BROWN UNIVERSITY SCHOOL OF MEDICINE AFFILIATED
CHILD AND ADOLESCENT PSYCHIATRY
RESIDENCY TRAINING PROGRAM

The Division of Child and Adolescent Psychiatry, located within the Department of Psychiatry and Human Behavior at the Warren Alpert Brown School of Medicine, considers the training of exceptional child and adolescent psychiatrists to be one of its primary goals. The main objective is to prepare future leaders in the field while ensuring well-rounded excellence in clinical care. This training program provides the core education and training that all trainees require while also offering a breadth and depth of experiences that allows for numerous opportunities to explore specialized career interests. Since the Child and Adolescent Psychiatry Residency Program began in 1984, over 100 trainees have completed the program, in addition to many child and adolescent psychiatrists who trained at Bradley Hospital between 1960 and 1984. Our graduates have distinguished themselves on local, national, and international levels in academic medicine, research, teaching, administration, advocacy, and clinical practice ranging from community-based to hospital-based.

The two-year Child & Adolescent psychiatry training experience may be initiated immediately following, or at any point beyond the PGY-III level, in the psychiatry residency sequence. For board eligibility in child psychiatry, two years of training in an ACGME-accredited child and adolescent psychiatry program are required in addition to a minimum of three years of accredited training in general psychiatry.

Training takes place at two primary sites: Emma Pendleton Bradley Hospital and Rhode Island/Hasbro Children’s Hospital. The first year is based primarily at Bradley Hospital, one of the Country's oldest and most distinguished freestanding, university-affiliated psychiatric hospitals. Dedicated solely to the care of child and adolescent mental health issues, Bradley Hospital provides a rich experience across all diagnostic categories, levels of care, age ranges, and cultural backgrounds. Hasbro Children’s Hospital is the other primary institution that sponsors many of the first- and second-year clinical rotations.

Brown University and its affiliated hospitals provide access to research programs, educational experiences, and seminars across interdisciplinary departments such as pediatrics, neurology, neuropsychology, psychology, and public health.

The Brown University Child and Adolescent Psychiatry Fellowship maintains accreditation by the Residency Review Committee of the Accreditation Council for Graduate Medical Education, and recently received a five year cycle and a commendation for excellence in training in October, 2008.

The Program
Residents develop competency in the diagnosis and treatment of children and adolescents with emotional, physical, and developmental disorders. Didactics and interactive seminars emphasize all aspects of the field, including neuroscience and evidence-based treatments, ranging from psychopharmacology to a variety of both psychodynamic and time-limited, manualized psychotherapies. Clinical rotations are arranged in an orderly progression of increasing responsibility, and are supplemented by courses, seminars, individual supervision, and small group supervision. The program offers a wide exposure to all aspects of child psychiatry and includes additional elective experiences in areas which allow for the development of specific expertise.
The clinical services at Bradley Hospital include:

- Inpatient services for youth divided into a 30-bed adolescent inpatient program, a 15-bed children’s inpatient program, and a 15-bed autism and developmental disabilities inpatient program. All inpatient units are located in our new state-of-the-art facility that opened in Spring of 2009.

- Partial Hospital and Day Treatment Services for young children and their families in the Pediatric Partial Program, a program aimed at serving infants and young children (ages 6 weeks – 6 years) with a focus on dyadic and systems interventions, and the SafeQuest Program, which provides after-school psychiatric services for adolescents with psychiatric, behavioral, and emotional problems. Recently The Adolescent Partial Program was started to address a gap in service.

- The Center for Autism and Developmental Disabilities Program with comprehensive services, including a continuum of care from inpatient, partial hospitalization, and outpatient services.

- Multidisciplinary staff who provide comprehensive assessments and treatment including psychological testing, speech and language evaluations, physical therapy and occupational therapy.

- Outpatient psychiatric clinics providing a variety of treatments including individual psychotherapy, pharmacotherapy, family and group therapy, and behavioral management.

- Home-based treatment services for specific programs, including developmental disabilities (e.g. intensive home-based behavior therapy for children with autism).

- The Bradley School, a free-standing therapeutic school with campuses in East Providence, Portsmouth, and South County, which provides services to children of all ages from across the state who need an intensive level of special education and psychiatric services.

- A Crisis Intervention Service aimed at immediate diagnostic assessment, hospital diversion and intensive intervention with a focus on family systems.

- Two on-campus residential treatment programs housing a total of 26 patients and three off-campus group homes serving a total of 24 patients.

- NIMH-funded clinical assessment and treatment protocols affiliated with Brown University and active research projects occurring across multiple clinical sites.

- Infancy and early childhood clinics that provide unique training experiences geared toward developing an expertise in those early years, conducted jointly through a collaborative effort of Women & Infants Hospital and Bradley Hospital staff.

The clinical services at Rhode Island/Hasbro Children’s Hospital include:

- A Psychosomatic Consultation-Liaison team providing services to the various inpatient units, as well as to a variety of pediatric specialty outpatient clinics.

- An Emergency Psychiatric Services Department that includes a brand new, state-of-the-art Children’s Psychiatric Emergency Department that opened in January of 2009 and is staffed by a large, multi-disciplinary team led by a child and adolescent psychiatrist.
• A thriving psychiatry and psychology outpatient service including specialty clinics such as pediatric anxiety and sleep disorders.

• The Hasbro Partial Hospitalization Program, which provides the unique opportunity to focus upon the overlap of pediatrics and child psychiatry. This multidisciplinary Day Treatment program for children and adolescents with medical and psychiatric issues (e.g. children and teens with eating disorders, illness-related school avoidance, and life-threatening non-compliance with treatment of chronic medical illnesses such as diabetes) serves as an active training site for fellows, residents, and medical students, as well as psychology interns and post-docs. The program is centered on intensive family therapy, a highly structured milieu and tight collaboration with primary care and specialty pediatrics.

**Other opportunities during the residency:**

• Forensic Child Psychiatry rotation and advanced elective experiences.
• School Consultation rotation.
• Community Mental Health rotation through Gateway Health Care at various sites and levels of care.
• Research experiences at Hasbro, Bradley, and Women & Infants Hospitals.
• Pediatric Advocacy experiences in RI through the RI Council Child and Adolescent Psychiatry (RICCAP), local chapter of the AACAP.
• Teaching opportunities with medical students, General Psychiatry and Pediatric residents.

Throughout the two years of training, child and adolescent psychiatry trainees participate in six to ten hours per week of psychotherapy and individual supervision, and six hours per week of didactic seminars and Grand Rounds. There is direct faculty supervision in family and group therapy throughout the two years of training. The weekly curriculum covers normal child development, developmental psychopathology, diagnosis and formulation, and psychological, behavioral and pharmacological therapies. There are monthly case conferences and journal clubs, as well as quarterly division-wide morbidity and mortality conferences for interactive learning. Seminars and other training experiences are frequently shared with trainees from other disciplines such as general psychiatry, pediatrics and psychology. Priority is placed on all educational activities, with both the training program and supervising attendings committed to protecting time for teaching.

While research is not required, fellows are encouraged to pursue opportunities working with faculty members with active research in child and adolescent mood and anxiety disorders, psychosomatic disorders, treatment for child abuse, and interventions for high risk behaviors. All trainees learn about evidence-based medicine, with a focus on the critical appraisal of studies in a monthly journal club.
**Year I: Hospital Based Child Psychiatry**

The first year of training focuses on the evaluation and treatment of children and adolescents who are hospitalized at Bradley Hospital. Each resident spends ten weeks each on the child inpatient unit and on the adolescent inpatient unit. Additionally, the resident spends two months on the Child Psychiatry consultation/liaison service at Hasbro Hospital. Two months are devoted to Crisis Intervention Rotation at Bradley Hospital and two months to the Child Psychiatry Emergency Department at Hasbro Children’s Hospital. Trainees rotate for one month with the nationally known Center for Autism and Developmental Disabilities. Each resident spends one month on Forensics.

Residents provide inpatient and outpatient treatment to patients that represent diverse clinical disorders and include children of all ages. The principles and practices of a variety of assessment and treatment methods are taught on each rotation. The resident is a member of a multidisciplinary treatment team and learns about multi-modal treatments. Psychotherapy training and experience is emphasized throughout the First Year.

### YEAR I

<table>
<thead>
<tr>
<th>10 Weeks</th>
<th>10 Weeks</th>
<th>4 Weeks</th>
<th>8 Weeks</th>
<th>8 Weeks</th>
<th>8 Weeks</th>
<th>4 Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child Inpatient Unit 70%</td>
<td>Adolescent Inpatient 70%</td>
<td>CADD Autism/ Developmental Disabilities 70%</td>
<td>Consultation/ Liaison Service 70%</td>
<td>Crisis Rotation 70%</td>
<td>ED – Emergency Dept. 70%</td>
<td>Forensics</td>
</tr>
</tbody>
</table>

Long-term Psychotherapy and Supervision 20%

Didactics 10%

Please note: we use a 4 week block system which gives 13 blocks rather than 12 months

**YEAR II: Individualized Tracks**

The second year curriculum is determined collaboratively with the program directors and is based upon trainee’s specific career goals as well as upon identified gaps in their clinical education. Primary teaching sites include partial hospital, outpatient, and community mental health settings. Outpatient psychotherapy may also be emphasized. Trainees are required to have experience in school, community mental health and pediatric neurology.

Clinical rotations in the second year provide numerous opportunities for sub-specialty experiences under direct supervision by a Brown University faculty child psychiatrist. These may be longitudinal or in block schedules.

Residents can also participate in research experiences with various researchers within the Bradley Hasbro Research Center.
YEAR II – EXAMPLES OF TRACKS

PSYCHOSOMATICS AND INTEGRATED CARE TRACK

<table>
<thead>
<tr>
<th>4 – 6 Months (2/3 time based at Hasbro Partial Hospital)</th>
<th>4-6 Months (2/3 time CL service)</th>
<th>Longitudinal Experiences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Responsibilities consistent with already defined TB5/CF2 rotation Additional experiences - Lead role in team mtgs., school mtgs., Psych/Psychopharm CL on select cases; teaching jr. trainees; mentoring; additional experiences upon interests</td>
<td>Responsibilities consistent with already defined TB5/CF2 rotation Additional experiences – Group therapy; lead teaching for jr. trainees; psych/psychopharm CL on select cases; mentoring; participating in outpt b/u visits</td>
<td>Subspecialty consults: One of the following 6-12 months Hematology/Oncology Liaison Team GI Liaison Team Feeding Team Sleep Clinic</td>
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Classics 20%

Long-term Outpatient Psychotherapy and Supervision 20%

Note: this experience will also allow an avenue for longer term cases to be incorporated into trainee’s outpatient hours.

Psychopharmacology Clinic 10%

CLASSIC TRACK

<table>
<thead>
<tr>
<th>8 Weeks</th>
<th>8 Weeks</th>
<th>8 Weeks</th>
<th>4 Weeks</th>
<th>4 Weeks</th>
<th>20 Weeks</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPH – Hasbro Partial Hospital</td>
<td>Pedi Partial Hospital Bradley (day program for children ages 6 wks to 6 yrs)</td>
<td>School Consults</td>
<td>CMHC Community Mental Health Center</td>
<td>Pedi Neuro</td>
<td>Various Electives</td>
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<tr>
<td>40%</td>
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Didactics 20%

Long-term Outpatient Psychotherapy and Supervision 20%

Psychopharmacology Clinic 10%

CBT Clinic 10%

Evaluation Methods
Residents are evaluated on an ongoing basis from the beginning of training. All evaluations address the six core competencies identified by the ACGME for Child and Adolescent Psychiatry. Clinical work on rotations is evaluated by faculty attendings. Individual psychotherapy supervisors, family therapy supervisors, and a committee of all core faculty supervisors provide evaluations on a quarterly basis. Formal assessment of the trainees’ medical knowledge occurs annually with the administration of the PRITE (General Psychiatry) and the CHILD PRITE (Child Psychiatry) exams. Residents also participate in one oral exam per year interviewing both adolescent and school age children observed by faculty. Trainees meet formally semi-annually with the training director to review patient logs and supervisor evaluations. Additional evaluation tools include peer evaluations, 360-degree models of assessment, and portfolios.

Rev. 7/11
Research
The Brown University Department of Psychiatry and Human Behavior, in particular the Division of Child and Adolescent Psychiatry, hosts a wide range of research activities, ranging from basic science to neuroimaging to genetics to clinical and epidemiologic to medical education. Residents are encouraged to participate or gain exposure to these activities based on their own individual interests. Some graduates choose to pursue additional research training in the Brown NIMH Research Fellowship (T-32). A list of programs and available opportunities can be provided upon request.

Combined Research/Clinical Fellowship
There are several opportunities for NIH-funded research training fellowships upon completion of the two-year child psychiatry residency training program. Residents with strong research interests should also inquire about a combined 3-4 year clinical and research fellowship in child psychiatry.

Applications
The Child and Adolescent Psychiatry training program hosts a total of ten (10) trainees, five (5) each in the first – and second-year classes.

Applications can be downloaded on our website or requested by email from the office of the training director (mspirito@lifespan.org).

Any questions may be directed to the Training Coordinator, Mrs. Marsha Spirito, or to the Training Director, Dr. Jeffrey Hunt.

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Websites:

Child and Adolescent Psychiatry Training Program –
http://bms.brown.edu/DPHB/training/psychiatry_child/

Department of Psychiatry and Human Behavior –
http://med.brown.edu/DPHB/

Bradley Hospital – http://www.bradleyhospital.org

Hasbro Children’s Hospital –
http://www.hasbrochildrenshospital.org

Pediatric Residency Training Program –
http://www.brown.edu/Departments/Pediatrics/Residency/Homepage/redesign/index.html

Psychiatry Residency Training Program –
http://bms.brown.edu/DPHB/training/psychiatry_general