



THE HOSPITAL FOR SICK CHILDREN

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The Department of Psychiatry at The Hospital for Sick Children is an academic program dedicated to the advancement and dissemination of knowledge pertaining to mental disorders in children and adolescents, through the provision of ethical, evidence-based clinical care, teaching, and research. The department is recognized internationally for outstanding academic work in many areas. Clinical services are delivered through ambulatory and inpatient programs, including consultation to medical and surgical units responding to local, provincial, and national service requests.

SickKids-Psychiatry offers high clinical specialization, focused research on the most common mental health conditions resulting in severe impairment, an aggressive program to increase system capacity through the provision of tele-health services to remote areas, as well as a concentrated effort in knowledge exchange with primary care practitioners. The clinical programs include Anxiety Disorders,

Neuropsychiatry, Infant Psychiatry, Medical Psychiatry, Crisis and Psychosis, Eating Disorders Program, and Tele-link Mental Health.

The Crisis and Psychosis Program provides exemplary care both in the Hospital's Emergency Room (ER), and through its Urgent Care Clinic, Inpatient and Day Hospital services. The Urgent Care Clinic model allows Emergency Department paediatricians to discharge those patients requiring urgent, but not emergency services and book an appointment for the patient within 48 hours. The Inpatient and Day Hospital components focus on assessment and stabilization of children and youth affected by early-onset psychosis/bipolar disorder episode and/or higher suicidal risk.

The Anxiety Disorders team has played a major role in the development and evaluation of Cognitive Behavioural Therapy (CBT) interventions for children and youth with anxiety disorders. Through an externally funded

initiative, community practitioners are now being trained in these established CBT techniques. Clinician-scientists on the team continue to develop and evaluate treatment innovations to address the limitations of current interventions for selected mental health conditions such as anxiety in preschool children, selective mutism, obsessive compulsive disorder and the management of children with comorbid anxiety and attention deficit disorders. Scientists on this team are playing a leading role in an international effort to identify genetic risk factors for OCD.

The Medical Psychiatry program provides exemplary care to children and adolescents with complex medical conditions. Clients are referred for consultation by the medical and surgical in-patient wards of the hospital. The program provides ambulatory consultations to pediatricians and family physicians. Major foci of this program are consultations to haematology-oncology, transplants and neurology. It also provides the psychiatric component of the acute and chronic pain management services for the Hospital.


Through the integration of clinical care and research, the Neuropsychiatry program provides highly specialized services in the assessment and treatment of children and adolescents with ADHD, Tourette's Disorder, and other neuropsychiatric conditions affecting behaviour, language, and learning. Scientists on this team have made important contributions in the areas of diagnosis and classification, the role of inhibition and working memory in ADHD, as well as molecular genetics in ADHD. The study of the origins and contributing factors of these disorders has led to a better understanding of treatment response, safety of medication use, and long-term outcomes in relation to various models of care.

The Infant Psychiatry Program provides consultations, assessments and short-term treatments for children from birth to 5 years of age with feeding difficulties, attachment and parent-child relationship problems, behavioural problems and difficult temperament. Also seen are infants and

families struggling with serious medical illnesses, developmental delays, and the consequences of traumatic experiences. Infant Psychiatry has been involved in the development and evaluation of an evidence-based preventive and therapeutic intervention for parents, their infants and young children. Collaborators include Health Canada, the First Nations community of Fort Hope, and Toronto Public Health.

The Eating Disorder Program at SickKids is a joint program with the Division of Adolescent Medicine for the assessment and treatment of children and adolescents with eating disorders. This is a multifaceted child and adolescent eating disorder program which includes clinical (inpatient, outpatient, day treatment, consultative), research, educational, and networking components. The program provides specialized, comprehensive and timely eating disorders assessment and evidence-informed treatment to children and adolescents across a continuum of care in collaboration with Eating Disorder Regional Partners in Ontario. A distinguishing feature of the Eating Disorders Program at the SickKids is an integrated continuum of care consisting of the inpatient unit, day hospital, and the outpatient clinic. These blended treatment options provide an opportunity to match the level of treatment with the severity of the problems associated with an Eating Disorder.

Tele-link Mental Health provides bilingual consultations and education to children, youth, families, and their clinicians in rural, remote, and aboriginal communities across Ontario. Direct clinical and program based consultations are complemented with an active education program supporting professional development of primary practitioners. Special protocols allow for consultation with youthful fire setters and with staff dealing with children and youth whose parents are at various stages of deployment to Afganistan through CFB Petawawa and CFB Meaford. A pilot telepsychology project is underway, offering psychology supervision of psychometric evaluation from a distance. Participation in weekly academic rounds via live interactive videoconference has



successfully been achieved with physicians and mental health clinicians in Thunder Bay, St. Joseph Health Centre, Campbelford Memorial Hospital, CAMH, Sault Ste. Marie Area Hospital, and Sioux Lookout Zone Family Physicians. Annual conjoint rounds with the Great Ormond Street Hospital (GOSH) in London, England have continued. On Wednesday, March 11, 2009, a public forum on “Cyber Bullying” saw an expert panel address an audience at Sick Kids and parents/caregivers from six remote sites across the province. A proposal to expand our program in order to have a broader reach with medical professionals in Family Health Teams is currently under consideration by the Ministry of Health.

TRANSITIONS

Dr. Seena Grewal joined the medical staff at SickKids in September 2008. Dr. James VanLeeuwen retired from active status effective July 1, 2008. Dr. Russell Schachar was appointed Toronto Dominion Financial Group Chair in Child and Adolescent Mental Health. Dr. Suneeta Monga was appointed Associate Psychiatrist-in-Chief, Academic Affairs. Dr. Pier Bryden was appointed Undergraduate Medical Education Faculty Lead for Ethics and Professionalism, Faculty of Medicine, University of Toronto. Dr. Mark Hanson was appointed Associate Dean, Admissions and Student Finances, Faculty of Medicine, University of Toronto.

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