

What is your ACGME accreditation status?

We are accredited by the ACGME for 32 resident positions.

What is the typical day of an intern?

It varies with the rotation. Typically, first year residents will have several inpatient rotations at Carilion Clinic psychiatric inpatient rehab center. During the inpatient months, interns are expected to be present for sign-out at 7:45am and 4:45pm. Teams include an average of 10 patients and daily rounds, discussion with attendings, treatment team meetings, and documentation of patient progress fills most of the day. Other rotations include neurology, internal medicine, research, emergency medicine, and addiction medicine. Didactic time is protected and is consolidated to one morning half day each week.

How many vacation days do I get?

24 weekdays per academic year for vacation/illness

How many conference days do I get?

5 weekdays per academic year (in addition to vacation days)

Am I provided with education funds?

\$900 per academic year to use on education (books, question banks, conferences, etc.).

What is the call schedule like?

Most interns will have 3-5 “short-calls” for psychiatry from 4:45 PM-7:45 PM, after their primary day rotation each block. The intern is paired with a senior resident for the short-call and is directly supervised for the first six months of training. PGY1 residents also have long call 1-2 weekend days/month from 7:45am to 4:00pm with a senior resident. PGY1 residents do have 24hr calls independently during the last few months of the academic year. Meal money is uploaded to an employee’s badge at \$13.50 per 24-hour call/7:45a-4p call.

Carilion Clinic Graduate Medical Education Salaries & Benefits can be found using the link below:

<https://gme.carilionclinic.org/graduate-medical-education/salaries-benefits>

When is a good time to take the USMLE Step 3 if I haven’t taken it already?

Carilion Clinic policy states that **residents must sit for the USMLE Step 3 or COMLEX Level 3 exam within the first 12 months of training. Residents must pass USMLE Step 3 or COMLEX Level 3 by December 31st of their PGY-2 year.** Interns are given two days in addition to your 24 annual days to take your exam.

Does the program reimburse for USMLE Step 3/COMLEX Level 3?

Yes, the program reimburses the first attempt for STEP 3/COMLEX Level 3.

What are didactics like? How many presentations will I have to do as an intern?

Didactics take place every Thursday morning. They are mostly given by faculty members, occasionally by other residents for case presentations. Didactics are treated as protected time for learning for all residents, and as such residents are excused from clinical responsibilities during weekly didactic mornings. As an intern, you will likely be giving one-to-two presentations to the collective resident-body. Didactic curriculum is built on a continuum with broader overview of the field and more common topics in initial years with more intense, in-depth learning of both psychopharmacology and psychotherapy in later years.

How many positions will you offer for this year's match?

Nine

What is the outpatient clinical experience like?

Outpatient clinical experience begins in PGY-2 with a month of ambulatory psychiatry at the Salem VAMC. The PGY-3 year is dedicated entirely to outpatient psychiatry. Residents participate in a variety of clinics at the Salem VAMC, Carilion Clinic, Bradley Free Clinic, Roanoke Rescue Mission, Hollins College and Radford University. There is continuity in the patients you see as you carry the same cases in your VA clinics from PGY-3 to PGY-4.

What kind of psychotherapy training is available at your program?

Psychotherapy training is an integral part of residency training. PGY-1's learn the basics about supportive psychotherapy and developing formulations on inpatient rotations. PGY2s learn about concepts and theories of cognitive behavior therapy and psychodynamic therapy. PGY3s have ongoing therapy seminars with role plays, video and clinical case discussions. During PGY-3, residents can begin taking on weekly psychotherapy patients that they will discuss with their supervisors, and complete full formulations in multiple modalities. PGY-4 residents have the opportunity to do additional psychotherapy-based electives if they choose to do so. Residents also have the opportunity to work with the psychology department (Carilion or VAMC) closely, and to learn evidence based manualized therapies including CBT and DBT.

Are residents required to do research?

The ACGME requires that residents be involved in "scholarly activity" and be trained in "research literacy," including habits of intellectual inquiry, critical thinking, and informed analysis of the literature. We address this through formal didactics in how to read and appraise clinical research studies along with opportunities to participate in quality improvement projects and ongoing research studies. The PGY-1 curriculum incorporates a dedicated block to learning and conducting research as well as pursuing scholarly interests. Our program provides faculty mentorship to assist residents with the development of individual scholarly projects involving quality improvement,

teaching, and research. Faculty mentors help residents with opportunities to present and share their scholarly work at local, regional, and state psychiatry meetings.

What psychiatry fellowships does Carilion Clinic offer?

We are ACGME accredited for Geriatric Psychiatry, Child & Adolescent Psychiatry, and Addiction Medicine fellowships.

What is the average cost of an apartment in Roanoke?

The median cost of rent in Roanoke is \$1300/month (\$800 less than the national median!) There are plenty of options which include apartments in the downtown area and near the hospitals. Most residents in our program live near the downtown area; Century Bridges is a popular apartment complex, as are District Vue, Sunscape, Honeywood, Pebble Creek, The View at Blue Ridge Commons, and the Patrick Henry. There are also a number of residents who buy or rent houses in Roanoke proper, or the neighboring areas (Salem, Vinton, Blue Ridge, sometimes Boones Mill).

What is there to do in Roanoke, VA?

There is plenty to do in Roanoke! There are great trails for hiking and biking, art and science museums and theaters. There are also many restaurants for the size of the city (approx. 300,000) and college athletics for the sports enthusiasts (we get free Virginia Tech basketball and football tickets). The best part is that you will not have to worry about commuting: the average commute time is 10-20 minutes. There is ample and free parking both at the hospital sites and downtown.