

Health Education Kent, Surrey and Sussex Higher Specialty Training Programme in General Adult and Old Age Psychiatry

JOB TITLE:	Specialist Trainee 4-6 in Child and Adolescent Psychiatry
DIRECTORATE:	Children and Young People
REPORTS TO:	Dr Michael Hobkirk, Consultant Psychiatrist
LOCATION:	Chichester Child and Adolescent Mental Health Service (CAMHS)
HOURS OF WORK:	09:00-17:00, Monday to Friday (Whole Time)
ON CALL RESPONSIBILITY:	Coastal West Sussex Department of Psychiatry
DBS DISCLOSURE REQUIRED:	Yes

INTRODUCTION TO THE TRUST

Sussex Partnership NHS Foundation Trust consists of some 5,000 passionate and dedicated clinicians and support staff, working hand in hand with partners in the community to care for and support vulnerable people. Together, we provide mental health, learning disability, substance misuse and prison healthcare throughout Sussex, along with a range of specialist services across the South East of England and beyond. We are one of the largest mental health trusts in the country. As a teaching trust of Brighton and Sussex Medical School we have a national reputation for leading-edge research. During 2013-2014 our research activity generated £1.6m million income. We're now one of the most influential, effective and well-respected mental health trusts in the country and, as a teaching trust of Brighton and Sussex Medical School; we're developing a national reputation for leading-edge research. We started as Sussex Partnership NHS Trust in April 2006 and became a Foundation Trust with teaching status in August 2008.

JOB OUTLINE:

Description of the post:

This is a **6-month placement**, as part of the HEKSS HST programme in general adult and old age psychiatry.

Our team

This is an exciting opportunity to join a busy, well established and highly regarded multidisciplinary team working with the full range of child and adolescent mental health problems, primarily in the community. You will join an integrated and supportive team comprising:

- Art Therapists
- Community Psychiatric Nurses
- Consultant Child Psychiatrists
- Family Therapists
- Foundation Year 2 Doctor
- Occupational Therapists
- Psychologists

- Psychotherapists
- Secretariat
- Social Workers
- Specialty Doctor

This post is designed to allow the trainee to follow the patient through their whole care pathway, from Primary Care referral, first assessment and follow up in the community to the point of transfer back to Primary Care.

Our work

Core purpose

The core purpose of Chichester CAMHS is the specialist assessment and treatment of moderate to severe mental health disorders and associated risks in young people under the age of 18 years including those with Intellectual Disability. The following list of disorders seen by CAMHS is typical and not exhaustive:

- Anxiety Disorders
- Attention Deficit Hyperactivity Disorder
- Autism Spectrum Disorders
- Depression
- Eating Disorder
- Emerging Personality Disorder
- Gender Identity Disorder
- Obsessive Compulsive Disorder and Tics
- Post-Traumatic Stress Disorder
- Psychotic Illness
- Self Harm
- Suicidal Ideation

Collaborative working

There are frequent opportunities to collaborate with and learn from a broad spectrum of **allied mental health services** including:

- Adult Mental Health Services
- CAMHS Looked After and Adopted Children (LAAC) Team
- Chalkhill Adolescent Inpatient and Day Service Units
- Early Intervention for Psychosis Service
- Family Eating Disorder Service
- Forensic Mental Health Services
- Urgent Help Service
- Young Persons Substance Misuse Service
- Youth Services

Chichester CAMHS works closely with mainstream and special **schools** and its Sustainable School Liaison Service was recognised as an “Outstanding Psychiatric Team of the Year” in the 2016 Royal College of Psychiatrists Awards. You will also liaise with **General Practice, Community and Inpatient Paediatric Services, Social Services, Third Sector Providers and other County Council Services** (e.g. Youth Emotional Support; Young Minds).

Multidisciplinary and multiagency work and liaison with Primary Care is emphasised. Although crisis resolution and emergency work is not a core component of our service, there is frequent interface with acute care pathways, and the occasional **emergency intervention and Mental Health Act work** does occur when it is in the interests of service users. It is anticipated that the post holder will have opportunities to visit other related services, including other community bases, GP practices, psychiatric inpatient units and the local Acute Hospital (St Richards), so that they keep in contact with their peer group and have as broad experience as possible.

Our catchment area

Our catchment area overlaps with the South Downs and the coast and is the majority of **Southern West Sussex**, a mixture of rural and semi-rural, small communities totalling about 250,000 inhabitants. The largest towns are Chichester, Bognor Regis, Midhurst and Pulborough.

The base

The address of our team base is:

John Grenville House, 72 Stockbridge Road, Chichester, West Sussex. PO19 8QJ

Although Chichester is well connected with all the other residential centres of the County, having access to a car may offer some advantages (without being mandatory). As the trainee will often work with other members of the team, joining their car business journeys is also an option. Free on site staff parking is provided. The trainee will have a named secretary, dedicated desk and sole use of a Trust laptop and mobile.

Clinical Responsibilities:

The trainee will receive a Trust and local induction and after a period of shadowing colleagues will begin to work with children and young people (aged 0-18) with mental disorder including through outpatients clinics, crisis assessments, home visits, mental health act assessments and liaising with GPs under the supervision of a consultant psychiatrist. The trainee will have the opportunity to supervise a Foundation Trainee with support from the team Consultant Psychiatrist.

Supervision:

The trainee will always have direct access to an appropriate senior colleague for advice in any clinical scenario. In most instances between 9:00-17:00 this will be Dr Michael Hobkirk, the Consultant of the team, who will also act as the clinical supervisor for training and quality assurance purposes and will offer on average **one hour per week direct face to face clinical supervision**.

On occasion this senior person may be a non-doctor competent to supervise and advise on the relevant activities. When working out of hours (on-call), there is always an arrangement where an inpatient MDT, Liaison Service, Senior Nurse Practitioner and more experienced trainees and/or a Consultant will be available for this supervision and advice, either on the phone or on-site.

Teaching and Competences expected to be achieved:

There is a formal educational program organised by the Trust most Wednesday afternoons at The Oaklands Centre, Graylingwell Drive, Chichester.

This post will enable the trainee to **achieve the following Intended Learning Outcomes** as described in *"A Competency Based Curriculum for Specialist Training in Psychiatry, Specialists in Child and Adolescent Psychiatry"* (Royal College of Psychiatrists, revised 2015):

- Professionalism for Child and Adolescent Psychiatrist
- Establishing and maintaining therapeutic relationships with children, adolescents and families
- Safeguarding Children
- Undertake clinical assessment of children and young people with mental health problems across the age range
- Main Clinical Conditions (including Axis 1 diagnoses) in Childhood and Adolescence
- Managing Emergencies
- Paediatric Psychopharmacology
- Assessment and Treatment in Child and Adolescent Neuropsychiatry

Learning outcomes will be assessed through:

- The judgement of the Clinical and Educational supervisors
- A sample of **Workplace Based Assessments** (WPBAs) scattered across the Intended Learning Outcomes listed above (as described in the relevant curriculum)
- Informal assessment through observation, discussion and supervision
- Supervision notes and trainee reflective notes

Clinical governance and research opportunities:

There are opportunities to participate in local clinical governance, audit and research meetings and to undertake Quality Improvement or audit projects, if allowed by the time of the placement. The supervisor has special interests in Sustainable Mental Health, Clinical Leadership and Medical Education and suggestions for project work in these fields will be encouraged and supported.

Additional opportunities for learning

Chichester CAMHS has a proven track record of providing excellent training to trainees of all disciplines (indeed we have a "trainee" multidisciplinary team which mirrors and supports the work of the main team). Of particular note we offer training in:

- **Autism Assessment:** The postholder will be supported in receiving training in the Autism Diagnostic Observation Schedule (ADOS) and the Developmental, Dimensional and Diagnostic Interview (3di).
- **Family Therapy:** The postholder will participate in observational seminars and focussed reading; with progression they will join the reflective team and potentially meet with families.
- **Reflective Practice:** The postholder will be an active participant in the monthly Chichester CAMHS Reflective Practice group which:
 - Plays a vital role in sustaining safe practice
 - Helps continually improve team functioning
 - Allows colleagues to examine their thoughts and actions and understand how these elements interrelate within their work
 - Helps "close down" or at least comfortably compartmentalise feelings about difficult experiences with patients; among the benefits are preventing these feelings interfering with how staff respond to subsequent similar experiences
- **Service Development:** Chichester CAMHS holds a weekly service development workshop in which team members discuss, agree and share what best practice might look like around the range of problems we assess and manage.

This post can potentially be "hybridised" for the year with the following services in the locality:

- Early Intervention in Psychosis
- General Adult Community
- General Adult Inpatients

APPENDIX 1
Provisional Timetable:

The following timetable is designed to maximise the presence of the Consultant on site for direct training and supervision; nevertheless, it can be flexed and negotiated according to trainee and service needs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chichester CAMHS	Chichester CAMHS	Chichester CAMHS	Chichester CAMHS	Chichester CAMHS
Team Meeting (including Service Development workshop / Reflective Practice group)	Outpatient Clinic (New patients)	Outpatient Clinic (ADHD Clinic / Generic CAMHS)	Outpatient Clinic (Autism Assessment Team) Outpatient Clinic	Leadership and Management; Research and Audit; preparation for Teaching and Training
Emotional Wellbeing multidisciplinary meeting Outpatient Clinic (ADHD Clinic)	Outpatient Clinic (Follow-up appointments)	Academic Meeting Chichester	Outpatient Clinic (New patients / Follow-up appointments or Family Therapy Clinic)	Supervision Outpatient Clinic (New patients / Follow-up appointments)

APPENDIX 2

Timetable for Consultant Child Psychiatrist and Clinical Supervisor:

As above, this timetable is designed to maximise the presence of the Consultant on site for direct training and supervision and can be flexed and negotiated according to trainee and service needs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chichester CAMHS	Chichester CAMHS	Chichester CAMHS	Chichester CAMHS	Chichester CAMHS
Team Meeting (including Service Development workshop / Reflective Practice group)	Outpatient Clinic (New patients)	Outpatient Clinic	Clinic at St Anthony's Special School (3rd or 4th weeks of the month; Chichester) Outpatient Clinic (remaining weeks)	Leadership and Management
Emotional Wellbeing multidisciplinary meeting Outpatient Clinic (ADHD Clinic)	Outpatient Clinic (Follow-up appointments)	Consultants meeting (1st and 2nd weeks of the month; Chichester and Hove respectively) Outpatient Clinic (remaining weeks)	Outpatient Clinic	Supervision Research and Audit; preparation for Teaching and Training; Continuing Professional Development