

# **INFORMATION FOR PSYCHIATRY RESIDENCY CANDIDATES**

The JPS Psychiatry Residency is a four year program which is fully accredited by the Accreditation Council for Graduate Medical Education (ACGME) and also by the American Osteopathic Association (AOA).

Residents are exposed to biological, psychological and sociocultural theories of human behavior, methods of prevention, diagnosis, and clinical intervention and research projects. Residents learn to diagnose mental illness, to ascertain individual and family needs, to assess the social context of mental illness, to formulate treatment plans and to make appropriate interventions, including follow up. Residents also learn somatic therapies, such as psychopharmacology & ECT, as well as psychotherapy and the proper utilization of outside resources, such as vocational rehabilitation, 12-step programs and the legal system.

## **Educational experience:**

### **Adult Inpatient Psychiatry:**

The adult inpatient psychiatry service consists of an acute 38 bed unit and a 16 bed step-down unit for higher functioning patients.



Here residents will gain exposure to chronically ill patients and learn how to manage psychosis, mood disorders, and substance abuse disorders. Residents will perform daily patient evaluations, participate in group and individual psychotherapy sessions on the step-down unit, and meet for weekly case conferences. They will also gain first hand experience in expert witness testimony for commitment trials.

### **Adolescent Inpatient Unit:**

Second year residents spend 2 months working on our 16 bed adolescent unit. Residents learn appropriate medication management for patients 13 to 17 years old, as well as important psychotherapy skills. They also gain invaluable experience working with families.

### **Psychiatric Emergency Center**

JPS houses a busy state-of-the-art Psychiatric Emergency Center for the one of the fastest growing counties in the United States. Our Psychiatric Emergency Center sees approximately 15,000 patients per year. Residents develop important decision-making abilities in determining which patients are suitable for admission, re-evaluation, 24 hour observation, or discharge. They will become experts in legal documentation for patients who are brought in on an involuntary basis and learn how to properly handle patients experiencing a psychiatric emergency.

## **Consult-Liaison Service**

Residents will consult for patients on the various medical, surgical, Ob-Gyn and pediatrics services in a large county hospital. They will learn how to properly treat psychiatric problems secondary to general medical conditions as well as suicidal patients, delirious patients, and other psychiatric illnesses.



## **Outpatient Clinic**

During their second year, residents will gain exposure to outpatients in their weekly continuity clinic. This prepares them for their third year of residency, where they will be assigned to one or two of the JPS behavioral health satellite clinics. Residents will learn how to manage medications in an outpatient setting and will be given the opportunity to perform psychotherapy on higher functioning patients.

## **Curriculum**

### **PGY 1**

Six months Hospital Inpatient Psychiatry

Two months Neurology

Two months Inpatient Internal Medicine

Two months Outpatient Internal Medicine

### **PGY 2**

Three months Psychiatric Emergency Center

Three months Hospital Inpatient Psychiatry

Three months Child & Adolescent Psychiatry

Three months Consultation/Liaison Psychiatry

There is a half day/week outpatient continuity clinic throughout the year.

### **PGY 3**

Twelve months Continuous Outpatient Psychiatry

### **PGY 4**

One month Geriatric Psychiatry

One month Substance Abuse Treatment

One month Research

One month Psychological Assessment

Eight months Outpatient Psychiatry & Electives

Continuous Outpatient Psychiatry is conducted throughout the fourth year.

## **CALL SCHEDULE**

### **PGY 1 & 2:**

Residents can expect 4 to 5 call nights per month when taking Psychiatry call. The resident will work from 7:30-5pm when on Inpatient Psychiatry, Outpatient Internal Medicine, or Neurology. They then report to the Psychiatric Emergency Center at 5pm and will work until 8am the following morning.



The resident is excused from all duties their post call day, and has a minimum of 24 hours off after a call night. Call nights are assigned such that residents will not be post call on their didactic days. Attending psychiatric staff work along side the residents 24/7 and provide close supervision. Because Psychiatry call is an emergency room shift, call may not be taken by phone at the residents' home. When working in inpatient internal medicine, the resident takes call for the internal medicine service only, and does not take call in psychiatry. Residents rotating on inpatient internal medicine take in-house call every 5 days and may not exceed 30 consecutive hours working in the hospital.

**PGY 3 & 4:** Residents have no night calls but can expect an average of one to two 12 hour shifts per month in the Psychiatric Emergency Center from 8am to 8pm on weekends.

## **SEMINARS & CONFERENCES**

Didactic activities are considered an essential component of the total education program. Seminars are arranged so residents will have an opportunity to attend all programs offered within their four years of training.

-Specialized lecture programs are scheduled on Wednesdays for first and second year residents.

-Fridays-Educational day to allow third & fourth year residents to focus on both required and optional didactics and meet with fellow residents.

-Required didactic time is protected so that residents have no conflicting demands on them during this time.

-Throughout the residency, seminar series are scheduled covering a broad range of topics such as interviewing and assessment techniques, clinical and descriptive psychiatry, psychopharmacology, child and adolescent psychiatry, consultation / liaison psychiatry, theories and practice of psychotherapy, geriatric psychiatry, community psychiatry, neurobiology, forensic psychiatry, evidence based medicine, research methods, cultural psychiatry, and others.

-Additional educational meetings include a monthly journal club, case conference, & grand rounds.

-Residents also meet monthly during lunch with the program director and a separate monthly luncheon is held to meet with the chief residents (we have two chief residents - one for operations & another for academics).

-In addition to the scheduled seminars and clinical experiences, each resident participates in an hour of weekly supervision for psychotherapy and an hour for clinical supervision (separate from clinical site supervision).

### **Evaluation**

Resident performance is monitored through written evaluations by clinical service chiefs at the end of each rotation and by psychotherapy supervisors every six months. The residency director meets with each resident semiannually to discuss all evaluations and to help individualize training goals. Clinical records are regularly reviewed to evaluate a resident's ability to record an adequate history, mental status, physical and neurological examination, justification for diagnostic and therapeutic procedures and discharge summary.

Residents take the Psychiatric Residents In Training Examination (PRITE) and the Columbia Psychodynamic Psychotherapy Exam each year to help assess their progress, identify strengths & weaknesses and assist in preparation for general psychiatry certification examinations taken after graduation. They also participate in clinical skills examinations in which they interview a patient, present the case, and answer questions about the case in the presence of a faculty member and as well as a small group of peers. Faculty members, who have served as examiners for the American Board of Psychiatry and Neurology, are among those who critique the interview & its presentation.

### **Residents as Teachers**

Junior and senior medical students rotate through the department and house staff are an intimate part of the education of these students. Senior house staff participate in the education of junior residents as well.

### **Research**

Research projects are a required part of the residency program and a variety of research mentors are available to assist.

### **Benefits**

#### **SALARIES**

PGY 1: \$44,000

PGY 2: \$46,300

PGY 3: \$47,600

PGY 4: \$48,500

#### **INSURANCE**

Medical and dental insurance is provided for the resident and immediate family members. JPS also provides disability and professional liability coverage.

## **MATERNITY/PATERNITY LEAVE**

JPS grants maternity and paternity leave in accordance with the Family Medical Leave Act. Residents need to consider that leave may impact final completion date in accordance with residency guidelines.

## **PROFESSIONAL DEVELOPMENT FUND**

PGY 1: \$1,000

PGY 2-4: \$1,500 each year

## **RELOCATION ALLOWANCE**

\$1,500

## **VACATION**

PGY 1: 17 calendar days PTO

PGY 2-4: 20 calendar days PTO and 5 days to attend educational activities



## **OTHER BENEFITS**

JPS provides the following for all residents:

- PDA/Smartphone Allowance
- Cell Phone Allowance
- Meals
- Parking
- Text Pager
- Lab Coats
- Tax Deferred Annuity
- Savings Bonds
- 24-hour Medical Library
- Direct Deposit
- Medical and Dental Benefits (Employer paid Premium)
- Vision Plan (Available for purchase by Employee)
- Health Care (Flex spending accounts available for self and dependant care)
- JPS Flex Credit (\$15 Semi-monthly, \$360 annually)
- Long Term Disability (Employer paid after 90 days of employment)
- Short Term Disability (Available for purchase by Employee)
- Cancer/Critical Illness Insurance (Available for purchase by Employee)
- Worker's Compensation
- 457 Deferred Compensation Plan
- Basic Group Term Life/Accidental Death & Dismemberment
- Universal Voluntary Life Insurance (Available for purchase by Employee)
- Employee Assistance Program
- Malpractice Insurance
- Educational Employees Credit Union (E.E.C.U.)
- Family Medical Leave (FMLA)
- Personal Leave

- Paid Time Off (see PTO section of HouseStaff Manual)
- Paid Holidays
- Paid Bereavement
- Paid Jury Duty
- Paid Military Leave
- Savings Bonds (Available for purchase by Employee)
- Health Club Membership Discount (See current list on [jpshealthnet.org](http://jpshealthnet.org))
- The "T" E-Pass (Train/Bus) (Available for purchase by Employee in HR)
- Discount tickets to Six Flags Over Texas and the Fort Worth Zoo