

# The Psychiatry and Behavioral Medicine Unit

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# The Psychiatry and Behavioral Medicine Unit

- 41 Beds, patients ages 4-17
- Approximately 1200 patients seen per year
- Average length of stay is one week, though some patients stay longer due to severity of mental illness or difficulty in finding appropriate discharge plan
- The only inpatient psychiatric unit in the state that sees patients under 12 or on the Autism spectrum
- Multidisciplinary team includes psychiatrists, advanced registered nurse practitioners, master's level mental health therapists, psychologist, trainees from all disciplines, nurses, and floor staff as well as consults to other parts of the hospital



# PBMU Psychology Resident Duties

## Patient Care

- Primary therapist for one case at a time.
- Work with the psychodiagnostic assessment team to complete structured diagnostic assessments and case conceptualizations for patients.
- Expert consult with Clinical Director on complex cases.
- Provide additional individual or family therapy for complex cases.
- Create and run group therapy curriculum.
- Create individualized behavior plans.
- Complete more in depth diagnostic assessments as needed.



# PBMU Psychology Resident Duties

## Other Responsibilities

- Tiered supervision of psychology practicum students.
- Work closely with psychology post-doctoral fellow.
- Participation in weekly multidisciplinary didactics. Present once on area of expertise over course of rotation.
- Participation in biweekly group supervision.
- Daily individual supervision with psychologist and psychiatrist.
- Program Development as opportunities arise.



# Training Objectives

- Appreciation of a multidisciplinary/systems perspective in formulation of and intervention with child's presentation
- Familiarity with child welfare system
- Familiarity with pediatric psychiatric medications
- Skillful documentation: Comprehensive, succinct, useful
- Experience with severe mental illness
- Skill in crisis intervention and safety planning
- Skill in helping youth building emotion regulation, distress tolerance, and social problem-solving skills
- Appreciation of strengths and limitations of acute care settings
- Program development for acute care settings

