



Mental Health Clinic at St. Joseph's Neighborhood Center: Psychiatry Residents Providing Community Service



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Background

St. Joseph's Neighborhood Center (SJNC) provides the uninsured and underinsured with appointment-based healthcare and mental health services on a sliding scale. Cost for a psychiatric visit is \$10. SJNC is a sponsored ministry of the Sister of St. Joseph and funding is obtained from donations, grants, and fee for services. Services are provided by volunteers.



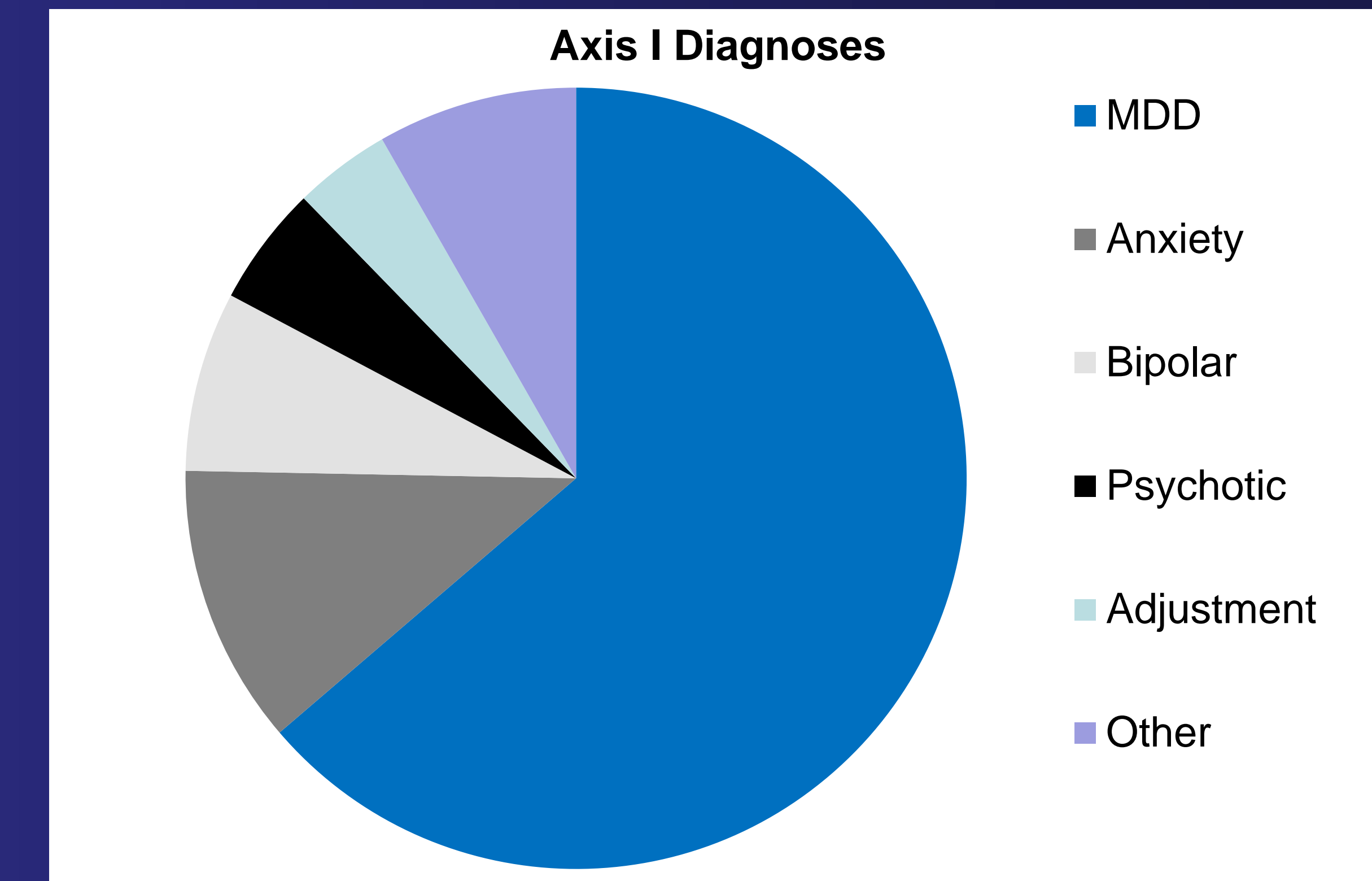
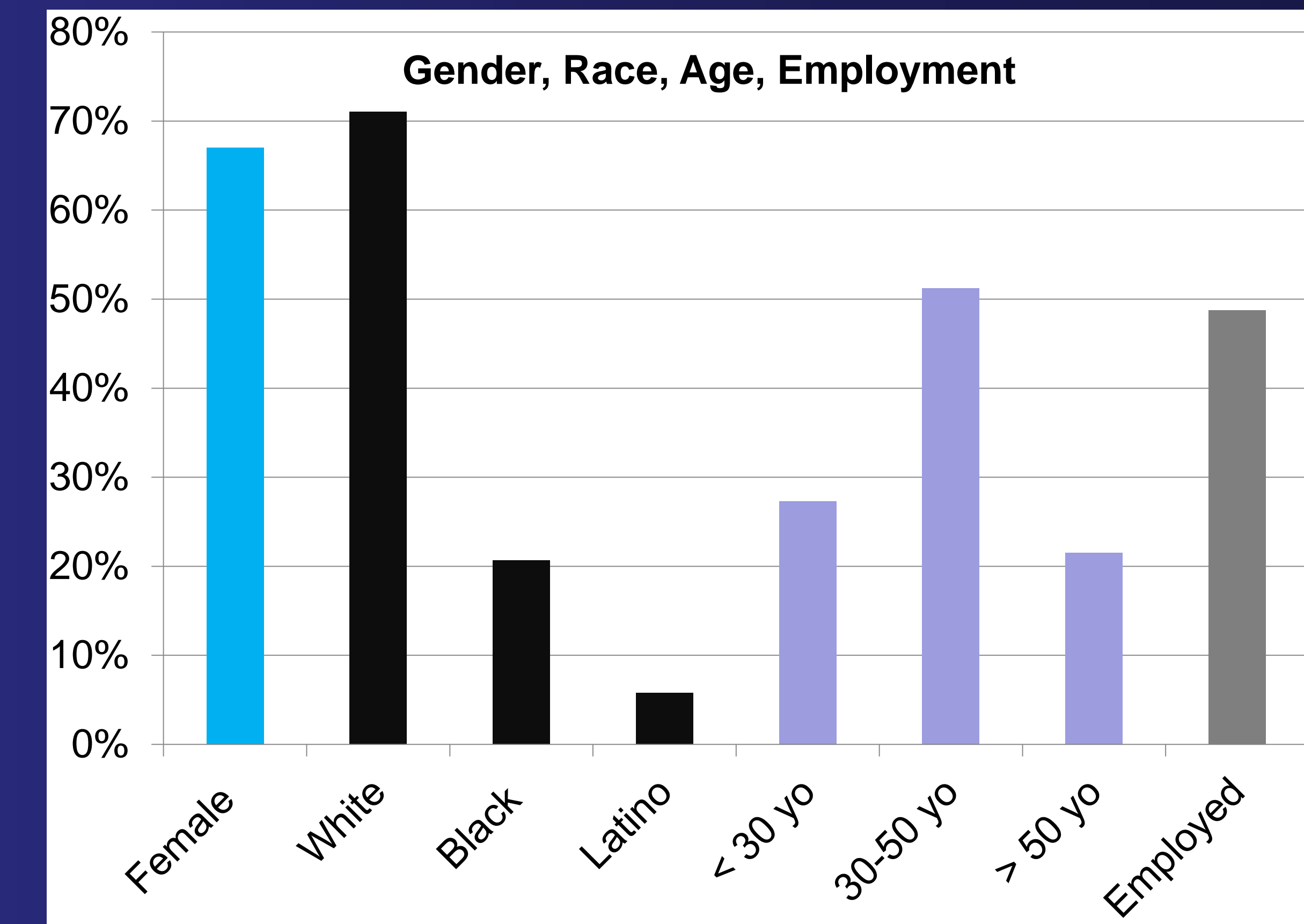
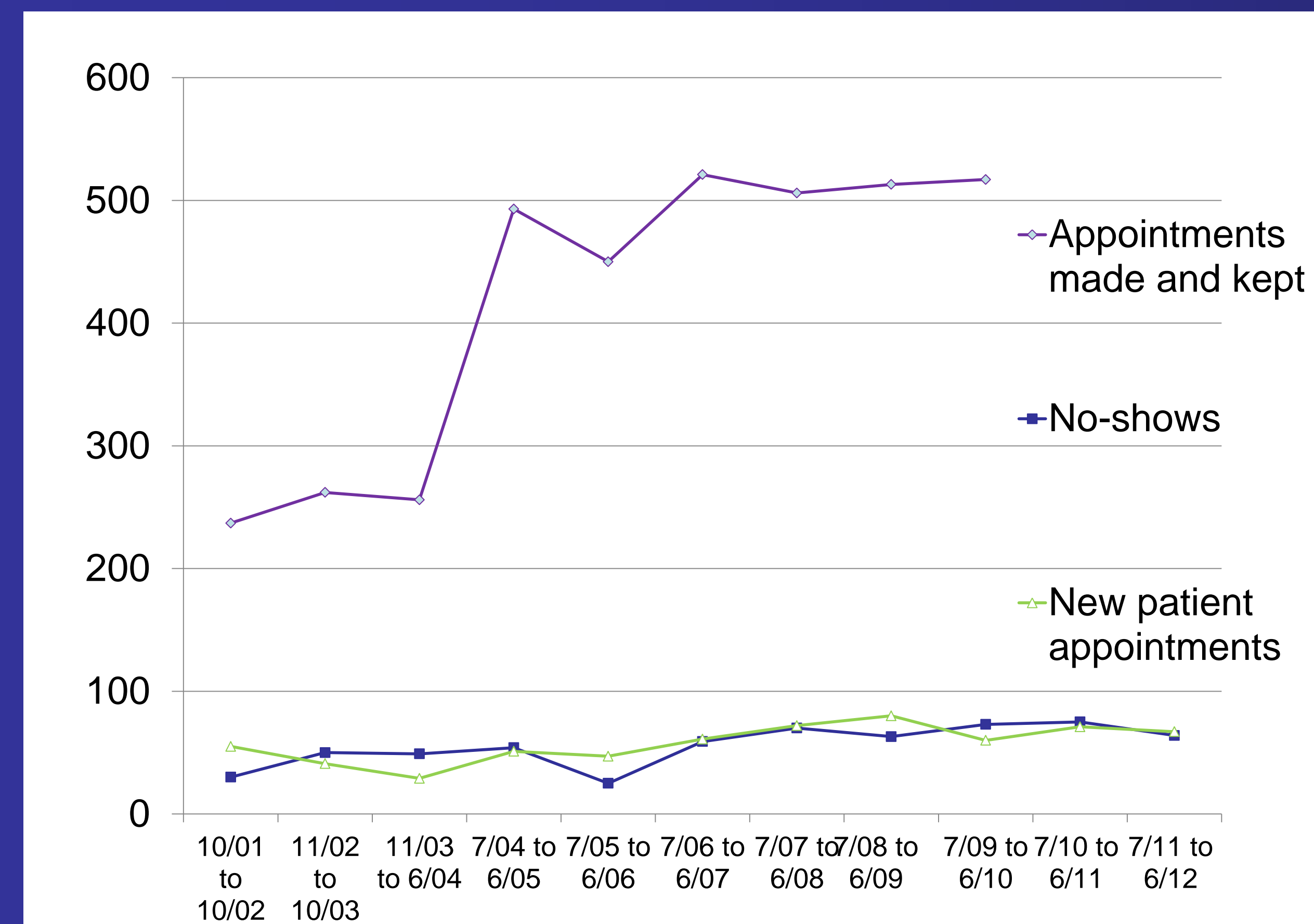
St. Joseph's provides a special niche population with mental health services, addressing a confluence of socio-economic issues that otherwise would limit access. This includes a challenging economy, limited access to Medicaid, working part-time without insurance, or being underinsured.



The Clinic

The clinic is a partnership of SJNC and URMC. Dr. Rory Houghtalen is the clinic director and Sheila Briody, SSJ, D.Min is the director of counseling services. Psychiatric care focusing on medication management is provided during a 3 hour weekly clinic held on Thursday evenings. The team usually consists of 1 faculty member, nurse practitioner, and 1-2 residents. Residents usually have 1-2 initial intakes which also require faculty evaluation and 1-2 follow-ups. Most common reasons for resident participation included desire to volunteer (85%), increased opportunity for autonomy (61%), supervision from faculty (54%), and outpatient exposure (38%). Medications are either on the \$4 list, donated samples, or provided through the Patient Assistance Program.

Who We Serve



Next Steps

- *Recruitment and retention of resident:* creating a residency culture that inspires volunteerism, encouraging each resident to volunteer at least 1 night
- *Research:* support resident interest in developing research projects
- *Training:* improving the educational experience by having residents follow the same patients over time similar to an outpatient practice, tailoring the experience to resident preference, creating a 4th year elective