Cambridge Health Alliance

Child & Adolescent Psychiatry Fellowship Program 2016-2017

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The CHA Training Program in Child & Adolescent Psychiatry Fellowship

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The CHA Training Program in Child & Adolescent Psychiatry Fellowship

Cambridge Health Alliance and Its Mission

Since 1964, the Cambridge Hospital (now Cambridge Health Alliance, or CHA) has provided a model of innovative, community-oriented healthcare in which trainees from all psychiatric disciplines have developed their skills. The CHA mission is to improve the health of the Massachusetts communities we serve. As a safety-net healthcare system, CHA has been on the cutting edge of healthcare reform, and has received national recognition for its innovative work. In 1988, the Victims of Violence Program at CHA received the Gold Award from the American Psychiatric Association for innovative hospital and community service. In 1993, CHA was honored with the Foster G. McGraw Prize for service to the community; in 2001, CHA received three Safety Net awards for Open Access Patient Scheduling, Domestic Violence Programming, and Cultural and Linguistic Competency. In 2001, the Robert Wood Johnson Foundation selected CHA as one of seven healthcare systems for a “Pursuing Perfection” grant to transform healthcare delivery. In 2003, CHA was again honored with APA’s Gold Award, this time for its innovative work in providing a restraint-free environment on its child inpatient psychiatric unit. In 2007, the National Association of Public Hospitals and Health Systems presented the Chair Award to CHA for its integrated medical student clerkship program. And in 2009, CHA was selected as a national best practice site for team development by the Commonwealth Fund Safety Net Medical Home transformation initiative.

As part of its 2015-16 strategic planning process, CHA is poised to become an Accountable Care Organization. This “medical home” model would involve CHA receiving global insurance payments from private, state and federal insurers in exchange for providing integrated care to a community of patients. To this end, CHA developed an affiliation with the Beth Israel Deaconess Care Organization (BIDCO) in 2014. The integrated care model for adult patients is underway, and the model for child/adolescent integrated care is being rolled out, with services already in place at several pediatric clinics. This model will enhance our ability to focus on preventative care and well as treatment, and offer earlier interventions for the children and families we serve.
CHA Training in Child Psychiatry

Training and education are key elements of CHA’s mission. The CHA child psychiatry fellowship training program has its roots in psychodynamic and psychoanalytic therapies and public sector, multicultural, community based care. While continuing to nurture this tradition, the program also trains fellows in other evidence-based treatment modalities in the service of a comprehensive biopsychosocial model. Our values include training highly ethical, independent and responsible physicians who will give excellent psychiatric care to children and families using an integrative approach to child psychiatry that fits the needs of individual patients and their families.

The training experience is designed to develop and strengthen fellows’ abilities to develop a biopsychosocial formulation and treatment plan, and implement appropriate and effective treatments. Fellows are taught to consider different modalities of treatment based upon the family’s preferences for services, the efficacy and cost-effectiveness of certain methods for particular disorders, the capacity of a child and family to engage in treatment, and the level of supporting evidence. The range of psychotherapy techniques taught includes: intensive psychodynamic individual psychotherapy, intensive family therapy, brief and focused individual and family therapies, psychopharmacology, supportive psychotherapy, cognitive behavioral psychotherapy, psycho-educational interventions, and group therapy (including dialectical behavior group therapy).

The two-year training program includes a combination of didactics, clinical rotations, and independent scholarly work. Currently, eight to ten hours a week are protected for didactic learning. Weekly seminars cover a variety of topics pertinent to our field, including psychotherapy, psychopharmacology, human development, and scholarly activities. Clinical rotations occur throughout both years. The first year is divided into five 10-week blocks in Adolescent Inpatient, Child Inpatient, Pediatric Emergency and Residential Consultation, Consultation-Liaison, (including both inpatient and outpatient consultation), and Elective. In addition, briefer rotations within each block focus on issues such as developmental disorders, pediatric neurology, preschool-age development and consultation, early intervention observation, wrap-around care, and consultation to state agencies. Also in the first year, trainees begin their longitudinal outpatient experience in both psychotherapy and psychopharmacology. Finally, the first year fellows rotate through an interdisciplinary outpatient diagnostic evaluation team to learn the skills needed to conduct outpatient assessments.

The second year is focused on seeing a diverse outpatient population for a full range of outpatient treatments. In addition, second-year fellows learn about forensics in probate/family and juvenile court clinic settings, and school consultation. Eight hours a week throughout the second year is available for elective time and scholarly activity. All second-year fellows complete a Clinical Scholarship Project. Fellows in both years participate in quality improvement initiatives and case presentations.

The Training Program in Child and Adolescent Psychiatry at Cambridge Health Alliance recruits five fellows per year. Interested applicants should submit an application via ERAS by October 15, 2015. Interviews will be offered in September through November. The match list is submitted
in mid-December and match results announced in January for the following training year. We accept fellows only after their PGY-III year of training (or beyond) who have passed USMLE III, completed required Clinical Skills Examinations (CSEs), and met all ACGME requirements for general psychiatry. Our program participates in the NRMP match for fellows in Child and Adolescent Psychiatry. We are an equal opportunity employer and training program and seek to recruit minority trainees and faculty members who will assist us in providing services to minority groups in our community.

CHA Child and Adolescent Psychiatry Training Program: First Year

The first year is divided into five blocks of ten weeks each. In addition, Wednesday and Thursday afternoons are devoted to a longitudinal outpatient experience throughout the year.

Child Assessment Unit (CAU) Block
- Child Inpatient, Cambridge Hospital, 7th floor (27 hours/week for 10 weeks)

Adolescent Assessment Unit (AAU) Block
- Adolescent Inpatient, Cahill 3, Cambridge Hospital (27 hours/week for 10 weeks)

Psychiatric Emergency and Residential Consultation Block
- Psychiatric Emergency Services (Cambridge Hospital ED, 8 hours/week for 10 weeks)
- Psychiatric Transitional Service (Cambridge Hospital Cahill 1, 3 hours/week for 10 weeks)
- Residential Consultation (Walden Street School, Justice Resource Institute, 6 hours/week for 10 weeks)
- Early Intervention Observation (The Guidance Center, 3 hours/week for 6 weeks)
- Community Service Agency (Cambridge Youth Guidance Center, 5 hours/week for 10 weeks)

Consultation/Liaison Block
- Inpatient pediatrics consultation, Tufts Medical Center (16 hours/week for 10 weeks)
- Outpatient pediatrics consultation, MIT Pediatric Clinic, Cambridge (4 hours/week for 10 weeks)
- Consultation to State Agencies (Depts. of Mental Health and Children and Families, various locations (3 hours/week for 10 weeks)

Elective/Scholarly Activity Block
- Independent clinical and scholarly activity time (8 hours/week for 10 weeks)
- Developmental disorders, office of Karen Levine, PhD (3 hours/week for 10 weeks)
- Neuropsychological Testing observation (6 hours)
- Pediatric Neurology, Lurie Center for Autism (4 hours/week for 10 weeks)
- Preschool Observation and Consultation, Early Years Program and Peabody Terrace Children's Center (3 hours/week for 10 weeks during the Elective Block)
- Outpatient pediatrics consultation, CHA Windsor Street Pediatrics, Cambridge (4 hours/week for 10 weeks)
- Evaluation team (3.5 hours/week for 10 weeks during the Elective Block)

Longitudinal Outpatient Experience
(Cambridge Hospital, Macht Building)
- Psychotherapy (individual, group and family, 3 hours/week for 52 weeks)
- Precepted psychopharmacology clinic (3 hours/week for 52 weeks)
Rotations: First Year

I. Inpatient

- **Child Assessment Unit (CAU),** Cambridge Hospital - 10 weeks

  This clinical experience gives fellows the opportunity to work with multidisciplinary staff, gain experience negotiating with outside systems such as the Department of Children and Families, the Department of Mental Health, and the wrap-around services of the Children’s Behavioral Health Initiative. Fellows develop assessment and treatment skills with oversight and supervision from inpatient psychiatric attendings and visiting faculty. The Rotation Supervisor of the CAU rotation is Dr. Gabriela Iagaru.

  Patients range in age from 2 to 13; approximately 30% are from Cambridge and Somerville, while 70% are drawn from a wider geographic area. The patients represent a diverse socioeconomic, ethnic, and cultural mix and present with a wide range of diagnostic problems, including post-traumatic, disruptive, mood, psychotic, and developmental disorders. Clinical focus is on accurate diagnostic assessment, including individual and family evaluations, and broad-based treatment, including psychopharmacology, family work and milieu therapy. The unit has received recognition for its development of strategies to reduce the use of restraint and seclusion. The unit has also developed a family-centered model of care.

  Educational activities include: Weekly interview and case formulations conference with outside faculty; weekly family therapy case conference; weekly clinical supervision from outside faculty; weekly supervision with an on-site supervisor; co-leading a group to promote self-regulation; and informal supervision from psychiatric and psychology staff.

  Teaching opportunities include supervising medical students, adult psychiatry and pediatric residents. Fellows also are expected to present and implement evidence-based treatment plans in team meetings.

II. Inpatient

- **Adolescent Assessment Unit (AAU),** Cahill 3, Cambridge Hospital - 10 weeks

  The AAU rotation provides a rich clinical experience with adolescents and their families involving close work with multidisciplinary staff in a team format, both as primary clinician on cases and as the medication consultant. Fellows gain experience negotiating with outside systems and presenting evaluations in teams and to outside providers in systems meetings. The Rotation Supervisor of the AAU rotation is Dr. Fred Crow.

  This unit has 14 inpatient beds. The population ranges in age from 12 to 19, with approximately 50% of patients from the local Cambridge/Somerville area and 50% from the greater Massachusetts and New England regions. Like the CAU, the patients represent a diverse socioeconomic, ethnic and cultural mix. CHA provides access to an award-winning interpreter service including ASL for deaf and hard-of-hearing patients. The AAU serves a wide range of adolescents with diagnoses including: PTSD, mood disorders, psychotic disorders, substance abuse, ADHD, and other disruptive disorders. Systems work involves school and program (residential) consultation.
Faculty on both inpatient units include child and adolescent psychiatrists, social workers, psychologists, nurse managers, staff nurses, and milieu counselors. Faculty members are experienced in assessment, psychotherapy, play therapy, behavior modification, psychopharmacology, substance abuse, and family therapy.

Educational activities include: Weekly interview and case formulations conference with outside faculty; clinical and psychopharmacology supervision from faculty; weekly supervision with an onsite supervisor; and informal supervision as needed. Fellows also co-lead a supervised dialectical behavior therapy group. Teaching opportunities include: Supervising medical students, general psychiatry residents, and pediatric residents.

II. Psychiatric Emergency and Residential Consultation

• The Cambridge Hospital’s Psychiatric Emergency Service (PES)
The PES is a consultation service based in the medical emergency room. It is the entry point for all acute psychiatric services, and also provides evaluation and urgent treatment to children, adolescents, adults, and families. Patients seen by the PES team are children and adolescents aged 18 and under, though adolescents outnumber latency age children, with an equal number of male and female patients. The Interim Rotation Supervisor of the PES experience is Dr. Lee Robinson, who provides supervision for each case seen and in weekly 1:1 and staff meetings. Emergency assessments are directed at determining patient needs for acute stabilization and appropriate/least restrictive level of care. Fellows spend 8 hours a week for 10 weeks on this rotation.

• The Cambridge Hospital's Psychiatry Transition Service (PTS)
The PTS is a consultation service based in Cahill 1, next door to the medical emergency room. It serves youth who were recently seen by the PES team in the ER and are in need of urgent follow-up as a bridge to outpatient care or as a means for supportive re-evaluation following the acute presentation. As with the PES, patients seen in the PTS are youth aged 18 and under. The Rotation Supervisor of the PTS experience is Dr. Amy Mayhew, who provides supervision for each case seen and in weekly 1:1 and staff meetings.

• Residential Consultation rotation
The Walden Street School is a therapeutic residential program of the Justice Resource Institute for young women offering a specialized trauma-informed approach, known as Attachment, Self-Regulation, and Competency (ARC). Fellows spend one day per week under the supervision of Dr. Kerry-Ann Williams participating in treatment team, groups, and milieu treatment of students at the residential school.

• The Community Service Agency (CSA) rotation at The Guidance Center
This rotation introduces fellows to wraparound services offered in the setting of a community mental health center. These services are offered through the Massachusetts’ Child Behavioral Health Initiative (CBHI), an innovative statewide reform of public child mental health care emphasizing strengths-based, wrap-around community supports. Fellows participate in team evaluations of children and families, join staff on home visits, and develop a comprehensive treatment plan. Becoming more familiar with community-based resources, working within a multidisciplinary treatment team, and
acting as a psychiatric consultant to CBHI service providers are also critical goals of this rotation. The rotation supervisor is Allison Clark, LCSW.

- **Early Intervention Observation**
  Fellows spend one morning per week with the Early Intervention program at The Guidance Center. This experience involves observation of Early Intervention groups and of homebased assessments under the supervision of Kathy Kelts, LICSW. Fellows learn how preventive strategies are practiced in a state-supported program. Fellows also deepen their theoretical and practical understanding of normal development at this stage of life, and learn to distinguish it from clinical pathology.

### IV. Consultation/Liaison

- **Inpatient Consultation-Liaison**
  The Floating Hospital for Children at Tufts Medical Center in downtown Boston is a 100-bed pediatric tertiary care hospital within Tufts Medical Center. CHA Fellows rotate at the hospital performing inpatient consultations on children and adolescents who have a wide range of concerns including psychological difficulties associated with pediatric illness, unexplained somatic symptoms, child abuse and neglect, pain management and problems managing chronic illness. In addition, fellows participate in more specialized inpatient consultation experiences on both the Pediatric Intensive Care Unit and the Bone Marrow Transplant Unit at the Floating Hospital. Fellows spend approximately 16 hours per week over a 10-week period at Tufts performing clinical consultations, presenting cases, attending a teaching conference, and receiving supervision. The rotation supervisor and C/L director is currently Dr. John Sargent, Chief of Child and Adolescent Psychiatry at Tufts. Fellows will also teach consultation psychiatry to Tufts Medical Students. All fellows also have weekly supervision with Dr. Sargent.

- **Outpatient Consultation-Liaison**
  Technology (MIT) Health Services provides pediatric care to the children of students, faculty and general employees at the university. Fellows spend one afternoon (4 hours) a week for 10 weeks seeing children and families referred by their MIT pediatricians for a variety of psychiatric concerns. They then discuss the case in supervision with Dr. Deborah Kulick, the rotation supervisor. Fellows learn about the consultative frame in general and consultation to pediatricians in particular. There is also the opportunity to follow one MIT case for outpatient mental health treatment at the Cambridge Hospital clinic.

- **Systems Consultation to State Agencies**
  The MA Department of Mental Health (DMH) is a state agency that sets the standards for the operation of mental health facilities and community residential programs and provides clinical, rehabilitative, and supportive services for adults and children with serious mental illness or serious emotional disturbances. The Department for Children and Families (DCF) is the child welfare agency in Massachusetts. During this 10-week rotation, first year child psychiatry Fellows will spend 3 hours a week accompanying the faculty during weekly consultations to DMH and DCF at various sites within our catchment area.

  Fellows are supervised by Dr. Nandini Talwar, a DMH child and adolescent psychiatrist who has extensive experience working with state and community agencies. During the consultation, the trainees participate in discussions of complicated cases presented by DCF case man-
agers and supervisors. Trainees learn about services and opportunities provided by state agencies, criteria for eligibility for services from state agencies, the process of investigation and assessment for allegations of abuse and neglect, as well as the various dilemmas and limitations faced by agencies when working with families and clients. Fellows will also participate in monthly meetings with the group of senior DMH child psychiatrists to discuss a variety of topics including high risk and complicated cases, changes and trends in the mental health system in MA, and other important issues related to public mental health care for children. In addition, the fellows will participate in a once a month interagency meeting with representation from DMH, DCF, DDS (Department of Developmental Services), DYS (Department of Youth Services), Department of Education and the Department of Public Health. This meeting provides updates about services and changes in each of the participating state agencies as well as a forum for consultation to high-risk and underserved families who are in need of services from more than one agency.

V. Elective/Scholarly Activity

Independent clinical/scholarly activity
This rotation provides 8 hours per week for 10 weeks of elective time so that fellows can pursue scholarly activities or quality improvement in their own particular area(s) of interest, meet potential mentors, and prepare for their clinical scholarship and elective time in the second year.

Primary Care Mental Health Integrated Consultation-Liaison
The Integrated Care Consultation-Liaison rotation at CHA’s Windsor Street Pediatric Clinic gives first-year fellows the opportunity to work in an integrated care model for 4 hours a week for 10 weeks. Child psychiatrists Katherine Grimes, MD, and Cecil Webster, MD, in collaboration with pediatrician Greg Hagan, MD, (Chief of Pediatrics) work together with the rotating fellow to identify patients requiring psychiatric consultation. Pediatric residents from the Massachusetts General Hospital also participate in the experience. Some consultations are scheduled ahead of time; others are ad hoc in real time, based on Dr. Hagan’s assessment during a sick visit or well-child check. As health care nationally moves towards an Accountable Care Model of delivery, this innovative rotation is designed to prepare fellows for the future of integrated pediatric health care. Fellows also work with pediatric residents to learn outpatient pediatrics and teach on child psychiatry topics.

Developmental Disorders/Intellectual Disability
Fellows spend approximately 2.5 hours a week for 10 weeks during the Elective rotation observing evaluations at the office of Dr. Karen Levine, an award-winning developmental psychologist, in Lexington. The experience gives fellows exposure to young children with a range of developmental disorders including Autism Spectrum Disorders, with or without intellectual disability, and to various systems of care for these children and adolescents. Uses of play in assessment and treatment of this population are emphasized.

Preschool Observation and Consultation
The Early Years program is a consultation service provided by the Cambridge Department of Health to any Cambridge-based preschool or daycare. Early Years consultants (three clinical social workers) assess children in their classroom setting and provide feedback and recommendations to teachers and staff. Fellows join the Early Years team meeting every
second week to support the consultation process and have opportunities to participate in educational activities offered to parents and preschool staff ("Ask the Doc" evenings). The rotation supervisor is Dr. Malak Rafla.

The Peabody Terrace Children’s Center is a Harvard-affiliated preschool for healthy children ranging in age from 2 months to 5 years who are primarily children of Harvard University faculty, students, and staff. The children are divided into several age-based “classes,” each of which is designed to meet the developmental needs of its assigned group. Supervision is provided by Susannah Sherry, MD.

Fellows spend 2.5 hours every second week for 10 weeks on this rotation. The experience allows the fellows to observe preschool children who are, for the most part, on track developmentally in a group setting while providing consultation to pre-school staff on those children who present with developmental, social, emotional, communication, or other potential concerns.

**Pediatric Neurology**
The fellows spend one morning a week for 10 weeks at the Lurie Center for Autism in Lexington, MA. They learn to take a pediatric and neurological history with a particular emphasis on birth and early development. School histories are also detailed. Areas addressed include the subtleties of abnormalities in processing and modulating sensory input (auditory, visual, and tactile), difficulties in perception and/or medical conditions that are mistaken for psychiatric or behavioral disorders. Fellows review and perform a neurological evaluation, including cranial nerves, motor (fine motor, gross motor, and balance), and sensory and mental status assessments. Fellows are taught and expected to dictate a complete report on the patients they have evaluated which are then reviewed by the supervising neurologist Dr. Ann Neu-meyer.

**Neuropsychological Observation**
During the neurology rotation in the Elective block, fellows will spend six hours observing neuropsychological testing of children with Laura Gaugh, PsyD. Fellows observe in-depth evaluations of cognition, emotions, language, and development with youth and participate in feedback sessions with families.

**VI. Longitudinal Outpatient Experience - First Year**
The Cambridge Hospital Child and Adolescent Outpatient Service is located at the Macht Building and provides evaluation and treatment to children from ages 3 to 18, approximately 60% of whom are male and 40% of whom are female, with a relatively even split between children and adolescents. These children are most commonly diagnosed with disorders of adjustment or trauma, depression, anxiety, and disruptive behaviors (ADHD, ODD). School behavioral problems, learning disabilities, physical or sexual abuse, and family disorganization are frequently part of the clinical picture. The cultural and ethnic mix of patients includes Portuguese, Latino, and Haitian. Treatment of such families is facilitated by CHA’s excellent interpreter services.

The Child Ambulatory Service provides approximately ten thousand visits per year. Clinical services available at the Macht building on our main campus include a psychotherapy clinic, a psychopharmacology clinic, a neuropsychological and developmental testing program, a clinic
for deaf and hard-of-hearing children, a family therapy clinic, and a group therapy program.

In addition to the Macht outpatient service, children and adolescents are seen by our staff at local school-based health centers, at CHA community pediatrics and family medicine clinics in an integrated primary care model, and at regional residential treatment and educational facilities. CHA providers also consult to the Cambridge Police Department (Safety Net Program), to Cambridge preschool and daycare centers (Early Years Program), and to primary care providers in the Cambridge region (Massachusetts Child Psychiatry Access Project).

**Team Evaluation Clinic**
First-year fellows spend 10 weeks during their Elective rotation on a weekly 3.5-hour Evaluation Team. The team is multidisciplinary (psychiatry, psychology, social work, family medicine, pediatrics, nursing, medical students) and provides in-depth initial assessments of families over two sessions. This setting provides an excellent opportunity for fellows to observe senior faculty interview patients, to receive direct feedback on their own interviewing skills, to practice in-depth biopsychosocial formulation skills (both written and in presentation to the team), to learn local resources and systems available for families, and to work together in a team setting to think through diagnostic formulations and treatment plans.

**Outpatient Psychotherapy Clinic**
Fellows spend their time learning and providing psychotherapy and psychopharmacology to diverse populations. The essential experience includes family work, individual psychodynamic psychotherapy, supportive and cognitive/behavioral interventions, consultation with community agencies and schools, and general clinical case management. Many cases will involve combined treatment (both psychotherapy and medications).

First year fellows have at least three therapy hours a week, primarily for psychotherapy, but also for evaluations, family work, and case management. First-year fellows receive a minimum of 2 hours of weekly outpatient supervision.

**Precepted Psychopharmacology Clinic**
The 3-hour psychopharmacology clinic is devoted to the medication management of patients in a split treatment model. It is precepted by an attending child psychiatrist who is available to help fellows with diagnostic interviewing and treatment planning, to answer any questions the trainee may have, and to guide fellows’ self directed learning about evidence-based treatments in clinical practice. Preceptors provide feedback on interviewing skills and documentation. Current preceptors are Malak Rafla, MD; Susan Walker, MD; and Lee Robinson, MD.
CHA Child and Adolescent Psychiatry Training Program: Second Year

Outpatient Clinic
• Psychotherapy (individual, group and family, 7.5 hours/week for 52 weeks), Cambridge Hospital
• Precepted psychopharmacology clinic (4.5-5 hours/week for 52 weeks), Cambridge Hospital and The Guidance Center
• Urgent Evaluation Services (as needed, estimated 2 hours/month)

Consultation/Liaison
• School consultation, Cambridge/Somerville public schools (3 hours/week for 40 weeks)
• Forensic consultation, Middlesex Probate/Family Court Clinic and Adolescent Consultation Services to the Middlesex Juvenile Court Clinic, Cambridge (4 hours/week for 26 weeks)

Elective/Scholarly Activity
• Independent Clinical/Scholarly Activity Time (8 hours/week for 52 weeks)

Rotations: Second Year
I. Outpatient
The CHA Child and Adolescent Outpatient Service provides evaluation and treatment to children from ages 3 to 18, 60% of whom are male and 40% of whom are female. The clinic population is evenly split between children who are 12 or under, and half who are 13 or older. These children are most commonly diagnosed with attention-deficit/hyperactivity disorder, adjustment disorders, depressive disorders, posttraumatic stress disorder, anxiety disorders, and oppositional defiant disorder. The clinic also treats youth with autistic spectrum disorders, bipolar disorder, psychotic disorders, and substance use disorders. School behavioral problems, learning disabilities, physical or sexual abuse, and family disorganization are frequently part of the clinical picture. The cultural mix of patients includes Latino, Haitian, and Portuguese, as well as a variety of other ethnicities.

The Child Ambulatory Service provides approximately ten thousand visits per year. Clinical services available at the Macht building on our main campus include a psychotherapy clinic, a psychopharmacology clinic, a neuropsychological and developmental testing program, a clinic for deaf and hard-of-hearing children, a family therapy clinic, and a group therapy program.

In addition to the Macht outpatient service, children and adolescents are seen by our staff at local school-based health centers, at CHA community pediatrics and family medicine clinics in an integrated primary care model, and at regional residential treatment and educational facilities. CHA providers also consult to the Cambridge Police Department (Safety Net Program), to Cambridge preschool and daycare centers (Early Years Program), and to primary care providers in the Cambridge region (Massachusetts Child Psychiatry Access Project).

Outpatient Psychotherapy Clinic
Second-year fellows continue their work in evaluating and treating children and families. The emphasis is on a flexible approach and increasing fellows’ breadth and depth of treatment modalities. The fellows are expected to have a minimum of eight clinical hours of outpatient psychotherapy, including co-leading a weekly outpatient group. Second-year fellows have 3-4 hours of weekly outpatient supervision. This includes 2 hours of individual super-
vision for psychotherapy in addition to group CBT supervision, group supervision for groups, and group supervision for school consultation.

**Precepted Psychopharmacology Clinic**
Second-year fellows spend approximately 4.5-5 hours a week over 2 afternoons all year long performing psychopharmacology evaluations and medication management in a split-treatment model. Fellows are primarily assigned either to the Outpatient Department at CHA or to both CHA OPD and a CHA-affiliated site in the community. Dr. Debra Rosenblum and Dr. Nicholas Carson are the CHA OPD clinic preceptors. Currently the community site is The Guidance Center, where the rotation is precepted by their medical director, Dr. Tyrone Williams. Preceptors provide feedback on interviewing skills, treatment planning, coordination of care, coding, and documentation. Time each week is devoted to supervision of cases and didactics focusing on the review of seminal articles in pediatric psychopharmacology.

**Urgent Evaluation Service**
Second year fellows will spend approximately five months performing clinical assessments of youth who have been referred to the Macht Outpatient Clinic due to acute mental health problems that fall short of requiring an emergency room evaluation but are concerning for potential significant decline prior to a regular outpatient evaluation. Such referrals are seen within one week of referral. These evaluations are supervised by the fellow’s outpatient supervisors or, where there is a need to discuss the case immediately, by the on-call child psychiatry attending in the emergency room.

**II. School Consultation**
The Cambridge and Somerville Public School systems serve a diverse ethnic and socioeconomic community from kindergarten through grade 12. Child psychiatry fellows spend three hours per week for 9 months in consultation to a diverse cultural public student population.

Fellows either chose to work in an elementary/middle school (kindergarten through eighth grade) or high school according to their interest, exposure to different age groups and availability of placement. The elementary school age group is from five years old to fourteen years old and the high school population is from fourteen years old to eighteen years old. The school population is a highly culturally diverse population representing a broad range of socioeconomic backgrounds from Cambridge communities.

Fellows participate on a “Teacher Assistance Team” one hour per week. This is a multidisciplinary team where strategies are generated to support students who are struggling and is an effort also to support appropriate referrals of students to special education. Fellows also provide one hour a week of consultation to the staff that work with the “wrap around” classrooms in their school. The students in the separate “wrap around” classroom have severe emotional disturbances (mood disorder, PTSD or ADHD for example) and often have learning disorders. Fellows will often run groups with a school psychologist that are either adjustment groups or provide practical social skills to students. Fellows also do up to three evaluations of students with safety concerns (e.g. aggressive behavior) under close supervision by request of the Office of Special Education. These assessments often clarify diagnosis and help with understanding the treatment obstacles and how to manage a particularly challenging student.
This rotation is supervised by James Barrett, PhD, Director of School-Based Mental Health Programs for the Cambridge Health Alliance.

III. Forensic Consultation

Probate and Family Court: The Family Service Clinic is a department of the Middlesex Probate and Family Court. It has offices in Cambridge. The clinic staff performs comprehensive evaluations of families following parental separation in which custody and visitation of minor children are disputed issues. These evaluations focus on the needs, interests, and welfare of the child in the context of parental conflict. Children evaluated range in age from under one year to 18 and come from diverse socioeconomic and ethnic backgrounds. The rotation supervisors are Barbara Hauser, LICSW and John Baker, Ph.D.

Educational activities include:
Introduction to the Probate and Family Court, including observation of court proceedings and the provision of testimony during these proceedings; Multiple diagnostic interview sessions with the referred children and their parents; review of collateral documents; and completion of a comprehensive report for the court, concluding with recommendations.

Juvenile Court: Adolescent Consultation Adolescent Consultation Services (ACS) is a private non-profit agency, which operates the Juvenile Court Clinics for the Middlesex County Juvenile Courts. ACS offices are located in the Juvenile Court in Cambridge. Upon order of the Judge, Juvenile Court Clinic staff conduct comprehensive diagnostic evaluations of youth and families involved in the court. The rotation supervisor is Mathilde Pelaprat, PsyD.

Educational activities include:
Multiple diagnostic interview sessions with the entire family and the referred youth; review of collateral documents; completion of comprehensive forensic report (Delinquency, Child Requiring Assistance, or Care and Protection case) for the court, including a dynamic formulation and realistic recommendations. Introduction to the juvenile court setting and staff including judges and probation officers includes observation of juvenile court and the opportunity to give testimony.

IV. Independent Clinical/Scholarly Activity

Fellows have one day a week in the second year to pursue clinical activities according to their particular interests, and to complete a scholarly project. Fellows are expected to either create an elective proposal, or choose from a variety of electives currently offered by our faculty. Either of these options will require the fellow to choose a mentor or supervisor to work with during the elective. In addition, fellows complete a scholarly project by the end of the second year. The elective may or may not pertain to the same material as the scholarly project. In the past, fellows have chosen a wide range of projects, including making a video about toddler and preschool development, conducting a pilot research project on pharmacological treatment of weight gain in adolescents on neuroleptics, and developing a school-based curriculum on cyber-bullying.

Clinical Scholarship Expectations
The Accreditation Council of Graduate Medical Education (ACGME) requires that all training programs meet standards in the area of scholarship. According to the guidelines, faculty is responsible for ensuring there is an environment of inquiry and scholarship. Scholarship is required of both faculty and fellows. In the Department of Psychiatry at Cambridge Health Alliance and at Harvard Medical School, scholarship is defined broadly and may include the scholarship
of discovery, the scholarship of integration, the scholarship of teaching, and the scholarship of application. Guidance and technical support should be provided to fellows by faculty. The scholarship requirement of the child psychiatry fellowship program is designed to meet the ACGME requirements and provide flexibility for fellows to pursue special scholarly interests. While all clinical service experiences, supervision, and seminars are an integral part of developing scholarship, specific components are intended to address the development of attitudes, skills and behaviors that lead to a potential academic career. These are:

1. Introduction to Scholarly Activities Seminar, Summer Seminar, First Year
2. Clinical Scholarship Seminar, Sept-June, both years; critical evaluation of a paper in answer to a clinical question in the First Year; presentation for scholarship requirement in Second Year.
3. Presentations during Preschool Observation Rotation, Community Service Agency rotation, Neurology rotation, and Harvard Consolidated Seminar in First Year
4. Option of preparing a poster for Mysell Research Day and CHA Poster Day.
5. Completion of scholarly project during Second Year elective time

Seminars and Didactics
A defining feature of our didactics is the Harvard Consolidated Program. In this program, all first year fellows in the Harvard-affiliated child psychiatry training programs (MGH/McLean, Children’s Hospital and Cambridge Health Alliance) come together to participate in a 3-hour didactic session made up of two core seminars: Child Development and Child Psychopathology. Internationally renowned Harvard faculty are guest lecturers on a variety of topics in child mental health research, assessment, and treatment. The seminars are coordinated by CHA faculty Maria Sauzier, MD and Karlen Lyons-Ruth, PhD.

First-Year Summer Seminars
Scholarly Activities – Nick Carson, MD, and, when available, a second year fellow
Systems Issues – Joel Goldstein, MD
Normal Development – Susannah Sherry, MD
Introduction to Child Psychiatric Illness – Malak Rafla, MD, and second-year fellow Louis Ostrowsky, MD
Pragmatics of Child Psychiatry – Nick Carson, MD, Lee Robinson, MD, and CHA Faculty
Introduction to Pediatric Psychopharmacology – Sandra DeJong, MD

First-Year Seminars: September–June
Clinical Scholarship (with second-years) - Nick Carson MD, Sandra DeJong MD, John Hamilton, MD, MSc
Harvard Consolidated Program:
Child Development – Maria Sauzier, MD, Karlen Lyons-Ruth, PhD (Course Directors)
Child Psychopathology - Maria Sauzier, MD and Harvard faculty
Inpatient Clinical Case Conference - Tim Dugan, MD and Judy Tsafrir, MD
Family Therapy Seminar - Jill Harkaway, EdD and Carol “Corky” Becker, PhD
Introduction to Child Evaluation - CHA Faculty
School C/L - Nancy Rappaport, MD
Medical C/L – Amy Mayhew, MD, MPH and Harvard Faculty
Neuropsychological Evaluation - Laura Gaugh, PsyD
Forensics – Barbara Hauser, LICSW, Adam Rosen and JD, PhD
Parenting – Susannah Sherry, MD, and Ann Hess, MD
Pediatric Psychopharmacology – Sandra DeJong, MD and visiting faculty
Second-Year Summer Seminars
The ACA and Healthcare Reform – Lee Robinson, MD
Learning How to Teach – Sandra DeJong, MD
Integrated Psychiatric Assessment – Allison Warshof, LICSW
Child Psychotherapy – Peter Chubinsky, MD, Tim Dugan, MD, and Theodore Murray, MD
Culture and Society – Xenia Johnson, MD
Infancy and Attachment: Clinical Implications – Ayelet Barkai, MD, and Ann Epstein, MD
Gender and Sexuality – Cindy Telingator, MD and John Wechter, EdD

Second Year Seminars: September-June
Clinical Scholarship (with first-years), Nick Carson MD, Sandra DeJong MD, and John Hamilton MD, MSc
School Supervision – Nancy Rappaport, MD
Integration and Special Topics – Don Condie, MD, and Sandra DeJong, MD
Psychodynamic Psychotherapy – Peter Chubinsky, MD, Tim Dugan, MD, Theodore Murray, MD, Alex Harrison, MD
Play Therapy – Neal Kass, MD
Neuroscience of Addictions – Sandra DeJong, MD
Transitions to Practice – Joel Goldstein, MD
Cognitive-Behavioral Therapy – Jeanne Strassburger, PhD, Lauren Krumholz, PhD
Trauma-Focused CBT – Sandra DeJong, MD
Family Therapy (elective) – Jill Harkaway, EdD and Elizabeth Brenner, LICSW

Family Therapy Training, CHA
Family Therapy is often a core component of any successful psychiatric treatment of a child or adolescent. The guidelines of the Accreditation Council of Graduate Medical Education, the Practice Parameters of the American Academy of Child and Adolescent Psychiatry, and the recommendations of the Group for the Advancement of Psychiatry Committee on the Family all underscore the role of working with families. To this end, the CHA child psychiatry fellowship offers a very strong grounding in Family Therapy training opportunities. These opportunities aim to provide fellows with a basic conceptual understanding of family therapy as well as a range of experiences across treatment settings with different kinds of families and family issues.

In the first year, fellows participate in a year-long seminar that introduces Family Therapy theory, assessment, and intervention. The seminar consists of didactics and observation of family consultations using a one-way mirror, with a day-long “Family Therapy Retreat” to wrap-up the academic year. The focus in this seminar is on acquiring basic knowledge, skills, and attitudes in working with family systems. This seminar is taught by Jill Harkaway, EdD, and Carol Becker, PhD. In the second year an elective advanced seminar is available. This seminar, taught by Jill Harkaway and Elizabeth Brenner, LICSW, provides clinical training in Family Therapy through case consultation and/or live supervision using a one-way mirror. Case supervision is also offered by all members of the faculty.

Fellows also participate in inpatient Family Consultations conducted on both the Child Assessment Unit and the Adolescent Assessment Unit.
Program in Psychodynamics

The Program in Psychodynamics is an elective opportunity for fellows in both years across all three Harvard child psychiatry fellowship programs. Its goal is to foster the career development of fellows with an interest in psychodynamics, psychodynamic research, psychoanalysis, and psychodynamic psychotherapy. The core activity is a monthly dinner meeting at the home of program faculty to discuss relevant topics defined by the program participants. The program offers a flexible set of opportunities for enrichment in the Fellowship and two years post Fellowship. In collaboration with the Boston Psychoanalytic Society and Institute (BPSI), the Program in Psychodynamics allows fellows to enhance and deepen their psychodynamic interests and to integrate psychodynamic scholarship into the rigorous clinical training provided to all CHA child psychiatry fellows.

Minority Trainee Mentoring Alliance (MTMA)

Multidisciplinary first year trainees (i.e. nursing, psychology, psychiatry, social work) in the Department of Psychiatry at CHA who self-identify with a minority group or groups (e.g. ethnic, racial, sexual, religious) are invited to the Minority Trainee Mentoring Alliance (MTMA). This program is sponsored by the Diversity Task Force at CHA as an opportunity for first year trainees to meet and talk with others who have transitioned into this unique academic setting. Second year trainees and current faculty who are former CHA trainees will also be present to offer support and their valuable insights to acclimating to CHA, to Harvard Medical School, and to New England (for those who are spending their first year here in the Boston metropolitan area). This initiative is led by Dr. Treniece Lewis-Harris, the Director of Child Psychology Outpatient Training at CHA.

Teaching during Child Training

All our fellows are encouraged to teach during their child training. Fellows have a hands-on, interactive “Learning to Teach” seminar in the summer of their second year. Fellows are then assigned teaching responsibilities based on their interests. In the past, fellows have co-taught seminars; taught medical students and general psychiatry residents on the inpatient units and outpatient evaluation teams; given lectures as part of standing seminars; developed curricula for public education; given talks in community settings; and helped organize and teach an on-site Harvard Medical School course on interviewing patients.
The Training Office

Sandra DeJong, MD, MSc
Assistant Professor of Psychiatry,
Harvard Medical School
Training Director,
Division of Child and
Adolescent Psychiatry

Dr. DeJong trained in pediatrics and General Psychiatry at the University of Massachusetts Medical Center in Worcester, MA, and in Child and Adolescent Psychiatry at Massachusetts General and McLean Hospitals. She has worked in an outpatient community hospital setting providing consultations and medication management to patients referred from pediatricians, as well as inpatient child psychiatry consultation and private practice. In addition, she served as co-Investigator with Dr. Jean Frazier on an NIMH-funded multi-site research project in the treatment of early-onset psychosis, and has written about the use of antipsychotic medications in children.

In the fall of 2004, Dr. DeJong assumed the position of Associate Training Director in the Division of Child and Adolescent Psychiatry and became Training Director in July, 2013. Current academic interests include neurodevelopmental disorders, e-professionalism and integrating technology into clinical practice, ethics in child psychiatry, and psychiatric education. She is the author of Blogs and Tweets, Texting and Friending: Social Media and the Internet in Health Care published by Elsevier in 2014. She serves on the Steering Committee and the Executive Council of the American Association of Directors of Psychiatry Training (AADPRT). She will serve as AADPRT President effective 2017. She currently also serves on the Ethics Committee of the American Association of Child and Adolescent Psychiatry. She participated in the 2014 ACGME Subspecialty Milestones Taskforce to develop Milestones for Child/Adolescent Psychiatry and as Editor of the Child Psychiatry Resident In-Training Examination (PRI TE).

Lee Robinson, MD
Instructor in Psychiatry, Harvard Medical School
Associate Training Director
Division of Child and Adolescent Psychiatry
Staff Psychiatrist, Pediatric Primary Care Mental Health Integration

Dr. Robinson completed his general psychiatry residency training at Columbia University – New York State Psychiatric Institute, and his child and adolescent psychiatry fellowship training at Cambridge Health Alliance. He has worked in primary care-mental health integration, providing psychiatric consultation to primary care providers for children and adults, has provided consultation to the Department of Mental Health (DMH) around issues of developmental disorders, and works in private practice. Dr. Robinson’s current academic interests include autism and neurodevelopmental disorders, primary care-mental health integration, healthcare reform, systems of care, and education. He was a past PRITE Fellow, and is currently in his final year of the Kraft Center for Community Health Practitioner Program, in which he is studying healthcare utilization patterns for children with autism. Dr. Robinson is a Team Leader on the Thursday Child Evaluation Team, has supervised and taught adult psychiatry residents in psychotherapy and acute child assessment, and has taught the fellows on topics of autism and healthcare reform. He assumed the role of Associate Training Director in July of 2016.
Roopali Bhargava, BA  
Training Coordinator  
Division of Child & Adolescent Psychiatry

Roopali Bhargava graduated from McGill University with a degree in Psychology. She joined CHA in December 2012 bringing with her many years experience in program/project management and administration. Roopali’s recent positions include Global Operations Manager at an international nonprofit educational organization, Regional Program Director for Earthwatch Institute and Event Manager at the New England Aquarium. In addition to being the Coordinator for the training program she is also the administrative coordinator for the Child Psychiatry Division leadership team at Cambridge Health Alliance.

Clinical & Research Leaders

The field of child and adolescent psychiatry has seen tremendous growth recently in areas of epidemiology, diagnosis, neurobiology, treatment and health services research. The Department of Psychiatry at CHA is particularly committed to advancing the scientific knowledge base regarding the mental health of children living in culturally diverse community settings, and in training mental health professionals in clinical excellence, research investigation and academic writing for the promotion of this knowledge.

Cambridge Health Alliance is a health care system with strong clinical, academic and research programs and diverse faculty interests. The training program and the faculty are committed to providing top educational opportunities for our Fellows within the Cambridge Health Alliance, as well as at affiliated Harvard teaching hospitals.

Jacob Venter, MD, CPE  
Instructor in Psychiatry, Harvard Medical School  
Chief, Division of Child and Adolescent Psychiatry

Dr. Venter hails from South Africa and completed his Child and Adolescent Psychiatry training at CHA and a child and adolescent neuropsychiatry research fellowship at Harvard Medical School. He has held a number of positions at CHA including Director of Intensive Services. His clinical interests include autism, trauma, early-onset psychosis and mitochondrial disorders. Most recently he has served as Division Chief of Psychiatry at Barrow Neurological Institute, Phoenix Children’s Hospital, Arizona. He obtained his certification as a physician executive in 2013.

Nicholas Carson, MD, FRCPC  
Instructor in Psychiatry, Harvard Medical School  
Medical Director, Child and Adolescent Outpatient Psychiatry Services  
Clinical Research Associate, Center for Multicultural Mental Health Research

Dr. Carson is a graduate of the child psychiatry fellowship at Cambridge Health Alliance and completed residency training in psychiatry at the University of Pennsylvania in the Clinical Research Scholars Program. His research in mental health services for multicultural communities has explored the quality and social determinants of mental health treatment among Haitian youth at CHA. He is co-investigator on several major NIH-funded grants at the Center for Multicultural Mental Health Research on topics of patient provider communication, mechanisms of health care disparities, and intervention research to improve patient participation in treatment. Dr. Carson also studies the effects of mass media and tech-
nology on the mental health and development of youth, including an on-going, trainee-initiated survey of media use among inpatients on the adolescent unit at the Cambridge Hospital.

He also serves on the Media Committee of the American Association of Child and Adolescent Psychiatry. Dr. Carson teaches the summer Scholarly Activities seminar for first-year fellows, co-leads the Clinical Scholarship (Journal Club) seminar for first and second-year fellows, precepts the second-year psychopharmacology clinic, and is a Team Leader on the Friday Evaluation Team. He was the Associate Training Director of the Child Psychiatry Fellowship Program from July 2013-June 2016 before assuming the role of Medical Director for the Child and Adolescent Outpatient Psychiatry Services in July of 2016.

Benjamin Cook, Ph.D., M.P.H.
Assistant Professor, Department of Psychiatry, Harvard Medical School
Director, Center for Multicultural Mental Health Research and Health Equity Research Lab

Dr. Cook holds a Ph.D. in Health Policy from Harvard University and is a health services researcher focused on reducing and understanding underlying mechanisms of racial/ethnic disparities in health and mental health care. He has been principal investigator on several major R01 grants from the NIMH and AHRQ investigating mechanisms underlying disparities in episodes of mental health care, a R01 Supplement developing state by state report cards on mental health care disparities, and a Milton Foundation grant supporting research on tobacco use and mental health. His methodological work focuses on improving statistical methods for the measurement and tracking of healthcare disparities, and he has received awards from NIMH and AcademyHealth for this work. His other research interests include improving mental health of immigrant populations, comparative effectiveness research and its influence on healthcare disparities, substance abuse treatment disparities, and healthcare equity. Dr. Cook assists with the Scholarly Activities seminar for first-year fellows and provides mentorship on research methods and analysis to fellows and faculty interested in pursuing quantitative research studies.

Katherine E. Grimes, MD, MPH
Associate Clinical Professor of Psychiatry, Harvard Medical School
Director, Children’s Health Initiative, Cambridge Health Alliance

Dr. Grimes is the Director of the Children’s Health Initiative, a health services research group focused on improving mental health access and treatment quality for children and adolescents, particularly those at greatest risk for health disparities. Along with her clinical experience, she received an MPH from HSPH and was a Faculty Research Fellow in children’s mental health policy at the Kennedy School of Government. She was recently the PI for “Making Health Care Affordable, Preserving Access and Improving Value”; a grant from the BCBS Foundation designed to assist Massachusetts by piloting health care transformation initiatives. Additionally, she was the CHA site PI for a multisite investigation regarding improving patterns of use for psychotropic medications in children (the “AACAP Toolbox” study). Her previous work as founder and Director of the Mental Health Services Program for Youth (MHSPY), a demonstration project for impoverished, high need families, provided an opportunity to assess the impact of intentionally organized, community-based, integrated care on health and mental health outcomes for children.
Her latest activities involve designing feasible ways to measure delivery system quality, with an emphasis on promoting interventions that result in improved cost-effectiveness at a community or population level.

Teaching Faculty

Xenia Johnson-Bhembe, MD
Assistant Professor in Psychiatry, Harvard Medical School
Director of Community Minority Affairs

Dr. Johnson completed a General Psychiatry residency at the Medical University of South Carolina and her child training at The Cambridge Hospital. Upon completing her child training in 2000, she worked as a staff psychiatrist on the Child Assessment Unit. Dr. Johnson was the Associate Director of Training for the Child and Adolescent Psychiatry Training Program until 2004, and she currently works as a consultant to the Cambridge and Malden Public School systems. In addition, she has worked as a community child psychiatrist for underserved populations in Massachusetts. Dr. Johnson’s interests led her to create a biracial girls group focusing on the challenges facing teenage girls around identity formation. Her other interests include consulting to community organizations and exploring the issues around diagnosing children with both medical and psychiatric disorders.

Karlen Lyons-Ruth, PhD
Professor of Psychology, Harvard Medical School

Dr. Lyons-Ruth’s work has focused on the assessment of attachment relationships in high-risk environments over the infancy, childhood, and adolescent periods and has been supported by the National Institute of Mental Health, the National Institute of Child Health and Human Development, the Smith-Richardson Foundation, the Borderline Foundation, the Mailman Foundation, and the Commonwealth Fund. Several attachment-focused assessments developed in her lab are now being disseminated internationally, including the AMBIANCE scales for atypical parent-infant interaction. She is the author of more than 90 research articles and book chapters on infant development, maternal depression, the early attachment relationship, and, more recently, the interplay between genetic and environmental factors in young adult psychopathology. Under current NIH funding, her group is developing tools for assessing attachment relationships at risk in adolescence and evaluating their interplay with traumatic experiences and genetic factors in contributing to young adult depression, suicidality, and borderline psychopathology. In collaboration with McLean neuroscientists Diego Pizzagalli and Martin Teicher, studies are also assessing the effects of early adversity on neurobiological structure and function in young adulthood.

James Barrett, Ph.D.
Instructor in Psychiatry, Harvard Medical School
Director of School-Based Programs, Division of Child/Adolescent Psychiatry
Clinical Coordinator of the Cambridge Safety Net Collaborative

Dr. Barrett is a graduate of the child psychology internship and fellowship at the Cambridge Health Alliance and completed his doctoral training at Boston College. He is the clinical coordinator of the Safety Net Collaborative in partnership with the Cambridge Police Department’s Youth
and Family Services Unit, Cambridge Human Services and Cambridge Public Schools. Dr. Barrett is the author and developer of the Fight Navigator curriculum under the Eleanor and Miles Shore Fellowship from the Harvard Medical School to address retaliatory violence in youth. Dr. Barrett’s research interests are in juvenile justice, preventing retaliatory youth violence, juvenile risk assessment and police-mental health partnerships.

Dr. Barrett is the Director of School-Based Programs in psychiatry at CHA and is the rotation supervisor for school consultation for the 2nd year child psychiatry fellows. He is also the elective supervisor for fellows who have an interest in juvenile justice and risk assessment through the Cambridge Safety Net Collaborative.

Deborah Kulick, MD
Instructor in Psychiatry, Harvard Medical School
Medical Director of School-Based Programs, Division of Child/Adolescent Psychiatry

Dr. Kulick graduated from Cornell University and went on to obtain her Masters in Social Work degree from SUNY Buffalo, and her MD degree from SUNY Buffalo. She completed an adult psychiatry residency at the Harvard Longwood Psychiatry Residency Training Program, and trained in child and adolescent psychiatry at the Cambridge Health Alliance. Her academic interests include outpatient consultation-liaison, domestic violence, homelessness, and school-based treatment. She is the rotation supervisor for 1st year child psychiatry fellows rotating through the Outpatient Pediatrics Consultation/Liaison rotation at MIT Health Services, and is the Medical Director for School-Based Programs in psychiatry at CHA. She divides her time between working at CHA school based health centers, consulting to public schools, and her private practice.

Nancy Rappaport, MD
Associate Professor of Psychiatry, Harvard Medical School

Nancy Rappaport, MD completed her General Psychiatry Training at the Massachusetts General Hospital and her Child & Adolescent training at the Cambridge Hospital. Her particular passion is training child psychiatrists to provide support to students and teachers. Particular research interests are in community based participatory research (with schools), understanding and providing safety assessments of aggressive students, refining CBT for traumatized adolescents, and writing creatively (having published a memoir, In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother’s Suicide, in September 2009). Her most recent book is The Behavior Code – A Practice Guide to Understanding and Teaching the Most Challenging Students, written with Jessica Minahan. Dr. Rappaport received the prestigious Art of Healing award from the Cambridge Health Alliance Foundation in 2013. She was the long-time Director of School-based Mental Health Programs, and will continue to teach the fellows in school-based child mental health work.
Debra S. Rosenblum, MD
Assistant Clinical Professor in Psychiatry, Harvard Medical School

Debra S. Rosenblum, MD completed her General Psychiatry training and her Child and Adolescent Fellowship at the Cambridge Health Alliance. She recently served as the Medical Director of the Outpatient Department in the Division of Child and Adolescent Psychiatry and continues to precept the Second Year Fellows Psychopharmacology Clinic. She is initiating an effort to develop a Neurodevelopmental Service for children and adults at CHA. She has extensive expertise in outpatient psychopharmacology management and a particular interest in children’s’ relationship to popular culture and has published on this topic. She has also served on the Media Committee of the American Academy of Child and Adolescent Psychiatry.
Ayelet Barkai, MD  
Lecturer in Psychiatry, Harvard Medical School  
Academic Interests: Adolescent Development; Gender Identity and Sexuality Development; Attachment; Psychoanalysis.

Elizabeth Freidin Baumann, PhD  
Instructor in Psychology, Department of Psychiatry, Harvard Medical School  
Areas of interest: Psychotherapy from an attachment and family systems perspective, play therapy, neuropsychology, learning disabilities.

James Barrett, PhD  
Instructor in Psychiatry, Harvard Medical School  
Director of School-based Mental Health Programs  
Academic Interests: Juvenile justice, police and mental health, at risk boys and violence prevention.

Carol Becker, PhD  
Teaching Associate in Psychiatry, Harvard Medical School  
Seminar leader, family therapy.  
Academic Interests: Family therapy.

Sarah Birss, MD  
Teaching Associate in Psychiatry, Harvard Medical School.  

Elizabeth Brenner, LICSW  
Teaching Associate in Psychiatry, Harvard Medical School.  
Seminar leader, family therapy.

Gloria Carrera, MD  
Instructor in Psychiatry, Harvard Medical School;  
Academic Interests: Inpatient psychiatry, multicultural psychiatry.

Nicholas Carson, MD, FRCPC  
Instructor in Psychiatry, Harvard Medical School.  
Academic Interests: Mental health service disparities, shared decision-making, clinical scholarship during training, treatment quality, youth engagement with media and technology.

Peter Chubinsky, MD  
Lecturer in Psychiatry, Harvard Medical School  
Academic Interests: Integrating psychopharmacological and psychotherapy treatments in children and adolescents; psychoanalytic psychotherapy of children and adolescents; psychotherapeutic implications of infancy research.

Allison Clark, LCSW  
Program Director, Community Service Agency, Cambridge Youth Guidance Center (Riverside Community Care)

Don Condie, MD  
Lecturer in Psychiatry, Harvard Medical School  
Areas of interest: medical director roles, risk management, quality improvement.

Benjamin Cook, PhD, MPH  
Assistant Professor of Psychiatry, Harvard Medical School  
Academic Interests: Statistical methods for the measurement and tracking of healthcare disparities.

Fred Crow, MD  
Clinical Instructor in Psychiatry, Harvard Medical School  
Academic Interests: early psychosis, inpatient psychiatry, adolescent mental health.

Sandra M. DeJong, MD, MSc  
Assistant Professor of Psychiatry, Harvard Medical School  
Academic Interests: Early onset psychosis, professionalism and the Internet, psychiatric education.

Timothy Dugan, MD  
Assistant Clinical Professor of Psychiatry, Harvard Medical School  
Academic Interests: Suicide prevention; development of resilience, psychodynamic psychotherapy.

Ann R. Epstein, MD  
Lecturer in Psychiatry, Harvard Medical School  

Lois Flaherty, MD  
Lecturer in Psychiatry, Harvard Medical School  
Areas of interest: community child psychiatry, adolescence, and clinical scholarship.

Laura Gaugh, PsyD  
Instructor in Psychiatry, Harvard Medical School  
Academic Interests: Neuropsychological testing, developmental disorders.

Eric Goepfert, MD  
Director, Child and Adolescent Consultation-Liaison Service, Tufts Medical Center  
Areas of interest: consult and liaison psychiatry, school consultation, family assessment and treatment, individual psychotherapy, group psychotherapy, autistic spectrum disorders.

Joel Goldstein, MD  
Assistant Clinical Professor, Harvard Medical School  
Academic Interests: Inpatient care patterns and improvements for children and adolescents; community and family-based interventions in child and adolescent psychiatry; fire setting behaviors in children and adolescents. Systems of Care in Children’s Mental Health Services
Katherine E. Grimes, MD, MPH  
Associate Clinical Professor, Harvard Medical School  
Academic Interests: Public-sector child psychiatry, health-care service delivery, integrating pediatrics and primary care.

Sanjay Gulati, MD  
Assistant Clinical Professor, Harvard Medical School  
Academic Interests: Clinical work with deaf children, adolescents, and families conducted in American Sign Language; teaching; the effects of late language exposure on the behavior of deaf children.

John Hamilton, MD, MSc  
Teaching Associate in Psychiatry, Harvard Medical School  
Academic interests: evidence-based psychiatry, practice parameters, prevention, psychiatric research and quality improvement in HMO settings.

Jill Elka Harkaway, EdD  
Assistant Professor in Psychology, Part-Time, Harvard Medical School  
Academic Interests: Family therapy; couples therapy; systems consultation.

Jennifer Harris, MD  
Lecturer in Psychiatry, Harvard Medical School  
Academic Interests: College mental health, parent guidance, psychodynamic therapy, and mood dysregulation in children.

Dianna LeSanto, LICSW  
Social Work Manager of Inpatient Psychiatry Units, Cambridge Health Alliance  
Areas of interest: inpatient mental health treatment, dialectical group therapy in adolescent inpatient settings.

Treniece Lewis Harris, PhD  
Assistant Clinical Professor in Psychology, Harvard Medical School  
Academic Interests: Adolescent mental health and multicultural issues in psychotherapy.
Amy Mayhew, MD, MPH
Instructor in Psychiatry, Part-Time, Harvard Medical School
Areas of interest: community mental health, acute psychiatric services, family therapy.

Cynthia Mittelmeier, PhD
Clinical Instructor in Psychology, Harvard Medical School
Academic Interests: Family therapy, couples therapy, trauma and EMDR.

Theodore Murray, MD
Clinical Instructor in Psychiatry, Harvard Medical School
Areas of interest: emergency and inpatient psychiatry, administrative psychiatry, quality improvement, dialectical behavior therapy.

Ann Neumeyer, MD
Assistant Professor of Neurology, Harvard Medical School
Academic interests: Autism spectrum disorders, pediatric neurology, neuromuscular disorders of children.

Christopher Pagano, PhD
Instructor in Psychology, Harvard Medical School
Academic Interests: Training, Play Therapy, Trauma and neglect, Psychological Testing.

Mathilde Pelaprat, PsyD
Director, Adolescent Consultation Services, Middlesex County Juvenile Court

Ava Bry Penman, MS
Lecturer in Psychiatry, Harvard Medical School
Academic Interests: psychoanalytically informed psychotherapy of children and adolescents and their parents/families; consultation to teachers and schools, especially of very young children; college mental health issues.

William Pollack, PhD
Assistant Clinical Professor (Psychology), Department of Psychiatry, Harvard Medical School
Academic Interests: boy’s development/education and men’s roles, school safety, gender studies, psychoanalytic psychotherapy and professional issues in the practice of psychology.

Adele Pressman, MD
Assistant Clinical Professor in Psychiatry, Harvard Medical School
Academic Interests: Group psychotherapy for children and adolescents, working with parents in groups, early childhood development, adolescent transitions.

Malak Rafia, MD
Clinical Instructor in Psychiatry, Harvard Medical School
Academic Interests: Inpatient psychiatry, psychopharmacology.

Nancy Rappaport, MD
Associate Professor of Psychiatry, Harvard Medical School
Academic Interests: School consultation, aggression and safety assessment in students, clinical and memoir writing.

Laurie Raymond, MD
Assistant Clinical Professor of Psychiatry, Harvard Medical School
Academic interests: college advising, psychoanalysis, cognitive behavioral psychotherapy.

Lee Robinson, MD
Instructor in Psychiatry, Harvard Medical School
Academic Interests: neurodevelopmental disorders, integrated mental health care.

Adam Rosen, JD, PhD
Clinical Instructor in Psychology, Harvard Medical School
Academic Interests: Modes of empathic communication in psychotherapy; therapist practices regarding communication with parents in families of divorce.

Debra S. Rosenblum, MD
Assistant Clinical Professor in Psychiatry, Harvard Medical School
Academic Interests: Psychopharmacology, popular culture; pervasive developmental disorders; obsessive-compulsive disorders.

John Sargent, MD
Professor of Psychiatry and Pediatrics, Tufts University School of Medicine
Academic Interests: Family Therapy, Trauma treatment, Pediatric consultation liaison psychiatry.

Maria Sauzier, MD
Assistant Professor of Psychiatry, Harvard Medical School
Academic Interests: Responses to traumatizing childhood events, coordination and leadership of Harvard Consolidated Program in child psychiatry.

Stephanie Smith, MA, MSW
Lecturer in Psychiatry, Harvard Medical School
Academic Interests: Child, adolescent and adult psychoanalysis and psychotherapy.

Jeanne Strassburger, PhD
Teaching Associate in Psychiatry, Harvard Medical School
Academic Interests: Cognitive-behavioral therapy in children and adolescents, integrative psychotherapy and skills building group therapy with children.

Nandini Talwar, MD
Teaching Associate in Psychiatry, Harvard Medical School
Academic Interests: Gay, lesbian, bisexual, and transgendered youth; integration of mental health services with pediatric practices; major mental illness in children and adolescents.
Cynthia J. Telingator, MD
Assistant Professor, Harvard Medical School
Academic Interests: Gender and sexuality, alternative and contemporary families, preventive community care, trauma, and psychiatric training and education.

Judy Tsafrir, MD
Teaching Associate in Psychiatry, Harvard Medical School
Academic Interests: Psychoanalysis, Integrative/Holistic Psychiatry

Susan Walker, MD
Instructor in Psychiatry, Harvard Medical School.
Academic Interests: Psychotherapy and psychopharmacology.

Allison Warshof, LICSW
Areas of interest: mental health evaluation, family therapy

Cecil Webster, MD
Clinical Instructor in Psychiatry, Harvard Medical School
Areas of interest: outpatient consultation-liaison psychiatry, psychotherapy, psychiatry in film

John Wechter, EdD
Teaching Associate in Psychology, Harvard Medical School.
Academic Interests: Psychotherapy of children and adolescents

Kerry-Ann Williams, MD
Clinical Instructor in Psychiatry, Harvard Medical School
Academic Interests: Community psychiatry, trauma, CBT.

Tyrone Williams, MD
Clinical Instructor in Psychiatry, Harvard Medical School
Academic Interests: Community psychiatry; interface of psychiatry and spirituality.
Faculty List – Division of Child and Adolescent Psychiatry

John Baker, PhD
Ayelet Barkai, MD
James Barrett, PhD
Elizabeth Freidin Baumann, PhD
Carol Becker, PhD
Sarah Birss, MD
Elizabeth Brenner, LICSW
Gloria Carrera, MD
Nicholas Carson, MD
Peter Chubinsky, MD
Allison Clark, LCSW
Don Condie, MD
Benjamin Cook, PhD, MPH
Fred Crow, MD
Sandra M. DeJong, MD, MSc
Timothy Dugan, MD
Marla Eby, PhD
Ann Epstein, MD
Lois Flaherty, MD
Marshall Forstein, MD
Laura Gaugh, PsyD
Eric Goepfert, MD
Joel Goldstein, MD
Laurie Gray
Len Greenberg, PhD
Katherine E. Grimes, MD, MPH
Sanjay Gulati, MD
John Hamilton, MD
Jill Harkaway, EdD
Jennifer Harris, MD
Alexandra Harrison, MD
Fida Hassan, MD, MPH
Barbara Hauser, LICSW
Jeanne Heiple, MD, PhD
Ann Hess, MD, PhD
Holly Houseman, PhD
Albert Hyman, MD
Gabriela Iagaru, MD
Xenia Johnson, MD
Neal Kass, MD
Janice Kauffman, RN, MPH
Kathy Kelts, LICSW
Lauren Krumholz, PhD
Deborah Kulick, MD
Maydee Lande, LICSW
Dianna LeSanto, LICSW
Karen Levine, PhD
Treniece Lewis Harris, PhD
Karlen Lyons-Ruth, PhD
Kimberly
Martin-Conley, M.Ed, LMFT
Amy Mayhew, MD, MPH
Cynthia Mittelmeier, PhD
Theodore Murray, MD
Ann Neumeier, MD
Barbara Okun, PhD
Miriam Ornstein, MD
Laura Pabo, LICSW
Christopher Pagano, PhD
Mathilde Pelaprat, PsyD
Ava Penman, MS
William Pollack, PhD
Adele Pressman, MD
Malak Rafla, MD
Nancy Rappaport, MD
Laurie Raymond, MD
Lee Robinson, MD
Adam Rosen, JD, PhD
Debra Rosenblum, MD
John Sargent, MD
Maria Sauzier, MD
Susannah Sherry, MD
Stephanie Smith, LICSW
Jeanne Strassberger, MD
Lyn E. Styczynski, PhD
Nandini Talwar, MD
Cynthia J. Telingator, MD
Stephanie Tournet, MD
Judy Tsafir, MD
Marta Valiente, LICSW
Allison Warshof, LICSW
Cecil Webster, MD
John Wechter, EdD
David Wilcox, PhD
Kerry-Ann Williams, MD
Tyrone Williams, MD
Supervision
Fellows have four to six hours of supervision per week. For first-years, this includes two or more hours of individual supervision in addition to supervision by the rotation supervisor and other faculty during each rotation. In addition, first years have an administrative supervisor (Dr. Robinson) who helps fellows learn to manage their patient commitments effectively and efficiently. In their second year, the fellows have up to four individual supervisors assigned, three supervisors for psychotherapy, and at least one psychopharmacology clinic preceptor. Dr. DeJong, administrative supervisor for the second years meets with them regularly to discuss caseload balance and management. In addition, second-years have a rotation supervisor for each rotation. Finally, the second-year fellows also receive supervision in group therapy and school consultation/liaison.

Research
The Department of Psychiatry values research as the foundation for improving the quality of clinical care and considers it essential for analyzing healthcare disparities, evaluating systems of care, and determining treatment efficacy and disseminating effective treatments to the larger professional community. Throughout their training, fellows are encouraged to pursue research interests.

Our mentoring system has successfully supported fellows in applying for research awards, Harvard Medical School fellowships (such as the Livingston and DuPont-Warren Fellowships), and training grants and awards from the American Academy of Child and Adolescent Psychiatry, the National Institute for Drug Abuse, the American Psychiatric Association, and the National Institute for Mental Health. Cross-fertilization among child psychiatry and developmental psychology faculty at Harvard has increased resources and choices for mentor-ship and academic writing. Specific opportunities for mentored research in mental health care disparities and health services research are available within the Center for Multicultural Mental Health Research.

Elective
Fellows interested in pursuing academic, research, and/or administrative interests in their first year will be supported in their endeavors. Second year Fellows have one day a week of scheduled elective time to pursue such interests. The program makes efforts to introduce fellows to a range of potential mentors and supervisors who can provide guidance in the development of engaging and scholarly electives during the first and second years of the program.

How to Apply
Graduates of national or international medical schools who will have completed at least three years of General Psychiatry and all the ACGME specific requirements for those trainings are eligible to apply. Applications should be submitted using the Electronic Residency Application Service (ERAS, https://www.aamc.org/students/medstudents/eras/residency/) and should include:

1. a completed application form;
2. your medical school dean’s letter;
3. medical school transcripts;
4. three letters of reference, one from a child supervisor;
5. curriculum vitae;
6. personal statement;
7. Letter of attestation from the General Psychiatry Training Director stating all ACGME requirements will be completed in time for transfer to fellowship, as well as completion of CSEs.
We will only rank applicants who have passed STEP III of USMLE. Those who match with us should have met our requirements for Clinical Skills Exams, and have completed all adult board requirements by July 1, 2017. Those who are entering child and adolescent as a 4th year may use their child training to meet the 12 additional month (time only) requirement of psychiatry towards adult requirements.

Foreign citizens who wish to enter the United States for postgraduate training must comply with United States immigration laws, in addition to the application procedures described above. Foreign medical school graduates should contact:

The Education Commission for Foreign Medical Graduates
3624 Market Street
Philadelphia, PA 19104
(215) 386-5900

Cambridge Health Alliance participates in the National Resident Matching Program (NRMP) and complies with all its rules and regulations. Appointments generally begin July 1 and last for two years. The program is fully accredited by the American College of Graduate Medical Education for five fellows per year. Fellows in good standing will be eligible for specialty boards in child and adolescent psychiatry providing they have met the other requirements as described by American Board of Psychiatry and Neurology.

Benefits
The following salary and benefits are set out in the collective bargaining agreement negotiated between the Committee of Interns and Residents/SEIU and Cambridge Health Alliance.

Salary/Benefits Effective 6/28/15
PGY 1 $58,445
PGY 2 $60,793
PGY 3 $63,159
PGY 4 $67,381
PGY 5 $71,009
PGY 6 $75,952
PGY 7 $79,302

Note: Orientation pay for work prior to July 1

Professional Education Stipend (non-taxable)
House Officers are paid $1,900 annually, dental House Officers are paid $2,050 annually, and fellows are paid $2,200 annually.

This stipend may be used to defray the costs of conferences, textbooks, journals, board fees, necessary computer hardware, or other such items as approved by the appropriate Program Director.

Dental Insurance
Fully employer paid dental insurance covering 100% of the cost of most basic services. Spouses, children and domestic partners are all eligible to receive coverage at no cost to the house officer.

Optical Benefit
Fully employer paid optical benefit, covering the full cost of one yearly eye exam, and prescription glasses or contacts. Spouses, children and domestic partners are all eligible to receive coverage at no cost to the house officer.

Disability Insurance
Fully employer paid short and long term disability coverage.
Exam Reimbursement
$700/year reimbursement for cost of USMLE Step III, NBME Part III, or COMLEX Level 3 exam; up to $550 one-time reimbursement to Dental residents for Federal DEA registration.

Emergency Coverage Pay
For Medicine, $250/weeknight, $350/weekend day, $450 weekend/holiday overnight. For Family Medicine, $100/call to cover home call at CHA Whidden Hospital. If required to come into hospital, Medicine rates apply. For Podiatry, $50/hour if called to serve as 1st assist in OR for non-foot/ankle surgery.

Taxi Vouchers
Taxi vouchers are provided to all House Officers who are required for any training or service purpose to travel between the Hospital and the required off site location. Vouchers are also available to House Officers who park at CHA, but are too fatigued to drive home safely after prolonged or off-hours shifts.

Boston Sports Club Benefit
All CIR members are eligible to receive discounted membership to the Boston Sports Clubs. Members will receive a 40% reduction in both monthly and joining fees.

On Call Meals
House Officers are provided with a refrigerator stocked with food of their choice in the on-call room of CHA Cambridge Hospital for on-call dinners and breakfasts.

Patient Care Fund
CHA Provides CIR with $45,000 per year for the CIR Patient Care Fund. This fund, run by a committee of House Officers, provides grants for items and services that will improve patient care but are not funded in the standard hospital budget.

CIR Membership Dues
All CHA interns, residents and fellows are represented by the Committee of Interns and Residents (CIR) and are covered by the CIR union contract and negotiated benefits outlined above. Members of CIR pay dues in the amount of 1.5% of their gross salary. These dues are determined annually by the full CIR membership and thus may increase or decrease. House officers who choose not to be members are required by state law to contribute an “agency fee” (also deducted weekly), which is calculated based on the cost of negotiating and enforcing their contract. These dues are tax deductible.

For more information on CIR and a copy of the complete CIR CHA House Officer Contract.