

# Dartmouth Psychiatry Adult Residency Program

2021-22



# Logistics of Today

- Virtual Interviews
- “Lunchtime” meet and greet with residents
- Optional evening Zoom event with residents last night
- Afternoon meeting with Craig Donnelly for CAP track
- Instagram account: @dhmcpsychiatry



# Consensus Statement from the American Association of Directors of Psychiatric Residency Training (AADPRT) and the Association of Directors of Medical Student Education in Psychiatry (ADMSEP) on the 2021-22 Residency and Fellowship Application Cycle

- Per AADPRT and ADMSEP
  - All interviews shall be virtual
  - Attendance at second-look events not mandatory or encouraged, per se, and should not be taken into consideration when rating and ranking applicants
  - No swag permitted. Gift cards for food also prohibited
  - All programs nationwide are expected to comply
- Institutional/GME decision about second looks, not a program specific decision.
  - Will depend on COVID case rates and other safety factors

# Program Leadership



Gillian Sowden MD  
Program Director

Residency: Cambridge Health  
Alliance

Medical School: Harvard



Julie Frew, MD  
Associate Program Director

Residency: Dartmouth

Medical School: Dartmouth-Brown

# Main Clinical Sites

- Dartmouth Hitchcock Medical Center
  - 400 bed tertiary medical center
  - Inpatient, outpatient, ECT, TMS, CL, subspecialty clinics, child to geriatrics, substance use treatment center
  - Diverse socio-economic patient population, with broad range of psychopathology
  - High acuity patients
- VA White River Junction
  - 60 bed acute care hospital
  - Inpatient, residential, CL, TMS, ECT, community, geriatrics
  - National center for PTSD
  - Emphasis on PTSD and substance use
- New Hampshire Hospital
  - 184 bed State Hospital
  - Forensic and chronic, serious mental illness
- Community
  - West Central Behavioral Health
  - Good Neighbor Clinic (Free clinic)
  - Upper Valley Haven (<https://uppervalleyhaven.org>)
  - The Mental Health Center of Greater Manchester
  - Monadnock Family Services
  - VA Homelessness outreach team



# Curriculum

- PGY1
  - 4 months medicine (inpt, outpt, ED), 2 months neuro, 5 months inpatient psychiatry (VA and DHMC), 2 wks emergency psychiatry, 2 wks inpatient geri psych NHH
- PGY2
  - 4 months inpatient psychiatry (VA, NHH), 4 months CL, 6 wks residential substance abuse, 6 wks whole health
  - Longitudinal outpatient and psychotherapy
  - 6 weeks jeopardy
- PGY3
  - 12 months outpatient (general, refractory mood disorder, ECT, TMS, child, geriatrics, community, psychotherapy)
  - Modified schedule for research track, or residents seeking extra research time
- PGY4
  - Mostly elective
  - Junior attending experience
  - Teaching Roles



# Call Schedule

- PGY1
  - Evening call (6-10pm) at DH approx. weekly for 6 months of the year
  - 6 Saturday 24 hour calls per year at DH
  - 6 Sunday *daytime* calls per year at DH
- PGY2
  - 4 weeks of Night Float (in 2 week blocks) plus 9 overnight calls per year at DH
  - 6 Sunday *Supervisory daytime* calls with the PGY1 intern per year at DH
  - 6 overnight calls at New Hampshire Hospital per year
  - 4 weeks of *home call* night float (in 2 week blocks) plus 7 *home calls* per year at the VA
- PGY3
  - 6 Friday overnight calls per year at DH
  - 2 weeknight and 6 weekend *home call* per year at the VA
- PGY4
  - 7 *Supervisory Saturday* calls with the PGY1 intern per year at DH
    - May be slightly more or less depending on size of the PGY4 class

DH = Dartmouth-Hitchcock Medical Center

VA = White River Junction VA Medical Center



# Child and Adolescent Track

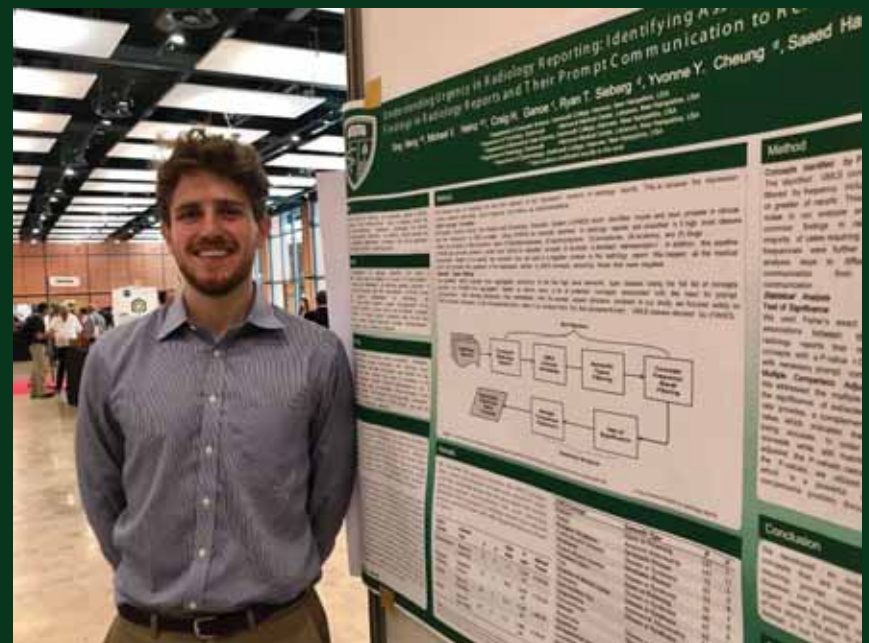
- Automatic transition to CAP fellowship after PGY-3 year (no more ERAS!)
- Pediatric rotations in PGY-1 year
- Pediatric neurology rotation in PGY-1 year
- Earlier start of CAP experiences
- \*\*\*separate NRMP match number





# Research Track

- 1 resident per year
- Protected research time all four years
  - PGY-1 year: 4 weeks
  - PGY-2 year: ½ day/wk plus 6 week elective
  - PGY-3 year : 25%-50 % of time
  - PGY-4 year: 50%-75% of time
- \*\*\*separate NRMP match number
- Goal of mentored transition to NIMH funding mechanisms
- Eligible for NIH Loan Repayment program



# Didactics

- Protected time Tuesday mornings without clinical responsibilities all 4 years
  - Grand Rounds
  - Resident meeting
  - Didactics
- Class specific didactics, in parallel with clinical stage of training
- Protected time Thursday mornings PGY3 year
  - Child didactics with child fellows
- Additional case conferences, rotation didactics, clinic didactics
- Journal Clubs
- Research Skills Series
- Twice Annual Resident Retreat includes educational session on resident chosen topic
- Specialty-specific educational offerings
- [https://gme.dartmouth-hitchcock.org/adult\\_psych/conferences-didactics.html](https://gme.dartmouth-hitchcock.org/adult_psych/conferences-didactics.html)



# Teaching Opportunities

- Informal teaching for Geisel 3<sup>rd</sup> year core psychiatry clerkships
- Lectures for Geisel medical students in psychiatry didactics
- Leading case conferences for psychiatry clerkship students
- Small group interviewing course for Geisel 2<sup>nd</sup> year medical students
- Teaching/supervising junior residents
- Chief resident positions
- Formal *Resident as Teacher* didactics



# DH Fellowships and Residencies

- Addiction Psychiatry Fellowship
- Child and Adolescent Psychiatry Fellowship
- Geriatric Psychiatry Fellowship
- Leadership Preventive Medicine Residency Program (LPMR)
  - Participants earn a master's degree in public health, in a program that focuses on policy issues, outcome measures, and quality improvement related to psychiatry.
- Sleep Medicine Fellowship
- Pain Medicine Fellowship
- Palliative Care Fellowship
- Residents who choose to do fellowships outside Dartmouth frequently get their top choice
  - Recent matches include UCSF child psych, MGH Consult psych, MGH Child Psych, MGH Community Psych, Ohio State Consult Psych, Brown Child Psych



# Additional learning opportunities

- VA Quality Scholars Program (VAQS)
  - year long fellowship program has also been utilized by psychiatry residents to gain experience in outcomes research and quality improvement for health care systems.
- Dartmouth Center for Healthcare Delivery Science
  - The Master of Health Care Delivery Science (MHCDS) at Dartmouth College offers physician and executive leaders skills and knowledge needed to design and lead crucial transformations within their organizations and across the health care industry.
- The Dartmouth Institute for Health Policy and Clinical Practice (TDI)
  - In addition to formal programs that may be pursued through TDI, psychiatry residents may take select courses, free of charge, on a variety of topics (e.g. Research Methodology, Microsystems).
- SYNERGY Center
  - The SYNERGY Center allows for a variety of research resources to be organized in one center, providing for training and resources that residents may access to support career development in psychiatric research.
- NIDA T32 Science of Co-Occurring Disorders
  - The Science of Co-occurring Disorders training program offers a unique experience in transdisciplinary research related to the co-existence of substance use and other mental disorders.

# Research Groups/Centers

- National Center for PTSD
  - Located at the White River Junction, Vermont
- Center For Neuroscience
  - This interdisciplinary group focuses on education and research
- Center For Technology and Behavioral Health
  - Novel technology-based interventions for substance-use and related disorders.
- Northeast Node
  - A research partnership with the National Institute on Drug Abuse.
- Dartmouth Trauma Interventions Research Center
- PCORI Moms in Recovery research study
- Brain Research Network Brain Imaging Lab in Psychiatry
- Dartmouth Autism Research Initiative
- Juliette Madan lab (former resident)
  - Includes microbiome, PANS/PANDAs, and more





# Resident Benefits

Recent resident salary increase, with expectations for future salary increases

Residents are eligible for a comprehensive set of benefits:

- Eligible for one D-H medical plan – the \$0 Deductible PPO plan which is a richer plan than those offered to staff and providers
  - Employee contributions toward this medical plan are not based on salary – they are set at the lowest salary bracket (i.e. under \$50k) regardless of the resident's actual salary
- Short Term Disability coverage equal to 100% of base salary for up to 90 days at no cost to the resident
- Long Term disability equal to 80% of base salary to a maximum benefit of \$3,750 per month at no cost to the resident
- Basic Life and AD&D coverage equal to 1x annual salary up to \$100k at no cost to the resident
  - Opportunity to purchase additional coverage for themselves and their dependents
- Retirement / 403(b) Plan with employer match of 50% on up to 4% of employee pay saved
- Dental
- Vision
- Health Care and Dependent Care Reimbursement Accounts
- Identity Theft Protection
- Pet Insurance





# Resident Wellness

- PGY2 and PGY3 process groups
- Buddy system for incoming PGY1s
- Mentorship available with faculty
- Protected time in PGY1 year for self-care, doctor appointments, etc.
- Self-care, therapy, etc, encouraged
- List of sliding scale therapists and therapists who take DH insurance
- Designated Wellbeing Psychologist for residents
- Supportive chief residents, faculty and leadership
- Culture that welcomes feedback and responds to suggestions
  - recent examples include changing to night float system based on resident preference, adding second attending to weekend call coverage to reduce resident workload
- Work life balance encouraged



# Upper Valley Living

- Rural setting (with much more!)-best small town in America list
- High number of cultural events
  - The Hop, professional theater, local artisans, etc
- D1 sports events
- Access through college
- Great restaurants
- Excellent cost of living
- Lots to do!
  - *Similar amenities as those found in a metropolitan area*



# Arts in the Upper Valley

<p><b><u>Museums &amp; Galleries</u></b></p> <p><b>Aidron Duckworth Museum</b> (603)469-3444 aidronduckworthmuseum.org</p> <p><b>AVA Gallery &amp; Art Center</b> (603)448-3117 avagallery.org</p> <p><b>Enfield Shaker Museum</b> (603)632-4346 shakermuseum.org</p>	<p><b><u>Performing Arts</u></b></p> <p><b>Hopkins Center for the Arts</b> (603) 646-2422 hop.dartmouth.edu</p> <p><b>Lebanon Opera House</b> (603)448-0400 lebanonoperahouse.org</p> <p><b>Opera North</b> (603)448-4141 www.operanorth.org</p>	<p><b>Northern Stage</b> (603)448-4141 northernstage.org</p> <p><b>NorthEast Shakespeare Ensemble</b> nesetheatre.org</p> <p><b>Upper Valley Presents</b> (802)526-2055 uvpresents.org</p>
<p><b>Hood Museum of Art</b> (603)646-2808 dartmouth.edu/~hood</p> <p><b>Hopkins Center Galleries</b> (603)0646-2422 hop.dartmouth.edu</p> <p><b>League of NH Craftsmen</b> (603)643-5050 craftstudies.org</p> <p><b>Rauner Special Collections</b> (603)646-0538 dartmouth.edu/~library/rauner/</p> <p><b>Spheris Gallery</b> (603)640-6155 spherisgallery.com</p>	<p><b><u>Sites</u></b></p> <p><b>Billings Farm &amp; Museum</b> (802)457-2355 billingsfarm.org</p> <p><b>The Fells</b> (603)763-4789 thefells.org</p> <p><b>Orozco Murals at Baker Library</b> (603)646-1469</p> <p><b>Path of Life Garden</b> (802)674-6789 pathoflifegarden.com</p> <p><b>Saint-Gaudens National Historic Site</b> (603)675-2175 ext.100</p>	<p><b><u>Music</u></b></p> <p><b>Classicopia</b> (603)643-3337 Classicopia.org</p> <p><b>North Country Chordsmen</b> (603)763-4098 nedistrict.org/nccordsmen</p> <p><b>Upper Valley Music Center</b> (603)763-4789 uvmusic.org</p> <p><b>Upper Valley Rock School</b> (802)526-2055 uvrockschool.org</p>



# Dartmouth College



# Resident Life





# Storrs Pond – Hanover, NH





# Local NH attractions







Every outdoor activity easily accessible

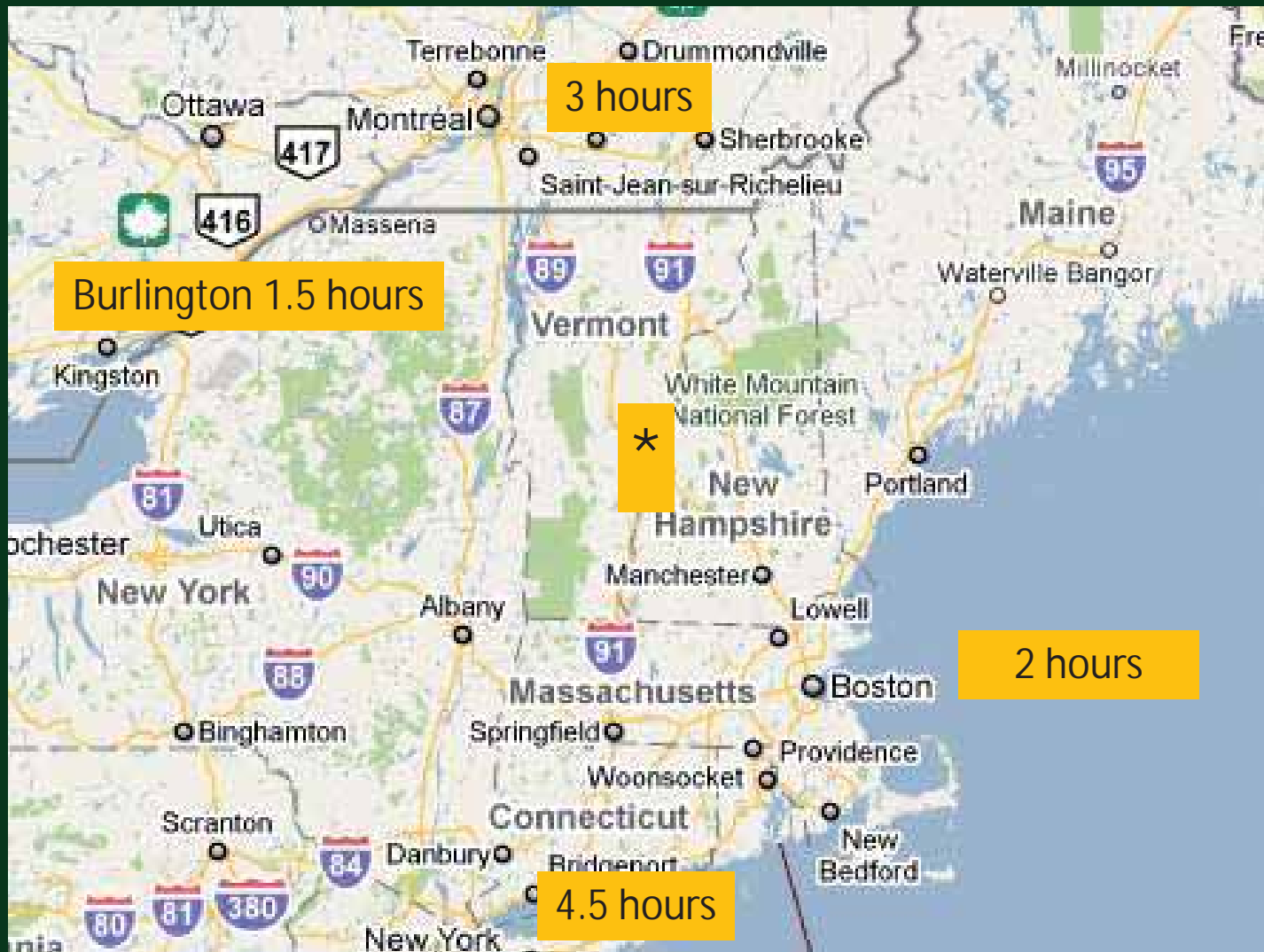


# Family Opportunities

- Wonderful activities for children (and adults)
- Top school systems
- On-site daycare



# Getting out of town



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- [https://drive.google.com/file/d/1wEUthOg\\_CViMbXC1uOc6F1Axu8dSEwxr/view?usp=sharing](https://drive.google.com/file/d/1wEUthOg_CViMbXC1uOc6F1Axu8dSEwxr/view?usp=sharing)



