

ADULT PSYCHIATRY

ACGME Accredited Residency Program
Maimonides Health

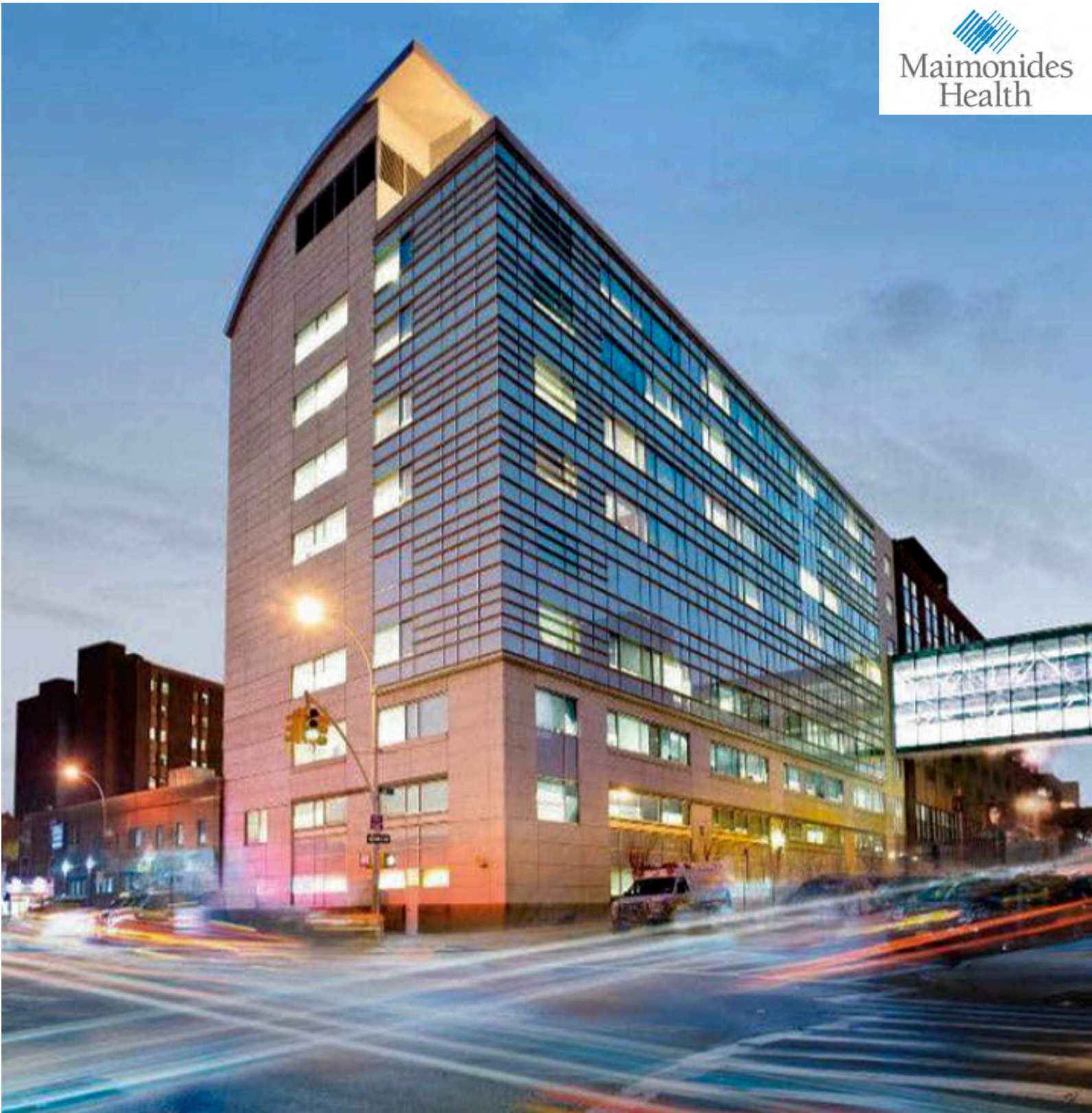


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MEDICAL EDUCATION AT MAIMONIDES

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 36 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.

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WHAT SETS US APART

We prioritize wellness in our residency program. 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, Africa, the Middle East and Eastern Europe as well as patients who identify as part of the Orthodox Jewish Community.

All our rotations are conveniently located on one site. Our department is continuously growing and improving as evidenced by our new psychiatric ER! Our program consistently receives grants to expand our services to provide quality, competent and compassionate care to our diverse patients.

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 strong sense of community and warmth was palpable—not only among the residents, but also in the relationships with attendings, nurses, and mental health workers. That genuine sense of connection is what drew me to the program.

- Heejin Cho, DO (Class of 2027)

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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. Residents are also provided didactics to improve knowledge about the population we serve and build culturally competent care.

RESIDENCY AT A GLANCE

The Psychiatry Residency at Maimonides is fully accredited by the Accreditation Council for 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 multidisciplinary 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 chose Maimonides because I wanted a program where I'd be both supported and pushed to grow-and that's exactly what I found. The strong emphasis on multicultural psychiatry has already given me meaningful exposure to a wide range of patients and clinical perspectives.

- Ruth Sofi, DO (Class of 2029)



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, perinatal, geriatric, LGBTQIA, public psychiatry and interventional. Curriculum is updated continuously to include up-to-date research, topics addressing systemic barriers and diversity, patient safety, etc. Residents also participate in simulation trainings with standardized patients to address key clinical skills such as verbal deescalation. Residents also have off-site visits to various community organizations and Rikers.

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. All required rotations are located at Maimonides 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.

PGY1 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)

Year 2 (PGY-2)

Second-year residents increase their exposure to psychiatric sub-specialties. These experiences in sub-specialties allows residents to explore and prepare for fellowship applications.

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.

2 weeks of dedicated research time provides residents the opportunity to pursue scholarly activity. Tuesday afternoons are protected time for didactics.

PGY-2 rotations include:

- Inpatient Psychiatry (3.5 months)
- Child and Adolescent Psychiatry (1 month)
- Consultation Liaison Psychiatry (2 months)
- Emergency Psychiatry (2.5 months)
- Emergency Psychiatry Night Float (1 month)
- Float/Research (1 month)
- Selective (1 month)



Psychiatry Rotation Schedule

PGY-1	Neurology 2 Months	Primary Care 1 Month	Emergency Medicine 1 Month	Internal Medicine and/or Pediatrics 2 Months	Inpatient Psychiatry 4 Months			Emergency Psychiatry 1 Month	Emergency Psychiatry Night Float 1 Month
PGY-2	Consultation-Liaison Psychiatry 2 Months	Child & Adolescent Psychiatry 1 Month	Inpatient Psychiatry 3.5 Months			Float/ Research 1 Month	Selective 1 Month	Emergency Psychiatry 2.5 Month	Emergency Psychiatry Night Float 1 Month
PGY-3	Emergency Psychiatry Night Float 0.5 Month	Outpatient Psychiatry 11.5 Months							
PGY-4	Assertive Community Treatment 1 Month	Child & Adolescent Psychiatry 1 Month	Inpatient Psychiatry Junior Attending 3 Months		Consultation-Liaison Psychiatry 2 Month	Emergency Psychiatry Junior Attending 2 Months		Electives 4 Months	

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 (child and adult)
- Perinatal Psychiatry
- LGBTQIA

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

Residents also have one work-from-home day each week to gain experience and build proficiency in telepsychiatry.

Year 4 (PGY-4)

Fourth-year residents retain several of their adult and child patients throughout the year while simultaneously gaining exposure to elective rotations, and returning to acute care 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 (1 month)
- Child and Adolescent Psychiatry (1 month)
- Consultation Liaison (2 months)
- Electives (4 months)
- Emergency Psychiatry (1 month)
- Inpatient Psychiatry (3 months)
- Outpatient Psychiatry (year-round)

Electives in fourth year include but are not limited to:

- Addiction
- Administrative
- AI in Psychiatry
- EMS
- Forensic Psychiatry/Asylum Clinic
- Neurology Clinic/Movement Disorders
- Pain and Palliative Care
- Psycho-oncology
- Research
- Sleep Center

Resident Tracks

Since our residents are from diverse backgrounds, we strive to support their interests and passion. Thus, we have created 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, receive supervision geared to their specific interests and gain experience in managing treatment.

Currently we have the following tracks:

1. Perinatal
2. Child and Adolescent
3. LGBTQIA+
4. Addiction
5. Psychotherapy
6. Global Mental Health
7. Research
8. Academic

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 residents 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.

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Being a part of the perinatal track offered me a unique opportunity to combine my passion of psychiatry and women's health. I am thankful for the expert guidance I received in developing the competent skills and knowledge to serve this vulnerable and special patient population.

- Sophia Huynh, MD (Class of 2027)

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Chief Residents

Several fourth-year residents are selected to serve as chief residents. 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 support to other residents and department leadership.

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
- Medical Student Education



RESEARCH AND SCHOLARLY ACTIVITY

Our department places a strong emphasis on research and support for scholarly projects. Our residents develop research questions, design quality-improvement initiatives, build innovative educational programs, collaborate with faculty and peers, and present their work beyond our institution. Scholarship grows directly out of the diverse patients, communities, and clinical challenges residents encounter every day in Brooklyn.

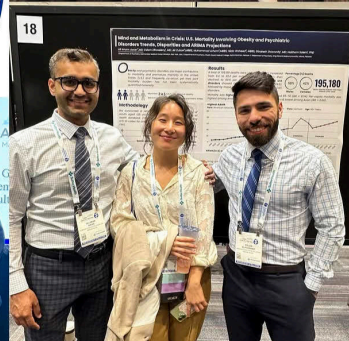
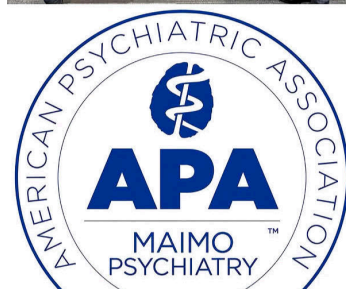
Recent resident-led and resident-driven projects span the full spectrum of contemporary psychiatry:

Clinical Research & Neuroscience

Residents are investigating topics ranging from interesting case reports like the spontaneous resolution of severe regional pain after anoxic brain injury; to meta-analyses like TMS safety and innovation; to randomized clinical trials grant-funded by our institution like nebulized ketamine for depression.

Emergency Psychiatry & Quality Improvement

Our busy clinical services become laboratories for improving care. Resident projects have examined agitation in the psychiatric emergency department, Code White documentation, suicide-related emergency visits, and approaches to identifying hidden clinical risks in emergency settings.



Technology & the Future of Psychiatry

Residents are exploring emerging tools that may transform psychiatric practice, including AI chatbots, virtual-reality exposure therapy, TMS, and novel applications of ketamine.

Education, Leadership & Systems Change

Residents do not just participate in our curriculum—they help shape it. Recent work includes a “Curricula Carnival” using play and gamification in psychiatry education, near-peer mentorship, Academic Excellence Plans, resident-led interventional psychiatry education, global mental health curricula, and educational innovation as a vehicle for advocacy and workforce development.

Community, Culture & Recovery

Scholarship at Maimonides reflects the communities we serve. Projects have explored culturally grounded trauma healing, global and community mental health, recovery-oriented psychiatric practice, peer mentorship, and approaches to supporting patients with serious mental illness.

From an Idea to a Scholarly Product

Residents are encouraged to take a question that emerges from clinical care and develop it—with mentorship—into a research study, quality-improvement initiative, literature review, educational innovation, case report, poster, presentation, or manuscript.

Recent projects have earned acceptance for presentation and dissemination, demonstrating that meaningful scholarship can begin during residency and grow alongside clinical training.

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.

Come Curious. We'll teach you the basics; you build something!



Specialty Clinics

LGBTQ Mental Health Clinic

The LGBTQIA+ Mental Health Clinic provides affirming and specialized mental health care. As the first specialty clinic of its kind in the borough, we offer diverse treatment modalities while also serving as a hub for education and training. Trainees have the opportunity to engage in research, community outreach, and teaching initiatives. Since our establishment in 2021, our team has expanded to include clinicians from both Adult and Child. With support from the grant received from the Robin Hood Foundation, we are enhancing our services and outreach capacity. We look forward to strengthening collaborations with our community partners.



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. The clinic is dedicated to caring for patients who are pregnant or up to one year postpartum and who are experiencing perinatal mood and anxiety disorders (PMADs). Through our perinatal resident track, psychiatry residents have the opportunity to gain specialized knowledge and clinical experience caring for patients during pregnancy and postpartum.

Asylum Clinic

In 2023, NYC experienced a significant influx of asylum seekers, a population with unique and complex healthcare needs. Thus, the asylum clinic was created and is a volunteer-run clinic, with residents, attendings, SWs, and psychologists dedicating their time to conduct evaluations and submit reports. We also partnered with immigration attorneys for asylee referrals. The goal of the clinic is to create a more equitable asylum process to ensure individuals have access to evaluations, which allows them to be promptly connected to essential services.

Addiction Clinic

The addiction clinic at Maimonides is tasked with addressing the needs of our behavioral health patients with comorbid substance use disorders. Our goal is to foster a harm-minimization approach, expand use of medication assisted treatments for addictive disorders, and to build therapeutic programs appropriate to these individuals. Also, to increase the comfort level of providers and trainees in treating these problems. The clinic has been expanding on medication assisted treatment, counseling and recently started a group for women with addiction and trauma. Future goals include services for inpatients with addictive disorders, and expanding addiction research at Maimonides.

La Clínica

La Clínica is a specialized outpatient mental health clinic dedicated to providing culturally and linguistically responsive psychiatric care for Spanish-speaking adults and children. Our multidisciplinary team includes psychiatrists, psychologists, social workers, therapists, and care management staff who work together to address the unique mental health needs of Latino communities. In addition to comprehensive psychiatric evaluation and treatment, La Clínica emphasizes culturally informed care, community engagement, and reducing barriers to accessing mental health services.

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. Led 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.

We also have a resident led Wellness Committee that helps the department plan official and unofficial wellness events throughout the year. Some of these activities have included department sponsored happy hours, holiday party, resident retreat, ice cream socials, etc. Unofficial events include bake-offs, potlucks, holiday gift exchange, pumpkin carving, comedy club, bowling, etc.

We also have dedicated didactics towards promoting wellness. Residents are part of a "family" system to foster mentorship and connectedness amongst all PGY levels.



Residents also have access to an employee assistance program (EAP) for 24/7 mental health support through the 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 also runs Stress Management and Resiliency Training for Residents (SMART-R) sessions, group sessions, and fatigue management sessions.

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

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



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 and upheld



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

Women in Medicine Luncheon

Holds monthly discussions on topics related to women across all spaces. The goal is to create a thought-provoking and collaborative space for new and longstanding ideas, and to highlight disparities that women face.

Frantz Fanon Luncheon

Dedicated to promoting equity, inclusion, cultural humility, and anti-racist practices within our residency program and clinical work. Through education, advocacy, and quality improvement initiatives, we aim to foster a more inclusive environment.

PRIDE 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 Psychiatry Interest Group

Dedicated to exploring the intersection of psychiatry and the law. Through discussions of landmark cases, ethical and legal dilemmas, documentaries, podcasts, and current issues in forensic psychiatry, the group aims to foster critical thinking, curiosity, and a deeper understanding of forensic mental health topics.

Child and Adolescent Interest Group

The goal of the CAPS Interest Group is to promote education and discussion on topics in child and adolescent psychiatry. It also offers residents a way to gauge their interest in CAPS and helps prospective CAPS fellowship applicants prepare for the application process.

Public Psychiatry Interest Group

The Public Psychiatry Interest Group is a forum for residents and medical students to present cases and discuss interesting topics and emerging research in the field of public psychiatry.



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 an **ERAS application** with following supporting materials:

- 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.



BENEFITS

Residents are members of the Committee on Interns and Residents (CIR), a union representing house staff officers in the United States. Salary and benefits are discussed and arranged after a process of review and discussion in conjunction with CIR representatives.

We offer a highly competitive salary and a comprehensive benefits package. Benefits include but not limited to:

- 403-b Tax Sheltered Annuity Plans
- A comprehensive medical and mental health plan
- Dental and Vision coverage
- Disability and Paid Family Leave
- Discounted employee parking
- Free legal services: immigration, housing, etc.
- Medical education benefits: \$1750 per academic year
- Food Stipend: \$1750 per academic year
- 20 vacation days, 3 conference days, 1 personal day



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Truly the sense of community, camaraderie, and support is what makes Maimo so special! People want to be here and help each other. I can't imagine being anywhere else!

Sonya Priven-Grinblat, DO
(Class of 2029)

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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

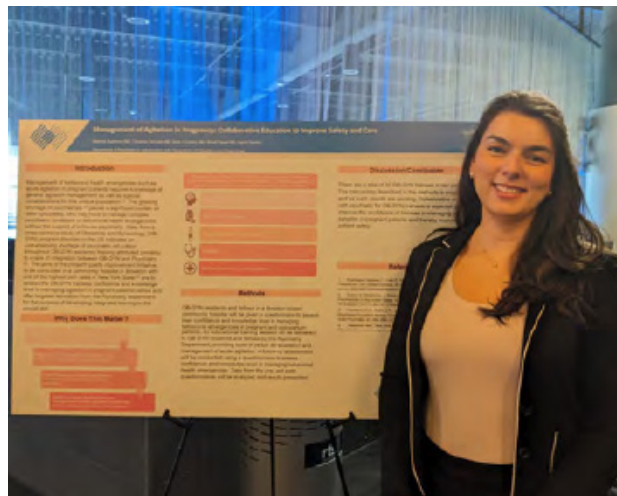
Fourth year medical students have the chance to rotate with us in a variety of clinical environments. We currently offer the following psychiatry electives:

- 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 closely with 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.



Applying for 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 to submit application through the Maimonides Undergraduate Medical Education Programs.

<https://maimo.org/medical-education/internships-undergraduate-medical-education/>

Observership

Our program welcomes and encourages international medical graduates (IMGs) 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 IMGs 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 (first attempt)
- Curriculum Vitae



