

ALICIA KOPLOWITZ ADVANCED TRAINING FELLOWSHIPS - 2022 CALL

Centre: Centre for Innovation in Mental Health (CIMH), University of Southampton & Solent National Health System (NHS) Trust

Tutor: Prof. Samuele Cortese

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?

The fellow will have the opportunity to be involved in high quality, cutting-edge research activities at the Developmental Section of the Centre for Innovation Mental Health, CIMH (University of Southampton), supervised by internationally renowned leaders in the field of child & adolescent psychiatry/psychology/psychopathology, who have published in top journals in medicine, psychiatry, and psychology. The fellow will be offered the possibility of choosing one or more research projects among a broad range of topics, reflecting the areas of expertise of the CIMH researchers:

Prof. Samuele Cortese: <https://www.southampton.ac.uk/psychology/about/staff/sc6r14.page> (listed in the top 1% by citations in the field of psychiatry/psychology in 2019 in [Web of Science](#) and ranked #2 worldwide in terms of expertise on Attention-Deficit/Hyperactivity Disorder (ADHD) according to [Expertscape](#)):

- Evidence synthesis, via advanced meta-analytic methods, in child and adolescent psychiatry, with a particular focus on the epidemiology, clinical presentation, neuroimaging, and treatment of neurodevelopmental disorders and sleep disorders (e.g., Cortese, *N Engl J Med*, 2010; Cortese et al., *Lancet Psychiatry*, 2018; Correll, Cortese et al., *World Psychiatry*, 2021; Cortese et al., *J Am Acad Child Adolesc Psychiatry*, 2019)
- Randomised controlled trials of innovative treatment approaches for ADHD (e.g., online parent training or external trigeminal nerve stimulation)
- Association between mental and somatic conditions in children and adolescents (e.g., Cortese et al., *Evidence Based Mental Health, BMJ group*, 2020)
- Child and adolescent precision psychiatry (e.g., Cortese, *Am J Psychiatry*, 2021)

Dr. Jana Kreppner (<https://www.southampton.ac.uk/psychology/about/staff/jk2x07.page>)

- Effects of early institutional deprivation on social disinhibition and attachment, behavioural and emotional disturbances (e.g., Sonuga-Barke...and Kreppner, *Lancet*, 2017)

Dr. Dennis Golm (<https://www.southampton.ac.uk/psychology/about/staff/dg5c13.page>):

- Psychopathological and brain mechanisms through which early stress experiences, such as childhood maltreatment or institutional deprivation, lead to mental health problems later in life (e.g., Golm et al., *J Child Psychol and Psychiatry*, 2020, Mackes, Golm et al, *PNAS*, 2020)

Dr. Hanna Kovshoff (<https://www.southampton.ac.uk/psychology/about/staff/hk.page>):

- Identifying, understanding, and ameliorating barriers to educational attainment and positive educational experiences for children and young people with neurodevelopmental differences, in particular autism spectrum condition (e.g., Kovshoff et al, *Dev Psychology*, 2015)

Dr. Peter Lawrence (<https://www.southampton.ac.uk/psychology/about/staff/pjl1g13.page>):

- Prevention of anxiety disorders in children (e.g., Lawrence et al., *Lancet Psychiatry*, 2021)
- Laboratory based experiments examining infants' learning from their mothers and fathers (e.g., Lawrence et al., *J Child Psychology and Psychiatry*, 2020)

Dr. Valerie Brandt (<https://www.southampton.ac.uk/psychology/about/staff/vcb1v16.page>):

- Tics and Tourette's syndrome (e.g., Brandt et al., *Scientific Reports*, 2017)
- Neurotherapies (e.g., tDCS, TMS)

Dr. Yuning Zhang (<https://www.southampton.ac.uk/psychology/about/staff/yz3e19.page>):

- Environmental risk factors of psychopathology, leveraging large scale longitudinal imaging genetics studies (e.g., Zhang et al., *Mol Psychiatry*, 2020)

A comprehensive list of active research projects conducted at the CIMH is available here:

<https://www.southampton.ac.uk/psychology/research/projects.page>

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.)

This will depend on the nature and stage of the project that the fellow will choose, but it is expected that the fellows will be involved in most if not all of the following: study design, data extraction or collection, data management, data analysis, and writing up of the manuscripts. Additionally, as an active member of the research team, the fellow will take part in lab meetings (e.g., presentation of preliminary results or rehearsal in view of presentations at national/international meetings)

Of note, previous research fellows at the CIMH, including those from Spain, have published their research activity as first authors in prestigious international journals (e.g.: Díaz-Román et al, *Neurosc Biobehav Rev*, 2018; Ruiz-Goikoetxea et al., *BMJ Open*, 2017)

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.)

Academics in the School of Psychology of the University of Southampton, to which the CIMH is part of, have strong expertise in a variety of standard and advanced statistical approaches applied to psychology/psychiatry. The Fellow will have the opportunity to attend for free a variety of postdoctoral modules/courses on research methodology and statistics, including attending (auditing) postgraduate modules from our MScs in Research Methods (e.g., quantitative methods (i.e., Structural Equation Modelling, qualitative methods), Clinical Psychology (e.g., cognitive-behavioural skills, Leadership and Management) and Neuroscience (e.g., Bioinformatics and Systems Neuroscience). As a visiting member of the Institute for Life Science, the Fellow will be able to access research forums, workshops, mentorship programmes and early career network meetings across our School of Psychology, Biological Sciences (Neuroscience/pharmacology), Faculty of Medicine (Psychiatry and Primary Care), Computer Science, Engineering and more.

The fellow will be able to download and use for free a series of statistical software available via the University of Southampton webpage (<https://software.soton.ac.uk/>)

The fellow will also attend specific courses, in relation to the specific needs related to their research project. For instance, every year Dr. Drieghe (school of psychology) runs a 1-week course on basic and advanced use of statistics and the statistical software R and Prof. Cortese runs a 3-day workshop on meta-analyses; additionally, the Library of the University of Southampton offers courses on systematic reviews (<https://library.soton.ac.uk/systematic-reviews>).

The specific courses that the fellow will attend will be selected with the guidance of the Tutor, according to the needs of the fellow and the characteristics of the selected research project.

For advanced and novel statistical approaches, the fellow will have the opportunity to consult colleagues at the Southampton Statistical Sciences Research Group (<https://www.southampton.ac.uk/s3ri/index.page>).

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

The fellow is expected to devote 2 days/week on their research project, but there is flexibility on the schedule.

Clinical Area: Solent NHS Trust – CAMHS West (Southampton CAMHS)

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

The fellow will have access to a wide range of clinical placements, both outpatients/community based and inpatient, including placements in specialist teams, mainly in the Solent NHS Trust (<https://www.solent.nhs.uk/>). The following list gives the range and depth of clinical experience available:

- Community specialist CAMHS (Child & Adolescent Mental Health Service) in Southampton – experience across all the major and common clinical presentations and mental disorders in the 0-18 years age group; access to a wide range of interventions including psychopharmacology, psychological interventions – assessments and therapies (individual and group therapies e.g., CBT, DBT, psychodynamic and trauma based approaches, systemic and family therapy, parenting approaches), and liaison work with children's social services, education, 3rd sector/ voluntary organisations, and primary GP

care and acute hospital paediatric services. The candidate can follow the 'patient pathway' from referral-triage-assessment & formulation-intervention-discharge. Depending on whether the candidate is a psychiatry trainee/ psychologist, they may also get experience of out-of-hours and emergency CAMHS by shadowing clinicians. They will also get an understanding of the medico-legal frameworks in England, pertaining to the care and treatment of children and young people with mental disorders. The experience will also include the safeguarding frameworks for children and young people.

Other Specialist placements will include:

- BRS-CAMHS – a specialist placement (jointly commissioned by Children's Social Services, Southampton CAMHS and Education) for crisis intervention and working with children (often in care) with the most complex and high-risk needs. This could also include experience in the highly specialist Family Drug and Alcohol Court, an innovative project where care proceedings are linked with addiction work to help parents and children at risk of care.
- Paediatric-Liaison placements – getting experience across the spectrum of paediatric-liaison work with the embedded paediatric-liaison team at UHS (University Hospitals Southampton) as well as our CAMHS-in reach Team in the Emergency Department at UHS.
- Inpatient experience at Bursledon House – a highly specialist joint paediatric-CAP unit in the UHS campus for children with medically-unexplained symptoms.
- Community Specialist Eating Disorder Pathway – which is also provided through Southampton CAMHS.
- CAP-ID (Intellectual Disability) specialist experience via Southampton CAMHS-JIGSAW team in Southampton and also the via the Specialist ND (neurodevelopmental) Team in Portsmouth.
- Experience of assessment and management of substance misuse -young adult substance use service in Portsmouth.
- Specialist Community Forensic CAMHS & interface with YOS (Youth Offending Service) via the Hants and IoW Community FCAMHS - working with children and young people who pose high risk of harm to others and young people involved with the Youth Justice System.
- Early Intervention in Psychosis Service – this service is a specialist team for persons 14-35 with early onset/ first episode of psychosis – the candidate can get experience with the CAMHS consultant and CAMHS nurse providing in reach into this team for the 14-18 year old young people.
- Inpatient experience in a specialist adolescent psychiatric unit can also be arranged at the regional unit Leigh House Hospital (Southern Health Trust)

Medical education: Southampton CAMHS is a hub for undergraduate medical education in child & adolescent psychiatry and the candidate can experience this through observation.

Could you describe the fellows' role in relation to participation in assessments and treatments in their clinical placements?

The fellow will require to pass all the checks regarding professional registration and enhanced security checks – to be eligible for an honorary contract with the placement provider (Solent NHS Trust). The fellow will be able to start the placement by observing the wide range of clinical work in the first instance before taking on a more active role in clinical activities (e.g., initial assessments, medication reviews, physical health checks as relevant, assessment and management of risks) jointly and/ or under close supervision. This can be developed further based of how well the fellow adapts.

The fellow will also be able to participate in Audit/ QI (Quality Improvement)/ Service Evaluation work within the placement. The service is undergoing development and transformation and there will be plenty of opportunity for this experience.

What are the requirements for psychiatrists and psychologist in order to be able to have a clinical role?

Fellows with a medical or psychological background are required who have completed their respective basic qualifications in Spain before taking up the Fellowship in the UK. Before shadowing or undertaking any direct clinical work with children and families they will be required to have registered with the UK professional bodies for their profession, i.e., the General Medical Council for psychiatrists, and the *HCPC* – Health Care Professionals’ Council for psychologists.

The candidate will need to have all the enhanced checks in the context of working with patients, especially children and young people.

The candidate will then be able to apply for and get an honorary contract with the placement provider (Solent NHS Trust) and will need to also undertake training regarding access to electronic notes systems and comply with all the clinical governance regulations.

How much of the fellows’ working time will be dedicated to clinical work?

The fellow is expected to devote 2 days/week on their clinical placement, but there is flexibility on the schedule.

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 fellow will join:

- 1) the Academic programme for the trainees in child and adolescent psychiatry in the area (Wessex deanery). This runs, every fourth Wednesday of the month and is structured as follows:
 - on call supervision (1.5 hours), where trainees have the opportunity to discuss issues during their emergency on call activity with experienced consultants in child and adolescent psychiatry
 - academic lecture (1.5 hours) covering a broad range of aspects of the curriculum in child and adolescent psychiatry (e.g., clinical presentation of the main disorders, psychotherapies, pharmacological treatments, medico-legal aspects, epidemiology). The programme, coordinated by Prof Cortese, includes lectures delivered by nationally/internationally renowned experts- for instance, in 2020/21, Prof. Christoph Correll (Germany/USA) on the use of antipsychotics in youth and Prof. Mario Speranza (France) on borderline personality disorder in adolescents

- journal club (1 h), coordinated by Prof. Cortese, where trainees present and discuss, with the input of experienced consultants in child and adolescent psychiatry, recent papers in high quality journals in the field, relevant to the clinical practice of child and adolescent psychiatry
 - Balint groups (1.5 h), coordinated by an experienced psychotherapist (Dr. Miranda Passey), where trainees have the opportunity to discuss any topic that occupies a physician's mind outside of his or her usual clinical encounters
- 2) the Teaching Assessment Clinic (TAC), every Monday afternoon during term time, at the Horizon centre (Solent NHS Trust, Southampton), where trainees will have the opportunity to observe, via one-way-mirror, a first assessment consultation of a young person referred to CAMHS (child and adolescent mental health service), and then discuss the case with experienced professionals in CAMHS. The TAC is coordinated by Dr. Carlos Hoyos, consultant child and adolescent psychiatrist and senior lecturer in medical education, who, in 2020, won the prestigious award for the Best Educator of the year by the Association for Child and Adolescent mental health (ACAMH).

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

The fellow will have the opportunity to attend the Developmental psychopathology module (coordinated by Prof. Cortese and Dr. Kreppner) at the school of psychology, which runs weekly during the second semester and covers the main topics in developmental psychopathology, including: attachment disorders, ADHD, ASD, mood disorders, anxiety disorders, tics/Tourette's syndrome, psychosis, and sleep disorders in children and adolescents.

Additionally, the fellow will have the opportunity to attend the Deanery Professional Development Programme which is arranged for all senior trainees (across all the Psychiatry specialities) by the School of Psychiatry at the Wessex Deanery.

During the semester, the CIMH runs a seminar series in which national and international experts in their field present their research. Last academic year's speakers included Dr Ted Barker (KCL, expert on epigenetics), Dr Rory O'Connor (University of Glasgow- expert in suicide research), Dr Laurel Gabard-Durnam (Northeastern University- expert on sensitive developmental periods).

Furthermore, Prof Cortese is the Academic Secretary for the Association for Child and Adolescent mental health (ACAMH: <https://www.acamh.org/>), co-chair of the child and adolescent module of the British Association of Psychopharmacology, BAP (<https://www.bap.org.uk/educationmodule.php?moduleID=21>) and lecturer at the European College of Neuropsychopharmacology (ECNP) child module. The fellow will be encouraged to attend the events organised by these prestigious associations, which are attended by a large number of national and international delegates in the field of child and adolescent psychiatry/psychopathology.

Please specify annual budget available to the fellow for training

The annual budget available to the fellow for training will depend on their specific needs and the nature of the project but it cannot exceed the maximum amount allocated to the centre by the Alicia Koplowitz Foundation.

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

Prof. Cortese will act as the overall coordinator of the Koplowitz Fellows training program. He will be the first contact for the fellows and will:

- support them settling in Southampton (students' accommodations are available near the University campus: <https://www.southampton.ac.uk/student-life/accommodation>)
- agree with the fellow the type of research project and clinical placements
- introduce the fellow to the specific research supervisor as well as to the clinical supervisor
- meet fortnightly with the fellows to discuss progress and address any issue that may arise

The specific research supervisor, allocated based on the research interest of the fellow (Prof. Cortese, Dr. Kreppner, Dr. Golm, Dr. Kovshoff, Dr. Lawrence, Dr. Brandt, and Dr. Zhang) will meet with the fellow on a weekly basis to discuss progress with the research project and discuss any issue. All the research supervisors have extensive experience in supervising doctoral and post-doctoral investigators.

Likewise, the clinical supervisor allocated based on the specific clinical placement, will have weekly meetings with the fellow, who will initially shadow and then take a more active role in the clinical placement. All the consultants in child and adolescent psychiatry across the different placements have completed ad hoc training as educational and/or clinical supervisors.

Dr. Suyog Dhakras, Consultant in child and adolescent psychiatry, Director of Medical Education at Solent NHS Trust, and Chair of the Child & Adolescent Psychiatry Specialty Advisory Committee, Royal College of Psychiatrists, will provide support in terms of any governance issue with the clinical placements.

Dr. Claire Vick, Consultant in child and adolescent psychiatry and programme director for the trainees in child and adolescent psychiatry, will provide additional support with the academic programme for fellows with a background in psychiatry. Dr. Hanna Kovshoff, Associate Professor and Deputy Head of School of Psychology for Education, will provide support for the academic programme of fellows with a background in psychology.

Our group includes colleagues of Spanish origin (e.g., Dr. Carmen Morcillo Peñalver, Consultant in child and adolescent psychiatry, Basingstoke CAMHS and former Alicia Koplowitz fellow herself, and Dr. Carlos Hoyos, Consultant in child and adolescent psychiatry in the inpatient unit Leigh House and Senior Lecturer in Medical Education) who will provide any additional support/advice the fellow may need.

