

## Jersey Shore University Medical Center

Hackensack Meridian Health Jersey Shore University Medical Center in Neptune, New Jersey stands out as the Jersey Shore's premier not-for-profit health care facility. Hackensack Meridian Health has consistently been rated among the top performing health systems in New Jersey for clinical quality. Jersey Shore University Medical Center's inpatient psychiatric unit (Rosa 2) is a 29-bed unit with 26 voluntary beds and 3 Short Term Care Facility (STCF), or commitment beds, which treats adults suffering from psychiatric and emotional disorders. The primary therapeutic services include: psychopharmacologic management, individual counseling, creative/expressive therapy, recreational therapy, occupational therapy, group therapy, family therapy, drug and alcohol education and a wide variety of educational programs. Jersey Shore University Medical Center also houses a child/adolescent day program, an active geriatric service and a busy psychiatric emergency room. We also have a robust neuromodulation service which provides patients treatment with electroconvulsive therapy (ECT) and/or Deep Transcranial Magnetic Stimulation (d-TMS). The Psychiatric Residency Program at Jersey Shore University Medical Center has been established to provide a comprehensive and innovative clinical environment in which residents learn educational knowledge, clinical skills and the professional attitude needed to practice psychiatry. Resident well-being is an important component of the Hackensack Meridian Health Jersey Shore University Medical Center residency program in psychiatry. At a hospital-wide orientation, residents will be educated about the importance of leading a healthy lifestyle, tips on avoiding burnout and the availability of counseling and mental health services. Jersey Shore University Medical Center is currently participating in the Alliance of Independent Academic Medical Center's (AIAMC) Initiative VI with a focus on Institutional Well-Being. Residency Program Director, Stacy Doumas M.D., is a member of the committee that is presently piloting the project at Jersey Shore. Wellness initiatives from this project will be instituted throughout the hospital system. During the PGY1 year, psychiatry residents will also have didactic sessions on spirituality in health care and participate in small process groups called "Reflection Rounds" co-facilitated by a chaplain and a psychiatrist. A wellness newsletter, social events and access to Hackensack Meridian Health's integrative medicine department are also part of the psychiatry department's resident wellness program. The Psychiatric Residency Program is a four-year ACGME accredited program along with a planned two-year residency training program in child and adolescent psychiatry. The curriculum lays its foundation in the six core competencies established by the ACGME. These competencies incorporate patient care, medical knowledge, practice-based learning and improvement, interpersonal and communication skills and a system-based practice.