

Inner City Community Psychiatry Fellowship
St. Michael's Hospital, Unity Health Toronto
Toronto, ON, Canada

The St. Michael's Hospital Inner City Community Psychiatry Fellowship (ICCPF) seeks: 1) to support and improve the practice of Community Psychiatry and the level and type of care provided to marginalized and underserved inner city populations, 2) to help fellows develop a better understanding of how socio-cultural-political factors, in concert with biological and psychological factors, influence the causes, expression and course of psychiatric disorders, 3) to develop expertise in evidence based clinical, programmatic and policy practices in addiction and intensive community based care provided to patients with severe mental illness (SMI); to gain expertise in different models of care in the community (e.g. Assertive Community Treatment (ACT), Flexible ACT (FACT), and Intensive Case Management (ICM).

Program Description:

The St. Michael's Hospital ICCPF Program was established in 2017 to help fellows develop expertise in providing comprehensive psychiatric care to marginalized patients with complex mental illness. Our hospital is located in an inner city area of Toronto with approximately 130,000 inhabitants in its catchment area. Many of the city's main homeless shelters and drop-in centres are located in this area. Twenty seven percent of private households in this area live below the poverty line, and the unemployment rate is the highest within the city. Our hospital provides medical and psychiatric care to many of these patients through a number of programs.

The core program for the ICCPF is the FOCUS team which was established based on the Flexible Assertive Community Treatment (FACT) model. FACT, developed in the Netherlands, aims to provide recovery focused care to a broad range of patients with SMI. This model recognizes the changing service needs of patients over time and combines elements of both Assertive Community Treatment Teams (ACTT) and Intensive Case Management (ICM) on the same team, maintaining continuity of care. This team is one of the first implementation of FACT in North America. A longitudinal core rotation on the FOCUS team will provide the fellow with the opportunity to develop his/her skills in delivering care to patients with SMI and complex physical health and social needs. In addition, fellows are provided with opportunities to enhance their core fellowship program through a combination of the following selective options (depending on fellow's interest and program availability).

i) The Addictions Program, which offers inpatient consultation, out-patient rapid access to pharmacological addictions treatment, and psychosocial interventions such as cognitive behavioral therapy, dialectical behavior therapy and seeking safety therapy that are delivered by a multi-disciplinary team. The core addiction experience would include inpatient consultation work in order to learn the basics of pharmacology, brief interventions, and medical/psychiatric comorbidities. This will be followed by work in the Rapid Access Clinic which will provide an opportunity to develop the capacity to prescribe Buprenorphine (Suboxone®), alcohol anti-craving medications, benzodiazepine tapers, and when to refer for Methadone, as well as training in motivational interviewing.

ii) The Starting Treatment Early for Psychosis Service (STEPS) for Youth program, which is designed to provide early intervention services for youth experiencing signs and symptoms of a first episode of psychosis.

iii) The St. Michael's Hospital emergency department, which has one of the largest volumes of all the Toronto emergency departments and is a designated trauma centre. A 24/7 psychiatric emergency service with crisis beds and full-time specialized nurses and residents.

iv) Woman's Mental Health Clinic, where in addition to providing psychiatric consultation and follow up to woman with SMI, the fellow can work closely with our obstetric team to provide care to street involved women as well as women with HIV. During this selective, the fellow can work closely with patients who are actively involved with the legal system as well as the child welfare system.

v) HIV Psychiatry Care. This program provides psychiatric care for patients at all stages of HIV/AIDS illness. Their services range across multiple settings, from ambulatory care, to inpatient consultation team and community outreach to organizations that provide care and support for people living with HIV (e.g. Fife House, Casey House and McEwan Housing).

vii) The Mental Health Assessment Clinic (MHAC), which is housed within the hospital, and allows fellows to see patients referred by community family physicians for consultation as well as brief follow up. MHAC provides a unique opportunity in delivering shared care to our marginalized patient population.

Additional potential work sites:

Inner City Health Associates (ICHA), which is the largest homeless health organization in Canada, with 200 physicians and nurses offering Toronto's homeless and precariously housed population with direct access to primary care, psychiatric, and palliative health services. Fellows could work on psychiatric outreach for people on the street or at shelter-based clinics, drop-in sites, encampments, and physical distancing hotels.

Faculty members from the Department of Psychiatry will supervise patient care and related educational activities at various sites. In addition, fellows may choose to pursue other educational or research activities as their "selective" based on their personal interests, including educational scholarship, quantitative or qualitative research, and administration as well as policy or advocacy pending approval of their primary fellowship supervisor and related oversight bodies (e.g. REB).

The distribution of clinical, teaching, and research time can be flexible, with the main focus being clinical. Fellows are not expected to do on-call at the hospital.

Fellowship Duration & start date: One year commencing July 1, although exceptions may be made on a case by case basis.

Stipend availability: Psychiatry fellows must receive a minimum stipend of **\$78,190.61 CAD/annum** annually for a full-time training position. Candidates selected for this opportunity are expected to source their own stipends through institutional research/educational scholarships or grants; a return-of-service agreement; home country sponsorships*, or self-funding through anticipated independent OHIP billings. Recent (2023) policy changes in Ontario from the Ministry of Health and Ontario Health Insurance Program (OHIP) have severely limited the billing opportunities even for fellows who have an Ontario OHIP billing number. Opportunities to bill is limited and will be considered on a case-by-case basis.

* Sponsored candidates are applicants from the following countries whose governments have official postgraduate medical training agreements with the university of Toronto: **Bahrain, Kuwait, Oman, Qatar, United Arab Emirates, and Saudi Arabia.** **Note:** Sponsored candidates must have already initiated an application on the University of Toronto's **Sponsored Trainee Application Registry (STAR)**. For more Information, contact the University's postgraduate medical education (PGME) office at: pgme.international@utoronto.ca

Application deadline: Applications will be reviewed on a rolling basis. However, candidates must apply well in advance of the prospective start date, to accommodate the additional university registration, provincial accreditation, OHIP qualification and insurance registration timelines (see below).

Note: Selected candidates will have to secure a clinical fellowship appointment with the University of Toronto's Psychiatry Fellowship Program to pursue this training. Therefore, applicants must also familiarize themselves with the University of Toronto's fellowship application process:

<https://www.psychiatry.utoronto.ca/apply-fellowship-program>

Eligibility

- Have a recognized medical degree.
- Will have completed psychiatry residency.
- Be eligible for obtaining the College of Physicians and Surgeons of Ontario (CPSO) medical practice license and
- Be able to obtain malpractice insurance (e.g. CMPA) coverage. Please see the detailed requirement information here: <https://psychiatry.utoronto.ca/prospective-fellows>.
- Eligible for Workplace Safety and Insurance Board coverage (premium coverage negotiable with supervisor)

To Apply

Please send a brief (1 page) letter of intent and a CV to the fellowship co-leads Dr. Beder and Dr. Law.

Contact:

Michaela Beder: michaela.beder@unityhealth.to

Samuel Law : samuel.law@unityhealth.to