

THE OTTAWA HOSPITAL- Mental Health Program -Programme Santé Mentale

The Ottawa Hospital is one of Canada's largest learning and research hospitals, with more than 1,100 beds, approximately 12,000 staff members and an annual budget of about \$1.2 billion.

Our focus on learning and research helps us develop new and innovative ways to treat patients and improve care. As a multi-campus hospital affiliated with the University of Ottawa, we deliver specialized care to the Eastern Ontario region, but our techniques and research discoveries are adopted around the world. We engage the community at all levels to support our vision for better patient care.

From the compassion of our people to the relentless pursuit of new discoveries, The Ottawa Hospital never stops seeking solutions to the most complex health-care challenges.

Our Vision:

To provide each patient with the world-class care, exceptional service and compassion that we would want for our loved ones.

Opportunity Mental Health Program – 1-Year Eating Disorders Program Psychiatry Fellowship

The Ottawa Hospital (TOH) Mental Health program is a Schedule 1 Facility under the Mental Health Act, which operates the following general psychiatry acute care programs and services at two campuses (Civic and General):

- Psychiatric Emergency Services
- Inpatient Service
- Outpatient Clinics
- Acute Partial Hospitalization
- Consultation Programs & Medical/Surgical Consultation Liaison Service

The Ottawa Hospital also provides specialized programs and/or services:

- Mobile Crisis Team & Community Crisis Stabilization Beds
- Champlain District First Episode Psychosis Program (regional program)
- Perinatal Mental Health Services
- Regional Program for the Treatment of Eating Disorder
- Community Treatment Order Coordinator

The Regional Program for the Treatment of Eating Disorders (EDP) at the Ottawa Hospital is a collaborative care model with psychiatrists working as part of a multidisciplinary team serving 6 inpatient beds in the Symptom Interruption Program (SIP), 8 patients in the intensive Day Hospital Program (DHP), outpatient Transitional Care Program, outpatient Relapse Prevention Program, outpatient CBT-based group therapy, consults from hospitals and a variety of community settings including consulting services to community partners such as Canadian Mental Health Association (CMHA), training of hospital staff, learners (medical students, psychiatry residents, bariatric medicine fellows, psychology residents and dietetics students) and community partners. The Ottawa Hospital and Children's Hospital of Eastern Ontario are jointly offering an Eating Disorder Fellowship program.

Our fellowship training program provides high caliber clinical training in eating disorders, focusing on the treatment of individuals with severe eating disorders. Fellows will receive a strong foundation in the

assessment and treatment of eating disorders, including medical and psychiatric assessment, psychotherapeutic and pharmacotherapeutic treatments, and an appreciation of the literature related to eating disorders. Graduates of the program will feel confident in independently managing the care of individuals with eating disorders and potentially leading an eating disorders team.

The primary training site is the Ottawa Hospital General Campus, home of the Regional Program for the Treatment of Eating Disorders (EDP) which serves a metropolitan city of over one million people surrounded by a diverse and widespread region of over 200 000. Our program also takes patients in need from Ottawa Carleton region and Eastern Ontario.

Fellows will also have the opportunity to complete rotations at the Children's Hospital of Eastern Ontario (CHEO), a tertiary care, free-standing children's hospital serving a referral population of over 1,500,000. Rotations at CHEO will provide an understanding of the treatment of eating disorders in the pediatric population and exposure to a greater diversity of treatment modalities.

We are planning on expanding the program services to include:

- 1). Development of CBT-based group therapy and treatment planning for patients suffering from Binge Eating Disorder (BED) (the most common ED), building collaboration with Bariatric Centre of Excellence at The Ottawa Hospital (TOH)
- 2). Development of Eating Disorders Transition Service for Youth, building further collaboration with the Children's Hospital of Eastern Ontario (CHEO)
- 3). Research projects

Fellowship Objectives:

GENERAL:

- To become proficient in assessing, diagnosing, and developing a therapeutic treatment plan for individuals with eating disorders.
- To become proficient in prescribing appropriate psychopharmacological agents pertaining to management of eating disorders as well as management of comorbid conditions
- To develop a thorough understanding of the phenomenology of eating disorders in core symptom domains.
- To attain a thorough understanding of comorbidities commonly associated with eating disorders.
- To develop an understanding of the role of family in the recovery of patients with eating disorders and acquire advanced skills in supporting families throughout the course of treatment if appropriate for patient's recovery.
- To develop advanced skills in building rapport with individual with eating disorders.
- To develop thorough understanding of the recovery model of care in terms of abstinence versus harm reduction models of care.
- To be familiar with Mental Health Law as it pertains to this patient population.
- To develop skills in Cognitive Behavioral Therapy
- To develop skill in Parent Skill Development
- To develop skills in dialectical behavior therapy

Terms of Employment:

- This program is self-funded, with an estimated salary of \$60,000-100,000 yearly generated through clinical work performed by you as a clinical fellow
- Permanent, Full-Time; On-call, Evening and Weekend coverage of approximately twice per month, Emergency services can prolong scheduled shifts
- Start date: Immediately
- Benefits: Successful applicants will work in a hospital privileges model. Remuneration is fee for service with alternate funding plan for academic work.

Skills Requirements:

- **Language:**
 - English
 - French (Asset)
- **Education:**
 - Graduation from an approved medical school and specific specialty training in Psychiatry.
 - Completion of the certifying examinations of the College of Physicians and Surgeons of Ontario (“CPSO”) and licensing by the provincial or territorial licensing authority are required.
 - Must meet the University of Ottawa (uOttawa) Faculty of Medicine Post-Graduate Education Departments’ eligibility criteria
 - Eligible for licensure by the College of Physicians and Surgeons of Ontario.
 - Holds or eligible for FRCPC designation in psychiatry or equivalent.
 - We encourage all eligible PGY4s and PGY5s to apply
 - Fellows -eligible for educational license

Business address:

- The Ottawa Hospital – 501 Smyth Road, Ottawa, ON K1H 8L6

The work locations are:

- General Campus, The Ottawa Hospital, 501 Smyth Road, Ottawa
- Childrens Hospital of Eastern Ontario (CHEO), 401 Smyth Rd, Ottawa

Applicant must have or be willing to obtain a valid license issued by the College of Physicians and Surgeons of Ontario; apply and receive appropriate medical staff privileges at The Ottawa Hospital
Interested applicant is encouraged to submit letter of application and curriculum vitae to the co-fellowship directors: Dr. Ruxandra Antochi rantochi@toh.ca and Leanna Isserlin lisserlin@cheo.on.ca.