

## Illustrating Life at Mount Sinai as a Psychiatry Resident PGY-2



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### My Background

Hey, y'all! My name is Parker. I'm a PGY-2 resident here at Mount Sinai. I grew up in Dallas-Fort Worth, TX, land of tornado warnings and Whataburgers. My academic interests and aversion to sunburns eventually took me up to Brandeis University in Waltham, MA, land of Dunkin Donuts and Birkenstocks, where I worked as an LGBTQ counselor and earned a B.S. in Biology. From there, I took a year off to work at a CUNY research firm here in Manhattan looking at populations struggling with substance use and HIV/AIDS. It was during that year off that I fell in love with New York City. The culture, the people, the food; I had never seen anything like it! I took a brief (read: four year) hiatus from city-life to earn my M.D. at Rutgers-Robert Wood Johnson Medical School in NJ. Learning about my patients in a multidimensional way on the Consultation/Liaison service there lead me to choose psychiatry as my specialty.

### Why I Chose Mount Sinai

While returning to New York City was always my plan, being accepted to the Mount Sinai Psychiatry Residency Program was a particularly special dream for me. Everyone I met on my interview day, from the residents to the chiefs to the program directors, was brilliant, friendly, and hard-working. The program's curriculum gives residents the chance to explore their academic interests early on in their training, with specific rotations in Geriatrics, Child & Adolescent, and Forensics built into the PGY-1 schedule. In addition, residents in their PGY-2 year are able to spend six months in the outpatient psychiatry clinics at the James J Peters VA Medical Center. Furthermore, Mount Sinai is uniquely positioned in the city to serve immensely diverse patient populations from the Upper East Side, Harlem, Queens, and the Bronx. To top it all off, the combination of affordable subsidized housing and discount opportunities through the Student Life office allows residents the chance to explore all the amazing things that New York City has to offer.

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

Second year is very much a transition year here at Mount Sinai: half of the year is spent in the inpatient psychiatric units and psychiatric emergency department where you previously rotated as a PGY-1, and the other half of the year is spent in the various outpatient psychiatry clinics at the VA in the Bronx. During the outpatient months, I've been working one day in substance use clinic, one day in geriatric psychiatry clinic, and two days in the Rapid Access Clinic, where many of the patients are seeing a psychiatrist and being started on medications for the first time. These outpatient months are invaluable for learning the initial components of psychotherapy as well as outpatient medication management. Call in the second year is spent overnight at the VA and is usually once a week during the outpatient clinic months (which can mean up to 4-5 months in the second year with no call!). Call at the VA entails evaluating ED and floor consults and caring for patients on the inpatient unit. Although it was initially a bit of an adjustment, having the chance to spread my proverbial wings and function independently has helped me to grow immensely as a psychiatrist. Plus, there is always an attending available by phone overnight, so there is always support when I need it. One of the great things so far about PGY-2 is having a full day out of the week dedicated to didactics. I love being able to spend an entire day strengthening my knowledge base, and bonding with my co-residents during the afternoon process group is fantastic. Without a doubt, if given the choice of residency programs again, I would again place Mount Sinai as my number one!