

2020-2021

# PSYCHIATRY RESIDENCY PROGRAM

The University of Toledo  
College of Medicine and Life Sciences  
Department of Psychiatry



COLLEGE OF MEDICINE  
AND LIFE SCIENCES

THE UNIVERSITY OF TOLEDO



Resident physicians are integral to our mission and vision in the Department of Psychiatry at The University of Toledo. We are creating systems of care that are patient-centered, evidence-based and recovery focused. At UToledo, resident physicians are trained to provide innovative care and participate in the development of programs to better engage our patients. They are the future of psychiatry, and at The University of Toledo, residents are creating that future, now.

- Cheryl McCullumsmith MD PhD  
Chair, Department of Psychiatry

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Thank you for your interest in our general psychiatry residency program at The University of Toledo! I am excited at the prospect of your interest in our program. One of our strengths is that we are a smaller residency program. We are able to provide highly personalized attention to each resident’s needs, while allowing for the development of mentoring relationships with attending psychiatrists. Other strengths include extensive experience in geriatric psychiatry, psychosomatic medicine, the outpatient clinic, and the encouragement of active participation in organized psychiatry at the local and state levels.

My priority is that each resident’s educational & professional development continue to grow and prosper. My expectation is that upon graduation, each resident is confident and capable in their abilities to handle clinical and administrative issues in the ever-changing healthcare field, no matter the setting in which they plan to practice psychiatry. While envisioning the future, I involve the residents as active members of our team and strive to continue to have our program be the premier psychiatric resource in northwest Ohio. For more information, I encourage you to explore our residency website. I look forward to meeting you during the interview season!



Victoria Kelly, MD  
Program Director

## Mission Statement:

A positive educational environment providing multidimensional training that exceeds accreditation guidelines while challenging and supporting the residents in a respectful and fair environment.

# TRAINING SITES

All training sites are within 20 minutes of each other



Julia Halm, DO  
Medical Director  
of Mental Health  
Services



## Toledo Veterans Affairs Clinic, VA Ann Arbor's Healthcare System's Community Based Outpatient Clinic

The Toledo VA Outpatient Clinic serves 8 Ohio counties as well as Southeastern Michigan. Residents rotate here for one month for Outpatient Internal Medicine during PGY1 year, several months in outpatient psychiatry, and longitudinally for 6 months during PGY3 year.

## Northwest Ohio Psychiatric Hospital

NOPH is one of the 6 inpatient state psychiatric facilities overseen by the Ohio Department of Mental Health & Addiction Services, serving northwest Ohio's 23 counties. It has a capacity of 114 beds, and serves both civil and forensic adult patients, such as those who have been found incompetent to stand trial or not guilty by reason of insanity. -

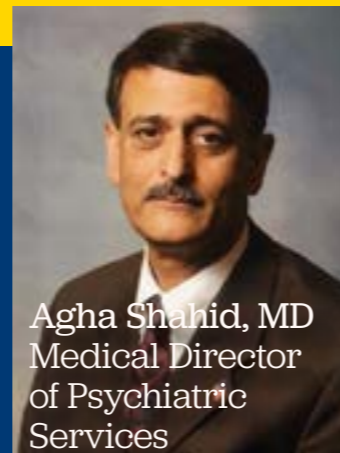


David Bellian, MD  
Staff Psychiatrist  
Associate Professor

## ProMedica Flower Hospital, A Division of ProMedica Toledo Hospital

Residents rotate through Flower Hospital, a private hospital in Sylvania, Ohio, for their inpatient adult psychiatry rotations for several months. Another rotation is one month of Emergency medicine

during PGY1 year. Residents also rotate here for their Emergency Psychiatry rotation, split between Flower Hospital and Rescue Mental Health & Addiction Services, during PGY2 year.

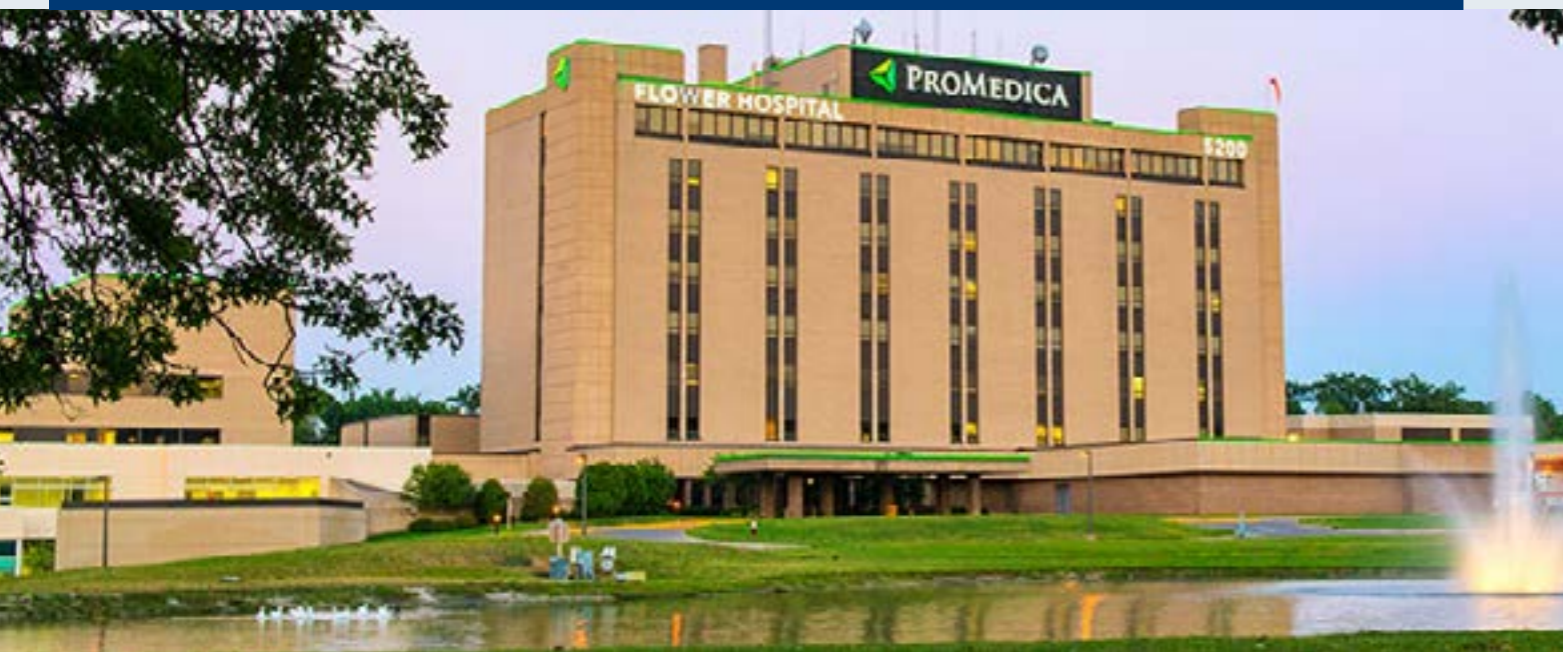


Agha Shahid, MD  
Medical Director  
of Psychiatric  
Services

## The Toledo Hospital (TTH) ProMedica Health System



ProMedica Toledo Hospital is a 794-bed public hospital in Toledo, Ohio that is part of the ProMedica Health System. This level I trauma center is the largest acute care hospital in the area. Psychiatry residents rotate through Toledo Hospital for IM, neurology, and electives.



# TRAINING SITES

All training sites are within 20 minutes of each other

## University of Toledo Medical Center (UTMC)

### Ruppert Health Center Outpatient Psychiatric & Behavioral Health

Residents provide outpatient psychiatric & behavioral health services, including psychopharmacological and psychotherapeutic interventions. Due to the COVID-19 pandemic, many appointments are conducted via telehealth services.



## University of Toledo Medical Center

### Consultation-Liaison Service

Cheryl McCullumsmith, MD PhD  
Director of CL Services  
Chair, Department of Psychiatry

UTMC is a 246-bed hospital with services in orthopedics, sports medicine, family medicine, internal medicine, surgery, and emergency medicine.



### Kobacker Building

### Senior Behavioral Health (SBH)

Dionis Kononov, DO  
Director of Senior Behavioral Health

SBH is an 18-bed unit for geriatric patients ages 55 and older, requiring inpatient psychiatric hospitalization. Diagnoses include disorders of mood, anxiety, psychosis, neurocognition, and more.



### Inpatient Detoxification Unit



Tanvir Singh, MD  
Director of Detox Unit

We offer voluntary inpatient detox & recovery services for adults, including medical monitored withdrawal services, individual support & educational groups.

### Child & Adolescent Inpatient Unit



Rakesh Goyal, MD  
Director of Child & Adolescent Inpatient Unit

This unit serves children & adolescents as young as 11 from greater Northwest Ohio, including a Youth Acute Unit which is contracted with several counties for comprehensive assessment & treatment.



OTHER DETAILS

- On call 6 days a month
- Post-call days off
- No call on certain rotations
  - \* Internal medicine inpatient
  - \* Emergency medicine
  - \* Neurology inpatient
- Meal tickets for on-call
- Exposure to outpatient clinic
  - \* 1/2 day per week
- Weekly supervision
- Protected didactic days
- Textbooks provided to you
- Stipend
- Present 3 noon conferences

CLINICAL CURRICULUM:  
PGY 1 YEAR



1 MONTH  
Orientation Month

Rotate through units, on-call training, transition to residency, legal issues, onboarding at the University of Toledo Medical Center



1 MONTH

Internal  
Medicine

Inpatient Service  
at Toledo Hospital



1 MONTH

Internal  
Medicine

Outpatient Clinic  
at Toledo VA Clinic



1 MONTH

Emergency  
Medicine

at Flower Hospital



1 MONTH

Family  
Medicine

Outpatient Clinic  
at UT Medical Ctr  
Glendale East



2 MONTHS

Neurology  
Service

Inpatient for 1 mo.  
Outpatient for 1 mo.  
at Toledo Hospital



2-3 MONTHS

Adult  
Psychiatry

Inpatient Service  
at Northwest Ohio  
Psychiatric Hospital



2-3 MONTHS

Adult  
Psychiatry

Inpatient Service  
at Flower Hospital

# CLINICAL CURRICULUM:

## PGY 2 YEAR



During PGY2 year, residents continue their professional development, including increased teaching responsibilities, participation in quality improvement projects, exploration of clinical interests, and encouragement of leadership positions.



### OTHER DETAILS

- Able to take call from home
  - \* 4 times a month
  - \* Meal tickets for on-call
  - \* Post-call days off
- No call while on CL rotation
- Outpatient clinic
  - \* 1/2 day per week
  - \* Protected time
- Weekly supervision
- Protected didactic days
- Textbooks provided to you
- Stipend
- Present 2 noon conferences
- Medical student teaching
  - \* CL, Geriatrics, Child & Adol



1 MONTH

### Addiction Medicine

Inpatient Service at UTMCM



1 MONTH

### Emergency Psychiatry

at Flower Hospital  
ER & Rescue Mental Health Services



2 MONTHS

### Adult Psychiatry

Outpatient clinic at Toledo VA Clinic



2 MONTHS

### Child & Adolescent Psychiatry

Inpatient Service at UTMCM Kobacker



3 MONTHS

### Geriatric Psychiatry

Inpatient Service at UTMCM Kobacker



3 MONTHS

### Adult Psychiatry

Consultation Liaison Service



OUTPATIENT

### Adult Psychiatry

Longitudinal outpatient clinic for 1/2 day per week

Residents are empowered to pursue their academic interests including teaching medical students on their clerkships, and scholarly activity.



# CLINICAL CURRICULUM: PGY 3 YEAR

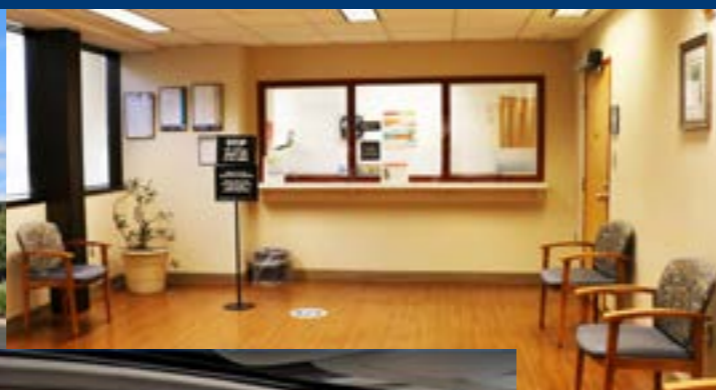
## VA CLINIC

Residents spend 1 day a week for 6 months at the Toledo VA with Julia Halm, DO.

## UNISON

Residents spend 1/2 day weekly for 3 months with the forensic ACT Team, working with Victoria Kelly MD, treating patients on conditional release who have been found not guilty by reason of insanity.

Residents spend 1/2 day weekly for 3 months with the Assertive Community Treatment Team.



The majority of PGY3 is spent on the UT Health Science Campus, in the Ruppert Health Center. Outpatient services are provided via telepsychiatry in addition to traditional in-office visits.

Each resident gets a private office

Opportunity for child & adolescent clinic



"Some of the best things about third year are the one-on-one attention from each attending, and how they help prepare us for life after residency."

**Thomas Roach, DO**  
Chief of Education



## ZEPF CENTER



**Chandani Lewis, MD**  
Staff Psychiatrist

The resident clinic treats patients who have a variety of diagnoses and payor sources, with an array of treatment modalities, including psychotherapy, clozapine, and long acting injectables.

## MOONLIGHTING

### Moonlighting allowed PGY3 year

For those residents that are interested and meet qualifications, moonlighting can occur during PGY3 year and later. Some common moonlighting settings include local community mental health centers, & inpatient units.

## OTHER DETAILS

- Take call from home
  - \* 2 times a month
  - \* Meal tickets
  - \* Post-call days off
- Weekly supervision
- Protected didactics
- Textbooks provided
- Stipend
- 2 noon conferences
- Student teaching
- Opportunities
  - \* Child & Adolescent
  - \* HIV Clinic
  - \* Collaborative Care

# CLINICAL CURRICULUM: PGY 4 YEAR

During PGY 4 year, residents spend time at NOPH, ProMedica Toledo Hospital, Flower Hospital, the University of Toledo Health Science Campus, and the VA.

## ROTATIONS

- Adult & geriatric inpatient
- VA outpatient clinic
- Emergency psychiatry
- Inpatient detoxification unit

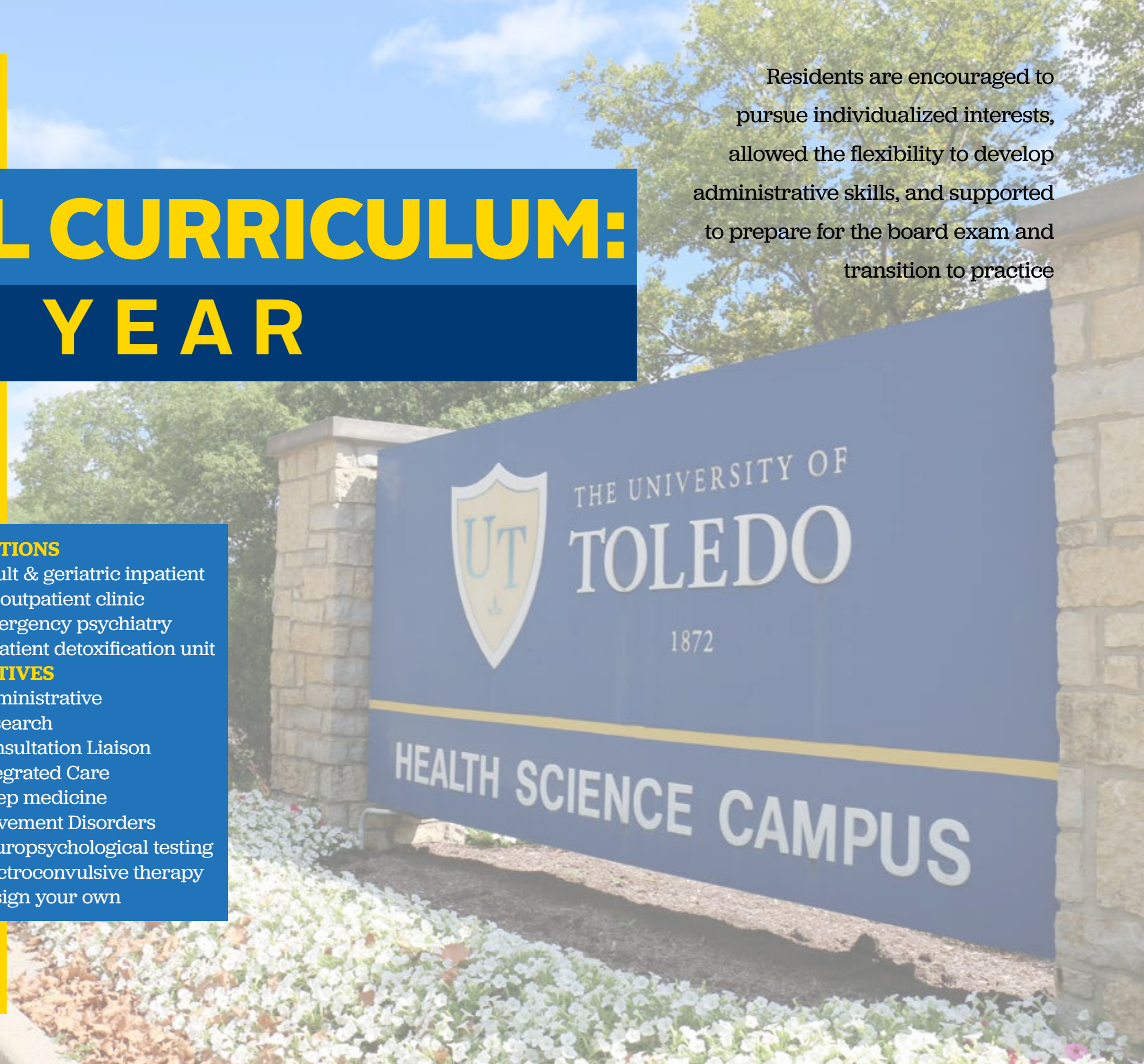
## ELECTIVES

- Administrative
- Research
- Consultation Liaison
- Integrated Care
- Sleep medicine
- Movement Disorders
- Neuropsychological testing
- Electroconvulsive therapy
- Design your own

## OTHER DETAILS

- No call
- 1/2 day outpatient

Residents are encouraged to pursue individualized interests, allowed the flexibility to develop administrative skills, and supported to prepare for the board exam and transition to practice



# CHILD TRACK

## We are recruiting for our inaugural integrated Child Track!

For those that are committed to Child & Adolescent Psychiatry (CAP), the Child Track allows for additional child psychiatry & pediatrics experiences integrated throughout all 5 years of training.

### OTHER DETAILS

- Opportunity to work with CAP patients for 2-4 years
- Take call first 3 years only
  - \* Home call after intern year
  - \* Meal tickets for on-call
  - \* Post-call days off
- Weekly supervision with CAP faculty
- Protected didactic days
- Textbooks provided to you
- Stipend
- Present noon conferences with general residency
- Wellness events with general residency
- Medical student teaching
  - \* Inpatient unit
  - \* Outpatient clinic
  - \* Telehealth



### PG-1 Year

#### General Psychiatry

One of the general medicine months is exchanged with Pediatric, all other rotations remain aligned with intern year.

### PG-2 Year

#### General Psychiatry

Additional CAP inpatient months compared to general residency peers, and longitudinal CAP outpatient clinic. There are also possible opportunities for CAP electives.

### PG-3 Year

#### CAP Fellowship Year 1

Inpatient CAP unit at UTMCCobacker, in addition to outpatient clinic at UTMCC and a community mental health center.

### PG-4 Year

#### CAP Fellowship Year 2

Outpatient services at UTMCC Ruppert and a community mental health clinic, longitudinal pediatric neurology, schools, increased integration with child psychologists, and more.

### PG-5 Year

#### General Psychiatry

Rejoin the general residency program, for the 12 month longitudinal adult continuity outpatient clinic, and able to maintain portion as CAP clinic.

# SCHOLARLY ACTIVITY & DIDACTICS

Didactic days are protected, with residents excused from clinical duties. Our philosophy for resident education is that learning should be concise, interactive, clinically applicable, and fun.



**Resident didactic days occur once weekly. Attendance can be in-person or virtual via Zoom and WebEx.**

## Psychotherapy didactics

- Longitudinal by PGY year
- Interviewing skills
- Motivational interviewing
- Supportive
- Cognitive behavioral
- Interpersonal
- Psychodynamic
- Case formulation
- Case conferences

## Book Club

- Longitudinal by PGY year
- Neuroscience
- Journal review
- Psychotherapy
- Pharmacology
- Core psychiatry textbooks
- Determined collaboratively between the preceptor & resident class

## Board Preparation

- JEOPARDY PRITE review classes
- TrueLearn Subscription
- Board review course
- Question banks

## Supervision

- Weekly individual
- Weekly group process
- Choice of preceptor
- Psychotherapy
- Case discussion
- Professional development

## Scholarly Activity

- Case Conference
- Journal Club
- Morbidity & Mortality, Root Cause Analysis
- Quality Improvement
- Resident Research Day
- Grand Rounds



**“One of the best perks of the program is that if you get a poster or presentation accepted, the department will send you to the conference. That’s a great motivator for scholarly activity!”**

**- Amarpreet Chela MD, Chief of Academics**

# MEET THE FACULTY

## CLINICAL AND RESEARCH

### CHERYL MCCULLUMSMITH, MD, PhD

Chair, Dept of Psychiatry  
Director, Consultation-Liaison Service



### VICTORIA KELLY, MD

Vice Chair of Education  
Director, Psychiatry Residency  
Outpatient Psychiatry  
Clinical Forensic Psychiatry  
Collaborative Care, Family Medicine



### AMY RIESE, MD

Associate Director,  
Psychiatry Residency  
Student Mental Health  
Wellness



### JAMIE MIGLIORI, MD

Director, Child & Adolescent Fellowship  
Outpatient Psychiatry



### ZOELLEN MURPHY, BA, C-TAGME

Coordinator, Psychiatry Residency  
Coordinator, Child & Adolescent Fellowship



**Elissar Andari, PhD**  
Research

**Richard Baron, LISW**  
Outpatient Psychiatry  
Psychodynamic Psychiatry

**David Bellian, MD**  
Staff Psychiatrist, NOPH  
Child & Adolescent Psychiatry

**Carol Budzenski, PhD**  
Neuropsychology

**Morgan Dynes, PhD**  
Outpatient Psychiatry  
Collaborative Care, Pediatrics  
Child & Adolescent Psychiatry

**Thomas Fine, LSW**  
Outpatient Psychiatry  
Recovery Services

**Rakesh Goyal, MD**  
Director, Child & Adolescent Inpatient

**Julia Halm, DO**  
Director, VA Outpatient Psychiatry

**Kimberly Hunter, PhD**  
Outpatient Psychiatry  
Child & Adolescent Psychiatry

**Michele Knox, PhD**  
Outpatient Psychiatry  
Child & Adolescent Psychiatry

**Dionis Kononov, DO**  
Director, Senior Behavioral Health

**Chandani Lewis, MD**  
Director, Medical Student Clerkship  
Director, Community & Public Psychiatry

**Daniel McCarthy, MD**  
Outpatient Psychiatry

**Sandy McCluskey, MA, LPCC-S**  
Outpatient Psychiatry  
Student Mental Health

**Angele McGrady, PhD**  
Outpatient Psychiatry  
Biofeedback  
Behavioral Medicine, Wellness

**Daniel Rapport, MD**  
Outpatient Psychiatry  
Mood Disorders

**Agha Shahid, MD**  
Director, ProMedica Psychiatry  
Addiction & Geriatric Psychiatry

**Tanvir Singh, MD**  
Vice Chair of Clinical Services  
Director, Recovery Services  
Addiction Psychiatry  
Child & Adolescent Psychiatry

**Kristi Skeel Williams, MD**  
Vice Chair of Quality Improvement  
Outpatient Psychiatry

**Alina Rais, MD**  
Director, Outpatient Services  
Geriatric Psychiatry  
Psychodynamic Psychiatry

**Xin Wang, PhD**  
Vice Chair of Research

**John Wryobeck, PhD, ABPP**  
Director, PA Behavioral Science Course  
Associate Director, Medical Student  
Behavioral Science Course  
Outpatient Psychiatry  
Cognitive Behavioral Therapy  
Interpersonal Therapy

# MEET THE RESIDENTS

## DIVERSE. MOTIVATED. SUPPORTIVE.

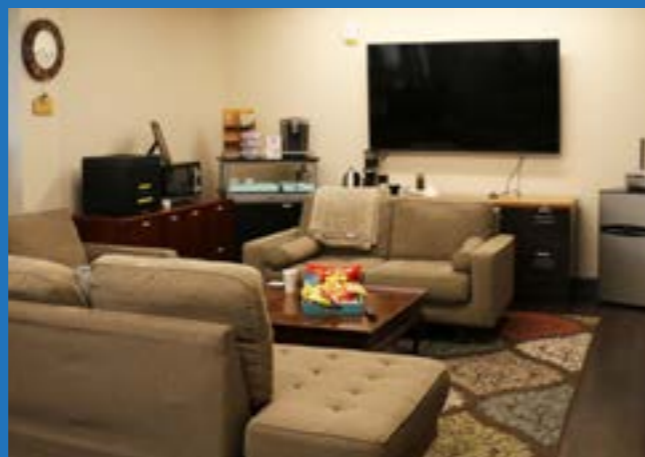
### DIVERSITY

Our residents are a diverse group of individuals, from various cultural backgrounds and hometowns, joined by a motivation to learn and thrive together.



### MOTIVATION

The residency program has a focus on work-life balance, whether that is spending time with friends, partners, family, or pets. This emphasis on wellness allows the residents to focus on clinical knowledge & academics.



### SUPPORT

A strength of the program is the level of support that residents receive from not only the department and faculty, but also peers.

We are a University program with a community feel, and the major reason for that is teamwork.



In addition to the atmosphere that fosters growth and resiliency, residents regularly participate in wellness programming.



# WELLNESS

Toledo has a wide range of sporting, cultural and culinary experiences, which makes north-west Ohio a great place to live. Whether you're looking to mingle or spend time with family and friends, we have it all here!



**Toledo Metroparks**

# LIVING IN TOLEDO



The city is located within a few hours of several other major cities like Ann Arbor, Detroit, Cleveland, Columbus, Cincinnati, and Indianapolis.

Lake Erie is within one hour's drive. Near the shores you can find wineries, outdoor activities (fishing, boating, kayaking), Cedar Point for the roller coaster enthusiast, Kalahari Waterpark, Great Wolf Lodge for family outings, and getaways on Middle Bass and Put-In-Bay Islands, and more.



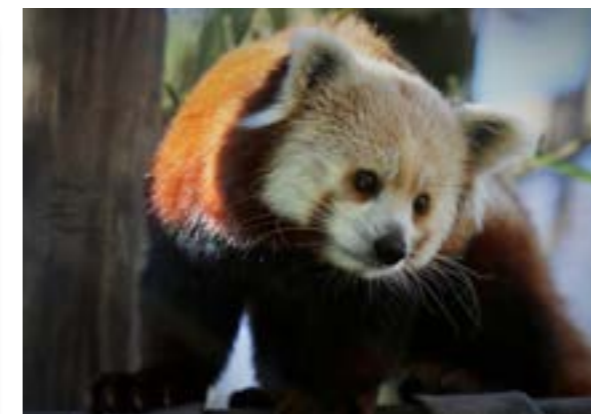
**Imagination Station**



**Walleyes Hockey**



**Botanical Gardens**



**The Toledo Zoo**



**Mud Hens Baseball**

# OUR STRENGTHS

## HOW TO APPLY

### General Psychiatry Residency Application Requirements

- There are 4 spots open for PGY1 class for 2021-2022
- Completed applications in ERAS must be received no later than November 30, 2020
- Personal Statement
- 3 Letters of recommendation, and each must be written by US physicians and dated within the past 12 months
- Official medical school transcript
- Dean's letter of MSPE
- Preference given to USMLE Step 1 scores of 200 or greater, or COMLEX Level 1 scores of 425 or greater
- Preference given to USMLE Step 2CK scores of 225 or greater, or COMLEX Level 2CE scores of 425 or greater
- Preference given to USMLE Step 2 CS or COMLEX Level 2CE who pass on first attempt (waived in 2020 due to pandemic)
- If FMG applicant, preference given to USMLE Step 3 pass on first attempt

<https://www.utoledo.edu/med/depts/psych/residency>

Interviews will all occur virtually, from November through mid-December. We use the Thalamus platform. If you are extended an invitation and accept, you will be able to go to a virtual event with the residents the evening before your interview day. You will then meet with various faculty during your scheduled day, receive a virtual tour, and that will mark the conclusion of the interview day.

- Highly personalized attention to each resident's needs
- Longstanding accreditation since inception in 1968
- Home call for PGY2 and 3, and no call for PGY4
- 100% Fellowship match rates
- One-way mirrors for resident supervision in clinic
- All rotations within 20 minutes
- Opportunities for leadership at all levels
- Well rounded education, with extensive experience in geriatrics and consults
- Access to program director, open door policy of faculty
- Transparency in communication
- Department supports the educational mission, such as sending residents to conferences
- Focus on work-life balance, wellness, and professional development

#### CONTACT INFORMATION:

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