



Undergraduate Medical Education Elective

Specialty – Sub-specialty

Transitional Day Program (TDP) / McGill University Sexual Identity Centre (M.U.S.I.C.)

Contact Information

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Site(s)

TDP: MUHC - Montreal General Hospital – Room A2.206

MUSIC: MUHC – Montreal General Hospital – Room A2.160

Elective Description

Part-time elective combination MUSIC/TDP

Transitional Day Program:

The Transitional Day Program aims at avoiding or shortening psychiatric admissions at the MUHC. It is a day program taking place at the MGH, Monday to Friday. It is open to patients with a variety of diagnoses and functioning. It uses a combination of crisis intervention and recovery approaches and offers group and individual interventions that includes psychopharmacology, psychotherapy (DBT inspired), behavioral activations, and music and art therapies.

Students involved in the program have the opportunity to evaluate patients at the beginning of their recovery journey and to follow them closely as they evolve toward crisis resolution and better adaptation. In the half-day rotation, students will meet individually with patients as well as participate in group activities. This is a **part-time elective** of 5 half days per week (Mondays to Fridays mornings).

McGill University Sexual Identity Centre (MUSIC)

This is Canada's first and Quebec's only outpatient mental health clinic in psychiatry serving sexual minorities in a non-pathologizing setting. MUSIC has a multidisciplinary team of clinical professionals and researchers (3 psychiatrists, a psychologist, a couple and family therapist, a nurse practitioner specialised in mental health and a nurse clinician).



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The main clinical activity is to partake in and then perform psychiatric assessments during our intake clinics with the psychiatrists and nurse practitioner every weekday afternoon. In some cases, students can attend follow-up appointments. We have weekly team meetings that are part clinical and part academic. As such, we ask that the student present a case and/or facilitate a journal club during a team meeting.

This is a **part-time elective** of 5 half days per week (Mondays to Fridays afternoons) including our team meeting on Wednesday mornings @11am. This elective is available throughout the year with the exception of P1-2 and P7.

Elective Duration

Transitional Day Program:

4 to 8 weeks.

McGill University Sexual Identity Centre (MUSIC)

4 weeks

Educational Objectives

Transitional Day Program:

To improve interviewing and intervention skills with a variety of different diagnoses. To familiarize themselves with crisis management (evaluating previous coping mechanisms and helping acquire new ones), DBT inspired principles of psychotherapy and pragmatic approach to psychopharmacology. ***This is a part-time elective. It is often combined with the McGill University Sexual Identity Centre (MUSIC).***

MUSIC

Sexual minorities are an underserved population. They are reluctant to seek out mental health care due to systemic barriers including a poor understanding of their unique needs even by well-meaning clinicians. The creation of this centre for excellence has fostered the development of expertise for training clinicians and improved the accessibility of mental health care services to this population. As such, skills and knowledge acquired through this rotation will enable students to better serve this population in the mental health field and beyond as well as being transferable to the broader population. ***This is a part-time elective. It is often combined with the Transitional Day Program (TDP).***

Prerequisites

Transitional Day Program:

Medical students with interest and some knowledge of psychiatry.

McGill University Sexual Identity Centre (MUSIC)

Psychiatry Core Rotation

Scope of Work

Transitional Day Program:

Individual and group interventions at a medical student level.

McGill University Sexual Identity Centre (MUSIC)

Participate in afternoon assessment clinics (Monday-Friday). Attend our team meeting held on Wednesday at 11am.

Recommended Reading/Preparation

Transitional Day Program / McGill University Sexual Identity Centre (MUSIC)

The students will be provided reading material prior to starting the rotation.