

INSTITUTE OF PSYCHIATRY, PSYCHOLOGY AND NEUROSCIENCE - KING'S COLLEGE LONDON

The **Institute of Psychiatry, Psychology and Neuroscience (IoPPN)** is a Faculty of King's College London. It carries out an extensive program of postgraduate teaching and research in basic, behavioural and social sciences. The three complementary roles of the Institute are to offer advanced university training for psychiatrists, psychologists, neurologists and other scientific and paramedical workers; to pioneer research into new and improved ways of understanding and treating mental illness and brain disease; and to assist with the provision of high standards of treatment and care to the patients of the **South London and Maudsley NHS Foundation Trust** and other hospitals with which the Institute is associated.



The **Department of Child & Adolescent Psychiatry** at the Institute of Psychiatry, Psychology and Neuroscience is world-renowned for its progressive research in this field. Our goal is to understand in principle how childhood disorders are distinct. We then apply those principles to prevention, diagnosis and treatment - specifically designed with development in mind. The Department is the focus for the Child Mental Disorders theme within the **Biomedical Research Centre** (funded by the National Institute for Health Research).

We provide the essential link between state-of-the-art science and its translation into clinical services, strengthened by our pivotal role within **King's Health Partners** and our staff's myriad connections with the National Specialist teams based at the Maudsley Hospital.

The **King's Maudsley Partnership for Children and Young People (KMP)**, with purpose-built **Pears Maudsley Centre for Children and Young People**, is dedicated to improving mental health of children and young people research and clinical care. Developed by King's College London, the South London and Maudsley NHS Foundation Trust, and the Maudsley Charity.

KMP brings together world-leading scientists at the IoPPN, the Trust's specialist child and adolescent mental health services. They will work alongside each other to better understand the root causes of mental health problems in order to identify those at risk earlier on and develop new treatments and ways of addressing the mental health and wellbeing challenges facing children and young people today. The Pears Maudsley Centre is a £90 million purpose-built centre devoted to children and young people's mental health and the work to be undertaken there is a timely response to rising mental health problems amongst children and young people – a trend exacerbated by the Covid-19 pandemic.

The building will house the Department of Child and Adolescent Psychiatry alongside modern inpatient, outpatient and crisis mental health care facilities for children and young people. There will be state of the art child- and family-friendly clinical research facilities, including an imaging suite, virtual reality and a digital laboratory. Alicia Koplowitz fellows will be primarily based in the Pears Maudsley Centre for Children and Young People.



Pears Maudsley Centre for Children and Young People.
Watch "Pears Maudsley Centre | Flythrough" on #Vimeo
<https://vimeo.com/568952416>

In addition, for more invasive research procedures requiring access to an acute hospital, the **NIHR King's Clinical Research Facility (CRF)** is a purpose-built facility to support clinical trials in mental health, neurology, general and acute medicine. It is situated within King's College Hospital, London, UK, on the Denmark Hill campus of King's College London. Our site houses high-quality experimental medicine facilities, where specialist clinical research and support staff work together on patient-orientated commercial and non-commercial studies. The centre will offer Alicia Koplowitz fellows additional clinical research opportunities.



NIHR King's Clinical Research Facility.

ALICIA KOPLOWITZ FELLOWS WILL BE OFFERED AN INDIVIDUALIZED TRAINING PROGRAM INCLUDING RESEARCH WORK AT THE INSTITUTE OF PSYCHIATRY, PSYCHOLOGY AND NEUROSCIENCE, CLINICAL WORK AT THE SOUTH LONDON AND MAUDSLEY NHS FOUNDATION TRUST, AND EDUCATION AND TRAINING OPPORTUNITIES AT THE DEPARTMENT OF CHILD & ADOLESCENT PSYCHIATRY. FELLOWS TYPICALLY ARRIVE WITH PREVIOUS CLINICAL RESEARCH EXPERIENCE WITHIN ONE OR MORE OF THE FIELDS IN WHICH WE SPECIALIZE, WHICH OFTEN GIVES THEM THE OPPORTUNITY TO UNDERTAKE FURTHER STUDIES, INCLUDING PURSUING A DOCTORATE OR PHD IN SPAIN OR, LESS FREQUENTLY, IN THE UK.

A) RESEARCH AT THE DEPARTMENT OF CHILD & ADOLESCENT PSYCHIATRY

Alicia Koplowitz fellows typically get involved in two or more research projects, supervised by one of the established senior staff of the Department of Child & Adolescent Psychiatry and spend 2-3 days per week working on these projects. They are integrated in the Department and work collaboratively with junior staff, research fellows, support staff and students.

Alicia Koplowitz fellows will be involved in data collection, hypothesis formulation, statistical analyses, writing up papers and publication of several manuscripts. They will receive support from their supervisors and statistical support/ training opportunities if required.

Most fellows attend STATA, R or SPSS training to enhance their research skills, which are periodically offered at the IoPPN.

The established senior staff of the Department of Child & Adolescent Psychiatry currently consists of:

Professor Emily Simonoff	Professor of Child and Adolescent Psychiatry
Professor Katya Rubia	Professor in Cognitive Neuroscience
Professor Stephen Scott	Professor in Child Health and Behaviour
Professor Chiara Nosarti	Professor of Neurodevelopment and Mental Health
Professor Andrea Danese	Professor of Child and Adolescent Psychiatry
Professor Paramala Santosh	Professor in Developmental Neuropsychiatry and Psychopharmacology
Dr Johnny Downs	Senior Clinical Lecturer
Dr Erica Cini	Senior Clinical Lecturer (Education)
Dr Matthew Hollocks	Senior Clinical Lecturer
Dr Gonzalo Salazar de Pablo	Senior Clinical Lecturer
Dr Nicoletta Adamo	Senior Clinical Lecturer
Dr Daniel Michelson	Senior Clinical Lecturer
Dr Benjamin Baig	Senior Clinical Lecturer

There are also varying numbers of junior staff, research fellows and support staff on externally funded contracts.

The senior staff at the department specialize in the following mental health conditions:

- ADHD
- Autism Spectrum Disorder
- Conduct Disorder
- PTSD and Trauma related disorders
- Anxiety and Depression
- Eating Disorders
- Psychotic disorders
- Bipolar disorder
- Genetic conditions (e.g. Rett Syndrome, DiGeorge Syndrome)
- Medically unexplained conditions

There are also different transdiagnostic areas of expertise at the department including but not limited to:

- **Child mental health in the community:** one of our aims is to bridge the gap between scientific knowledge and clinical practice with a series of studies designed to base the planning of child mental health services on a structure of reliable knowledge. To this end, we will continue the evaluation of child and adolescent mental health needs in communities in the UK and internationally; and work to provide a framework of economic costing for treated and untreated disorders.
- **Treatment trials:** child psychiatry generally lacks the evidence base, from randomised controlled trials, that should underpin treatment decisions. We have contributed in some areas (e.g., ADHD, ASD and conduct disorders), that are already guiding practice; and we are now conducting treatment trials to extend this process to a wider range of disorders and interventions, including eating disorders, posttraumatic stress disorder, bipolar disorder and obsessive-compulsive disorder, including medicinal, psychosocial and neuromodulation interventions. There is an interest in prevention and early intervention as well as well as different treatment fields as psychopharmacology and psychotherapeutic interventions including digital health interventions.
- **Genetic influences** on childhood disorders will continue to be a focus of study, and the designs we use are chosen to cast light also upon the environmental influences on the development of disorder. We will therefore extend the range of disorders being studied.

- **Environmental influences:** many children are referred to mental health services because they have encountered overwhelming stress. Our programme of Research & Development work focusses on several examples, including the outcome of children adopted from derelict orphanages and that of people who have been exposed to natural or man-made disasters, including impacts of the Covid pandemic. The clarification of the influences on normal development is a requirement for understanding pathogenesis, and we will continue work on the influences on children's attachment relationships and the localisation of the brain function substrates of key psychological processes.

- **Digital health** studies at the department examine risk factors and outcomes for childhood neurodevelopmental and mental health disorders. Current areas include patient portals to enhance patient reported outcomes, natural language processing to refine the data extracted from free-text electronic records, data-linkage to integrate non-health data into clinical record analysis, and the integration of remote monitoring technology into clinical care.

- **Neuropsychological studies** in the Department aim to compare different childhood psychopathological disorders in neuropsychological performance on a range of executive and cognitive function tasks.

- **Neuroimaging studies** in the department use structural and functional MRI and ERPs to investigate the neurobiology of normal development and of abnormal development in child psychopathology. Our neuroimaging studies in psychopathology include in particular functional and structural imaging in adolescents with ADHD, but also other related disorders such as autism spectrum disorders, obsessive-compulsive disorder, conduct disorder, adolescent major depression disorder, preterm birth, and childhood abuse.

SOME ONGOING RESEARCH PROJECTS IN THE DEPARTMENT

- **AGUALIS:** Effects of Lisdexamfetamine and Guanfacine on brain function in ADHD. The study will be a case-control, crossover, placebo controlled, randomized study. The study will compare the effects of a single dose of Lisdexamfetamine (LISDEX) and Guanfacine extended release (GXR) relative to placebo on the brain function and connectivity of ADHD adolescents during the resting state and during typically compromised cognitive tasks of motor inhibition, working memory and sustained attention. Also, the data will be compared to fMRI data that will be collected in age and IQ matched adolescents with ADHD on the same fMRI tasks and resting state.
- **ATTENS:** The ATTENS project a multi-centre study across London and Southampton will explore the potential of eTNS in improving symptoms, cognitive performance and the functioning of the brain in children with ADHD. External Trigeminal nerve stimulation (eTNS) is the first non-drug ADHD treatment device approved (in 2019) by the USA Food and Drug administration (FDA). eTNS is a battery charged device that sends small electrical pulses or currents under the skin, activating the trigeminal nerve on the forehead which leads to the activation of the brain stem and frontal brain regions that are important for arousal and attention.
- **DIORA:** Dynamic Interplay of Online Risk and Resilience in Adolescence (DIORA) looks at what happens on a day-to-day basis in teenagers' online experiences. We want to understand how these experiences are related to changes in mental health and whether they vary depending on the sorts of mental health problems people are experiencing. The project is led by Professor Edmund Sonuga-Barke of the EXPAND research group. The research is conducted together with colleagues at The London School of Economics and Political Science and is funded by the Medical Research Council.
- **KeepCool:** KeepCool is a series of educational videos designed to help young people learn about and cope with strong emotions. The project is funded by UK Research and Innovation and led by Andrea Danese, Professor of Child & Adolescent Psychiatry at King's College London and the South London & Maudsley NHS Foundation Trust, in collaboration with the McPin Foundation, TOAD, and Passion Digital.

- **HOPEFUL:** 'HOPEFUL' is a community-based, hope-focused intervention that was co-designed with young women aged 16-24 years who are not in education, employment or training (NEET). The intervention aims to improve mental health and social functioning by creating a hopeful mindset and teaching skills for setting and pursuing personally meaningful goals. Intervention components are organised into transdiagnostic modules that can be selected and implemented flexibly over 3-12 weeks. Support is provided by a youth-initiated mentor who is selected from the participant's existing social network. The NIHR Public Health Research programme funded the intervention's development in 2022; 4.5 years of additional funding have now been secured for a pilot randomised controlled trial (2024-25), to be followed by a definitive trial (2025-28). The HOPEFUL programme is led at King's College London by Dr Daniel Michelson (Dept of Child & Adolescent Psychiatry) in collaboration with Dr Clio Berry (Dept of Primary Care and Public Health, Brighton and Sussex Medical School).
- **OPTIMA:** Online Parent Training for the Initial Management of ADHD referral (OPTIMA) is a research programme that tests whether a mobile phone app called STEPS can provide timely access to advice and support for families, who face challenges while they are waiting to access specialist clinical services. STEPS provides tools to support parents of children aged 5-11 years. Its content has been shaped by the latest research about parenting and child behaviour and many years of clinical experience. STEPS does not replace clinical support but gives parents access to additional help while they are waiting for a full clinical assessment. The programme is led by Professor Edmund Sonuga-Barke of the ExPAND research group. The research is conducted with the universities of Southampton and Nottingham and is funded by the National Institute for Health Research.
- **RE-STAR:** Many young people with neuroatypicalities such as ADHD and autism traits develop depression during adolescence - but we currently don't know which individuals are at risk, what underlying processes increase that risk or, perhaps most importantly, the best way to intervene to increase resilience to reduce that risk. RE-STAR will address these gaps by testing the specific role of emotion regulation difficulties, so commonly observed in young people with neuroatypicalities, in driving developmental pathways to depression.

- **BeBodyPositive:** *Be Body Positive* is an co-produced early intervention psychoeducational website aiming at supporting young people, parents, and professionals through self-guided modules on body image, normal eating, fussy eating, disordered eating and eating disorders that was developed from NHSX funding. The research team is led by Dr Erica Cini and the focus is on evaluating the website. The current undertaking is usability testing and qualitatively analysing feedback from stakeholders. This project is a partnership collaboration between East London NHS Foundation Trust, North East London Foundation Trust, Barnardo's, East London Business Alliance, NHS England & Improvement and King's College London.
- **Eating Disorder Intensive Outpatient Programme:** Intensive home treatment offers, as alternatives to acute admission, have been introduced throughout England as mandated by the NHS Plan. This project is led by Dr Erica Cini who is joined by other renowned researchers in the field of eating disorders including Dr Maria Livanou, Prof Ulrike Schmidt and Prof Hubertus Himmerich, to assess the feasibility Eating Disorder Intensive Outpatient Programmes (IOPs) for Children and Young People across England with the aim of developing a proof-of-concept.

OTHER ONGOING INDIVIDUAL RESEARCH PROJECTS CARRIED OUT AT THE DEPARTMENT, RECENTLY OFFERED TO FELLOWS AND POSTGRADUATE STUDENTS:

- Transition to Bipolar Disorder in adolescents admitted into an inpatient unit: prospective five year follow-up study
- Virtual Working in an Eating Disorder Setting: (i) Young Persons and Carer Views (ii) Carers' Views (iii) Professionals' Views
- Service evaluation of paediatric admissions for eating disorder (i) Young Persons and Carer Views (ii) Carers' Views (iii) Professionals' Views
- Service evaluation of eating disorder intensive pathway - a useful addition to evidence-base treatment? (i) Young Persons and Carer Views (ii) Carers' Views (iii) Professionals' Views
- Understanding of the Role of the Psychiatrist in an Eating Disorder Service - How does this differ from the RCPsych's definition? (i) Patient's Views (ii) Carers' Views (iii) Professionals' Views
- Exploring catatonia
- Buspirone as a treatment for anxiety and depression in young people
- Treatment responses in young people with Autism Spectrum Disorder (ASD)
- Child Psychiatry in the General Hospital
- Screening for prodromal bipolar disorder: validation of the BPSS-Abbreviated Screen in help-seeking adolescents
- Clinical Validity of DSM-defined Autism Spectrum Disorder: Umbrella Review of the Evidence
- "Evaluating the prevalence of selective mutism in adults and young people with autism spectrum disorder: a retrospective cohort study.
- The relationship of parental stress and perceived efficacy when dealing with a child's challenging behaviour in parents of children and young people with autism spectrum disorder.
- Lived experiences of young women who are not in education, employment and training (NEET) and living in coastal communities: exploring hopefulness, mental health and social context
- Scoping a digital mental health intervention for youth in Kenya
- Developing a Remotely Delivered Psychological Intervention to Treat Depression in Adolescents with Autism Spectrum Disorder: A Case Series Design

- Exploring predictors of enrolment in a trial evaluating Parent Positive – a new smartphone app to support parents during the COVID-19 pandemic
- Whose responsibility is it anyway? Exploring the views of parents and stakeholders involved in diagnosing ADHD in children and young people with intellectual disability.
- Investigating the relationship between perinatal parental mental states and later childhood behavioural outcomes in a cohort of children born very preterm
- Investigating the role of social networks in shaping child mental health in a cohort of children born very preterm and full-term born controls
- Emotion recognition in children who were born very preterm – a systematic review
- Measures of anxiety in children and young people with intellectual disability and limited communication
- How does school type influence autistic symptoms.
- The experience of autistic people in remote monitoring of autistic and related symptoms.
- Understanding the impact of the Covid-19 pandemic on the mental health of children and young people (CYP) with pre-existing mental disorders
- The Impact of Shared Experience Interviewing on Interviewers and Interviewees
- Meta-analyses of the heritability of trauma and PTSD
- Emotion dysregulation in young people with neurodevelopmental disorders: comparing prevalence and clinical outcomes across autism spectrum disorder and attention deficit hyperactivity disorders using natural language processing methods
- Developing virtual reality-enhanced cognitive behaviour therapy for autistic young people who are socially anxious
- Developing behavioural activation interventions for depressed autistic young people
- Evaluating school children's happiness in the context of a psychiatric hospital school: a qualitative and quantitative assessment of the school's measure in practice
- Providing EMDR in CAMHS – understanding the challenges of providing EMDR in CAMHS for clinicians

B) CLINICAL WORK AT THE SOUTH LONDON AND MAUDSLEY (SLAM) NHS FOUNDATION TRUST

Alicia Koplowitz fellows typically work as honorary specialist registrars in four or five clinical services of their interest (around six months in each of them) and spend 2-3 days per week working on these services, typically supervised by consultant psychiatrists or clinical psychologists.

They may decide to spend more time in one of the services, particularly if they align with their clinical research field.

They are encouraged to register with the General Medical Council (note English requirements) to be able to provide direct clinical care (including assessments and provision of interventions) to children and young people in their services. Until then they will be offered shadowing opportunities.

Alicia Koplowitz fellows often attend ADI-R or ADOS-II training to enhance their clinical skills, which is periodically offered at the IoPPN.

South London and Maudsley NHS Trust has the most comprehensive child and adolescent mental health service in the country led by national and international leaders in their field. Universities have a profound influence on our understanding of mental health problems in childhood, on the development of treatment approaches and on service development and evaluation.

This mental health trust has responsibility for services for Southwark, Lambeth, Lewisham and Croydon. The service is made up of: National & Specialist Outpatients, National & Specialist Inpatients, Central Crisis Services and the boroughs of Lambeth, Southwark, Lewisham and Croydon clinical services. It also has a wider brief in a national Research and Development Contract with the Department of Health.

As well as providing a range of services to local children, professional staff provide specialist tertiary services to children and adolescents throughout the country.

Professional staff also work closely with local authority social services, education, community health services, acute pediatrics, primary care, the voluntary sector and the criminal justice system.

Staff within the Directorate provide national training programmes for under and postgraduate trainees from all the key mental health professions, and it is important to

ensure that academic and service interests work in a collaborative and mutually beneficial way.

Child and adolescent mental health services have a history of multidisciplinary and multi-agency working and it is important to nurture these different perspectives to effectively contribute to the national policy of cross-agency collaboration.

The directorate mission has been stated as:

- To be the service that is seen by purchasers as the preferred provider for child psychiatry locally and regionally for specialist services.
- Nationally, to be preferred for specialist opinion, for basic research and for Research and Development contracts producing and evaluating assessment protocols, treatments and models of service.
- To maintain and further its international reputation for academic excellence.
- To have a leading role in undergraduate and postgraduate child psychiatric teaching and in training other child mental health professionals.
- To further its channels of influence in national policy for children's mental health needs.

The Child and Adolescent Directorate currently consists of: the national outpatient service with over twenty specialist/research teams at the Michael Rutter Centre, Maudsley Hospital (shortly to move to the Pears Maudsley Centre); paediatric liaison at King's, Lewisham and St Thomas' Hospitals; inpatient units based at Bethlem Royal Hospital and the Maudsley Hospital (shortly Pears Maudsley Centre); child and adolescent community multidisciplinary team bases, in Croydon (Christopher Wren House), in Lambeth (at Black Prince Road), in Southwark (Sunshine House) and in Lewisham (Kaleidoscope).

There are multidisciplinary services in boroughs primary care and joint working with Child Health and Social Services. All Borough services have learning disability services though configured differently in each area. Services for early intervention and for children looked after provided, often through different funding streams.

The complete list of services in the trust can be found at: <https://slam.nhs.uk/services>

CURRENT CHILD AND ADOLESCENT MENTAL HEALTH CLINICAL SERVICES*

Community Services (each including a combination of tier 2, tier 3 and local specialised services):

- Croydon CAMHS
- Lambeth CAMHS
- Lewisham CAMHS
- Southwark CAMHS

Inpatient units and Liaison services:

- Evelina Children's Hospital, St Thomas's Paediatric Liaison Team
- Kings College Hospital Paediatric Liaison Team
- Lewisham Hospital Paediatric Liaison Team
- Child and Adolescent Paediatric Intensive Care Unit (Bethlem Royal Hospital).
- Bethlem Adolescent Unit (Bethlem Royal Hospital)
- Snowsfields Adolescent Unit (Maudsley Hospital, moving to Pears Maudsley Centre)

CAMHS National and Specialist Services:

- CAMHS National and Specialist OCD, BDD and Related Disorders Service
- Service for Complex Autism and Associated Neurodevelopmental Disorders (SCAAND) including South London Partnership (SLP), Learning Disability Services, Challenging Behaviour/Neuropsychiatry and Autism and Intellectual Disability Intensive Intervention Team (AIDIIT)
- Enhanced Treatment Service (ETS)
- Trauma, Anxiety, & Depression service (TAD)
- Conduct Adoption and Fostering Team (CAFT)
- Maudsley Centre for Child and Adolescent Eating Disorders (MCCAED)
- Centre Interventional Paediatric Psychopharmacology Rare Diseases (CIPPRD)
- Dialectical behaviour therapy (DBT) Service
- Forensic Community Child and Adolescent Mental Health Service (FCAMHS)

*Alicia Koplowitz Fellows have been working in the services underlined in the last years (although they will be supported and other services will be contacted if required), as well as in services providing clinical care to adolescents and young adults as Outreach and Support in South-London (OASIS).

C) TEACHING AND EDUCATION

Alicia Koplowitz fellows typically attend the CAMHS academic training sessions at the Department with the Specialist Registrars/ Specialty trainees on Wednesday mornings. Once per month there is full day of training including systematic review teaching and psychotherapeutic interventions' training.

Fellows may also get involved in the Child & Adolescent Mental Health MSc as students, supervisors or lecturers under the supervision of their tutors.

Additional training courses may be attended by the fellow based on their needs, as discussed in periodic supervision with their clinical supervisors and their research supervisors.

There is no maximum budget, although fellows typically spend up to 1500-2000GBP per year.

Child & Adolescent Mental Health MSc

There is an annual 12-month full-time MSc course beginning in September every year. The MSc is expressly designed for psychiatrists and paediatricians and psychologists (with relevant experience) from countries in which training in academic child psychiatry, particularly research methodology is limited. The course involves intensive teaching to a high academic standard. Alicia Koplowitz fellows may decide to join the MSc after discussion with their supervisors.

Background: There is a great need for research relating to all aspects of child mental health and child psychiatry in countries where services are developing. In many countries even where there are services in clinical child psychiatry, opportunities and training to develop research skills are significantly less than for developing clinical skills. There is therefore, a major need for a course which enables clinicians to develop research skills, acquire an updated knowledge of current research in the field whilst also further developing clinical skills.

Course Structure: The MSc is a full-time programme and runs for one year from September to September during which students will be expected to develop and carry out a project.

Programme aims:

1. Extend their knowledge of child development, child psychiatry including the recent research initiatives in these areas.
2. Acquire knowledge about the outcome research relating to the range and effects of psychological and physical treatments for emotional, behavioural and developmental disorders of children and young people.
3. Acquire a sound understanding of research methodology and research statistics.
4. Acquire knowledge of quantitative and qualitative research methodology.
5. Further developed skills in diagnosis, formulation and planning therapeutic interventions-
6. Acquire knowledge about service planning issues including those related to the monitoring and evaluation of services.

Modules

- Clinical skills
- Child Development
- Research Skills
- Systematic Literature Review
- Service Development & Service Evaluation
- Dissertation