

# Dartmouth Psychiatry Adult Residency Program

2022-23



# 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)

- All interviews shall be virtual
- No swag or gift cards in order to level the playing field
- Second looks should not lead to inequity or bias
  - To maximize fairness and equity, our GME office prohibits formal second looks prior to certifying the match list
  - You are welcome to visit the area, but unfortunately we cannot meet you in person



## Post-Interview Communication

- Per AADPRT, should be avoided unless offering new updates about the program
- We are always happy to answer any questions you may have at any time
- Thank you cards/emails not required
  - Will not be considered in our rankings
  - Spend that time doing something fun instead!



# Program Leadership



Gillian Sowden MD  
Program Director

Residency: Cambridge Health  
Alliance

Medical School: Harvard



Julie Frew, MD  
Associate Program Director

Residency: Dartmouth

Medical School: Brown-Dartmouth  
Program in Medical Education

# Main Clinical Sites

- Dartmouth Hitchcock Medical Center
  - 400 bed tertiary medical center
  - Inpatient, outpatient, ECT, TMS, CL, esketamine, subspecialty clinics, child to geriatrics, substance use treatment center
  - Psychiatric Emergency Room
  - Diverse socio-economic patient population, with broad range of psychopathology
  - High acuity and volume of 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
  - VA Homelessness outreach team



# Curriculum

Year 1	4 months	2 months	0.5 months	0.5 months	5 months
	Internal Medicine	Neurology	Emergency psychiatry	Geriatric inpatient psychiatry	Inpatient Psychiatry

Year 2	3 months	3.5 months	1.5 month	1.5 month	1.5 month	1 months
	Consultation Liaison	Inpatient Psychiatry (VA and NH state hospital)	Substance use disorders	Elective/Jeopardy	Whole Health	Night float
	½ day per week outpatient adult psychiatry clinic and psychotherapy					

Year 3	12 months
	Full time Outpatient Psychiatry (CAP, geriatrics, psychotherapy, psychopharmacology, community, mood disorders clinic)

Year 4	12 months
	Electives and ½ day per week outpatient adult psychiatry clinic



# A few highlights

- Dartmouth-Hitchcock consistently named New Hampshire's best hospital by US News & World Report
- Home to numerous "top doctors" by US News & World report
- Many faculty serve as experts for statewide initiatives
- Experts in rural medical and mental health care with emphasis on serving the underserved
- Diverse patient population that serves a large geographic area
- Strong addiction clinical care and research including affiliation with NIDA Northeast Node
- National Center for PTSD at the WRJ VA
- Very strong research portfolio with high level of NIH funding



# A few more highlights

- Numerous specialty programs and opportunities such as Development-Behavioral pediatrics, Autism, PANDAs, Treatment Resistant Mood disorders, Pre-gender affirming surgery evaluations, Moms in Recovery program, Forensic asylum affidavits, College mental health (and many more)
- Strong Consultation-Liaison (CL) training with embedded care programs throughout the institution, a proactive consult model (BIT team) and eConsultations
- New Psych ER
- Whole Health Rotation at the VA
- Numerous elective opportunities with elective opportunities in PGY2 and unstructured PGY4 year

# 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

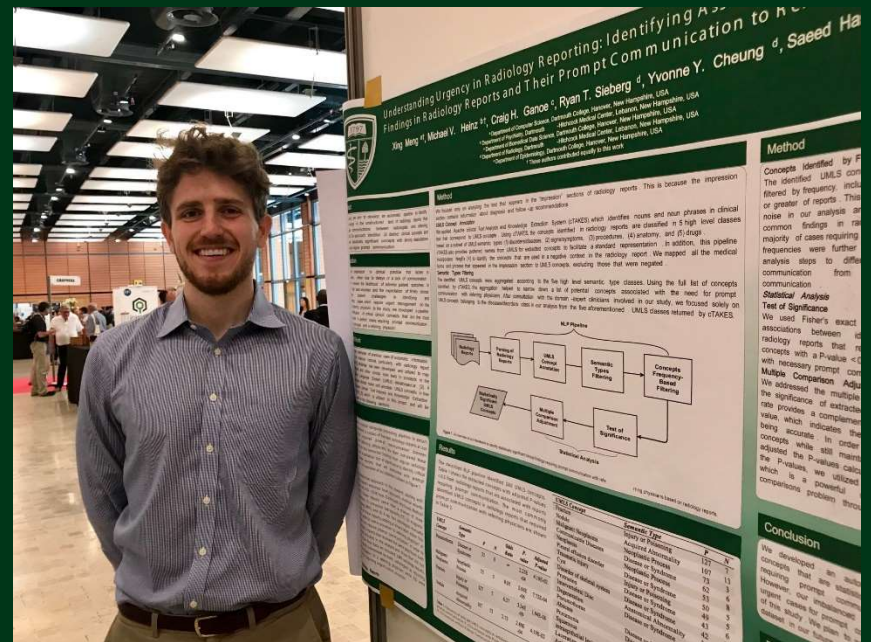
# Child and Adolescent Track

- Automatic transition to CAP fellowship after PGY-3 year
  - May choose to transition after PGY4 year if desired
- Pediatric rotations in PGY-1 year
- Pediatric neurology rotation in PGY-1 year
- Earlier start of CAP experiences
- \*\*\**separate NRMP match number*
  - We encourage you to apply to both the CAP and general track



# Research Track

- 1 resident per year
- Research nodes to facilitate strong mentorship
- Protected research time all four years
  - PGY-1 year: 2-4 weeks
  - PGY-2 year: ½ day/wk plus 6 week jeopardy 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
- <https://www.doucettelab.com>



# 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
- New advocacy curriculum including opportunity to testify before legislature





# 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



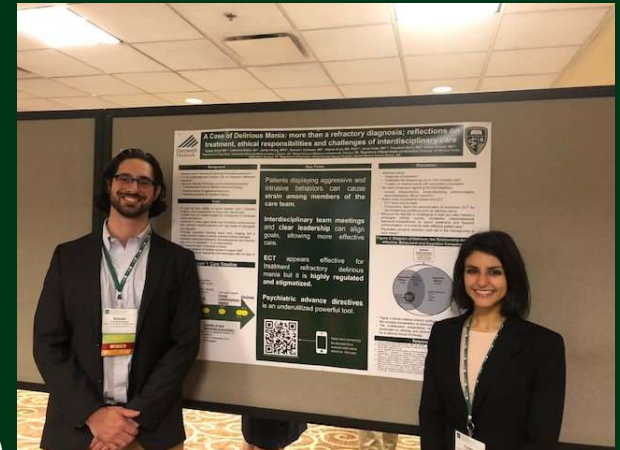
# DH Fellowships and Residencies

- Addiction Psychiatry Fellowship
- Child and Adolescent Psychiatry Fellowship
- Geriatric Psychiatry Fellowship
- (Consultation-Liaison Fellowship being developed)
- 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, Stanford geriatric psychiatry, MGH Consult psych, MGH Child Psych, MGH Community Psych, and Dartmouth fellowships



# 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 on par with other North East Programs
- Step 3 exam fee reimbursement
- Annual educational stipend and travel awards when presenting at conferences
- Residents are eligible for a comprehensive set of benefits:
  - Eligible for One DH 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

- Designated Wellbeing Psychologist for residents
- PGY3 process group
- 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
- 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

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

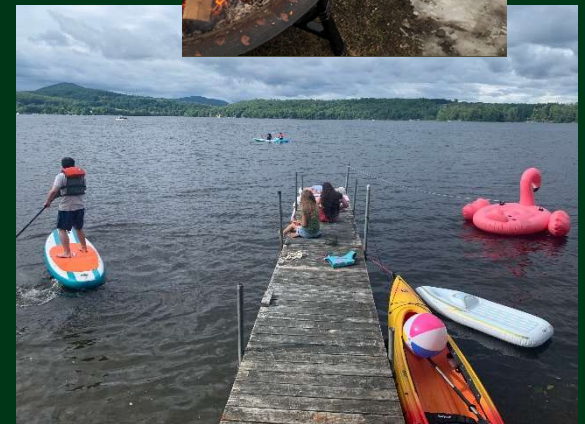
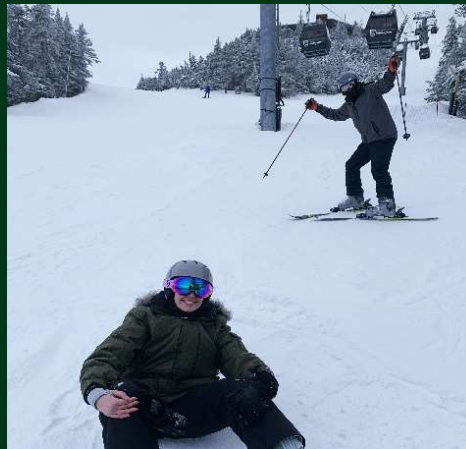


# Dartmouth College





# Resident Life





# Quintessential New England Towns



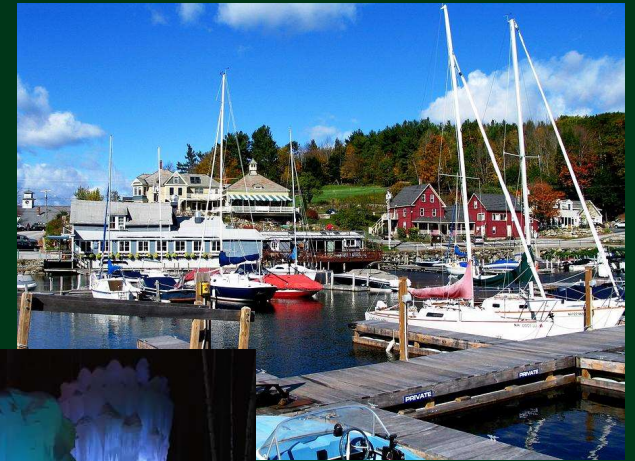


# Storrs Pond – Hanover, NH





# Local NH attractions







Every outdoor activity easily accessible

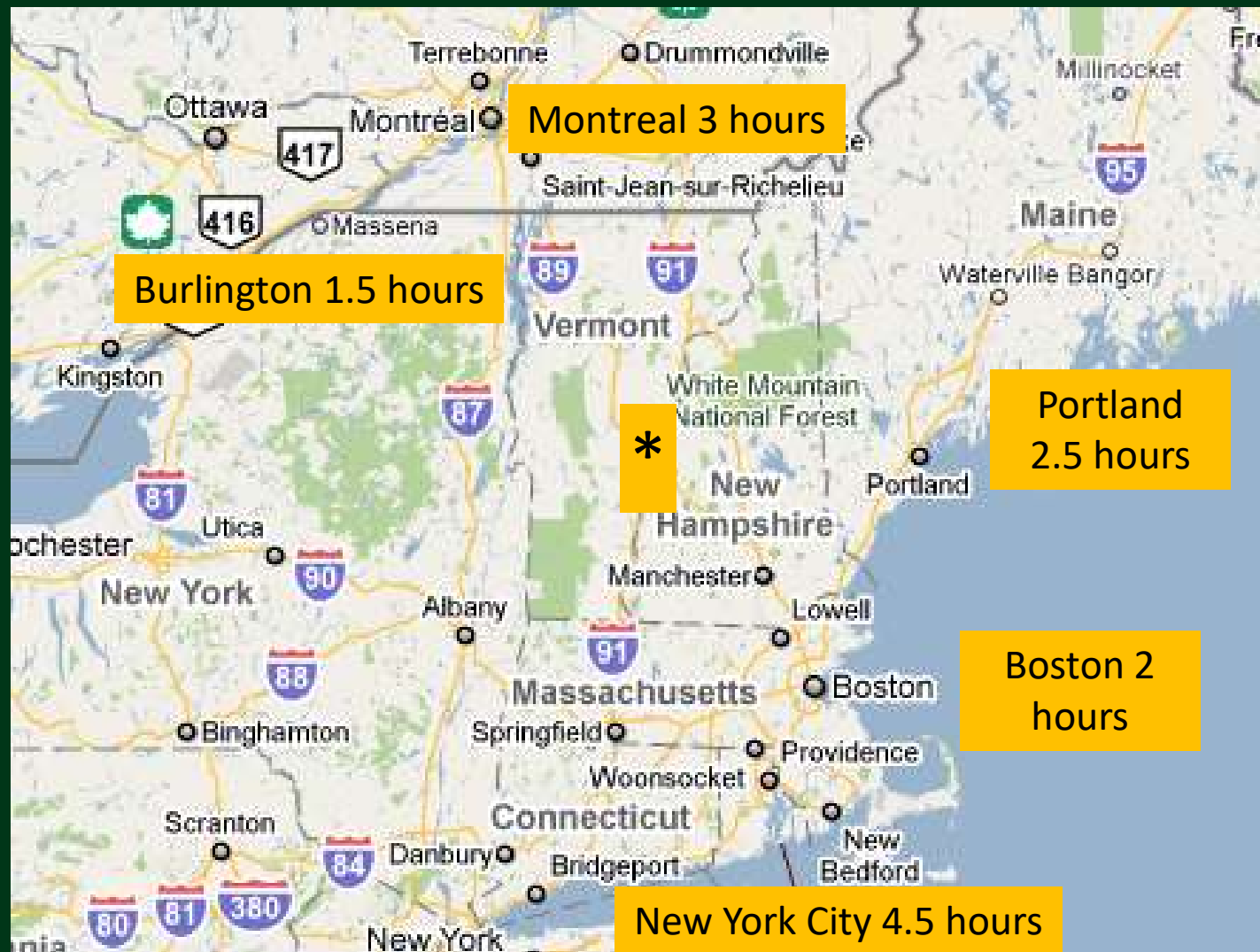
# Family Opportunities

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





# 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)

