

# Job Description

CT1-3 in Child and Adolescent Psychiatry  
Clinical Supervisor: Dr Hanspeter Dorner/Dr Chiara  
Colonnelli

Locality: Tower Hamlets

Main Base: Greatorex Street

Team / Service: Tower Hamlets CAMHS

Address / Contact details:

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## **Introduction & Summary**

This job description is for a core training post in child and adolescent psychiatry, working at Tower Hamlets CAMHS.

The post holder will spend six months in this post, under the Clinical Supervision of Dr Hanspeter Dorner and Dr Chiara Colonnelli but also providing some clinical support to other psychiatrists within the team, depending on training and service provision needs.

The post-holder will gain experience in assessment and management of emergency presentations and common child and adolescent psychiatric disorders (anxiety, mood, conduct, ADHD, autism and learning disability) and early onset severe mental illness such as bipolar disorder and psychosis.

Trainees will have the opportunity to work with the entire age range within CAMHS as there is a specialist under 5's team. The trainee will therefore have excellent exposure to developmental aspects of psychiatry. If appropriate, there will be an opportunity to deliver short term psychological therapies under supervision.

The post holder will also get experience of working within a safe-guarding children framework, other agencies such as education and a wide range of disciplines – psychology, psychotherapy, nursing, social workers and family therapists.

Other opportunities are for supporting foundation year trainees, teaching medical students, audit and quality improvement projects, special interest sessions in paediatric liaison.

## **Brief description / profile of Clinical Supervisor**

Dr Hanspeter Dorner is a child and adolescent psychiatrist, currently leading the clinical team dealing with children and young people presenting with schizophrenia, schizophreniform disorder, delusional disorder, drug induced psychosis and at risk (of psychosis) mental states as well as mood disturbance suggestive of bipolar disorder. He has further special interest in safeguarding children and is the named doctor for safeguarding children in TH CAMHS. Dr Dorner works compressed hours from Tuesdays to Fridays.

## **The team (including staffing) / service description**

### **Overview of Tower Hamlets CAMHS services**

Tower Hamlets Child and Family Service is a community CAMHS service, commissioned to meet the specialist mental health needs of children under the age of 18 in the borough. We also deliver targeted services through our embedded workers in other Statutory Services for Children across the borough which provide training and early help interventions. These include schools, PRUs and alternative education provisions, YOT and Social Care.

Tower Hamlets is one of London's most diverse boroughs with a high child population and areas of significant socio-economic deprivation. TH CAMHS has a reputation for being responsive and innovative. There are around 62,000,000 young people aged 0-19 living in Tower Hamlets, out of a total population of some 254,000. The borough has a higher proportion of younger people in its population (24%) than any other part of the country.

In terms of ethnicity, Tower Hamlets is one of the most diverse parts of the country. However, there are considerable variations in the pattern across the borough. Of the 0-19yrs age group, 55.5% are British Bangladeshi in origin, 20.6% White and 9.3% black.

TH CAMHS is a multi-disciplinary specialist mental health service for children and young people with complex, severe or persistent emotional, behavioural or developmental problems. The age range is 0 to 18. The service receives in the region of 1860 referrals a year. The service aims to offer a holistic

assessment and treatment service to children and young people with mental health problems, to support their families and to consult to community professionals.

The Clinic is staffed by 68.4 WTE clinical staff, comprising child and adolescent psychiatrists, child and adolescent psychotherapists, clinical psychologists, family therapists, creative therapists, social workers and nurses supported by bilingual cultural advocates and administrative staff.

TH CAMHS comprises the following teams:

- Triage/Front Door Team
- Emotional & Behavioural Team 1 (with a focus on internalizing disorders)
- Emotional & Behavioural Team 2 (with a focus on externalizing disorders and an embedded Conduct Disorder pathway)
- Neurodevelopmental Team
- Psychosis and Bipolar disorder Team (P&BPT - including ARMS)
- CAMHS in Social Care Team
- Paediatric Liaison Team
- Community Eating Disorders Team
- Under 5's Team

The Service offers both generic and specialist services which include:

- Emergency assessments of children and adolescents experiencing a severe mental health episode.
- Assessment and treatment pathways for a full range of child mental health disorders.
- Psychotherapy, family therapy, cognitive behavioural therapy, individual therapy, group work and pharmacotherapy.
- Integrated outreach work with partner agencies to target children and young people of greatest need.
- Support to carers of children and adolescents attending the clinic.
- An integrated tier 2 consultation/liaison and training service.

Each team is supported by one or more Clinical Team Leaders, who provide senior clinical leadership and direction to the work of the whole team. The Clinical Team Leaders also provide representation for the team within the local Senior Management Team.

Current staffing of TH CAMHS (excluding trainees):

Staff Group	WTE
<b>Consultant Psychiatrists</b>	5
<b>Nursing</b>	11
<b>Clinical Psychology</b>	15
<b>Child and Adolescent Psychotherapy</b>	4.5
<b>Creative Therapy</b>	2.0
<b>Systemic Family Therapy</b>	4.9
<b>Social Workers</b>	6.0
<b>Clinical Support (Asst. Psychology / Cultural Advocates)</b>	6.5

Tier 4 adolescent services are located at the Coborn Centre for Adolescent Mental Health, which provides inpatient care with day places for young people from East London at a purpose-built unit located on the Newham Centre for Mental Health site. The service offers acute inpatient care (12 beds), psychiatric intensive care (16 beds) and a day service (6 places).

## **Role of the Core Trainee (1-3) / Main Duties and Responsibilities**

The post-holder will provide a clinical psychiatric service, including

- Working on the duty psychiatry rota (covered 5 days a week 9am-5pm)
- Providing urgent psychiatric consultation/assessment for open cases
- Conducting specialist ADHD assessments, initiating ADHD treatment and monitoring long term cases
- Psychiatric management of common child and adolescent presentations
- Attendance at relevant multidisciplinary team meetings

## **Any other specific characteristics of this job**

This is a busy community child and adolescent post with a wide range of specialities catered for. All opportunities for specialist experience can be discussed with the clinical supervisor and arranged according to training and service requirements.

### CT1-3 Timetable

This is an example with special interest and non fixed sessions negotiable on commencing post.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Clinical Work	Supervision Clinical Work	Psychiatry Urgent Consultation Clinic Clinical Work	9:15: Whole Team meeting 10:30 – 12: EB1 MDT	Clinical Work
PM	Clinical Work/Family therapy workshop	13:00– 14:30: P&BP MDT Clinical Work	Local Teaching	Clinical Work MRCPsych teaching	Clinical Work

### Clinical Supervisor Timetable

This is an example with special interest and non fixed sessions negotiable on commencing post.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	n/a	9:00 – 10:00: Supervision Safeguarding	Management	9:15 – 10:15: Whole Team meeting	Clinical Work
PM	n/a	13:00 – 14:30: P&BP MDT	Clinical work		Management