

PSYCHIATRY

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CLERKSHIP

Biopsychosocial Approach to the Patient (BAH) Clerkship This twelve-week integrated clerkship block composed of Psychology and Primary Care. Integration of training in Primary Care and Psychiatry occurs in two areas. First, in didactics, all students assemble together to complete “Top Ten” workshops on topics spanning both disciplines, e.g., assessment of competency, treatment of chronic pain, motivational interviewing, diagnosis and treatment of somatic symptoms, addressing social determinants of health. Additionally, students participate in three individual workshops: (1) introduction and rationale for the biopsychosocial approach with readings (e.g., George Engel, Barbara Starfield), (2) clinical approach to the biopsychosocial model, and (3) how patients access community health and psychiatric resources. In the clinical realm, many sites have embedded psychiatric services, e.g., West Haven VA Medical Center, the New Haven Health Consortium, Cornell Scott Hill Federally Qualified Health Center, and Yale Internal Medicine Associates. Course Directors (CDs) communicate with preceptors at all sites before students arrive, emphasizing the clerkship’s goal to teach a holistic approach to patient care. Additionally, to promote exchange of ideas across primary care and psychiatry faculty, CDs prepare and host regular evening faculty-development events focusing on topics of interest to both primary care and psychiatry faculty.

ELECTIVES

Child Study Center Clinical Research Elective This elective entails etiology, clinical manifestations, and treatment of adolescent psychopathology, including eating disorders, depression, suicide, psychosis, delinquency, and the impact of physical and mental disabilities on adolescent development. Reading is supplemented with live and taped clinical material.

Clinical Neuroscience Research Unit Elective This elective offers senior medical students the opportunity to work closely with a variety of patients who are hospitalized during their participation and treatment in research protocols. The Clinical Neuroscience Research Unit (CNRU) is a thirteen-bed inpatient ward with associated outpatient clinics and basic science laboratories on the third floor of the Connecticut Mental Health Center (CMHC). Supervised implementation of novel psychopharmacology, exposure to multiple aspects of clinical and basic science research, and in-depth experience with individual and group psychotherapies are educational aspects of this elective. Patients' diagnostic categories include depression, obsessive-compulsive disorder, schizophrenia, cocaine abuse, substance abuse, and psychiatric genetics.

Geriatric Psychiatry Elective This four-week elective provides students with exposure to caring for older adults with mental health concerns, including mood disorders, anxiety disorders, grief, and adjustment disorders, as well as neurocognitive disorders ranging from mild cognitive deficits to dementia with complex neuropsychiatric symptoms. The student works closely with geriatric psychiatry fellows and attendings in the outpatient evaluation and treatment of such disorders and participates in comprehensive psychiatric evaluations, cognitive and functional assessments, individual and family psychoeducation, and treatment. The student participates in daily team huddles which include a multidisciplinary group of physicians, nurses, social workers, and peer specialists. The student has an opportunity to participate in group therapy as well as weekly geriatric psychiatry didactics and psychiatry department Grand Rounds. It may also be possible to rotate a half day a week with neurology (movement disorders and neurocognitive clinic) or palliative care clinic experiences, if the student is interested. During this rotation, it is necessary to be on site at the VA Annex in Orange, Connecticut (200 Edison Road).

Inpatient Elective (CMHC) This elective includes intensive work with inpatients who suffer from major psychiatric disorders with or without substance abuse. Emphasis is on assessment, acute treatment, and arrangement of continuing care in the community. The student functions as an integral member of a multidisciplinary treatment team. Clinical research participation is encouraged. Opportunities are available to explore special areas of interest (e.g., forensics, psychopharmacology, administration) with CMHC faculty.

Inpatient Elective (YNHH/YPH) This elective includes intensive work with patients who suffer from major psychiatric disorders and range in age from college students to middle age. Emphasis is on assessment, acute treatment, and arrangement of post-discharge follow-up care in the community. The student is an advanced clerk functioning as a member of the multidisciplinary treatment team, taking on primary clinician and psychiatric/medical responsibilities for patients under the supervision of

senior clinicians. The elective is given on the inpatient service at the Yale New Haven Psychiatric Hospital; clinical research and outpatient involvement may be options.

Interventional Psychiatry Elective This four-week elective provides hands-on experience in interventional psychiatry, an emerging subspecialty that uses advanced modalities and procedures to treat patients who have been resistant to commonly used treatments. Interventional psychiatrists need advanced psychiatric, medical, and technical knowledge expertise to be able to provide safe and effective treatment to this patient population. As a pioneer in the field of interventional psychiatry, the Yale IPS provides various clinical, research and educational services, and during the elective, the medical student has the opportunity to participate in every aspect of interventional psychiatric treatment, including evaluations, treatment administration, assessment, and follow up.

Law and Psychiatry Elective This elective affords opportunities for third- and fourth-year students to observe and participate in “competency to stand trial” evaluations with a clinical team that makes these assessments at the New Haven Correctional Center. In addition, they may attend Law School classes with students who represent psychiatric patients, observe civil commitment procedures, and attend probate court hearings as well as the criminal proceedings in local New Haven Superior Courts. Students attend work seminars where case evaluations and write-ups are discussed and prepared, and read appropriate legal cases and psychiatric literature. Students may be able to participate in parts of evaluations of insanity defense, custody determination, and other forensic issues. They attend the Law and Psychiatry seminar during their rotation.

Mood Disorders and Neuromodulation Elective (ECT and TMS) This elective offers senior medical students the opportunity to learn about neuromodulation techniques in the treatment of mood disorders, more specifically, by using electroconvulsive therapy (ECT) and repetitive transcranial stimulation (TMS). Students learn the theoretical basis for the use of ECT and TMS, among other neuromodulation techniques, in the treatment of mood disorders. They learn indications and contraindications to treatment, the process of evaluation of patients prior to and during treatment (including use of standardized depression rating scales), how to monitor for complications and side effects to treatment, and the latest research in the field. Students work closely with psychiatry attending physicians and residents at the VA in the evaluation of patients referred for ECT and TMS, and have the opportunity for supervised participation in the performance of these treatments. Patient population includes veterans of all ages with a variety of psychiatric conditions, including mood disorders with comorbid anxiety and substance use disorders.

Psychiatric Care at Hispanic Clinic of CMHC This elective is focused on the provision of outpatient mental health services for Spanish-speaking Latino communities in the United States and covers three main themes: (1) clinical assessment and conceptualization: culturally specific and linguistically appropriate clinical skills including interviewing, diagnosis, and formulation of a recovery-oriented treatment plan that includes psychopharmacology and psychotherapy; (2) systems-based practice: understanding the impact of community-academic partnerships and the characteristics of a culturally responsive behavioral health system of care for Hispanics; and (3) recovery-oriented care: culturally sensitive approaches to recovery from mental illness. This elective will provide linguistically appropriate and culturally sensitive

training on mental health assessments for monolingual Latinos at an outpatient mental health clinic. Clinical interviewing techniques are reviewed with an emphasis on the Latino culture. The cultural and structural evaluations are taught and the student has opportunities to practice these skills. The student initially observes crisis consultations and eventually performs supervised evaluations followed by presentations in weekly clinical rounds. The student attends meetings of the Connecticut Latino Behavioral Health System to learn about the expansion of local culturally sensitive behavioral health services, and to hear progress, challenges, and outcomes. The student learns to recognize qualities of recovery-oriented services for mental illness and how providers can foster recovery. The elective student engages with “peers” and identifies their contributions and valued role as a member of the clinical team. Peers are people who have suffered mental illness, are stable, and trained to support mental health services in clinical teams. The student becomes familiar with the Connecticut State Department of Mental Health Recovery Initiative and how community-academic collaboration is implemented at this level. The student reviews and presents summaries of assigned readings of mental health services, the challenges facing minority communities, and the best practices to address them. Stigma, implicit bias, health disparities, the social determinants of mental health, recovery from mental illness, and advocacy are the main subjects for review.

Psychiatry/Primary Care at CMHC Elective This longitudinal elective provides senior medical students interested in psychiatry and/or primary care an experience working with patients with serious mental illness (SMI) in an integrated primary care setting. The Wellness Center provides primary health care services for individuals receiving behavioral health services at the Connecticut Mental Health Center. Patients who receive services at community mental health centers are often of low income, living in a depressed urban environment, include a significant percentage of people of color, and have limited educational opportunities and English proficiency. The goal of the Wellness Center is to improve the physical health of adults with SMI (e.g., decreased rates of obesity, hypertension, diabetes, hyperlipidemia, and tobacco and drug use) who are at increased risk for medical comorbidity and poor health outcomes. Students work directly with an attending as a clinical team member one afternoon a week for six months. Students are responsible for following patients longitudinally, building clinical alliances, leading patient encounters, and devising treatment plans and managing chronic disease (e.g. HTN, diabetes). Students learn about the unique care considerations of patients with SMI, the social determinants of health, and the use of patient-centered approaches to promote healthy lifestyles, smoking cessation, and medication adherence.

Street Psychiatry Elective Street psychiatry is the practice of providing mental health and addiction care directly where homeless individuals reside and involves both literally and philosophically meeting people “where they’re at.” Students join teams for street rounds/community-based drop-in clinics on a weekly basis, flexible to match with the schedules of trainees. Students participate in relationship-building with clients encountered on outreach rounds and offer services appropriate to a senior level medical student under supervision. Locations of outreach include: homeless shelters, soup kitchens, campsites in woods, public parks, and public indoor spaces (train station, library, etc.). An orientation process precedes street-based work; it includes orientation to the safety protocol, scope of practice expectations, supervision, overview of New

Haven's homeless population, resources to link patients to existing mental health providers and/or CMHC, and information about various local services.

SUBINTERNSHIPS

Cel-1 Subinternship This four-week elective provides hands-on experience in inpatient psychiatry. Celentano-1 at Yale-New Haven Hospital, Saint Raphael Campus is a dedicated inpatient psychiatric unit. Staff in Cel-1 evaluate and treat a diagnostically and socioeconomically diverse patient population. Students can expect to care for and learn from patients with psychotic disorders, mood disorders, substance use disorders, personality disorders and suicidal ideation/behavior. The focus of the rotation is the evaluation and management of patients in mental health crisis. Students are expected to develop skills in psychiatric interviewing, risk assessment, and management of acute behavioral and emotional problems. The subintern is part of a treatment team, working with mental health technicians, nurses, LCSWs, APRNs, psychiatry residents, and faculty psychiatrists. The subintern has the opportunity to safely participate in every aspect of patient care under direct supervision.

Child Study Center Subinternship The aim of this subinternship is to provide the student with an intensive experience in infant, child, and adolescent psychiatry. The curriculum includes assessments of normal development and psychopathology in childhood, treatment methods, and research in major disorders of childhood. Students are active team members of the Children's Psychiatric Inpatient Service (CPIS, Winchester, and the consultation service to the pediatric wards of Yale-New Haven Hospital from this base and in close coordination with the director of medical studies, Dr. Martin). Students are able to take advantage of the wide range of ongoing seminars, conferences, and clinical services in place at the Child Study Center. Students have direct responsibility for patient care and will aim to function at the level of an intern. Teaching methods include seminars, conferences, field observations, ward rounds, and practicals selected by the student following consultation with the Director of Medical Studies and the Child Study Center.

CIU Subinternship This four-week elective provides hands-on experience in emergency psychiatry. The Crisis Intervention Unit (CIU) at Yale-New Haven Hospital is a locked, twelve-bed, dedicated psychiatric component of the York St. Campus emergency department. Staff in the CIU evaluate and treat a diagnostically and socioeconomically diverse patient population. Students can expect to care for and learn from patients with psychotic disorders, mood disorders, substance use disorders, personality disorders, and suicidal ideation/behavior. The focus of the rotation is the evaluation and management of patients in mental health crisis. Students are expected to develop skills in psychiatric interviewing, risk assessment, and management of acute behavioral and emotional problems. The subintern is part of a treatment team, working with mental health technicians, nurses, LCSWs, APRNs, psychiatry and emergency medicine residents, and faculty psychiatrists. The subintern has the opportunity to safely participate in every aspect of patient care under direct supervision.

Clinical Neuroscience Research Unit Subinternship (CNRU) The Clinical Neuroscience Research Unit (CNRU) is a specialized service dedicated to the diagnosis, treatment, and research of neuropsychiatric disorders. The unit consists of an inpatient service, as well as outpatient specialty clinics for addictive, depressive, obsessive-compulsive, psychotic, and women's behavioral health disorders. Most

patients voluntarily participate in clinical research studies designed to determine the neurobiological mechanism underlying these disorders. Pharmacotherapy, individual psychotherapy, group therapy, and behavior therapy are provided as clinically indicated and are free of charge to patients. Students function as high-level clinical care providers and are an integral part of the treatment team. The subinternship occurs on the CNRU of the Connecticut Mental Health Center.

Psychiatric Emergency Room Subinternship (VACHS) Students build skills and have an increasing level of responsibility for direct patient care. Students take a primary role in caring for patients, with direct supervision from chief residents and attending physicians; and they act as role models and mentors for third-year medical students who will be rotating simultaneously. By the end of the rotation, students should be confident with supervised but independent management of complex psychiatric patients.

Psychiatry Inpatient Subinternship (CMHC) This subinternship features intensive work with inpatients who suffer from major psychiatric disorders with or without substance abuse and who have significant social challenges often including lack of access to stable housing, work, and healthcare insurance. Emphasis is on assessment, acute treatment, and arrangement of continuing care in the community. The subintern functions as an integral member of a multidisciplinary treatment team and serves as the primary clinician for four to five patients. The subinternship occurs on the inpatient service (fourth floor) of the Connecticut Mental Health Center (CMHC).

Psychiatry Inpatient Subinternship (YNHH, WS-2) This subinternship features intensive work with patients who suffer from major psychiatric disorders and range in age from college students to middle age. Most patients have access to health care insurance or have Medicare and/or Title XIX. Emphasis is on assessment, acute treatment, and arrangement of post-discharge follow-up care in the community. The student is an advanced clerk functioning as a member of the multidisciplinary treatment team, taking on primary clinician and psychiatric/medical responsibilities for patients under the supervision of senior clinicians. The subinternship occurs on the general adult inpatient service at the Yale Psychiatric Hospital.