



**DALHOUSIE
UNIVERSITY**

FACULTY OF MEDICINE
Department of Psychiatry

Undergraduate Electives Catalogue

Child & Adolescent Psychiatry Services

Updated March 2017

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Community Mental Health Clinics

Overview of the service

Three Community Mental Health and Addictions (CMHA) clinics, located in Halifax, Sackville and Dartmouth, help kids and teens up to 19 years of age, and their families, who are experiencing all types of mental health and addictions difficulties.

How we help

Teen Anxiety Group; Mood Group, Disruptive Behavior Disorder treatment; parenting groups; one-on-one treatment; other services.

Our team

Psychiatry, Social Work, Psychology, Nursing

Clerk's role

Clerks will be involved in observing and performing interviews, performing mental status exams, dictating notes and attending team meetings.

Where we are located

CMHC provide direct care to youth and families in the Community. There are three main clinics listed below:

Dartmouth Community Mental Health
Lead Psychiatrist: Dr. Sabina Abidi
99 Wyse Road, Suite 1420
Dartmouth, NS, B3A 4S5

Halifax Community Mental Health
Lead Psychiatrist: Dr. Suzanne Zinck
6080 Young Street, Suite 1001
Halifax, NS, B3K 5L2

Sackville Community Mental Health
Lead Psychiatrist: Dr. Lourdes Soto-Moreno
Cobequid Community Health Centre
40 Freer Lane
Lower Sackville, NS, B4C 0A2

Emergency Mental Health & Addictions Service (EMHAS)

Overview of the service

The EMHAS is a 24/7 consultation service that provides emergency mental health assessments for patients under 19 years of age who present to the Emergency Department (ED) with a mental health related concern.

The EMHAS does not provide telephone advice or support to families unless they have been seen in the ED in the 48 hours preceding the call.

How we help

EMHAS clinicians provide an emergency mental health assessment of patients experiencing a mental health concern or crisis who present to the IWK ED. Referral sources for EMHAS may include Mobile Crisis, transfers from the other hospitals, from patients' own therapist, walk-ins, and police.

Psychiatry is only consulted for approximately 40% of the cases seen by EMHAS clinicians (RNs and social workers) in the ED. The need for psychiatry consultation is determined by the ED physician in consultation with the EMHAS clinician. Psychiatry will be consulted if patient is placed on a 3 hour hold, or patient is formed. In some instances psychiatry will be consulted if a patient comes to the ED under a Section 14 with police and the ED physician feels a psychiatry consultation is warranted. EMHAS clinicians may also, depending on level of experience and comfort, phone a resident for their thoughts on a case. Residents should then phone their staff on-call, discuss, and call the EMHAS staff back. If there are significant safety concerns identified the staff psychiatrist may ask the resident to see the patient in person to better determine the degree of risk.

Our team

EMHAS is a team of registered nurses, social workers and psychiatrists. EMHAS clinicians are supported by a psychiatry team member 0900 – 1700hrs Monday to Friday and a rotating schedule of psychiatry residents and psychiatrists outside of that time frame.

An Urgent Care Clinic (UCC) is a part of the EMHAS. It is staffed by a registered nurse and a social worker 0900 – 1700hrs Monday to Friday and is located on the 4th floor off the Link elevators (near the Department of Psychiatry offices). The goal of this clinic is to see patients within 24-48 hours of their presentation to ED for further crisis stabilization and then connect with community resources or community mental health as required. There should be clear goals for the UCC referral.

Clerk's role

Clerks will be involved in observing and performing interviews, performing mental status exams, dictating notes and attending team meetings.

Where we are located

Located within the Emergency Department, 1st Floor, Link Bldg., IWK Health Centre

Garron Centre for Child & Adolescent Mental Health Mental Health & Addictions Program

Overview of the service

The Garron Centre is a 17 Bed Acute Care Mental Health Inpatient Unit for children and youth up to age 19. The IWK Health Centre is also mandated by the Province to admit and assess youth who are Court Ordered for assessment.

Children and Youth are usually admitted to the Garron Centre through the IWK emergency department. Physicians, mental health clinic staff, competent youth, a parent, guardian, child welfare agency or school can also make a request for an inpatient admission through IWK Mental Health Program Central Referral who will triage the referral.

How we help

The inter-professional care team on the unit works in collaboration with the patient and family to provide the stabilization, assessment and treatment planning. The care team makes recommendation on next-step treatment options.

Our team

Psychiatrist, Psychiatry Resident, Clinical Leader, Charge Nurse, Registered Nurse (RN), Licensed Practical Nurse (LPN), Child Mental Health Worker/Youth Care Worker, Occupational Therapist, Social Worker, Teacher, Clinical Pharmacist, Clinical Psychologist, Clinical Nutritionist, Recreation Therapist, Mental Health Advocate, Child Life Specialist, Case Coordinator/Discharge Coordinator, Clinical Nurse Specialist Chaplain, Ward Clerk, Unit Aid, Administrative Assistant, Manager, Students/Learners

Clerk's role

Clerks will be involved in observing and performing interviews, performing mental status exams, dictating notes and attending team meetings.

Where we are located

IWK Health Centre, 5th Floor, Children's Building

IWK Psychiatry

Overview of the service

We provide subspecialty clinics for children and youth 3 – 19 years of age and consultation to Community Mental Health clinics and other community services. The team provides assessment, treatment and consultation for children and youth as well as education sessions for the public on various diagnoses

How we help

Clinics: Early Psychosis; Autism Comorbidity Clinic; Tic Disorders; Eating Disorders; Family Therapy; Concurrent Disorders; OCD; Bipolar

Our team

Psychiatry, Social Work, Psychology, Nutrition, Occupational Therapy, Nursing

Clerk's role

Clerks will be involved in observing and performing interviews, performing mental status exams, dictating notes and attending team meetings.

Where we are located

IWK Health Centre, 4th Floor Link Bldg, 5980 University Ave, PO Box 9700, Halifax, NS, B3K 6R8