



Psychiatry

ACGME Accredited Residency Program

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MEDICAL EDUCATION AT MAIMONIDES

Welcome to the Psychiatry Residency Program at Maimonides Health. Maimonides is a nonprofit independent academic institution dedicated to the mission that the needs of our patients come first. Maimonides provides treatment to many regions of Brooklyn.

With 24 fully accredited residency and fellowship programs, over 400 residents, 300 full-time faculty, 550 voluntary attending physicians, 4,500 employees and 700 inpatient beds, Maimonides is one of the largest independent academic medical centers in the country.

With a history of education that stretches over 100 years, Maimonides prides itself in the numerous achievements of our trainees and graduates while remaining at the forefront of medical education. We strive to ensure that our programs exceed all institutional, common program and specialty requirements endorsed by the Accreditation Council for Graduate Medical Education.

We provide the financial, organizational and educational resources necessary to ensure that all programs deliver outstanding guidance and supervision of residents and facilitate the ethical, professional and personal development of every resident.

We are also committed to promoting patient safety and resident well-being.

Excellence in patient care is our highest priority and inseparable from the resident educational experience. At Maimonides, we serve a large and diverse population, which enables our residents to gain extensive experience in all psychiatric specialties.

Our role as educators is to instill residents with tools and skill sets that are essential to success.

At Maimonides, we invite you to take these important steps in your training experience with us. We offer you an opportunity to learn in an environment that encourages professional and personal growth and equips you to become an expert psychiatrist. We encourage you to learn more about our residency training program by asking questions and discussing the program with our faculty members, current residents or recent graduates.

Many of our residents stay on as attending psychiatrists in the department or return to Maimonides after fellowship, a tradition that we are proud to upkeep.

PROGRAM LEADERSHIP



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WHAT SETS US APART

We strive to prioritize wellness in our residency program at Maimonides. The journey to becoming a physician is a long and intensive one, but being around people whose company you enjoy during and after work hours makes the training enjoyable and allows you to build a life long network with colleagues.

Our residents and faculty come from all walks of life and experiences, and work closely together to create a supportive learning environment that provides a foundation for our residents to become knowledgeable, well rounded and compassionate psychiatrists. We go to great lengths to select candidates who fit the warm, friendly, passionate, and professional culture of the program.

Our location in Brooklyn provides trainees a unique experience to work with a diverse patient population as patients from all parts of Brooklyn and NYC seek care at Maimonides. Working in Borough Park allows residents to get the unique opportunity to work with patients who immigrated from Asia, Latin America, Middle East and Eastern Europe as well as patients who identify as part of the Orthodox Jewish Community.

Additionally, all our rotations are conveniently located on one site.

Each part of Brooklyn is unique in its own way, which allows residents the opportunity to be only a train ride away from exploring and experiencing NYC's rich history, culture, food, art, and nightlife in their free time.

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“The work-life balance at our program should be emblemized, as it provides me the space to explore NYC and learn from a culturally-rich psychiatric community.”

– Liad Maslaton, MD (Class of 2024)

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CARING FOR BROOKLYN'S DIVERSE COMMUNITIES FOR OVER 100 YEARS

Maimonides was founded in 1911 as the New Utrecht Dispensary in the rural settlement of Brooklyn.

Brooklyn would eventually become New York City's largest borough and, with a population of over 2.6 million people, one of the largest and most vibrant cities in America. Our primary service area is southern Brooklyn, including Borough Park, Bensonhurst, Bay Ridge, Dyker Heights, Brighton Beach, Sunset Park and more.

Nearly 50 percent of residents in the communities we serve are foreign-born, so cultural sensitivity is vital when addressing the broad range of healthcare needs of our patient population. To encourage effective cross-cultural communication, we have long focused on hiring physicians, nurses and clerical staff that possess a variety of linguistic skills and come from diverse cultural backgrounds. We use the same diligence when considering applicants to our medical education programs.

PSYCHIATRY RESIDENCY AT A GLANCE

The Psychiatry Residency at Maimonides is fully accredited by the Accreditation Council of Graduate Medical Education (ACGME). Our four-year program provides a comprehensive psychiatric education for residents through the National Resident Matching Program (NRMP).

Program Goals

In keeping with the mission of Maimonides Health, the Department of Psychiatry fosters an environment of public service and leadership. Despite its large size, Maimonides maintains a community feel that allows all its members, including residents, to participate in its mission and program goals which include:

- Current, dynamic and evidence-based training
- Supportive educational environment
- Balanced exposure to the required educational and clinical experiences needed to develop the expertise of an independent practitioner
- Mentorship and leadership to develop residents' professional identity

- Training in teams to develop the critical communication skills necessary to succeed in the future
- Research and scholarship opportunities for all residents
- Simulation experiences for management of agitation and goals of care
- An understanding of the social determinants of health and disparities of our patients, and ways to address these factors



“I couldn't be happier to be in a program that offers an abundance of clinical experiences while simultaneously providing resident support and ensuring our well-being is prioritized.”

– Christine DeCaire, MD (Class of 2025)

RESIDENCY CURRICULUM

The Psychiatry Residency Program at Maimonides Health provides education in general psychiatry and its sub-specialties including inpatient, outpatient, emergency, child and adolescent, addiction, forensic, consult liaison, and public psychiatry. Curriculum is updated continuously to include such topics as addressing racism and diversity via psychiatry and working with LGBTQIA populations. All required rotations are located at Maimonides Health.

In addition to formal didactics, residents participate in weekly Grand Rounds led by guest lecturers and PGY-4 residents. They also have the opportunity to learn by leading special interest Friday Talks on topics relevant to psychiatry and mental health.

Year 1 (PGY-1)

First-year residents are supervised directly by faculty of the Department of Psychiatry with additional mentorship provided by senior residents.

Thursday afternoons are protected time for didactics.

PGY-1 rotations include:

- Inpatient Psychiatry (4 months)
- Emergency Psychiatry (1 month)
- Emergency Psychiatry Night Float (1 month)
- Neurology (2 months)

- Primary Care (1 month)
- Emergency Medicine (1 month)
- Internal Medicine (1-2 months)
- Pediatrics (0-1 month)

Residents can expect to manage up to eight patients during acute care months and will practice psychiatric evaluations, DSM-V diagnosis, management and treatment planning of a wide variety of psychiatric cases.

Year 2 (PGY-2)

During the second year, psychiatry residents increase their exposure to psychiatric subspecialties.

PGY-2 rotations include:

- Inpatient Psychiatry (4 months)
- Child and Adolescent Psychiatry (1 month)
- Consultation Liaison Psychiatry (2 months)
- Emergency Psychiatry (3 months)
- Emergency Psychiatry Night Float (1 month)
- Float/Scholarly Activity (1 month)
- Selective (1 month)

Residents continue to be supervised by attending psychiatrists but are offered increasing independence and autonomy with additional emphasis on coordination of care and ongoing management of complicated cases. One month of float/research time provides residents the opportunity to pursue scholarly activity. Experience in several psychiatric sub-specialties allows residents to explore and prepare for fellowship applications. Tuesday afternoons are protected time for didactics.

Psychiatry Rotation Schedule



Year 3 (PGY-3)

Third-year residents focus their attention on outpatient psychiatry. Residents manage adult, child, adolescent, and geriatric cases with emphasis on both medication management and psychotherapy. Residents also complete intakes as part of our Rapid Access Clinic. Residents receive specific supervision in:

- Addiction Psychiatry
- Adult Psychotherapy
- Child and Adolescent Therapy
- College Mental Health
- Geriatric Psychiatry
- Medication Management
- Perinatal Psychiatry

Residents care for a number of patients who are part of our Wellness Recovery Program; a program for patients with chronic or persistent mental illness, run group psychotherapy sessions and join weekly team meetings to coordinate care for these patients.

Tuesday afternoons remain protected time for didactics.

Year 4 (PGY-4)

Residents in the fourth post-graduate year retain several of their adult and child patients throughout the year while simultaneously gaining exposure to elective rotations, and returning to other services in a supervisory, junior attending role.

PGY-4 residents also have the ability to act as one of several Chief Residents.

PGY-4 rotations include:

- Assertive Community Treatment
- Child and Adolescent Psychiatry
- Consultation Liaison
- Electives
- Emergency Psychiatry
- Inpatient Psychiatry
- Outpatient Psychiatry
- Research

- Callen Lorde LGBTQ+ Mental Health
- Asylum Evaluations
- Psychooncology at Memorial Sloan Kettering
- Technology and Psychiatry at Harvard
- Global Mental Health
- Elective at ABC News
- Neurology-Movement Disorders Clinic



Didactics

Our program complements clinical learning at the bedside with a robust set of didactics. Each PGY year has protected time for one afternoon per week. During this protected time residents are off clinical services and their patients are managed by the attending or a senior resident. We are committed to adult learning, therefore we make sure to incorporate interactive ways of teaching--from case vignettes and multiple choice questions, to pair-and-share, flipped classrooms, and anonymous online polling systems.

We have a dedicated Academic Chief Resident and faculty in the training office who work primarily on curriculum development. Feedback is an important component of our continuous improvement process, and we collect and implement suggestions from residents in real time.

The content of our didactics follows a longitudinal and developmentally appropriate model in a unified vision. For example psychopharmacology for PGY-1s includes the bread-and-butter of inpatient and ER medication management; PGY-2 gets more sophisticated by looking at severe and treatment-resistant illness, drug-drug interactions, polypharmacy and so on. At the PGY-3 level we focus primarily on outpatient medication management tackling issues like cross-titration schedules and medication non-adherence in the community. Last,

but not least, the PGY-4 curriculum focuses on APA practice guidelines and FDA regulations, in preparation for independent practice and board exams.

Each major area is tailored and adapted in a similar way--from skills like interviewing, to all sub-specialty areas (Geriatrics, Child, CL, Forensic, Addiction etc.), the different psychotherapeutic modalities (CBT, DBT, motivational interviewing, IPT, psychodynamic) to special interests like medical topics in classical literature. Our didactics offer a comprehensive array of information critical to becoming a well-rounded psychiatrist.

Chief Residents

Several fourth-year residents are selected to serve as chief residents. Needs vary year-to-year but typically one chief would be responsible for each of the following:

- Acute Care
- Outpatient Services
- Academic
- Administrative/Wellness

Chiefs are responsible for organizing the day-to-day operations of their respective services including call schedules and educational activities. They also serve as resources and supports to other residents, psychiatry leadership and leadership in other departments.



RESEARCH AND SCHOLARLY ACTIVITY

The healthcare system has been in continuous change throughout the years, with new developments coming up seemingly on a daily basis. The field of psychiatry, even more so than others, has transformed in the last decade to include advancements in evidence-based medicine. In addition, the challenges posed by the limited and unequal access to quality mental health care for all make it such that the psychiatrist practicing in today's world has to be more than a prescriber of medications.

For this reason, each resident must be involved in at least one research project during their residency. We value and respect protected time for scholarly inquiry and support our residents to pursue a variety of projects throughout their training. Starting from PGY-1 we have a curriculum covering the basics of research and quality improvement, as well as a small group project. PGY-2s have protected time and mentorship to continue their projects. PGY-3s and PGY-4s have ample protected time, including an elective research month.

Depending on the resident's area of interest, some choose more research-focused projects, including working on clinical trials within our department, while others choose more of a quality improvement lens--working on processes both inside the department and inter-departmental to address a wide range of issues from access to care to preventing staff burnout.

Several residents have applied for and obtained grant funding for their projects (i.e. biological markers for schizophrenia \$25,000 grant from the Research Foundation; Trauma informed CBT for Hispanic adolescents \$25,000 grant from SAMHSA, etc.) and been awarded national and international recognition. The Department has a dedicated Director of Research, as well as an Academic Chief Resident and a faculty member who works exclusively on supporting the residents in research and curriculum development.

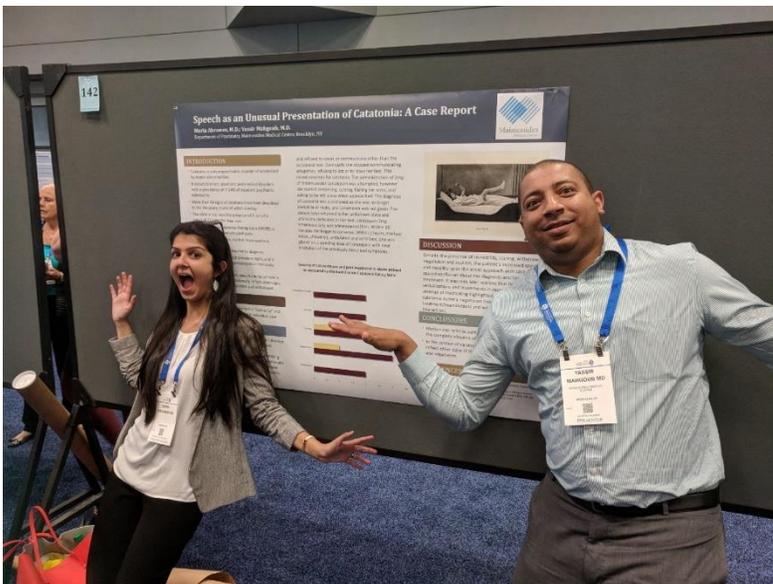
Residents are encouraged to submit abstracts for oral and poster presentations at local, regional and national meetings. The Department fully supports residents financially in these activities.

Prader-Willi Syndrome Clinical Trials

The Department of Psychiatry at Maimonides Health prides itself in being one of the few clinics in the country that specializes in the management of patients with Prader-Willi Syndrome. As Principal Investigator, Dr. Deepan Singh has multiple ongoing clinical trials working on novel treatment strategies for this rare condition. Residents will have the opportunity to work with this vulnerable population by contributing to studies of varying intensity and involvement based on their interest.

and subsequently trained all staff in our department. We have also created our own screening tool to identify victims and put together a protocol to connect them with resources.

Our team has also been working closely with the department of emergency medicine and social work. Our goal is to eventually tailor our screening tool so that it is more sensitive to the demographic of victims coming into the ER. We have four wings as part of our team- 1) education of providers, both inter and intra-hospital, 2) Data collection of patients who screen high for red flags, 3) collaboration with emergency medicine, 4) advocacy by collaborating with not for profit organizations and organizing events to spread awareness about human trafficking in the community.



Anti-Human Trafficking Project

The Anti-Human Trafficking Project was started in 2019 as a way to screen, identify and provide resources for victims of human trafficking. Given the location of Maimonides Health-at the intersection between multiple marginalized communities- we saw a few patients in our emergency room that with red flags for trafficking. We wanted to educate ourselves and other trainees on this grave issue. We trained at the “MGH train the trainer anti-human trafficking” convention in Boston, Massachusetts

George A. Degenshein, MD Memorial Library

The Library’s extensive collection includes over 7,000 electronic journals, more than 10,000 combined print and electronic books. The scope of these resources includes all medical specialties, nursing, dentistry, allied health, the basic sciences, healthcare administration and consumer health.

The Library also features a multimedia room equipped with computers, a scanner and audiovisual hardware. Health sciences literature and information worldwide is available on the Library’s Intranet website, which provides access to key bibliographic and knowledge-based full-text databases.

RESIDENT WELL-BEING

Maimonides Health has a multifaceted approach to wellness. Our hospital-wide wellness committee seeks to improve the health and wellness of all employees. Lead by the Director of Employee Health Services, the committee focuses on nutrition, activity, support and resilience. We offer onsite Yoga and Zumba® classes, Weight Watchers® and a walking club, including a team-based walking contest. Heart-healthy food is available in the cafeteria at steeply discounted prices.

To help support healthy breaks for residents, the Department of Academic Affairs offers nutritious snacks, recreational activities, puzzles and games, and outdoor green space for relaxation.

Residents have access to an employee assistance program (EAP) for 24/7 mental health support through their union. A psychologist who works exclusively for Academic Affairs is available to support the mental wellness of residents and fellows. Sessions are free and confidential.

The dedicated psychologist co-leads the Resident Wellness Committee and runs Stress Management and Resiliency Training for Residents (SMART-R) sessions, group sessions, mentorship training sessions, fatigue management sessions and suicide awareness sessions.



We offer on site support for any issues that may impact the residency experience, including wellness and mental health, communication or relationship conflicts, exam difficulties, organizational skills and any other residency-related stressors. Individual counseling sessions are available as frequently as needed.

Our department has a collaboration with the Psychoanalytic Institute of New York with expedited referrals are available with outside therapists or psychiatrists for psychotherapy.



OUR COMMITMENT TO DIVERSITY AND EQUITY

Maimonides Health is located in one of the most racially and ethnically diverse areas in New York City. We understand and respect the cultural needs and customs of our community. We strive to ensure that our healthcare teams reflect the population we serve by recruiting healthcare professionals from diverse cultural, linguistic, and ethnic backgrounds, and over 70 languages are represented among our staff members! We believe that by creating a respectful and inclusive work environment we can recruit and retain diversity in our trainees. We strive to recruit applicants to our psychiatry residency program who share our aim of delivering exceptional, holistic, and culturally competent health care to an enormously diverse patient population. To support that work, we focus on:

- Inclusivity in recruitment and structure of selection committees
- Implementing educational programs that provide skills in cross-cultural communication with a multi-ethnic patient population
- Enhancing new-hire training to combat bias with anti- and implicit bias education
- Developing policies and procedures to ensure our values of inclusivity and respect are known, followed and upheld

Several global health opportunities are available to our residents.

Maimonides Health Global Health Institute

Aims to eliminate healthcare disparities and deliver culturally sensitive health care by delivering sustainable community-driven programs helping underserved and vulnerable populations globally and provide educational, clinical, and elective opportunities for trainees interested in global health.

We strive to create opportunities to empower our residents to be leaders and drivers of impactful change. Our residents have founded and participated in:

The Anti-Racism Taskforce

To tackle and address systemic issues to promote diversity, equity, and inclusion by championing projects and policies centered on underserved & minority patients, communities, & applicants

LGBTQ Mental Health Clinic

Maimonides Health's first mental health clinic for patients from the LGBTQ community that aims to create an affirming clinical environment for sexual and gender minorities

LGBTQ+ Committee and Queer Luncheon

Organizes events and activities that provide a safe space for residents to explore and discuss important issues pertinent to the LGBTQ+ community in psychiatry

Women's Mental Health Clinic

Maimonides Health's first mental health clinic specializing in reproductive and perinatal psychiatry aiming to address the unique mental health needs of women by delivering holistic and evidence-based care



HOW TO APPLY

The Department of Psychiatry participates in the National Resident Matching Program (NRMP). We welcome your application to the MMC Psychiatry Residency Training Program (ACGME ID# 4003521143.) All applications should be transmitted through the ERAS matching system at www.aamc.org/eras this fall. Complete details and timelines for individual programs are available on the ERAS website.

Applicants to the residency program must submit the following:

1. ERAS application
2. The following supporting materials are submitted through ERAS:
 - Medical Student Performance Evaluation (Dean's Letter or equivalent)
 - Medical school transcript
 - Three (3) letters of recommendation (2 Psychiatry letters are preferred)
 - USMLE/COMLEX transcripts
 - ECFMG status report, if applicable
 - ECFMG certificate if IMG
 - Personal statement
 - Citizenship/Visa type (Both J1 visas and a limited number of H1 visas are accepted. A passing step 3 result is required by match day for the possibility of an H1 visa)

Recruitment Timeline

- Application submission begins in early Fall.
- We will accept applications on a rolling basis.
- We will conduct interviews in Fall/Winter.
- Please see NRMP Timeline for specific dates applicable to the recruitment season.

MEDICAL STUDENT ELECTIVE PROGRAM IN PSYCHIATRY

The Department of Psychiatry at Maimonides Health is an outstanding learning environment to expose medical students to a comprehensive clinical experience in psychiatry. We have an inpatient psychiatric unit with a capacity of 70 beds, a busy psychiatric emergency room, a consultation liaison adult service and child and adolescent psychiatric division.

This elective rotation is for fourth-year medical students interested in pursuing a career in psychiatry. It is a four-week experience in the management of psychiatric illnesses in the community.

Students will act in the capacity of a junior resident with regular patient responsibilities and take part in discussing patient management. They will attend Grand Rounds and Friday Talks.

Students are required to meet with their preceptor at the beginning of the rotation to discuss learning objectives. They are advised to seek and receive preceptor feedback midway through the rotation. We expect that students be professional, punctual and eager to learn during this rotation. These characteristics are imperative for students to get the most out of this rotation.

The schedule varies during the rotation, depending on the clinical service.

We are committed to providing medical students with the best possible experience. Our program offers the following:

- A structured, but personalized, learning experience
- Introduction to the scope and character of the practice of psychiatry
- Exposure to the inpatient, ER, child and adolescent, consultation liaison and outpatient treatment of psychiatric conditions.
- In-depth instruction to develop competency in the process of interviewing psychiatric patients in different settings

- Personal experience with faculty mentors, fellowship-trained in their respective psychiatric subspecialties
- Opportunities to participate in new and ongoing research projects within the department; Research elective is available

At the completion of this rotation, students should have reinforced certain broad goals, including:

- The ability to obtain information through a psychiatric interview and presenting it as a case.
- The ability to understand perform a mental status examination of patient
- Demonstrate an understanding of the basic processes involved in psychiatric pathology and psychopharmacology
- The ability to develop an appropriate list of differential diagnoses.
- Formulate treatment plans and discuss them with their teams.

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“Through good and bad days, I’ve enjoyed the comfort, collegiality, friendship, and wisdom provided by my adopted Maimo family. I’ll move forward proud to carry the Maimonides name with me.

-John Sobotka, MD (Class of 2021)

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We currently accept third year medical students from the SUNY Downstate and NYIT-COM. We accept applications for observerships on a case by case basis.

How to Apply for the Medical Student Elective

The Department of Psychiatry accepts fourth-year medical students from U.S. allopathic, osteopathic and Caribbean medical schools.

Maimonides Medical Center uses the Visiting Student Application Service (VSLO) to receive visiting student applications. To apply, complete and send us a VSLO application for the psychiatry elective and desired dates.

If your school does not participate in VSLO use the link below for the Maimonides online application.

Apply Online for Undergraduate Medical Education

For additional information, contact:

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