



**JAMAICA HOSPITAL
MEDICAL CENTER**

**DEPARTMENT OF PSYCHIATRY
DIVISION OF EDUCATION**

**CLINICAL PSYCHOLOGY POSTDOCTORAL
FELLOWSHIP PROGRAM**

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DEPARTMENT OF PSYCHIATRY
DIVISION OF EDUCATION
8900 VAN WYCK EXPRESSWAY
JAMAICA, NY 11418

Introduction

1. About Jamaica Hospital Medical Center (Mission and Vision):

Jamaica Hospital Medical Center (JHMC) is a 424-bed, community teaching hospital with a large network of community-based ambulatory care centers. MediSys Health Network is the not-for-profit parent organization of Jamaica Hospital Medical Center as well as several other healthcare provider organizations, including Flushing Hospital Medical Center, Trump Pavilion, and Advanced Center of Psychotherapy located at Forest Hills and Jamaica Estates. JHMC offers a full array of acute inpatient, rehabilitation and mental health services. It is the largest voluntary hospital ambulance fleet serving the City's 911 system, and a Level I trauma center. The hospital provides general medical, pediatric, and psychiatric emergency services, ambulatory care on and off campus, ambulatory surgery, and a broad spectrum of diagnostic and treatment services. JHMC has brought high quality, accessible services to the underserved residents of the neighborhoods that we serve. Jamaica Hospital's services fill a void for the people in our community, many of whom speak limited or no English, are underinsured or have no health insurance. Our mission is to serve our patients and community in a way that is second to none.

2. Department of Psychiatry

The Department of Psychiatry at Jamaica Hospital Medical Center provides Inpatient psychiatry services, outpatient services, consultation/liaison services and has a Comprehensive Psychiatric Emergency Program which includes three care components; Psychiatric emergency room, mobile crisis outreach, and extended observation beds. The department offers training to medical students, psychiatry residents, psychiatry externs, psychology fellow, psychology externs, psychology fellow, creative arts therapy fellow, creative arts therapy externs, nursing students as well as other students.

3. Training Goals and Objectives

The psychology fellowship program at Jamaica Hospital Medical Center offers a generalist training program in clinical psychology which prepares future psychologists to practice the scope of psychological services generally provided in urban hospital settings.

The program's specific goals and objectives are for the fellow to:

- a. **Gain advanced clinical skills, knowledge and practice to provide a wide range of professional services through the integration of theory and practice:** Fellow will have opportunities to further develop and refine his/her clinical skills through provision of various psychiatric services provided by psychologists in hospital settings and through utilization of supervision to hone those skills. A significant portion of fellow's experience will include direct delivery of services to patients. Fellow will use an integrative treatment approach - combining psychodynamic, cognitive behavioral, systems, ethno-cultural, developmental, and medical model perspectives as needed.

Objectives:

1. Fellow will be able to formulate conceptualizations of patients in a competent manner taking into consideration all socioemotional factors.
2. Fellow will be able to use an integrative approach to select and implement appropriate psychotherapeutic interventions for the patients' presenting problems, diagnoses and level of functioning.
3. Fellow will be able to provide effective, culturally-competent, goal-directed psychotherapy in a variety of modalities including individual and group therapy.
4. Fellow will be able to evaluate and assess patients for safety and be able to manage safety/crisis situations in a competent manner.

- b. Develop skills to work with multidisciplinary teams:** Fellow will have the opportunity to work with multidisciplinary teams including psychiatrists, psychologists, social workers, creative arts therapist, nurses, patient care associates, patient information representative and other trainees. Fellow will learn to take into consideration the clinical opinions of other disciplines in an open-minded manner and utilize them in his/her treatment approach.

Objectives

1. Fellow will be able to maintain effective communication and collaboration with other professionals to ensure that his/her approach to patient care is integrative and comprehensive.
2. Fellow will be aware of different professionals' roles in the care of and be able to integrate his/her input into the care of his/her patients

- c. Develop competence in working with diverse and underserved populations:** Fellow will have the opportunity to work with patients who vary in age, socioeconomic status, race, ethnicity, sexual orientation, gender identification, level of functioning and psychopathology. Due to our proximity to John F Kennedy international airport, we also admit patients who are non U.S residents. If possible, fellow will have the opportunity to work with them as well.

Objectives

1. Fellow will be comfortable with differences that exist between themselves and his/her patients in terms of race, ethnicity, culture, and beliefs
2. Fellow will be aware of and sensitive to his/her own background/beliefs and be able to recognize how it personally and professionally affects his/her definitions of normality-abnormality in the process of psychotherapy

3. Fellow will be aware of the limits of his/her competencies and expertise about the patients' diverse backgrounds
4. Fellow will be knowledgeable about communication style differences in patients of diverse backgrounds and how his/her own personal style may clash with or foster the therapeutic process and impact his/her patients.
5. Fellow will actively seek out educational opportunities to improve his/her knowledge and understanding of patients from diverse backgrounds
6. Fellow will be able to engage patients in a variety of verbal and nonverbal methods to understand and meet the needs of his/her patients

- d. Develop professional identity:** Fellow will be allowed to practice the scope of professional psychology with a flexible training experience that can be tailored to fit each his/her specific interests, goals, and needs.

Objectives:

1. Fellow will be able to develop a professional identity and have ability to deliver services to patients in a manner that fits his/her own professional style while also meeting the patients' needs.
2. Fellow will be able to handle a variety of cases independently and with confidence.

4. Duration of Fellowship/Compensation/benefits

The fellowship program begins on August 1st (or after limited permit is issued) and ends on July 31st (or one year from the start date). Fellow is expected to be present on site for a minimum of 37.5 hours per week.

The annual stipend is \$30,000 with fringe and benefits (which include but is not limited to paid time off and health insurance).

It is mandatory for the fellow to have a limited permit prior to starting the fellowship. It is the fellow's responsibility to ensure he/she has worked at least 1750 hours by the end of their one year training in order to meet NY state requirements for licensure. Please note that fellow can only be given credit up to the maximum number of hours allowed by NY State laws if working beyond the 37.5 hours.

5. Clinical Experience

Inpatient Services (10 - 12 months – 2 days/week)

Jamaica Hospital Medical Center has two psychiatric inpatient units for individuals aged 18 and above. The units provide services to patients experiencing acute psychiatric symptoms

which impair his/her ability to function safely in the community. The units consist of patients who are admitted on both voluntary and involuntary emergency basis. The inpatient units' treatment teams consist of psychiatrists, psychologists, social workers, creative arts therapists, and nurses.

On the unit, fellow will have the opportunity to be the primary therapist to patients and participate in his/her care throughout his/her hospitalization. Fellow will understand how to treat individuals experiencing acute symptoms while hospitalized, manage crisis situations and learn the criteria for a successful discharge. Fellow will have the opportunity to treat patients in group therapy, individual therapy and family therapy (when applicable). He/she will also provide support to patients in the milieu. In addition, fellow will participate in multidisciplinary team meetings and have the opportunity to observe evaluations conducted by other treatment team members. Fellow will also learn to develop treatment plans and behavior contracts.

Fellow will be assigned to either inpatient unit III or Inpatient Unit II and the unit psychologist will be assigned as his/her supervisor. Fellow will be assigned to approximately 4 individual psychotherapy patients at a time and 1 group therapy session/week. Fellow may be asked to cover group or individual therapy as needed. Fellow may be responsible for developing treatment plans and reviews for their patients. Fellow will be expected to engage appropriately with multi-disciplinary team to ensure proper patient care. Patient assignments will be made by supervisor, and/or unit chief or a team member designated by supervisor. Fellow is expected to supervise psychological evaluations conducted by psychology externs and interns on both inpatient units.

Outpatient Mental Health Clinic (12 months – 3 days/week)

The outpatient mental health clinic at Jamaica Hospital Medical Center treats patients who are diverse in age, race, ethnicity, socioeconomic status and carry a wide range of diagnoses. On average, our clinic has 800 + visits a week! The services provided at the clinic include but is not limited to, medication management, intake evaluations, individual psychotherapy, and group therapy. Clinicians also work with families.

The fellow's responsibilities in the outpatient clinic include individual psychotherapy, group psychotherapy, intake evaluations and treatment planning. Patient assignments will be made by the clinic managers, Mr. Alberto Palomino, LCSW and Jennifer Weber, PsyD and/or fellow's supervisor and/or an individual designated by the clinic managers or supervisor. Intake evaluations will be scheduled for the fellow by the intake coordinator or any of the individuals listed above.

It is the fellow's responsibility to manage his/her caseload. This includes scheduling of patients, ensuring compliance, outreach, determine safe terminations, and making appropriate referrals in urgent/emergency situations (calling EMS, Mobile crisis etc). Fellow must treat both adults and children with various mental health issues. Fellow is expected to schedule approximately 32 to 42 sessions per week. This may include individual psychotherapy, group and intakes.

Educational Activities

Department educational activities are regularly held on Tuesdays from 11:30am to 1:00pm and on Thursdays from 11:30am – 1:00pm. Tuesdays are generally reserved for case conferences and Thursdays are reserved for grand rounds and other mental health presentations conducted by staff. This time is reserved for all staff to participate in educational activities. The fellow is excused from clinical responsibilities in order to allow participation. Attendance is mandatory unless otherwise excused by supervisor. Participation is strongly encouraged. The Fellow is required to do a 1.5 hour presentation in the year. Topic must be discussed with the director of training at least one month in advance

Supervision opportunities

Fellow will have the opportunity to provide supervision to psychology externs and interns. Supervision with externs will be done on an informal and as needed basis. Fellow will conduct group supervision with interns on a weekly basis for one hour.

Fellow is responsible for supervising psychological evaluations conducted by externs and interns before it is finalized by supervising psychologists.

ELECTIVES

Fellow will have the option to do one month rotation in one or both of the following areas of psychiatry.

Consultation/Liaison Services (1 month – 2 days/week)

The Department of Psychiatry provides 24-hour consultation and liaison services (C/L) on the medical, surgical, geriatric, pediatric and obstetrical units. Referrals are made by the attending physician to determine if psychiatric care is required. The C/L team consists of psychiatrists, psychosomatic fellow, medical students, psychiatry externs and psychology fellow. Responsibilities of the C/L team include but are not limited to, evaluation for safety, treatment of mental health issues which arise while patient is receiving medical care, capacity evaluations and management of mental health crisis. The C/L team evaluates and/or treats both adults and children.

In Consultation/Liaison services, fellow will have the opportunity to join the C/L team to observe and participate in all of the evaluations conducted on days when the fellow is present. Additionally, fellow will be able to provide individual psychotherapy to both adults and children. Frequency and length of psychotherapy session length will vary based on patient needs and fellow availability.

Comprehensive Psychiatric Emergency Program (1 month – 2 days/week)

The Comprehensive Psychiatric Emergency Program (CPEP) consists of three care components; Psychiatric emergency room, mobile crisis outreach, and extended observation unit (EOU). The CPEP receives both walk-in referrals as well as referrals from the community. The treatment team in the CPEP consists of but is not limited to psychiatrists, nurses, social workers, patient care associates, security officer(s) and trainees.

In this rotation, fellow will have the opportunity to observe and participate in intake evaluations and provide individual psychotherapy.

6. Supervision:

Fellow will receive two hours of individual supervision from two licensed clinical psychologists. The fellow will have a supervisor in the hospital and another in the outpatient mental health clinic. Fellow will participate in didactic activities 3 hours a week.