



BROWN
Alpert Medical School

**Clinical Psychology Training Programs at Brown: A Consortium of the
Providence VA Medical Center,
Lifespan, and Care New England
Postdoctoral Fellowship Training Program
Postdoctoral Fellowship Description: CLINICAL FOCUS**

Title: Postdoctoral Fellowship in Treatment of Substance Use Disorders and Co-Occurring Mood Disorders

APA-accredited Yes No

Site: Providence VA Medical Center (PVAMC), Providence, RI

Supervisor(s): Jane Metrik, Ph.D. (Primary Supervisor)
Robert Tilton, Psy.D.

Fellowship Aims:

1. To provide the Fellow with broad post-doctoral training in the area of substance abuse treatment in an outpatient setting. The Fellow will be integrated into the Collaborative Addiction Recovery Services (CARS) – Mental Health (MHBSS) Team providing evidence-based psychotherapy to Veterans at the PVAMC.
2. To provide the Fellow with clinical training in psychological assessment, diagnostic evaluation, individual and group therapy, as a member of an interprofessional treatment team at the Providence VA Medical Center.
3. To increase the Fellow's knowledge and competencies in clinical trials of behavioral treatments for comorbid psychiatric and substance use disorders.

Fellowship Timeline

This is a one-year Fellowship. The Fellowship will initiate September 1, 2021 and conclude August 31, 2022.

Clinical Activity Plan (70%) (28 hours per week)

Seventy percent of the Fellow's time will be devoted to clinically related activities in CARS. The CARS is organized within the Mental Health and Behavioral Sciences Service of the Medical Center. CARS is a multifaceted program that provides interdisciplinary treatment services that encompass a continuum of care in the treatment of addictive behaviors. CARS directly provides access to the following services: comprehensive intake assessment, treatment planning and case disposition, CARS consultation-liaison clinic (servicing the medical/surgical areas of the Medical Center); inpatient detoxification; comprehensive outpatient treatment program; Opioid Treatment Program (OTP); individual psychotherapy; outpatient psychiatric and medication management services. Patients serviced by CARS present with a wide range of

DSM-5 Substance Use Disorders, usually severe and long-term in nature, often carry multiple DSM diagnoses, and typically have concomitant physical conditions as well as chronic pain (particularly prevalent among OTP Veteran population). A major thrust of CARS is to provide addictions treatment that is integrated with patients' primary care PACT as well as General Psychiatry (CAPS) services. Furthermore, CARS patients are serviced both at the PVAMC and through Community Based Outpatient Clinic (CBOCs) as well as via Tele-Mental Health. In order to ensure that a high level of clinical training is provided, the following activities will be required:

1. Treatment Services: The Fellow will provide individual and group psychotherapy services to Veterans. The Fellow will demonstrate competence in evidence-based psychotherapies focused on the treatment of problematic substance use and co-occurring psychiatric disorders, including Cognitive Behavioral Therapy for Substance Use Disorders (SUDs), Motivational Enhancement Therapy (MET), CBT for the Management of Chronic Pain, and Acceptance and Commitment Therapy (ACT). The Fellow will receive didactic protocol-based training coupled with experiential clinical consultation-based training on individual psychotherapy cases. The Fellow will demonstrate competency in developing evidence-based treatment plans that specify measurable benchmarks for treatment success and that reflect working knowledge of several different theoretical models. Utilizing these evidence-based treatment modalities, the CARS Fellow will lead or co-lead: CARS groups in the 6-week Intensive Outpatient Treatment Program (IOP)—a Day Treatment Rehabilitation Treatment Program; CBT groups for Relapse Prevention and other groups focused on coping skills training; motivational enhancement treatment program; and dual diagnosis treatment group focused on two different modalities CBT and ACT in treating co-occurring substance use disorders and affective disorders (e.g., depression, PTSD, and anxiety disorders). The Fellow will have opportunities for involvement in the outpatient Opioid Treatment Program (OTP). They will demonstrate competency in providing comprehensive and individualized treatment planning, patient education, individual and group therapy, participate in community outreach and hospital-based consultation service in treatment of substance use disorders.

Opportunities exist for the Fellow to gain experience in other outpatient mental health clinics at the VA including the Trauma Recovery Services in the area of Posttraumatic Stress Disorder, Post-Deployment and Readjustment Program, and General Mental Health.

2. Clinical Assessment: The Fellow will conduct diagnostic evaluations and/or psychological assessments of Veterans referred for substance abuse treatment. This will include: (a) diagnostic assessment using DSM-5 criteria; (b) the selection, administration, scoring, and interpretation of psychological test; (c) integrating data and preparing written reports; and (d) presentation of findings to the Veteran and relevant parties (e.g., treatment team, involved family members, etc.).
3. Membership on an Interdisciplinary Treatment Teams at the PVAMC: The CARS Clinical Psychology Fellow will be fully integrated in the interdisciplinary clinical CARS team including psychologists, psychiatrists, social workers, and nurses with expertise and clinical interests in treatment of Veterans with substance use disorders (SUDs) and co-

occurring psychiatric disorders. The Fellow will demonstrate the ability to function as an independent clinician within the context of this team and the broader general medical hospital setting. His/her interactions with other providers will demonstrate an understanding of the responsibilities and limitations of a psychologist in a general medical and psychiatric setting. This will include: completing structured intakes in response to consults to the CARS and/or OTP clinics, and participating in treatment team meetings and assessment rounds. Fellows will have the ability to: make appropriate referrals for ongoing care or for additional assessment from other specialty providers and using the results to guide diagnostic formulation and treatment planning and implementation; discuss relevant aspects of patients' diagnosis; make follow-up contacts with Veterans and their families.

4. Clinical Documentation: The Fellow will have the ability to maintain accurate records and to document case formulations, assessment results, treatment plans, and progress notes in a timely, concise, and clear manner.
5. Telehealth: The Fellow will receive comprehensive training in the delivery of mental health care to Veterans via telehealth. The VHA has championed virtual mental health services, with utilization rates significantly increasing during the pandemic. Fellows will gain competency in individual and group psychotherapy that is now accessible by Veterans via their computer, tablet, or phone.

Didactic Training Activity Plan (10%) (average of 4 hours per week)

Didactic activities: The core educational objectives are: 1) To expand knowledge base of psychosocial and pharmacologic treatment of substance use disorders; 2) To promote clinical, professional, and personal competence in providing mental health care to Veterans with substance use disorders; and 3) To promote commitment to team-based and patient-centered care.

1. The Fellow will participate in monthly MHBSS colloquia which promote evidence-based practices and often involve guest presenters from allied disciplines. In addition, during the first 2 months of the Post-Doc, the Fellow will attend a mandatory seminar (Mondays 9-10:30am) for all VA Clinical Postdoctoral fellows for training on issues specific to Veterans (average of 1-2 hours per month over the year).
2. The fellow will be required to participate in the following post-doctoral seminars through the Brown Postdoctoral Training Program:
 - Core Seminar (2nd Tuesday of month, 5:30 to 7:00 p.m., 1.5 hours)
 - DPHB Academic Grand Rounds (1st Wednesday of month, 11:00 to noon, 1.0 hours)
 - Clinical Ethics Seminars (1st Wednesday of month, 10:00 to 11:00 a.m., 1.0 hour)
3. The following seminars through the Brown Postdoctoral Training Program are optional:
 - Grantsmanship seminars (1 hour per week)
 - Special Topics in Statistics and Research Methods (1 hour per week)
 - Center for Alcohol and Addiction Studies (CAAS) grand rounds that presents professional/research series by faculty at Brown and affiliated hospitals in the field of addictive behaviors and related fields of mental health and public health (1 hour per week on Fridays)

Research (20%) (8 hours per week)

Twenty percent of the Fellow's time will be devoted to research. The Fellow will participate in the following activities:

The fellow will collaborate with Drs. Jane Metrik and Brandon Gaudiano, along with other project staff, with VA grant-funded project titled, "Post-Hospital Intervention for Veterans with Comorbid Bipolar and Substance Use Disorders".

- a. This Hybrid Type 1 Effectiveness-Implementation Trial evaluates the effectiveness of Integrated Treatment Adherence Program (ITAP), an innovative psychosocial intervention developed by our team designed to improve treatment adherence and reduce suicidality, bipolar symptoms, and substance use among high-risk patients. In this trial, Veterans with comorbid bipolar and substance use disorders are randomly assigned to enhanced treatment as usual vs ITAP for 6 months post-discharge. Veterans are recruited from the Providence VAMC inpatient psychiatric unit.

The Fellow may be involved in some of the following activities, as mutually determined based on the Fellow's interests:

- i. Study coordination
- ii. Recruitment on the inpatient psychiatric unit
- iii. Conducting clinical risk assessments as needed
- iv. Completing therapist fidelity ratings
- v. Supervising research staff in conducting assessments
- vi. Assisting with IRB and HSR&D documentation

Individually tailored goals will be set based on Fellow's research interests.

The Fellow will have an opportunity to be involved with grant writing, manuscript preparation and submission, presenting posters or papers at national conferences.

Fellows will have access to existing data that have been collected. For those interested in learning about the editorial review process of manuscripts submitted to refereed journals, ad hoc reviewing opportunities may be made available with the research mentors.

Supervision and Evaluation

Clinical supervision will be provided in the form of one-hour weekly face-to-face individual supervision blocks with licensed clinical psychologists (minimum of 2 hours individual, face-to-face supervision weekly) and one hour weekly face-to-face group supervision with licensed clinical psychologists. An additional 1 hour block of individual, face-to-face supervision will be offered for academic/research supervision. The Fellow also will have access to several additional forums for direct and indirect supervision through optional participation in regularly scheduled rounds and treatment team. The Fellow and supervisors will develop fellowship goals and learning objectives early on in the first year. At the midpoint and conclusion of the Fellowship, the Fellow and supervisors will provide formal performance evaluations of one another.

Resource Requirements

The Fellow will be provided with the following resources:

1. For CPP fellows, individual office space is provided.
2. Telephone
3. A personal desktop computer with internet access
4. Access to copying equipment
5. Clinical space for meeting with patients/clients.

Reporting and approval

This fellowship will be part of the CPP. The position has been discussed and approved by the Adult track faculty in their monthly meeting.

Director, Clinical Psychology Program (CPP)

Director, Postdoctoral Fellowship Training Program (PFTP)