

# MS1 Psychiatry Flex Week Options: Choose one session or all!

## Class of 2028 Flex Week Proposal Winter 2024

<b>Title</b>	<u><a href="#">Psychiatry FLEX Week</a></u>	
<b>Experience Category</b>	<b>Clinical shadowing</b> <b>Research-related</b> Community Service	Professional Enrichment Courses (PECs) Professional Development Wellness
	Other:	
<b>Goal</b>	<b>To give students a sample experience of what psychiatry as a specialty is really like, helping students determine if a career in this specialty might be a good fit.</b>	
<b>Brief Description</b>	Students will get an in-depth exposure to psychiatric practice in a variety of settings (inpatient, ambulatory, crisis) through clinical shadowing, supplemented by educational activities and student-focused discussions.  MS-1 Week 26 - See tentative schedule attached Week 30 – See tentative schedule attached	
<b>Faculty Organizer</b>	Gina Perez, MD Senior Director, Office of Medical Student Education 412-586-9068 <a href="mailto:perezgm2@upmc.edu">perezgm2@upmc.edu</a>	
<b>Admin Coordinators (contact info)</b>	Kathy Molter, MS Sr. Administrative Coordinator/Psychiatry Clerkship Coordinator 412-246-5122 <a href="mailto:molterka@upmc.edu">molterka@upmc.edu</a>	

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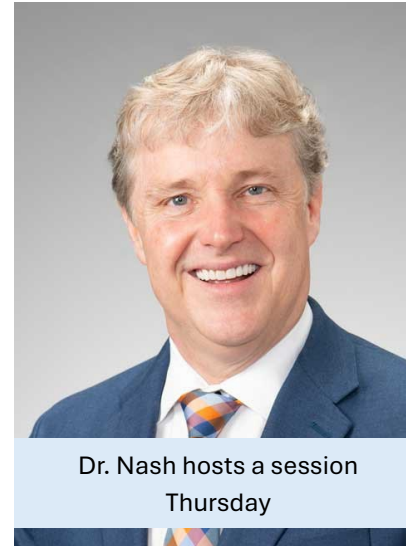
<b>Department</b>	Psychiatry
<b>Capacity (# students)</b>	5 or 6 students per each Flex Week
<b>Location</b>	Western Psychiatric Hospital: Inpatient and Outpatient Sites
<b>Reporting Info</b>	Monday/Tuesday, 9am or 10am WPH Office E8022

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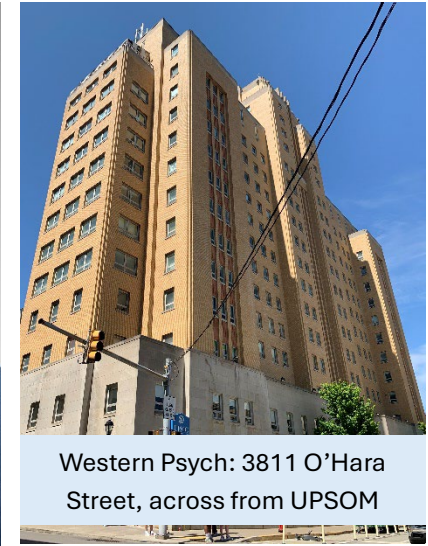
The University of Pittsburgh Psychiatry Department offers several experiences to choose from for your January 27<sup>th</sup> through January 31<sup>st</sup> Flex Week.

**Choose one or all of them!**

You **do not** need to sign up for the entire flex week. Pick and choose what you like. Space is limited, so please RSVP to Kathy Molter by Jan 20, 2025. ([molterka@upmc.edu](mailto:molterka@upmc.edu), 412-246-5122)



Dr. Nash hosts a session  
Thursday



Western Psych: 3811 O'Hara  
Street, across from UPSOM

<p>Mon Jan 27, 2025 (9-11am)</p>	<p><b>Want To Interview Like A Pro?</b> <a href="#">Gina M Perez, MD   University of Pittsburgh Department of Psychiatry</a> (3 students)</p>	<p>Experience a hands-on introduction to psychiatric interviewing with Dr. Perez who will give an overview of psychiatry followed by tips for psychiatric interviewing. After a skill-building session, we're off to the unit to practice interviewing skills with a patient volunteer.</p> <p><b>Location:</b> Meet Dr. Perez at 9am on the first floor of Western Psychiatric Hospital, 3811 O'Hara Street, before security. Wear your badge.</p>
<p>Mon Jan 27, 2025 (8am-12pm)</p>	<p><b>See Inpatient Psychiatry on the Geriatric Unit with <a href="#">Crystal White, MD   University of Pittsburgh Department of Psychiatry</a></b> (2 students)</p>	<p>Spend a morning rounding with the inpatient psychiatric team on the Integrated Health and Aging Unit at Western Psychiatric Hospital. Observe the resident and attending interview older adult psychiatric patients and participate in the multi-disciplinary discussion and treatment planning for patients.</p>

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		<p><b>Location:</b> <i>Western Psychiatric Hospital, 3811 O’Hara Street. Ms. Molter will let you know in advance exact location.</i></p>
<p>Mon Jan 27, 2025 (1-3:30pm)</p>	<p><b>Overview of Research at Western Psychiatric Hospital &amp; Demo of Translational Research on the Impact of Early Life Stress on Brain Development</b></p> <p><a href="#">Cynthia A Conklin, PhD   University of Pittsburgh Department of Psychiatry</a> &amp; <a href="#">Judy L. Cameron, Ph.D.</a></p> <p><i>(10 students)</i></p>	<p>Meet with two research faculty to learn about ongoing studies in the psychiatry department. Drs. Conklin and Cameron give you the inside scoop about psychiatric studies taking place in the top-funded psychiatric department in the nation – Pitt! Talk about your research interests and learn about Psychiatry faculty doing work in various areas of expertise. Next, you will participate in a research demo with Dr. Cameron during which she will discuss her latest work with NICU babies and a cutting-edge app. built to teach mothers how to interact with their high-risk infants to promote early brain development. <i>See her latest publication here: <a href="#">A realist review of digitally delivered child development assessment and screening tools: Psychometrics and considerations for future use</a></i></p> <p><b>Location:</b> <i>Meet Drs. Conklin and Cameron at Western Psychiatric Hospital, 3811 O’Hara Street, E8010 conference room, in the office of clinical affairs wing</i></p>
<p>Tues Jan 28, 2025  (half or full day)</p>	<p><b>See Outpatient Psychiatry In Action!</b></p> <p><a href="#">Piper N Carroll, MD   University of Pittsburgh Department of Psychiatry</a></p> <p><i>(1 student)</i></p>	<p>Shadow Dr. Carroll at Bellefield Outpatient Psychiatry Clinic for either half or a full day.</p> <p><b>Location:</b> <i>100 N Bellefield Ave, Pittsburgh, PA 15213 Ms. Molter will send out exact reporting information in advance.</i></p>

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<p>Tues Jan 28, 2025 (7:30am–12:30 pm)</p>	<p><b>See Inpatient Psychiatry on the General Adult Unit with <a href="#">Maria Lopez-Santiago, MD   University of Pittsburgh Department of Psychiatry.</a></b> <i>(1 student)</i></p>	<p>Spend the morning rounding with Dr. Lopez and her team on the General Adult Unit at Western Psychiatric Hospital. The most common diagnoses on this unit are depression, bipolar and psychosis.</p> <p><b>Location:</b> <i>Western Psychiatric Hospital (3811 O’Hara Street, Pittsburgh, PA 15213)</i> <i>Ms. Molter will let you know in advance the resident to meet up with at 7:30 am.</i></p>
<p>Weds Jan 29, 2025 (7:30am–12:30 pm)</p>	<p><b>See Inpatient Psychiatry on the General Adult Unit with <a href="#">Maria Lopez-Santiago, MD   University of Pittsburgh Department of Psychiatry.</a></b> <i>(1 student)</i></p>	<p>Spend the morning rounding with Dr. Lopez and her team on the General Adult Unit at Western Psychiatric Hospital. The most common diagnoses on this unit are depression, bipolar and psychosis.</p> <p><b>Location:</b> <i>Western Psychiatric Hospital (3811 O’Hara Street, Pittsburgh, PA 15213).</i> <i>Ms. Molter will let you know in advance the resident to meet up with at 7:30 am.</i></p>
<p>Wed Jan 29, 2025 (8am-12pm)</p>	<p><b>See Inpatient Psychiatry on the Geriatric Unit with <a href="#">Crystal White, MD   University of Pittsburgh Department of Psychiatry</a></b> <i>(2 students)</i></p>	<p>Spend a morning rounding with the inpatient team on the Integrated Health and Aging Unit at Western Psychiatric Hospital (3811 O’Hara Street, Pittsburgh, PA 15213). Observe the resident and attending interview older adult psychiatric patients and participate in the multi-disciplinary discussion and treatment planning for patients.</p> <p><b>Location:</b> <i>Western Psychiatric Hospital (3811 O’Hara Street, Pittsburgh, PA 15213).</i> <i>Ms. Molter will let you know where to report.</i></p>

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<p>Wed Jan 29, 2025 (8-12pm or 1-5pm)</p>	<p><b>See Outpatient Psychiatry In Action!</b> <b>Multiple options in child and adult psychiatry clinics</b> <i>(6 students)</i></p>	<p>Observe first-hand how our faculty and resident psychiatrists help patients experiencing various psychiatric disorders. <i>Choose between adult psychiatry or child and adolescent psychiatry.</i></p> <p><b>Location:</b> <i>will be assigned based on your request, wear your badge)</i></p>
<p>Wed Jan 29, 2025 (8:45-5pm)</p>	<p><b>A Day In The Life Of An ACT Psychiatrist”</b> with <a href="#">Mark Beuger, MD   University of Pittsburgh Department of Psychiatry</a> <i>(1 student)</i></p>	<p>Assertive Community Treatment (ACT) is an evidence-based model aimed at serving individuals with severe persistent mental illness in the community rather than a clinic setting. You will attend the daily multidisciplinary team meeting in the morning at our office in Garfield and go out into the field with Dr. Beuger to meet patients in their home environment. This will be a good introduction to person-centered care and stage of change-based interventions and the recovery model.</p> <p><b>Location:</b> 5231 Penn Avenue, 1st Floor Pittsburgh, PA 15224 Meet Dr. Beuger at 8:45 Bring your lunch with you</p> <p>412-204-9100 (office) 412-204-9137 (fax) 412-925-6868 (cell) <a href="mailto:beugerm@upmc.edu">beugerm@upmc.edu</a></p>
<p>Wed Jan 29, 2025 (9am-11am)</p>	<p><b>AI-Enable Flipped Journal Club: Psilocybin for Depression</b> with <a href="#">Patrick J Buckley, MD   University of Pittsburgh Department of Psychiatry</a>.</p>	<p>Join this interactive, flipped-classroom journal club on psilocybin for depression. Students utilize ChatGPT as an interactive tutor to better understand the paper prior to group discussion.</p>

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	(10 students)	<p><b>Please bring your laptop!</b></p> <p><b>Location:</b> 9am - Meet Dr. Buckley in the 8<sup>th</sup> Floor Conference Room of Western Psychiatric Hospital, 3811 O'Hara Street, E8010 conference room, in the Office of Clinical Affairs Wing - Wear your badge.</p>
Wed Jan 29, 2025 PM session (2pm-4 pm)	<p><b>An Intro to Schizophrenia Research with <a href="#">Konasale M Prasad, MD, MBBS (MD)   University of Pittsburgh Department of Psychiatry.</a></b> (10 students)</p>	<p>During this informal discussion, learn about network neuroscience related to risk for psychoses, multimodal neuroimaging, schizophrenia treatment clinical trials, and more.</p> <p><b>Location:</b> Meet Dr. Prasad at Western Psychiatric Hospital, 3811 O'Hara Street, E8010 conference room, in the office of clinical affairs wing</p>
Thurs Jan 30, 2025 (7:30am-12:30 pm)	<p><b>See Inpatient Psychiatry on the General Adult Unit with <a href="#">Maria Lopez-Santiago, MD   University of Pittsburgh Department of Psychiatry.</a></b> (1 student)</p>	<p>Spend the morning rounding with Dr. Lopez and her team on the General Adult Unit. The most common diagnoses on this unit are depression, bipolar and psychosis.</p> <p><b>Location:</b> Western Psych Hospital 3811 O'Hara St</p> <p>Ms. Molter will let you know in advance the resident to meet up with at 7:30 am.</p>
Thurs Jan 30, 2025 (9:30-11:30am)	<p><b>Want To Interview Like A Pro? <a href="#">James D Tew, MD   University of Pittsburgh Department of Psychiatry</a></b> (1-3 students)</p>	<p>Join Dr. Tew, The Western Psychiatric Hospital Vice President of Medical Affairs (and Pitt Med Alum!) for a patient interviewing session.</p> <p>Meet Dr. Tew at his office at 9:30am. You will go as a group to the inpatient unit to hone your interviewing skills.</p>

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		<p><b>Location:</b> 3811 O'Hara Street, 8<sup>th</sup> Floor, Office of Clinical Affairs, Room E-8015</p> <p>Contact number day of: Terry Clontz, Executive Assistant to Dr. James Tew, Office of Clinical Affairs, UPMC Western Psychiatric Hospital, 3811 O'Hara Street, E-8032, Pittsburgh PA 15213  T: 412-246-5525  F: 412-246-5266  <a href="mailto:clontzt@upmc.edu">clontzt@upmc.edu</a></p>
Thurs Jan 30, 2025 (1pm-3pm)	<p><b>So Many Paths To Choose From in Psychiatry!</b>  <a href="#">Kenneth C Nash, MD   University of Pittsburgh Department of Psychiatry</a>  <i>(6 students)</i></p>	<p>Join Dr. Nash, Chief of Clinical Services for all of UPMC's Behavioral Health Services to explore all of the possible career paths within psychiatry! During this informal discussion about opportunities within the field of psychiatry, Dr. Nash highlights his unique career trajectory, including residency training options, fellowship options, clinical positions, senior leadership positions, and even his own experience as one of the few sports psychiatrists for professional athletes.</p> <p><b>Location:</b> <i>Western Psychiatric Hospital, 3811 O'Hara St, Pittsburgh, PA, E-8013</i></p>
Fri Jan 31, 2025 (10am-12pm)	<p><b>LGBTQ Psychiatry In The Primary Care Setting with Adam Recht, MD, an FM-Psych PGY3 Resident</b>  <a href="#">PGY3 2024_25 Residents_0.pdf</a>  <i>(10 students)</i></p>	<p>During this group session, we will work together to explore the needs of the LGBTQ community and the preventative health measures specific to the gender and sexual minority community. In the end we will create an H&amp;P template that you can use during your clinical years and beyond. Of course, along the way we will practice how to ask about sex, reproductive organ preventative health, utilizing</p>



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		<p>pronouns/inclusive note writing, and anything else you might feel uncomfortable asking about.</p> <p><b>Location:</b> <i>Ms. Molter will let you know the location in advance.</i></p>
<p>Fri Jan 31, 2024 (7:30am-12:30pm)</p>	<p><b>See Inpatient Psychiatry on the General Adult Unit with <a href="#">Maria Lopez-Santiago, MD</a>   <a href="#">University of Pittsburgh Department of Psychiatry</a></b> <i>(1 student)</i></p>	<p>Spend the morning rounding with Dr. Lopez and her team on the General Adult Unit. The most common diagnoses on this unit are depression, bipolar and psychosis.</p> <p><b>Location:</b> <i>Western Psychiatric Hospital, 3811 O'Hara St, Pittsburgh, PA</i></p> <p><i>Ms. Molter will let you know in advance the resident to meet up with at 7:30 am.</i></p>
<p>Fri Jan 31, 2025 afternoon</p>	<p><b>OFF</b></p>	<p><b>OFF</b></p>