Adult Psychiatry Residency Program
Department of Psychiatry and Psychology

2020-2021

Please note: photos in this book were taken at a safe time prior to COVID-19 and social distancing implementation.
Dear prospective applicant,

It is my pleasure to welcome you to the Cleveland Clinic Psychiatry Residency Program. There has never been a more exciting time to be involved in the field of psychiatry!

Our program has been in existence since 1961 and has grown steadily throughout the years. We offer a comprehensive range of experiences for the resident, from our world class consultation liaison rotations and inpatient care (we have more psychiatric adult beds than any other system in Ohio), to our rotations in child, outpatient, and our specialty neuropsych clinics (epilepsy, movement disorders, and multiple sclerosis). By working closely with our local psychoanalytic organization to provide the best training available, we are able to offer extensive training in a breadth of psychotherapeutic modalities.

Our residency prides itself on growing and continually improving based on feedback. The input – the majority from the residents themselves – has generated more intensive training in psychotherapy, community psychiatry, and research. We offer competitive fellowships in child and adolescent psychiatry, psychosomatic medicine (consultation-liaison), and most recently have added a research fellowship.

Our staff includes nationally and internationally renowned dedicated professionals. Our goal is to provide a wide array of experiences for the resident along with developing faculty mentorships. We want our residents to feel well prepared for whatever type of psychiatry they choose to practice beyond residency. Our open door policy makes access to our faculty easy and comfortable. We are available to assist each and every resident pursue and achieve their individual goals. We are excited by your interest in psychiatry and hope to be part of your future!

Looking forward to hearing from you,

Karen Jacobs, DO
Program Director, Department of Psychiatry and Psychology
Neurological Institute, Cleveland Clinic

The Adult Psychiatry Residency at the Cleveland Clinic offers a unique training opportunity at one of the most renowned medical centers in the world. Cleveland Clinic was named the #2 hospital in the nation according to U.S. News & World Report’s “2020-21 Best Hospitals.” Psychiatry at Cleveland Clinic received a “highly ranked” designation.

The Cleveland Clinic has been internationally recognized as a leader in the development of innovative solutions to the changing face of healthcare. At the October 3, 2012 Presidential debate, President Barack Obama said of the Cleveland Clinic:

“At the Cleveland Clinic, one of the best healthcare systems in the world, they actually provide great care cheaper than average. And the reason they do is because they do some smart things.”

The Department of Psychiatry and Psychology operates within the framework of the Neurological Institute, a multidisciplinary group of more than 300 medical, surgical and research specialists dedicated to the care of patients with neurological and psychiatric disorders. The Neurological Institute offers a disease-specific, patient-focused approach to care with close collaboration between Psychiatry, Psychology, Neurology, Neurosurgery and Neuroradiology.
Training Sites

Main Campus
Cleveland Clinic Main Campus, a 1,300-bed internationally renowned, tertiary care hospital, serves as the primary training site of the Psychiatry Residency Program. The main campus serves a diverse patient population from the Cleveland metro area, surrounding regions, and internationally. Psychiatry residents become adept at working with patients from all socio-economic levels and diverse ethnic and cultural backgrounds. Home of the consultation-liaison psychiatry service, the main campus has the highest acuity of medical and surgical intensive care units in the country. Residents have the unique opportunity to see critically ill patients, rare disorders, and work alongside world-renowned physicians across specialties.

Lutheran Hospital
Lutheran Hospital, recently remodeled and updated, is a 10 minute drive from the main campus on West 25th street. It houses the primary Adult Inpatient Psychiatry units of the Cleveland Clinic Department of Psychiatry with 100 behavioral health beds distributed among general psychiatry, geriatric psychiatry, and a specialized mood disorders unit. Lutheran is also home to the Alcohol and Drug Recovery Center (ADRC), which provides inpatient detoxification, partial hospitalization and an intensive outpatient rehabilitation program. Lutheran is just blocks away from the famous West Side Market and a burgeoning food scene.

Fairview Hospital
Fairview Hospital is a 500-bed facility on the west side of Cleveland and home to the new state of the art ICU and E.R. Fairview also has our 13-bed child and adolescent psychiatry unit where PGY2 residents rotate for two months. Residents may also perform senior consultation-liaison electives at Fairview to gain experience with consultation in a regional hospital setting.

Marymount Hospital
Marymount Hospital is a 288-bed Cleveland Clinic regional hospital in south-central Cleveland, which is home to the inpatient geriatrics rotation and the second Cleveland Clinic regional hospital to start an electroconvulsive therapy (ECT) program. Residents gain exposure to group and dialectical behavioral therapy at the Mood Disorders Intensive Outpatient Program.

South Pointe Hospital
South Pointe Hospital is a 173-registered bed acute care, community teaching hospital serving the healthcare needs of Cleveland’s southeast suburbs since 1957. PGY1 residents rotate at South Pointe for inpatient internal medicine.

Supplementary Training Sites
Other training sites include Northcoast Hospital, one of six state psychiatric facilities in Ohio, where residents rotate for Forensics. The longitudinal community mental health experience is completed at Signature Health branches in the Greater Cleveland area.

PGY2 residents rotate at St. Vincent Charity Hospital’s psychiatric emergency department for one month and all residents have the opportunity to moonlight here. PGY1 residents rotate at Stephanie Tubbs Jones Health Center for their outpatient internal medicine experience.
Clinical Curriculum

PGY1 and PGY4 Longitudinal Schedule

The PGY3 year marks a shift in the way rotation scheduling is done, with most required clinical experiences now performed on a longitudinal basis (12 months in length). In the spring prior to the PGY3 and PGY4 years, the resident will meet with the Associate Program Director and academic advisor to design his/her schedule.

As most program requirements are completed in the first two years of training, there is ample elective time during the PGY3 and PGY4 years. Electives may be performed as 4 week modules or as longitudinal (2-12 months) experiences, depending on resident preferences and the nature of the elective. There is also opportunity for residents to create sub-specialty clinics to serve the unmet needs of special populations. This requires faculty and departmental support. Resident-created clinics have included: women’s peripartum mental health clinic, HIV clinic, bariatrics clinic, and Spanish-speaking clinic.

PGY2 Schedule

<table>
<thead>
<tr>
<th>PGY2</th>
<th>4 modules</th>
<th>2 modules each</th>
<th>1 module each</th>
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<tbody>
<tr>
<td>Consultation-Liaison</td>
<td>Inpatient Child and Adolescent Psychiatry</td>
<td>Inpatient Forensics</td>
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<tr>
<td>Inpatient Chemical Dependency</td>
<td>Inpatient Geriatrics</td>
<td>Emergency Psychiatry</td>
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<tr>
<td>Outpatient Continuity Clinic</td>
<td>Outpatient CBT</td>
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<tr>
<td>Academic Half-Day</td>
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PGY3 Schedule

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<thead>
<tr>
<th>PGY3</th>
<th>Academic Half-Day</th>
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<tr>
<td>Community Mental Health Clinic</td>
<td></td>
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<tr>
<td>ECT</td>
<td></td>
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<tr>
<td>Longitudinal (2-12 months) and/or Modular (4 week) Electives</td>
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<tr>
<td>Mood Disorders Intensive Outpatient Program</td>
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<tr>
<td>Outpatient Clinic New Evaluations</td>
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<tr>
<td>Outpatient Continuity Clinic</td>
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<tr>
<td>Psychotherapy Clinic + Psychotherapy Supervision</td>
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<tr>
<td>Shared Medical Appointment Clinic</td>
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<tr>
<td>Sleep Medicine</td>
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PGY4 Schedule

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<tr>
<th>PGY4</th>
<th>Academic Half-Day</th>
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<tr>
<td>Inpatient Mood Disorders Senior</td>
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<tr>
<td>Inpatient Psychiatry Senior</td>
<td></td>
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<tr>
<td>Longitudinal (2-12 months) and/or Modular (4 week) Electives</td>
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<tr>
<td>Neuropsychiatry Senior Clinics</td>
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<tr>
<td>Outpatient Continuity Clinic</td>
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<tr>
<td>Psychotherapy Clinic + Psychotherapy Supervision</td>
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Elective Opportunities

- Bioethics
- Cardiovascular Behavioral Health Clinic
- Chief Resident Administration
- Neuromodulation
- Neuropsychiatry Clinics
- Neuropsychology
- Psycho-oncology
- Psychotherapy subspecialties
- Research
- Resident-created clinics
- Sleep/CBT for insomnia
- Transplant Clinic
- Women’s Mental Health
Research Opportunities

Research opportunities exist across the institution. The Department of Psychiatry has a robust research program, which provides excellent opportunities for faculty, fellows, residents, and medical students. Research is conducted in various disorders, including substance dependence, child psychiatry, mood disorders, pain, bariatrics, consultation-liaison psychiatry, and community psychiatry. Areas of research include genetics, brain imaging, neuroinflammatory biomarkers, and other biomarkers for diagnosis and treatment effects. Several clinical trials are ongoing for a range of treatment modalities, including pharmacological agents, neurostimulation techniques, psychotherapies, and community interventions. Outcome research is also an area of particular interest. In addition, active collaboration opportunities are available with colleagues in other specialties, including neurology, neurosurgery, cardiology, primary care, and oncology.

Each resident is required to present at the Department of Psychiatry Grand Rounds in their final year, and also complete a quality improvement project, typically with their class. Residents are encouraged to publish papers or present at regional and national meetings. Trainees have participated in projects on neuro-modulation, delirium, suicide, ovarian cancer, women’s health, chronic pain, seizure disorders, sleep disorders, post-myocardial infarction depression, transplant psychiatry, and many more.

Research opportunities exist across the department and the institution. PGY2 residents are introduced to common elements of research early in the year as part of the Academic Half Day curriculum. Each resident is required to present at the Department of Psychiatry Grand Rounds. Residents are encouraged to have an academic project to publish or present as a poster or platform at a regional or national meeting. Current and recent trainees have participated in projects on neuro-modulation (both ECT and TMS), delirium, suicide, ovarian cancer, women’s health, chronic pain, non-epileptic seizures, sleep disorders, post-myocardial infarction depression, transplant psychiatry and quality improvement.

Residents presenting at national meetings are eligible for registration and travel reimbursement by the NI and GME. In the past, residents have presented at:

- American Psychiatric Association
- Academy of Psychosomatic Medicine
- American Association of Directors of Psychiatry Residency Training
- Cleveland Consultation Liaison Society

Residents may also present their work at Cleveland Clinic Neurological Institute Research Day (NIRD), which is held annually at the Intercontinental Hotel and Conference Center on the Cleveland Clinic Main Campus. Generous cash awards are given to the most outstanding paper and platform presentations – our residents have consistently been recipients.

Cleveland Clinic Department of Psychiatry Research Fellowship has definitely been a significant milestone in my career. This fellowship has not only helped me gain the knowledge and experience needed to become a clinical researcher but also helped me deepen my interest and experience in my subspecialty interests. Moreover, due to its unique structure, Cleveland Clinic makes it possible for extensive cross-departmental collaborative research to happen, which really widens the opportunities to work with many different clinical researchers and non-clinical research staff and be a part of elite, cutting-edge research projects.

- Murat Altinay, MD
2015 Graduate of Cleveland Clinic Research Fellowship Director, Transcranial Magnetic Stimulation (TMS) Program

Interventional Psychiatry

All residents complete a one month rotation where they will perform ECT with different attending to learn the various components of ECT. Residents leave this rotation certified in ECT so they are able to perform ECT independently. Residents also have the opportunity to observe TMS and intravenous ketamine infusions.

Focus on Neuroscience

The psychiatry residency program has a tradition of excellence in both neuropsychiatry and the neurosciences.

The formal psychiatric neurosciences curriculum begins in the PGY3 year, once residents have a strong foundation in clinical psychiatry.

Neuropsychiatry Clinics

Residents spend 1 module during the PGY4 year performing outpatient evaluations of neuropsychiatric patients which include, epilepsy, movement disorders, multiple sclerosis, and dementia.

Curriculum Overview:

- Neuroanatomy
- Neuroimaging
- Neuropsychology and Neurochemistry
- Neurobiology of Mood, Thought and Behavior
- Cognitive Neuroscience
- Clinical Neuropsychiatry
- Neurogenetics
- Neuromodulation
Focus on Psychotherapy

PGY1
Early exposure to psychotherapy begins in PGY1 when residents rotate on the acute inpatient psychiatry units at Lutheran Hospital. Residents are also exposed to the basics of psychiatric interviewing during the Academic Half Day (AHD) interviewing course.

PGY2
At the beginning of the PGY2 year residents are paired with a psychiatrist or psychologist psychotherapy supervisor with whom they meet weekly. Supervisors rotate yearly to ensure that residents gain adequate exposure to both behavioral (CBT, DBT) and psychodynamic approaches during the course of residency training. Psychotherapy supervision is supplemented by comprehensive AHD courses in both Cognitive Behavioral Therapy and Psychodynamic Psychotherapy. The six-month course in Psychodynamic Psychotherapy is led and taught by senior members of the Cleveland Psychoanalytic Center.

PGY3
Exposure to psychotherapy continues in PGY3 with the addition of a ½-day per week dedicated psychotherapy clinic. Residents become well-versed in DBT skills during the 3-month Experiential DBT Skills course, where they get the opportunity to teach the group and to practice skills themselves. Residents also gain exposure to Interpersonal Psychotherapy during AHD. Weekly psychotherapy supervision continues. During this year, residents can begin to pick up as many psychotherapy patients as they see fit.

PGY4
The ½-day per week psychotherapy clinic continues during the PGY4 year and is complemented by a PGY4 Psychotherapy Case Conference which occurs throughout the year during AHD. Weekly psychotherapy supervision continues.

The opportunity to teach and guide individuals with a passion for healing and learning is an amazing, rewarding (and at times humbling) experience. Witnessing the professional and personal growth of these people throughout their training is an aspect of my work that I would never relinquish.

- Kenneth G. Alexander, M.Ed.
Supervisor, Psychotherapy

In our psychotherapy training program, we are committed to exposing our residents to a variety of experiences with patients, different ways to conceptualize pathology and implement treatment, and supervisors from several professional disciplines with varied therapeutic orientations. Our overall emphasis is on learning to skillfully and empathetically develop the therapeutic alliance between patient and therapist as the key instrument of change.

- Joseph Rock, PsyD
Director of Psychotherapy Education

Process Groups
Process groups occur every Thursday and span all four years of residency. Each PGY year meets with their own individual facilitator for one hour weekly to discuss a variety of topics in a secure and supportive setting. Since process groups are also part of the academic half day, these occur during protected time.
Day-in-the-Life

Amanda Pomerantz re: PGY1
Inpatient psychiatry as a PGY1 is at Lutheren Hospital in Ohio City. We rotate between the two acute inpatient units (about 16 beds each) for 3 months. The remaining months are spent on blocks of evening float (4P-1:30) and night float (8P-8A), as well as an initial boarding month to get oriented to psychiatry with our seniors. I finished PGY1 rotating on a unit of primarily psychotics and mania. I wake up around 6:30A on a typical day working at Lutheren. I have plenty of time to grab breakfast and make it to the hospital by 8A, where I meet my co-residents, pre-chart on patients , and read about new overnight admissions. Since COVID, morning treatment team has been virtual, so social work, nursing, pharmacy, the attending, other residents, and medical students meet virtually to discuss new patients, overnight events, how patients are doing in groups, and other pertinent info. Once this is done, I head downstairs to the unit with the team to see patients. I touch base with our lovely social workers before leaving to discuss dispositions and follow-up. By 12P, we are usually done seeing patients and have notes mostly completed, but if not, we have plenty of time in the afternoon to finish. Depending on the day, afternoons are spent participating in journal club, teaching medical students, calling collateral, learning more about the patients, or addressing issues that arise on the unit. We cover new admissions until about 3P, and afterward the new admissions are seen by either the resident-on-the-day (ROD) or the evening on-call resident. I head home by 4P regularly unless I am the ROD, on which days I leave by 6P and I can leave work at WORK since our parsers are covered by those on call. After work, I usually make some time for exercise, cook dinner, watch Netflix, and catch up with friends and family.

When ROD at Lutheran (2-3 days per M-F), we cover the pager from 11A-6P, quarterbacking pages coming in from the various units, addressing agitation and other patient concerns, and seeing new admissions on 2 acute units, 2 mood disorder units, and the alcohol and drug abuse center (ADRC). While on these rotations as a PGY1, we cover two Saturday mornings per month, where we see patients that we were already following during the week (so we get out pretty early!). One of the major pros of our program is that we are not responsible for new admissions on the weekends since they are covered by a moonlighter Friday evening through Sunday afternoon.

Kinza Tareen re: PGY3
PGY3 brings a departure from the eccentricities of inpatient psychiactric wards and team based practice of consult liaison psychiatry as we focus shifts to developing therapeutic alliances as outpatient providers and receive more independence within primary care. With many psychiatric subspecialties. With a strong psychiatric foundation established in the first two years of residency, I have confidently transitioned to a schedule that allows for far more independence, autonomy, and variation in my day-to-day responsibilities. Mornings are dedicated on my clinical rotation, but in general I have ample opportunity for independent study between patient care. Monday afternoons are dedicated to either a six month outpatient longitudinal experience or a six month experience working with co-residents in morning and afternoon medical appointment for mood disorders. While there were many options including sports psychiatry, transplant psychiatry, addiction medicine, and child and adolescent psychiatry, I chose to spend my Monday afternoons in a longitudinal women’s mental health clinic. On Tuesday

Hannah Snyder re: PGY2
During PGY2 we switch between psychiatry subspecialties every 4 weeks. We also start a half day of clinic weekly which includes three slots for medication management and one for psychotherapy. Additionally, we have overnight calls at a local campus on average every eight days, which involves covering the Main Campus floor consults for both adults and children, as well as psychiatric patients that present to our ED. This is a rotation that I am rotating in the psychiatric emergency department at St. Vincent’s Charity Hospital located between main campus and downtown.

I get up between 6:15 and 6:30 to drink my coffee and eat breakfast before going into my shift. While I’m driving into the hospital, I listen to an audiobook about a topic in psychiatry. I arrive at the nurses station around 7:30 am for sign-out between the overnight and daytime attendings. This attending gives me an overview of the patients who arrived overnight and does some spontaneous teaching about any interesting aspects of the cases. Throughout the day, I review the charts of the new patients then go see the patients on my own. I write the notes and present the patients to the attending with my recommended plan. One of the aspects of the psychiatric ED that makes the rotation unique is that we have a lot of flexibility in our recommendations. We can choose to discharge or admit - or we can choose to observe for 23 hours while re-evaluating or continuing outpatient medications to see if the patients stabilize enough that they can go home and follow-up with their outpatient team. At 5:30, the nighttime attending takes over and I head home. When I arrive at home, my cat greets me at my door. I take care of miscellaneous life tasks and then I’ll go for a run, ride my bike, or spend time with friends outside. Then, I typically eat dinner and either read something for pleasure or listen to an audiobook while knitting or working on a puzzle.

Michael Squeri re: PGY4
As with all other years, my mornings are dedicated to whichever rotation I am on during that month. Many of my fourth year rotations are either senior resident months on the inpatient unit or elective rotations. I have opted to spend many of my months honing my psychotherapy skills, focusing on psychiatric subspecialties, or continuing a research project that I started during my third year. While my mornings are dependent on which rotation I am on, my afternoons are fixed throughout most of the year. On Monday afternoons I have my longitudinal “med-check” clinic. On Tuesday afternoons throughout a portion of the year I participate in a subspecialty brain health clinic with one of our neurologists. On Wednesday afternoons I see psychotherapy patients. I manage about 5-6 active psychotherapy cases and on Wednesday afternoons I usually see three patients in one hour blocks. Thursday days we have didactics, and during this time our normal morning rotation is covered and we are not responsible for any clinical duties. This is a much appreciated benefit as we are allowed to focus on the learning at hand. After process group I have a weekly meeting with my psychotherapy supervisor. We discuss my active psychotherapy cases and she provides feedback based on the techniques that I am using. This is usually the end of a busy but highly educational Thursday. Friday mornings are back to my normal monthly rotation. As a chief resident, I have a weekly leadership meeting on Friday afternoons, after which I am often following through on action items discussed during our meeting. Each month I am allocated to other residents to be sure that things are running smoothly for everyone. One of the perks of being a fourth year is that I never work overnight or on the weekend (with the exception of a couple of shifts supporting my psychotherapy clinics). Beginning in the fall, I’ve been able to maintain a consistent weekly schedule in the afternoons with a modular rotation based schedule for the morning for makes for an ideal combination of variety and consistency.

Academic Half Day

The academic half day is a period of protected time, both while on psychiatry services and on off-service rotations, for residents to attend didactics, grand rounds, and program meetings. Lectures are tailored to each PGY level to ensure relevant content is covered each year and that residents are exposed to the breadth that psychiatry has to offer by the time of graduation. Residents develop teaching skills by presenting case conferences and PRITE reviews. The residency ensures that concerns are heard via regular meetings with chief residents, program directors, and the Department Chair.

PGY1:
• PGY1 Crash Course (Inpatient Psychiatry)
• General Adult Psychiatry
• Psychopharmacology
• Interviewing Skills
• Neurolgy
• PGY1 Orientation

PGY2:
• Research Methods
• CL Psychiatry
• General Adult Psychiatry
• Psychopharmacology
• Cognitive Behavioral Therapy
• Psychodynamic Psychotherapy with Cleveland Psychoanalytic Institute Faculty

PGY3:
• PRITE Review
• Ethics and Law
• Dialectical Behavioral Therapy
• Advanced Psychopharmacology
• Advanced Psychotherapy

PGY4:
• Psychotherapy Case Conference
• Geriatric Psychiatry
• Eating Disorders
• Dedicated Month for Board Review

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Welcome, and nice to meet you virtually! My experience as a psychiatry resident at Cleveland Clinic thus far has been extraordinarily fruitful. When making my rank list of potential programs as a fourth-year medical student, I valued camaraderie within residents and with staff, teaching opportunities, and exposure to all subspecialties of psychiatry, as I had no clear idea of what type of psychiatrist I would become. It is remarkable to now see things come full circle, as I have developed countless friendships with my co-residents and attendings, became a CCLCM Clinical Instructor of Medicine who is deeply ingrained in medical student teaching, and matched into child and adolescent psychiatry fellowship here. As academic chief, my involvement with teaching broadens as I assist the program in organizing our didactics curriculum and watch my co-residents grow alongside me. Cleveland quickly grew on me as a city and has much to explore, even as I enter my third year here. There is always something to do, though admittedly we end up playing board games most times! Our program has a cozy, family feel that I began to experience on interview day, but continued to feel even more so throughout my time here. Though I don’t have kids myself, the number of our residents with families, children, and pets attests to this. We truly make value of your time in residency while affording you the time and opportunity to pursue outside interests, whether those be clinical or non-clinical. If any of this hits close to home, I encourage you to reach out to us so we can show you what else our program has to offer!

Don Zeolla, PGY3

Meet Our Chief Residents

Our residents are a diverse group with a variety of ethnicities, cultural backgrounds, unique talents and a passion for learning. They hail from all over the United States and the world. Some are single, some are partnered, some have children. What applicants notice most about our residents is that they are friendly, warm, engaging and supportive to each other.

Hello, my name is Molly. I am one of the chief residents for the Adult Psychiatry program and a current PGY-4. I have enjoyed so much of my residency so far. I have loved the opportunity to work with patients that have both a high medical and high psychiatric acuteness. The staff allow us an appropriate level of independence based on our skill level and are always around to support, educate, and foster our clinical skills. Throughout my time, I have continued to be amazed by the genuine interest our staff take in our personal and professional lives. Of course, none of this would have been possible without also having the support of my classmates who have become close friends and felt like second family. As scheduling chief, I have been responsible for working with our residents to ensure that in their third and fourth year they are able to capitalize on as many unique experiences as they would like during their elective rotations whether it be utilizing a well loved elective we already have around or forming new electives that fit resident’s particular area of interest. My husband and I moved to Cleveland from Oklahoma and didn’t know if it would feel like home but I can tell you we have loved it enough to buy our first home and start our family here. We love going to the zoo and the botanical gardens most of all. I am so grateful to have been given the chance to grow and learn at one of the top hospitals in the country where the “zebras” are an every day occurrence. Feeling as prepared as I do with graduation just around the corner, I wouldn’t have had it any other way.

Molly Do, PGY4

Hello! My name is Mike and I am one of the chief residents for this year and a current PGY-4. My time as a resident at the Cleveland Clinic has been an incredible blend of diverse learning experiences alongside personal and professional growth. One of my favorite aspects of being a resident at the Clinic has been the supportive and friendly learning environment amongst both residents and staff. This environment has made it easy to soak in the wealth of exposure to both common and rare psychiatric presentations while also fostering amazing friendships. As chief resident of outpatient services I primarily work to ensure that our residents have a healthy variety of learning cases in our outpatient clinic, while also serving as the representative for the residents to our administrative staff. I work mostly with our PGY 2s, 3s, and 4s but enjoy teaching and mentoring our first years as well! Living in Cleveland has been a great experience during my years at the Clinic so far; my wife and I love getting out to the metroparks with our dog and hosting our friends for board game nights. We are surrounded by great food and public parks which we try to take advantage of as often as we can! Overall I have enjoyed my experience as a resident and Cleveland is a great place to call home.

Mike Squeri, PGY4

Hello, my name is Molly. I am one of the chief residents for the Adult Psychiatry program and a current PGY-4. I have enjoyed so much of my residency so far. I have loved the opportunity to work with patients that have both a high medical and high psychiatric acuteness. The staff allow us an appropriate level of independence based on our skill level and are always around to support, educate, and foster our clinical skills. Throughout my time, I have continued to be amazed by the genuine interest our staff take in our personal and professional lives. Of course, none of this would have been possible without also having the support of my classmates who have become close friends and felt like second family. As scheduling chief, I have been responsible for working with our residents to ensure that in their third and fourth year they are able to capitalize on as many unique experiences as they would like during their elective rotations whether it be utilizing a well loved elective we already have around or forming new electives that fit resident’s particular area of interest. My husband and I moved to Cleveland from Oklahoma and didn’t know if it would feel like home but I can tell you we have loved it enough to buy our first home and start our family here. We love going to the zoo and the botanical gardens most of all. I am so grateful to have been given the chance to grow and learn at one of the top hospitals in the country where the “zebras” are an every day occurrence. Feeling as prepared as I do with graduation just around the corner, I wouldn’t have had it any other way.

Molly Do, PGY4

Welcome, and nice to meet you virtually! My experience as a psychiatry resident at Cleveland Clinic thus far has been extraordinarily fruitful. When making my rank list of potential programs as a fourth-year medical student, I valued camaraderie within residents and with staff, teaching opportunities, and exposure to all subspecialties of psychiatry, as I had no clear idea of what type of psychiatrist I would become. It is remarkable to now see things come full circle, as I have developed countless friendships with my co-residents and attendings, became a CCLCM Clinical Instructor of Medicine who is deeply ingrained in medical student teaching, and matched into child and adolescent psychiatry fellowship here. As academic chief, my involvement with teaching broadens as I assist the program in organizing our didactics curriculum and watch my co-residents grow alongside me. Cleveland quickly grew on me as a city and has much to explore, even as I enter my third year here. There is always something to do, though admittedly we end up playing board games most times! Our program has a cozy, family feel that I began to experience on interview day, but continued to feel even more so throughout my time here. Though I don’t have kids myself, the number of our residents with families, children, and pets attests to this. We truly make value of your time in residency while affording you the time and opportunity to pursue outside interests, whether those be clinical or non-clinical. If any of this hits close to home, I encourage you to reach out to us so we can show you what else our program has to offer!

Don Zeolla, PGY3
Living in Cleveland

One thing you’ll always hear from a native Clevelander is how much they love the city. Our residents agree. Cleveland offers the balance of a big city, historic suburbs and beautiful countryside, all within a 30-mile radius. Greater Cleveland is home to the Rock and Roll Hall of Fame, Severance Hall and the Cleveland Symphony Orchestra, the Cleveland Museum of Art, and the Cleveland Botanical Gardens – all within just minutes of the clinic. Cleveland also boasts a number of professional sports teams, including the Cleveland Indians, Cleveland Browns, and Cleveland Cavaliers. Cleveland is becoming quickly famous for the rapidly growing food and restaurant scene and is proud to claim Iron Chef Michael Symon as one of its own.

The Cleveland Clinic is centrally located with easy access to downtown, the “Eastside” and the “Westside.” Most residents live in one of these three areas and find that the cost of living in Cleveland is affordable and traffic is quick and easy. The Cleveland metro area has a number of excellent public school systems as well as numerous private school alternatives.
The Great Outdoors

From the shores of Lake Erie to the north, to the gradually rolling foothills of the Allegheny mountain range to the east, the Greater Cleveland area has much to offer any outdoor enthusiast. The snowy winters are ideal for skiing, snowshoeing, or just sipping hot cocoa in front of a fire. Our residents enjoy hiking in the Cuyahoga Valley National Park, or in the over 22,000 acres of nature reserve at one of the eighteen Cleveland Metroparks. Lake Erie boasts a number of beaches and watersports, as well as a flourishing wine industry with over 180 wineries in the state.

Cleveland is also a great place for kids and families. The Cleveland Metroparks Zoo is a hotspot for kids of all ages and frequently offers discounts to Cleveland Clinic employees. Patterson Fruit Farm, located in beautiful Geauga County, offers apple, peach, and strawberry picking, and an annual Family Fun Fest in the fall, at which the Cleveland Clinic House Staff Association holds a yearly free event. The Cleveland Botanical Garden is home of the Hershey Children’s Garden and the Glasshouse, which offers daily butterfly releases. The Cuyahoga Scenic Railroad offers children's programs including the famous Polar Express Train.
Compensation and Benefits

Call Schedule

• PGY1: While on inpatient psychiatry, residents are on short call 2-3 days per M-F from 11A-6P. Evening and overnight calls are in the form of 2-week blocks of evening shifts from 4P-12A M-We & F, or night shifts from 8P-8A Su-Th. While on inpatient psychiatry floor rotations (not evenings or nights), PGY1s typically cover 1-2 abbreviated Saturday mornings per month and are usually done for the day by noon. PGY1s also take call while on the general neurology rotation, including 1 week of overnight call shifts with multiple senior neurology residents, and 1-2 24-hour call shifts per week while at South Pointe Hospital for internal medicine (with a max of 6 per module). Residents are excused from all activities following call shifts.

• PGY2: On main campus, PGY2s provide in-house overnight call on average of once every 8 days. This covers adult and child psychiatry consults and emergency department psychiatry patients. PGY2s are able to begin moonlighting toward the tail end of the year as long as they remain within duty hours.

• PGY3 and PGY4: Senior residents assist in call as-needed but have no mandatory call duties with the exception of supervising new PGY1s during their onboarding months July-August for no more than 4-5 total shifts. Senior residents are excused from all activities the following day if supervising overnight. Moonlighting is also an option - about half of the PGY3s-PGY4s choose to moonlight, as it is an excellent way to make supplemental income.

Dental Care Plan | Your choice of 3 plans provided at no cost to all residents/fellows and their eligible dependents after completing 12 months of training. Coverage during PGY1 year may be purchased quite cheaply.

Disability Insurance | Paid for by the Cleveland Clinic Foundation for Residents/Fellows in Clinical Training Programs.

Fitness | Residents receive a free membership to the on-campus fitness center and may also receive a Curves membership. Lutheran Hospital also has a gym for residents to utilize at no cost.

Health Insurance | The Cleveland Clinic Foundation provides plans at minimal cost to you and your eligible dependents. Other plans are also available.

Library | The 30,000 square foot library facility offers the following services: reference assistance, medline searches, electronic resources (may also be available from outside the library) and a Learning Resource Center (audiovisual materials, computers, interlibrary Loans).

Life Insurance | $25,000 term group policy.

Loans | $1,200 interest free loan is available to all house staff who receives a salary from the Cleveland Clinic Foundation.

Malpractice Insurance | Paid by The Cleveland Clinic Educational Foundation, includes tail coverage. Limited to activities within the training program.

Moonlighting | Senior residents are permitted to moonlight per approval of Program Director and successful completion of one CSV and attainment of minimum PRITE score.

On-Call Meals | PGY1-2 residents are provided with a stipend that replenishes every 6 months to spend at most Cleveland Clinic hospitals, cafeterias, and associated vendors. The stipend can be spent at any time.

Pharmaceuticals | Prescription drug benefits are determined by the health plan chosen. All health plans have a deductible, co-pay or both for prescription medication.

Research and Away Conference Sponsorship | Each resident is required to have an academic project presented in the form of a grand rounds, poster or oral platform presentation. Residents are encouraged to submit their work to a national meeting/conference. Eligibility for conference reimbursement includes:

• Resident is the primary author
• Abstract/platform acceptance by sponsoring association
• Adherence to the NI travel policy (i.e. 3 days maximum)

Social Activities | Resident retreat, annual fall picnic, resident-led movie club, book club, journal club and free events sponsored by the Cleveland Clinic House Staff Association and House Staff Spouse Association

Technology and Books | In lieu of a traditional book stipend, each Psychiatry Resident is furnished with a complimentary iPad from which he or she can utilize electronic resources, access the electronic medical record, and participate in advanced learning methods during Academic Half-Day (team-based learning, flipped-classroom models).

Time Away

• Vacation: 20 paid vacation days + 1 wellness day
• Maternity: 12 weeks paid leave
• Paternity: 4 weeks paid leave
• The Family Medical Leave Act (FMLA): entitles all employees up to 12 weeks off, unpaid, after one year of employment. See Graduate Physicians Manual for further information.

Vision Plan | Residents/Fellows of CCF may purchase the vision plan for you and your eligible dependents. This plan is a materials-only plan which provides savings on prescription eyewear. (Note: routine eye exams are covered through your health plan).

House Staff Resource Center

Opened in July 2014 and designed for trainee use only, this 4,000 square foot space is located in the hub of the main campus near the cafeteria, Au Bon Pain and Starbucks. The space includes dedicated conference rooms for transitions of care and teaching rounds, 100 computers, independent study carrels, day lockers, a lounge with coffee maker and water cooler and several large screen LCD displays.
Where do our residents go from here?

2020
Cleveland Clinic, Consult-Liaison Fellowship x2
Cleveland Clinic, Staff Psychiatrist x3

2019
Cleveland Clinic, Child Psychiatry Fellowship x2
Akron Children’s Hospital, Child Psychiatry Fellowship
Cleveland Clinic, Consultation Liaison Fellowship
Cleveland Clinic, Staff Psychiatrist
Kaiser Permanente, Staff Psychiatrist
Meridian Psychiatric Partners, Staff Psychiatrist
University of California San Francisco, Staff Psychiatrist

2018
Cleveland Clinic Akron, Staff Physician
Cleveland Clinic, Consultation Liaison Fellowship
Northcoast Behavioral Health, Staff Psychiatrist
Psychiatrist, Private Practice
University Hospitals, Consultation Liaison Fellowship

2017
Cleveland Clinic, Child Psychiatry Fellowship
Cleveland Clinic, Staff Psychiatrist
Massachusetts General Hospital, Consultation Liaison Fellowship
Non-academic Hospital (Oregon), Staff Psychiatrist
Ohio State University, Child Psychiatry Fellowship
Tufts University, Staff Psychiatrist
Yale-New Haven Hospital, Addiction Fellowship
Yale-New Haven Hospital, Geriatrics Fellowship

Fellowship Opportunities
• Consultation Liaison Psychiatry
• Pain Medicine
• Headache Medicine
• Sleep Medicine
• Mood Disorders
• Child and Adolescent Psychiatry
• Clinical Neuroscience Research Fellowship
• Behavioral Neurology and Neuropsychiatry

Cleveland Clinic Lerner College of Medicine
The Cleveland Clinic Lerner College of Medicine was established as a program of Case Western Reserve University School of Medicine. CCLCM trains students to become physician investigators, integrating basic science, research and clinical medicine.

In 2019, Cleveland Clinic and CWRU opened its new Health Education Campus, where medical, nursing, dental medicine and physician assistant students will engage in collaborative, interprofessional learning.

How to Apply for a Psychiatry Elective at the Cleveland Clinic
Electives and Acting Internships are available through the Cleveland Clinic Lerner College of Medicine (CCLCM) for medical students in their final year who meet criteria to receive academic credit.

Visit the CCLCM website at http://portals.clevelandclinic.org/cclcm for additional details.
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