



TRAINEE GUIDE TO SERVICES 2017

This is a document aimed to give current trainees up-to-date information, based on current trainee experiences (eg on-calls, education) to inform them in deciding next year's job applications. It is by no means exhaustive but a good place to start. We recommend trainees also visit the specific mental health service's recruitment websites for more information. We also hope this encourages services to consider how they can improve their systems and supports for trainees.

The guide is split into 2 tables, the first table on pages 1 & 2 is Alfred/Austin/Barwon/Bendigo/Eastern/ Goulburn Valley, and the second table on pages 3 to 6 is La Trobe/Monash/North-west/Peninsula/St Vincents./The Women's. We have not been able to obtain information regarding some services and welcome any contributions via president@vapt.org.au so we can update this guide accordingly.

Service	Alfred	Austin	Barwon*	Bendigo*	Eastern	Goulburn Valley
Regional DOT: - Southern: James Nahamkes - Western: Rebecca Fraser - Northern: Lee Allen	Southern Hospital Coordinator of Training: Tania Stavovy	Northern Hospital Coordinator of Training: Ana-Louise Martin	Western Hospital Coordinator of Training: Steve Moylan	Northern	Northern Hospital Coordinator of Training: Natasha Williams	Pending
Sites	Alfred Hospital Caulfield Hospital (aged psychiatry) Waiora CCT St Kilda Road Clinic CCT CYMHS as well as Youth Outreach, DAMP and Infant teams Headspace Secondments: Forensicare The Melbourne Clinic Pinelodge (D+A) The Victoria Clinic St John of God (perinatal)	Most rotations are in Heidelberg, either at the Austin, Mercy or Repatriation Hospital sites. There are some external rotations in Bundoora (Bundoora Extended Care & Northpark Private Hospital), Richmond (Melbourne Clinic, Epworth), Kew (BETRS), Forensicare.	Geelong University Hospital (majority of registrars based here in conjunction with various community sites due to the integrated model of care) CAMHS Primary Mental Health Partners Wathaurong Aboriginal cooperative <u>Secondments:</u> Forensicare Werribee Mercy inpatient Werribee Mercy perinatal (also see Northwest for more info re: Mercy Mental Health) Wyndham clinic Warrnambool	All sites based in Bendigo therefore 10-20 minute drive maximum depending where you live. Trainees also cover rural clinics so in a number of jobs you attend a rural clinic once a week. One 40mins drive, two 80 mins drive and one 30 mins via small plane.	Most rotations are in Box Hill (Box Hill Hospital) or Ringwood East (Maroondah Hospital), with some external rotations at Delmont Private Hospital and Forensicare.	
Elective Rotations	See above	7 positions at the Psychological Trauma Recovery Service (Formerly State-Wide Veterans Unit); State-wide Child Inpatient Unit; Adolescent Inpatient Unit; Inpatient & Outpatient Eating Disorder Rotations; Drug Dependency Clinic STP position; 3 positions at the Brain Disorders Program with inpatient and outpatient roles; Parent-Infant Program; external rotations to Forensicare, Mercy (perinatal CL), Northpark, Melbourne Clinic, Epworth Camberwell	See above		Delmont Private Hospital (3 positions), Spectrum Personality Disorders Service, Forensicare, Turning Point Drug and Alcohol Service, Indigenous Health, Psychiatric Assessment and Planning Unit (PAPU – short term stay unit in ED for psych patients)	
On call requirement	Cover adult wards, CL, ED Take calls from CATT and Caulfield	All trainees that are not on external rotations are expected to be on the on call roster (usually around 37 people). On weekdays there are two on call registrars (Reg D and Reg N). On weekends there are	Cover adult wards, CL, ED	Cover ED, ECATT, IPU adult and aged. Also cover Adult PARC, Youth PARC and SECU and CCU which are off site.	Trainees doing adult rotations do on calls at Box Hill IPU and Maroondah IPU1 and IPU2, Mon-Fri 17-22 and recalls afterwards, Sat-Sun 8.30am-12.30pm and recalls after that. There are also PAPU on-call shifts on weekends from 8.30am-12.30pm with no	

	2 nd on call registrar to attend for admissions at Caulfield	three on call registrars (Reg D1, D2 and N). On weekdays, Reg D is on-site till 10p.m. and then available as a back-up (rarely used) for Reg N from 10 till the regular staff start the next morning. On weekends, reg D1 & D2 are on-site till 1pm and 4pm respectively. Reg D1 remains on call on a recall basis till 10pm and reg N takes over from 10 till the next morning. On weekends, a consultant is also expected to attend in the morning and the three decide how to divide the work between them for the initial part of the shift. You cover all the inpatient units (approx. 70 beds across 7 units), plus CL and admissions.		Advice to medical staff in rural and remote ED's in catchment area Overnight admissions and seclusion checks covered by DiT from main hospital so rarely in overnight on call	recall (about 2 per year). While doing the CYMHS rotation you do on calls at the Adolescent IPU in Box Hill (recalls only). While doing the aged psych rotation, you do on calls at the Peter James Centre in Forest Hill.	
Average on-call rota	Weeknights 5-10.30pm once a month Weekend shifts either 8-4 or 8-8.30 once or twice per semester (one shift covers wards the other ED/CL) One week of nights 10.00pm-08.30am Mon-Fri per 6 months	Approx. 13 shifts in a 6-month rotation	No weeknight after hours work. Weekend shifts 9-1 Sat and Sun approx. 2-3 weekends per year. No night shifts	1 in 10 on call	Average 1 on call every 9-10 days.	
Education program	Journal Club – fortnightly Seminal article reading group – monthly Peer support with DOT - monthly Psychiatry grand round – weekly Medical grand round – weekly First years and HMOs – Interview skills tutorials – weekly Lecture series with topics such as personality disorders, D+A etc – weekly Stage 3 trainees: Group psychotherapy supervision weekly	Block protected teaching Wednesdays 11 to 1:30 that include: professorial tutorials on specific topics (registrar led but actively chaired A/Prof Olver); journal club organized around key research types to ensure adequate coverage of college critical appraisal curriculum; monthly psychotherapy tutorial, monthly grand rounds and monthly 'areas of interest' tutorials on topics like clinical governance, medical topics relevant to psychiatry	Fortnightly psychotherapy presentation tutorial. Monthly half day of tutorials and presentations and peer group. Fortnightly tutorial alternating with psychotherapy tute (eg: critical appraisal, various therapies, toxidromes). Medical grand round - weekly	Weekly education session alternating with Journal club and case conference Weekly registrar tutorial with Dr John Cooper Protected teaching time	Protected time every Tue afternoon, 1-5pm, alternating weeks when the consultants also attend, with registrar-only weeks. These Academic Afternoons include journal club, presentation done by guest speakers, tutorial to prepare for exams.	
Exam preparation	Protected teaching time with weekly tutorials for MEQ and OSCE exams	Closed group sessions in the 3 months or so preceding each exam, protecting time added to the end of the Wednesday teaching program	Richard Harvey's online course provided for free for Geelong trainees. No protected teaching time	No formal exam preparation,	Covered in tutorials done every Tue PM, separated in groups preparing for specific exams (written exams, OSCE exam).	
Psychotherapy long case	Individual, weekly	Weekly group supervision	Individual or group, weekly	Group supervision	Weekly group supervision in groups up to 3 participants.	
Other	Vibrant social culture	The leadership team is very responsive to registrar feedback and much of the above factors such as the teaching program and on call arrangements were based on registrar suggestions.		Bendigo being a small rural service, you know all the psychiatrists and they are supportive. The registrars are a small close knit team and are very support each other. Balance of training and service provision trickier but you see a lot which will stand you in good stead for transition to being a psychiatrist and the various teams really value and look after their DiTs Easy to access CAHMS and aged IPU rotations	Big registrar and consultant bodies, which are very friendly and supportive. IPUs are very well-resourced inpatient units with mainly full time consultants providing a supportive learning environment for first years registrars. Offers opportunities to complete Certificates of Advanced Training in Child and Adolescent Psychiatry, Psychiatry of Old Age, Addiction Psychiatry, Consultation Liaison Psychiatry and Psychotherapies.	

Service	La Trobe	Monash	Northwest	Peninsula*	St Vincents	The Women's*
Regional DOT:	Southern Hospital Coordinator of Training: Rajiv Siotia	Southern Hospital Coordinator of Training: May Loh	Western	Southern Hospital Coordinator of Training: Jaideep Thoduguli	Northern Hospital Coordinator of Training: Dom Baetens	Western Recruitment is directly via The Women's.
Sites	Latrobe Regional Hospital, Wonthaggi CMHS (1.5hrs away), Korumburra CMHS (75min away), Warragul CMHS (45mins away), Sale CMHS (45mins away), Bairnsdale CMHS (1.5hrs away), Latrobe Valley CMHS (15mins away)	Monash Medical Centre, Clayton Dandenong Hospital, Dandenong Kingston Hospital, Cheltenham Casey Hospital, Berwick Some rotations are at community mental health centers in Clayton, Bentleigh, Dandenong, Berwick or Cranbourne.	<u>External Rotations:</u> Albert Road Clinic Prof Unit The Melbourne Clinic - Eating Disorders Unit & Addiction Unit Forensicare Mercy Mental Health - Mother / Baby IPU & OPC, Western CL Eastern Health – Spectrum Western Health Drug Health Service SUMMIT Drug and Alcohol Service NWMH Centralised Triage Royal Women's Hospital <u>Inner West Area, based at Royal Melbourne Hospital in Parkville:</u> RMH: ED Behavioural Unit, Consultation Liaison , Psycho-oncology, Melb Uni Research Position John Cade Unit: Adult Inpatient Unit, Eating Disorder Unit, Neuropsychiatry Unit Outpatient Services: Waratah Clinic in Moonee Ponds, Continuing Care Unit in Travancore, Homeless Outreach Team <u>Norther Area, based at The Northern Hospital in Epping:</u> The Northern Hospital: Acute Inpatient Unit, Consultation Liaison Outpatient Community Clinics in Epping and Preston Aboriginal Health – number of different sites Regen Drug and Alcohol Position <u>North West Area, based at Broadmeadows Hospital:</u> Adult Inpatient Unit Outpatient Community Clinic in Broadmeadows and Coburg Shared care position with outreach to GPs and schools <u>Mid West Area, based at Sunshine Hospital:</u> Adult Inpatient Unit GP liaison Consultation Liaison at Sunshine Hospital Harvester Clinic in Sunshine – Outpatient Clinic Secure Extended Care Unit in St Albans <u>Orygen Youth Health :</u> Orygen Inpatient Unit in Footscray Orygen Outpatient Clinics in Parkville Headspace <u>Aged Persons Mental Health:</u> Inpatient positions at Broadmeadows Hospital, Bundoora Extended Care and Sunshine Hospital. APATT (Outpatient Aged Psychiatry) teams based at Royal Park, Sunshine and Bundoora. BASICS Position – Behavioural Management team that liaises with nursing homes. <u>Royal Children's Hospital:</u> Eating Disorders / Somatising Consultation Liaison position based at Royal Children's Hospital Outpatient Child and Adolescent Mental Health based at Travancore, Hoppers Crossing and Sunshine.	Frankston Hospital 29 inpatient beds including 6 AMA beds 15 inpatient Old Age beds Frankston Community Clinic (Davey Street) – integrated teams. Rosebud Community Clinic Community Care Unit, Frankston APARC Frankston YPARC Frankston Headspace Frankston including Early Psychosis program (accommodates Child-Adolescent Stage 2 Trainees) Consultation-Liaison for Frankston Hospital (Stage 2)	Fitzroy (main campus): 44 acute inpatient beds including 6 extra care beds and Koori inpatient unit. Old Age Psychiatry at Normanby House (St George's Hospital in Kew) CL psychiatry at Peter MacCallum Cancer Centre (VCCC) Port Philip Prison. Secondment to either Austin or Eastern Health for CAMHS rotation.	The Royal Women's Hospital, Parkville (aka The Women's)

Elective Rotations	Secure-Extended Care Unit (SECU), Community care unit (CCU), Aged Psychiatry inpatient, CL/ED, Community Child psych,	Addiction medicine Psychotherapy Refugee clinic Gender dysphoria clinic Clozapine clinic Pine Lodge private clinic Child/Adolescent inpatient, community (several different options), or paed C-L rotations Mother-Baby inpatient unit Psychiatric HITH (hospital-in-the-home) Eating Disorder – inpatient unit or outpatient clinic Agile psychological medicine clinic (acute response clinic, for patients presenting to ED and sent home, or for patients referred urgently by GPs) PARCS (Prevention & Recovery Care Service – a subacute rehabilitation community facility promoting recovery post-inpatient admissions, or as a step-up from home) Secure-extended care unit (SECU) Community care unit (CCU) Several options for Psychiatry of Old Age, Adult Psychiatry	See above	Old Age Psychiatry training Youth rotations including Headspace Addiction Psychiatry in development Private psychiatry rotations can be organized	Psychotherapy Registrar Perinatal Registrar (Mercy Hospital) Victorian Transcultural Mental Health Victorian Aboriginal Health Service (Koori Inpatient Unit) Victorian Aboriginal Health Service (outpatient) Youth Health and Rehabilitation Psychosocial Cancer Care (Psych-Oncology) at St Vincent's CL Psychiatry senior registrar at St Vincent's CL Psych at Peter MacCallum Cancer Centre. Private rotations to Delmont Hospital and The Melbourne Clinic.	It is x2 full-time Stage 3 accredited Consultation-Liaison / General Adult Psychiatry training positions
On call requirement	Cover inpatient adult (40 bed), HDAU (6 bed), Aged psychiatry ward (10 bed), CL/ED as needed.	Weekday on-calls require you to remain onsite from 5-10pm (after your usual working day 0830am – 5pm) and then on-call/recall overnight from 10pm. The next day, you are rostered in your usual job only from 1pm-5pm. A weekend onsite shift is from 0830am – 10pm. A different registrar works the on-call/recall component from 10pm on a weekend day.	<u>External Rotations</u> – on call varies greatly depending on site and year specific staffing. Albert Road Clinic does not have an on call roster. <u>Werribee Mercy</u> : 2 separate on call sites but only rostered to one at a time. <u>Werribee</u> – inpatient (27 beds, 10 HDU), ED. Weeknights on site 5-9pm. Weekends on site 9-1pm. On call after that. Admissions overnight done by med or surg HMO so no recall overnight. <u>Footscray</u> – inpatient (16 beds, 2 HDU), CL, rarely ED. Weeknights – on call from 5pm until next morning. Weekend – on call Friday 5pm until Monday 8am. <u>Inner West Area</u> – Cover the acute adult inpatient unit, eating disorder and neuropsychiatry units, and the general hospital, all based at Royal Melbourne. Phone advice to community teams and residential care units. Weekdays onsite 5-10pm. No admission after 10pm with medical staff covering overnight. Weekend roster currently being reviewed. <u>Northern Area</u> – Cover two acute adult inpatient units and the general hospital at The Northern Hospital. <u>North West Area</u> – Cover the acute adult inpatient unit. Weekdays oncall 5pm to 8am, no ED so most admission are flagged in advance and are usually delayed to business hours. Weekend is 4 hours onsite and then oncall. <u>Mid West Area</u> – Cover the acute adult inpatient unit and the general hospital, all based at Sunshine Hospital. <u>Orygen Youth Health</u> – Cover the acute inpatient unit at Footscray. <u>Aged Persons' Mental Health</u> – Cover all three aged Aged Inpatient Units in Sunshine, Broadmeadows and Bundoora. Phone advice for GPs and occasionally other general hospitals. <u>Royal Children's Hospital</u> – Cover the child and adolescent inpatient unit, Banksia, the general hospital and the emergency department at Royal Children's Hospital in Parkville. Phone advice for other paediatric wards, GPs and rural areas that fall under the RCH catchment. Roster currently being reviewed.	18 doctors covering the oncall roster. HMO cover until 2100. Registrar on-call from home 2100-0830. (50% of nights are free of call-ins). Includes medical on-call cover of the Old Age inpatient ward.	First on call – covers main hospital (requirement to be in the hospital until 10pm on weeknights and from 8am to 10pm on weekend shifts. On call after 10pm.) Second on call – covers Peter Mac and Normanby House (old age)	Largely telephone advice, however occasionally you may have to come in to do an urgent review eg postpartum psychosis, patient with planned 1:1 nursing special.

Average on-call rota	(variable)	Per month, on average: 1 x weekday onsite + oncall/recall 2 x second-on-call shifts (standby) Per two months: 1 x Saturday or Sunday onsite 1 x Saturday or Sunday oncall/recall	Adult – Roughly three on calls per month, usually two week nights and one weekend day. This varies across the different sites and depending on the staffing for the particular year. <i>Werribee Mercy:</i> 1-2 evenings per fortnight 1 weekend per 2 months (includes Friday night) This is total requirement across both sites Aged – Roughly one on call in 10 days. Child – Between 3 – 4 per fortnight, at least one will be a weekend day.	Average of one overnight on-call per fortnight One weekend per two months	Approx. 7 first on call shifts and 7 second on call shifts per 6 month rotation (including 2 shifts on the weekend).	1 week every 6 weeks (shared with consultants). Expect 1-3 phone calls during your on call week. You get called in roughly once every 3 months.
Education program	Wednesday morning 8.30-9.30am professional development for multidisciplinary team protected time (case-presentations /topics of interest, presentations by psychiatrists, nurse-practitioners, trainees, and nurse educators) Can teleconference in if at a different site. Stage 1 weekly 1hr tute Some additional workshops for 2hrs every fortnight/month (ad hoc) No journal club currently No registrar meetings currently	Protected training time, every week: - Education program (alternates between journal club, case conference, professorial lectures) - Stage 1 tutorial (2 hours per week), in addition to time allowed each week for MPsyh - Protected time: - Registrar meetings: Site-based, 1-2monthly Service based, 2-3 monthly	<u>General Program – all protected teaching time with trainees required to attend:</u> - Weekly 1 st year interview tutes at RMH - Fortnightly 2 nd year interview / formulation tutes at RMH - Monthly 3 rd year + OCA / formulation tutes at RMH - Advanced trainee 'Leadership and Management' 12 month tutorial series at RMH <u>External Rotations</u> – Variable education opportunities, however trainees are usually welcome and encouraged to join local education programs or, if possible, to attend programs at close by NW sites. <u>Area Mental Health Services</u> – Each site is meant to have a grand round and journal club series at which trainees are rostered to present. The frequency, attendance, format and accessibility of these vary greatly from site to site. Some sites have additional sessions such as the Colloquia series at Royal Melbourne Hospital. Additionally, different teams will have specific educational opportunities. For example, the Consultation Liaison services generally have their own regular case presentation series and then join together for network presentations on a monthly basis. Occasionally there will be cross disciplinary educational opportunities where locations permit. For example, attendance at the Neurology grand round series for those working in Neuropsychiatry or attendance at the General Grand Round series at the Royal Children's Hospital. <u>Orygen Youth Health</u> – Weekly cycle of grand rounds, case presentations, journal club and consultant presentations. <u>Aged Persons' Mental Health</u> – Weekly sessions alternating between case presentations and journal club. <u>Royal Children's Hospital</u> – ½ day per week education sessions at Travencore with varied content covering child and adolescent mental health, specific clinical skills, formulation, journal article reviews, case discussions and service specific information.	Weekly Grand-round / Journal Club Weekly tutorials covering: Addiction Psychiatry Interviewing Skills Leadership and Management	Professorial Tute – Readings in Psychiatry with Prof David Castle - Tuesday mornings. Inpatient Registrars Reflection Group with psychotherapist Denis O'Loughlin – Tuesdays. Critical Appraisal Series (Journal Club) - Tuesday lunch. Psychodynamic psychiatry tutorials with Assoc Prof Ed Harari - Wednesday mornings. Inpatient Consultation/Teaching for all clinical staff - every second Wednesday. Eric Seal Seminar (interesting and controversial issues in psychiatry) - Friday lunch. Psychotherapy Teaching Program - Friday afternoon. Transcultural Issues in Clinical Psychiatry seminar - monthly (Wednesday afternoon).	Weekly alternating grand rounds, case presentations, journal club, research. Leadership tutorials are via Northwest Mental Health Service.
Exam preparation	Nil current arrangements in place for exam preparation - possibility of linking in with metro training programs when intending to sit.	Protected time, every week: Written exams tutorial, OSCE tutorial Where you are still requiring time for MPsyh/MPM, these are in addition to your MPsyh training time, so you end up exceeding the 5 hours of training time per week. Once you have completed MPsyh, these tutorials included as part of your 5 hours training time.	Available to all local trainees and IMGs as designated protected teaching time: - MCQ Exam tutorial series at RMH - Essay Exam tutorial series at RMH - OSCE Exam tutorial series at RMH - Statistics tutorials at Broadmeadows Hospital	Written exam tutorial OSCE preparation	MEQ/Essay Exam tutorials – Fortnightly (protected time) OSCE Exam tutorials – Fortnightly (protected time)	Exam preparation via Northwest Mental Health.
Psychotherapy long case	Fortnightly 1hr group psychotherapy supervision (can teleconference in if at different site). (3-4 participants). Nil individual psychotherapy supervision offered atm.	Every week: 1 hour, group psychotherapy long case supervision. Usually between 1-3 registrars in each group. Every fortnight: Psychotherapy supervision group, for advanced trainees	Psychotherapy long case supervision is coordinated through the Royal Melbourne Hospital with a range of supervisors spread across different sites and some in private practice. Mostly supervision is individual, however, if there is increasing demand for supervisors, occasionally two trainees are supervised together.	Weekly tutorial program Individual weekly supervision	Individual weekly supervision with psychotherapy-trained supervisors. Monthly registrar psychotherapy case presentations.	Uncertain as registrars are usually post-psychotherapy long case.

Other	<p>Small site for psychiatry training. Only approx. 4 registrars at any one time. Some requirement to run medical student tutorials for Federation University Postgrads. Heavy reliance on teleconference due to distance between sites. Limited ability to achieve Advanced Certificates unless in Aged/ Generalist/ Adult or Child due to unavailability of subspecialty supervision. Very busy adult inpatient ward.</p>	<p>Monash Health is very supportive of employees. Rosters attempt to accommodate those with young families, a fair system is in place to allocate rotations to registrars. Oncalls at Dandenong Hospital can be very busy, compared with Monash and Casey however, you are encouraged (and expected) to call in the second-on-call when needed at Dandenong.</p>	<p>North Western Mental Health is the largest training region in Victoria. This means that it has a very wide range of rotations allowing experience in most areas of psychiatry. It also allows flexibility with a number of trainees able to job share and therefore work part time. Most trainees will have the opportunity to work across a number of different areas throughout training which allows a broad experience working with different consultants, in different systems, in large and small hospital settings, being part of a large and varied registrar body, and, servicing a range of catchment areas that differ greatly in demographics and needs. The size of the network, does, however, also mean that the trainees are, geographically, spread quite widely. There can be a considerable amount of time spent travelling between sites to attend tutorials or other training sessions. Whilst each area will have a base hospital or clinic, there may only be one or two registrars from a particular cohort at any one time in each area. At times it can be challenging to enable the entire registrar body to come together as a cohesive group and some rotations can feel somewhat isolated. The regular tutorials go some way to encouraging registrar cohesion and, more recently, there has been a plan to arrange network wide social events on a regular basis.</p>	<p>Peninsula is a smaller service, and as a result, registrars have a significant input into clinical care, and the department's culture.</p> <p>Supportive and responsive management who attempt to address individual registrar needs.</p> <p>Relatively junior management team are very "in tune" with registrars – very approachable and "non-threatening".</p> <p>The service suits registrars with initiative and independence.</p> <p>The service is a fair way from the CBD, but all rotations (except Rosebud) are close to Frankston Railway Station.</p>	<p>Strong focus on psychotherapy with at least two dedicated tutorials per week. The hospital is very supportive of registrars taking time to attend teaching sessions.</p> <p>There is strong consultant involvement in teaching sessions, including journal club. As St Vincent's is a smaller service you tend to get to know the consultants a lot better. St Vincent's also offers mentoring for first year registrars.</p>	<p>It is an enjoyable and well supervised (individual clinical and group psychotherapy) position that expects a fair amount of clinical autonomy. It is largely outpatient CL clinics (oncology, gynaecology, antenatal clinics) with some acute inpatient consultation. It is considered an "advanced trainee" position, with a preference for trainees to have completed many of their compulsory training requirements. Recruitment tends to be later than the mainstream mental health services so worth also applying elsewhere given it is a competitive position.</p>
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** information has not yet been updated in VAPT 2017 guide to services and information was taken from VAPT 2016 guide to services*