A Message from the Director

Thank you for your interest in the new Stony Brook Medicine SUNY Stony Brook at Mather Hospital Psychiatry Residency Program. While the hospital retains the spirit of a friendly community hospital, it is transforming into a fully functioning academic center of excellence and offers unique opportunities in psychiatric training.

Mather is able to provide clinical behavioral health experience that is both varied and unique. Graduating residents will develop the expertise in caring for psychiatric patients across the clinical, age related and cultural spectrum of presentations. This multidisciplinary and patient centered clinical experience is complemented by a comprehensive and resident centered didactic curriculum.

Psychiatry residents at Mather Hospital benefit from a dedicated “didactic day”. It is our belief that resident learning should be protected from clinical responsibility so that residents are able to focus on the lectures, case conferences, journal clubs and research curriculum that are presented by our expert faculty. Moreover, residents attend a process group weekly in order to give and gain emotional support during the critical formative residency experience.

Mather’s Psychiatry residency program offers the best of both worlds: A rich clinical experience in a supportive, community based environment.

Established under the sponsorship of the prestigious Stony Brook University School of Medicine, Mather will accept 5 residents into its inaugural class on July 1, 2016, with a full complement of 20. Residents will receive their educational experience at our award winning community hospital and will be trained by faculty members who have years of clinical, teaching and leadership experience.

As the primary site for this new psychiatry program, Mather offers a full continuum of inpatient and outpatient behavioral health services for both adolescents and adults, essential in educating residents on the diagnosis, treatment, and prevention of all psychiatric disorders, together with other common medical and neurological disorders related to the practice of psychiatry. In addition to an inpatient adult psychiatric unit and an adult partial hospitalization program, Mather offers the only adolescent partial hospitalization program and acute care adolescent psychiatric unit in Suffolk County. Mather’s outpatient programs include a mental health clinic, an eating disorders program and a chemical dependency program. Residents will be stepping into an established clinical environment, with ample patient volume to support the variety of clinical experiences.

Mather has committed all necessary resources to ensure an outstanding training environment for residents in the program.
About John T. Mather Memorial Hospital

A Culture of Excellence

Since it opened its doors in 1929 as the first general hospital in the Town of Brookhaven, John T. Mather Memorial Hospital’s legacy of excellence and innovation in healthcare has earned regional and national recognition. Some of the more recent recognitions are:

- Mather has received a top "A" Hospital Safety Score for eight consecutive rating periods from The Leapfrog Group, a national, independent group that advocates for patient safety, quality and affordability in healthcare. Mather is the only hospital in New York State and one of only 133 hospitals in the US to earn the top rating eight times.

- Mather is the only hospital in New York State to earn a four-star rating from Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS), which is based on patient experience and satisfaction. It is the highest rating achieved by a Long Island hospital in 2015.

- Mather has a reputation in the community for its caring nursing staff. Mather is designated a Magnet™ Recognized hospital by the American Nurses Credentialing Center, a prestigious recognition of quality, patient and staff satisfaction, and outcomes earned by only 423 hospitals worldwide.

- Mather ranked first in Suffolk County with patients who "would definitely recommend the Hospital," garnering the highest percentage in Medicare’s most recent HCAHPS survey report.

- Mather has been recognized by The Joint Commission as a Top Performer on Key Quality Measures® for 2015, based on 2014 data. Mather was recognized for Heart Attack, Heart Failure, Pneumonia, Surgical Care, Stroke and Immunization.

Mather Hospital’s goal is to be the best community hospital in New York State and we hold four pillars as our core values: People, Service, Quality & Safety, and Innovation & Growth. As such, we strive to provide an ethical and professional environment in which the educational curricular requirements can be fully achieved and assessed. At Mather, diversity of background and thought is both respected and encouraged, and is considered a valued resource for development of original ideas.
About our Program

The overall goal of the Residency Program in Psychiatry at John T. Mather Memorial Hospital is to train compassionate, knowledgeable and clinically proficient psychiatrists. Through dedicated didactic time and participation in a full range of clinical, administrative and patient-centered activity, the graduating resident will be able to practice psychiatry safely, efficiently and humanely.

The graduating resident will have developed the requisite expertise in neuroscience in its relation to psychiatric illness, pathophysiology of psychiatric and neuropsychiatric conditions, and evidence-based approaches that are at the foundation of modern mental health treatment. The program develops residents that can meet the challenges of modern medical practice and are able to critically evaluate scientific literature.

Primary rotations include the following areas:
- Primary Care
- Neurology
- General Inpatient
- Child Adolescent
- Community
- Addiction
- Consultation Liaison
- Geriatrics
- Psychiatry ER
- Outpatient
- Integrated Practice

Selectives

Residents have the opportunity to participate in three months of selective rotations during their training. These selectives are rotations in medical subspecialties deemed to provide residents with a solid foundation in clinical skills needed to be successful in their career. They are designed to provide the trainee with experiences that they would otherwise not be able to have after they enter into their chosen specialty.

Selective options include the following areas:
- Senior CL/Emergency Psychiatry
- Chemical Dependency/Behavioral Psychiatry
- Adult and Adolescent Outpatient Clinic
- Adult and Adolescent Partial Hospital
- Eating Disorders - Partial Hospital/Clinic
- Integrative Psychiatry/Telepsychiatry
- Inpatient Child/Adolescent and Adult

Research

During their training, Residents are required to complete both a scholarly project (laboratory research, clinical research, the analysis of disease processes, imaging techniques, or practice management issues) as well as a QI project, both under faculty supervision.

The results of all scholarly projects are required to be either published or presented before graduation. All Residents will present their findings to their peers at the Program’s Resident Research Fair during their senior year. Residents will also partake in local and national “research days” where projects will be evaluated by physicians of various fields.
Didactics

The weekly dedicated didactic day covers the breadth of Psychiatry and related specialties. These lectures are presented locally by program faculty. Some specialized topics may be presented by other experts live or via teleconference. PowerPoint’s are posted online and some lectures are videotaped for later review by residents.

Psychiatry residents will attend a monthly journal club during the dedicated didactic day where they will develop and demonstrate the skills necessary to critically analyze the validity and reliability, and assess the strength of the evidence in the medical literature.

The program also employs the simulation center at Stony Brook Medicine for small-group instruction (such as team skills in interdisciplinary mock code sessions). Residents attend “All-Resident Conferences” several times per year, which address topics that, because of their focus on competencies such as professionalism or systems-based practice, have cross-disciplinary components.

The program employs the following conferences, all of which are required for residents and all of which involve faculty:
- Morning Report
- Weekly Hospital Grand Rounds
- Monthly EBM Conference/Journal Club
- Monthly Quality and Safety Conference
- Individual rotations may have their own lectures

The core conference curriculum includes, but is not limited to, the following topics:
- Seclusion and Restraints
- Forensic Psychiatry
- Psychiatric Ethics
- Psychological Testing
- Socio-Cultural Issues in Psychiatry
- Psychiatry in the Media
- Gender and Sexual Orientation Issues in Psychiatry
- Anxiety Disorders
- Feeding and Eating Disorders
- Substance related and Addictive Disorders
About our Faculty

As a resident of Mather Hospital, you will have the distinction of working with, and being mentored by, a remarkable group of board-certified physicians. Our faculty includes nationally recognized clinicians and researchers, with vast levels of experience teaching and guiding students in their journey to becoming licensed physicians. Many of our faculty hold board certifications in multiple specialties, bringing a well-rounded knowledge to each rotation they supervise.

Noam Fast, MD, serves as the Program Director of the Psychiatry Residency Program. He also serves as a clinical faculty member in the Department of Psychiatry as well as the Medical Director of the chemical dependency clinic. Dr. Fast graduated from Brown University’s medical school and completed his psychiatry residency and addiction psychiatry fellowship at Montefiore Medical Center/Albert Einstein College of Medicine. He is board certified in both Psychiatry and Addiction Psychiatry, and holds the title of Assistant Professor at Stony Brook Medicine. Prior to joining Mather, Dr. Fast worked and taught at Mount Sinai / Roosevelt hospital, where he presented his work and research at numerous national and international conferences and has published research in peer reviewed journals.

All of our primary rotations and selectives are supervised by board certified physicians who have oversight in their specific educational content area.

Alan Kaell, MD serves as the Hospital's Director of Resident Scholarly Activity and Faculty Development. Board certified in Internal Medicine, Rheumatology and Geriatrics, Dr. Kaell has been an active investigator for over 30 years, focusing on rheumatology and immunology, resulting in numerous published research articles and chapters. He has lectured on his findings internationally, has had privileges at 4 major hospitals in Suffolk County and has been a reviewer and editor of various national journals for over 30 years. Dr. Kaell has conducted over 20 Phase II, III and IV clinical trials for anti-rheumatic therapies and has been the recipient of NIH and Fetzer research grants.
Resident Quality of Life

We have designed the Mather program to provide not only a satisfying professional experience, but a great personal quality of life. Resident rotations are carefully designed to avoid fatigue, and there is no night float or in-house on-call responsibility. Our program provides ample opportunity to balance work and play, and Port Jefferson's locale allows convenient access to everything exciting Long Island has to offer.

Located approximately 60 miles east of New York City, Port Jefferson is a historical harbor village on the North Shore of Long Island. Originally a whaling port and shipbuilding community, the village was renamed in honor of President Thomas Jefferson in 1836. Today, the village is largely known for its arts and cultural events held year round, from the Charles Dickens Festival to the Village Cup Regatta. Located on the waterfront, Port Jefferson Village is home to restaurants, theater and shopping.

The Long Island Railroad is conveniently located 10 minutes walking distance from the hospital and provides easy access to New York City. The Bridgeport & Port Jefferson Steamboat Company, offers hourly ferry service to Connecticut. From vineyards to amusement parks, world famous beaches to spectacular sporting events, outlet shopping to great restaurants, Long Island's many offerings are all just a short drive away.

Mather Hospital has contracted with multiple rental management companies to reserve a limited number of subsidized, non-furnished studios, one- and two-bedroom apartments, many within walking distance to the hospital. We will also work with each resident on a case by case basis, as needed, to ensure that they have adequate housing to fulfill their residential needs.

As residents of a State University of New York sponsored program, Mather/SUNY residents have access to a full complement of benefits, including vacation time, liability coverage, health insurance, dental coverage, conference stipends, sick leave, SUNY library access and on-campus activity discounts. They also have the opportunity to participate in both Mather and Stony Brook social activities exclusively for Housestaff, and serve as representatives on both Mather and Stony Brook councils.
How to Apply

All applications will be accepted through ERAS and the NRMP.

ERAS Accreditation ID: 4003500314

NRMP Program Code: 2919400C1

Contact Information

For more information,
www.matherhospital.org/psychresidency
Email: psychresidency@matherhospital.org
Or call: (631) 686-2518

John T. Mather Memorial Hospital
75 North Country Road
Port Jefferson, NY 11777