The Child & Adolescent Psychiatry Training Program 2016-17

Shashank V. Joshi, MD
Program Director

Glen R. Elliott, PhD, MD
Associate Program Director

Michelle Goldsmith, MD, MA
Assistant Program Director

Melissa Silverman, MD & Paula Tran, MD
Chief Fellows 2016-17

Ola Golovinsky, MS – Program Manager
Division of Child & Adolescent Psychiatry and Child Development
Department of Psychiatry and Behavioral Sciences
Stanford University School of Medicine
401 Quarry Road, Room 2206 ▪ Stanford, CA 94305-5719
Phone: (650) 725-0957 ▪ Fax: (650) 721-3954
Email: ola2@stanford.edu

NRMP # 1820405F0 (categorical track)
NRMP # 1820405F1 (community track)
Introduction

The Mission of the Stanford Division of Child & Adolescent Psychiatry and Child Development is to provide leadership in the field of child and adolescent mental health by integrating clinical practice, teaching, and research. We are dedicated to:

- Providing state-of-the-art patient care
- Training future professionals in child psychiatry and psychology
- Advancing knowledge in:
  - Neuroscience
  - Understanding of pathogenesis
  - Interactions between biology and environment
  - Integrated treatment and outcomes
  - Prevention

The highest priority of the Training Program in Child & Adolescent Psychiatry at Stanford University is to prepare trainees for leadership roles in academic child & adolescent psychiatry, clinical practice and public service. Regardless of their career choices, we believe that all trainees must be thoroughly trained, first and foremost, as clinicians.

The Stanford training program is based on the principles of developmental sciences and developmental psychopathology. This theoretical framework views human development and its disturbances as flowing from the complex and reciprocal interactions between biology, the family, and the broader social, physical and cultural environments. It integrates information from the social and behavioral sciences, developmental psychology, neuroscience, molecular biology and human genetics, developmental biology, and epidemiology.

CAP Fellows training at Stanford develop a professional identity as child & adolescent psychiatrists who are comfortable diagnosing and treating children, adolescents, parents, and families. They build a firm foundation in the developmental sciences, while also gaining skills in evaluation, diagnosis, and treatment. Models of collaboration with professionals in related fields are exemplified as well as formally taught. Moreover, we promote academic achievement and strongly encourage Child & Adolescent Psychiatry (CAP) Fellows to pursue their individual goals in scientific research by providing opportunities to do so. Trainees become well-versed in many treatment modalities, including psychotherapies, pharmacotherapies, and sociotherapies. There is a strong emphasis on evidence-based treatments, with inclusion of historical and emerging approaches as well. Our approach to treatment is an integrated one, with a strong emphasis on a culturally informed, biopsychosocial model. Regardless of modality,
we teach and model the philosophy that all treatments require, first and foremost, the establishment of a strong therapeutic alliance.

The Child & Adolescent Psychiatry Training Program is centered at Lucile Packard Children’s Hospital, Stanford at Stanford and the Department of Psychiatry & Behavioral Sciences at Stanford, with rotations through allied agencies. Our close relationship with the General Psychiatry Training Program and Department of Pediatrics is nationally regarded as a model for cooperation among the three disciplines. In addition, research programs and advanced seminars are available in other Stanford University departments, such as the Graduate School of Education, the Department of Psychology, the School of Law, and the Carnegie Center for the Study of Adolescents. Trainees may apply for advanced Fellowship positions upon completion of training. Our program also educates medical students, pediatric, neurology and general psychiatry residents, psychologists, post-doctoral Fellows, and professional colleagues in the community through an extensive continuing medical education program.

The Division of Child & Adolescent Psychiatry Today

The Training Program in Child & Adolescent Psychiatry has been directed by Shashank V. Joshi, MD, Associate Professor of Psychiatry, Pediatrics & Education since 2004. Dr. Joshi is also Director of School Mental Health. Glen R. Elliott, PhD, MD is Clinical Professor and Associate Program Director, and Michelle Goldsmith is Clinical Assistant Professor and Assistant Director.

The Division of Child & Adolescent Psychiatry has been under the direction of Antonio Hardan, MD, Professor of Psychiatry, since 2013. Dr. Hardan is responsible for overseeing the operation of the Division’s research, clinical, training and administrative systems. The Division of Child & Adolescent Psychiatry and Child Development is an integral part of a consortium that includes Lucile Packard Children’s Hospital, Stanford at Stanford, Stanford Hospital & Clinics, and Stanford University School of Medicine. Research in the Division is rich and varied, and explores psychotherapy process and outcomes, early life stress, the genetics of child psychiatric disorders, anxiety, depression, bipolar disorder, eating disorders, autism and neurodevelopmental disorders, clinical psychopharmacology trials, juvenile justice issues, cultural psychiatry and school-based research. In addition, most of the Outpatient Specialty Clinics have both clinical and research components, and include specialty clinics in Anxiety Disorders, Eating Disorders, Mood Disorders, Autism and Neurodevelopmental Disorders, Neuropsychopharmacology, Early Life Stress and the General Services Clinic (focusing on ADHD and disruptive behavior disorders). The Division has five parts to its training program: A Child and Adolescent Psychiatry Fellowship (Categorical), A Community Track Child &
Adolescent Fellowship, an NIMH T-32 Research Fellowship, a Postdoctoral Psychology Fellowship, and a Predoctoral Psychology Internship.

The NIMH T-32 Research Fellowship is co-directed by Joachim Hallmayer, MD, and Allan Reiss, MD. Other academic faculty and staff of the Division include James Lock, MD, PhD, Professor and Medical Director of the Comprehensive Pediatric Unit Program at El Camino Hospital (Eating Disorders); Richard J. Shaw, M.B., B.S., Professor and Medical Director, Pediatric Psychiatry Consultation-Liaison Service; Michelle Brown, PhD, Clinical Associate Professor; Victor Carrion, MD, Professor and Director, Early Life Stress Disorders and Anxiety Disorders Program; Kiki Chang, MD, Professor and Director, Mood Disorders Clinic and Director of Research Initiatives; Manpreet K. Singh, MD, MS, Assistant Professor and Co-Director of the Mood Disorders Program; Carl B. Feinstein, MD, Professor Emeritus; Kyle Hinman, MD, Assistant Clinical Professor; Vinod Menon, PhD, Professor (Research); Joachim Hallmayer, MD, Associate Professor & Director of the Genetics of Autism Project; Linda Lotspeich, MD, M.Ed., Clinical Professor; Mary Sanders, PhD, Clinical Associate Professor; Kara Fitzpatrick, PhD, Clinical Assistant Professor, and Nina Kirz, MD, Clinical Instructor and Staff Psychiatrist at the Comprehensive Care Pediatric Unit at El Camino Hospital; Michelle Goldsmith, MD, M.A., Clinical Assistant Professor; Jennifer Derenne, MD, Clinical Associate Professor; Michelle Brown, PhD, is Co-Director of the Predoctoral Psychology Internship; and Sharon E. Williams, PhD, is Director of Postdoctoral Training. Sanno Zack, PhD, is Co-Director of the Anxiety Disorders Program; Allan L. Reiss, MD is Professor of Psychiatry, and directs the Center for Integrative Brain Sciences and the Stanford Psychiatry Neuroimaging Laboratory. Other core faculty with important training roles includes Whitney Daniels, MD, Clinical Instructor; David Hong, MD, Assistant Professor; Lauren Schneider, PsyD, Clinical Instructor and many others. All together, there are 55 core faculty and 20 adjunct clinical faculty in our Division.

*For updated listings of academic faculty, academic staff, core teaching staff, and specific information on clinics and trainees please visit our website, http://med.stanford.edu/childpsychiatry.html
The history of the first century of Child & Adolescent Psychiatry at the Stanford University School of Medicine reveals early ties to UCSF. Harold K. Faber, MD, Emeritus Professor of Pediatrics, who had been associated with the School of Medicine since 1915, noted:

From 1907 until my arrival in 1915, the acting head of Pediatrics was R. Langley Porter, Clinical Professor of Pediatrics. The precursor of the present Child and Adolescent Psychiatry (Unit) was already established in 1915 by a psychologist named Arthur J. Ritter, whose work was largely devoted to psychometry. In 1917, Dr. Mary H. Layman joined the staff and proceeded to develop a true child and adolescent psychiatry clinic, almost entirely at her own expense, there being no University funds for the purpose at that time. It was not until 1939 that Dr. Johnson and I responded to an appeal from Dr. Layman. We interested the Commonwealth Fund in beginning, and for a period of three years supporting, an enlarged program with a full-time pediatric psychiatrist (Dr. Hale F. Shirley) and an adequate ancillary staff, which the following year and since then had been quartered in a house on Webster Street across from the medical school building. Until 1957 this Child Guidance Unit was under the joint direction of the Department of Pediatrics and the Division of Neuropsychiatry, and since that time [subsumed under] the Department of Psychiatry, but keeping its close relation to Pediatrics.

(Excerpt from The Stanford University Bulletin, Seventh Series, No. 44, July 2, 1942, Stanford University, California; School of Medicine Annual Announcement 1942-43, page 106; and Stanford University School of Medicine. The First Hundred Years, Stanford University, California.)

The Division Chiefs of Child & Adolescent Psychiatry at the Stanford University School of Medicine:

<table>
<thead>
<tr>
<th>Year</th>
<th>Chief</th>
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<tbody>
<tr>
<td>2013-present</td>
<td>Antonio Hardan, MD</td>
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<tr>
<td>2005-2013</td>
<td>Carl B. Feinstein, MD</td>
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<tr>
<td>1997-2005</td>
<td>Allan L. Reiss, MD</td>
</tr>
<tr>
<td>1994-1997</td>
<td>Hans Steiner, MD (Acting)</td>
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<tr>
<td>1984-1994</td>
<td>Roland Ciaranello, MD</td>
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<tr>
<td>1977-1983</td>
<td>Tom Anders, MD</td>
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<tr>
<td>1974-1976</td>
<td>Beatrix Hamburg, MD (Acting)</td>
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<tr>
<td>1971-1973</td>
<td>Alan J. Rosenthal, MD</td>
</tr>
<tr>
<td>1966-1970</td>
<td>Hale Shirley, MD (Acting)</td>
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<tr>
<td>1963-1966</td>
<td>George Hexter, MD</td>
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<tr>
<td>1939-1963</td>
<td>Hale Shirley, MD (Acting)</td>
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About the Psychiatry Department

http://med.stanford.edu/psychiatry.html

The Department of Psychiatry and Behavioral Sciences at Stanford has gained considerable recognition for its clinical work and also for its investigations in psychiatry, in both clinical and basic science research. The academic faculty has a long history and continued commitment to scholarship, aimed at advancing the psychological and biological frontiers of the field. While basic science research thrives in the Department, it is well balanced in the context of an equally strong commitment to outstanding patient care, clinical research, and education. Numerous advances in the psychological, sociological, and biological dimensions of psychiatry are attributed to leaders in the clinical areas, including behavioral medicine (anxiety and depressive disorders, eating disorders, smoking cessation, among others); individual, group and existential therapies; affective disorders; obsessive-compulsive disorders; and geropsychiatry. In 2012 Dr. Alan K. Louie, a psychiatric educator of national prominence, joined our department as Professor and Director of Education.

Dr. Laura Roberts is Chair and Katharine Dexter McCormick and Stanley McCormick Memorial Professor in the Department of Psychiatry and Behavioral Sciences. She is the author/editor of 12 books and monographs, and more than 225 articles in peer-reviewed journals and book chapters. Dr. Roberts is a nationally recognized scholar and leader in ethics, psychiatry, and medical education. Since 2003 she has served as the Editor-in-Chief of Academic Psychiatry—a journal focused on innovative education, mentorship, and leadership in academic psychiatry. Dr. Roberts joined the faculty of Stanford in September 2010. She previously was the Chairman and Charles E. Kubly Professor of Psychiatry and Behavioral Medicine at the Medical College of Wisconsin and Professor and Vice Chair for Administration in the Department of Psychiatry, the Jack and Donna Rust Professor of Biomedical Ethics, and the Founder and Director of the Institute of Ethics at the University of New Mexico. Dr. Roberts performed her undergraduate, graduate, and fellowship training at the University of Chicago and her residency training at the University of New Mexico.

Dr. Roberts has conducted numerous empirical studies of contemporary ethics issues in medicine, science, and health policy, including research on informed consent, ethical considerations in genetic inquiry, health care and clinical investigation involving members of vulnerable populations, death and dying, professionalism education, and related topics. Dr. Roberts’ research has been funded through competitive grants from the National Institutes of Health and the Department of Energy as well as the National Alliance of Schizophrenia and Depression, the Arnold P. Gold Foundation, and other private foundations.
About Stanford University Medical Center

Stanford University School of Medicine is known throughout the world for outstanding achievements in teaching, research and patient care. It is comprised of the following facilities:

**Stanford Hospital & Clinics (formerly Stanford University Hospital).** The hospital is a 479-(active) bed non-profit facility offering general acute care and tertiary care for local, interstate and international patients. As a major component of the medical center, the hospital is central to the direct and immediate transfer of clinical and laboratory research to medical care. In 1997, approximately 23,765 patients (inpatient admissions) received care at Stanford. The medical staff of 1,825 physicians, and 565 interns and residents, includes full-time faculty, as well as physicians who practice in the community. Stanford nurses have earned a national reputation for the level of compassion and expert patient care they deliver. The hospital was originally co-owned by the City of Palo Alto and known as the Palo Alto Stanford Hospital Center. It was purchased by Stanford University and incorporated as Stanford University Hospital, a financially independent entity, in 1968. A major renovation was completed in 1989, and, in 1991, the Lucile Packard Children’s Hospital, Stanford, a 156-bed facility, opened its doors, consolidating all the patient services at the existing hospital and the pediatrics department.

**Stanford Healthcare (formerly Stanford University Clinic).** The clinic has grown to have more than 100 specialty clinics where medical school faculty members center their practices and education.

**Lucile Packard Children’s Hospital, Stanford.** The hospital is a non-profit, non-sectarian, freestanding 260+ bed hospital which opened to the community in June 1991. It is a state-of-the-art regional referral center devoted exclusively to the care of children. The beds are organized by age group and medical needs into the General Medical, Comprehensive Pediatric Care, Oncology/Bone Marrow Transplant, Pediatric Intensive Care, Neonatal Intensive Care, and Intermediate Care Nursery units. Additionally, the Lucile Packard Children’s Hospital Ambulatory Care Center provides primary care and specialized pediatric services through more than two dozen clinics and a day hospital.

**Stanford University School of Medicine.** Originally located in San Francisco, the School of Medicine was moved to the University campus in 1959, and provides an educational environment that encourages intellectual diversity and fosters research among students and faculty. It is the oldest medical school in the Western United States. In fiscal year 1998, faculty members of the School of Medicine received grants
and contracts totaling more than $177 million in support of research, teaching and patient care. The combination of scientists pursuing basic research questions and clinicians closely involved in patient care has led to innovative and fruitful collaboration. Similarly, close ties among the Medical School and other schools and departments at Stanford University, such as Physics, Engineering, Chemistry and Computer Science have led to unique joint research programs. The Medical School's affiliated teaching hospitals and their respective staff play a crucial role in many clinical studies.

The full-time faculty includes two Nobel Laureates, 24 members of the National Academy of Sciences, and 34 members of the Institute of Medicine, as well as recipients of numerous other honors and awards.

The quality of the faculty is also reflected in the high level of federal funding which its research activities receive.

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About Stanford University

[http://stanford.edu/about/](http://stanford.edu/about/)

Stanford University is located on the San Francisco Peninsula, about a 45-minute drive southeast of San Francisco. The 8,180-acre campus stretches from Santa Clara Valley into the foothills of the Santa Cruz Mountains, beyond which lies the Pacific Ocean. Stanford was founded by Leland and Jane Stanford in 1885 as a memorial to their only child, Leland, Jr., who died of typhoid fever in 1884 at the age of fifteen. The University is on the site of the Palo Alto Stock Farm, a ranch operated by the Stanfords in the late 19th century. “The Farm,” as it is still affectionately known, at one time had extensive fields, orchards, and vineyards. One of California’s most prominent citizens, Leland Stanford was President of the Central Pacific Railroad and drove in the golden spike at Promontory, Utah, completing the first Transcontinental railroad. He served as Governor of California during the Civil War, and was a United States Senator until his death in 1893. The design of the University grounds was the product of a unique collaboration between Jane and Leland Stanford, and Frederick Law Olmsted, designer of New York’s Central Park. The Stanfords decreed that the land could never be sold, although they envisioned that part of it should be used for such open-land uses as the Jasper Ridge Biological Preserve. About 1,000 acres are under lease for light industrial, commercial and other income-producing uses. The University also maintains the Hopkins Marine Station in Monterey Bay and a residential program in Washington, D.C.
The City of Palo Alto

**Location:** Palo Alto is in the northern section of Santa Clara County, 30 miles south of San Francisco and 15 miles north of San Jose. The city extends from the San Francisco Bay across flat lowlands, climbs over the rolling, grassy flower foothills of the Santa Cruz mountain range. The flatlands are almost fully developed while the foothills are almost entirely undeveloped due to a deliberate city policy of preserving open space. Stanford borders Palo Alto and some University land is actually within the city limits.

**Climate:** Palo Alto has a temperate climate; winters are mild. The average winter high temperature is 58° with a low of 39°; the average summer high is 77° with a low of 54°.

**Population:** Palo Alto has a population of about 66,642. (June 2013).

**General:** Santa Clara County, sometimes known as Silicon Valley, is among the fastest growing and wealthiest economies in the United States, ranking as one of the nation’s largest manufacturing centers. The high-technology industry that has made Santa Clara County famous has its roots in Palo Alto, partly because of its proximity to Stanford. Palo Alto, a long-time professional and financial center, with an abundance of law, accounting and investment advisory firms, has, in recent years, taken a leadership position in the biomedical research and technology industries. But, despite these developments, Palo Alto has retained its residential character and Palo Altans are proud of their thirty parks (which occupy about 20% of the land within the city limits), their architecturally diverse tree-lined neighborhoods, the excellent school system, and their city’s cultural and recreational human services programs.

The Child and Adolescent Psychiatry Training Program

**Year I**

The first year of Child and Adolescent Psychiatry Training focuses on the evaluation and treatment of children and teens with severe mental health conditions, with a primary focus on developing competence in psychotherapy and a secondary focus on pharmacotherapy skills. Fellows spend time working on the Psychosomatic Medicine (Consultation-Liaison (C-L) Service at Lucile Packard Children’s Hospital, on an inpatient unit devoted to the treatment of eating disorders (the
Comprehensive Care Pediatric Unit (CCP), and on an Intensive Outpatient (IOP) Team as both psychotherapist and pharmacotherapist; Fellows also start treatment in longer-term therapies with 2-3 patients or families.

**Lucile Packard Children’s Hospital Pediatric Psychosomatic Medicine (C/L)**

- Richard Shaw, MBBS - Medical Director
- Michelle Goldsmith, MD, MA
- Michelle Brown, PhD
- Kate Dahl, PhD
- Emily Ach, PhD
- Whitney Daniels, MD
- Lauren Mikula Schneider, PsyD
- Diana Naranjo, PhD

The Pediatric Consultation-Liaison Service (Psychosomatic Medicine Service) is a fulltime 4-month rotation. The service provides inpatient and outpatient psychiatric consultation to the general pediatric and subspecialty services at Packard Children’s Hospital. The service is also responsible for covering the emergency room at Stanford University Medical Center. The service is consulted on a diverse range of clinical questions related to the psychological adjustment of children and families with chronic and complex medical problems. Fellows gain experience in helping physicians and other care providers interact more effectively with their patients, in understanding the health care system and its psychological effects on children and families, and in establishing and maintaining a consultative relationship.

The services provided include:

- Psychiatric evaluation of patients and families with acute and chronic medical illness.
- Evaluation of children and adolescents who are having difficulties adhering to their medical treatment regimen.
- Evaluation and treatment of infants with feeding disorders and growth deficiency.
- Routine pre-transplant evaluation of children scheduled for renal, liver and heart transplantation.
- Individual and family psychotherapy for patients or parents identified as needing additional support during inpatient hospitalizations.
- Behavioral interventions for pain management and anxiety related to medical procedures.
- Consultation to the General Pediatric Continuity Clinic on psychiatric issues including assessment and pharmacotherapy.
- Co-management of patients with child neurology fellows in a neuropsychopharmacology clinic.
• Consultation on a Mobile Health Van serving primarily uninsured or homeless youth

The patient population on the C/L Service includes children from infancy through adolescence from a broad range of cultural and ethnic backgrounds. Fellows work with medical inpatients on the renal, oncology, pulmonary, endocrine, GI, anesthesia, neurology, adolescent medicine and rheumatology services. Fellows also have the opportunity to evaluate patients in the pediatric pain clinic, and to pursue research interests in several areas related to children with physical illness.

**El Camino Hospital Comprehensive Care Program (CCP)**

*James Lock, MD, PhD, Medical Director*

*Mary Sanders, PhD, Program Director*

*Jennifer Derenne, MD*

*Kara Fitzpatrick, PhD*

The Comprehensive Care Program and Eating Disorder Clinic of Lucile Packard Children’s Hospital is located at El Camino Hospital in Mountain View, California (about 12 miles off campus), and is a 4-month, full-time inpatient rotation. This 15-bed unit serves children and adolescents with medical diagnoses occurring in the context of a debilitating mental health condition (typically an eating disorder) severe enough to require hospitalization. It is fully staffed for intensive psychiatric care of patients with pediatric and psychiatric co-morbidity.

During their CCP rotation, Fellows also have the opportunity to do outpatient psychiatric evaluations of patients being evaluated at the multidisciplinary Eating Disorders Clinic, working with pediatricians, psychologists, nutritionists, teachers, social workers, art therapists, recreation therapists, physical therapists, and occupational therapists.

On both the CCP and C/L rotations, Attending Psychiatrists and Psychologists supervise the activity of the Fellows, a clinical psychology intern, general pediatric house staff, and psychiatry residents. The CCP unit has a full complement of counseling and nursing staff. Teachers from the Palo Alto Unified School District (PAUSD) certified in special education are regular staff members and provide for the children’s education.

On CCP, the patient population ranges in age from two to seventeen, from a range of cultural backgrounds. There are over 200 admissions yearly. Fellows spend most of their time working with patients with eating disorders, who are admitted for medical instability and malnutrition, in a carefully structured therapeutic milieu,
working with both children and their families. They perform individual, family, and group therapy, testing, and diagnostics, in close collaboration with pediatrics, social workers, psychologists, nursing staff, and teachers. They also may get experience in disposition planning, consultation with teachers from the (PAUSD), and liaison work with community agencies and forensics.

**Conditions Treated:**
- Anorexia Nervosa
- Bulimia Nervosa
- Binge-Eating Disorder
- Eating Disorders Not Otherwise Specified

**Services:**
- Comprehensive Medical and Psychiatric Evaluation
- Psychological Testing
- Individual and Family Therapy
- Nutritional evaluation and treatment
- Accredited school programming
- Occupational therapy
- Physical therapy
- Recreational therapy
- Chaplain services
- Art therapy

The Outpatient Eating Disorders Program consists of both psychiatric and medical evaluation and treatment of adolescents with eating disorders. Comprehensive evaluations are conducted two days a week and consist of a psychiatric interview with the adolescent and parents. This is followed by a nutritional evaluation and a medical consultation. Adolescents followed by the psychologists and psychiatrist in the Outpatient Eating Disorder Program receive state of the art treatment using the best evidenced approaches for these disorders, and Fellows conduct psychotherapies under the supervision of an eating disorders specialist.

**The Intensive Outpatient Programs (IOP) located at Kaiser Permanente**

**Kaiser-Permanente, Redwood City**  
Child & Adolescent Psychiatry Department  
Olga Hewett, MD, Chief

**Kaiser Permanente, San Jose**  
Child & Adolescent Psychiatry Department  
Rex Huang, MD, Chief
Kaiser Permanente Northern California covers 2,800,000 members, 25% of whom are children and adolescents. The two Santa Clara county clinics are located in Santa Clara (with a satellite in Milpitas) and San Jose; together they cover a member population of 500,000. The demographic breakdown includes a diverse socioeconomic and ethnic population. The clinics evaluate patients with a broad range of psychopathology, which may include family, school and/or behavioral problems. Monthly, each clinic averages 1,500 visits for children, adolescents and their caretakers.

The Kaiser Child & Adolescent Psychiatry Department provides a wide range of services to children, teens and their families. The professional staff is multidisciplinary and consists of child psychiatrists, clinical psychologists, licensed clinical social workers and psychiatric nurses. The support staff consists of full-time and part-time receptionists and patient evaluation coordinators. The services provided within the unit are often program-oriented. The staff coordinates efforts to provide quality treatment to the patient population as well as access to that treatment.

All 1st-year Fellows spend 4 months working at one of the two Kaiser sites in the Intensive Outpatient Program (IOP). This program is a highly structured one for children and teenagers with severe mental illnesses, many of whom also have chemical dependency problems. In many other jurisdictions, the severity of these patients’ problems would make them “hospitalizable”. The Kaiser system aims to maximize community and outpatient resources to minimize the necessity of hospitalization for these patients and their families. Fellows function as both psychotherapist and pharmacotherapist for 5-10 clients at any given time. The program provides an excellent environment for learning short-term interventions on focused problems. The average patient length of stay in the IOP is 3-4 months.

The IOP experience and On-call work in the Stanford Emergency Room constitute the "Intensivist" rotations, and are a substitute for a locked, in-patient clinical rotation in our training program.

**Year II**

The 2nd year of Child and Adolescent Psychiatry training at Stanford is spent evaluating, diagnosing, and treating children, teens, and their families in outpatient settings and in schools, using many different modalities of psychotherapy and pharmacotherapy. Sites include the Outpatient Specialty Clinics at Stanford, the Palo Alto Unified School District, Achieve Kids School, Mountain View - Los Altos School District, the Children’s Health Council, and Kaiser Permanente Clinics (Santa
Teresa and Santa Clara, California). Training may also include consultation with group homes, courts, probation departments, California Youth Authority, and other community agencies. Other potential training opportunities include advanced outpatient administration assignments, elective experiences at community sites and the continuation of a research project designed in the first year. All second year Fellows will have at least ½ day of protected academic time to focus on career development and academic pursuits for most of the academic year. The individual rotations are described below. Fellows select 3-4 year long rotations from these, depending upon their interests and upon site needs.

Clinics in the Stanford Psychiatry Building located at 401 Quarry Road and at Lucile Packard Children’s Hospital at Stanford.

**Outpatient Specialty Clinics**
(Year II- Elective Rotation)

Division of Child & Adolescent Psychiatry and Child Development

*Antonio Hardan, MD, Division Chief, Director, Outpatient Clinic*
*Sanno Zack, PhD, Assistant Director, Outpatient Clinic*
*Micelle Goldsmith, MD, MA, Assistant Program Director, Fellowship*

Fellows in the Outpatient Specialty Clinics conduct evaluations and treatment of children, adolescents and their families. Treatment modalities include individual, family and group psychotherapies and parent training. Each Fellow works in two clinics over the course of the year, each for six months, participating in both new evaluations and on-going treatment. Ongoing research projects in all clinics provide opportunities for Fellows to develop academic expertise in these areas. There are a number of clinics that Fellows may rotate through, or have an opportunity to experience, including the following:

**General Behavior Disorders Clinic**

*Elizabeth Reichert, PhD, Clinical Director (Parenting & Family)*
*Victoria Cosgrove, PhD (Parenting & Family)*
*Mari Kurahashi, MD*
*Kyle Hinman, MD*
*Michael Kelly, MD, Medical Director (Forensics)*
*Whitney Daniels, MD (Forensics)*
*David Hong, MD (DIBS Division)*
*Gisela Sandoval, MD (DIBS Division)*
*Megan Klabunde, PhD (DIBS Division)*
This clinic conducts evaluations and treatment for attention deficit disorders and behavior problems.

Treatment specifically may address problems related to behavior at school as well as at home, through a variety of treatment modalities, including pharmacotherapy, behavioral therapy, family therapy, parent training and coaching, and individual psychotherapy.

**Early Life Stress and Pediatric Anxiety Clinic (ELSPAP)**

*Victor Carrion, MD, Director*

*Anne Benham, MD*

*Anita Kishore, MD*

*Hilit Kletter, PhD*

*Elizabeth Reichert, PhD*

*Helen Wilson, PhD*

*Jennifer Park, PhD*

The Anxiety Disorders Clinic provides evaluation, treatment and consultative services for youngsters from 2-18 who have anxiety disorders and other sometimes related conditions. Disorders which are the focus of treatment at the clinic include the following:

- Separation Anxiety Disorder
- Specific Phobias
- Social Anxiety Disorder
- Generalized Anxiety Disorder
- Panic Disorder
- Selective Mutism
- Obsessive Compulsive Disorder
- Tourette’s Syndrome and other Tic Disorders
- Trichotillomania

The clinic emphasizes treatment based on the best available evidence.

For anxiety disorders, this treatment is primarily comprised of cognitive behavioral treatment and pharmacotherapy, and play therapy with other modalities for younger children. Other psychiatric conditions are addressed with appropriate cognitive-behavioral, family, play, supportive, dynamic and systems interventions as necessary.

The clinic offers group therapies for the following:

- **Parents of Anxious Children**
- **Parents of Children with Obsessive Compulsive Disorder**
- **Adolescents with Anxiety Disorders**

Additionally, the clinic has an active educational and research programs. Educational activities consist of supervising child psychiatric Fellows and doctoral
students. Clinic faculty and staff are also active in providing instructional workshops to educate clinicians, teachers, and parents about the different aspects of anxiety disorders.

The Early Life Stress (ELS) Clinic emphasizes early intervention for children and families who have experienced an acute or chronic stressor or traumatic event. Examples of types of stressors include natural disasters (flooding, fires, earthquakes, etc.) and also those that are man-made (assaults, motor-vehicle accidents, physical and sexual abuse, witnessing violence, etc.) There may be other type of stressors such as experiencing parents’ divorce, intrusive medical interventions, etc. Even though some adults may not consider an event to be traumatic, it may qualify as such if the child experienced it as threatening or frightening.

Although our assessments will go through the typical diagnostic considerations, treatment intervention will concentrate on addressing stressors. Although diagnostically-sensitive, this is not a diagnosis-focused clinic, rather it is driven by the understanding that stressors and biological correlates of stress vulnerability interact to initiate or maintain neurobehavioral disorders. The ELS Treatment Approach includes:

- Structure – blocks of 20 sessions
- Multi-modal Treatment – combines different therapeutic elements
- Dyadic Treatment – caretakers active participants of treatment
- Research – the family may be invited to participate in research protocols

**Mood Disorders Program**

*Manpreet Singh, MD, MS, Director*

*Anita Kishore, MD*

*Nicole Starace, PhD*

*Kiki Chang, MD*

The Pediatric Mood Disorders Clinic serves children and adolescents up to age 18 who have a depressive or bipolar spectrum disorder as their primary problem. Services offered include psychiatric evaluation and consultation, medication management, and psychotherapy. Within the context of clinical care are ongoing research protocols designed to investigate and monitor the efficacy of current treatments. Personnel include staff psychiatrists, child and adolescent psychiatry trainees, and clinical psychologists.

The LPCH/Stanford Mood Disorders clinic also has a particular focus in working with other professionals in the community (in mental health, pediatrics and primary health care) to provide collaborative care for depressed children and adolescents. All
Conditions Treated:
- Unipolar Depressive Disorders (Major Depressive Disorder, Dysthymic Disorder, Minor or Unspecified Depressive Disorder).
- Adjustment Disorders with depressive features, including prolonged grief.
- Depression occurring in the context of medical illness, injury or chronic pain.
- Cyclothymia
- Bipolar Disorders (I,II, and NOS)

Services Provided:
An individualized treatment plan is developed for each child entering treatment. This may include the following:
- Individual psychotherapy
- Consultation with families to support recovery of depressed children and adolescents in treatment at the clinic.
- Consultation with schools to support the recovery and academic success of depressed children and adolescents in treatment at the clinic
- Psychopharmacology Clinic (assesses the need for anti-depressant or mood stabilizer medication and, where indicated, prescribes and monitors medication treatment).
- Group psychotherapy for depressed adolescents.
- Family Focused Treatment (FFT-A) for adolescents and families affected by Bipolar Disorders

Autism & Neurodevelopmental Disorders Clinic
Antonio Hardan, MD, Director
Jennifer Phillips, PhD, Co-Director
Lawrence Fung, MD (Co-Director of NPP)
Kari Berquist, PhD
Grace Gengoux, PhD
Linda Lotspeich, MD
Janani Venugopalakrishnan, MD, MPH

The Autism and Developmental Disorders Clinic provides evaluation, treatment and consultative services for youngsters from 2-18 who have developmental disabilities as well as a psychiatric disorder. Developmental disorders treated at the clinic include the following:
- Autistic disorder
- Asperger’s disorder
- Other pervasive developmental disorders
• Developmental delays
• Sensory or motor impairment
• Learning disabilities
• Delayed or impaired language
• Impaired social behavior
• Genetic and Chromosomai disorder: Fragile X, Down Syndrome, Velocardio-facial Syndrome, Williams Syndrome, Prader-Willi’s Syndrome, and other chromosome and gene disorders

The clinic emphasizes treatment and advocacy approaches that alleviate the underlying developmental disorder and target comorbid psychiatric conditions, which may include mood disorder, anxiety disorder, ADHD, behavioral problems or social difficulties that are specific to children with developmental delays.

**Eating Disorders Clinic**

Jim Lock, MD, Director
Jennifer Derenne, MD (Director of Inpatient Program)
Danielle Colborn, PhD
Cara Bohon, PhD
Kara Fitzpatrick, PhD
Nina Kirz, MD
Lilya Osipov, PhD
Mary Sanders, PhD
Linsey Utzinger, PhD

The Outpatient Eating Disorders Program consists of both psychiatric and medical evaluation and treatment of children, adolescents, and young adults with eating disorders. Comprehensive evaluations are conducted three days a week (Mon, Tues, and Fri) and begin with a psychiatric interview with the adolescent and parents. This is followed by a nutritional evaluation and a medical consultation with our colleagues in adolescent medicine (Castro Commons Clinic). Families followed in the Outpatient Eating Disorder Program receive state of the art treatment using evidence-based approaches for these disorders, and Fellows conduct treatment under the supervision of an eating disorders specialist. Fellows will participate in the Tuesday morning new evaluation, followed by clinical supervision and a lunchtime educational meeting with attending psychologists, psychiatrists, and psychology post-doctoral fellows. The afternoon clinic will be spent providing follow-up treatment.

**Conditions evaluated and treated:**
• Anorexia Nervosa
• Bulimia Nervosa
• Eating Disorder Not Otherwise Specified

**Treatment interventions available:**
• Family-Based Treatment for AN and BN
• Individual Cognitive Behavioral Therapy
• Individual Adolescent Focused Treatment
• Psychopharmacological Evaluation and Medication Monitoring

Additionally, the clinic has an active educational and research programs. Educational activities consist of supervising child psychiatric fellows and psychologist doctoral students. Clinic faculty and staff are also active in providing instructional workshops to educate clinicians, teachers, and parents about the different aspects of developmental disorders such as diagnosis and treatment.

**School Consultation and Intervention**  
(Year II - Required rotation)

Shashank V. Joshi, MD, Program Director  
Moira Kessler, MD  
Helen Wilson, PhD  
Grace Gengoux, PhD  
Scott Hall, PhD

Beginning in the 1st year of training, Fellows begin consultation with schools. In the 2nd year, Fellows develop expertise in formal consultation and intervention. This 12-month, part time experience includes supervised consultation with teachers and staff, observation of classes in progress, and individual interviews and comprehensive psychiatric assessment with pupils as necessary. Fellows have the opportunity to learn about legal issues involved in the provision of services to educationally challenged students, and become familiar with the school system. There is a focus on early identification and prevention. They may work interactively with teachers’ aides as consultants about students in the class. All clinical contact is done in the school setting itself, or in other areas within the context of children’s daily lives, such as the home or group home setting.

Fellows consult in a variety of venues. During the first year of training, they provide consultation to teachers of the patients treated on the CCP, the C/L Service, and other medical services at the Children’s Hospital. The Palo Alto Unified School District (PAUSD) staffs the hospital school on site. In the second year, sites include Achievekids, described further below, and other school systems such as the PAUSD in Palo Alto, the Mountain View Los Altos School District, and the Stanford New Schools Charter School (East Palo Alto Academy High School) in East Palo Alto.
Achievekids, formerly known as Peninsula Children’s Center, has two sites, one in San Jose and the other in Palo Alto. Both schools provide special education for severely disabled children who cannot be accommodated in their local school district. These disabilities range from severe disruptive behavior disorders to learning disabilities with co-occurring psychiatric disorders, to severe developmental disorders (Autism, Asperger’s disorder, and other Pervasive Developmental disorders) and severe psychiatric disorders (Schizophrenia, Schizoaffective Disorder). At both sites, Fellows function as psychiatric consultant to a multidisciplinary team made up of special education teachers, classroom aides and direct care mental health staff. Fellows attend weekly team meetings; observe classroom activities, and interview students and their parents as needed to provide psychiatric consultation. These consultations may include behavioral and pharmacological recommendations and interventions, as well as liaison work with community health care providers (primary care providers and psychiatrists). There are also a number of research and mental health teaching opportunities within the local schools that Fellows may pursue, under Dr. Joshi’s supervision.

**Clinics at Children’s Health Council (CHC)**
(Year II - Elective Rotation)

_Glen Elliott, PhD, MD, Medical Director_

The Children’s Health Council (CHC) is a community-based, multi-disciplinary diagnostic and treatment center for infants, children, adolescents and their families. Services are provided for children with psychiatric, behavioral, emotional, developmental, learning, language, and motor disorders. Specialty areas include: Attention Deficit Disorders, Pervasive Developmental Disorders (especially Asperger’s), neuropsychological disorders, and disorders of infancy (feeding and attachment disorders). Intensive diagnostic evaluations range from a single-discipline to a team evaluation with all disciplines represented. Therapeutic services include individual and family therapy, a group social skills program, educational, speech & language, and occupational therapy, and summer programs including a therapeutic day camp. The CHC also operates The Esther B. Clark School, a therapeutic special education school/day treatment program for children with combinations of behavioral, emotional, developmental, learning, and neurological difficulties.

While Fellows are members of a multidisciplinary diagnostic team, they also evaluate children independently. Each Fellow uses a broad range of treatment options, including individual, group, family, couples and short and long-term therapy. There is a focus on underserved populations insured primarily by MediCal (Medicaid). Academic and clinical faculty members representing numerous
psychiatric orientations supervise all diagnostic and therapeutic work. The child
trainees spend approximately a third of their time doing evaluations, another third
in ongoing individual, group, or family therapy, and the final third performing
pharmacotherapy.

The Bay Area Children’s Association (BACA)
(Year II - Elective Rotation)

Tom Tarshis MD, MPH, Medical Director

Bay Area Children’s Association (BACA) continues to expand programs and
services, including innovative social skills groups, Intensive Outpatient Programs
(IOP) as well as multidisciplinary, evidence-based treatment in our outpatient clinic.
This rotation will provide information on processes involving in starting a new
agency/practice, and doing comprehensive assessments as well as delivering the
proper evidence-based treatments for children and families.

Specific goals for fellows include:

• Learning to do a comprehensive evaluations, utilizing questionnaires, and
  offer multiple treatment options for families
• Delivering EBM treatments for mental health issues
• Developing flexibility in one’s approach, understanding that we can’t always
deliver the treatment with the highest chance for success
• Engaging parents/families as partners in the process (eliminate the “I drop off
  my kid and you fix them” mentality)
• Using electronic data for records, prescription transmission and collaborating
  with colleagues
• Developing skills in Cognitive Behavioral Therapy (CBT), parent-training (PT)
  and family therapy (FT)
• Developing treatment plans to address mental health needs of families

Learning to interact with school personnel to help families get proper educational
interventions, including IEPs and 504 plans when needed
Community Track Child & Adolescent Psychiatry Fellowship

Stanford Community Track Child and Adolescent Psychiatry Fellowship position is a separate ACGME approved track with a different program number, **NRMP# 1820405F1.** One of the 7 Fellowship positions per year in the Stanford Fellowship Program is classified as this Community Track slot. The rationale for this position is to provide emphasis on clinical training and research experience in community child and adolescent psychiatry. Because of the tremendous need for child and adolescent psychiatrists with expertise in community child and adolescent psychiatry, including knowledge about public sector care and culturally informed approaches, this Fellowship position was created in 2007.

The Fellow’s employment, salary, and benefits will be administered through Stanford, just like the Fellows in the six categorical positions of the Stanford Child and Adolescent Psychiatry Fellowship. Shashank V. Joshi, MD is the Training Director for the Fellowship, and Muir Hooper, MD and Tamar Meidav, MD are the co-Site Directors for rotations based at San Mateo County sites.

The first-year consists of three blocks of clinical work, with a half-day of protected scholarly focus time (see diagram below). These full-time blocks include one day (Wednesdays) per week of didactics and long-term cases at Stanford. The overall training is generally similar to the training received by the six categorical Fellows at Stanford, with a major difference being the emphasis on outpatient work with underserved youth and families.

The second-year (see diagram below) consists of three, year-long experiences: outpatient-child psychiatry at the LPCH/Stanford Clinics, one half day (Wednesdays) per week of didactics (5 hours per week), long-term cases, and pediatric neurology, one half day of behavioral consultation and follow-up at a community-based clinic (The Ravenswood Family Health Center (RFHC) in East Palo Alto); and one day of community-based clinical research with research mentorship. With regard to clinical supervision, the Fellow will receive at least two hours of individual supervision per week: one hour with a San Mateo County faculty member and one hour with a Stanford faculty member.

As with the Categorical Fellows, 50% percent of the hours devoted to outpatient experiences will be spent face-to-face with patients, with the other 50% consisting of supervision, team meetings, and administrative time.
# Community Track Child Fellowship

## Year 1

<table>
<thead>
<tr>
<th>1.5 months --</th>
<th>6.5 months --</th>
<th>4 months --</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pediatric C/L Service</td>
<td>Lucile Packard Children's Hospital Outpatient Consultation and Treatment; Ravenswood Family Health Center (RFHC)</td>
<td>Intensive Outpatient (IOP) Crisis Program at Kaiser Permanente, San Jose; School Mental Health; Ravenswood Family Health Center East Palo Alto Academy High School</td>
</tr>
</tbody>
</table>

### Monday
- AM: Psychopharmacology Clinic
- PM: Outpatient Therapy Cases

### Tuesday
- AM: School Mental Health
- PM: School Mental Health; Outpatient Therapy Cases

### Wednesday
- AM: Seminars
- PM: Eating Disorders (Structured Therapies) and Supervision

### Thursday
- AM: Scholarly Concentration
- PM: Ravenswood Family Health Center (RFHC)

### Friday
- PM: Outpatient Therapy Cases

## Year 2

<table>
<thead>
<tr>
<th>10%</th>
<th>Outpatient Community-based Child &amp; Adolescent Psychiatry - Ravenswood Family Health Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>Seminars, long-term cases, supervision (or pediatric neurology, 2 months)</td>
</tr>
<tr>
<td>10%</td>
<td>Community-based clinical research</td>
</tr>
<tr>
<td>60%</td>
<td>Outpatient psychotherapy with medi management: clinic and community settings: Lucile Packard Children’s Hospital, San Mateo County Behavioral Health Services</td>
</tr>
</tbody>
</table>

### Monday
- AM: Community-based Clinical Research / Elective
- PM: Outpatient therapy with medication management

### Tuesday
- AM: Seminars
- PM: Pediatric Neurology (July-Aug); Ravenswood Family Health Center (Sept-June)

### Wednesday
- AM: Community-based work in San Mateo County Behavioral Health Services |
- PM: Outpatient therapy with medication management
Pediatric Neurology Clinics  
(Year II- Required Rotation)  

*Dawn C. Duane, MD  
Rana Lozani, PNP*

This 2-month part time experience is designed to help Fellows solidify their skills in basic pediatric neurology examination, assessment and diagnosis. All 2nd year Fellows spend 8 weeks on this rotation (1/2 day per week, Wednesdays 1-4 PM), located at the Mary E. Johnson Clinic, Lucile Packard Children’s Hospital at Stanford (LPCH).

**Didactic Courses and Individual Supervision**

Throughout their two years of training, Child & Adolescent Psychiatry Fellows participate in approximately seven to ten hours of didactic sessions and supervision per week. The didactic curriculum covers assessment and diagnostic practices, the psychotherapies, neuroscience, collaborative treatment, the biological basis of clinical psychiatry, psychopharmacology, & both normal and abnormal development. The didactic program allows Fellows to become knowledgeable in all aspects of current child psychiatric practice and research methodology. Please see the attached listing of didactic seminars.

Research Laboratories at Stanford

Advanced trainees interested in research training can become affiliated with numerous research laboratories and projects in the Division of Child & Adolescent Psychiatry and Child Development and the Department of Psychiatry and Behavioral Sciences as well as other University programs.

Victor Carrion, MD  
Early Life Stress and Pediatric Anxiety Program (ELSPAP) / PTSD

Glen Elliott, PhD, MD  
Attention Deficit Disorders

Carl B. Feinstein, MD  
Pervasive Developmental Disorders and Mental Retardation; Psychotherapy; Neuroethics

Joachim Hallmayer, MD  
Genetics of Autism

Antonio Hardan, MD  
Autism and Neurodevelopmental Disorders

Shashank V. Joshi, MD  
School-based Mental Health; Therapeutic alliance and Cultural Psychiatry

James Lock, MD, PhD  
Psychotherapy; Eating Disorders
Richard J. Shaw, MBBS  Psychological Adjustment in Chronic Medical Illnesses
Manpreet K. Singh, MD, MS  Mood Disorders
Hans Steiner, MD  Developmental Approaches to Psychopathology; Aggression and Violence
Sharon Williams, PhD  Traumatic Brain Injury

Stanford Center on Adolescence  William Damon, PhD, Director
The Carnegie Corporation of New York supports this interdisciplinary center. Center activities include the evaluation and sponsorship of research at Stanford University and providing syntheses of the scientific knowledge base so that both public and private policy makers can develop and disseminate strategies for aiding adolescents. In addition to being a scholarly enterprise, the Center will be linked directly with agencies that are providing services to adolescents and their families. Overall, the Stanford Center on Adolescence seeks to serve as a national model for interdisciplinary training in research related to adolescence by enhancing collaboration among faculty from diverse departments and schools and developing a comprehensive, multidisciplinary approach. A limited number of pre-doctoral and post-doctoral Fellowships will be granted to scholars pursuing careers in research related to adolescence.

Additional Training Features

Teaching Opportunities and Advanced Administrative Duties
All Fellows will have the opportunity to participate in teaching. Their responsibilities may include the supervision and teaching of medical students, PGY II-IV psychiatry residents, child neurology fellows, developmental and behavioral pediatrics residents, participation in administrative meetings and Quality Assurance Committees, the drafting of memos pertinent to the functioning of the services, and the organization and presentation of didactic material for trainees, as well as for high school students (depression education and suicide prevention training).

Psychiatry Resident and Medical Student Training
Stanford’s Child and Adolescent Psychiatry program is integrated with the general psychiatry residency training program. 4 to 6 general psychiatry residents (PGY II-V) spend two months in the Child & Adolescent Psychiatry program at any given time. Michelle Goldsmith, MD, MA, is the Site Director for general (adult) psychiatry training in Child & Adolescent Psychiatry. Medical students from Stanford University and other schools in the United States, select four-week Child & Adolescent Psychiatry clerkships. Three post-doctoral and four pre-doctoral clinical psychology interns from national graduate schools also participate in the training
program on a yearly basis, offered within the American Psychological Association-approved internship program based in the Division.

**Research Colloquia, Symposia and Conferences**

Residents and faculty meet in monthly meetings in which speakers describe the many research activities of the Department, and scientists from across the country describe their work. Visiting speakers also present their work at research seminars held at regular intervals during the academic year. Clinical problems of particular teaching value are presented and discussed at weekly clinical rounds in the teaching hospitals. There are also annual Stanford educational conferences on a range of psychotherapy and psychopharmacology topics, which Fellows may attend at reduced or no cost.

**Grand Rounds**

Stanford attracts renowned speakers as Grand Round speakers each week. This is an exciting time to see and hear leaders in the field. One week per month, the topic chosen is on a particular area within Child & Adolescent Psychiatry.

**Clinical Skills Evaluation (CAP-CVS), PRITE & Child PRITE Exams**

Each Child & Adolescent Psychiatry Fellow is required to pass at least 3 clinical skills vignette exams to graduate from the training program. In addition, the Psychiatry Residency In-Service Training Exam is required each year during the first two weeks of October, and the Child PRITE in December.

*Applicants to the CAP Fellowship from General (Adult) Psychiatry training Programs need to have passed 3 (adult) Clinical Skills Vignette (CSV) exams in their residency prior to interviewing with our program in the fall prior to when Fellowship training would begin.

**Libraries**

Fellows have access to all of the Main Campus libraries, which include Lane Medical Library, Green Library, Meyer Memorial Library, and the School of Education Library, among many others.

Lane Medical Library’s research collections cover clinical medicine and its specialties, basic sciences, public health and related fields. With over 3,000 journal titles and approximately 300,000 volumes, the collection ranks among the best on the West Coast. The Library is automated and the databases, Lane-Medline and CD-Lane-Medicine, are networked and available 24 hours a day from labs, wards, offices and homes. The Library is open seven days, 104 hours a week. Information Service
consultants are available Monday through Friday, 8:00am to 6:00pm. 
http://lane.stanford.edu

The Green Graduate library specializes in research collections specifically related to Humanities and Social Sciences. Green Library has 4,492 serials, and approximately 1,900,000 volumes; the collection ranks among the largest on the West Coast. Hours of operation are Sunday, 1:00 pm – 9:00 pm; Saturday, 9:00 am – 8:00 pm; and Monday through Thursday 8:00 am – 12:00 midnight.

2016-17 Benefits for House Staff
Stanford Hospital and Clinics and Affiliated Hospitals

http://med.stanford.edu/gme/current_residents/

Salaries are provided by Stanford Hospital and Clinics and are contingent upon proportion of clinical and research assignments.

• **Benefits at Stanford and Affiliated Hospitals.** Hospital and major medical insurance for house officers and dependents are provided; dental insurance is available for house officers and their children (coverage for spouses are at the house officer’s expense).

• **Benefits for all House Staff, regardless of institution of assignment.** Lab coats and their laundering, malpractice coverage, certain University privileges, disability insurance, paid time off for illness and vacation. Part of the cost of initial medical license, obtained after receipt of a valid Stanford University Hospital contract, is reimbursed. On-call meal arrangements are provided at Stanford for those required to be in-house all night (not applicable to Child Psychiatry).

• **Pregnancy Leave**
In accordance with California law, a female resident must be granted an unpaid Pregnancy Disability Leave of up to four (4) months if the employee is incapable of performing her job duties because of medical disability resulting from pregnancy, delivery, or post-childbirth recovery, as verified by a physician. In addition, under the California Family Rights Act (CFRA), eligible employees have a right to unpaid family care/baby bonding leave of up to 12 weeks in the 12 month period following the birth, adoption or foster care placement of a child. With the consent of the resident, GME will offset unpaid time and/or applicable state disability benefits with any unused personal time off (up to 3 weeks) and/or any unused sick days (up to 20 days).
Failure to file for SDI benefits or ineligibility for California SDI benefits will not result in
STANFORD HEALTH CARE paying the equivalent of the disability benefit available
from the State of California.
The GME Office will verify the amount of personal time off remaining. The resident’s
failure to properly designate personal time off in MedHub will not result in additional
personal time off.

- **Paternity Leave**
  STANFORD HEALTH CARE offers one week with pay; (5 days). Additional
  unpaid time off will be provided in accordance with the federal Family and
  Medical Leave Act (FMLA) and the California Family Rights Act (CFRA).

- **Personal Time Off**. House staff does not accrue vacation. House Staff are
  permitted to take up to three weeks (15 work days) of personal time off with pay
during each one-year period. (Fellows may request up to an additional 5 work
days of educational leave). Personal time off and Educational leave must be
scheduled at least two months in advance with the following approvals: Service
Chief, Chief Resident and the Director of the Training Program. CAP Fellows
should only schedule a maximum of 5 continuous work-days of vacation at a
time (1 work week) whenever possible. Stanford University Medical Center
believes that personal time away from the residency program is important to the
welfare of house staff, so unused personal time off does not accumulate from
year to year and there is no provision to receive pay in lieu of time off.

- **Sick Leave**. House staff will be granted up to 20 days of sick leave (four (4)
  weeks) per year, if needed. House staff does not accumulate sick leave credit, and
  no additional compensation will be paid for unused sick leave. Salary will
  continue, offset by state disability or worker’s compensation benefits, until the 20
days of sick leave are exhausted.

- **Educational Leave**. 5 days of educational leave is encouraged (in addition to the
  15-days of Personal Time Off) with prior approval of the Training Director, only
  after arrangements to cover ward and call responsibilities have been made.

- **Moonlighting Activities**.
  Residents are not required to engage in “moonlighting.” All residents engaged in
  external moonlighting must be licensed for unsupervised medical practice in California
  or the state in which the moonlighting occurs. *Stanford’s malpractice insurance will not
cover residents for moonlighting activities*. Residents must obtain written acknowledgement
  that the program director is aware and approves of any moonlighting activities before
  any moonlighting activity is undertaken. A copy of the written acknowledgement will
be kept in the resident’s file. The program director has the discretion to decline to approve moonlighting activities if he/she believes that such activities will interfere with the resident’s training progress or for other legitimate reasons. All external moonlighting must be logged into MedHub as duty hours. SHC/LPCH does not allow internal moonlighting by an ACGME trainee. You may have the opportunity to receive extra compensation for “on-call coverage” i.e.: extra shifts within the scope of your training program. Moonlighting is not permitted under a J-1 VISA.

CAP Fellows may moonlight in General Psychiatry, but are strongly discouraged from moonlighting in Child & Adolescent Psychiatry while a trainee, unless appropriate supervision is available. Unapproved moonlighting is not covered by Stanford malpractice.

Training Program Contacts:

Shashank V. Joshi, MD, Program Director
Phone: 650-725-0957 ● Fax: 650-721-3954
svjoshi@stanford.edu

Glen R. Elliott, PhD, MD, Associate Program Director
Phone: 650-725-0957 ● Fax: 650-721-3954
gelliott@chconline.org

Michelle Goldsmith, MD, Assistant Program Director
Phone: 650-725-0957 ● Fax: 650-721-3954
michelle.goldsmith@stanford.edu

Ola Golovinsky, MS, Program Manager
Phone: 650-725-0957 ● Fax: 650-721-3954
ola2@stanford.edu

Melissa Silverman, MD, Chief Fellow 2016-17
Phone: 650-724-3365 ● Fax: 650-721-3954
silver77@stanford.edu

Paula Tran, MD, Chief Fellow 2016-17
Phone: 650-724-3365 ● Fax: 650-721-3954
paula.tran@stanford.edu