

Vanderbilt University Medical Center Department of Psychiatry and Behavioral Sciences

Maja Skikic, MD
Training Director



Overview

- Vanderbilt University
- VU School of Medicine
- VU Medical Center
- VUMC Psychiatry Department
- Psychiatry Residency Program
- Living in Nashville



VANDERBILT
UNIVERSITY



Vanderbilt University

- Founded 1873
- Students:
 - 6,700 undergraduate
 - 5,200 graduate
- 10 schools, Top 20 in US News & World Report
- 3,100 fulltime faculty
- 23,000 employees



VU School of Medicine

- Students:
 - 400 MD, 100 MD/PhD
 - 548 PhD
 - 29 MSCI
- Ranks #18 in US News & World Report Best Research Medical School 2020
- 3,600 faculty



Vanderbilt University Medical Center



Ranked #17 on U.S. News and World Report's
Best Hospitals Honor Roll 2018

About 100 ACGME
accredited programs

Approx. 1,000
residents and fellows

Orientation: 300+ new
house staff

VUMC: \$3 billion
annual enterprise



VUMC Department of Psychiatry and Behavioral Sciences

- Founded in 1947
- Current Faculty:
 - About 200 primary, secondary, or voluntary faculty



Overview: Psychiatry Residency

- Training Office
- Mission and Vision
- Training sites
- Education: Seminar, Conferences, Supervision
- Overview: PGY 1 – PGY 4
- PGY 1 – PGY 4 in detail
- Electives
- Research opportunities

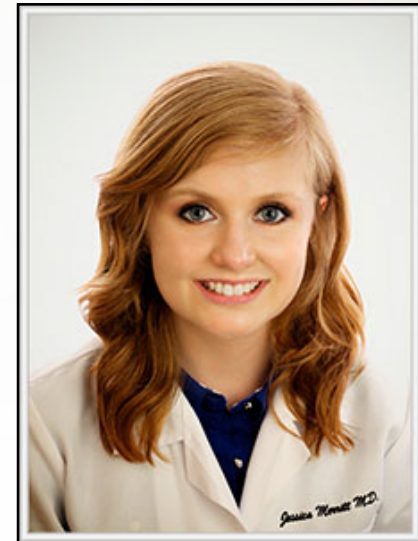
Training Directors



Training Director
Maja Skikc, MD



Assistant Training Director
Daniel Daunis, MD



Assistant Training Director
Jessica Merritt, MD



Maja Skikic, MD
Assistant Professor of Psychiatry
Training Director, Residency Training Program

Education

B.S.—Tulane University, New Orleans LA
M.D.—Vanderbilt University, Nashville TN

Clinical training

Adult Psychiatry Residency—Vanderbilt University Medical Center, Vanderbilt Psychiatric Hospital, Nashville TN

Clinical Practice

Attending for Inpatient Services - Psychotic Disorders Unit, VPH
Outpatient Clinic – Vanderbilt Early Psychosis Program, VPH

Interests

Psychotic Disorders, First-Episode Psychosis
Shared Decision model of care
Neuroscience Curricular Integration
Medical Education



Daniel Daunis, MD

Assistant Professor of Psychiatry and Behavioral Scientist

Assistant Training Director, Residency Training Program

Education

B.S.—Louisiana State University, Baton Rouge LA

M.D.—Louisiana State University, Shreveport LA

Clinical Training

Internship—Internal Medicine, Massachusetts General Hospital, Boston MA

Adult Psychiatry Residency—MGH/McLean Hospital, Belmont MA

Consultation-Liaison Psychiatry Fellowship—Massachusetts General Hospital, Boston MA

Interests

Consultation Liaison Psychiatry

Transplant Psychiatry

Bioethics

Mindfulness/Meditation

Medical Education



Jessica Merritt, MD

Assistant Professor of Psychiatry

Assistant Training Director, Residency Training Program

Education

B.A.—Marshall University, Huntington WV

M.D.—Marshall University, Huntington WV

Clinical training

Adult Psychiatry Residency—Vanderbilt University Medical Center,
Child/Adolescent Psychiatry Fellowship—Vanderbilt University
Medical Center

Vanderbilt Psychiatric Hospital, Nashville TN

Clinical Practice

Attending for Adolescent Partial Hospitalization Program and Child
and Adolescent Inpatient at VPH

Outpatient Clinic – VPH and Oasis Center

Interests

Mental Healthcare of Homeless Youth

Medical Education

Psychodynamic Psychotherapy

LGBT Mental Health

Trauma Disorders

Chief Residents



Patrick McGuire
Inpatient Chief



Elise Scott
Outpatient Chief



Stephanie Fall
Outpatient Chief



Devin Greene
C/L Chief

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Mission

Our mission is to train a ***diverse*** group of physicians who:

- provide ***compassionate***, quality mental health care for persons of all ages and ethnic groups;
- have the capacity to evaluate new research findings, incorporate them into current clinical practices as appropriate, and communicate them to others;
- possess skills necessary for lifelong learning;
- and abide by the highest ***ethical*** and ***professional*** standards.



VANDERBILT
UNIVERSITY



Diversity

The psychiatry training programs at Vanderbilt greatly value diversity. Our program seeks to foster an environment that is ***inclusive*** and ***supportive*** of racial, ethnic, religious and cultural diversity; disabilities; and gender, gender identity, gender expression, and sexual orientation.



Vision

Our vision is to train *leaders* of psychiatry who generate and implement new knowledge in the service of a more *personalized* care of the person who suffers from mental illness.



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Training Sites

Vanderbilt Psychiatric Hospital
(88 beds)

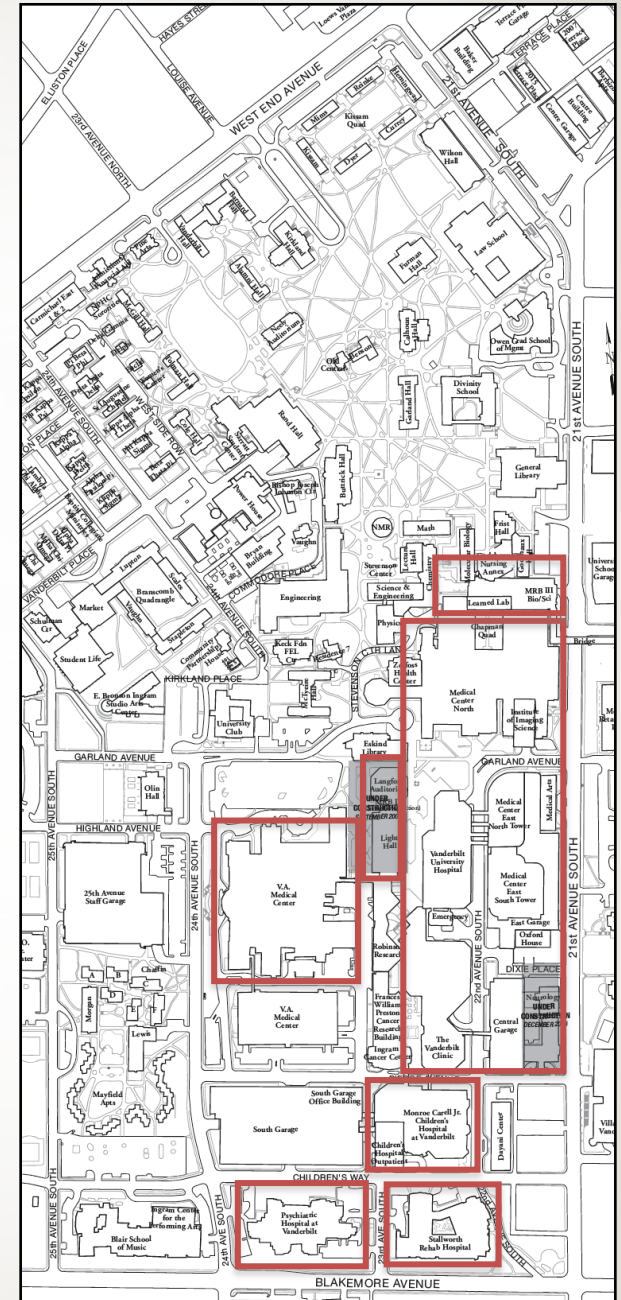
Vanderbilt University Hospital
(695 beds)

Vanderbilt Children's Hospital
(271 beds)

The Nashville VA Hospital

Stallworth Rehabilitation Hospital

Medical Research Buildings



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Education: PGY 1-4

- Weekly Grand Rounds and Grand Rounds Enrichment Discussions
- Weekly Case Conference
- Monthly Journal Club
- Monthly The Whole Resident
- Monthly Neurobiology Conference
- Monthly Introduction to Research Seminar Series
- Supervision: at least 2 hours per week
 - 1 hour with a service attending
 - 1 hour with a longitudinal supervisor
 - additional clinic supervisors in PGY 3 and PGY 4



Presenting a case ...

The Whole Resident

A monthly seminar aimed at developing personal and professional skills to prevent and address burnout.

- Resident as Educator:
 - Learn practical teaching and supervisory skills
- Resident as Leader:
 - Learn conflict resolution and delivering feedback
- Resident as Self:
 - Develop skills of compassion, optimism, gratitude, and empathy
- Resident as Colleague
 - Participate in peer group mentorship



Example weekly schedule:

DAY	DATE	START TIME	CLASS	TITLE OF EVENT	FACILITATOR(S)	ROOM#	HANDOUTS
Mon	9/21	Noon	Residents	Chiefs's Meeting with Residents	Chiefs	ZOOM	-
		Noon	Members	CCC Meeting - PGY4	Skikic/Daunis/Merritt	ZOOM	
Tue	9/22	1:00 PM	ALL	Case Conference	Kwan / Heckers	ZOOM	
Tue	9/22	1:10 PM	PGY 2	Anxiety: Neurobiology	Blackford	ZOOM	-
		2:10 PM	PGY 2	Anxiety Disorders in Children and Adolescents	Tanguturi	ZOOM	-
		3:00 PM	PGY2	Psychodynamic Case Formulation I (ch5&6)	Merritt	ZOOM	-
		4:00 PM	PGY2	Process Group	Chanin	ZOOM	-
Tue	9/22	1:10 PM	PGY3	Management of Geriatric Patients (other than AD) & MCI	Gwirtsman	ZOOM	-
		2:30 PM	PGY3	Acceptance and Commitment Therapy - Values & Committed Action	Matwin	ZOOM	-
		4:00 PM	PGY3	Process Group	Dressler	ZOOM	-
Tue	9/22	1:30 PM	PGY 4	Bipolar Disorder	Haman	ZOOM	-
		2:30 PM	PGY4	Malpractice	Petrie	ZOOM	-
		3:30 PM	PGY4	Process Group	Ramage	ZOOM	-
Wed	9/23	1:00 PM	PGY1	Theories of Development 1: Young Child	Billings	ZOOM	-
		2:00 PM	PGY1	Sleep issues in inpatient psychiatry	Clark	ZOOM	-
Thu	9/24	Noon	ALL	The Whole Resident	Greene	ZOOM	
Fri	9/25	9:30 AM	PSYCHOLOGY INTERNS	Complex and Developmental Trauma	Ebert	ZOOM	
		Noon	ALL	Grand Rounds	Benningfield	ZOOM	

Education: Beyond seminars ...

- Academic Development
 - Involvement in clinical Case Conference and CBL
 - Write-up and submission of Case Report
 - Medical student teaching /leading groups on the unit
- Process groups for PGY 2-4
- Psychotherapy at reduced fee



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Overview

These blocks do not have to be consecutive and can be broken into 4 week segments

Vanderbilt University Medical Center Adult Psychiatry Residency													
PGY 1-4	1	2	3	4	5	6	7	8	9	10	11	12	13
PGY 1	All Interns Start On Psychiatry	Inpatient Adult Psych: Addiction, Mood, Psychosis			Psychiatric Assessment Service (PAS)	Inpatient Child & Adol. Psych	Flexible	Medicine/Pediatrics			Neurology	Emergency Medicine	
PGY 2	Inpatient Adult Psych: Addiction, Mood, Psychosis				PAS	Coverage	Night Float / Emergency Psych			Consult Liaison Adult		Consult Liaison Child & Adol.	
Outpatient Psychotherapy Clinics													
PGY 3	Outpatient Clinics / Research Electives / Teaching Electives / Geriatrics / Community Psych												
PGY 4	Electives / Research / Forensics / ECT Training											Inpatient Adult	

Lunar Block Schedule (13) four week periods.

Overview: PGY 1

- 3 months of Internal Medicine (1 month can be Pediatrics)
 - 2 months Inpatient
 - 1 month Outpatient
- 2 months of Neurology
 - 1 month Inpatient
 - 1 month Outpatient
- 1 month of Emergency Medicine
- 6 months of Psychiatry



Overview: PGY 1

Inpatient psychiatry rotations in PGY 1 year:

- Child/Adolescent Psychiatry (1 month)
- Adult Psychiatry (5 months)
 - Mood
 - Psychosis
 - Addiction
 - Geriatrics
 - Psychiatric Assessment Service

Call responsibility:

- Evening call (5pm-9pm) on rotating basis
- Weekend call (Sat/Sun 9am-9pm) on rotating basis



Overview: PGY 2

- 4.5 mo - Adult Psychiatry Inpatient service
- 3 mo - Adult Psychiatry Consultation Liaison service
- 1 mo - C&A Psychiatry Consultation Liaison service
- 2.5 mo - Emergency Psychiatry (Night Float / EPS)
- 1.5 mo - Psychiatric Assessment Service and Coverage
- 0.5-1mo - Elective

13 lunar months

Inpatient teaching teams

VPH Teams 1-5:

- 10 patients per team
- PGY 1: 6 patients
- PGY 2: 4 patients
- 1-2 VU medical students
- SW / RN / UM / Discharge Planner



Call: PGY 2

Night float (9pm – 9am), Sun – Fri, total of 5-6 weeks

Saturday call: A total of six 24h calls (9am-9am)

- can be broken into 12h shifts: 9am – 9pm, overnight 9pm – 9am

Sunday consult call 9am – 9pm



Overview: PGY 3

	Mo	Tue	Wed	Thu	Fri
8-9	Psychotherapy	Adult Psychiatry (Mood Disorders)	Adult Psychiatry (Psychotic Disorders)	Adult Psychiatry	Community Psychiatry
9-10					
10-11					
11-12	Supervision			Supervision	
	Monthly Cake Meeting	Case Conference	Journal Club	Case Conference	
1-2	Adult Psychiatry	Seminars	Geriatric Psychiatry	Elective	Psychotherapy
2-3					
3-4					
4-5		Process Group			

Call: PGY 3 and PGY 4

In house:

- 5pm – 9pm call with junior resident (Mo-Fri)
- 9am – 9pm call with junior resident (Sat)
- 9am – 9pm consult call (Sun) – only PGY3; for half year

Back up call from home

Weekend moonlighting -
VPH for PGY 3 and PGY 4



Overview: PGY 4

Clinical requirements

- Forensic Psychiatry (2 mo)
- Inpatient service coverage (~4 wks)



Electives

- Clinical (>20 to choose from)
- Chief Residency
 - Inpatient Psychiatry
 - Outpatient Psychiatry
 - Consultation Liaison Psychiatry
- Research Electives
 - Neuroimaging, Basic, Clinical (Mood Disorders, Schizophrenia, Addiction, ...)



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Electives

Clinical Electives (>20 to choose from)

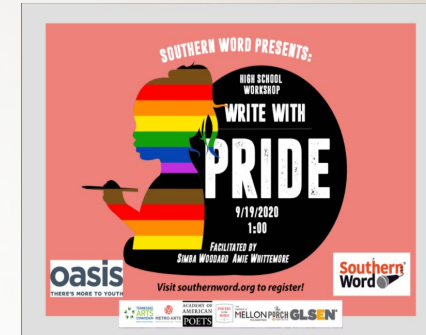
- Osher Center for Integrative Medicine
- Autism clinic
- Student mental health
- Sleep clinic
- ECT/TMS
- Pain clinic
- Addiction psychiatry
- Psycho-oncology
- Women's mental health
- Forensic psychiatry



Community Psychiatry Offerings

- **Requirements:**

- Mental Health Cooperative (PGY-3)
- Embedded TNCare patients throughout PGY-3 experience



- **Electives:**

- Homeless Street Psychiatry
 - Oasis clinic (half-day per week elective available for PGY3/PGY4)
 - Transitional age youth
 - Medication management, individual psychotherapy, group therapy
 - Research projects/scholarly work (available for PGY1-PGY4)
- Mental Health Cooperative (PGY-3/4 varying electives)



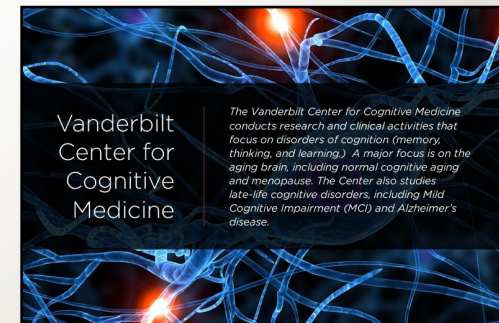
- **Volunteer:**

- Shade Tree "Psych Night"
- NAMI Functions



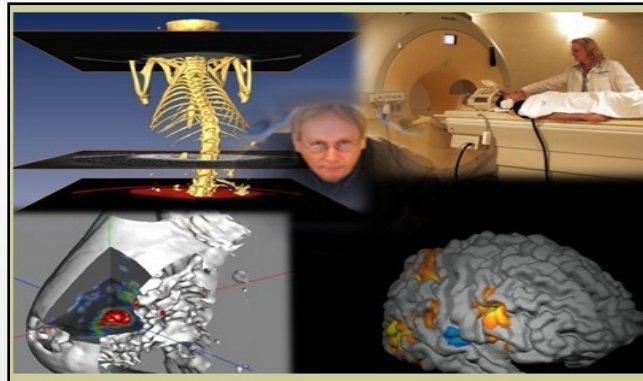
Research in the Department of Psychiatry and Behavioral Sciences

- The Division of Child and Adolescent Psychiatry
- The Division of Addiction Psychiatry
- The Mood Disorders Research Program
- The Psychotic Disorders Research Program
- The Center for Cognitive Medicine
- The Psychiatric Neuroimaging Program
- The Basic Neuroscience laboratories



Research

- Vanderbilt Kennedy Center
- Vanderbilt Brain Institute
- Vanderbilt University Institute of Imaging Science
- The Advanced Computing Center for Research and Education (ACCRE)
- The Vanderbilt Institute for Clinical and Translational Research (VICTR)
- BioVU



ACGME Fellowships

Child and Adolescent Psychiatry (TD: Dr. Edwin Williamson)

- Residents are eligible after PGY 3
- Graduates are board eligible in both adult and child and adolescent psychiatry

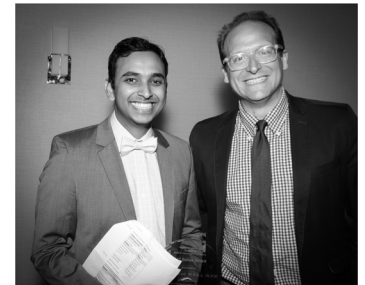
Consult-Liaison Psychiatry (TD: Dr. Jonathan Smith)

Geriatric Psychiatry (TD: Dr. Warren Taylor)

Addiction Medicine Fellowship: (TD: Dr. Reid Finlayson)

CAP Fast Track

- Residents are accepted into this track through the match
- Residents enter C/A Fellowship after completion of PGY-3
- Offers additional C/A opportunities in PGY 1-3
 - Pediatrics (Medicine and/or Neurology clinic)
 - Additional time on Inpatient C/A Units
 - Meetings and mentorship by C/A faculty in PGY-2
 - Elective C/A clinic during PGY-3



Post Residency Paths

Grad Yr	Fellowships	Academic positions	Private practice	Community
2015	<ul style="list-style-type: none"> • CL • Geriatrics • Palliative 	<ul style="list-style-type: none"> • TD Geri • ATD Gen Psych 	<ul style="list-style-type: none"> • Admin/CMO role • Director addiction center • OP practice 	<ul style="list-style-type: none"> • Forensic position in local jail/ MHCoOp
2016	<ul style="list-style-type: none"> • Addiction • C/A 	<ul style="list-style-type: none"> • ATD Gen Psych • ATD Addiction 	<ul style="list-style-type: none"> • Inpt/OP positions 	<ul style="list-style-type: none"> • Medical Director position for PACT team
2017	<ul style="list-style-type: none"> • C/A • CL • Forensics • Geriatrics • Palliative 	<ul style="list-style-type: none"> • TD CL • AP 	<ul style="list-style-type: none"> • CMO for Private hospital system • Inpt/OP positions 	<ul style="list-style-type: none"> • Medical Director MHCoOp
2018	<ul style="list-style-type: none"> • Addiction (UCSF) • C/A (Vandy) 	<ul style="list-style-type: none"> • ATD Gen Psych • AP UPenn • AP Yale 	<ul style="list-style-type: none"> • Inpt/OP position • Telepsychiatry 	<ul style="list-style-type: none"> • TBD

Team Work

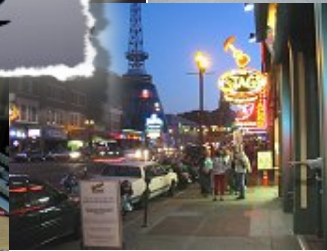
- Monthly meeting with Training Director
- Residency Training & Curriculum Committees
- Monthly residents-only meeting led by Chief Residents
- Annual Retreat for all residents



Nashville
MUSIC CITY



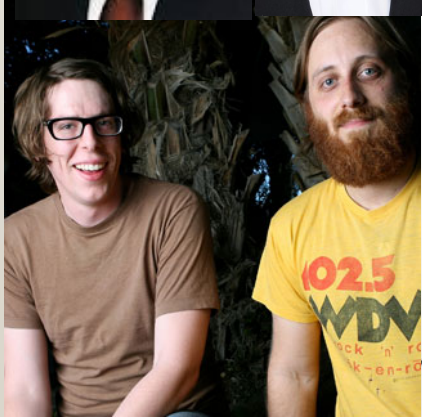
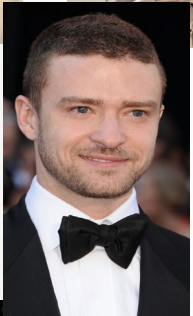
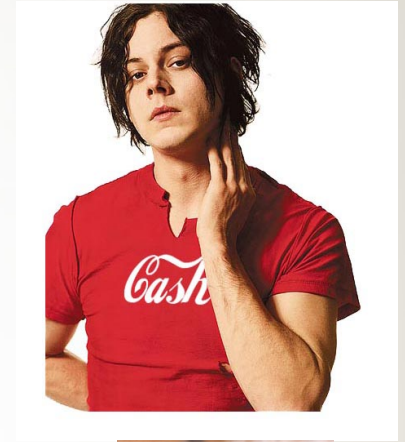
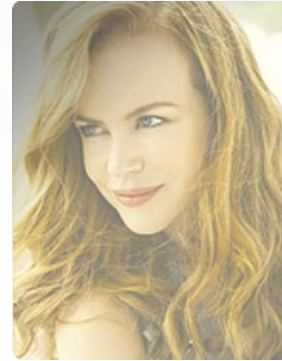
Resident Life



Nashville has it ALL!



Your neighbors in Nashville ...



Questions?

