

Psychiatry

ACGME Accredited Residency Program



TABLE OF CONTENTS

MEDICAL EDUCATION AT MAIMONIDES	3
WHAT SETS US APART	4
PSYCHIATRY RESIDENCY AT A GLANCE	5
RESIDENCY CURRICULUM	6
RESEARCH AND SCHOLARLY ACTIVITY	8
RESIDENT WELL-BEING	10
OUR COMMITMENT TO DIVERSITY AND EQUITY	11
HOW TO APPLY	12
OPPORTUNITIES FOR MEDICAL STUDENTS AND OTHER ROTATORS	13

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 program exceeds 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.

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.

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.

PROGRAM LEADERSHIP

Abraham Taub, DO

Chair, Department of Psychiatry

ataub@maimo.org



Anetta Raysin, DO

Clinical Assistant Professor of Psychiatry,
SUNY Downstate

Vice-Chair for Education

Program Director, Psychiatry Residency
Training
araysin@maimo.org



Sophia Mikityanskiy, DO

Clinical Assistant Professor of Psychiatry,
SUNY Downstate

Associate Program Director, Psychiatry Residency
Training

Director, Medical Student Education
smikityanskiy@maimo.org



Apiyo Osanya

Coordinator, Residency
Training

PsychResidency@maimo.org



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.

“

“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)

”



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. PGY1 rotations include:

- Inpatient Psychiatry (4 months)
- Emergency Psychiatry (2 months)
- Neurology (2 months)
- Primary Care (1 month)
- Emergency Medicine (1 month)
- Internal Medicine (1-2 months)
- Pediatrics (0-1 month)

Year 2 (PGY-2)

During the second year, psychiatry residents increase their exposure to psychiatric sub-specialties.

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

PGY-1	Neurology 2 Months	Outpatient Medicine 1 Month	Emergency Medicine 1 Month	Inpatient Medicine and/or Inpatient Pediatrics 2 Months	Inpatient Psychiatry 4 Months			Emergency Psychiatry 1 Month	Emergency Psychiatry Night Float 1 Month
PGY-2	Child & Adolescent Psychiatry 1 Month	Inpatient Psychiatry 4 Months			Consultation-Liaison Psychiatry 2 Months	Float/Scholarly Activity 1 Month	Emergency Psychiatry Night Float 1 Month	Emergency Psychiatry 3 Months	
PGY-3	Night Float (covering Acute Care Psychiatry) 0.5 Month	Outpatient Psychiatry 11.5 Months							
PGY-4	Assertive Community Treatment (ACT) 1 Month	Inpatient Psychiatry Junior Attending 3 Months		Child & Adolescent Psychiatry 1 Month	Electives 4 Months			Emergency Psychiatry Junior Attending 2 Months	Consultation- Liaison Psychiatry 1 Month

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.

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

Electives in fourth year include but are not limited to:

- Integrated Care Clinic/Population Health
- Neurology/Movement Disorder Clinic
- Geriatric Psychiatry and Medicine
- Psychooncology at the Cancer Center
- Pain and Palliative Care
- LGBTQ clinic
- Addiction Psychiatry- Inpatient/Outpatient
- Sleep Center

Resident Tracks

We support resident interests and their passion for psychiatric subspecialties in different ways. Over the years we have recruited residents with diverse interests. For this purpose we also created resident tracks that allow PGY3 and PGY4 residents achieve their career goals while also feeding the growing mental health needs of our diverse patient population. By being part of the tracks, residents can work with trained faculty and receive supervision geared to their specific interests. They also have the opportunity to gain experience in treating patients in their field of interest. Currently we have the following tracks:

1. Perinatal
2. Research
3. Child and Adolescent
4. LGBTQIA+
5. Addiction

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-- case vignettes and multiple choice questions, pair-and-share, flipped classrooms, and anonymous online polling systems.

We have a dedicated faculty and chief residents in the training office who work 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 perinatal track offered me a unique opportunity to delve into the world of perinatal psychiatry. Under the expert guidance of our esteemed Director, Dr. Carlini, I treated patients with a diverse range of diagnoses. This experience equipped me with the skills to contribute to the longitudinal curriculum for all PG years and to develop quality improvement projects aimed at supporting this vulnerable patient population.

-Mariella Suleiman (Class of 2024)

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/Research
- 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.

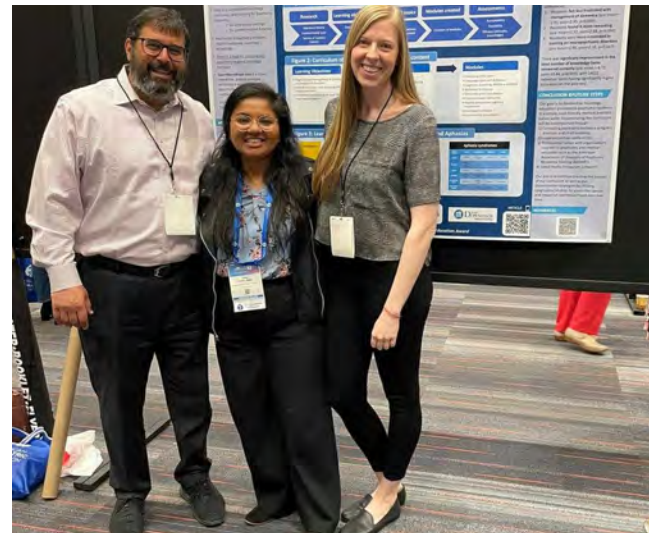


RESEARCH AND SCHOLARLY ACTIVITY

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 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.

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.



Maimonides Psychiatry Research Committee is a multidisciplinary committee that reviews projects residents are working on, provides guidance and support, and oversees submissions and presentations. The scholarly work of the department has drastically grown over the last couple of years with more conference participation and grants in the department of psychiatry than ever before! The committee includes Clinical Research Coordinators who help trainees execute projects effectively.

We encourage residents to get involved in projects across different specialties across the hospital. Students rotating at our department also have a chance to participate in projects.

Some of these projects listed below:

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

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.

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.



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.

Residents get a chance to be part of a resident led Wellness Committee that helps the department plan official and also plans unofficial wellness events throughout the year.

Some of these activities have included department sponsored Happy Hours, Movie Nights, Resident Retreats as well as events such as Ice Cream Social, Comedy Club, Bake-offs etc.

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 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

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:

Specialty Clinics

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.

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.

Asylum Clinic

New York City is current facing a significant humanitarian crisis, with a rising number of asylum seekers arriving daily. Many of these individuals have experienced profound trauma and hardship in their countries of origin and they come to us seeking safety and a chance to rebuild their lives. Our clinic was created in partnership with the Legal Aid Society of New York City to address these urgent needs. Residents have been involved in mental health evaluations and helping asylum seekers re-build their lives. They also have step-by-step supervision by our attendings or staff psychologists.

Resident Led Luncheons and Groups

Women's Mental Health Luncheon

The Women in Medicine Interest Group and Luncheon aims to raise awareness about the mental health issues that affect women, to highlight and discuss the gender disparities that exist within the healthcare system, and to encourage opportunities for mentor ship.

The Anti-Racism Task-force

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

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.

Forensic Interest Group

The Forensic interest group aims to cultivate a growing interest in forensic psychiatry. Residents meet monthly over tea and baked goods to discuss forensics-related podcasts, articles, documentaries and case-laws led by residents for residents.

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.



OPPORTUNITIES FOR MEDICAL STUDENTS AND OTHER ROTATORS

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. We provide several opportunities for medical students to rotate with us.

Medical Student Electives

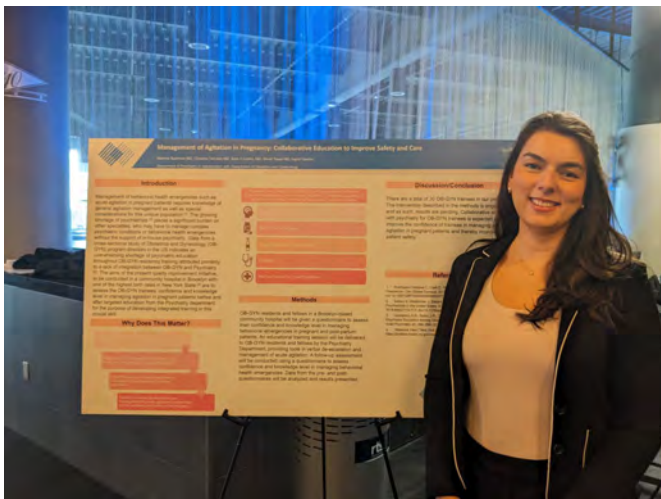
Fourth year medical students have the chance to rotate with us in a variety of clinical environments. We currently offer the following psychiatry electives:

- 1) Inpatient Psychiatry
- 2) Emergency Room Psychiatry
- 3) Child and Adolescent Psychiatry
- 4) Consult-Liaison Psychiatry

Students rotating with us get a chance to work close to residents and attendings, follow their own patients and participate in discussing the patient's care. Their workflow will mirror that of a PGY1 resident's closely.

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.



How to Apply for the Medical Student Elective

The Department of Psychiatry accepts fourth year medical students from US 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:

Tina Marshall, UME - Student Education Coordinator: Phone: (718) 283-7629
Fax: (718) 283-8239
Email: tmarshall@maimonidesmed.org

Observerships

Our program welcomes and encourages foreign medical graduates (FMGs) to apply for an observership rotation on our inpatient units. They will be paired with a team consisting of an attending, residents, medical students.

During this rotation FMGs have an opportunity to observe how the US healthcare system works while gaining knowledge of systems, standard of care, and what residency at our program looks like.

To apply for an observership please contact Ms. Lisa Giamboi at:

Email: psychresidency@maimo.org

Requirements:

- Passed Step 1 and Step 2 (indicate no. of attempts)
- Curriculum Vitae

