

**UNIVERSITY OF PITTSBURGH MEDICAL CENTER (UPMC)
WESTERN PSYCHIATRIC INSTITUTE & CLINIC (WPIC)**

Collaborative Program to Train Spanish Fellows in Child and Adolescent Psychiatry

- Brief Description of the Clinical, Training, and Research Child and Adolescent Psychiatric Programs at Western Psychiatric Institute and Clinic (WPIC)
- Training Plan
- Eligibility for Training
- Certificate of Completion

Brief Description of the Clinical, Training, and Research Child and Adolescent Psychiatric Programs at Western Psychiatric Institute and Clinic (WPIC)

1. Clinical Programs

As shown in Fig. 1, WPIC has several outpatient, partial, and inpatient programs for the treatment of children and adolescents with mood, anxiety, eating, ADHD, developmental, disruptive, and other psychiatric disorders. The child inpatient units have 93 beds and there are approximately 2,400 admissions per year. The outpatient clinics have about 20,000 visits per year. The outpatient clinics include programs such as the Center for Children and Families (CCF) and specialty clinics such as the Child and Adolescent Bipolar Services (CABS), eating disorders, and programs for children with developmental disabilities (<http://wpic.upmc.com/ChildAdolescentSvcs.htm>).

2. Training Programs

In addition of being one of the largest university-based providers of child and adolescent psychiatric care in the United States, Western Psychiatric Institute and Clinic also provides excellent training to adult and child psychiatric residents as well as other trainees (e.g., medical students, nurses, social workers, psychologists). Currently we have about 70 psychiatric residents in all years of training as follows: 13 general psychiatry residents in each of 4 years of general psychiatry training, six child psychiatry fellows in each of the 2 years of training, 2 triple-board residents (general psychiatry / child psychiatry / pediatric) in each year of a five-year program, 5 geriatric fellows per year in a one-year program, and 2 forensic fellows per year in a one-year program (note: the numbers do not add to 70 because there is some overlap in the rotations). Thus, WPIC has a large number of inpatient and outpatient programs and facilities and academic structure where the visiting fellows will be invited to rotate. We anticipate the visiting fellows receiving the bulk of their clinical training during the first year of their program while performing a smaller amount of research. By the second year of fellowship, we anticipate a larger research commitment with a correspondingly smaller amount of clinical involvement. Fellows who are primarily interested in clinical and teaching activities will be given more opportunities to pursue these interests.

Regarding clinical training, we will expect the visiting fellows to have a brief experience on the inpatient units (e.g., 4 - 8 weeks), but given the decreasing dependence on inpatient hospitalization both in the United States and in Europe, we anticipate that few of the fellows will be working in such facilities upon their return to Spain. Therefore, the clinical training will focus more on outpatient rotations, such as outpatient clinics, partial hospitalization programs, residential treatment facilities, and intensive outpatient programs (e.g., family based mental health services and wrap-around programs). We will expect the fellows participate in one or two half-days per week at the Center for Children and Families (CCF), our network of child and adolescent outpatient clinics, which will extend throughout their two years at WPIC. During their clinical training, the fellows will be exposed to a full range of psychopathology and applied multimodal treatments, such as psychotherapy (cognitive behavior therapy, parent management training, etc.), psychosocial treatments (e.g., social skills training, wrap-around and family based services, and school-based interventions, such as IEP and 504 programs), and psychopharmacological treatments. Furthermore, we can tailor the clinical experience for those visiting fellows with specific interests, such as pediatric anxiety disorders, mood disorders, ADHD, and pervasive developmental disorders. Regarding didactic education, we will expect the visiting fellows to attend all regular lectures provided for the child and adolescent psychiatric fellows (generally from 1 - 5 PM every Thursday afternoon) and weekly seminars during their first year of fellowship at CCF (Mondays 1 - 2 PM). In addition, fellows will be expected to attend weekly grand rounds, and they will be invited to all special educational activities and lectures by visiting scholars held at WPIC.

3. Research Programs

WPIC has one of the largest research programs in the United States. Our child psychiatric program includes a variety of phenomenological, epidemiological, course, biological, imaging, and treatment studies for children with a variety of psychiatric disorders. The large variety of clinical research will provide visiting fellows with a unique opportunity to choose a research program that best fits his/her career interests (<http://www.wpic.pitt.edu/research>).

Training Plan

During the two-year rotation, visiting fellows from Spain who are eligible to participate in the WPIC program (see requirements below) will be involved in both clinical and research training as follows:

1. Clinical Rotations

The visiting fellows will have the opportunity to rotate at one or more of the inpatient, partial hospitalization, residential and outpatient facilities existing at WPIC. The length of rotation time at each of these facilities will be tailored to each of the fellows according to their career interests. For example, a fellow interested in autism will have greater time allocated to clinical services related to autism (the inpatient and outpatient autistic programs) under the supervision of the medical director of these programs. However, it is expected that all psychiatrists will rotate at least in one inpatient and outpatient facility during the first year of their visit to WPIC.

Ultimately, it is critical that these psychiatrists have good exposure to the full range

of child psychiatry services since their career needs and the child psychiatry needs of Spain will be better served by considerable breadth of this experience.

Jess Shatkin, M.D. and Boris Birmaher, M.D. will be responsible for overseeing the clinical rotations and will meet regularly with the fellows to be certain that their rotations are fulfilling the goals of their visit to WPIC.

It is important to mention that since the fellows are not employees and formal residents at our Institution and do not have medical licenses to practice in the United States (unless in possession of the UMSLE exam), they will not be able to see and treat clinical patients by themselves, but will observe clinical activities. Fellows will be able to interview subjects that are participating in research and participate in research activities as described below.

The Western Psychiatric Institute is currently checking whether the fellows can come to our institute with a faculty appointment. If this is feasible, we are studying the possibility that the fellows will have an Institutional License to practice psychiatry within the Institute.

During the clinical rotations, fellows are expected to learn the existent psychosocial and pharmacological treatments for various child psychiatric disorders. Also, they will be trained to become experts in the diagnoses of child psychiatric disorders. In addition to their clinical rotation, psychiatrists will attend all resident training conferences and classes, WPIC grand rounds, and various other academic activities.

2. Research Experience

All fellows will be exposed to a very enriching psychiatric research activity at WPIC (<http://www.wpic.pitt.edu/research>). Boris Birmaher, M.D. will work closely with the fellows to help them find their area of interest and facilitate communication with the principal investigators with whom the Visiting Fellow would like to work. During the rotation, the fellow is expected to learn research methodology, administer research psychiatric interviews and questionnaires, and once acquainted with the research program, become an active participant. The fellow's activities as an active participant of the research project will depend on the principal investigator of the respective project and the fellow's level of expertise. It is also expected that during the research rotation the visiting fellow will draft a written proposal for a research project he/she will implement in Spain and/or if feasible, at WPIC. Dr. Birmaher and other investigators that are specialists in the field of the project the fellow chooses will supervise the writing of the proposal.

At the completion of the two-year rotation, the visiting psychiatrist will receive a formal letter delineating his/her performance and rotations. This letter will be sent to their respective programs in Spain as well as to the Alicia Koplowitz Foundation.

Eligibility for Training

Requirements

Fellows recommended by the Alicia Koplowitz Foundation to rotate at WPIC must fulfill the following qualifications: (1) completed a recognized program of training in medicine; (2) participated in a recognized training program in general psychiatry for at least 3 years; (3) received a good recommendation from their training directors and two other psychiatrists; (4) possess good social skills; (5) completed an interview with Drs. Shatkin and Birmaher (this interview can be done in person or through the phone); and (6) be able to understand and communicate fluently in English. It will also be necessary to have good

writing skills in English in order to write research proposals and articles.

1. Visa.

To obtain an appropriate visa to enter the United States Fellow will need to approach the Office of International Services at the University of Pittsburgh (Tel: (412) 624-7120; website: <http://www.ois.pitt.edu>). This office will advise the fellow of the requirements needed to obtain the visa. Dr. Birmaher and Mrs. Carol Kostek will serve as a liaison between the fellow and the Office of International Services.

Certificate of Completion.

By the end of the two-year rotation the Institute will issue a Certificate of Completion to each fellow with a list of all their rotations, courses, and research activities.

More information at:

<http://www.wpic.pitt.edu>

<http://wpic.upmc.com/ChildAdolescentSvcs.htm>

<http://www.wpic.pitt.edu/research>