From the Program Directors

Dear Applicant,

Thank you for your interest in our Psychiatry Residency! We are excited that you have chosen to become a psychiatrist. Here at The Chicago Medical School at Rosalind Franklin University (CMS/RFUMS), we have a long tradition of training residents to become outstanding clinicians and teachers, so that you might go forth and advance the field of psychiatry.

At the heart of our residency lies one single question - what is the educational value of any given activity? This central tenet drives all our resident programming. From the selection of training sites to provide a mix of patient populations, to the confidence developed through being on call, our residency is known throughout the greater Chicago area and beyond, to generate psychiatrists with the highest degree of initiative and independence.

Features:

- On a weekly basis, we have a full protected day devoted to didactics, taught by faculty who are themselves both the pioneers and inheritors of a trailblazing neuropsychiatry philosophy. This didactics day also serve as an important gathering day for the residents, allowing for passing down experience and passing on fresh insights.

- Likewise on a weekly basis, we have a dedicated psychotherapy clinic beginning early on in resident training. It is not unknown for residents to have psychotherapy patients that they work with for the duration of their residency - an unparalleled opportunity in current psychiatric practice.

- ECT rotation, from the faculty that helped developed modern ECT technology as we know it.

- As both a medium sized program and department, you will find here a very collaborative environment. We boast a high faculty-to-resident ratio, and chief residents and program directors alike have open door policies for problem solving.

- You will gain access to our network of program graduates, a striking number of which are now academic faculty, medical directors, and chief administrators, in- and out-of-state.

We look forward to speaking with you and showing you how CMS can help you succeed and grow during this next phase of your career!

Paul Hung MD, Program Director

David Garfield MD, Director of Clinical Education in Psychiatry
Mission and Vision

Our program’s aim is to equip residents with the foundation needed to become skilled general psychiatrists, who are able to care for diverse patient populations; to nurture the flexibility and initiative to be able to work within different health systems and organizational structures, and to train them to integrate care both with other medical specialties, and interprofessionally with non-MD healthcare disciplines such as nursing, nurse practitioners, and pharmacists. An additional major secondary aim is to improve resident skills as educators, via teaching and leadership of medical students.

Resident life overview

Thanks to our weekly dedicated didactics day, the resident body is tight-knit, both within each class, and overall. Our residents are very mutually supportive, and range from hanging out outside of work, attending each other’s life events, to passing on job leads, and, with enough time, hiring future grads.

In terms of living locations, we are generally spread out from downtown Chicago, stretching northwards, including clusters at Evanston and Lake Bluff/Waukegan.

The RFUMS main campus itself is in North Chicago, on Chicago’s North Shore near Lake Michigan. Faculty, residents, students and their families benefit from suburban life, with low crime rates and splendid school systems, while retaining easy access to downtown Chicago via the Chicago Metra Transit
system. As one of the great cities in the U.S., Chicago hosts communities of all ethnic groups, sophisticated shopping and dining, museums, parks, architectural landmarks, entertainment, college and professional sports, hotels, convention centers and other university campuses.

Amenities-wise, 24-hour accessible within the University, we have a brand-new gym and an extensive media lab. Just for fun: our cafeteria is recently renovated, and has a brick-built wood-fired oven.

Moonlighting: opportunities for paid on-call and unit rounds are available in several facilities both close to the University and downtown, and many actively seek out our senior residents for their known quality of work. Clinical activities outside the program are monitored to ensure that they do not interfere with education and core patient care.

Salary and benefits: RFUMS offers a salary and benefits package that is competitive with regional hospitals and is adjusted annually. Health and disability insurance plans are available, as well. Please refer to the Department of Graduate Medical Education handouts for more information.

History

The Chicago Medical School at Rosalind Franklin University of Medicine and Science (CMS/RFUMS)

The Chicago Medical School has educated medical students and produced research since 1912, and has trained psychiatry residents since the 1960s. CMS educates students of all backgrounds from many regions of the US, and has produced many distinguished clinicians, researchers, and teachers. Many prominent physicians in the Chicago metropolitan area are CMS graduates. Nationally, CMS has over 5000 graduates.
RFUMS, formerly known as Finch University, now includes several healthcare schools under its umbrella, allowing for an integrative interprofessional experience. In addition to the Chicago Medical School (CMS), RFUMS also include the College of Health Professions, the School of Graduate and Postdoctoral Studies, the William M. Scholl College of Podiatric Medicine, and the College of Pharmacy.

*Department of Psychiatry and Behavioral Sciences*

The CMS Psychiatry Department played a major role in the shaping of contemporary psychiatry as we know it, and the teachings from the formative era continues to be passed down to this day.

1955: Dept established under the direction of Harry H. Garner, MD, who emphasized brief psychotherapy and electroconvulsive therapy.

1976: Chair Michael Alan Taylor, MD, who with his colleague, Richard Abrams, MD, pioneered the field of neuropsychiatry, the description and treatment advancement of schizophrenia, and ECT. They developed the first residency program to stress the connection between psychiatry and behavioral neurology, two disciplines that only in recent decades have been fully integrated into most academic programs.

1987: Program Director David A.S. Garfield, MD, recruited from the University of Massachusetts; a psychoanalyst who has published extensively on psychosis, on the voluntary faculty at the Chicago Institute for Psychoanalysis, and is a renowned authority with frequent lecture invites to Europe.

1994: Chair Frederick S. Sierles, MD, 1967 CMS graduate and 1971 CMS residency graduate, passionate believer in improving the resident and medical student education process, a key player in the school's Master Teachers Guild, and prolific researcher into educational methods.

2003: Chair Nutan Atre-Vaidya, MD, 1988 CMS residency graduate, with a long administrative and research history within the department, having served as associate training director, medical student director, and vice-chair, during which she coordinated the medical student clerkship and taught extensively in neuropsychiatry. Currently, Dr. Vaidya's role is the Senior Associate Dean for the Academic Learning Environment.

2016: Program Director Paul Hung, MD, 2010 CMS graduate, upon Dr Garfield's decision to explore a new phase of his career as the Medical Student Curriculum Director for Psychiatry.
The program additionally boasts a number of head department administrators and hospital section chiefs among its faculty and graduates:

2002: Malini Patel, MD, CMS residency graduate, appointed medical director of the Elgin Mental Health Center

2002 - 2013: Clerkship Director Lori Moss, MD, 1991 graduate of the residency at Washington University in St. Louis, a recognized expert in ECT, and who has trained a number of regional experts in ECT

2003: Chowdary Jampala, MBBS, CMS residency graduate, returned to take on role of North Chicago VA Mental Health Department Head

2009: Chandra Vedak, MBBS, CMS residency graduate and one of Chicago area's most sought-after psychopharmacology experts, returned to take on role of associate residency director.
Clinical Training Sites

Lovell Federal Health Care Center (FHCC), previously aka the North Chicago VA

Rotations:

- Inpatient psychiatry (R1, R2)
- Outpatient psychiatry (R3, R4)
- Psychotherapy (R1 to R4)
- Consult/Liaison (R2, R3)
- Child/adolescent (R4)
- ECT (R2, R3)
- Substance abuse (R1)
- Geriatrics (R2)
- Emergency Psychiatry (R2, R3)
- Neurology (R1)

- Internal medicine / ambulatory medicine / emergency medicine (R1)
- Quality Improvement and Patient Safety (rotating committee membership)
- HUDVASH (community outreach) and MHICM (intensive care management), by special arrangement

Our home training site is the FHCC, a new joint VA-Navy project which, in addition to veterans, serves nearly all Navy recruits, plus active duty members and their families, expanding the residents' experience far beyond the traditional VA population. A tight, fully integrated EMR, plus a fantastic host of services both medical and social, allows residents to familiarize themselves with gold standard referrals that may not be otherwise available. It is also here that residents are able to evaluate and treat the earliest manifestation of a patient's psychiatric disorders.

Be sure to check out the new clinic building when you come for your interview! Our residents will do their best to show it off on tour.
Elgin Mental Health Center (EMHC)

Rotations:
Inpatient psychiatry (R2)
Forensics psychiatry (R2)

Elgin MHC is a state psychiatric hospital that has treated patients since 1872, and with which CMS established its first major academic affiliate in 1997, with a patient population reflecting virtually every ethnic group in Illinois. EMHC has a long, distinguished history in the care of mentally ill persons in Illinois. For example, in the 1890s, the Elgin Papers recorded the first physiologic measurements of psychiatric patients ever. It has 800-900 admissions annually to its 390 inpatient beds, 75 in its civil division and 315 in its forensic division.

You won't see it on your tour today, but ask our residents about Elgin's on-campus mini-courthouse.

Saints Mary and Elizabeth Medical Center (SMH)

Rotations:
Inpatient psychiatry (R1, R2)
Outpatient psychiatry (R3, R4)

St Mary's, established in 1887, this full service hospital complex is now in what has become a culturally diverse intersection between the local Polish, Hispanic, and Euro-American populations. Located on the renovated near north of downtown Chicago, the surroundings are now also seeing young married couples moving into this neighborhood, furthering a wide-range of age and lifestyle. Their busy behavioral health services set the stage for an exciting set of rotations for our residents.

Advocate Illinois Masonic Medical Center (IMMC)

Rotations:
Outpatient psychiatry (R4)
Child/adolescent (R4)

Illinois Masonic became one of our training sites starting in 2006, and the chief of psychiatry has since regularly recruited from our graduate pool. Child and adult outpatient psychiatry rotations are the primary training venues at IMMC and academic attendings pay close attention to the developmental learning needs of our trainees.

Horizons Behavioral Health

Rotations:
Outpatient psychiatry (R4)

One of our newest affiliates, Horizons Behavioral Health is located near one of the FHCC’s satellite clinics, and, for much of its history, was notable as being one of the few major providers of psychiatric care in its area. Adjunct services include counseling and psychological testing. The site director and main resident supervisor for Horizons is our very own Dr. Vedak.

Lake County Health Department (LCHD)

Rotations:
Outpatient psychiatry (R4)

The Lake County Health Department (LCHD) is the largest human service provider in Lake County, whose main offices are twelve minutes from our main campus. It ranks in the top six percent of all 264 local health departments nationwide. Our senior residents participate in its vast Outpatient Behavioral Health Section, which includes addictive treatment, non-forensic court referrals, ACT (assertive community treatment), mental health group home, and women’s residential treatment service.
Brief notes on the psychiatry residency curriculum

Residents at RFUMS enjoy the attention of an energetic psychiatry faculty; a strong and balanced group of teachers that include professors who care about each resident as an individual, and is committed to cultivating professional growth. Our graduates routinely obtain leadership positions in public, academic, and private settings. Our integrated curriculum is competency-based to ensure that trainees acquire the knowledge, skills and habits of excellent clinicians. Each educational activity is geared toward fostering competence in psychiatric knowledge, patient care, communication and interviewing, professionalism, self-improvement and skill with the health care system. In addition, each resident will become competent in each of the three fundamental psychotherapies: supportive, dynamic, and cognitive-behavioral. Additional experience in couples and group therapy is also provided.

Now that all residents sit for the unified board certification exams (ABPN) in September after their fourth year, our didactics format has an ongoing record of passing rates on this key exam. Resources that come with the residency include institutional access to the American Psychiatric Association Online resource, from the free book-a-month, to all APA journals and the entire collection of official Psychiatry specialty textbooks. Built into the weekly didactics programming are resident case reports, journal clubs, and grand rounds.

Each year, all residents participate in a department poster competition -- a chance to exercise scholarly muscles and to work with faculty directly on projects. This has also consistently proven to be a launchpad for presentations and publications in national specialty conferences.

See you again, soon

Here at our program, you will find a close community, an interprofessional and interdisciplinary focus on the biopsychosocial 'whole patient', which is augmented with unique learning experiences directly from the people who formalized neuropsychiatry.

Please feel free to contact any of us with any questions you might have. We hope we can help you determine whether this program is the best fit for you. Your comfort with this next leg of your education is important to us.