



**DALHOUSIE**  
UNIVERSITY

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Department of Psychiatry

# Undergraduate Electives Catalogue

## Child & Adolescent Psychiatry Services

Updated June 2025

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## Community Mental Health Clinics

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### 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. Jennifer Cumming, 99 Wyse Road, Suite 1420, Dartmouth, NS, B3A 4S5

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

Sackville Community Mental Health, Lead Psychiatrist: Dr. Ali Manning, Cobequid Community Health Centre, 40 Freer Lane, Lower Sackville, NS, B4C 0A2

## **Emergency Mental Health & Addictions Service (EMHAS)**

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### **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 involuntary assessment forms. 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 an interdisciplinary 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.

### **Clerk's role**

Clerks will be involved in observing and performing interviews, performing mental status exams, dictating, or typing 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**

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### **Overview of the service**

The Garron Centre is a 14 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

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### **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: 0 – 5 Clinic; Early Psychosis; Autism Spectrum Disorders; Eating Disorders; Gender Care; Concurrent Disorders; OCD

### **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.