

Mental Health Division

Psychiatry Training Program

First Year Registrars 2025

Northern Health Mental Health Division (NHMHD) is the 3rd largest mental health service in Victoria, located in the north and northwest of Melbourne metropolitan area. NHMHD is an accredited training program of the Royal Australian and New Zealand College of Psychiatrists and the Australian College of Rural and Remote Medicine. NHMHD offers a comprehensive training program including adult, older adult, child and adolescent psychiatry, indigenous, perinatal, CL and addiction mental health. Some of the NHMHD trainees are rotated to RCH and GVAMHS (Shepparton) for their Stage 2 CAP rotation. NH is a rapidly growing health organisation and provides a lot of opportunities for clinical practice, research and education.

NHMHD includes 5 services: Northwest Area Mental Health Service (NWAMHS), Northern Area Mental Health Service (NAMHS), Older Adult Mental Health (OAMH), Child and Adolescent Psychiatry (CAP) service, and the Addiction Psychiatry and Toxicology (APT) Service. NWAMHS and NAMHS has acute inpatient units (IPUs), integrated adult community mental health teams (CMHT including crisis/duty teams) and residential rehabilitation units (PARCs & CCUs). OAMH has inpatient and community assessment teams. CAP is a new and small team within NHMHD providing CL and outpatient service.

Northwest AMHS

- BIPU located at the Broadmeadows Hospital
- CMHT located in Broadmeadows and Coburg
- PARC and CCU located in Broadmeadows

Northern AMHS

- NPU located at the Epping Hospital
- CMHT located in Preston and Mill Park
- PARC and CCU located in Preston

OAMH

- Broadmeadows and Bundoora Extended Care campuses

CAP

- The Northern Hospital, Broadmeadows Hospital and Craigieburn Health Service

APT

- The Northern Hospital and with site visits to all NH MHD clinics

NHMHD also provides the following rotations:

- CL rotation including the experiences of consultation-liaison psychiatry, perinatal psychiatry, Emergency Mental Health and AoD service in ED located in the Northern Hospital and Broadmeadows Hospital
- Aboriginal and Torres Strait Islander mental health service in Victorian Aboriginal Health Service (VAHS) located in Preston and NAMHS located in Mill Park and NPU
- AOD service with Uniting Care Regen located in Merri-Bek (Moreland)
- Refugee MHS with Cabrini Asylum Seeker and Refugee Health Hub located in Northcote
- Orygen located in Parkville, Footscray, Sunshine, Melton and Werribee

Stage 1 Rotations

The first-year trainees (Stage 1) start their rotation in one of our Adult Inpatient Units (NPU or BIPU) and there is a rich and intensive learning experience with our consultants and multi-disciplinary teams including nurses, OTs, psychologists, SWs, LE consultants and Aboriginal workers. During the first year, our trainees undertake foundation tutorials as a group, on interview skills, communication and mental state examination with consultant psychiatrists. Dedicated training time to attend the Formal Education Course is highly valued and protected. First year trainees benefit from both the weekly tutorials group and collegial support with the weekly service wide education sessions such as Grand Rounds, Journal Clubs and other training opportunities. They also have opportunities to attend other education/training sessions within the Northern Health. Stage 1 trainees are encouraged to attend local research projects to gain experiences for the preparation of their scholarly project.

Stage 2 Rotations

After the first year, trainees have the opportunities to rotate to a broad range of positions that meet the RANZCP Stage 2 training requirements such as:

- Consultation-Liaison Psychiatry (CL) – The Northern Hospital and Broadmeadows Hospital
- Child & Adolescent Psychiatry (CAP) - Royal Children’s Hospital (RCH or community positions in Western Melbourne), Shepparton CAP post and NHMHD CAP team
- Aged Persons Psychiatry (POA) - Broadmeadows and Bundoora Extended Care campuses

Part of the NAMHS Noogal Clinic includes MM2 area which provide trainees an opportunity to gain their experience about rural medicine.

Stage 2 trainees are encouraged to plan their psychotherapy sessions and attend local research projects to gain experiences for the preparation of their scholarly project.

Stage 2 trainees are encouraged to attend the exam preparation sessions organised by NH MHD consultants. We have highly experienced senior consultants specifically employed as coordinators to help our registrars for their clinical skill, exam preparation, Scholarly Project and Psychotherapy Written Case.

Stage 3 Rotations & Extensive Subspecialty Training

After completing the RANZCP mandatory Stage 1 and 2 training requirements, trainees have an opportunity to experience a wide variety of general integrated adult community and residential units (PARC, CCU, and SECU) in many subspecialty areas including:

- Perinatal Psychiatry in the Northern Hospital
- Addiction Psychiatry in Uniting Care Regen or The Northern Hospital EMH/AoD service
- Youth Psychiatry at YEPP of NAMHS
- Adolescent Psychiatry at Orygen Youth Health
- Aged Psychiatry in Broadmeadows and Bundoora Extended Care campuses
- Consultation-Liaison Psychiatry - at Northern Hospital and Broadmeadows Hospital
- Private Psychiatry in local private psychiatric hospitals
- Forensic Psychiatry via Forensicare state-wide forensic MH service such as Mental Health Forensic Interface Team (MH-FIT)
- Research – in local services
- Indigenous Mental Health – via VAHS and the Northern AMHS

NHMHD offers a comprehensive training and education program for local trainees and SIMGs. During first year, our registrars undertake regular tutorials with our experienced consultant psychiatrist in the IPU. Additionally, dedicated training time to attend the Masters of Psychiatry program is highly valued and ensured on all rotations. Further training is also provided in Formulation tutorials, Examination tutorials, Psychotherapy tutorials and Leadership and Management tutorials, plus there are opportunities to complete the Psychotherapy Written Case and Scholarly Project. In the services, all teams would have access to Grand Rounds, Journal Clubs and other education opportunities. Also they would have access training and education opportunities organised by the Northern Hospital.

NHMHD registrars (local trainees and SIMGs) will join in the NH JMO family and supported by their local AMHS and the Northern Health. There are established staff supporting programs within the organisation. Staff wellbeing is the priority of the service and supported by local Director of Training. Principal Registrars in each AMHS also serve a pivotal role in supporting registrars with roster, on-call, workforce and general support with other senior registrars and the Clinical Directors.

Joining the Psychiatry workforce with NHMHD provides a brilliant opportunity to start your career in one of the most rapidly growing areas of Melbourne, with a young, supportive, inclusive, and experienced team of mental health professionals.

Further information on NHMHD and applying for our First Year training positions is available via our website: <https://www.northerndoctors.org.au/> or the Northern Health recruitment website: <https://career10.successfactors.com/career?company=northernhe>