

# WELCOME

The Department of Psychiatry and Behavioral Health Sciences at NuHealth is the most active provider of comprehensive mental health services on Long Island. It is a major community mental health program, which provides direct clinical services, outreach programs, consultation, and educational activities.

The Department is comprised of 105 adult inpatient psychiatric beds, 15 of these being a male/semi-forensic unit, a 15-bed child and adolescent unit, a combined 20-bed detoxification and 10-bed twenty-eight day substance abuse rehabilitation unit, and ambulatory (outpatient) mental health clinics for both adults and children.

Our 24-hour Psychiatric Emergency Department is a highly active receiving facility on Long Island. The Ambulatory Mental Health Service, which includes Adult and Child clinics, provides more than 8,000 service visits per year. We are the largest provider of inpatient psychiatric services on Long Island.

The professional clinical staff of the Department includes 21 Psychiatrists, 9 Psychologists, 40 Psychiatry Residents, 6 Child and Adolescent Psychiatry Fellows, 5 Psychology Interns, and 5 Psychology Externs. The Department also benefits from staffing with excellent nurses, social workers, and recreation therapists.

Medical, Nursing and Allied Health Profession students rotate throughout the Department, including medical students from the NYIT-New York College of Osteopathic Medicine, SUNY-Stony Brook University Medical School, and the American University of the Caribbean, Touro College of Osteopathic Medicine, and Hofstra School of Medicine. The Department is continuously expanding and improving, and thus provides a rich academic and training environment for trainees throughout their journey. The interdisciplinary nature of our clinical department exposes the trainees to a wide range of theories and therapies.

The Medical Center's administration is affiliated with Northwell Healthcare. This affiliation facilitates the Center's ability to continuously enhance its organizational structure and remain at the forefront of novel, evidenced-based medicine. Cross-training and educational opportunities continue to strengthen with this and other developing alliances.

**Constantine Ioannou, MD**  
**Chair, Department of Psychiatry**

## TRAINING PROGRAMS

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We offer a well- rounded, ACGME-accredited, four-year Residency Training Program in **General Adult Psychiatry** that provides clinical experience in all areas of psychiatry, which establishes a foundation for future specialization. The educational philosophy of this program emphasizes fundamental mastery of a wide variety of diagnostic and treatment approaches, and an intellectual appreciation of the evidence supporting their use.

In addition to the Residency, the Department also offers fellowships in **Child & Adolescent** and **Consultation-Liaison Psychiatry**. We have an American Psychological Association accredited **Clinical Psychology Internship** as well a **Psychology Externship** program.

We welcome your interest in our training programs and we look forward to hearing from you soon.

## CONTACT INFORMATION

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## Residency Program

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### GENERAL ADULT PSYCHIATRY:

This fully accredited program conforms to the requirements of the American Board of Psychiatry and Neurology for board certification in Psychiatry. The achievement of core competencies is stressed. Residents, under the guidance and supervision of experienced faculty, gain clinical expertise in the care and treatment of a diverse patient population. The training program has a strong history of academic presentations at national conferences as well as publications in peer-reviewed journals.

**FIRST YEAR (PGY-1 CATEGORICAL)** Ten residents are enrolled in the Categorical First Year, which includes: four months of Internal Medicine, two months of Neurology, four months of Adult Inpatient Psychiatry, 1.5 months of Emergency Psychiatry and one month of Addiction Medicine. All training in the first year takes place at Nassau University Medical Centre (NUMC).

- During the **Internal Medicine rotation**, residents will be working alongside Internal Medicine residents to provide medical care. Residents gain experience in basic medical skills to be able to care for patients with multiple diagnoses as well as medication management.
- During the **Neurology rotation**, residents work closely with a Neurology attending to see consults throughout the day as well as work in clinic to see patients on an outpatient basis.
- The six (6) week **Emergency Psychiatry rotation** is closely related to the experience on the inpatient service, since the majority of all admissions are initiated in the Psych ED. It provides an opportunity to view both acute and chronic patients presenting at an earlier stage in the course of their current episode of illness, frequently before any treatment has been provided. This experience hones the resident's diagnostic abilities.
- The **Addiction Psychiatry rotation** allows the opportunity to work with patients who are acutely detoxing from substances.

Each resident is supervised directly by the psychiatric faculty to whose service they are assigned. During clinical rotations, the resident interacts with other members of the treatment team, including fellow residents, psychiatric nurses, social workers, psychologists, recreational therapists and medical students. Psychiatric evaluations and treatment plans are carefully coordinated at daily clinical rounds and team meetings.

In addition to this clinical training component, all PGY-1 residents receive approximately five hours per week of formal didactic instruction, which includes orientation to psychiatry, basic lectures in psychiatry, complex case conferences, the psychiatric interview course and other educational activities.

## NuHeath Graduate Medical Education (GME) Psychiatry

**SECOND YEAR (PGY-2)** This year of training includes rotations of: three months in Emergency Psychiatry (including 1.5 months of 'night float'), two months in Child & Adolescent Psychiatry, two months in Consultation-Liaison Psychiatry, three and a half months in Adult Inpatient Psychiatry (including 1.5 months on the semi-forensic unit) and one month in Geriatric Psychiatry.

- The **Child Psychiatry rotation** provides the opportunity to observe and perform individualized evaluations of patients (children and adolescents) as part of a multidisciplinary team including but not limited to child psychologists and child and adolescent fellows. The resident actively participates in disposition planning and has ongoing contact with families, schools and child agencies whenever indicated.
- The **Geriatric Psychiatry rotation** is our only 'off-site' rotation and is completed at Zucker-Hillside Hospital, which is part of the Northwell Health care system. Residents gain exposure to the comprehensive management of this population and develop skills in electroconvulsive therapy (ECT).
- The **Consultation-Liaison Psychiatry rotation** allows residents to work alongside a Fellow and Attending to demonstrate clinical competence in the psychiatric care and management of the many types of patients seen in the general medical setting, including special populations on Cardiac and Intensive Care Units, and geriatric, oncology, AIDS, transplant, dialysis, burns center, OB-GYN and terminally ill patients.

In addition to these clinical training components, the PGY-2 year is one of the core didactic years in the training program. Consequently, the residents receive up to five hours of formal basic didactic curriculum on a weekly basis throughout this year. The curriculum includes courses in psychopathology, psychopharmacology, child psychiatry, psychotherapy, interviewing techniques, and other educational activities. By the end of the PGY-2, residents will have achieved/reached the milestone levels expected for completion of 50% of their training in each of the ACGME core competencies and sub-competencies. This will serve as an important foundation for the third and fourth years of training.

**THIRD YEAR (PGY-3)** The third year of training consists of a year-long, full-time outpatient training experience under supervision. In the outpatient service, the resident evaluates and treats a group of carefully selected patients under close supervision to gain experience in the various treatment modalities including long-term psychodynamic psychotherapy, supportive psychotherapy, brief therapy, family and couple's therapy, group therapy, cognitive behavioral therapy and outpatient pharmacotherapy. An exposure to ambulatory child and adolescent psychiatry is incorporated into this experience.

A balanced didactic curriculum including year-long courses in psychodynamic and cognitive behavioral theories and practice complements the clinical experiences. Courses in short-term therapy, family therapy, group dynamics, and crisis intervention are also provided.

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**FOURTH YEAR (PGY-4)** The final year of training is a time when the residents consolidate the competencies acquired during residency. Residents engage in increasingly independent decision-making, and are involved in administrative, quality assurance, supervisory and scholarly activities. This year prepares the resident for advanced training in psychiatry as well as to practice independently as confident, competent mental health care providers.

Fourth year residents continue their ambulatory experience, (half-time, year-long) consolidating understanding of long-term psychotherapy, chronic psychiatric disorders, ambulatory treatments, rehabilitation and consultation. The remainder of their time is includes elective and selective rotations, the latter providing leadership experience in addiction and acute treatment settings (emergency and inpatient psychiatry). Teaching and clinical supervision of junior colleagues and medical students is a highlight of these rotations. A selection of clinical and research electives are available.

The didactic curriculum for senior residents covers advance classes in the areas of psychotherapy, psychopharmacology, quality improvement, and addiction.

## Fellowship (Advanced Residency) Programs

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### CHILD & ADOLESCENT PSYCHIATRY:

The Department of Psychiatry at NUMC offers a two year fully accredited Fellowship program in Child and Adolescent psychiatry. The goal of the program is to train compassionate child and adolescent psychiatrists in developing expertise in comprehensive evaluation, assessment and treatment planning for the expanding needs of psychiatric services among children and adolescents in the community. The program collaborates with North Shore Child and Family Guidance Center; a leading community based not for profit specialty children's mental health organization providing mental health services in the BOCES special education school system in Long island, NY. The mission is to restore emotional wellbeing in children and families by facilitating positive behavioral change and improved functioning at home and at school with peers. The Program is currently approved for six Fellows, three in each level of training. The Faculty and the training leadership emphasize growth in the ACGME core competencies of Residency training. Fellows are expected to learn the systems of care, advocate for the children and families and assist them in navigating and utilizing the resources available in the community.

**YEAR 1:** In the first year of training, the Fellows rotate in the Inpatient child and adolescent psychiatry unit, providing care to a diverse population, understanding psychopathology and psychopharmacological interventions while identifying family dynamics affecting the course of illness. Fellows work with a multi-disciplinary team that includes Child and Adolescent Psychiatrist, Psychologist, Clinical social worker, Nurses, Creative art therapist and special education teachers. Fellows are trained to diagnose and treat a range of emotional and behavioral problems. The program emphasizes a family oriented treatment approach, devising a treatment plan that is developmentally appropriate.

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The Fellows also develop expertise working closely with a Developmental Pediatrician and Child Neurologist and obtaining mastery in treating behavioral problems secondary to multiple neurodevelopmental disorders. During the first year, Fellows also provide psychiatric consultation services to the Pediatric Inpatient services at NUMC and the Psychiatric Emergency Room. Fellows also have the additional unique opportunity of working with Psychiatrists and therapists in the BOCES special education school based clinics, providing consultations to schools and families and learning the delivery and coordination of care within the system.

**YEAR 2:** The second year of Fellowship training offers continuous outpatient experience and leadership opportunities for the trainees. Fellows provide psychiatric evaluations, ongoing medication management and psychotherapy services with a wide variety of diagnoses, under the direct supervision of a Child and Adolescent Psychiatrist and an onsite Clinical Psychology supervisor.

A comprehensive didactic program offers year-long seminars during protected time for all fellows, on varied topics related to mental health issues in children and adolescents while exploring research and evidence based journal articles supporting the current treatment options.

### **CONSULTATION-LIAISON PSYCHIATRY:**

The Department of Psychiatry at NUMC offers an ACGME-accredited one-year training program, with a primary goal of educating specialists in this integrative subspecialty by providing, monitoring and administering an ACGME-approved curriculum, and clinical experience. This, at its completion, will provide graduates with a full scope of knowledge, and skills required to independently and confidently practice Consultation-Liaison Psychiatry in almost any setting. After the successful completion of this training, graduates become eligible for an ABPN Board certification in Psychosomatic Medicine.

Nassau University Medical Center Psychosomatic Medicine Fellowship program provides fellows with opportunities to acquire advanced clinical knowledge and skills in the field of Psychosomatic Medicine. This objective is accomplished by combining supervised clinical experiences with formal didactic conferences. Program curriculum provides fellows with the opportunity to acquire the cognitive knowledge, interpersonal skills, professional attitudes, and practical experience required of a psychiatrist, with added qualifications in psychosomatic medicine. Basic elements of the curriculum are structured educational experiences guided by written goals and objectives, as well as by specified teaching and evaluation methods.

Fellows rotate through clinical services with a patient population sufficient to meet the educational needs of the fellows, ranging from critically ill patients to outpatients. During the fellowship, fellows have many opportunities to pursue focused areas of interest, and to present at national conferences.



## NuHeath Graduate Medical Education (GME) Psychiatry

### Integrated Adult & Child Psychiatry (5-Year) Residency

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The Department of Psychiatry at NUMC will offer a training opportunity that combines post-graduate training in Adult and Child Psychiatry in an integrated 5-year track program. Trainees will complete a total of five years of training that fulfills both, Adult Psychiatry as well as Child and Adolescent Psychiatry training program requirements. Acceptance into this program as a first year Resident Physician entails automatic acceptance into the Child and Adolescent Psychiatry (CAP) fellowship program beginning in the fourth post-graduate year, as long as the trainee remains in good standing with the core Psychiatry Program.

This program will offer integration of Child and Adult Psychiatry training with an early focus on working with children, adolescents, and their families. For the first three years of post-graduate training, trainee's complete Adult Psychiatry requirements and during the last two years, they will fulfill Child and Adolescent Psychiatry requirements. Program will ensure a curriculum that fulfills all criteria for American Board of Psychiatry and Neurology (ABPN) eligibility for both Psychiatry and CAP Boards. This program will offer early exposure to the pediatric population with rotations on Pediatric medicine/ Family Medicine in lieu of Internal Medicine as well as exposure to Pediatric Neurology during the first year of post-graduate training. Additionally, early mentorship by Child and Adolescent Psychiatry Faculty will be provided. During the second year of training, opportunities to work with the pediatric population include providing consultation liaison psychiatric services to patients on our inpatient pediatric units as well as rotating on the Child Inpatient Psychiatric unit. During the third year of training, trainees will have the opportunity to evaluate and treat Child and Adolescent population in addition to Adult Psychiatry outpatient.

#### Application Information:

The 5-year track recruits three positions per year.

Applicants interested in CAP training should apply specifically to the Integrated Adult and Child Psychiatry Residency Training Program.

Applicants can also apply to both the Integrated Adult and Child Psychiatry Program as well as to the Adult Psychiatry Residency Training Program, ranking each program separately in the NRMP Rank order list.

### Psychology Programs

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**CLINICAL PSYCHOLOGY INTERNSHIP:** The Clinical Psychology Internship at Nassau University Medical Center begun in 1968 and has been continuously accredited by the American Psychological Association since 1971. Our internship is designed to provide advanced graduate students in clinical psychology with well-rounded, intensively supervised training in clinical psychology in both inpatient and outpatient settings. We are dedicated to providing quality psychological services to a demographically and diagnostically diverse patient population in a public medical center. We believe psychological practice should be based on the science of psychology. Therefore, we train interns to work as practitioners informed by research

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and scholarly work. Our goal is to train competent and effective generalist clinicians, who may also obtain specialty training during the year.

We encourage interns to think and work from divergent theoretical perspectives, and provide supervision from psychodynamic, cognitive-behavioral, family systems, and integrative orientations. Our interns have a core experience of intensively supervised psychotherapy and psychological assessment experiences in both inpatient and outpatient settings. We believe a strength of our program is that we teach the application of psychoanalytic principles to the treatment of severe psychopathology. We also teach the application of these principles in time-limited treatment with a diagnostically diverse patient population. Interns train in inpatient and outpatient settings, work with diverse patient populations, and use a variety of treatment modalities. The various modalities include outpatient individual and group psychotherapy; diagnostic interviewing and crisis intervention; milieu, group, and time-limited individual treatment on acute-care inpatient psychiatric units; and diagnostic assessment, psychological consultation, and psychotherapy in medical settings.

We believe optimal learning is achieved in an atmosphere of professionalism and respect, where interns are regarded first as professionals in training and secondly as service providers. Internship faculty sees their involvement with interns as a vital part of their professional identity, and this involvement contributes significantly to the cohesiveness of the Division of Psychology.

**PSYCHOLOGY EXTERNSHIP:** The Psychology Externship at Nassau University Medical Center is a participant in the PSYDNYS-NYNJADOT Externship match process. The externship program typically has seven positions that provide training with both an outpatient and inpatient component. The psychology extern carries an outpatient adult and/or child caseload of about three patients, for the entire duration of the externship. The population is heterogeneous, many patients are severely character disordered, many are chronically mentally ill. The extern is also assigned to two hospital based/inpatient rotations among adult or child psychiatry units, consultation and liaison, and neuropsychology. These rotations are sequential, and are ½ the duration of the externship (4.5 months each). Individual psychotherapy, group psychotherapy and psychological assessment in these settings are the primary experiences offered.

Supervision and didactics are an important component of the Psychology Externship program. Two hours a week minimum of individual supervision will be given: one hour for outpatient work, and one hour with the inpatient psychologist to supervise the extern's work on the inpatient service. Much of our psychology staff is psycho-dynamically oriented, but the extern can expect to be exposed to other orientations such as cognitive behavioral, family systems approaches and eclectic approaches. Seminars are diverse and include topics ranging from therapeutic interventions for substance abuse, trauma victims, and families to neuropsychological and personality assessment. Case seminars are also included as part of the Friday didactics.



## **Academic Research**

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Our institution has established a dedicated research laboratory with the primary objective of fostering and nurturing interest in diverse research endeavors. In our pursuit of this goal, we have appointed a proficient research assistant from Stony Brook University who, in collaboration with the Academic Chief Resident (PGY4), offers valuable guidance and assistance to our residents in shaping their research concepts. To facilitate the development of essential research skills and ethical practices, we conduct monthly meetings. During these gatherings, we delve into critical aspects such as literature review, Institutional Review Board (IRB) protocols, and other research-related subjects. Our aim is to empower our residents with the knowledge and tools necessary to conduct research in an ethical and responsible manner.

An annual highlight of our academic calendar is the NUMC Research Day, held in May of each academic year. This event serves as a platform for showcasing the active participation of our residents in research endeavors. It is a testament to our commitment to advancing academic and scholarly pursuits within our department. Furthermore, we actively encourage our residents to engage in a wide spectrum of research activities, including but not limited to Curriculum Development, Poster presentation, Case Reports, Literature Reviews, and Manuscript preparation. Our esteemed faculty within the psychiatry department stands ready to provide unwavering support and guidance throughout this journey. We extend an open invitation to all residents to leverage the resources such as Von Tauber Institute of Global Psychiatry and expertise available within our department. Please do not hesitate to reach out to us, as we are here to facilitate your growth and success in the realm of academic research.

## **Living & Learning on Long Island**

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Long Island is a great place to live and work, and Nassau University Medical Center's (NUMC) location in the heart of suburban Nassau County puts you in the middle of it all: a wealth of cultural and recreational activities, shopping, superb restaurants, professional sporting events, and much more. Best of all, New York City and everything it has to offer is only 30- 45 minutes away by car or train, so NUMC trainees can enjoy the perfect blend of suburban living and urban access.

**RESIDENT HOUSING:** The resident housing complex on the East Meadow campus offers housing on a lottery basis. Because on-campus housing is limited, NuHealth's Housing Department helps identify off-campus housing opportunities in the immediate area and provides a generous housing stipend to help defray rental costs.

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### GENERAL AMENITIES:

All residents are fully covered by a self-insured professional-liability policy. Uniforms are provided and laundered at no cost, and each resident receives a wide-area pager and free parking at any NuHealth facility. Nassau University Medical Center provides a number of amenities, including a cafeteria and ATM. A chapel and clergy provide Christian, Jewish, and Muslim religious services. NuHealth's full-service Health Sciences Library at NUMC is open from 8 a.m. to 8 p.m. each weekday, subscribes to most of the major medical journals and houses more than 7,000 monographs.

We also offer APA membership to our residents and fellows. We cover the cost of the conference if the trainee's abstract/poster is accepted for presentation. We also provide yearly educational benefits to cover the cost of academic books purchased to enhance your psychiatric training experience.

We have Au Bon Pain and soon Starbucks will be on our campus. Each year, NuHealth sponsors a number of different family events on the East Meadow campus of Nassau University Medical Center, including a weekly Farmer's Market during summer and autumn. In addition, NuHealth often offers staff members' reduced-rate opportunities for gyms, Broadway plays, theme parks, major sporting events, concerts, and opera.

**GETTING ADJUSTED:** We want your training experience to be positive and productive, and it begins with a thorough orientation program where trainees will be introduced to important hospital services and staff members, learn more about your rights and privileges as a trainee, and address other issues related to professional and personal life. In addition, throughout your training, we encourage you to bring any concerns, personal or professional, to the Department of Academic Affairs. If they cannot provide answers, they will refer you to someone who can help.