Child and Adolescent Psychiatry Residency

Mayo Graduate School of Medicine

Mayo Clinic Rochester
Rochester, Minnesota
The two-year Child and Adolescent Psychiatry Residency program at Mayo Clinic Rochester offers:

- A solid education in the sciences and theories of child and adolescent psychiatry (CAP), making you eligible for certification by the American Board of Psychiatry and Neurology
- A diverse population of community and tertiary-care patients
- A comprehensive didactic curriculum that includes didactic sessions, several weekly conferences, and individual tutorials
- A training schedule that includes daily attending rounds
- A unique outpatient experience with an emphasis on continuity of care
- State-of-the-art inpatient hospitalization units
- Special opportunities in eating disorders, consultation-liaison, child and adolescent psychiatry, learning disabilities, and sexual trauma

Mayo Clinic’s favorable faculty ratio, large patient population and state-of-the-art diagnostic, therapeutic and research facilities combine to create a truly integrated educational experience. The “Mayo Clinic way” of graduate medical education ensures you will have the finest teaching and the broadest patient care experience possible during a busy, hands-on residency program.
Training at Mayo Clinic

Mayo Clinic has a long-standing tradition of practicing both the art and science of medicine. As one of the country’s largest and best-known private group practices of academic medicine, Mayo Clinic was founded on the belief that physicians need to work together, teach and learn from others, and conduct research to provide sustained, excellent patient care.

Physicians, scientists, residents, students, nurses and allied health staff members work as a team at Mayo Clinic. Our staff clinicians and scientists are called consultants in recognition of their teaching and mentoring role on the team.

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Mayo Clinic teamwork spans many locations

In Jacksonville, Florida
Mayo Clinic Jacksonville
St. Luke’s Hospital

In Rochester, Minnesota
Mayo Clinic Rochester
Saint Marys Hospital
Rochester Methodist Hospital
Charter House

In Scottsdale, Arizona
Mayo Clinic Scottsdale
Mayo Clinic Hospital

Mayo Health System
Program Description

Clinical Training
Mayo Clinic’s Child and Adolescent Psychiatry training program is two years in length and can be tailored to fit your specific career goals.

As a resident in this program, you will have first contact and full responsibility for patient care. Supervision and teaching are provided exclusively by full-time faculty members. Your level of responsibility and autonomy will increase rapidly as you demonstrate increasing competence.

Mayo Clinic’s program meets all requirements of the American Board of Psychiatry and Neurology.

Rotations
The following is a typical rotation schedule:

First year
Outpatient Service ......................... 6 months
Child and Adolescent Inpatient
  Unit, second assistant .................... 2 months
Child and Adolescent Inpatient
  Unit, first assistant ...................... 1 month
Adolescent Substance Abuse .......... 1 month
Pediatric Neurology ..................... 1 month
Development / Learning Disabilities ... 1 month
Second year

CAP Outpatient Service ...................... 4 months
CAP Inpatient
  First assistant / SRA .................... 2 months
Consultation / Liaison .................... 2 months
Electives ................................. 3 months
Pediatric Psychology .................... 1 month

**Rotation Descriptions**

As a second assistant on the inpatient unit, you will work with assigned patients, participate in groups and family therapy, and be responsible with the attending physician for the care of each of your patients. As a first assistant, you will select and care for your own patients consulting with the attending physician. You will also assist the attending physician with administration of the service.

On the Consultation-Liaison Service, you will be responsible for initial consultation on patients hospitalized on pediatrics units and will also play a major role in the emergency room.

On neurology and developmental pediatrics services, you will be exposed to neurologic and developmental problems that will be important in your future work as a child and adolescent psychiatrist.

During your time at the Learning Disabilities Assessment Program, you will work with a multidisciplinary team to elucidate problems standing in the way of efficient learning. This rotation will include several visits to schools.
On the outpatient service, you will evaluate new patients each day and will have a continuity practice in which you see many of the patients for treatment as well. Each new evaluation you do is performed with consultation from an attending physician, who may spend some time seeing the patient as well. Each new patient experience is accompanied by some teaching.

During the first year of the Child and Adolescent Psychiatry Residency, you will have the opportunity to participate in outpatient continuity clinics so that some patients can be followed over the two-year period.

**Electives**

Electives are designed by the resident to meet his or her own educational needs. These electives are developed with a faculty mentor and must be approved by the Child and Adolescent Psychiatry Education Committee. Electives can include the psychology laboratory, neuropsychology, medical genetics, speech and language, community psychiatry experiences, school psychiatry experiences, and transcultural psychiatry experiences.

In addition to the rotations described above, there are four distinct areas highlighted throughout the training experience:

- **Forensic Child and Adolescent Psychiatry**
  
  Residents attend arraignments and dispositions in juvenile court on a rotating basis. They also have the opportunity to follow patients in the criminal justice system. Each resident has the opportunity to evaluate forensic cases and to prepare testimony with close supervision by a faculty member.
• Community Child and Adolescent Psychiatry

On Monday afternoons, residents participate in a community psychiatry experience. This component of the program includes visits to many community resources in and around Rochester, presentations from community agencies, and hands-on experience in community programs.

• Medication Clinic

Children being treated primarily with medicines are scheduled for continuing care with their resident on Thursday afternoons. This experience begins each week with a didactic session on psychopharmacology and ends with individual supervision.

• Psychotherapy Program

Throughout the training program, residents follow a small number of psychotherapy patients with intensive supervision. Psychotherapy experiences include play therapy, individual supportive and psychodynamic therapies, cognitive therapy, and family therapy.

In addition, clinics for patients with eating disorders and attention deficit disorders are ongoing in the division. Residents may participate in these electively as part of their ongoing work with patients.

Didactic Training

Clinical conferences, seminars, small discussion groups, journal clubs and one-on-one instruction are all an integral part of the Child and Adolescent Psychiatry Residency Program.
The Child and Adolescent Psychiatry Residency Program offers a truly outstanding didactic experience, designed to provide models of and a basis for lifetime learning. There are several conferences each week as well as formal didactic presentations. The main components of the didactic curriculum are outlined below:

• Department of Psychiatry Grand Rounds

These weekly presentations are made by faculty and well-known visiting faculty. Topics are varied and very current. Several presentations are related to child and adolescent psychiatry. Each resident in the program has the opportunity to present one grand rounds presentation during the fellowship.

• Child and Adolescent Psychiatry Grand Rounds

These weekly presentations are usually case-oriented, though other presentations are given. They are entirely devoted to child and adolescent psychiatry. Each resident gives several of these presentations each year.

• Hospital Psychiatry Conference

This conference meets each Thursday morning and is devoted to issues related to hospital-based psychiatry. Child and adolescent psychiatry gives the conference on a monthly basis, and residents usually attend the other presentations as well.

• Department of Pediatrics Grand Rounds

These Friday-morning presentations are related to pediatric issues and are usually in lecture format; given by Pediatrics faculty and guest faculty. Many of the presentations are relevant to child and adolescent psychiatry, and members of the division usually give a couple of these grand rounds each year.

• Continuing Case Conference

A faculty member treats a child or adolescent in psychotherapy, with residents observing, and discussion follows each weekly session.
• Psychopharmacology Conference
   As part of the medication clinic each Thursday afternoon, residents receive didactic instruction in psychopharmacologic treatment.

• Community Psychiatry Conference
   Representatives of community programs provide presentations to residents in the program several times each year.

Many of the services have their own service-related conferences each week as well.
In addition, residents are welcome at the rounds and conferences of several related disciplines such as Pediatric Neurology, Developmental Pediatrics and Medical Genetics.

Excellent courses are given each year in neural sciences and statistics and design of experiments. Residents are encouraged to take the following courses:

The Tuesday Didactic Program
Each Tuesday afternoon is devoted to a formal didactic presentation. Each year, residents receive a major text from the program that serves as a resource for this intensive course.

Summer Crash Course
The didactic curriculum for the first year fellows begins with a series of daily lectures in July. In condensed form, they attempt to familiarize the fellow with important information that she or he may need to know right away. Topics include emergency room evaluations, forensic issues, evaluation of children, adolescents and families, physical and laboratory assessment, psychopharmacology, psychotherapies, family therapy, nosology, psychological testing, psychoses, affective disorders, anxiety disorders, mental retardation, autism, and pervasive developmental disorders, ethical and cultural issues, systems of care, and accessing the Mayo Clinic system of care.
Doctor Wells has received grant support to design a model curriculum to prepare residents for practice in the next century. This first-year curriculum introduces ethics, logic, epistemology (how do we know what we think we know?) and interweaves them throughout the curriculum, which has a major emphasis on the ability to read the literature very critically and to sort out what has been demonstrated from what has not. It covers all aspects of traditional curricula, but with much rigor and criticism. We are extremely excited about this curriculum.

The second year curriculum has a rigorous focus on development, assessment and treatment, with an emphasis on biological approaches, which is balanced by the psychological approaches demonstrated in the continuing case conference.

The faculty prepares and provides a reading list each year, consisting of classic and important papers and books.

Samples of the curriculum for several didactic components, as well as the most current reading list are available for you to review upon request.

**Teaching Opportunities**

You will have the opportunity to teach Mayo Medical School students and visiting students from other medical schools through bedside instruction and formal didactic lectures.

**Cardiac Life Support Certification**

A course in Pediatric Advanced Life Support is required of all residents. This course provides certification.
Research Training

Your research opportunities at Mayo Clinic are outstanding. You are encouraged to participate in research projects with the consulting staff. This includes opportunities for clinical studies and laboratory-based projects.

**Bench to bedside**

Mayo is committed to basic and clinical research that leads to better patient care.

**Mayo Clinic’s hallmark is teamwork —**
- Among basic and clinical investigators
- Among investigators and clinical practitioners
- Across Mayo Clinic sites
- Between Mayo Clinic and other institutions

**Mayo Clinic people in research —**
- 270+ full-time physicians and scientists
- 400+ associates and fellows
- 1,400+ administrative and allied health staff

**Research funding sources —**
- Extramural funds = $146 million+
- Mayo funds/other revenue = $123 million+
General Program Information

Patient and Service Mix

As a regional medical center for the Midwest, Mayo Clinic Rochester registers more than 450,000 patients each year. Eighty percent of the clinic’s patients are self-referred and come from within a day’s drive. Although Mayo Clinic has a reputation for successfully handling the most obscure and difficult medical problems for people from around the world, common medical concerns are actually the norm. This allows you to see and treat an exceptional variety of illnesses during your clinical training.

Call Frequency

During their two years in the program, CAP residents provide backup to the general psychiatry residents seeing CAP patients in the emergency room. This backup is provided from home, but CAP residents can expect to come in on occasion to assist seeing children and adolescents in the emergency room.

During the second year of CAP training, residents participate in a telephone call system, in which they supervise junior residents in the emergency room and cover clinic emergencies four weeks per year.
Committee Assignments
You will be given the opportunity to gain experience in a number of administrative capacities during your residency. As part of this experience, you may serve on committees dealing with graduate education, hospital operations, research or continuous quality improvement.

Evaluation
To ensure that you acquire adequate knowledge and develop your technical skills, your performance will be monitored carefully during the course of your residency. You will be evaluated formally by your supervising faculty member after each clinical rotation. In addition, you will regularly evaluate the faculty to ensure that your educational needs are being met.

Career Development
You will meet periodically with various faculty members, administrators and the program director to discuss your career goals. Mayo Clinic graduates are very successful in finding compatible positions.
Faculty

In addition to caring for patients in their clinical practices, Mayo Clinic’s faculty members are committed to teaching and facilitating the growth of medical knowledge. Many of our faculty have published and lectured extensively and are recognized leaders in their field. You will have direct access to these individuals throughout your training program.

Mayo Clinic’s child and adolescent psychiatrists are clearly identified as physicians who assume primary responsibility for the care of patients with mental disorders. We have a philosophy that expertise in psychotherapy is essential to the practice of psychiatry. These values have helped place our child and adolescent psychiatry division at the forefront of consultation/liaison psychiatry, medical psychiatry, and neuropsychiatry. At the same time, the theories, practices, and humanistic traditions of the psychotherapeutic schools thrive at Mayo Clinic.

Visiting Professors

Many prominent professors visit Mayo Clinic each year. They present their work during noon and/or morning lectures and participate in hospital rounds. You will be encouraged to take full advantage of these opportunities.
Facilities and Resources

Facilities

The Mayo Clinic campus in Rochester, Minnesota, includes two hospitals with more than 1,900 beds, a Level One Trauma Center, a comprehensive outpatient medical complex, a variety of research facilities, and several full-service laboratories and on-site pharmacies. More than 1,200 staff physicians represent virtually all clinical specialties.

Mayo Clinic’s new Psychiatry and Psychiatry Treatment Center, connected to Saint Marys Hospital by underground walkway, has an open atrium, private rooms, a resident library and a computer room.

Libraries

Mayo Clinic Rochester has one of the largest medical libraries in the world — more than 4,300 journal subscriptions, nearly 353,000 bound volumes, and several medical databases and search engines. The main library provides study space, computers, microfilm readers and reader-printers, translations, duplicating machines, and book ordering and audiovisual services.

Reference librarians can arrange interlibrary loans, perform literature searches, and teach you how to use the computer database services that link Mayo Clinic to a global network of scientific information. More than 625 clinical conferences are preserved on videotape each year. You can view these tapes at the library or check them out for use at home.
Branch libraries include a health-related sciences library, two hospital libraries and the Learning Resource Center (LRC). The LRC, devoted mainly to the Mayo Medical School curriculum, offers special collections emphasizing women’s issues in medicine and health, medical education, and ethics.

**Computer Services**

Macintosh and IBM personal computers and software are available for residents and fellows to use. In addition, Mayo Clinic’s Microcomputer Education Center provides training in the use of computers for word processing, data collection and data analysis.

**Telecommunications System**

A sophisticated satellite telecommunications system, which provides video teleconferencing and data transmission, links Mayo Clinic’s practice sites in Rochester, Scottsdale and Jacksonville. Staff can have live, interactive consultations with physicians and their patients at the other sites via TV monitors. In addition, X-rays, laboratory test results, CT scans, ECG tests, angiograms and pathology slides can be transmitted between sites.

An advanced telecommunications system also is the foundation for Mayo Clinic’s unique five-digit telephone dialing and pager system. Physicians can be easily accessed for consultations or updates, strengthening the teamwork among consultants, fellows, residents and allied healthcare staff at all three practice sites.
Compensation and Benefits

Vacation and Trip Policy

You may take up to 15 working days (three weeks) each year for vacation.

You are encouraged to present your research at regional and national meetings. If you are selected to make a presentation, Mayo Clinic will pay the authorized expenses for you to attend that meeting (within the United States).

Stipends and Other Benefits

Mayo Clinic has highly competitive stipends and a benefits package that includes:
- A comprehensive medical care plan
- Short-term disability insurance
- Voluntary basic life insurance, disability insurance, and family life insurance
- Voluntary additional life insurance
- Voluntary accidental death and dismemberment insurance
- A dental assistance plan
- Excess personal liability insurance
- Professional liability coverage

Additional information about stipends and benefits will be provided during personal interviews.
The Rochester Community

Home of Mayo Clinic and an array of successful technology-based companies, Rochester, Minn., welcomes thousands of visitors from around the world each year. Rochester, population 85,000, provides all the benefits of small town living while offering amenities associated with larger cities.

If you’re interested in the fine arts, you’ll find an active network of enthusiasts who support a symphony orchestra and chorale, four theaters, a community art center, and several choruses and bands.

Rochester offers excellent sports and physical fitness facilities. Within the city limits are seven golf courses; tennis and health clubs; an extensive network of walking, biking and in-line skating trails; nearly 2,000 acres of city parks; and a community recreation center. Several state parks are nearby, and it’s a very short drive to fishing, hunting, hiking, camping, boating, skiing or skating.

The Twin Cities of Minneapolis and St. Paul are only 80 miles north of Rochester. Among many attractions are the nationally famous Guthrie Theatre, the Minnesota Orchestra, the St. Paul Chamber Orchestra and the Walker Art Center. Both professional and collegiate baseball, football, hockey and basketball teams are based there. The Twin Cities also have world-class shopping and restaurants, including the Mall of America.

Good, moderately priced housing is relatively easy to find in Rochester. The public school system is one of the best in the state. Rochester has been selected as “one of the best places to live” in the U.S. by Money magazine for several consecutive years.

Close proximity between Mayo Clinic and home facilitates time with family and makes call from home quite manageable.
Appointments and Applications

There are three positions available in Mayo Clinic’s Child and Adolescent Psychiatry Residency Program each year. Appointments at the first year level are made through the National Resident Matching Program (NRMP); however, candidates who are eligible for admission outside the NRMP also are given consideration.

To apply to the Child and Adolescent Psychiatry Residency Program, you need to submit:

• A completed Mayo Graduate School of Medicine application form
• Official college, graduate school and medical school transcripts
• An official record of board scores (NBME, FLEX, USMLE, LMCC, VQE, or FMGEMS)
• A copy of your most recent psychiatry residency in-training examination (PRITE) scores
• Three letters of reference, including a letter from your general psychiatry program director
• A curriculum vitae
• A personal statement
• A valid ECFMG certificate (if you graduated from medical school outside of the United States or Canada)

Applications for each academic year, which begins in July, should be completed by mid-October. If you are considered for an appointment, you will be asked to visit Mayo Clinic Rochester for an interview with the program director and selected faculty. Interviews are typically conducted from November 1 through December each year.
Inquiries

If you would like an application form or more information, please contact:

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For more information about the Mayo Graduate School of Medicine, please visit our Web site at www.mayo.edu/mgsm/gsm.htm
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