

Child and Adolescent Mental Health Fellowship Program **South London and Maudsley NHS Foundation Trust**

Requirements

- Medical Degree and completion of Specialist Psychiatry training to consultant level or equivalent.
- IELTS / OET pass with the appropriate score to practice medicine in the UK.
- As a minimum, a doctor applying for registration with an offer of sponsorship must have been engaged in medical practice for three out of the last five years including the most recent 12 months.
- Candidates must meet the GMC's Good Medical Practice standards which can be found on http://www.gmc-uk.org/guidance/good_medical_practice/index.asp.
- Sponsored doctors will already have relevant specialist experience before coming to the UK and are expected to be at least at the level of a UK graduate with a minimum of three years post-qualification experience at the point they apply for registration.
- Applicants will need to supply evidence of an acceptable primary medical qualification and of their knowledge of English and show that their fitness to practice is not impaired.

POSITION DESCRIPTION

The South London and Maudsley NHS Foundation Trust provides the widest range of NHS mental health services in the UK and aim to be a leader in improving health and wellbeing – locally, nationally and globally.

We serve a local population of 1.3 million people in south London, as well as specialist services for children and adults across the UK and beyond.

South London and Maudsley NHS Trust has the most comprehensive child and adolescent mental health service in the country led by national and international leaders in their field. Universities have a profound influence on our understanding of mental health problems in childhood, on the development of treatment approaches and on service development and evaluation.

This mental health trust has responsibility for services for Southwark, Lambeth, Lewisham and Croydon. The service is made up of: National & Specialist Outpatients, National & Specialist Inpatients, Central Crisis Services and the boroughs of Lambeth, Southwark, Lewisham and Croydon clinical services. It also has a wider brief in a national Research and Development Contract with the Department of Health.

As well as providing a range of services to local children, professional staff provide specialist tertiary services to children and adolescents throughout the country.

Professional staff also work closely with local authority social services, education, community health services, acute paediatrics, primary care, the voluntary sector and the criminal justice system.

Staff within the Directorate provide national training programmes for under and postgraduate trainees from all the key mental health professions, and it is important to ensure that academic and service interests work in a collaborative and mutually beneficial way.

Child and adolescent mental health services have a history of multidisciplinary and multi-agency working and it is important to nurture these different perspectives to effectively contribute to the national policy of cross-agency collaboration.

This integrated child and adolescent mental health services make it possible for us to address both an individual's mental health and social care needs. In particular, we are focusing more on early intervention: getting help to people sooner and supporting them at an earlier stage in their lives – especially younger people. Our work is about changing lives, not just for individuals, but in partnership with them.

OUR SERVICES

The Child and Adolescent Directorate currently consists of: the national outpatient service with over twenty specialist/research teams at the Michael Rutter Centre, Maudsley Hospital (shortly to move to the Pears Maudsley Centre); Paediatric Liaison at King's Hospital, Lewisham and St Thomas' Hospitals; inpatient units based at Bethlem Royal Hospital and the Maudsley Hospital (shortly Pears Maudsley Centre); child and adolescent community multidisciplinary team bases, in Croydon (Christopher Wren House), in Lambeth (at Black Prince Road), in Southwark (Sunshine House) and in Lewisham (Kaleidoscope).

There are multidisciplinary services in boroughs primary care and joint working with Child Health and Social Services. All Borough services have learning disability services though configured differently in each area. Services for early intervention and for children looked after provided, often through different funding streams.

The complete list of services offered by the South London and Maudsley NHS Foundation Trust can be found visiting <https://slam.nhs.uk/services>

The primary supervisor will be a nationally and internationally recognised expert and leader in the field of child and adolescent mental health.

KING'S MAUDSLEY PARTNERSHIP FOR CHILDREN AND YOUNG PEOPLE AND COLLABORATION WITH THE INSTITUTE OF PSYCHIATRY, PSYCHOLOGY AND NEUROSCIENCE (IOPPN)

The **King's Maudsley Partnership for Children and Young People** (KMP), with purpose-built **Pears Maudsley Centre for Children and Young People**, is dedicated to improving mental health of children and young people research and clinical care. Developed by King's College London, the South London and Maudsley NHS Foundation Trust, and the Maudsley Charity.

KMP brings together world-leading scientists at the IoPPN, the Trust's specialist child and adolescent mental health services. They will work alongside each other to better understand the root causes of mental health problems in order to identify those at risk earlier on and develop new treatments and ways of addressing the mental health and wellbeing challenges facing children and young people today. The Pears Maudsley Centre is a £90 million purpose-built centre devoted to children and young people's mental health and the work to be undertaken there is a timely response to rising mental health problems amongst children and young people – a trend exacerbated by the Covid-19 pandemic.

The **Institute of Psychiatry, Psychology and Neuroscience (IoPPN)** is a Faculty of King's College London. It carries out an extensive program of postgraduate teaching and research in basic, behavioural and social sciences. The three complementary roles of the Institute are to offer advanced university training for psychiatrists, psychologists, neurologists and other scientific and paramedical workers; to pioneer research into new and improved ways of understanding and treating mental illness and brain disease; and to assist with the provision of high standards of treatment and care to the patients of the **South London and Maudsley NHS Foundation Trust** and other hospitals with which the Institute is associated.

The **Department of Child & Adolescent Psychiatry** at the Institute of Psychiatry, Psychology and Neuroscience is world-renowned for its progressive research in this field. Our goal is to understand in principle how childhood disorders are distinct. We then apply those principles to prevention, diagnosis and treatment - specifically designed with development in mind. The Department is the focus for the Child Mental Disorders theme within the **Biomedical Research Centre** (funded by the National Institute for Health Research).

We provide the essential link between state-of-the-art science and its translation into clinical services, strengthened by our pivotal role within **King's Health Partners** and our staff's myriad connections with the National Specialist teams based at the Maudsley Hospital.

The building will house the Department of Child and Adolescent Psychiatry alongside modern inpatient, outpatient and crisis mental health care facilities for children and young people. There will be state of the art child- and family-friendly clinical research facilities, including an imaging suite, virtual reality and a digital laboratory. Fellows will be primarily based in the Pears Maudsley Centre for Children and Young People.

EDUCATION

At South London and Maudsley NHS Foundation Trust, we embrace our responsibility to advance the mental health care system and expand our research, teaching and education expertise. As a teaching hospital, and with our affiliation with the Royal College of Psychiatrists, we provide many opportunities for student placements, both undergraduate and postgraduate, as well as training medical students from Kings College London medical school, Core and Higher Trainees in psychiatry and Clinical Academic Fellows. The close affiliation to the Institute of Psychiatry, Psychology and Neuroscience, also means that undergraduate and postgraduate research students are also supported.

The South London and Maudsley NHS Foundation offers flexibility with Fellowships depending on the area of expertise and interest of each applicant. Fellows are expected to contribute to the academic life of at South London and Maudsley NHS Foundation Trust and the Royal College of Psychiatrists as well, including engagement through teaching, quality improvement work, and/or research, to be determined with the applicant.

TRAINING PROGRAM:

The main focus of the fellowship program will be on the clinical care of children and adolescent with mental health difficulties. In addition, doctors will have the chance to train in relevant evidence-based modalities of treatment including psychotherapies and work on a research/ quality improvement project in collaboration with South London and Maudsley NHS Foundation Trust and professionals from the Institute of Psychiatry, Psychology and Neuroscience (IoPPN).

Below is the outline of the activities of the fellowship:

Monday to Friday, 9 am - 5 pm with 30-minute lunch break (37.5 hours per week) divided into:

-60% clinical duties between inpatient, outpatient and outreach settings, working with interdisciplinary team of nurses, social workers, psychologists, occupational therapists and other allied health professionals in collaboration with consultant psychiatrists.

-20% education and training in the area of child and adolescent mental health. This includes training on evidence-based psychotherapies and systematic review.

-20%: research / quality improvement collaborative project around child and adolescent mental health with key players from Research and Academics at South London and Maudsley NHS Foundation Trust.

Time allocation per week: (3.5 hours per session)

6 clinical sessions

2 education/supervision sessions

2 research sessions

Sample Timetable - The timetable below should only be interpreted as a guide to the most regularly occurring duties.

Day	AM	Lunch break (30 minutes)	PM
Monday	Clinical		Clinical
Tuesday	Clinical		Clinical / Supervision
Wednesday	Education		Education/Research
Thursday	Clinical		Clinical
Friday	Education/Research		Education/Research

The above can be modified based on clinical opportunities throughout the year.

DUTIES:

- Assessment of new cases for diagnostic and treatment needs, starting new treatment, supervise treatment to optimise outcomes.
- Medication reviews and follow-ups.
- Clinical handover and discussion of cases in the red and amber zones.
- Weekly clinical MDT meeting for discussion, treatment planning and safety planning.
- Outpatient clinics, including visits in the community and assertive community treatment plans.
- Liaison with other mental health services, general practitioners, rehabilitation services, social services and other relevant services and stakeholders, to ensure holistic and patient-centred care.
- Understanding Mental Health Act legislation and applying the principles of consent, mental capacity and safeguarding, to any legal framework.
- Team formulation meetings, for deeper understanding of our most complex patients and deeper, even more personalised, care planning.
- Staff support group to improve team working and also receive regular space to process challenging issues at work and improve wellbeing.
- Provision of evidence-based intervention under supervision.
- Collaboration on research/ quality improvement and knowledge translation project in the area of child and adolescent mental health.

Education and Training elements are significant and can be tailored to the interest and needs of the Fellow. They may include:

- Attendance and presentation at Maudsley Grand Rounds
- Attendance at the Journal Club
- Attendance and submission of conference symposia to national and international conferences