have chosen McMaster as a place to do this. As the director of the Psychiatry Residency Program I am always happy to speak with students about psychiatry as a career; psychiatry training in Canada; and of course, more specifically, our training programs here at McMaster in the Hamilton and the Waterloo Campuses. If you would like to meet with me during your elective, please contact me prior to the start of your elective so that we might set up a meeting while you are here at McMaster. I look forward to meeting you. Enjoy your elective!

Sheila Harms, MD, FRCPC
harmssh@hhsc.ca

GUIDELINES FOR BOOKING AN ELECTIVE

- Peruse this booklet for an idea of the varied clinical settings in which you can do an elective placement.
- If you have any questions about a specific placement setting, write to the contact person listed
  - Do NOT book your elective directly with the contact person listed in the description.
- Once you have an idea of your interests, contact the Clerkship Education Coordinator, Lisa Kennedy (lkenne@mcmaster.ca) to specify your areas of interests and the time and duration of your elective.
  - The Clerkship Education Coordinator will advise you about combinations of placements possible.
- Register your elective with the Clerkship Education Coordinator (McMaster Students).
  - If you are a Visiting Elective Student (i.e. from another University), then please register your elective at mdelect@mcmaster.ca.
  - Do NOT book your elective with any individual supervisors.
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1. GENERAL PSYCHIATRY
   a. Acute In-patient Psychiatry
   An elective of 4-8 weeks (4 days/week) is available in an acute general adult inpatient psychiatry setting. The acute general adult inpatient psychiatry program is an exciting place to learn and explore various psychiatric presentations and skills, in a diverse population. A learner can expect to learn about various acute presentations of psychiatric conditions and understand the bio-psychosocial nature of the presentation and management thereof. Acute inpatient psychiatry functions with a multidisciplinary team, including adult psychiatrists, nurses, occupational therapists, recreation therapist, social workers, pharmacists, dieticians, peer workers, family mediators, spiritual therapists, psychotherapists and psychologists. There are various opportunities for education such as formal teaching weekly rounds, group teachings for DBT, protected weekly supervision time with the named supervisors and informal teaching time such as supervised interviewing time, observation time for management/therapies specifically geared towards inpatient population such as neuropsychology testing, DBT and WRAP program. There are other opportunities for individual seeking specialized training or experience such as leading family meetings, ECT observation, presentation in education rounds in multi-disciplinary rounds, and attending and/or leading mental health review boards. Research opportunities such as writing case reports, series and posters are strongly encouraged and supported for interested learners. Contact person: Dr. Parthasarathi, (uparthas@stjosham.on.ca) or 905-522-1155 x36400.

   b. Consultation-Liaison Psychiatry
   An elective of 2-6 weeks is available on the consultation-liaison/medical psychiatry service. This is a busy service that involves psychiatric consultation to all the medical, surgical, intensive care and trauma services at St. Joseph’s Healthcare Hamilton, the Juravinski and Hamilton General Hospitals. Students can choose to be at one specific hospital or to be involved across sites. There is also the potential for involvement with the out-patient Neuropsychiatry Clinic at McMaster University Medical Centre (HHSC) where a neurologist is involved. Each hospital C/L team is made up of two experienced nurses and 1-2 staff psychiatrists. Senior psychiatry residents are regularly on service for their core consultation-liaison rotations which last 3-6 months. Students have the opportunity to regularly observe staff assessments as well as to be observed in their assessments. The service is an academic one with regular teaching rounds. The range of patients seen is remarkably wide and challenging. Involvement on the service affords students the potential to learn about the biological and neuroscientific underpinnings of psychiatric illness. There is definitely the potential for involvement in clinical research activities. Contact person: Dr. Patricia Rosebush (rosebush@hhsc.ca or rosebpat@aol.com).

   c. General Out-patient Psychiatry
   Electives are available for two week periods from one to five days a week in the Community Psychiatry Services (CPS). The CPS philosophy is to provide an integrated approach to psychiatric treatment combining psychotherapy and psychopharmacology. CPS is multidisciplinary and has three treatment streams: [I] Primary Care Consultation Stream (“Rapid Consult Clinic”): this is a service provided to family physicians to assist them in the on-going care of patients with psychiatric disorder; [II] Dialectical Behavioural Therapy Stream: this is a one year individual and group therapy program for patients diagnosed with borderline personality disorder; and [III] Treatment and Recovery Stream: for people with serious psychiatric illness who have high levels of symptoms and impairment and who can benefit from the services provided which include various psychotherapy modalities. Clerks placed for an elective at CPS will be able to see a range of patients with multiple psychiatric diagnoses, including unipolar and bipolar disorder, dysthymia, PTSD, anxiety disorders, borderline personality disorder, and concurrent substance abuse. Students will participate in patient interviews and observe various psychotherapeutic modalities. Contact person: Dr. Alan Eppel, Medical Director (eppela@mcmaster.ca)
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d. Psychiatry Emergency Services
   An elective of 1-4 weeks (1-5 days a week) is available in the Psychiatric Emergency Service. The PES offers trainees the opportunity to participate in the assessment and care of patients presenting to the emergency department in distress. Many patients are experiencing suicidal ideation, and we see patients with a wide range of diagnoses and problems. Trainees work with the on duty attending psychiatrist and PGY-1 to observe, assess and manage patients. There is often the opportunity to provide short-term follow-up care to one or more patients. The team consists of an on duty psychiatrist, a PGY-1, a charge nurse, a social worker and PES nurses. The PES offers a great opportunity to do many assessments, observe acute psychopathology, become familiar with the Hamilton mental health network of services, and learn some brief psychotherapeutic interventions. Electives can be customized to the interests of a clerk or combined with another part time placement. Contact person: Dr. Janet Patterson (janetpattersonmd@gmail.com) 905-522-1155 x34358.

2. SPECIALTY PROGRAMS
   a. Anxiety Disorders
      Electives of 2-4 weeks (2-5 days per week) are available at the Anxiety Treatment and Research Centre (ATRC). The ATRC is one of Canada’s leading centres for clinical service, education, and research in the area of anxiety disorders. Staffed by a multidisciplinary team consisting of psychiatry, psychology, social work, nursing and administrative staff, the ATRC provides specialized consultation, assessment, and treatment for individuals with a principal anxiety disorder. Treatment includes pharmacotherapy and evidence-based psychological treatment provided in both group and individual formats. Clerks completing an elective at the ATRC will have exposure to individuals presenting with a broad range of anxiety disorders and comorbidities. They will observe evidence based consultation and assessments as well as group treatment. Contact: Dr. Noam Soreni (nsoreni@stjoes.ca) or Dr. Karen Rowa (krowa@stjoes.ca)

   b. Bridge to Recovery/Day Hospital
      An elective of 2-6 weeks, Tuesdays and/or Thursdays is available at the Bridge to Recovery Day Hospital Program (BRDHP). The BRDHP program is a 6 week outpatient Dialectical Behavior Therapy (DBT) program for patients with suicidal behavior and emotional dysregulation. Many of our clients have Borderline Personality Disorder, depression and anxiety disorder. The DBT treatment is provided by a multidisciplinary team, in individual and group therapy. Patients are generally referred from Inpatient- or Psychiatric Emergency Services, and are thus in an acute phase, requiring intensive psychiatric assessment and management. Clerks placed for an elective at BRDHP can expect to do one to two assessments per day, several follow-up sessions and can participate in DBT skills training group. Contact person: Dr. Steve Webb (steve.webb620@gmail.com)

   c. Child and Adolescent Psychiatry
      An elective of 1-4 weeks duration is available in the Division of Child and Adolescent Psychiatry and its attendant clinics at McMaster Children’s Hospital and St Josephs Hospital. A variety of different clinics/settings are available including in-patient, out-patient, day program, consultation-liaison, child welfare, emergency, eating disorders, mood and anxiety disorders with youth, neuropsychiatry and community consultation. The teams/clinics consist of child and adolescent psychiatrists as well as a variety of health care professionals working in multi-disciplinary teams. Opportunities for research or intensive study of a particular topic relevant to child and adolescent psychiatry are also available through the Offord Centre for Child Studies (www.offordcentre.com), a research institute supported by the university and the hospital. Clerks placed for an elective in the Division can expect exposure to a wide range of developmental psychopathology and will develop skills in psychiatric assessment of children and youth. An emphasis is placed on group interventions as well as individualized treatments. Contact person: Dr. Ellen Lipman (elipman@mcmaster.ca)
d. Dual Diagnosis Team
Electives of 3-6 weeks (1-3 days per week) are available with the Dual Diagnosis Team at St. Joseph’s Healthcare Hamilton. The Dual Diagnosis Team provides psychiatric consultation and short-term follow-up for adults with developmental disabilities with a concurrent diagnosis of a mental health issue (mood/anxiety/psychotic disorder) and/or significant behavioural issues (such as self-injurious and/or aggressive behaviours). The Dual Diagnosis Team provides care to their patients in the community (private homes and group home environments) as well as in an office environment, depending upon the individual patient’s needs. The Team is multidisciplinary, consisting of two registered nurses, an occupational therapist, and three part-time psychiatrists. An elective with the Dual Diagnosis Team provides exposure to the challenges faced by people who have a developmental disability and who are also living with a mental illness or significant behavioural issues.
Contact: Dr. Albina Veltman (avelman@stjoes.ca) or Dr. Marc Woodbury Smith (mwoodbur@stjoes.ca) or Dr. Jeremy Goldberg (jgolber@stjoes.ca).

e. Forensic Psychiatry Program
An elective for variable length of time is available on the Forensic Service of St. Joseph’s Healthcare Hamilton, West 5th Campus. Forensic Psychiatry is a psychiatric subspecialty in which scientific and clinical expertise are applied to legal issues in legal contexts, embracing civil, criminal, correctional or legislative matters. Forensic Psychiatrists also have specialized expertise in the assessment and treatment of special populations including young offenders, sexual offenders and violent offenders. The Forensic Program consists of sub-clinics including 2 inpatient units, a Forensic outpatient component, and various consultative activities (Fitness to Stand Trial clinic, civil medicolegal insurance-type cases and occasional telehealth consultations). The teams/clinics consist of psychiatrists, psychologists, nurses, in-house legal counsel, and a variety of allied health professionals. Forensic Psychiatry is a new subspecialty recognized by the Royal College of Physicians and Surgeons of Canada. We are an academic program with research activities, and teaching complementing our clinical service. Clerks may have opportunities for unique experience such as attending court, visiting local detention centres or observing Ontario Review Board tribunals. Contact person: Dr. Gary Chaimowitz (chaimow@mcmaster.ca or 905-388-2511 ext.35424).

f. Geriatric Psychiatry
An elective of 2-4 weeks is available at the Geriatric Psychiatry Program. The Geriatric Psychiatry Program capitalizes on the strengths at McMaster University with emphasis on high quality clinical care, teaching and research. The Program provides care to patients over the age of 65 years with serious mental illness and age related mental health issues. Expertise in managing common clinical conditions encountered in geriatric psychiatry include dementia, delirium, mood and anxiety disorders, late life psychosis and interactions between medical and psychiatry illness in seniors. The work takes place in a variety of health care settings including outreach and outpatient clinics, an acute psychiatry inpatient unit and a specialist unit for patients with dementia and behavioural concerns. Our teams are all multidisciplinary and include psychiatrists, nurses, social workers, physiotherapists, recreation and occupational therapists, with access to the neuropsychology team. An elective with our Program would provide an excellent introduction to Geriatric Psychiatry as we provide care in a variety of settings within designated teaching facilities with optional research exposure in this specialty. Contact person: Dr Ana Hategan (ahategan@stjosham.on.ca).

g. LGBTQ Mental Health Clinic
Horizontal electives of 3 weeks - 6 months (1 night per week) are available with the LGBTQ Mental Health Clinic at the LGBTQ Community Wellness Centre of Hamilton in downtown Hamilton, run through the Cultural Mental Health Program at St. Joseph’s Healthcare Hamilton. The LGBTQ Mental Health Clinic provides psychiatric consultation and short-term follow-up mental health care for adults who identify as being lesbian, gay, bisexual, transgender and/or queer, who are also struggling with a variety of different types of mental health issues (ranging from anxiety/mood/psychotic disorder to adjustment disorders secondary to the coming out process and/or experiences of rejection and/or homo/bi/transphobia). An elective at the LGBTQ Mental Health Clinic provides exposure to the challenges faced by people who identify as LGBTQ in terms of their potential experiences of homo/bi/transphobia and also an
understanding of some of the systemic barriers faced by LGBTQ communities. Contact person: Dr. Albina Veltman (aveltman@stjoes.ca).

h. Mood Disorders Program
An elective of two to six weeks duration is available at the Mood Disorders Program at St. Josephs Centre for Mountain Health Services. The Mood Disorders Program is a large program involving both inpatient beds and outpatient clinics. Patients seen in clinic have complex unipolar and bipolar illness and usually have comorbid anxiety disorders or ADHD. An elective in Mood Disorders could involve broad or more focused exposure to cognitive behavioural therapy (CBT), mindfulness based CBT, psychopharmacology and stimulant treatments such as Transcranial Magnetic Stimulation and ECT. The program additionally has a clinic focused on transitional age youth (14-25) which includes a running group. This is a multidisciplinary program with active involvement of social workers, psychologists, and occupational and recreational therapist. This program has extensive research involvement including imaging studies, memory, and clinical trials. Clerks placed for an elective in the program can expect to see a broad range of illness and treatment, but are welcome to narrow this to their specific interests. Contact person: Dr. Lawrence Martin (martinl@mcmaster.ca).

i. Schizophrenia and Community Integration Service (SCIS)
The Schizophrenia and Community Integration Service’s aim is to support individuals with schizophrenia and experiences with psychosis to regain and manage their health, and to live hopeful, meaningful lives through the provision of compassionate, innovative, specialized mental health and addiction services. Multidisciplinary clinical teams use recovery-oriented practices to deliver state-of-the-art services according to evidence-based practices at different stages of illness. These multi-disciplinary teams include medicine, nursing, occupational therapy, social work, vocational therapy, recreational therapy, nutrition and psychology. The service is comprised of inpatient, outpatient and transitional services. The inpatient services are organized on three units with a total of 86 beds, servicing approximately 300 inpatient stays per year for individuals with diverse and complex psychiatric, psychosocial, medical and legal needs. The outpatient services provide a range of resources in early intervention (Cleghorn), rehabilitative (Centralized Rehabilitation), and community (Community Schizophrenia Service and ACTT) models. The SCIS program is very active in research and education and welcomes learners at various stages of training. Contact Person (SCIS in-patient, CSS, Rehab): Dr. Peter E. Cook, Head of Service, Schizophrenia & Community Integration Service (cookpe@mcmaster.ca)

ii. Assertive Community Treatment Teams
Electives of 3-6 weeks (2-5 days per week) are available with an Assertive Community Treatment Team (ACTT). Assertive Community Treatment Teams provide comprehensive, community-based psychiatric treatment, support, and rehabilitation services to people living with serious mental illness, such as schizophrenia and other psychotic disorders. Patients served by ACTTs often have complex co-existing problems, such as substance use, homelessness, and/or involvement with the legal system. These patients’ needs are not met by traditional office-based mental health services. Patients on ACTTs receive intensive support from an inter-disciplinary team of workers who typically meet with patients outside of the office (in patients’ homes or elsewhere in the community). The team is staffed by healthcare workers with diverse backgrounds and areas of expertise, such as nursing, social work, occupational therapy, recreation therapy, addiction treatment, vocational rehabilitation, and peer support. An elective with ACTT provides exposure to the challenges faced by people living with chronic mental illness. Clerks will have the opportunity to go on home visits and to work closely with an inter-disciplinary team. St. Joseph’s Healthcare Hamilton administers four ACTTs. Two are located within Hamilton, and the other two serve the regions of Brant and Haldimand-Norfolk. Contacts: Hamilton Teams: ACTII: Dr. Rachel Erstling (rerstlin@stjoes.ca) or ACT I (HARTS): Dr. Albina Veltman (aveltman@stjoes.ca); Brant Team: Dr. Bruce Menchions (bmenchions@cogeco.ca); Haldimand-Norfolk Team: Dr. Sarah Garside (garsides@mcmaster.ca).
iii. Cleghorn Program
Electives of 2-4 weeks (2-5 days per week) are available at the Cleghorn Program. The Cleghorn Program is a well-reputed “early intervention for psychosis” clinical and research service. It provides rapid consultation and follow-up for young people in the early phases of psychiatric illnesses such as bipolar disorder, schizophrenia, and other related disorders. It is a multidisciplinary team consisting of child and adult psychiatrists, nurses, occupational therapists, recreation therapist, social worker, community support worker, and neuropsychologist. The Cleghorn Program team members are also involved in research studies such as pharmaceutical trials, longitudinal studies, and epidemiological determinants of health studies. Contact person: Dr. Natasja Menezes (menezes@mcmaster.ca) or Dr. Suzanne Archie (archies@mcmaster.ca).

j Women’s Health Concerns Clinic
An elective of 3-6 weeks (2-4 days per week) is available at the Women’s Health Concerns Clinic (WHCC). The WHCC is a clinic that provides assessment and treatment for women who are experiencing mood and anxiety problems relating to the menstrual cycle, childbearing or menopause. We are a clinical and research team that consists of psychiatrists, psychologists, master’s level therapists, nurses and social workers. In addition to providing clinical care, we also conduct clinical, epidemiological and biological research into the etiology, diagnosis and treatment of women’s mood and anxiety problems. Clerks placed for an elective at the WHCC can expect to gain knowledge and practical experience in the recognition, diagnosis, and management of common women’s mental health problems encountered around the menstrual cycle, childbearing, and menopause. Students interested in research can also become involved in one of our ongoing projects. Contact person: Ms. Lisa Botas at 905 522-1155 x33605 (lbotas@stjosham.on.ca).

3. WATERLOO REGIONAL CAMPUS
Waterloo Region boasts a wide variety of opportunities for elective experience in Psychiatry. Elective opportunities include both inpatient and outpatient exposure to child psychiatry, general adult psychiatry, geriatric psychiatry and eating disorders. Additional opportunities exist for inpatient rotations in adult chronic and complex care, crisis services, mood and anxiety programs, post-traumatic stress recovery programs, addictions, and concurrent disorders. Outpatient experiences are available with Assertive Community Treatment Teams and early intervention psychosis. Contact person: Dr. Carla Edwards (edwardcd@mcmaster.ca).