

# Alumni Spotlight: Adam Simning, M.D., Ph.D.

## **Describe your current position?**

I am currently an Assistant Professor in Psychiatry at UR. I spend about 80% of my time working on research projects. These projects include developing a care transitions intervention to help recently hospitalized older adults return to and remain in their homes and analyzing large national datasets to examine issues related to healthcare outcomes, quality, and inequities. Balancing my research efforts, I spend the remaining time providing telepsychiatry services for nursing home patients throughout upstate NY and mentoring graduate and medical students. Currently, it feels like a dream job!



## **How did your UR experience prepare you for your current position?**

My experiences at UR prepared me to do research, take care of patients, and mentor. It was perfect. I had a nice balance of supportive mentorship and autonomy. My mentors have been invested in helping me thrive as a person and researcher. There are many reasons why I never left UR after coming here in 2005!

## **What were some of your favorite things about your time at University of Rochester?**

When I was deciding on a psychiatry residency program, my wife and I looked at academic medical centers throughout the country. After visiting many different areas and states, we decided to remain at UR for several reasons. First, UR is incredibly collaborative – it is easy and encouraged to work with people from other departments. Second, many UR trainees remain at UR as faculty, so there is a real commitment to helping UR's trainees succeed and develop their interests. Many UR faculty recognize that their students may one day become their colleagues. Third, Rochester is a wonderful place to raise a family. Few top-tier academic medical centers are located in affordable areas with excellent public school options. Staying at UR was an easy decision. I often warn prospective recruits that Rochester is “sticky” and that they may live in Rochester a lot longer than expected.

## **What tips do you have for PHS graduate students to obtain their first job after graduation?**

There are so many jobs available! I think it is crucial to network beyond the graduate school departments. Attending large conferences and talking with people from non-profits and industry is an excellent way to identify different career paths and opportunities. It also is helpful to develop marketable skills. For instance, knowing how to use advanced statistical programs (e.g., SAS, SPSS, Stata) and manage large datasets is a skillset many employers highly value.

