

Department of Psychiatry

**ADVANCED SOCIAL WORK PLACEMENT INFORMATION
CENTER FOR MINDFULNESS AND COMPASSION
& OUTPATIENT ADDICTION SERVICE
DEPARTMENT OF OUTPATIENT PSYCHIATRY
THE CAMBRIDGE HEALTH ALLIANCE
SEPTEMBER 2024-AUGUST 2025**

Brief Description of Programs

The Center for Mindfulness and Compassion (CMC) is an interdisciplinary center that is part of Cambridge Health Alliance. Founded in 2015, its mission is to enhance health and well-being by integrating mindfulness and compassion into healthcare and our communities with a commitment to inclusivity, accessibility, and diversity. CMC offers a broad range of programming to the community, and has created an innovative Mindful Mental Health Service, which offers individual consultation and a variety of evidence-based, trauma-informed mindfulness programs for CHA patients. CMC also conducts research on mindfulness and compassion, with ongoing collaborations with a number of partners. CMC houses the Advanced Clinical Mindfulness Fellowship (ACMF), which offers training and mentorship for clinicians who wish to become leaders in integrating mindfulness into healthcare, have interest in adapting mindfulness to diverse populations, and wish to deepen their clinical skills in bringing mindfulness to patients.

The Outpatient Addiction Service (OAS), located in the Cambridge Health Alliance's Department of Adult Outpatient Psychiatry and Addictions, offers comprehensive, trauma-informed, evidenced-based treatment to individuals aged 18 and older with co-occurring substance use and psychiatric disorders. The program is staffed by a multidisciplinary team that offers clinical training and supervision to advanced students in social work, psychology, psychiatry, medicine, and nursing. Program services include an intensive outpatient program (IOP), individual psycho-social evaluation, psychopharmacological interventions, individual and group-based treatment, case consultation, and research.

Fellowship Description

This social work fellowship is a one year (with an option for a second year) full-time, (40 hour) advanced training program split between the Outpatient Addiction Service and the Center for Mindfulness and Compassion at the Cambridge Health Alliance's Department of Adult

Outpatient Psychiatry. Twenty hours will be dedicated to each specialty service.

The fellowship will support advanced mental health clinicians to build expertise in leading both addiction-focused and mindfulness-oriented individual and group-based psychotherapy interventions, learning from experts in the field within an innovative and supportive environment. Trainees are required to be on site for a total of 40 hours per week, including leading a clinical group one weekday evening each week and one evening online for didactics. The post-graduate trainees receive a stipend (including health insurance) and four weeks of vacation. The Advanced Social Work Fellowship runs from September 2024 through August 2025.

Trainee Duties

The social work fellow will carry a caseload of 20 patient billable hours representing a 50% productivity expectation with clinical billable effort split between CMC (10 hours) and OAS (10 hours).

Clinical Responsibilities in CMC: Social work trainees in the CMC program conduct individual intakes with patients who are interested in mindfulness treatment, provide short-term individual mindfulness-oriented consultation to patients, group-based therapy, population mental health triage visits (in CMC CHAMindWell program), and program development (helping integrate mindfulness in evidence-based ways into the larger healthcare system).

Clinical Responsibilities in OAS: Social work trainees in the OAS program conduct individual psychosocial evaluations, provide individual psychotherapy, group-based therapy, and case management to patients with substance use disorders and co-occurring psychiatric concerns.

Trainee Supervision

Social work fellows receive a minimum of three hours of individual supervision, as well as group supervision by a multidisciplinary team of senior clinicians in the CMC, Institute for Meditation and Psychotherapy (IMP), and OAS. Additional specialized supervision is arranged as needed.

Training Opportunities with the CMC and OAS

The CMC program includes the following components:

1. Monday afternoons at CMC, which includes participating in the Mindful Mental Health Service (MMHS) team meeting, twice monthly grand rounds, monthly CMC all-staff meeting, mentorship and individual clinical supervision, and meeting with the fellowship directors.
2. Formal training in both MBCT (Mindfulness Based Cognitive Therapy) and MTPC (Mindfulness Training for Primary Care), occurring in October and November, respectively (training lasts 5-6 days including 1-2 weekend days per training).
3. Weekly participation in the Certificate Program offered by the Institute for Meditation and

Psychotherapy (occurring Wednesday evenings), and participation in two five-day retreats through this program, in the fall and spring, respectively. (Note this evening is in addition to one evening leading a clinical group. Adjustments will be made to daytime hours to balance out the schedule).

4. Once formal training is complete, clinical opportunities to co-lead MBCT, MTPC, introductory and alumni mindfulness groups with senior clinicians, with mentorship and supervision.

5. Conducting intakes for patients interested in mindfulness opportunities, and helping figure out which intervention is best for a particular patient. In addition, learning to adapt mindfulness practices for patients struggling with a diverse number of diagnostic challenges, and for which patient's mindfulness practices may not be recommended.

6. Conducting short-term consultations to patients within the Mindful Mental Health Service who are needing more support at an individual level.

7. Giving brief, informal presentations of academic journal articles regarding mindfulness-based clinical interventions at MMHS meetings (approximately once/month). These presentations support learning regarding evidence-based practice of mindfulness interventions.

8. Conducting screening assessment and brief interventions as part of CHA MindWell, a community mental wellness program that connects patients to telephone counseling and tailored referrals (2 hours per week of non-billable hours).

9. Developing an independent leadership project to gain deeper understanding of a topic of personal interest and support your next career steps. This could include participating in CMC's quality improvement program, ongoing research or clinical projects, or leading a specialty mindfulness group.

The OAS program includes the following components:

1. Orientation: Incoming fellows will be expected to participate in hospital-wide orientation programs, as well as orientation specific to OAS, at the start of the training year in September.

2. OAS Team Meeting: This weekly interdisciplinary meeting is composed of students and staff within the disciplines of social work, psychiatry, medicine, psychology, and nursing. This meeting involves:

- Presenting patient cases
- Determining treatment plans for high risk patients
- Providing addiction-focused teaching and training for staff and trainees •
- Consultation and supervision with a trauma specialist

Team meeting is held Thursday mornings from 10:30am to 12:30pm and is required of all staff and trainees.

3. Individual Clinical Supervision: Clinical trainees in the OAS program receive weekly supervision by senior clinicians. Supervision is required of all trainees.
4. Outpatient Psychiatry Department (OPD) weekly seminars: Psychiatry Grand Rounds on Wednesdays 12-1pm and an OPD Case Conference on Thursdays 12-1pm.
5. Professional Development Seminar for Fellows every other Wednesday morning 9-10am.
6. Optional opportunities for trainees, as schedules permit:
 - The Trauma Seminar: Senior faculty and outside speakers review theory, research, and treatment strategies relevant to the nature, etiology, and treatment of post-traumatic stress and related disorders. The seminar meets weekly on Thursdays from 3:00-4:00pm.
 - Couples and Family Seminar: The seminar meets weekly on Thursdays from 1-2pm.

Application Criteria

Fellowships are available to students who have completed an MSW from an accredited institution and who are licensed or license eligible at a LCSW level or above. Social work fellows with the joint OAS and CMC programs are awarded an annual stipend of approximately \$42,000, with a 4-week vacation for each 12-month training year.

Application Procedures

Trainees who are accepted into the joint CMC and OAS program are mature and experienced social workers with varied clinical backgrounds and strong recommendations from both academic and clinical settings.

Applicants should submit a cover letter, C.V. and three letters of recommendation by March 26, 2024 to John MacCumascaigh, Social Work Training Coordinator at jmaccumascaigh@challiance.org.