

PGY-3

The third year of training in our program is a significant transition: After two years of predominately inpatient work, we find ourselves managing patients across multiple outpatient settings for the entirety of the year. While many of these patients are new, you will remember some from the inpatient units during your first few years as a resident. These patients helped to emphasize a shift in focus from acute risk management to long-term stability, tolerability of medications, and increased quality of life. Each week, we split our time between five different clinics - Adult (START and COPE), Substance Use (ASAP), Geriatric, and Child/Adolescent. Additionally, we have the opportunity to participate in psychotherapy sessions with multiple patients and meet weekly for supervision with faculty mentors that we have selected.

Across these myriad treatment settings, we receive more responsibility and are trusted to act autonomously in decision making; however, also we staff with a variety of attendings each day. The breadth of learning during this year is staggering, reflected in a consistent focus on psychotherapy, psychopharmacology, and neuroanatomy each week in addition to a wide array of clinic-specific didactics. We also can moonlight in Psychiatric Emergency Services (PES) during this time which allows the opportunity to continue to hone our skills in the emergent setting while earning extra money at the same time.

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