

Psychiatry Rotation Expectations

Stanford Counseling and Psychological Services

Vaden Health Center
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Vaden Leadership

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Positions Available: 1-year site for student mental health fellow. 6-month rotation in college mental health for psychiatry PGY-4 or PGY-3 residents.

Clinical Responsibilities may include any of the following:

- 1) **Group Therapy** – The fellow may provide group therapy offerings to students during their Vaden rotation in conjunction with a Vaden staff co-facilitator. The fellow would be responsible for meeting with their staff co-facilitator prior to and following each group therapy session.
- 2) **Psychiatric Initial Consults**- full psychiatric assessment including presenting problem, psychiatric history, review of systems, medical history, developmental history, diagnostic impression and plan. This initial appointment is 1 hour long but may be continued over a second hour. The second hour is booked as a return visit.
- 3) **Medication Coverage (Medication Back-up)**- The fellow may provide psychiatric on-call services during the rotation. This would include providing time on certain days to see students requiring same-day psychiatric evaluation. Responsibilities also include handling medication refills for psychiatrists who are not available on that day. The fellow would be responsible for arranging coverage for any medication coverage days that they are assigned to and unable to cover. The fellow is encouraged to work with their direct supervisor to assist in finding coverage.

- 4) **Individual Therapy**- The fellow may provide brief individual therapy to students during their Vaden rotation. The visits are listed in the fellow's schedule as a Psych f/u visit of 60 minutes in length, which can be divided into 50 minutes of clinical time and 10 minutes to document the encounter.
- 5) **Ongoing Medication Management** - The fellow may provide ongoing medication management visits to students during their Vaden rotation. The visits are listed in the fellow's schedule as a Psych f/u visit of 30 minutes in length, which can be divided into 25 minutes of clinical time and 5 minutes to document the encounter.

Sample Schedule

	MON	TUE	WED	THUR	FRI
8:30		Admin (30 minutes)			Admin
9:00		Psych F/U (30 minutes) Group Therapy Planning (30 minutes)			Psych IC (60 minutes)
10:00		Group Therapy (60 minutes)			Psych F/U (60 minutes)
11:00		Group Therapy Debrief (30 minutes) Psych F/U (30 minutes)			Psych F/U (30 minutes) Staff Meeting (30 minutes)
12:00		Lunch Group Therapy Planning			Staff Meeting (30 minutes) Lunch (30 minutes)
1:00		Group Therapy (60 minutes)			
2:00		Group Therapy Debrief (30 minutes) Admin (30 minutes)			
3:00		Urgent Med Eval			
4:00		Admin (30 minutes) Psych F/U (30 minutes)			

Supervision

The fellow will have a designated CAPS staff psychiatrist as their supervisor during their rotation. The supervisor will assist with with clinical and case management, clinic operations, and professional development.

Vacation and Coverage

The fellow should submit their vacation request with enough advanced notice for the clinic to plan for their absence and clear their clinic schedule. The fellow should submit their vacation request with both the fellowship and their CAPS supervisor using the vacation request form provided by the residency. The fellow should notify the CAPS front desk once their vacation is approved so that front desk staff can block their schedules. The fellow is responsible for arranging coverage for med back-up days while they are away. They should work with their supervisor if needing assistance in arranging coverage. The fellow is also responsible for setting up an away message in PointNClick that will direct students how to contact CAPS while they are away. This away message should be set up for any business days that the fellow is not at CAPS including but not limited to vacations, didactic days, holidays, and weekdays that the fellow is not scheduled to be at CAPS.

Sick Time

For sick days, the fellow should notify their supervisor, training site director (Kevin Lee, M.D.), psychiatry services director (Julie Tinklenberg, M.D.), and the front desk staff on the morning of illness. Front desk staff will reschedule the fellow's clients. The fellow should also notify the above staff of any students on the schedule that need to be seen by a covering psychiatrist for a same-day visit.

Professionalism

The fellow is expected to engage with students, colleagues, and other staff in a professional and collegial manner. The fellow is expected to maintain appropriate and professional attire while in the clinic. The fellow is expected to notify their supervisor immediately for any concerning interactions in the clinic that do not adhere to professional and respectful boundaries.

Evaluation and Feedback

The fellow and supervisor will both complete an evaluation in MedHub. In addition, the fellow will be able to submit anonymous feedback on the rotation through an internal Qualtrics survey. The fellow will also meet with the site director for mid-point feedback and with their supervisor for mid-point and end-of-rotation feedback.

Attending Psychiatrists

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Helpful Contact Numbers

CAPS front desk	x33785; fax 650-725-2887
Confidential Support Team (CST)	x66933
Vaden Pharmacy	x56160
Vaden Lab	x51377
Vaden Medical Records	x56979
Vaden Insurance Office	x32135
Vaden Front Lobby	x54742

References

1. Roberts, L.W. (2018). *Student Mental Health: A Guide for Psychiatrists, Psychologists, and Leaders Serving in Higher Education*. APA Publishing
2. Kadison, R., & DiGeronimo, T. (2004). *College of the Overwhelmed. The Campus Mental Health Crisis and What to do about it*. San Francisco: Jossey-Bass.
3. Benton, S.A... & Benton, S. L... (2006). *College Student Mental Health*. NASPA.
4. Levenson, H. (1995). *Time-limited dynamic psychotherapy: A Guide to Clinical practice*. New York: Basic Books.
5. Goleman, D. (2000). *Working with Emotional Intelligence*. New York: Bantam Books.