

## Illustrating Life at Mount Sinai as a Psychiatry Resident PGY-1



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### **My Background**

Welcome! My name is Heidi, and I was born and raised in Andover, MA. I grew up playing in big backyards, going hiking, and braving the freezing-cold beaches of New England with my parents and two sisters. My interest in the brain started in high school, when I did a research project on depression for my ninth-grade biology class – I was hooked the first time I saw a picture of a synapse. I went on to major in neuroscience at Brown University and then hung out in Boston for two years in a neurobiology lab, studying the development of inhibitory neural synapses in mouse hippocampal slice cultures. I knew I wanted a career involving the brain and found myself deciding between applying to med school to become a psychiatrist or grad school to become a neuroscientist. After deciding that I wanted to work with patients rather than pipettes, I made my way to NYC to attend medical school at the Icahn School of Medicine at Mount Sinai. Everyone told me that I might change my mind about psychiatry along the way, but here I am!

### **Why I Chose Mount Sinai**

If you're here, you're making an excellent choice considering Mount Sinai for residency. Growing up in the quiet suburbs and being more of a small-city girl, I would have never imagined that I would later spend so many years in NYC, but being at Sinai is worth it. Throughout medical school here I developed a huge appreciation for the culture of Sinai that made me want to stay. People here are kind, smart, intellectually curious, hard-working, fun, collaborative, and genuinely caring about their patients and about one another. It's a special place in that the training is exceptional, and the environment is supportive. Work-life balance is valued and is real here! Our program directors are charismatic, supportive, and incredibly responsive to feedback. There is space within the curriculum for career exploration. The neuroscience and psychiatry departments are collaborative, so we get lots of exposure to the latest developments in translational neuroscience. Sinai also has some of the most affordable subsidized housing in the city – I love my gorgeous (and huge) apartment overlooking Park Avenue and two blocks from central park. And NYC itself has its perks – between Fresh Direct (grocery delivery service) and Amazon Prime, I literally get almost everything delivered to my apartment, leaving plenty of time to explore the huge array of activities of NYC (and/or get some sleep).

## **My Schedule and Life as a First-Year Resident**

This year we rotate through inpatient psychiatry (adult, geriatrics, child, and forensics), emergency psychiatry, inpatient medicine, outpatient medicine, emergency medicine, and neurology. One of the things I love about Mount Sinai's intern year is that our psychiatry and off-service blocks are intermixed, so we get plenty of psychiatry throughout the whole year! The medicine and neurology residents and attendings are warm and welcoming, and they are invested in our learning while on their services. Right now I am rotating through inpatient adult psychiatry, where we see a huge array of conditions including depression, mania, psychosis, and substance abuse. Teaching is built into our schedule, and everyone is very protective of our teaching time. On Mondays and Thursdays, we have lunchtime didactics led by Sinai's own third and fourth year psychiatry residents – who are in touch with what we need to know to survive (and even thrive) during this time of transition and who are invested in building an interesting and relevant curriculum. We also have morning report, case conferences, and grand rounds. My personal favorite is Formulation Rounds every Friday, during which our program directors interview a patient on the unit and give us incredible insights and new perspectives on our cases. We start taking call (covering the inpatient psych units) right away, and help is never far – there is always an attending in the psych ER)! Even though it's intern year, work-life balance is still valued. I spend my time away from the hospital running in Central Park, baking, coloring adult coloring books... oh, and taking care of a toddler at home!