

NOTE: this was prepared during academic year 2019-2020 and pre-COVID.

PGY1



Christina Warner

Background

Howdy! My name is Christina Warner and I am currently an intern at the University of Minnesota. I grew up in Seattle, WA, and moved to California after high school where I attended Stanford University (hello, fellow HumBio majors). After graduation, I spent time working at a winery in Napa Valley, and while I found a new love for wine and rural living, realized that I missed the unique intersection of science and humanity found only in medicine. The University of Minnesota was a natural fit for me when I was applying to medical school. I have a passion for sexual and gender minority health and was excited to work with the Center for Sexual Health/Program in Human Sexuality at UMN – so much so in fact that I took a research year in medical school to gain more first-hand experience. While I started medical school thinking I was interested in OBGYN, I fell in love with Psychiatry on my clerkship rotation and learned about the many ways I could pursue my other interests in the fields of LGBTQIA Mental Health, Women’s Mental Health, and Child and Adolescent Psychiatry.

Why I Chose the University of Minnesota

When it came to residency, I was looking for a program that would prioritize my opportunities to learn while also allowing me to thrive as an adult outside of medicine. I was fortunate to rotate here as a medical student and to see the passion our attendings have for both medical education and improving the whole lives of their patients. I loved that the residency had an excellent mix of opportunities in academic and public institutions as well as strong leadership interested in advancing the field of psychiatry. UMN was a great fit for me and I am so excited to continue growing with all of the amazing people in our program.

Schedule

Currently I am on inpatient psychiatry, which I have to admit is even more fun than I remember as a medical student! I started the year on off-service rotations (Medicine, Neurology, and Emergency Medicine) so it is nice to be back to my comfort zone. 😊 I am rotating on our Gold Team, which typically focuses on folks with treatment resistant depression; however, we have a diversity of patient presentations such as mania and acute psychosis as well. As interns we “run the team” with our attending and (incredibly helpful) medical students, as well as an occasional sub-attending (PGY4) to provide further education and management advice.

7:20am: arrive at the hospital to preround (can be done from home but I prefer to start the day with printed patient lists and H&Ps on overnight admits)

8:15-10:30am: interdisciplinary rounds with social work, nursing, occupational therapy, and pharmacy. Typically, patients are seen in our conference room; however, we will sometimes interview patients in their rooms or the common area.

10:30am-noon: I usually spend this time running the list, putting in orders, and taking care of time-sensitive tasks such as ordering medications for discharge

Noon-1pm: lunch with light chart review and/or note writing if I'm busy 😊

1:00-5:00pm: I typically spend the afternoon writing patient notes, calling families or other persons for collateral information, coordinating care, and managing the day-to-day excitement of the unit. I also use this time for teaching medical students, interviewing new admits, and getting to know my patients more.

5:00-10:00pm (On Call)

As an intern, I take call about once a week while on inpatient psychiatry. Call is managed by a PGY2 on Night Float, which is a great opportunity for learning and getting to know my co-residents. Depending on how busy we are (and how many beds are available), I typically take one adult or child admission per call shift. While I am officially on call until 10pm, I am typically home by 8:30pm.

Weekends: free as a bird! No call or clinical duties.

Life in the Twin Cities

Minneapolis is amazing!! So is St. Paul, but I am a little biased. I moved to Minnesota for medical school and have loved it ever since. Coming from the West Coast I was nervous about the winters, but as they say, a big coat goes a long way! I spend most of my time staycationing at home with my partner and my cat Trout, which is perfect in the Twin Cities as the cost of living is so affordable and I love my apartment. I am a big music fan and there are tons of concerts year-round, my favorite venues being First Ave and 7th Street Entry. I live near Lake of the Isles, so I spend a good chunk of my year walking the 9+ miles of lakeside trails as well. Last but not least, we have an incredible restaurant scene here (even for vegetarians like me) and I like to try new places as often as I can.

Final Thoughts

Writing this I can't believe how fast intern year is going! Like all medical students, I was nervous to start my life as a "real doctor," but the transition was way easier than I even dreamed. Everyone in our program is super supportive, from our Program Director to upper-class residents happy to answer questions or organize a happy hour. As a program, we really value feedback and process improvement and it has been wonderful having multiple face-to-face meetings with our program administration throughout the year to discuss ways to make the program even better. While I have some longer days, I have found plenty of time to do essential activities like go to the gym and spend time with my partner. There is no "typical" psychiatry patient and there are no "typical" days on the unit, but I am learning a ton and have a chance to remember every day why I chose Psychiatry.

PGY2



Stephanie Wick

Background

Welcome prospective co-resident! I am so glad you are considering the University of Minnesota for your psychiatry training. My name is Stephanie Wick, I am a PGY2 resident and am happy to share what I love about this program and the area. I am originally from Stillwater, MN, about 30 minutes outside of Minneapolis and St. Paul — what we lovingly call the Twin Cities. My interest in mental health was sparked in a high school AP psychology class. My undergrad education took me to Luther College in Iowa where I majored in Psychology and Biology. I then travelled south to Tennessee where I got my Master's in Biomedical Science before starting Medical School and completing the dual DO/MBA program at Debusk College of Osteopathic Medicine. My professional interests are in Child and Adolescent Psychiatry, trauma, and recovery.

Why I chose the University of Minnesota

When choosing a residency, I knew I wanted to return to the Midwest. I enjoyed my time traveling the country, but I love Minnesota and it will always be home for me. Because I didn't go to medical school here, I did an audition/debut rotation and had the opportunity to work alongside the excellent faculty and residents of the program. I was struck by the level of care provided to patients and even more so by the supportive environment fostered by both faculty and residents. Program administration takes resident feedback seriously and residents are unwaveringly supportive of one another both in and outside of work.

Schedule

PGY2 year consists of a variety of inpatient psychiatry experiences, introduction to supportive psychotherapy, and the expansion of our autonomy by splitting weekend and holiday call coverage amongst the PGY2 class.

I am currently on an inpatient Child and Adolescent Psychiatry rotation.

8:00am: arrive at the hospital, chart review my patients and prepare for rounds

9:00am: begin rounds (I split patients with the Child Fellow)

10:00am: interdisciplinary team meeting

11:00am: finish rounds

12:00pm: break for lunch with a co-resident

1:00pm-5:00pm: write notes, accept admissions, and attend committee meetings.

Life in the Twin Cities

The Twin Cities are truly a gem. You can have all the perks of big city living without the terrible traffic, or if you prefer stars to city lights, we have numerous state parks, hiking trails, and lakes

just a short drive from the city. Over the past year, my co-residents and I have enjoyed baseball games, basketball games, paddle boarding, hiking, theater productions, comedy shows, and many patios and breweries.

Final Thoughts

The transition to residency is one of the most challenging professional experiences we face, and it is also incredibly exciting and rewarding. I am truly happy here and more than willing to answer any questions you may have.



Alex Loeks-Johnson

Background

Hello, my name is Alex and I am a PGY2 at the University of Minnesota. I grew up in Duluth, MN, and met my wife on the Water Polo team at University of Minnesota - Duluth. I majored in Cell and Molecular Biology with a minor in psychology. I worked for four years in a research lab studying a rat model of pre-eclampsia, where I honed the surgery skills I use every day in psychiatry (kidding).

Why I Chose the University of Minnesota

My wife and I both love living in Minnesota so naturally I attended medical school at the University of Minnesota-Twin Cities campus. I originally thought I would go into Neurology, but during my Psychiatry clerkship at UMN I became interested both in Psychiatry and the UMN residency program.

Schedule - Nightfloat

Second years currently perform two months of nightfloat, during which we have three major responsibilities: admitting new patients to the adult and child psychiatry units, cross-cover for patients currently admitted to the units, and fielding after-hours calls for patients of the UMP Psychiatry clinic. The hours are currently Monday-Friday, 5PM-10PM, at the hospital, and 10PM-8AM performing at-home call. While we are at the hospital, we are expected to see new patients, write notes and H&Ps, and attend to any urgent matters on the units. During the portion in the hospital, there is also an intern on call for the evening who is generally expected to take one of the new admissions. This is one of the few times interns work directly with senior residents and is a great opportunity for teaching and collaboration. While at home there is essentially no need to return to the hospital. Admissions can be accepted and admission orders can be placed over the phone, along with discussions on cross-cover issues and phone calls from clinic patients. The number of pages per night varies, generally averaging about 2-4, and most nights you will be able to get a fair amount of sleep.

Life in the Twin Cities:

Most residents live in Minneapolis as this is where both of our training hospitals are located. It is perfectly feasible, however, to live in St. Paul or one of the suburbs, and there are plenty of

options for public transport, including the light rail that make getting to the hospitals relatively pain free. The Twin Cities metro is a very fun area to live. There are all the amenities of a large city while being much less crowded than other metro areas. Minneapolis is the most bike-friendly city in the country, with most roads having bike lanes and an extensive network of beautiful trails to ride. There are plenty of opportunities to join fitness groups such as Mill City Running, or other gyms and clubs. The Twin Cities also has a highly celebrated craft brewery scene, with big names that include Surly, Summit, and Dangerous Man.

Final Thoughts:

The intern year rotations in psychiatry offer more autonomy than many other programs. There is generally not a senior resident working on the inpatient teams, so the intern is really the head of the team. While there is quite a learning curve, this is an excellent learning opportunity and you will enter second year feeling more than prepared for the transition to a more senior role.

PGY3



Glen Rebman

Background

I am fortunate to be a third-year resident at the University of Minnesota. I grew up in Wheaton, IL, and have lived in Minnesota for much of my life. I am proud to be an Ole, having graduated from St. Olaf College in Northfield, MN, with a degree in Spanish and Religion. I did not originally plan to be a psychiatrist. I spent six years prior to medical school working for the Department of Veterans Affairs in the Pension Management Center, while obtaining a graduate degree in theology from Bethel

Seminary in St. Paul, MN, with the plan of being a pastor. I eventually found my way to medicine and naturally gravitated towards Psychiatry during my time at Des Moines University in Iowa.

Why I Chose the University of Minnesota

The University of Minnesota has been an ideal setting for my postgraduate training. My wife and two lovely children (1 and 3 years old) feel the same 😊. Our residency program is super supportive of people wishing to start families or for those who are family oriented. Home ownership is an achievable goal in Minnesota as well.

Schedule

During your third year, you spend all your time in outpatient psychiatry settings. The week is mostly spent at the U, with one half day spent in specialty clinics, potentially in the community. A full day of clinic at the U involves arriving before 8 AM. I live in Lakeville, so I have the pleasure of a 50-minute commute, so I leave home around 7. Most people live closer and have a much more appropriate commute. In the morning, I will see a patient every 30 minutes to 1 hour depending on if they are new. From 11 AM – 1 PM, we have a break, so I will capitalize on responding to my Epic inbox and complete notes. On Fridays, we have lectures with the clinic director, Dr. Dee Bass, who is an incredible clinician and teacher. The afternoon will be spent seeing patients until 4 PM, at which time I will try to complete my notes before returning home and spending time with my family. Throughout the day, you will interact with your fellow residents and faculty through direct supervision. Every day is a little different and full of excitement.

Life in the Twin Cities

Minneapolis-St. Paul is one of the finest cities in the US. I've lived all over the Midwest and can honestly say it is one of the best places to live. If Minnesota had a warm climate, it would be one of the most desirable cities around. Fortunately, and unfortunately, the weather is cold, but that is part of the fun. I try to embrace the climate by skiing, skijoring, hunting, and spending time at the lake. The city is healthy and vibrant, with everything you would need in a metro area. The traffic is tolerable, and the cost of living is manageable. You have access to

beautiful landscapes, especially the North Shore. It is a wonderful place to be single or to have a family. The health care is wonderful, and the school system is top notch. You won't want to leave if you move here! I'm living proof.

Final Thoughts

The third year is filled with change and new experiences. You are done with call, which is a big relief. In some ways, you feel like you are a PGY-1 again due to this being your first experience in clinic. At the same time, it is one of the years where you refine your skills the most and learn how to practice more on your own. The patient panels are complex and challenging, which expands your skills. You get the joy of actually being someone's psychiatrist for the whole year.

PGY4



Matthew Adams

Background

My name is Matthew Adams and I am a fourth-year psychiatry resident at the University of Minnesota. I was born and raised in Eden Prairie, MN. After high school, I attended the University of Minnesota where I studied genetics and molecular biology with a research focus in colorectal cancer genetics. Following college, I moved to Pennsylvania to attend Penn State University College of Medicine. My work serving rural and college-aged populations in central

Pennsylvania helped to focus my interest in psychiatry.

Why I Chose the University of Minnesota

During my interview day, I was impressed by the collegiality between residents and faculty members. I was attracted by the many different experiences offered in different specialty areas of psychiatry, with emphasis placed both on acute inpatient and longitudinal outpatient experiences. The academic environment allows for opportunities in both research and education. Finally, I was looking for a program that allowed proximity to friends and family.

Schedule

8:00-11:30am: I spend the morning at the VA working as a senior resident on the consultation-liaison service. I spend my time seeing patients while teaching medical students and junior residents.

11:30 – 12:30pm: I have time in the middle of the day to travel back to the University of Minnesota Medical Center and have lunch. I also have administrative time devoted for my work as chief resident.

1:00 – 5:00pm: I spend the afternoon seeing patients in the resident outpatient clinic. My patient panel is comprised of general continuity patients as well as more specialized patient populations, such as patients who have recently experienced first episode psychosis and those desiring psychodynamic psychotherapy.

Life in the Twin Cities

I currently live in the Uptown neighborhood of Minneapolis, which is particularly known both for its social scene and the Chain of Lakes. The lakes are wonderful places year-round to pursue outdoor activities, including running, biking, rollerblading, swimming, kayaking, and ice fishing! The Twin Cities are a wonderful place to live, with countless parks, restaurants, theaters, and sporting opportunities to explore. Those with children can find many family-friendly neighborhoods without needing to go far outside of the metropolitan area.

Final Thoughts

In closing, the University of Minnesota has been a wonderful place to train over the past four years. As I begin to contemplate life after residency, I feel confident that my training here has prepared me well to take the next step on my professional journey. I am confident that if you choose to come to our program you will receive excellent training and forge relationships that will last a lifetime!