Mayo Clinic Child and Adolescent Psychiatry Fellowship

The Department of Psychiatry and Psychology at Mayo Clinic is one of the largest psychiatric treatment groups in the United States, with more than 80 psychiatrists and psychologists representing every aspect of psychiatric medicine.

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.

Many staff members also conduct research and are involved in training new specialists.

Most patients are treated on an outpatient basis, but the department conducts several inpatient programs within its Psychiatry Treatment Center.

The Child and Adolescent Psychiatry fellowship program provides a flexible and learner-centered environment that can be shaped to meet your learning needs. Trainees develop competence in the breadth of child and adolescent psychiatric practice, while being mentored in an environment that consistently lives out its values of holistic and patient-centered approaches to clinical practice.

Clinical Experiences

CAP-1

The first year rotations are designed to give a broad foundation of experiences in normal and disrupted development in children and adolescents in a variety of settings. The bulk of rotation experiences typically occur during the morning hours, with afternoon hours protected for therapy patients, continuity clinic, supervision, research, didactic seminars, and self-directed learning. A typical first-year schedule includes the following:

- **Outpatient assessments** (5 months): On Tuesday and Friday mornings, fellows see patients for initial assessments with consultant supervision. During many of these months, fellows will also spend an additional 1-2 mornings per week in team-based subspecialty clinics including the Mood Disorders Program, the ADHD clinic, the Anxiety Disorders Clinic, and observing the Child Abuse team.

- **Inpatient unit** (2 months): Fellows rotate one month each on two different services on our Child & Adolescent Inpatient unit. On the “teaching team,” fellows serve as a team lead and junior attending supervising 2 residents and often medical students in the care of 8 patients. Nursing, social work, and psychology rotate with the team and support patient care. On the “non-teaching team,” fellows share care with a physician extender (NP/PA) for 10 patients, and lead a team that also includes nursing, social work, and a consulting psychologist. In both roles, fellows round daily with a consultant to learn about management of acute CAP illnesses while understanding the roles of the multidisciplinary team in patient care.

Sandra Rackley, M.D.
Program Director
• **Pediatric Pain Rehabilitation Center** (1 month): Fellows observe and participate in care in this multidisciplinary, 3 week intensive outpatient program for adolescents with chronic pain and other somatic symptom disorders and their parents. Fellows have the opportunity to lead psychoeducational groups with patients or parents, and to observe sessions with psychology, OT, PT, nursing, and recreation therapy. Fellows learn fundamental principles of a rehabilitative approach to physical and psychological symptoms, and begin to practice skills for interacting with the family as a unit.

• **Olmsted County District Court and Olmsted County Social Services** (1 month + Wednesdays for a second month): Fellows shadow family court judges at the Olmsted County District Court and learn the legal system as it relates to juvenile justice and family law issues. Fellows observe hearings related to child protection, divorce and custody issues, adoption, and truancy and juvenile delinquency, and have the opportunity to interact daily with judges, county attorneys, public defenders, and probation officers. On Wednesdays for two months (during the district court month and another outpatient month), fellows spend a full day shadowing a social worker from Olmsted County Social Services as they investigate child abuse reports, meet with youth and families in their homes and schools to provide case management services, and interact with other community systems of care.

• **Hazelden Center for Youth and Families** (1 month): Fellows spend a month at this world-class residential treatment program for youth with chemical dependency, which is part of the Hazelden Betty Ford Foundation and is located in the Minneapolis suburbs. Working closely with the medical director, a Child & Adolescent Psychiatrist specializing in addiction, fellows learn about interventions for youth with addiction, the recovery model and 12 step programs, and family-based interventions. Fellows have the opportunity to practice assessment skills with close supervision, learn Motivational Interviewing techniques, and co-facilitate process groups with youth and families. Hazelden Center provides free housing for fellows within a 10 minute drive of the center.

• **Pediatric Neurology** (1 month): Fellows shadow in our Pediatric Neurology clinic and are involved in assessments of patients with a wide range of neurologic problems, including epilepsy, movement disorders, autoimmune disorders, headache, and neurodevelopmental disorders.

• **Elective** (1 month): Fellows design their own electives to meet their educational needs. Recent fellow electives have included research months, additional time in subspecialty areas and intensive outpatient psychotherapy programs at Mayo Clinic, and experiences outside of Mayo Clinic including a community-based day treatment program, additional time with Olmsted County Social Services, the Mother-Baby Program at Hennepin County Medical Center, and international electives supported by the Mayo International Health Program scholarship. PGY5 or 6 fellows preparing for their ABPN adult psychiatry exam may also take a one-month “reading elective” to provide time for board preparation.

Additional longitudinal experiences throughout the first year include:

• **School observation** (1 morning per week): Fellows choose a local school where they may observe children in classroom settings, attend special education team meetings, or co-facilitate interventions such as a social skills group or teacher in-service sessions about mental health topics. The goal is for fellows to learn about the interaction between the school setting and normal development, as well as school-based interventions to help children with mental health issues.

• **Community Experiences** (8 mornings in two months): To learn about the variety of settings that serve youth and families, fellows tour and speak with staff at local and regional facilities including local public schools and day care centers, residential academies for the deaf and blind, a psychiatric residential treatment center, the local juvenile detention center, and the juvenile prison facility for the Minnesota Department of Corrections.

• **Consultation-liaison psychiatry** (rotating): Fellows rotate coverage for inpatient consults, which typically number 2-4 per week. First year fellows see the patient on their own and then staff face-to-face with a consultant.

• **Psychotherapy and continuity clinic** (minimum 2 half-days per week): Fellows are given protected time to follow 3-5 patients for weekly psychotherapy, as well as a selected cohort of outpatients for continuing care. Fellows receive an hour of weekly individual supervision with CAP consultants for psychotherapy cases and an hour for case management/medication cases.

**CAP-2**

The focus of the second year is on increasing the fellow’s expertise in more complex clinical conditions and integration of biopsychosocial assessment and interventions in comprehensive treatment of youth. Significant flexibility and support is also incorporated as fellows think about transition to practice. Typical second-year schedules include:

• **Outpatient assessments** (4 months): Fellows continue with 2-4 assessments per week with increased independence and encouragement to develop their own care plan for
patients. Fellows may spend additional mornings in Mood and Anxiety clinics if interested. Immediate consultant supervision remains a feature of each new patient encounter.

- **Inpatient unit** (2 months): Fellows again spend one month on each team. In the second year, the focus is on increasing confidence and nuance in treatment planning in the acute setting, and honing the fellow’s skills as interdisciplinary team leader.

- **Developmental Disabilities** (1 month): Fellows work with a developmental pediatrician and a pediatric neuropsychologist assessing children with Autism and other developmental disabilities. They also have the option of spending 1-2 weeks observing at the Rochester Center for Autism, a part-time to full-time school placement for children with Autism Spectrum Disorder incorporating Applied Behavior Analysis (ABA) approaches and other interventions.

- **Child and Adolescent Integrated Mood Program (CAIMP)** (1 month): CAIMP is a 2-week full-day family-based program for patients with mood disorders. Fellows are supervised by the psychologist directing the program, and participate in patient and family sessions including Cognitive Behavioral Therapy, Mindfulness and Acceptance approaches, and elements of Interpersonal Psychotherapy.

- **Psychology** (1 month): Fellows work closely with the coordinating psychology faculty member to identify experiences of interest, with a goal of enhancing both the fellow’s knowledge of psychological aspects of patient care and their ability to collaborate with psychology colleagues in patient care. Schedules typically include a mix of observing psychological and neuropsychological assessment, psychology consultation-liaison work in inpatient and outpatient settings, intensive outpatient cognitive-behavioral therapy, and outpatient therapy groups.

- **Elective** (3 months): Fellows design their own electives to meet their educational needs. Fellows can choose from the menu of established elective rotations, and are also supported to develop and pursue new experiences of interest.

Second year fellows continue the longitudinal experiences begun in the first year:

- **School observation** (1 morning per week): Fellows choose a different local school, preferably at a different grade level, to increase their exposure.

- **Consultation-liaison psychiatry** (rotating): Second year fellows see consults independently, discussing cases with CAP consultant by phone, but in-person supervision is always available as needed.

- **Psychotherapy and continuity clinic** (minimum 2 half-days per week): Fellows continue with 3-5 weekly psychotherapy patients and their continuity clinic, with 2 hours per week of individual supervision.

In addition, second year fellows self-schedule one week each quarter of consultant call, in which they provide telephone supervision to social workers and residents seeing CAP patients in the ED, round on hospitalized patients on the weekend, and provide coverage for patient emergencies for consultants who are away from clinic. A consultant is available for backup at all times, and rounds with the fellow on the weekends.

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**Seminars**

Time for seminar attendance is protected from clinical responsibilities. In the summer, a CAP-2 led “summer crash course” occurs daily for the first 2 weeks and includes orientation to administrative aspects of the program, and then introduction to key aspects of child psychopathology and intervention that fellows need to know as they begin their clinical work with children. During the academic year, fellows have a daily schedule of education seminars covering a range of topics related to assessment and treatment of youth and families:

**Mondays**

- **Eating Disorder Supervision**: A review of eating disorder treatment concepts and case supervision for first-year CAP fellows. (Weekly)

**Tuesdays**

- **CAP Psychiatry/Psychology Integrated Case Conference**: Interdisciplinary conference with Psychology fellows and faculty to discuss complex cases from multiple perspectives. (Monthly at lunch)

- **Development and Professionalism**: Seminar and discussions led by program director or other faculty. Fall seminars focus on theories of child development, spring seminars focus on topics of professional development, ethics, and transition to practice. (Weekly)

**Wednesdays**

- **University of Hawaii Teleconference**: Alternating case presentations with Hawai’i colleagues focused on understanding biopsychosocial complexity. (Monthly)
Thursdays
- **CAP Psychopharmacology Seminar**: Fellow-led weekly discussion of literature and challenging cases, facilitated by CAP division chair. (Weekly)
- **Psychoanalytic Psychotherapy Seminar**: Joint conference with adult psychiatry residents and other psychiatry subspecialty fellows; discussion of psychotherapy topics led by a local psychoanalyst. (Weekly)

Fridays (alternating afternoon conferences)
- **CAP Psychotherapy Seminar**: Discussion of individual and family psychotherapy concepts unique to CAP facilitated by CAP faculty members. (Every other week)
- **CAP C/L Seminar**: Discussion of literature pertaining to pediatric psychosomatic medicine topics or of interesting cases facilitated by a CAP faculty member. (Monthly)
- **Family Intervention**: Fellows alternate presenting cases involving family dynamics or family therapy cases with discussion facilitated by a child psychologist. (Monthly)

Fellows are also invited and encouraged to attend general psychiatry educational events of interest, including Thursday “Morning Report,” Chair’s Conference on Friday noons, and monthly PsychCinema in which trainees gather at a consultant’s home for a meal, movie, and lively discussion.

Research Opportunities
All fellows learn how to be informed consumers of the literature through journal club and seminars on research methods. In their second year, each fellow undertakes a scholarly project with faculty mentorship that they present at a departmental Grand Rounds. Each class also develops a Quality Improvement project that they present to the CAP faculty at the end of the second year.

Fellows wishing a more in-depth experience in CAP research have a wealth of mentors from whom to choose, and projects including basic science, genomics, epidemiology, neuromodulatory therapies, psychological interventions, and the science of healthcare delivery. A robust research infrastructure at Mayo Clinic and within the department provides academically-inclined fellows significant support for advancing their skills in research.

Fellows are encouraged to participate in national professional organizations to present their scholarly work and engage in advocacy and professional networking. Full support is provided for fellows to attend meetings in which they are presenting their work or taking leadership roles in committees. In addition, each fellow receives one “attendance trip” during their training in which they are fully supported to attend a national meeting of the American Academy of Child & Adolescent Psychiatry.

Teaching and Leadership Opportunities
All fellows receive mentored experience in clinical supervision of Mayo Clinic psychiatry residents, rotating students from Mayo Medical School and visiting learners from around the world during inpatient rotations and some outpatient experiences. During their weeks of “consultant call” in the second year they also learn how to provide telephone supervision to social workers and junior residents assessing youth in crisis in the Emergency Department.

Fellows interested in more in-depth development of their skills as education leaders are invited to participate in multiple levels of trainee teaching, including co-facilitating the CAP interest group at Mayo Medical School, serving as a small group facilitator as medical students learn psychiatric interviewing skills, and teaching CAP topics in junior resident seminars. Each spring the faculty selects one or more Chief Fellows from among the rising CAP-2 class. Chiefs serve as CAP education leaders and play a significant role in developing the “summer crash course,” coordinating fellow education, and recruitment of future fellows.

All fellows are members of the Child & Adolescent Psychiatry Education Committee as full voting members, contributing to decisions about curriculum and policy in the fellowship program. Fellows also have the opportunity to take on additional administrative roles including membership on committees dealing with Graduate Medical Education, clinical practice, hospital operations, quality improvement or research.

Life after Fellowship
Graduates of our programs are sought after for positions in a variety of settings. Over the last five years, fellows’ next steps after training have included:
- Faculty appointment at Mayo Clinic Rochester and other academic medical centers
- Staff Child & Adolescent Psychiatrist in the Mayo Clinic Health System and other multispecialty group practices
- Staff Child & Adolescent Psychiatrist in multidisciplinary mental health practices and community mental health centers
- Further fellowship training in Addiction Psychiatry, Forensic Psychiatry, Sleep Medicine, and clinical research
- Work as a research assistant

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