Residency Training in Psychiatry

UNIVERSITY OF CINCINNATI **Department of Psychiatry and Behavioral Neuroscience Residency Training Office**

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all













ecca Barron nter for Men







...AND a city that knows how to just have fun, indoors and out.

- Reds: baseball's oldest franchise

- Cincinnati Zoo and Botanical Gardens
- Newport Aquarium
- BB Riverboats
- Perfect North Ski Slopes
- Hard Rock Casino Cincinnati
- City Flea

- Kings Island
- Extensive city and county park systems



RESIDENCY TRAINING IN PSYCHIATRY • UNIVERSITY OF CINCINNATI

• Bengals football, Cyclones hockey, and FC Cincinnati soccer • Western and Southern Open, professional tennis event

• Taste of Cincinnati, Riverfest and Oktoberfest • Ohio River Paddlefest, the largest paddling event in the country • Flying Pig Marathon and Queen Bee Half Marathon

Arts & Entertainment

Cincinnati is both a home to a vibrant arts and cultural community ...

National Underground Railroad Freedom Center Cincinnati Ballet Krohn Conservatory Findlay Market: the oldest open air market in Ohio Cincinnati May Festival: oldest continuous choral festival in the U.S. Cincinnati Pops and Symphony Orchestra, the fifth oldest orchestra in the U.S. Cincinnati Opera: the second oldest opera company in the U.S. Cincinnati Art Museum, Taft Museum, Contemporary Arts Center Playhouse in the Park: a two-time Tony award-winning regional theater Aronoff Center for the Arts, Ensemble Theatre, The Children's Theatre, Cincinnati Shakespeare Company, Improv Clifton Comedy Theatre, Know Theatre, Winterfair and Summerfair: nationally recognized fine arts fairs World class festivals: Midpoint Music, Fringe, Cincy Blues Fest, and Cincinnati Music Festival, Bockfest, Riverfest, Brewing Heritage tours and the start of the Bourbon Trail



Welcome!

I appreciate your interest in our Psychiatry Residency Program and all that it has to offer. At the University of Cincinnati, we have a passion for training future leaders to thrive in the field of psychiatry. Our website (psychiatry.uc.edu) provides detailed information about the diverse clinical experiences, intensive psychotherapy training and cutting edge, evidence-based, psychiatric research available to our residents. However, I strongly believe it is the close-nit community of faculty and residents with a great enthusiasm for psychiatry that will compel you to come to UC.

University of Cincinnati enjoys a rich history of psychiatric training going back to 1930. Our early reputation was built on the strength of our psychotherapy training. Members of our department founded the Cincinnati Psychoanalytic Institute which remains a strong partner in training our residents. Over the last three decades our biological research has earned international recognition. We have worldrenowned faculty specializing in the treatment of mood, PTSD, anxiety, eating, substance use, cognitive and developmental disorders. The confluence of these resources provides our residents a uniquely well-balanced training experience.

We are excited to train a diverse group of academically talented individuals in our extensive four year curriculum which includes over 430 lectures designed to cover all content areas of the ABPN Psychiatry Certification Exam. It also ensures competency in psychopharmacology and psychotherapy. Our residents have the opportunity to practice in a variety of renowned health systems including the University of Cincinnati Medical Center, the Lindner Center of HOPE, the Cincinnati VA Medical Center, Cincinnati Children's Hospital Medical Center, UC's medical campus adjoins UC Medical Center, VA and Children's hospitals. Summit Behavioral Healthcare, the Hamilton County Community Mental Health system, University of Cincinnati Student Health Clinic and the Resident Psychotherapy Clinic, the resident's own private practice. This diversity offers unique opportunities for participation in research and unparalleled exposure to a variety of patient populations. Each site varies in its model of supervision and level of resident autonomy. Faculty in each setting are invested in mentoring our next generation of Psychiatrists.

The greatest strength of our program is the sense of community we share. At UC we strive for inclusion and recognize that diversity enriches our education, our relationships and our ability to care for patients. Community is built by knowing one another, understanding our differences and sharing in our successes and our challenges. Faculty and residents alike are committed to supporting one another in wellness as we strive towards excellence. We advocate for patients and give back to our community locally, regionally and nationally. That is why at UC, IT IS ALL ABOUT COMMUNITY!

Brian Evans, DO, FAPA VICE CHAIR OF EDUCATION **RESIDENCY TRAINING DIRECTOR**

513-558-5190 brian.evans@uc.edu



Cincinnati Neighborhoods

DEPARTMENT OF Psychiatry and Behavioral Neurosciences

Our mission is to acquire and refine medical and scientific knowledge and then to apply this knowledge through education and clinical service toward high quality, evidence-based treatment of people with mental illness.

RESIDENCY TRAINING IN PSYCHIATRY • UNIVERSITY OF CINCINNATI

Our department is the second largest at the University of Cincinnati with 157

faculty, managing 216 acute inpatient beds (over 100 of these are child) at five different facilities, three residential treatment programs, and four partial hospital programs. Despite our size, we are continuing to expand services with special focus in the areas of neuromodulation, geriatric psychiatry, developmental disabilities, addiction sciences and integrated psychiatric care.



"After completing the 5 year UC Family Medicine and Psychiatry program, it was an easy decision to stay. Cincinnati felt like home; I already greatly enjoyed the friends, colleagues and mentors I had found over my time here-when asked about my job plans how could I say no? UC's program allowed me to develop my interests and expand them, and then formulate them into a job

Aurora Rivendale, MD

description that I love. I get to work in both family medicine and psychiatry—working in my niche areas of interest including intellectual disability, perinatal psychiatry, homeless medicine and therapy. I am also thrilled to be able to participate in the education of residents and medical students and look forward to growing and learning together!"



Rosemary Szparagowski, MD

to providing exceptional patient care. This was important to me when deciding where to practice. As a new attending at UC, I feel confident I will be supported in my academic goals and continue to grow as a psychiatrist."

"I chose to return to the University

of Cincinnati after my fellowship

for many reasons with the primary

being the opportunity to practice

in a collaborative setting that

fosters continued learning and

growth. At UC there is a strong

professionals who are committed

community of mental health

Our outstanding clinicians provide cutting edge collaborative care across the

life cycle. The culture of curiosity is not just an excellent place to train but many residents find it an attactive place to start their career.

"I recently joined the faculty at the University of Cincinnati after spending three years in Chicago. I trained at the University of Cincinnati and Cincinnati Children's Hospital Medical Center as a resident in the triple board program, graduating in 2017. It was during my first attending position in Chicago that I was able to fully recognize the value of my training at UC and CCHMC. As a new attending, I was able to practice with confidence and independence and this was recognized by my colleagues and others within the Chicago hospital system where I earned several awards for leadership and education. I have UC and CCHMC to thank for these achievements. Although grateful for the opportunities I had in Chicago, I missed Cincinnati, especially the level of intellectual curiosity while maintaining a welcoming and supportive environment. I was, and remain, overjoyed to be a member of the psychiatry faculty at UC. I am committed to 'pay-it-forward' to our residents and medical students and ensure that the psychiatric training at UC continues to be robust."



Melissa Wagner Schuman, MD, PhD



Cincinnati is a city of 52 neighborhoods, each offering distinctive character and

Cincinnati

Nestled among the hills of the Ohio River Valley, Cincinnati blends small town

charm with big city amenities, producing one of the most comfortable places in the country to live. It was named in Forbes' Top 15 Emerging Downtowns list. Cincinnati has a vibrant commercial base and is home to many major corporations such as Procter & Gamble, Kroger Company, and Macy's, Inc. Cincinnati has pride in its rich heritage. Cincinnati is Ohio's third largest and the 64th largest city in the U.S. The city's geographical position on the border of the southern and midwestern states defined much of its history, as did the arrival of large numbers of German and Italian immigrants in its early days. The city was also eventually a destination of choice among African-Americans migrating north. Currently, demography of the city is 50.75% White, 42.25% African-American, 3.73% Hispanic, 2.18% Asian, 0.92% other, 0.11% Native American, and 0.05% Native Hawaiian or Pacific Islander.

Cincinnati has incredible diversity in terms of culture, performing arts, education, family, nightlife, spectator sports, music and outdoor activity. Our resident social committee regularly plans outings to enhance the camaraderie amongst one another.

Students who come to Cincinnati along with their partners have found an open market for job opportunities as well as nationally ranked public and private schools for their children. For those who have partners in other residency programs on campus, we are able to coordinate vacation schedules so couples can share time and travels with one another.



Our research programs rank among the best in the world. The excellence and innovation of our work is reflected in our extensive research support from the National Institutes of Health (NIH) as well as other funding agencies. We have renowned research in bipolar disorder, addictive disorders, binge eating, anxiety disorders, novel treatments, basic mechanisms of eating behavior and metabolism. From a research track with time built in their schedule for research to small projects with mentors, our residents have the opportunity to engage in research at the level of their interest.

"UC felt like a welcoming home from the start. During residency, besides doing my clinical duties, I was able to pursue one of my specific career interests, which is research. After the residency, I joined the Department as Faculty, and I feel that I have the support and environment to pursue my career goals."

The excellence and innovation of our work is reflected in our extensive research support from the National Institutes of Health as well as other funding agencies.



Fabiano Nery, MD, PhD

Educational Mission

To design, implement, and sustain excellent psychiatry and behavioral neuroscience education programs, and to produce outstanding physicians who can assume clinical, educational, research, and leadership positions in the communities they serve.

The focus of training at UC lies in embracing our role as physician caring for patients' whole being with compassion.

Our program is truly unique in studying the interface of the body and the mind. In 1995 we began the nation's first combined Family Medicine/ Psychiatry residency training program and offer one of only nine Pediatrics/ Psychiatry/Child and Adolescent Psychiatry programs in the country. In 2011 we started an Integrated Psychiatry track within the Categorical program as well. PGY2 residents who select this track begin a continuity clinic in our Primary Care Mental Health Integrated Clinic at the VA Medical Center starting in their second year. This track also includes electives in a variety of different types of integrated care including a home-based care team, a Collaborative Care clinic, several co-located clinics within medical specialties of Oncology, Infectious Disease, OB/Gyn and Neurology. These training programs and elective track options along with our many combined trained faculty greatly influence the culture of our program. Also almost half of our residents, five of eleven each year, are also training to be primary care physicians. This enriches the discussions in didactics and case conferences. Our four ACGME fellowship programs also provide convenient opportunities for excellent sub-specialty training.

ACGME Fellowship Programs

Addiction Psychiatry



Christine Wilder, MD Fellowship Director

Child and Adolescent Forensic



Brian Kurtz, MD Fellowship Director



Psychiatry

Katherine Lee, MD Assistant Director

Psychiatry



Christopher Marett, MD, MPH Fellowship Director



Geriatric

Psychiatry

Fellowship Director



Rosemary Szparagowski, MD Assistant Director



UC Medical Center



Level-1 trauma center with 900+ beds, over 30 ACGME accredited residency programs, more than 70 fellowships and over 600 trainees.

Cincinnati Children's Hospital Medical Center



Ranked third in the U.S. News & World Report survey of best children's hospitals in the nation and one of the top three recipients of pediatric research grants from the National Institutes of Health.

Cincinnati Veterans Administration Medical Center



Ranked at or near #1 on 20 mental health quality measures among over 150 VAs nationally, with Centers of Excellence in PTSD and Addictions; houses 20 acute inpatient beds and serves over 8,000 outpatients in the tri-state area.

Lindner Center of HOPE



Multi-generational psychiatric facility with 48 acute inpatient beds, 32 adult residential beds, adult and child partial hospital programs, eating disorders specialty treatment, DBT program, ECT, TMS and onsite outpatient clinics as well as a privately funded research foundation.

World Class Training Facilities







UC Medical Center Ridgeway



Completely modernized, state of the art mental health facility containing 32 acute general adult beds, 8 geriatric beds, a brand new ECT suite and the region's only stand-alone Psychiatric Emergency Room, open 24/7 with 18 beds.

Cincinnati Children's-College Hill



Opening late 2023- State of the art new \$99M 160,000 sq ft, stand alone child psychiatry facility with over 80 private rooms for acute inpatient, dual diagnosis and residential care located on a campus setting offering equestrian therapy, greenhouse, biking path and playground.

Cincinnati Psychoanalytic Institute



The tri-state region's only psychoanalytic institue, where clinicians and residents from Ohio, Indiana and Kentucky come for advanced training in psychotherapy and psychoanalysis.

Summit Behavioral Healthcare



A 290 bed state psychiatric hospital providing recoverybased inpatient mental health care to civil and forensic patients

UC Medical Campus

The medical campus brings a number of key facilities within easy proximity, as the University's master plan weaves signature architecture and greenspace together.







Melissa DelBello, MD, MS Dr. Stanley and Mickey Kaplan Professor and Chair







Brian Evans, DO Residency Training Director



Brian Dowling, MD Associate Director



David Karol, MD, MA Vice Chair of Clinical Services and Quality Program Evaluation Committee

Corey Keeton, MD PGY1-2 Didactic Curriculum Coordinator Medical Director of Psychiatry Consultation-Liaison

Services

Education Administration



Brian Evans, DO Vice Chair of Education

Residency Training Programs

Family Medicine/ Psychiatry



Hilja Ruegg, MD Residency Training Director



Lawson Wulsin, MD Assistant Director





Andrew Klafter, MD Psychotherapy Curriculum Coordinator





Courtney Cinko, MD

Residency Training

Director

Pediatrics/Psychiatry/

Child Psychiatry

Ashley Berry, MD Kelli Dominick, MD, PhD Katie Harris, MD Co-Assistant Directors



Stephen Rush, MD Medical Director of Ambulatory Services Clinical Competency Committee



Melissa Wagner-Schuman, MD, PhD Medical Director of Inpatient Services

PGY-1 Rotations

Great care is taken in sequencing the rotations for our interns, **keeping resident wellness in mind.** We intentionally start all our interns on a psychiatry rotation in July to facilitate relationship and community building among the group from day one. Each resident has their own individual schedule and are ensured that the will not do more than two months off service in a row before coming back to a psychiatry block. Our interns attend psychiatry didactics for all 13 blocks of intern year so they are able to connect with their psychiatry peers weekly through out the year, even when they are off-service. Rotations are listed below and residents have one selective block to fulfill their fourth block of primary medicine requirements.

Rotation	4 week blocks
PSYCHIATRY SERVICE	
Addiction Psychiatry: split 2wks VA, 2wks UC	1
Consultation/Liaison Psychiatry: UCMC	3
Inpatient Psychiatry: UCMC, LCOH	4

OFF SERVICE ROTATIONS	
Emergency Medicine: UCMC	1
Family Medicine: Christ Hospital	1
Internal Medicine: VAMC	1
Neurology Consultation/Liaison: UCMC	1
Selective(IM, FM, ED: as above OR Peds: CCHMC)	1

Resident Wellness Program

At University of Cincinnati we feel strongly that resident wellness is a priority

in training. Eight years ago we developed a wellness program that encompasses the eight dimensions of wellness. We continue to use data from the wellness program to inform programmatic changes. This has led to significant changes in didactics, rotations and scheduling processes.



• •	Resident Process Group
• (Opportunities for moonligh
• 1	Movie Nights / Social Event
• \	Wellness lunches and Welln
• (Community Service Days
• •	Patient Advocacy–State Leg
• (OPPA / APA 100% Club Plat
• •	Fitness room at Ridgeway
• /	Accommodations for medic
• 6	Psychoanalytic seminars, Fe
• F	Research opportunities
• \	Walkable medical campus
• 9	State of the art/modern fac

Didactic Structure

Our extensive four year curriculum includes over 430 lectures designed to cover all content areas of the ABPN Psychiatry Certification Exam and ensure competency in psychopharmacology and psychotherapy. It also includes other topics relevant to the practice of psychiatry and the professional development of our residents.







Spencer Gardner, MD PGY1





PGY1

Abigail Lanz, MD

"One of the main reasons I chose to stay at UC for residency is how welcoming everyone was. As a medical student I had such an incredible experience with the residents and how welcome and part of the medical team they made me feel. Similarly, all the attendings were so kind and pushed my learning and understanding of complex psychiatric cases. I knew that coming here it would be an environment that would facilitate my learning and be the most ideal training environment for me to become a great psychiatrist."





Mikaela Wheatley, MD TB1

FMP1 residents rotate on Psychiatry for five blocks. TB1 residents spend the entire first year on Pediatrics at Cincinnati Children's.



Sydney Gustafson, MD PGY1



(vomi Doud, MI



Brandon Valencia, MD PGY1



FMP1

"Cincy FMP is the best program for many reasons! I love the combined culture here with combined faculty present and other programs like triple board. I also felt like I could get along well with the other residents and felt the family medicine and psychiatry training were individually very Philomena Nwanze, MD strong which is rare in a combined program."



Alexandra Marcovicci, MD TB1

PGY-2 Rotations

The second year rotations are all psychiatry with the exception of one block of neurology. Residents are given two elective blocks in the second year.

Rotation	4 week blocks
PSYCHIATRY SERVICE	
Child Psych: 1- CCHMC C/L, 1- College Hill Ing	ot 2
Consultation/Liaison Psychiatry-Senior UCM	C 2
Emergency Psychiatry: PES (night float)	2.5
Geriatric Psychiatry: UCMC	1
Neurology Consultation/Liaison: UCMC	1
Inpatient Psychiatry: VAMC, UCMC	2
ELECTIVE	2.5
• Inpatient Forensic Psychiatry: Summit Behavioral (state hospital)	

- Addictions: UCMC
- Child residential treatment program: CCHMC
- Developmental Disability Unit: CCHMC
- Primary Care Integrated Mental Health Continuity Clinic: VAMC
- Research
- Adult Residential at LCOH
- Eating Disorders: mix of LCOH and Eating Recovery Center

Residents begin taking psychotherapy patients in the PGY2 year. They are

assigned an outpatient therapy supervisor to work with them to get started in therapy.

October

First therapy patient

January

Second therapy patient

March

Third therapy patient (optional)



Daniel Bebo, MD PGY4



"UCMC and the surrounding area felt like a home away from home with the city humming with things to do all year long. I also appreciated the kindness from all of those who were a part of the Psychiatry department during interview season and I could see how they genuinely enjoyed the camaraderie among their colleagues. I gauged the program itself to be strong and to be a great foundation for my residency education based on the diversity of the settings we learn in, the research opportunities to be involved in, and the number of avenues to teach in."



PGY4

both knowledgeable and supportive of learning, and truly care in intern year seamless. The University of Cincinnati Psychiatry





PGY4

"I went to medical school here at the University of Cincinnati and saw first-hand how fantastic this residency program is. The faculty are about each resident's personal and professional growth. All of the residents are caring and inclusive, and helped make the transition residency program offers an excellent diversity in training sites that provide a well-rounded education. For me, it was an easy choice!"



Cindy Boudreaux, MD PGY4



Laura Ledvora, MD FMP5



Chris Robards, MD PGY4

FMP5 residents rotate for blocks and get two psychiatry electives. TB4-5 are back on Peds and child fellowship.

PGY-4 Rotations

Our fourth year residents enjoy a broad variety of electives. We work to craft individual experiences for each resident to aid in exploring subspecialties, auditioning for career opportunities, and/or developing leadership skills.

Required

Forensics (if not already done) Scholarly Project **Resident Teaching** Quality Improvement/Patient Safety Jr. Attending Inpatient Teaching Service Minimum 2 hrs/weekly therapy- no max

Electives

Adult Developmental Disability Clinic
Forensics
Research
RPC Clinical Director
HIV Clinic
Palliative Care, Sleep Clinic, Pain Clinic
Suboxone/Methadone Clinic
VAMC • PTSD CPT clinic • Addiction Outpatient • Geriatric Outpatient • Tele-psychiatry • Care Clinic • Homeless Outreach
Child and Adolescent • Therapy • School clinics • Substance abuse • Residential or Partial
Movement disorders integrated clinic
Eating Recovery Center
Neuromodulation (ECT, TMS, vagal nerve stimulation (VNS)
Psych Oncology
Partial Hospital Program or Residential Adult
Emergency Psychiatry Mobile Crisis Team
Women's Mental Health Clinic
Academic Medicine–Teaching Elective
International Mental Health



PGY2



PGY2

Brandon Lewis, MD PGY2



Julie Stimpfl, MD PGY2



Enrique Ceppi, MD FMP2

FMP2 residents rotate for 6 blocks and get one block of psychiatry elective in this year. FMP3 residents rotate for 4 blocks. TB2 residents rotate the first four blocks and the last four blocks of this year on psychiatry.





Ella Baus, MD TB2



Rose Montplaisir, MD TB2



Katherine Stefani, DO TB2



Seth Reighard, MD, PhD PGY2

"After completing my medical and graduate training at the University of Cincinnati, the choice to stay for residency was the easiest one to make. I knew from personal experience that the faculty, staff, and residents in our department are a diverse and supportive community that would foster my growth and development as a psychiatrist. In addition, Cincinnati is the perfect place to live and raise a family while catering to every interest or hobby."



Claire Meikle, MD, PhD FMP2



Dorjee Norbu, MD FMP3



Joshua Smith, MD, MPH FMP3

PGY-3 Rotations

Our third year stands out as one of the most diverse outpatient experiences

in the country. Residents provide psychopharmacology management in a variety of diff erent health systems including the federal government, community mental health, hospital based outpatient, university student health and private practice. Residents are assigned their own office in Central Clinic, the community mental health center on our medical campus. This serves as their "home base." Psychotherapy cases are distributed from the Resident Psychotherapy Clinic (RPC), the residents' own private practice. This clinic is overseen by the outpatient chief resident. PGY-3 residents are expected to maintain 5-6 therapy cases throughout the year. They are assigned 2-3 psychotherapy supervisors for those cases.

All outpatient



Community Mental Health, Medicaid only population



Private Practice, Reduced fee Cash only

University Health System, Insurance model

Federal Health System, Veterans only

Student Health Clinic

Veterans Affairs Medical Center



Hospital Based Clinic, all comers



Tricia Latimer, MD PGY3





Jake Pemberton, MD PGY3



Lucia Wang, MD PGY3

Zachary Wickline, DO PGY3

FMP4 residents rotate on Psychiatry for the entire year. TB3 residents rotate for 12 blocks and get one block of psychiatry elective in this year.

"I chose to stay at UC for psychiatry residency because I knew I would get a well-rounded training and that I would see a diverse patient population. Also, I feel that the residency is balanced in terms of challenge and wellness, and I feel the attendings and residents provide a positive environment for learning and growth. Finally, I really like Cincinnati with its hodgepodge of different neighborhoods and numerous ways to connect to community."



chael Arnold, MD TB3



Christelle Tan, MD



Andrew Thomas, MD TB3



Emmily Shanks, DO PGY3



Joshua Crosbie-Cockroft, MD FMP4



Caitlin Delong, MD, MPH FMP4