



Western Psychiatric Hospital

Agreement between the Koplowitz Foundation and UPMC Western Psychiatric Hospital

Brief Description of the Clinical, Training, and Research Child and Adolescent Psychiatric Programs at UPMC Western Psychiatric Hospital

Clinical Programs

UPMC Western Psychiatric Hospital (WPH) 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), Services for Teens at Risk (STAR), eating disorders, and programs for children with developmental disabilities.

Training Programs

In addition to being one of the largest university-based providers of child and adolescent psychiatric care in the United States, WPH also provides excellent training to Adult and Child Psychiatry residents as well as other trainees (e.g., medical students, nurses, social workers, psychologists). Currently WPH has about 80 psychiatry residents in all years of training of which 24 are child fellows. Thus, WPH has many inpatient and outpatient programs and facilities and academic structure where the visiting fellows will be invited to rotate.

Research Programs

WPH has one of the largest research programs in the United States. Our Child Psychiatry 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.

Programs offered for Koplowitz Fellows

Programs are offered for two types of Koplowitz visiting fellows, residents of psychiatry which will be labeled across the document as Psychiatric Fellows and psychologists.

Psychiatry Fellows:

Psychiatric fellows are offered training in Child Psychiatry for 2 years following the same clinical rotations and education activities of our regular Psychiatry residents (see below for more details). This is a unique opportunity because the Commonwealth of Pennsylvania and the University of Pittsburgh allows visiting fellows to obtain an Institutional License. This license permits the psychiatric fellows to

see patients under supervision at WPH. Psychiatry Fellows are also offered participation in research activities as described below.

Psychology Fellows:

Since Institutional licensing is currently offered only to physicians, Psychology Fellows are offered training in research only, but they can also observe clinical work and participate in all educational activities.

For further information regarding clinical, training and research activities go to

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

<http://pediatricbipolar.pitt.edu>

Potential fellows are highly encouraged to talk to former Koplowitz Fellows who participated in the programs at WPH regarding their experiences at our Institution as well as living in Pittsburgh.

Clinical Training

During their clinical training, the Psychiatry Fellows will be exposed to a full range of psychopathology and applied multimodal treatments, such as psychosocial treatments (cognitive behavior therapy, dialectical behavior therapy, parent management training, and wrap-around and family-based services) and psychopharmacological treatments. Furthermore, the clinical experience can be tailored to those fellows with specific interests, such as pediatric anxiety disorders, mood disorders, ADHD, and pervasive developmental disorders. Regarding didactic education, the Psychiatry Fellows will be expected to attend all lectures provided for the Child and Adolescent Psychiatry residents and weekly seminars during their first year of fellowship. 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 WPH.

Training Plan. During the two-year rotation, Psychiatry Fellows who are eligible to participate in the WPH program (see requirements below) will be involved in both clinical and research training as described below.

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 WPH. The length of rotation time at each of these facilities will be tailored to the professional interests of each of the fellows. For example, a Fellow interested in autism will have greater time allocated to clinical services related to autism (the inpatient and outpatient autism programs) under the supervision of the medical director of these programs. However, it is expected that all Psychiatry Fellows will participate in at least in one inpatient and outpatient program during their first year.

Ultimately, it is the goal of the Koplowitz Foundation and UPMC WPH program that Psychiatry Fellows receive exposure to the full range of Child Psychiatry services so that their individual career needs and the needs of Child Psychiatry in Spain will be better served by considerable breadth of this experience.

Sansea Jacobson, M.D. and Boris Birmaher, M.D. will be responsible for overseeing the clinical rotations and will meet regularly with the Psychiatry Fellows to be certain that their rotations are fulfilling their individual goals and the goals of the Koplowitz Foundation-UPMC program. During clinical rotations, Psychiatry Fellows will be 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 rotations, Psychiatry Fellows will attend all WPH resident training conferences and classes, WPH Grand Rounds, and various other academic activities.

Research experience

Psychiatry and Psychology Fellows will also be offered the opportunity to participate in ongoing research projects. This will include learning how to do research interviews, participate in research meetings, and writing manuscripts using existing data and getting statistical support.

All Fellows will be exposed to a very enriching psychiatric research environment at WPH ([Research at UPMC Western Psychiatric Hospital](#)). 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 in the research project will depend on the principal investigator of the respective project and the fellow's level of expertise.

Fellows can take advantage of rich data bases of ongoing follow-up, high-risk, and therapy studies being conducted at our Child and Adolescent Bipolar Services clinic. Dr. Birmaher and other investigators that are specialists in the field or leaders of a project will supervise the fellow's writing of the proposal.

Certificate of Completion

At the end of the two-year program the WPH will issue a Certificate of Completion to each fellow with a list of all their rotations, courses, and research activities. The Psychiatry Fellow 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

Applicants recommended by the Alicia Koplowitz Foundation to rotate at WPH 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 2 years; (3) received good recommendations from their training directors and two other psychiatrists; (4) possess good social skills; (5) after sending a comprehensive curriculum vitae in English, complete an interview in English with Dr. Birmaher (this interview can be done virtually); and (6) be able to understand and communicate fluently in English. It will also be necessary to have good writing skills in English to write clinical notes and if appropriate, research proposals and articles. Currently, our department requires that the fellow has a passable score in one of the standard available English proficiency tests (See Table at end of document).

After the interview with Dr. Birmaher, the applicant will complete a “Visitor Request Form” and send this and a copy of the applicant’s curriculum vitae to Jeanie Knox, Academic Affairs Director, at email:

knoxjv@upmc.edu. Ms. Knox will present the forms to Chairman of the Department of Psychiatry, Dr David Lewis, who will ultimately decide whether to accept the fellow.

Once the applicant is accepted into our program, Ms. Knox will orient and guide the Fellow in completing the required documents to obtain the visa and the Institutional License. Since the Institutional License take several months to be processed, it is highly recommended to start the process promptly. Until the license is received, the Fellow will only observe clinical work and start research projects at Dr. Birmaher’s clinic. Also, the Fellow can participate in all academic and teaching activities coordinated by Dr. Jacobson. The University of Pittsburgh Office of International Services will advise Fellows on institutional requirements (website: <http://www.ois.pitt.edu>).



Comparison of Accepted English Proficiency Tests for J-1 Scholars/Interns

	English 3	Duolingo	TOEFL (iBT)	IELTs
DEPARTMENT ADMINISTRATOR PROCESS				
Collection	All department administrators are expected to work with scholar applicants to collect evidence of English proficiency.			
Additional Support	If you prefer the scholar to use English 3, a template email with a description of services can be provided.	If you prefer the scholar to use Duolingo, a template email with a description of services can be provided.		
SCHOLAR PROCESS				
Website	http://english3.com/studentCheckout.php?buy=J1PITT	https://englishtest.duolingo.com/applicants	www.ets.org/toefl	www.ielts.org/en-us
Test Length	About 25 minutes	About 45 minutes	About 3 hours	About 4 hours
Test Site	Online, can be done at home.	Online, can be done at home.	Test center	Test Center
Test Format	Interview-style focusing on conversational, academic, & professional English	Word recognition, writing, dictation, responding to oral prompts	Evaluation of academic English reading, writing, listening and speaking skills	Evaluation of academic English reading, writing, listening and speaking skills
Advanced Registration	N/A	N/A	Required	Required
Results Available	48 hours	48 hours	10 Days	13 Days
Cost	\$99 or \$55 with discount code "J1PITT1819"	\$49	\$180- \$245 depending on home country	\$215- \$240 at US test centers, varies by country
Accepted Scores*	2.5 or higher	90 or higher	75 or higher	5.5 or higher

*All test scores must be less than 2 years old