

**ADVANCED SOCIAL WORK PLACEMENT INFORMATION
CENTER FOR MINDFULNESS AND COMPASSION
& OUTPATIENT ADDICTION SERVICE
DEPARTMENT OF OUTPATIENT PSYCHIATRY
THE CAMBRIDGE HEALTH ALLIANCE
SEPTEMBER 2020-AUGUST 2021**

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. It 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 Mindfulness Fellowship (AMF), 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 who offer 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 fellowship is a one 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 mindfulness group one weekday evening each week. The post-graduate trainees receive a stipend (including health insurance) and four weeks of vacation. The Advanced Social Work Fellowship runs from September 2020 through August 2021.

Trainee Duties

The social work fellow will carry a caseload that will be comprised of 20 patient billable hours, or a 50% productivity expectation split between CMC and OAS.

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, mindfulness-based interventions and group-based therapy, 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 monthly staff meetings, twice monthly CMC grand rounds, mentorship with nationally renowned faculty and local experts, individual clinical supervision, clinical review, meeting with the fellowship directors, and participating in the Mindful Mental Health Service team meeting.
2. Formal training in MBCT (Mindfulness Based Cognitive Therapy) and MTPC (Mindfulness Training for Primary Care), occurring in Fall (November) and early Winter (January) (training lasts 4 days, typically Thursday through Sunday).

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 (September- will be done online because of COVID-19) and spring (May), 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. Opportunities for additional MBCT specialized mentorship available on Tuesday mornings.
5. Once formal training is complete, clinical opportunities to co-lead MBCT, MTPC, introductory and alumni mindfulness groups with senior clinicians, with mentorship and supervision.
6. Conducting intakes for patients interested in mindfulness opportunities, and helping figure out what 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 to assess for which patient's mindfulness practices may not be recommended.
7. Conducting short-term consultation to patients within the Mindful Mental Health Service who are needing more support at an individual level.
8. Provide two hours a week of population mental health and wellness consultation to the CHA MindWell online community mental wellness support program.

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 meetings are held Thursday mornings from 10:30am to 12:00pm 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 Victims of Violence (VOV) Trauma Seminar: Senior program staff 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 3:00-4:15pm.
 - Couples and Family Seminar: The seminar meets weekly on Thursdays from 1-2pm.
 - Internal Family Systems: Level 1 training may be available.
 - Training field trips to various levels of addiction treatment in the region (methadone, detox, residential, state mandated treatment, domestic violence recovery shelter, wet shelter, etc.).
 - Fellows will be able to participate in or volunteer for most CMC programs, lectures and training to support personal and academic development.
 - Opportunities to be involved in research during Year 2 may be available.

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. Fellows will need to be licensed with at least LCSW by the start date. 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 the 12- month training year.

Application Procedures

Trainees who are accepted into the joint CMC and OAS program are mature and experienced students with varied clinical backgrounds and strong recommendations from both academic and clinical settings. Personal experience with an 8-week mindfulness-based intervention (e.g. Mindfulness-Based Stress Reduction, Mindfulness-Based Cognitive Therapy, etc.) is required prior to starting the fellowship. This fellowship is designed to foster leadership in mindfulness, addictions, behavior change, and healthcare integration. Competitive applicants will have a strong interest in these areas and leadership qualities.

Applicants should submit a cover letter, C.V. and three letters of recommendation by June 26, 2020 to our program coordinator, John MacCumascaigh at jmaccumascaigh@challiance.org

Core Faculty:

Zev Schuman-Olivier, MD

Fellowship Director, CMC Advanced Mindfulness Fellowship

Director, CMC and Medical Director, CHA Outpatient Addictions Service

Alaine Kiera Fredericksen, LICSW

Clinical Director, CMC Mindfulness in Addiction Programs

Supervisor, CHA AMF Social Work Fellowship and Senior Clinician, OAS

Laura Warren, MD

Associate Director, CMC AMF Fellowship

Assistant Director, CHA Adult Psychiatry Residency

Amy Sobieszczyk, LICSW

Program Director, Outpatient Addictions Services

Phillip Brown, LICSW

Director of Social Work Training

Chief of Psychiatry Social Work

Todd Griswold, MD

Medical Director, Center for Mindfulness and Compassion

Director of Psychiatry Education, Harvard Medical School

Carl Fulwiler, MD, PhD

Director, MBCT Teacher Training, Center for Mindfulness and Compassion

Director of Strategic Initiatives, Cambridge Health Alliance

Ron Siegel, PhD

Senior Faculty, Center for Mindfulness and Compassion

Psychotherapist, Author

Board Member, Institute for Meditation and Psychotherapy

Susan Pollak, PhD

Senior Faculty, Center for Mindfulness and Compassion

Psychotherapist, Author, and Past President, Institute for Meditation and Psychotherapy

Richa Gawande, PhD

Senior Faculty, CMC Mindfulness Training for Primary Care Training Program

Research Scientist, Center for Mindfulness and Compassion

Paul Fulton, EdD

Certificate Course Director, Institute for Meditation and Psychotherapy