



Psychiatry Residency Program

OBH One
Brooklyn
Health

Psychiatry Residency Leadership



Jason Hershberger, MD
Chair, Dept. Of Psychiatry
Adult Psychiatry Residency
Program



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Program
Consultation and Liaison
Psychiatrist
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Child & Adolescent Fellowship
Program
Comprehensive Psychiatric
Emergency

Message from The Chair, Jason Hershberger, MD

"Welcome to Brookdale's Psychiatry Department! At its foundation, the department is a multidisciplinary team, focused on delivering state-of-the-art behavioral health care to the people of Brooklyn, while training the next generation of providers to continue that work. It has been my distinct pleasure to nurture the faculty, staff, residents, and students of the department in pursuit of that mission because Brookdale is a place where we make a crucial difference in our patients' lives. We strive to make that impact by coupling advances in the scientific understanding of the mind and behavior with a compassionate touch. Our patients often have incredible struggles, but we are there to help them on their path to recovery."



Overview

- Brookdale Hospital Medical Center offers residency training in Psychiatry and advanced fellowship in Child and Adolescent Psychiatry both fully accredited by American Council for Graduate Medical Education (ACGME). The program's emphasis is on training our residents and fellows in the biological, psychological, and socio-cultural aspects of psychiatry and recognizes the holistic nature of mental health and the need for psychiatrists to have a broad understanding of their patients' experiences in the inner-city neighborhoods.
- The affiliation with other community hospitals as part of One Brooklyn Health System (OBH) is also a valuable opportunity for residents and fellows to gain experience in subspecialty areas and broaden their exposure to different patient populations and treatment approaches. Overall, Brookdale Hospital Medical Center's psychiatry residency and fellowship

Psychiatry Residency Program

- Our four-year residency program provides comprehensive and well-rounded psychiatry training in a variety of clinical settings and a diverse range of patients and psychiatric disorders. The progressive responsibilities given to residents over the four years of training also allow for a gradual development of clinical skills and confidence.
- Full-time faculty members are assigned to provide supervision and teaching to residents during each rotation. This ensures that residents receive personalized attention and guidance throughout their training. Additionally, the support for senior residents in exploring post-residency fellowship options and preparing for American Boards of Psychiatry and Neurology certification exams is valuable in helping them achieve their career goals.

Overall, the program prepares residents well for a career in psychiatry.

Resident Workday and On Call

- Resident workday starts at 8 am on major rotations. Residents also take turns covering the hospital during off-hours to provide continuous patient care.
- PGY1 Junior residents typically have a rotating call schedule where they are on call every third or fourth night from 4:00 PM to 10 PM. PGY2 residents are responsible for "night float," This means they do not work during the day but are available to cover urgent patient needs during the night. PGY3 residents cover Friday and Saturday nights. PGY4 residents do not do call, but they may participate in senior resident supervisory call with paid incentive. An on-call attending is always present on-site during calls to provide oversight and guidance to the residents who are on call.
- Finally, there is a daily mandatory sign-out round run by the chief residents, which provides a handoff to the on-call team. This helps ensure that the incoming team is fully informed about the status of the patients in their care, so they can provide appropriate care and follow-up.

Post Graduate Year Training



During PGY1 year, residents typically rotate through different medical specialties. The six months of Internal Medicine and Neurology rotations provide a foundation of medical knowledge and skills that are relevant to the practice of psychiatry.



The six months of introductory training in Inpatient Psychiatry and Emergency Psychiatry are also crucial components of the PGY1 experience. Inpatient psychiatry involves caring for patients who require intensive treatment in a hospital setting, while Emergency Psychiatry (CEP) involves providing immediate evaluation and treatment to patients experiencing acute psychiatric crises. These rotations provide residents with exposure to a wide range of psychiatric disorders and teach them how to manage patients with varying degrees of acuity.



Overall, the PGY1 experience is designed to provide a broad foundation of medical and psychiatric knowledge and skills, as well as practical experience in clinical settings. As residents progress through their training, they will build upon this foundation and develop greater expertise in specific areas of psychiatry.

Post Graduate Year Training 2

- PGY II year builds upon the foundation developed in the PGY I year and provides residents with more advanced training and experience in different areas of psychiatry.
- Consultation & Liaison Psychiatry involves providing psychiatric care to patients who are hospitalized for medical or surgical reasons. This requires a deep understanding of the interaction between medical and psychiatric conditions, as well as the ability to work collaboratively with other medical providers.
- Addiction Psychiatry focuses on the treatment of substance use disorders, which are common co-occurring conditions with psychiatric illnesses. This rotation provides residents with the skills and knowledge necessary to diagnose and treat substance use disorders, including the use of medications and behavioral interventions.
- Geriatric Psychiatry is a specialized field of psychiatry that focuses on the unique needs and challenges of older adults. This rotation provides residents with an understanding of the physical, cognitive, and emotional changes that occur with aging, as well as the assessment and management of psychiatric conditions that are more prevalent in older adults.
- Advanced training in Inpatient Psychiatry provides residents with a deeper understanding of the care of patients with acute psychiatric illnesses, including the management of complex cases and the use of specialized interventions.
- Supervising junior residents and medical students is also a vital component of the PGY2 year, as it helps residents develop their leadership and teaching skills.
- Overall, the PGYII year is designed to help residents build upon their foundational knowledge and skills and develop greater expertise in specific areas of psychiatry. By the end of the PGY2 year, residents should be able to manage a wide range of psychiatric conditions and provide high-quality care to their patients.

Post Graduate Year Training 3

- PGY III year of residency in psychiatry is focused on developing skills in outpatient settings, with emphasis on adult psychiatry. Residents will spend most of their time in the Adult Outpatient Department but also have exposure to child outpatient psychiatry. Additionally, residents will gain experience using telemedicine to provide outpatient services.
- During the third year, residents will develop proficiency in various modalities of psychotherapy, including cognitive behavior therapy, interpersonal therapy, supportive therapy, and psychodynamic therapy. They will also gain experience in assessing and managing adults with severe psychiatric disorders and diagnosing and assessing children with mental health issues.
- Finally, residents who are interested in pursuing further training in Child and Adolescent Psychiatry as a sub-specialty may be eligible for a fast-tracking program and subsequent acceptance to a Child and Adolescent Psychiatry Fellowship at Brookdale or elsewhere.
- **Post-Graduate Training Year IV**
- PGY IV year provides senior residents with the opportunity to develop advanced psychiatric skills and gain experience in a variety of clinical settings, as they prepare to transition into independent practicing psychiatrists.
- Taking on leadership roles as Chief Residents is a valuable opportunity for senior residents to develop their leadership and management skills, which will be important in their future roles as practicing psychiatrists. Mentorship and classes on board preparation are also important for ensuring that senior residents are well-prepared for the next step in their careers.
- The opportunity to gain experience in different clinical settings, such as the Child and Adolescent Inpatient Unit, Community Psychiatry, Forensic Psychiatry, and ECT, allows senior residents to broaden their skills and knowledge and better prepare them for the diverse needs of their future patients. Electives of their choice also provide senior residents with the opportunity to explore areas of psychiatry that are of particular interest to them and further specialize their skills.

Didactics

- Weekly schedules for the classes and supervision are sent out via email on Friday. Residents are required to attend 70% of their classes. Department of Psychiatry Grand Rounds is held weekly on Wednesdays from 1:00 -2:30 PM (EST). Ground Rounds covers a wide range of current and clinically interesting topics and offers a tremendous resource for increasing medical knowledge and improving patient care.

Research Experience

- The introductory course on basic statistics and research design, as well as the weekly seminars on research provide residents with a solid foundation in research methodology and help them develop the necessary skills to conduct independent research projects.
- Requiring PGY III and PGY IV residents to initiate independent research projects in collaboration with faculty is a great way to encourage residents to take ownership of their learning and to develop their critical thinking and problem-solving skills. Presenting their findings at Brookdale Departmental Grand Rounds and/or at local and national association meetings will provide residents with valuable opportunities to share their work with others in the field and to receive feedback from experts.
- The requirement for residents of each training year to collaborate and work on group Quality Improvement projects throughout their training is also an excellent way to instill a culture of continuous improvement and to ensure that residents can work collaboratively as part of a team. These projects can help residents develop skills in project management, data analysis, and quality improvement methodologies.
- Overall, it seems like this residency program is committed to providing its residents with a well-rounded education that includes a strong emphasis on research and quality improvement.

Resident Wellness

- In addition to the on-call room, the residents have access to a dedicated resident lounge. This vibrant and tastefully decorated space provides residents with a space of their own for socializing, reading, and relaxation, fostering a connection with their peers and a sense of camaraderie, which is essential to the resident's growth in the program.

CHILD & ADOLESCENT PSYCHIATRY FELLOWSHIP PROGRAM

- The Brookdale Hospital Division of Child & Adolescent Psychiatry (CAP) offers a two-year long subspecialty fellowship training in Child and Adolescent Psychiatry. We have a full set of dual board-certified faculty committed to providing supervision and training to our fellows and accept up to 3 new fellows per academic year.
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- The fellowship program focuses on delivering care to a diverse inner-city minority population. The clinical experience is provided in the following settings: Inpatient Child, Outpatient, Emergency Child Psychiatry, Consultation-Liaison service, experience in the school setting, Well Baby Clinic, Pediatric Neurology Clinic, and Developmental Disorder Clinic. During Fellowship training, Fellows become experienced implementing treatment modalities for a wide variety of mental illnesses, which include ADHD, Mood & Anxiety Disorders, First Break Psychosis, Childhood Trauma, Behavior d/o, Learning and Developmental Delays, Substance Use Disorder, Autism Spectrum Disorder and other Neurodevelopmental disorders, Psychosocial and cultural issues related to Diversity, etc. Our program also offers a robust didactic curriculum including weekly faculty lectures, journal club, interview skills classes, case presentations, weekly grand rounds, M&M lectures, and weekly psychotherapy classes.
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Application Process

- Applications are accepted through ERAS or via email correspondence. We participate in the NRMP match.
- The general requirement for admission is Graduation from a medical school approved by the American Association of Medical Colleges. International medical graduates must be fully certified by the Education Commission for Foreign Medical Graduates.
- The applicant must have completed USMLE Steps 1, 2. The program does not have set minimum score requirements or a set cut-off requirement for the year of graduation. Experience in Psychiatry and research will be given extra consideration.
- If the department offers a contract to an applicant who needs a visa, they can use said contract to apply for J-1 or H1B.

- **Address all inquiries to:**

Psychiatry Residency Training Office

1 Brookdale Plaza,

12 CHC, office 1240A

Brooklyn, New York 11212

Phone contact # (718) 240-5667

Fax (718) 240-5451

Email: enano@bhmcny.org

Medical Education Clerkship

- Educational Goals for the Program: The psychiatry core clerkship is designed to introduce third-year medical students to the discipline of psychiatry and enhance their clinical knowledge base and the skills essential to becoming competent and well-rounded physicians. With learning objectives based on Core Competencies, the rotation provides each student with a mix of inpatient, adult, and child outpatient, consultation liaison, and emergency clinical encounters.
- An adult psychiatry lecture series for all students based on the "American Psychiatric Association's Introductory Textbook of Psychiatry", Sixth Edition by Donald W. Black & Nancy C. Andreasen. Child and Adolescent program lecture series based on "The American Academy of Child and Adolescent Psychiatry (AACAP)" recommended guidelines for medical students
- Interview skill-building program providing opportunities to practice the psychiatric interview with real patients and receive feedback from assigned psychiatry resident mentors
- The expectation for independent study with self-directed learning modules approved by the Association of Directors of Medical Student Education in Psychiatry (ADMSEP)
- Formative feedback is provided mid-rotation and at the end of the rotation, with performance summative measured after the rotation by his or her medical school.
- Every student is observed and evaluated through interviewing, mental status exams, oral presentation, assessment, and treatment planning skills. We look forward to having each student rotate through our department and hope that you consider psychiatry as a specialty. We currently have medical students from Saba (6 weeks), Suny Downstate (5 weeks), and NYIT (4 weeks) Physician assistant students from Pace University (5 weeks) and NYIT (4 weeks) also participate in the clerkship. We encourage you to look at Brookdale University Medical Center if you choose to continue your professional development in a psychiatry residency program.
- We are looking forward to having you on your rotation with us!

Medical Education Clerkship

Leadership:

Stephan Carlson, MD,
Director of Clinical Education

Channel Simpson, MS
Program Administrator, Clinical
Education, and Grand Rounds
Contact the program by email:
csimpso2@bhmcny.org or
718-240-5669

- Continuing Medical Education for Physicians
- The State University of New York (SUNY) Downstate Health Sciences University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians
- Disclosure Statement
- SUNY Health Sciences University Office of CME (OCME) and its affiliates are committed to providing educational activities that are objective, balanced, and as free of bias as possible. The OCME has established policies that will identify and resolve all conflicts of interest prior to this educational activity. All participating faculty are expected to disclose to the audience, verbally or in writing, any commercial relationships that might be perceived as a real or apparent conflict of interest related to the content of their presentations, and unlabeled/unapproved uses of drugs and devices. Detailed disclosures will be made verbally and/or in writing during the program.

Psychiatry Externship Program

- The Psychiatry externship at Brookdale Hospital Medical Center is a unique program wherein selected candidates are offered the opportunity to obtain experience by rotating in several core clinical areas: Adult Inpatient, the Comprehensive Psychiatric Emergency Program, Geriatric, and the Consult & Liaison service. In addition, externs will attend core lectures and Grand Rounds. The typical candidate is an International Medical Graduate seeking an introduction to American hospitals and American Psychiatry. The program is full-time, for twelve months, on a volunteer (non-paid) basis. It is separate from the Psychiatry Residency and not accredited. On satisfactory completion of the Externship, the Extern may request a letter(s) of recommendation. Satisfactory completion of the program does not guarantee acceptance into the Residency.

Leadership

Sahar Abzakh, MD

Director, Psychiatry Externship Program

Director, Adult Outpatient Clinic

Psychiatry Externship Program

- For information about the externship, please contact:
- Program Administrator – Estela Nano, MS by email at enano@bhmcny.org or 71-240-5667
- Application Process

To apply, please submit electronically the following documents:

- Medical degree from an accredited medical school
- Dean's letter
- Certification of USMLE Steps 1, 2 and 3
- ECFMG certificate
- Approved United States government identification
- Authorization to work in the United States (permanent resident or citizen)
- Personal statement
- Current curriculum vitae
- Three (3) or more recent letters of recommendation (written within the last 3 months)
- Completed and signed Externship Program Application Form (see below)
- Note: Proficiency in English is required and will be assessed based on the applicant's written communication
- Completed applications may be scanned and emailed to: enano@bhmcny.org
- Applications for the externship will be accepted from November - January, and it begins in March 2023.



Thank you

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