



## Supporting information from King's College London

### **Research Area:**

- Please list and provide a brief explanation of the research projects that are currently being conducted in your department and in which the future fellows could take part in?

### ***Current research projects in the Department of Child and Adolescent Psychiatry***

- Mental health problems in neurodevelopmental disorders;
- Assessing anxiety in young people: ASD focus;
- Improving outcomes for people with autism spectrum disorders by reducing mental health problems
- Projects offered by the National Academy for Parenting Research (NAPR), ranging from testing different approaches for improving children's social adjustment and reading in primary school, to whether family therapy helps prevent reoffending in adolescents, or whether our in-house programme for foster-carers promotes secure attachment and makes home life easier;
- Functional imaging in normal development and child psychiatric disorders;
- Neuropsychology of impulsiveness;
- Outcome and genetics of ADHD;
- Neurodevelopment and Mental Health group, investigating the earliest signs and the precursors of mental disorders;
- Genetic architecture of disruptive disorders;
- Aetiological risk factors for moderate learning disabilities;
- Effective psychopharmacology in ADHD and hyperkinetic aspects of rare disorders;
- Neuropsychology and neuroimaging studies of ADHD and related childhood disorders;
- Self-Harm;
- Stress & Development Lab, researching how stressful experiences in childhood affect development and later health, and how to best support children who had such traumatic experiences;
- Big data approaches to investigating child mental health disorder outcomes;
- Developing remote platforms (e-platforms) for monitoring children and adolescents' mental health.

This list does not attempt to be exhaustive but provides an overview of the work carried out in the Department of Child and Adolescent Psychiatry at the Institute of Psychiatry, Psychology and Neuroscience (IoPPN). Potential Fellows are encouraged to express their interest in areas that may not be listed above and contact us to discuss whether other research groups could accommodate their requests.

For detailed information about current research projects please visit  
<https://www.kcl.ac.uk/ioppn/depts/cap/research/index>

Please also see research conducted at the Social, Genetic and Developmental Psychiatry (SGDP) Centre, an interdisciplinary research centre that focuses on how genetics ('nature') and the environment ('nurture') interact to affect psychiatric disorders, neurodevelopmental conditions, and individual differences across development  
<https://www.kcl.ac.uk/psychology-systems-sciences/about/departments/social-genetic-and-developmental-psychiatry>

- In relation to those research projects, please specify the activities in which the fellows will be able to take part? (e.g. data collection, hypothesis formulation, data analyses, writing up papers, etc.)

Fellows will be able to take part in all research activities and will have the opportunity to be first authors on resultant papers.

- Please specify statistical support available to the fellows for the development of their research activity? (e.g. statistician input, attendance to statistical courses, skills meetings, etc.).

Research at the IoPPN receives strong statistical support, both at the departmental and the school level. Fellows will have the opportunity to consult statisticians on a one-to-one basis, to attend statistical courses and skills meetings.

- How much of the fellows' working time will be dedicated to research activities?

This will depend on the fellows' interests. Some of the current fellows spend 100% of their time on research activities and register for a PhD, others prefer to combine research and clinical activities. Typically, Fellows spend 50% time on research and 50% on clinical activities.

### **Clinical Area:**

- Could you list the type of clinical placements the fellows could attend (e.g. generic outpatient services, inpatient units, specialist teams, etc.)?

**The fellows will join the South London and Maudsley Higher training scheme in Child and Adolescent Psychiatry, which is the most comprehensive training scheme in the UK in terms of range of conditions and levels of severity.**

South London and Maudsley NHS Trust has the most comprehensive child and adolescent mental health service in the country with many national leaders in their fields having a profound influence on our understanding of mental health problems in childhood, on the development of treatment approaches and on service development and evaluation.

The National and Specialist outpatient services are comprised of specialist clinics offering comprehensive assessments, including second opinions and treatment to children and adolescents who suffer from autism, hyperkinetic disorders, developmental disorders with associated emotional and behavioural problems, antisocial behavior & conduct disorders, eating disorders, emerging borderline personality disorders, mood disorders, obsessive compulsive disorders and traumatic stress disorders of childhood and adolescence. In addition, there is a Forensic Mental Health Team, a Forensic Psychology Service, specialist fostering and adoption services and clinical academics who research and treat genetic disorders.

Fellows' preferred clinical training can be selected from several national specialist children's mental health services, which provide care to children both in our local communities and also nationally to those with some of the most challenging and complex conditions across the UK. These are listed as follows (see also <https://www.national.slam.nhs.uk/services/camhs/>):

- **Acorn Lodge Children's Service** offers assessment and treatment for children aged between four and 13 years old, who have a wide range of severe emotional or behavioural disorders, including neurodevelopmental disorders and very early-onset psychosis. We adopt a flexible model, allowing us to accept emergency admissions.
- **Autism and Related Disorders Service** provides assessment and treatment for young people with autism, pervasive developmental disorders and related difficulties. We specialise in treatment for young people where there are particular difficulties in the diagnosis or management of autism
- **Adoption and Fostering Service** provides a specialist service for young people who are fostered or adopted and who are experiencing difficulties. These may relate to their emotional or behavioural development or to more specific placement issues, including failed placements, the degree of contact with siblings or birth family and permanency planning.
- **Anxiety and Trauma Service** is for young people with difficulties caused by intense worrying, fearfulness, phobic avoidance, nervousness and panic. We provide comprehensive diagnostic and family assessments to identify anxiety disorders and the impact they are having on the young person and family's functioning. Where an anxiety disorder is present and requires treatment, we offer consultation about treatment, and provide individual and family-based Cognitive Behavioural Therapy.
- **Bethlem Adolescent Unit** is an open adolescent unit offering mental health care for adolescents with a serious mental illness, who require hospital admission. We have developed a national and international reputation for innovation and have a comprehensive, all hour emergency admission service.
- **Centre for Interventional Paediatric Psychopharmacology (CIPP)** offers highly specialist pharmacological and psychological assessment and treatment for children with a variety of neuropsychiatric disorders, in the context of complex neurodevelopmental disorders, genetic or neurodegenerative disorders, acquired brain injury, psychotropic-induced side-effects and children experiencing specific medical conditions and terminal illnesses.
- **Child Traumatic Stress Service** is for young people with difficulties arising from exposure to traumatic and severely stressful events. We offer specialist diagnostic assessments to identify post-traumatic stress responses, including post-traumatic stress disorder (PTSD), complicated bereavement reactions, and other anxiety and depressive conditions.
- **Centre for Parent and Child Support** provides training, development and supervision in the use of the Family Partnership Model and associated approaches, like the Helping Families Programme, antenatal and postnatal interviewing, and the Empowering Parents, Empowering Communities programme.

- **Chronic Fatigue Service** provides assessment and treatment programmes for young people with chronic fatigue syndrome. We offer evidence- based treatments that are routinely evaluated. Our goal is to increase the young person's functioning and reduce the severity of their fatigue.
- **Challenging Behaviour Service** is for young people with neurodevelopmental disorders and intellectual disability where challenging behaviour is a primary concern. Challenging behaviour includes aggression directed at themselves or others, severe non-compliance and significant destructive behaviour.
- **Complex Autism and Associated Neurodevelopmental Disorders (SCAAND)**. The SCAAND services see young people who have, or might have, neurodevelopmental disorders like autism, attention deficit hyperactivity disorder or learning disability with additional mental health or behaviour problems, as well as young people with psychological problems associated with head injury, functional conditions or genetic conditions. Assessment work includes opinions on ASD and/or additional diagnoses. Management work undertaken by SCAAND can involve a range of modalities including psychological therapies for children/young people and their parents, medication, occupational therapy, speech and language therapy and advice on education. The multi-disciplinary professionals work closely together to ensure that the needs of the child and their family are assessed and managed in a comprehensive manner. Service development and delivery are undertaken in close partnership with children and young people, their families and colleagues from community services, including community and mental health services, paediatrics, social care and education.
- **Conduct Problem Service** helps families with ongoing difficulties with disruptive children and stressful family relationships. We provide assessment and, in the majority of cases, treatment as well.
- **Dialectical Behavioural Therapy Service** specialises in the assessment and treatment of young people who have a history of self-harm and symptoms associated with borderline personality disorder such as impulsiveness, unstable relationships, anger, difficulties controlling emotions and feelings of emptiness.
- **Eating Disorder Service** helps patients and their families explore the nature of the eating disorder, the impact it is having, and find ways in which the family can help the young person overcome their problems. Our treatment is provided mainly on an outpatient basis by a multidisciplinary team.
- **Forensic Mental Health Service** provides specialist forensic services, treating complex and high-risk cases. Many of the young people we work with are vulnerable, and present with severe psychopathology.
- **Forensic Psychology Service** offers evidence- based assessment and interventions for young people who are engaged in, or present significant risk of serious violence, fire-setting and sexually inappropriate behaviour. Young people who present with an emerging anti-social or borderline personality disorder alongside their offending behaviour are also seen by our service.
- **Kent and Medway Adolescent Unit** is an open adolescent unit, offering mental health care for adolescents with a serious mental illness who require hospital admission. We work alongside our sister units that have developed national and international reputations for innovation, including the introduction of a comprehensive, all hour emergency admission service.
- **Mood Disorder Service** provides a service for young people whose primary problem is a mood disorder. This includes young people presenting with a first episode of depression, chronic and severe treatment-resistant depression, seasonal affective disorder, chronic and physically ill young people who develop depression, and complex diagnostic issues involving mood and bipolar disorders.
- **Obsessive Compulsive Disorder (OCD) Service** provides assessment and treatment for young people with OCD and related conditions, including Body Dysmorphic Disorder (BDD), tic disorders, Tourette's syndrome, anxiety and habit disorders, such as trichotillomania. We also assess and treat OCD related anxiety disorders in young people with a developmental disorder, e.g. autism spectrum disorders or neurological conditions. The OCD Service provides a range of evidence-based care packages, tailored to meet the needs of the young person and their parents or carers. Many of the young people that are seen are offered individual cognitive behavioural therapy (CBT), which may involve parents or carers and other family members. The Service has an active research programme and is committed to increasing knowledge and understanding of OCD, BDD and related disorders. Further details can be found at: <https://slam.nhs.uk/national-services/child-and-adolescent-services/camhs-ocd/>
- **Paediatric Liaison Service** treats young people with medical conditions who also have psychological difficulties and psychiatric illnesses. We often see young people who are undergoing transplant assessments, have difficulties taking medication or adhering to special diets, somatisation disorders, coping with pain, trauma following illness or injury, anxiety, depression, grief and bereavement, treatment after serious assault and medically unexplained physical symptoms.
- **Snowfields Adolescent Unit** is an open adolescent unit offering mental health care for adolescents with a serious mental illness, who require hospital admission.
- **Supported Discharge Service** works to reduce overall length of inpatient stay and improve quality of care, by providing a care pathway back to outpatient services for young people who have been admitted as inpatients. We offer intensive, short-term, solution-focused therapeutic work including home treatment, day care and intensive case management.

- Could you describe the fellows' role in relation to participation in assessments and treatments in their clinical placements?
  - So long as Fellows are competent and receive the right regulatory approvals, they act as senior doctors in training and conduct assessments and treatments, under supervision.
  
- What are the requirements for psychiatrists and psychologists in order to be able to have a clinical role?
  - There is some documentation to be submitted in order to register with the General Medical Council and other certification that clinical Fellows need to obtain to prove that they do not have any convictions for abusing children. All professionals having contact with children and young people must complete a Disclosure and Barring Service check.
  
- How much of the fellows' working time will be dedicated to clinical work?
  - This is for negotiation but Fellows' working time is typically 50% clinical and 50% research, depending on the Fellow's needs and plans for a career progression.

### **Academic area:**

- Will the fellows be able to join a specific academic programme? If so, could you briefly describe the structure of this programme?

The Fellows will join the South London and Maudsley Higher training scheme in Child and Adolescent Psychiatry, which is the most comprehensive training scheme in the UK in terms of range of conditions and levels of severity. The fellows will also have the opportunity to attend specific modules on the MSc in Child and Adolescent Mental Health and MSc in Family Therapy. Diploma level trainings for clinicians developing their skills in evidence-based therapies are available: (1) CBT for anxiety and depression, (2) Parent Training for children with behaviour difficulties and (3) Systemic Family Practice for eating disorders, adolescent depression and self-harm and adolescent conduct problems. The department offers training in delivering guided self-help and low intensity interventions, the Child Wellbeing Practice Programme.

- Will the fellows be able to attend other training courses outside the specific academic programme (e.g. university courses, therapy workshops, etc.)?

In additions to departmental lectures and seminars, Fellows will have access to all IoPPN weekly Grand Rounds, that present, and allow for discussion of, the medical problems and treatment of a particular patient and Journal clubs, where psychiatry experts critically appraise research, in an informal setting where no question is off-limits. Examples of other current events fellows will be able to attend are as follows:

#### **Reading the Mind: The Body Keeps The Score by Bessel Van Der Kolk**

**Tuesday 25th August 2020 (18:00-19:30)**

*MS Teams*

Reading the Mind group meets on a regular basis to discuss a new and thought provoking book.

#### **Practical skills for peace of mind: Stress awareness**

**Monday 7th September 2020 (13:00-17:00)**

*Online Delivery via Zoom*

As part of the happier@work initiative, King's Health Partners' employees are invited to a series of ½day stress awareness workshops exploring practical approaches to stress relief.

#### **Reflections on virtual clinics and patient perspectives of integrated mind/body care**

**Friday 11th September 2020 (13:00-14:00)**

*MS Teams*

The IMPARTS project runs a series of termly seminars, addressing some of the current research and clinical work happening within King's Health Partners. The seminars focus on the physical/mental health interface and are designed for students, researchers and clinicians.

**happier@work: A one-day workshop for flourishing in the workplace**

**Monday 14th September 2020 (09:30-16:00)**

*Online Training Delivery via Zoom*

A one-day workshop to increase staff awareness, knowledge and capacity to improve well-being at work and as a result, improve patient experience.

**SEMantics talk: Socioeconomic position and use of hospital-based care towards the end-of-life: mediation analysis using the English Longitudinal Study of Ageing**

**Tuesday 15th September 2020 (15:00-16:00)**

*MS Teams*

SEMantics is a structural equation modelling applications discussion group.

- Please specify annual budget available to the fellow for training.

The annual budget available to Fellows for training is £ 2500. Particular courses and trainings that fit with the needs of individual Fellows are frequently identified and the Fellow's training budget is used to allow them to attend these. Examples include, ADOS training for autism assessments or specific statistical courses. These are only to provide examples of the diversity of training available either locally or within London.

- Please specify the clinical and research supervision offered to the fellow over the 2-years fellowship.

The IoPPN's Department of Child and Adolescent Psychiatry is a centre where world-class research, education and clinical practice are brought together for the benefit of patients. Koplowitz Fellows will have the opportunity to work with leading researchers and clinicians to ensure that patients receive the very best care and treatment based upon reliable research evidence. All Fellows become involved in conducting both rigorous and clinically relevant research that is tailored to their individual needs and interests.

Supervisors and fellows are carefully matched to meet the needs and interests of each Fellow during their period of training with us. Supervisors come from one of the largest constellations of academic psychiatrists in the UK, with interests including, but not limited to, neurodevelopmental disorders, child and adolescent mental health, digital therapeutics for mental disorders, social, genetic and developmental psychiatry, early onset psychosis, brain development and neuroimaging.

For more details about supervisors in the Department of Child and Adolescent Psychiatry please visit <https://www.kcl.ac.uk/academic-psychiatry/about/departments/child-adolescent-psychiatry>.