

# Mind & Body Connection

## Psychiatry Residency Training Program: Bringing Intellectual Energy to Maine

In 2016, Maine Medical Center's Psychiatry Residency Program received over 1,000 applications for five open slots. Only 65 select applicants have been invited in during the interview period from November to February. "We're looking for people who want to stay in Maine and have an interest in a general training background," said Daniel Price, MD, director of the Residency Training Program. He's recruiting for doctors who may not be looking to specialize right away, but want to focus on a broad population.

While most residencies are either academic or community psychiatry programs, MMC offers a combination, or hybrid. "We are a teaching hospital, so we expect residents to be teachers," he explained. "We offer both lecture and bedside opportunities." Residents can work in a full range of settings, from partial hospitalization and intensive outpatient services at McGeachey Hall to acute inpatient at Spring Harbor Hospital and geriatric inpatient at Maine Medical Center.

Nationally and in Maine, there is a shortage of psychiatrists. According to the Association of American Medical Colleges, between 1995 and 2013 the number of psychiatrists in the US rose by only 12 percent while the US population increased by 37 percent. As the



*Dr. Daniel Price*

only psychiatry residency in Maine, and one of only three in Northern New England, the program brings in considerable talent. According to Dr. Price, 50 percent of residency graduates remain in Maine, with 25 percent of these staying in our system.

"While MMC does receive Medicare/Medicaid funding for resident stipends and benefits, as well as reimbursements for the costs of their training, the program is financially costly," said Dr. Price. "But people often stay in Maine, so it brings a continuous intellectual energy to the state. The faculty or attending physician is always challenged by the residents, keeping us on the cutting edge. This ultimately leads to better patient care."

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“Out of five residents per class, approximately three go on to practice adult psychiatry, while two on average go on to complete training in child psychiatry.”

With the ability to train in the Child and Adolescent Unit at Spring Harbor and the Barbara Bush Children’s Hospital at MMC, the program produces more child psychiatrists than the national average. This is good news for Maine. According to the American Academy of Child and Adolescent Psychiatry, there are about 8,300 practicing child and adolescent psychiatrists in the US, and over 15 million youths in need of one.

The residency program is also combined with the family medicine clinic on India Street in Portland, providing opportunities for residents to practice in an integrated setting with primary and behavioral healthcare services

combined. “We’re also new to the MMC Preble Street Learning Collaborative,” said Dr. Price, “where residents will provide on-site care to the homeless population.” Residents are also exposed to telepsychiatry in the psychiatric emergency room rotation.

The knowledge base for psychiatry is growing rapidly as scientists are learning more about the brain. “In 10 to 15 scientific or genetic changes,” explained Dr. Price.

“Epigenetic advances will change the way we practice.” Improvements in brain imaging technology and neuro-psychiatry will provide the ability to diagnose disorders earlier, which can have a huge impact on specialties like geriatric and addiction science. As the study of the mind advances, the importance of keeping talent in Maine will continue to grow with a lasting impact on generations to come.