

Clinical Fellowship in Child and Adolescent Psychiatry

INTRODUCTION

About Institute of Mental Health (IMH)

IMH is a 2,000-bed acute tertiary psychiatric hospital situated on a 25-hectare campus at Buangkok Green Medical Park. Set amidst serene surroundings, IMH offers a comprehensive range of psychiatric, rehabilitative and counselling services for children, adolescents, adults, and the elderly. Our treatment integrates evidence-based therapies, supported by the departments of clinical psychology, nursing, occupational therapy, and medical social work to provide holistic care for our patients. IMH is equipped with modern facilities, with 50 wards for inpatients and seven Specialist Outpatient Clinics.

IMH was the first mental health institution in Asia to receive the Joint Commission International Accreditation in 2005, a highly coveted international accreditation for healthcare organizations.

About Department of Developmental Psychiatry

The Department of Child and Adolescent Psychiatry (DCAP) was first set up in 1970 followed by the Child Guidance Clinic in the 1980s. In addition to a 20-bedded inpatient unit, DCAP's specialty services also include Mood & Anxiety Clinic, Neurobehavioral Clinic (Autism & ADHD) and Child Forensic Service (FRIENDS). Recognizing the importance of outreach work within the community, REACH (Response, Evaluation Assessment and Intervention in Community Mental Health), a community-based multidisciplinary team supporting school counselors throughout Singapore was set up in 2007 under the National Mental Health Blueprint Programme by the Ministry of Health.

In 2017, DCAP became part of the Department of Developmental Psychiatry.

NAME OF PROGRAMME DIRECTOR

- Dr Lim Choon Guan, Senior Consultant and Chief of Department of Developmental Psychiatry

NAME OF PROGRAMME

- Clinical Fellowship in Child & Adolescent Psychiatry

DURATION OF PROGRAMME

- Between 6 months to 1 year

OBJECTIVES

- Enhance knowledge and skills in child and adolescent psychiatry
- Familiarize use of psychosocial model and multidisciplinary team approach
- In-depth understanding of child psychiatric practice and child mental health services in tertiary care setting

MINIMUM ENTRY REQUIREMENTS FOR APPLICATION

- Meets SMC requirements for Temporary Registration as a Clinical Fellow (link below, under Section B – Temporary Registration for Training)
<https://www.smc.gov.sg/for-professionals/apply-for-registration/temporary-registration/#205aa19a42c97ec779f82b40566add89>
- Prior experience in Child & Adolescent Psychiatry

KNOWLEDGE AND SKILL AREAS/ KEY CLINICAL CASES

Knowledge and skill areas

- Diagnostic interview and mental state examination
- Differential and dual diagnoses
- Child psychopharmacology
- Multidisciplinary teamwork
- Collaboration with schools, various Ministries and Voluntary Welfare Organizations
- Discharge planning and follow-up care
- Individual and Family Psychoeducation
- Cognitive and Behavioral Psychotherapy
- Family and Group therapy

Key clinical cases

- Neuro-developmental Disorders including attention deficit hyperactivity disorder (ADHD) and autism spectrum disorder (ASD)
- Stress-related Disorders including trauma-related disorder
- Mood Disorders including Self-harm and Suicidality
- Anxiety disorders
- Conduct disorder
- Psychotic Disorders
- Psychiatric Disorder secondary to General Medical Conditions

COMPONENTS OF TRAINING (CLINICAL AND/OR NON-CLINICAL)

- Registrar/Senior resident-level duties in an inpatient ward setting catering to wide variety of child and adolescent psychiatric and psychological conditions, such as Schizophrenia, Depression, Bipolar Mood Disorder, Conduct Disorder, Emotional Disorders etc., with on-going supervision during clinical work.

- Community-based REACH services: mobile support and professional mental healthcare to children from schools living in Northern and Southern zones of Singapore.
- Neurodevelopmental Clinic focusing on children and adolescents with Attention Deficit Hyperactivity Disorder (ADHD) and Disruptive Behavioural Disorders with/without comorbid Learning Disabilities (ADHD Unit); and Autism Spectrum Disorder (Autism Unit).

FREQUENCY OF TRAINING

- Weekly hospital and departmental training

MAXIMUM INTAKE

Maximum of 2 clinical fellows at any one time

METHOD OF TRAINING DELIVERY

- Individual and group supervision, journal readings, case discussions and inter-agency meetings
- No night duties
- No on-call duty
- No tele-consult/telehealth

CLINICAL DEPARTMENTS TO BE ROTATED THROUGH

- Department of Developmental Psychiatry
- Short attachments to other departments in IMH for observation only could be arranged, e.g. Early Psychosis Intervention Programme (EPIP), National Addictions Management Service (NAMS).

Name of Department	Name of institution	Frequency of practice (in percentage)
Development Psychiatry	IMH	100%

AREAS SERVICED

- Whole of Singapore, with Community REACH teams serving schools from South and North Zones
- Institute of Mental Health Sunrise Wing Clinic and ward, Child Guidance Clinic at Health Promotion Board, and schools covered by REACH North and South teams

SUPERVISION METHOD (S)

- Individual and group supervision by a senior clinician who is the assigned supervisor.
- Fellows will have the same consistent child psychiatrist supervisor throughout the fellowship period.
- The fellow will be supervised at all times by a SMC-approved supervisor from Department of Developmental Psychiatry, IMH.

ASSESSMENT METHOD (S)

- 360 degree feedback, mid-fellowship and end-of-fellowship work performance reviews

CRITERIA FOR EARLY TERMINATION OF PROGRAMME

- Unprofessional or unethical behaviour
- Serious breach of patient confidentiality
- Serious and founded complaints by patients or staff
- Any behaviour that could compromise effective teamwork
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FEEDBACK AND COUNSELLING PROCEDURES (BETWEEN SUPERVISORS AND FELLOWS)

- Conducted weekly during formal individual supervision times
- Further counseling to be conducted by head of department and hospital training director if necessary

RESPONSIBLE TO

- Chairman Medical Board of Institute of Mental Health, and Head of Department