



CHILD & ADOLESCENT PSYCHIATRY **FELLOWSHIP PROGRAM**

Our program goal is to prepare the next generation of leaders in behavioral health care, and to support trainees and staff in delivering the highest quality of care.

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Boston Children's Hospital

Where the world comes for answers



**HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL**

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Boston Children's Hospital

U.S. News & World Report has ranked Boston Children's Hospital as the premier pediatric hospital for the past nine consecutive years. We are Harvard Medical School's primary pediatric teaching hospital, and home to the world's largest research enterprise based at a pediatric medical center.

Boston Children's Hospital (BCH) is a 415-bed comprehensive center for health care. As one of the largest pediatric medical centers in the United States, we offer a complete range of health care services for children from birth through 21 years of age, although some services can begin at 15 weeks gestation and extend into adulthood for many chronic childhood illnesses.



With a medical staff of nearly 1,100 faculty members, almost 1,000 trainees and over 1,500 nurses, BCH handles some 25,000 inpatient admissions and close to 557,000 clinic visits each year. Our research community hosts more than 1,100 scientists, including nine members of the National Academy of Sciences, 11 staff members of the Institute of Medicine and nine members of the Howard Hughes Medical Institute.

Our faculty include two Nobel Prize winners: Dr. John Enders and colleagues who successfully cultured the polio virus paving the way for the Salk and Sabin vaccines, and Dr. Joseph Murray whose research focused on immuno-suppression, specifically in organ and cell transplantation.

Boston Children's Hospital is proud to host America's first Transgender Clinic for children, which was founded in 2007. Our International Center welcomes patients from more than 100 countries to include services such as: coordination of visits, medical record keeping, immigration, interpretation, travel and accommodation arrangements.

Program Overview

Program Philosophy, Goals, and Target Skills

Our philosophy is that medical education is a graduated process during which future child and adolescent psychiatrists gain experience with, and assume responsibility for, increasingly difficult patients and problems within their area of expertise. At the conclusion of training, fellows must be prepared to practice independently. We train child and adolescent psychiatrists who, by their final year of training, are prepared to manage complex patients and problems.

We provide timely, relevant instruction, supervision and evaluation around the fundamentals of child and adolescent psychiatry that fosters the growth of each fellow as a developing professional, while acknowledging the challenges of entering a new field.

Our faculty offers hands-on supervision when and where it is needed, and our program flexes to allow increasing autonomy as each fellow demonstrates their emerging competencies.

We want our fellows to develop skills to:

- Reduce the burden of suffering and improve the quality of life for children and families that face disabling mental illnesses.
- Hone their evaluation artistry by identifying strengths and deficits of children and their families.
- Develop proficiency in both psychotherapies and somatic therapies.
- Treat child psychopathology in a bio-psycho-social context of development.
- Emphasize culturally competent and family-centered care.
- Explore community-based settings systems of care.
- Advocate for youth and their families.
- Develop leadership expertise and work effectively in interdisciplinary teams.

The Fellowship is structured so that the majority of required ACGME training experiences are completed in the first year, allowing substantial discretionary time in the second year for personal pursuits whether clinical, educational, or investigative. Our fellows are encouraged and supported to follow their interests and passions in the field of child and adolescent psychiatry.

Leadership



Zheala Qayyum, MD, MSSc

Training Director, Child and Adolescent Psychiatry

Associate Training Director, Triple Board Residency
Associate Director of Medical School Education in Psychiatry
Assistant Professor of Psychiatry, Harvard Medical School



Chase Samsel, MD

Assoc. Training Director, Child and Adolescent Psychiatry

Associate Training Director, Triple Board Residency
Medical Director, Psychiatry Consultation Service
Assistant Professor of Psychiatry, Harvard Medical School



Assistant Training Director

Ethan Anglemeyer, DO

Attending Psychiatrist, Inpatient Psychiatry Service
Instructor of Psychiatry, Harvard Medical School

Fellowship Structure

Year One Outline

The BCH CAP Fellowship is a traditional two-year fellowship, following three or four years of general (adult) psychiatry training, which is required for ABPN Board Certification.

2 Months Inpatient Psychiatry Service	2 Months Emergency Psychiatry Service	4 Months Psychiatry Consultation Service	4 Months Outpatient Psychiatry Service
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Sample Year One Rotation Block

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Rotation	Rotation	T-Group	HMS CAP1s Combined Lecture Series	Rotation
			Therapy Didactics		
			Pharm Didactics		
			Grand Rounds, M&M		
PM	Supervision	Supervision	Admin Time	Diagnostic Clinic	Journal Club/ All Fellows
	Rotation	Rotation	Rotation	Outpatient Clinic	Rotation

Service Descriptions

Inpatient Psychiatry Service and Psychiatry Service (IPS, EPS)

The unique training goals of the IPS/EPS rotation are to teach fellows to evaluate and manage children, adolescents, and their families, who present with severe psychiatric illnesses, or co-morbid medical-psychiatric illnesses, requiring acute care or care in a more restrictive inpatient setting. In this rotation, our fellows work collaboratively with a multidisciplinary team, and are involved in all aspects of patient care, from family, to individual, to pharmacotherapy. During this block, fellows receive supervision from the medical director, the attending psychiatrists and social work staff; rotation-specific didactics are also provided. The trainees also have the opportunity to provide supervision and peer mentoring to junior trainees in both the IPS/EPS.

Psychiatry Consultation Service (PCS)

The training goals of the PCS rotation are similar to those of IPS but in a less-restrictive inpatient setting. Working on the interface between psychiatry and pediatrics, challenges our fellows to refine their differential diagnostic and systems-management skills, as well as to develop and implement comprehensive treatment plans in a non-psychiatric milieu. During this four-month rotation our fellows work closely with their attending PCS staff member to evaluate and follow patients during their medical hospitalization. Rotation-specific didactics are also provided.

Outpatient Psychiatry Service (OPS)

The unique training goals of the OPS rotation are to teach fellows to conduct comprehensive evaluations, and to formulate and carry out related evidence-based treatment plans for children, adolescents, and their families who present with a wide range of psychiatric needs. Fellows perform clinical duties and train in a variety of outpatient settings: our Adolescent Substance Abuse Program, Pediatric Neurology, Gender Multispecialty Service, ADHD Clinic, PCIT Clinic, Neuropsychiatry Clinic, and the Martha Eliot Community Health Center. Throughout the course of the first year, fellows maintain a continuity clinic one afternoon each week in the OPS. Attending supervisors review cases individually with each fellow in a traditional supervisory format; supervisors also directly observe and assist in select evaluations and/or follow-up appointments.

Fellowship Structure

Year Two Outline



Sample Year Two Rotation Block

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Elective	Elective	T-Group Therapy Didactics Pharm Didactics Grand Rounds, M&M	Admin Time*	Elective
PM	Supervision	Supervision	Admin Time	Transition to Practice	Journal Club/ All Fellows
	Elective	Outpatient Clinic	Elective	Outpatient Clinic	Elective

*Chiefs are allotted at least one half day of administration time.

The exception to the Second Year Fellows' longitudinal schedule is the two months when the fellow is the Senior Fellow in our Inpatient Unit.

Electives

Over the course of the entire second year of training, fellows have ample elective and scholarly time to pursue any advocacy, clinical, community, educational, or research interests they may have. Faculty mentors play an essential role in helping them plan for these opportunities.

Some of our recent electives (Research opportunities not included):

- Clinic for Interactive Media and Internet Disorders, BCH
- Bioethics Fellowship, Harvard Medical School
- Gender Multispecialty Service Clinic, Department of Endocrinology, BCH
- Sleep Medicine Clinic, Center for Pediatric Sleep Disorders, BCH
- ADHD Clinic, BCH
- Student Mental Health Services, Harvard University Health Services
- Developmental Neuropsychiatric Clinic, BCH
- Adoption Clinic, BCH
- Prevention/Recovery in Early Psychosis Clinic, Mass. Mental Health Center (MMHC)
- Child Protection Team, BCH
- Trauma and Community Resilience Center (TCRC), BCH
- Chief Fellow in Outpatient Psychiatry, BCH
- Senior Fellow, Psychiatry Consultation Service, BCH
- Junior Attending, Inpatient Psychiatry Service, BCH
- Learning Disabilities Program, Department of Neurology, BCH
- Institute for Professionalism and Ethical Practice, BCH
- Pediatric Psychosocial Oncology, Dana-Farber Cancer Institute
- School-based rotation with Boston Children's Hospital Neighborhood Partnership
- Autism Center, BCH
- The Center for Early Detection, Assessment & Response to Risk, MMHC
- The Prevention & Recovery in Early Psychosis Program, MMHC
- Office of Government Relations Mental Health Advocacy, BCH
- Obsessive Compulsive Disorder Institute, McLean Southeast
- Lurie Autism Center, Massachusetts General Hospital
- Eating Disorders and Adolescent Medicine Clinic, BCH

Salary & Benefits

Salary

House Officer - PGY IV \$86,118

House Officer - PGY V \$92,103

House Officer - PGY VI \$99,194

Benefits – Health, Malpractice and Other Insurance

Fellows receive malpractice insurance coverage while serving patients at Boston Children’s Hospital. House officers may enroll in a variety of health insurance and health maintenance programs; dental insurance, disability insurance and life insurance are also provided. Effective academic year 2023-2024, the hospital will cover the costs of all new and renewing licensing fees.

Housing Assistance

To help offset the cost of leasing in Boston, starting in Academic Year 2023-2024, all Boston Children’s Hospital MD/DO trainees will receive an annual \$10,000 moving stipend. Boston Children’s Hospital also offers the Lease Guaranty Program, which is a program for salaried fellows that alleviates the outlay of security deposits, and first and last month’s rent payments, which are typical when renting a new apartment in Boston.

Transportation/Parking

Boston Children’s Hospital is convenient to various modes of public transportation (bus, commuter rail and subway), and also provides subsidies for monthly commuter passes, and discounted parking passes.

Child Care Center

BCH manages a childcare center for the children of hospital employees. Hours of operation are 6:30am to 6:00pm, Monday through Friday, except for recognized holidays. The center accommodates 42 children, ages three months to five years. For more information about the program, or for a tour, please call (617) 355-6006. CAP Fellows are also eligible for the hospital’s emergency childcare network: Care.com.

Vacation

Fellows are offered twenty days of personal time and five professional days during each year of training; timely notice is expected prior to taking time off.

Educational Resources for Travel

Each fellow receives a one-time \$1,000 allowance to be used towards expenses for attendance at conferences. For fellows presenting posters, papers or abstracts, an additional annual allowance of \$500 is available. We make it a priority for fellows to attend AACAP at least once during their fellowship.

Diversity & Inclusion

Boston Children's Hospital is dedicated to creating a culture where all patients, families, clinicians, researchers, staff, and communities feel empowered and supported. We are committed to working together to support health equity and promote anti-racist practices. This is not merely an aspirational goal, and in August 2020, we shared our formal Declaration on Equity, Diversity and Inclusivity that will be our guiding compass in making this goal a reality.

We recognize that diversity and cultural competency efforts are complex and require dedicated time, attention and resources. We have major commitments on all fronts:

- Enhancing access to the best health care
- Promoting and cultivating a diverse workforce
- Instilling a welcoming environment for all
- Bolstering respect for cultural differences in the delivery of care
- Reducing differences in health outcomes among different racial and ethnic groups
- Advancing our community outreach
- Developing further student and residency outreach

We will continue to evolve to ensure we provide a welcoming, inclusive environment for all staff and families. Our diversity makes us stronger.

Psychiatry Department's Diversity & Inclusion Initiatives

The Department of Psychiatry & Behavioral Sciences (Department) is working with the Office of Health Equity and Inclusion (OHEI) at Boston Children's Hospital (BCH) to support health equity and promote culturally effective care. We must work on closing gaps in health and health outcomes and ensure an inclusive environment that does not tolerate any form of racism, discrimination, or bias. We firmly embrace the OHEI's statement that "In these extraordinary times, it is more important than ever that we strengthen and extend our commitment to ensuring that BCH is a place where all people feel welcome, cared for and respected."

To do so, we align with the BCH's Declaration on Equity, Diversity, and Inclusivity (EDI).

GOAL 1: Be an inclusive environment that does not tolerate any form of racism, discrimination, or bias.

GOAL 2: Recruit, develop, and retain diverse workforce.

GOAL 3: Eliminate structural racism from all policies, guidelines, and practices.

GOAL 4: Develop and implement a comprehensive and widely distributed education curriculum to advance culturally effective pediatric health care delivery.

GOAL 5: Be a leader in eliminating child health disparities in our community and our nation.

GOAL 6: Lead in the development, implementation, and tracking of metrics for equity, diversity, and inclusion.

Fellows

AY 2023-2024 CAP1 Fellows

(Right)

David Carlsen-Landy, MD

Gabi Meyerson, DO

Vinh-Son Nguyen, MD

Lexi Pumilia, DO

Lizzy Steuber, MD

Rebecca Wetzel, MD

AY 2023-2024 CAP2 Fellows

(Below)

Nima Jahanforouz, DO

Aakash Sathappan, MD

Glynis McGowan, MD

Kevin Hill, MD

Chidi Wamuo, MD

Michal McDowell, MD, MPH
(missing from photo)

