

**NYC HEALTH +
HOSPITALS/QUEENS
Mount Sinai Services
Psychology Externship Brochure
2023-24**

Revised 11/18/22

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PSYCHOLOGY EXTERNSHIP PROGRAM

2023-24

NYC Health + Hospitals/Queens

NYC Health + Hospitals is the largest municipal healthcare system in the United States. Queens Hospital is part of the New York City Health + Hospitals system and is affiliated with the Mount Sinai School of Medicine. Thus, NYC Health + Hospitals/Queens combines the best of both worlds: a municipal hospital serving diverse populations, with a teaching hospital's emphasis on quality and training.

The hospital is located in Jamaica, Queens and can be conveniently reached by public transit or car. Its surroundings are primarily residential; the neighborhood is one of the most culturally, racially and ethnically diverse areas in the United States, with a large immigrant population. Over 100 languages are spoken at the hospital. Patients and staff come from all over the world, representing a multicultural mosaic of backgrounds, languages and beliefs.

Psychology Department

NYC Health + Hospitals/Queens' Psychology Department is staffed by approximately 11-18 full-time psychologists at any one time. These psychologists are integrated throughout the hospital and provide services in an adult outpatient clinic, partial hospital program, child and adolescent outpatient clinic, adult inpatient medical/psychiatric unit, child development center, pediatrics service, cancer center, OB/GYN units, and community schools. The Psychology Department is expected to continue to play a leadership role in moving the hospital's behavioral health programs towards exclusively evidence-based practices.

The Psychology Department is committed to psychology training and intends to begin a pilot pre-doctoral internship and/or post-doctoral program under the Mount Sinai umbrella within the next five years.

Primary Placements

A total of five primary placements are projected to be available in 2023-24. Two placements will be offered in the adult outpatient department. One placement each will be offered in the child and adolescent outpatient department; pediatric integrated behavioral health; and inpatient unit for

patients with co-morbid medical and psychiatric disorders. Patients at all placements have diverse cultural backgrounds, diagnoses and clinical needs; generally, they represent underserved populations.

All primary placements are at least 14 hours/week (excluding lunch), and Fridays are mandatory (at least from 11 AM to 1 PM).

Students may apply to be considered for only one primary placement.

Child and Adolescent Outpatient

The child and adolescent outpatient (CAOPD) externship will mostly take place in a hospital-based clinic for children from 4 to 19. If the extern wishes, it may be possible to also see some children in a Queens public elementary school. Both settings typically serve the same multi-stressed, ethnically diverse population, with such common diagnoses as ASD; ADHD; separation, social, and other anxieties; PTSD; depression; pica; ODD; and bipolar disorder.

CAOPD externs generally perform intake assessments; provide individual, family, and group therapy; engage in parent education and training; perform crisis interventions; consult with a multi-disciplinary treatment team, school personnel, and community supports; and actively work with families. Externs will be taught evidence-based interventions for child and adolescent disorders, and will be expected to implement them as the exclusive treatment for appropriate patients.

Adult Outpatient

The hospital's adult outpatient unit (AOPD) employs a multidisciplinary treatment approach to serve a diverse group of patients. Patients present with the full range of DSM diagnoses, including schizophrenia, PTSD, anxiety, OCD and mood disorders.

Externs typically are involved in all phases of the outpatient process: performing intake assessments; developing and updating treatment plans; providing individual and group therapy; collaborating with an interdisciplinary team; attending disposition and other staff meetings; and consulting with families and community supports. At this time, most AOPD therapy sessions are conducted via telehealth. AOPD externs may also have the opportunity to work within the Partial Hospitalization Program, a more intensive service using the recovery model of treatment for patients with acute psychiatric disorders.

Generally, the AOPD is moving towards shorter-term, relatively symptom-focused, evidence-based treatments, and it is hoped that externs can play a role in facilitating this transition.

Pediatric Integrated Behavioral Health

The Pediatric Integrated Behavioral Health (IBH) Program provides short-term, relatively focused, evidence-based treatments (e.g., DBT-C & DBT-A) for diverse families and children from 3.75 to 21-years of age in the pediatrics primary care department. IBH works with parents, children, and adolescents who present with a wide array of concerns, including adjustment problems, cultural challenges, anxiety, depression, social and/or school phobia, bereavement, PTSD, academic struggles, and family and/or interpersonal conflicts. Much of IBH's work is performed in an interdisciplinary context and involves collaboration with pediatricians, social workers, patient educators, and other professionals.

Generally, IBH externs perform intake assessments; provide individual, family, and group psychotherapy; engage in parent education and training; develop and implement behavioral interventions; provide crisis interventions; consult with a multi-disciplinary treatment team and school personnel; and actively support families. Externs will be taught evidence-based interventions, including DBT-C and DBT-A, and will be expected to implement them as the exclusive treatment for appropriate patients. IBH is experiencing a period of exciting growth, straddling both the departments of pediatrics and psychiatry.

The following training opportunities may be offered to IBH externs:

- Co-leading online or in-person DBT skills psychotherapy groups for adolescents
- Developing and refining programming for children and adolescents (e.g., creating new groups, programs, and initiatives).
- Providing parent support, education, and training within the DBT-C and DBT-A framework.
- Providing mindfulness education and training to pediatric department staff.

Medical/Psychiatric Inpatient Unit

The combined med/psych unit (B5W), opened in July 2020, treats patients with both acute medical issues requiring hospitalization and an active psychiatric diagnosis. This innovative program offers patients enhanced treatment (e.g., activities/group therapy, individual therapy, milieu therapy, behavior plans, trauma-informed care) to facilitate their progress. The doors are alarmed, but B5W's set-up is otherwise very similar to that of a typical inpatient medical unit.

Patients are commonly diagnosed with depressive, bipolar, psychotic, and anxiety disorders. Examples of typical presentations include: an individual with intellectual disabilities and behavioral issues that impact care (e.g., someone who is not complying with essential medical advice); a suicide attempt survivor requiring both medical and psychiatric treatment; and an individual with a psychotic disorder that impedes their ability to communicate effectively with medical providers. Other possible presentations include individuals detoxing from substances or experiencing symptoms of dementia.

Externs are expected to attend interdisciplinary rounds, lead one to two groups per week, and provide individual therapy to approximately three to four patients per day. Evidence-based treatments are emphasized, but can be integrated with other approaches, as appropriate. Other time is spent reviewing charts, completing documentation, engaging in one hour of individual supervision per week, consulting with staff members, communicating with family/outside providers, and actively participating in the therapeutic milieu of the unit. Externs will also be responsible for psychological testing as needed. As members of the psychology staff on B5W, externs are expected to model the use of behavioral techniques and to contribute to a therapeutic environment that engenders a feeling of psychological safety and healing for patients.

Secondary Placements

With the permission of the student's graduate program, additional experience may be available to externs interested in working at the hospital more than the 14 hours/week assigned at the primary placement. These opportunities may include running groups in the adult and child outpatient units, partial hospitalization program, women's unit, cancer center, or healthy lifestyle center; gaining short-term individual therapy experience in an OB-GYN service, cancer center, or a pediatric medical unit; performing psychological testing throughout the hospital; and providing screenings and conducting individual and family treatment with outpatient children, adolescents, and adults.

Scheduling restrictions apply to many of these activities. Given these scheduling limitations, no promises can be made in advance about which secondary placements will be available to a particular student. That being said, we are committed to meeting externs' training needs, and do our best to find secondary placement opportunities that are meaningful to our students.

After a student has accepted an externship offer for a primary placement, the hospital's Training Director will discuss the extern's interest in secondary activities and the scheduling requirements that may be involved.

Testing

Externs are expected to refine their skills in selecting, administering, scoring and interpreting test batteries, writing integrated reports, and providing feedback to patients, caregivers, and providers. Externs will complete a minimum number of comprehensive psychological assessments at a primary placement, as follows:

<u>Primary Placement</u>	<u>Minimum Number of Evaluations*</u>
Child and Adolescent Outpatient	2
Adult Outpatient	1
Pediatrics	1
Medical/Psychiatric Inpatient Unit	1

* Regardless of primary placement, evaluations may be of individuals of any age across the lifespan, and from any hospital unit. Additional testing may be required or available upon request, depending on patient needs.

Other Externship Activities

As part of their professional development, externs will attend hospital grand rounds, participate in didactics, receive guidance on next career steps (e.g., externship or internship), participate in practice interviews, and make case presentations. These activities occur on Fridays, a mandatory day (at least from 11 AM to 1 PM) for all externs. No exceptions will be made to the Friday requirement.

Supervision

Externs are closely supervised by doctoral-level licensed psychologists, and receive at least one hour per week of individual supervision for primary placements, with another hour of consultation or group supervision. Secondary placements arrange supervision based on extern training requirements.

Hospital supervisors represent a diverse range of theoretical orientations, including psychodynamic, cognitive, behavioral, cognitive-behavioral, dialectical behavior, acceptance and commitment, and family systems. Supervisors emphasize evidence-based treatment approaches tailored to the specific patient population within each placement. Supervisors will be

assigned prior to the start of the externship year, based on training interests and scheduling requirements.

Effects of COVID-19

NYC Health+Hospitals/Queens, in consideration of the continued uncertainty around the pandemic, has so far adopted a “hybrid” externship training model. Students may participate in certain externship activities remotely depending on the requirements of their placement, and to the extent that quality of patient care and training, hospital needs, and creation/maintenance of a vibrant extern and psychology community are not sacrificed.

We are committed to the health and safety of our staff and students. However, as a practical matter, given that this is a hospital externship, it will not be appropriate for students who wish for a mostly remote training experience. And students at certain placements (e.g., inpatient settings) will not be eligible for any remote work.

Please ensure that this hybrid model, which is largely in-person, is feasible before submitting an application.

Scheduling Requirements for Primary Placements

The minimum externship is approximately ten months, beginning August 25, 2023 and ending June 28, 2024. Interested students may request an extension of their externship beyond June 28th; the maximum end date is August 23, 2024.

Externs’ primary placements are at least 14 hours/week (excluding lunch). Depending on the placement, this time may be spread over 2 to 4 days, one of which must be Fridays at least from 11 AM to 1 PM. (Permission of the graduate program must be obtained to participate in externship more than two days per week.)

Additional scheduling requirements for primary placements:

Child and Adolescent Outpatient – 14 hours/week must include at least until 6 PM on Mondays or Thursdays. Students must also be present on Fridays by 9 AM.

Adult Outpatient – 14 hours/week must include Fridays from 9 to 10 AM. It is strongly preferred that externs be present either Tuesday or Thursday afternoons (2 to 3:30 PM).

Pediatric Integrated Behavioral Health — 14 hours/week must include Friday afternoon (2 to 5 PM) and one other afternoon (2 to 6 PM).

Medical/Psychiatric Inpatient Unit - 14 hours/week can occur on any weekday between 8:30 AM and 5 PM, and must include attendance at morning rounds from 9:30 to 10 AM at least two times per week.

Scheduling Requirements for Secondary Placements

Students who are accepted to a primary placement may, with the permission of the graduate program, request a secondary placement that requires additional hours beyond the 14 hours/week allotted to the primary placement. Typically these secondary placements require anywhere between 2 and 7 hours/week, and run from 8 weeks to 10 months, depending on the unit.

After a student has accepted an externship offer for a primary placement at NYC Health + Hospitals/Queens, the Training Director will discuss the extern's interest in secondary activities.

Applicant Qualifications

Applicants must be enrolled in a doctoral-level, APA-accredited clinical, school, health, or counseling psychology program. Students will be considered only if they have already provided psychotherapy, under supervision, for at least one academic year, and have completed at least one practicum or externship with supervised testing – all by the time externship begins. Students who are fluent in Spanish and/or students from groups that have been traditionally under-represented in psychology are encouraged to apply. Students who are concurrently applying for internship will not be considered.

Application Procedures

NYC Health + Hospitals/Queens complies with the PSYDNYS-NYNJADOT Externship Guidelines, and will not accept applications until 1/09/23 at 9 AM. Unless otherwise indicated later in the process, applications will not be accepted after 1/16/23.

Applicants should use the APA portal (nynjadot.apa.org) to submit application material in a single PDF file. Documents should be submitted in the following order:

- a cover letter, indicating which primary placement the student is seeking;
- a CV;

- a list of tests administered (this list may be included in CV, if applicant wishes);
- two letters of recommendation (at least one letter must be from a therapy supervisor);
- a letter of eligibility for externship from the doctoral program director, including the maximum number of hours that the student may spend on externship; and
- a clinical (therapy or assessment) writing sample.

A complete application, with all components included, should be sent at one time via the portal. However, if recommendation writers prefer that students not see their letters, they may be sent via email to:

Leslie Bogen, J.D., Ph.D.
 Mount Sinai Services
 Director of Psychology
 NYC Health + Hospitals/Queens
 82-68 164th St.
 Jamaica, NY 11432
 bogenl@nychhc.org

Other than those “special case” recommendation letters, piece-meal application submissions will not be considered.

The hospital reserves the right to conduct social media searches or otherwise review on-line data regarding externship applicants.

Interviews and Offers

Interviews will occur in person from 1/24 through 2/17/23. Selected applicants will meet with at least two hospital psychologists and should allot a two-hour time slot for the interview process. If conditions require (e.g., COVID resurgence), interviews will be held remotely via WebEx.

In accordance with the PSYDNYS-NYNJADOT guidelines, the earliest date on which an offer can be made is 3/6/23. Offers will be made, via email, between 9 AM and 5 PM on that day or thereafter until the positions are filled.

On-Boarding and Other Requirements

Students who are selected for externship at NYC Health + Hospitals/Queens will not be permitted to commence training until they and their graduate programs have satisfied all Health + Hospital paperwork and employment requirements, including being cleared by the Child Abuse and Justice Center

registries, passing a drug test, being medically cleared (a process which includes proof of various vaccinations), providing evidence of graduate school insurance, signing a training agreement, and so forth.

During the course of externship, students are required to be vaccinated against the flu, COVID, and other illness, as well as to wear masks and other personal protective equipment. In addition, students must be prepared to comply with other hospital policies that may be enacted before or during externship

Questions

Students are respectfully asked not to contact NYC Health + Hospitals/Queens with questions that are addressed in the brochure or Wiki, or that can wait until scheduled interviews.