**Psychology Extern Rotation for 2022-2023 Academic Year at the Washington, DC Veterans Affairs Medical Center: Acute Psychiatry Inpatient Unit and Local Recovery Coordination**

This rotation will be recruiting for one extern two days weekly to support the integration of Recovery-oriented clinical services within the Acute Psychiatry Inpatient Unit and initiatives relating to the Washington, DC VA Medical Center’s Local Recovery Coordination. Psychologist and Local Recovery Coordinator Dr. Michael Greenfield supervises. Recovery-oriented care strives to empower Veterans to create community, identify and live a sense of purpose, and promote well-being to move beyond symptom reduction to holistic health. This externship will provide in-depth training in Recovery-oriented care principles, including the emphasis on individualized and person-centered care, holistic approaches to treatment, strength-based and self-directed services, and the bolstering of hope.

**Acute Psychiatry Inpatient Unit:** The Medical Center has a 27-bed acute inpatient psychiatry unit that serves to stabilize Veterans in crisis from Serious Mental Illness (SMI) and/or Substance Use, as well as plan effective post-discharge services. Length of stay on the unit ranges from 3 days to several weeks, with homeless Veterans typically staying longer. The unit has daily psychology group programming, as well as regular Peer Support and Chaplain group programming. Per inpatient shift, unit staffing consists of three social workers, two Attending Psychiatrists, one Nurse Practitioner, four Psychiatry Residents, two medical students, five nurses, and one medical technician. As such, this is a valuable training experience with a severe population in the context of a large multidisciplinary team that highly values Psychology. Core training opportunities available on the inpatient unit include:

- **Group Facilitation:** The extern can expect to run two psychotherapy group a week. Depending on census, 3-12 Veterans may be present. The Psychology group programming can be completed in-person and at times by telehealth. The Psychology group programming is known on the unit as the Cognitive-Behavioral Therapy (CBT) for Recovery Group and includes elements from Cognitive Therapy-Recovery, CBT for Depression, and Social Skills Training. There is opportunity to revise these offerings.

- **Brief Individual Psychotherapy and Consultation:** Externs can conduct 1-3 individual sessions per week depending on Veteran interest. The trainee would generally utilize an evidence-based approach, such as CBT and/or Motivational Interviewing. Suicide risk prevention measures require that individual psychotherapy for psychiatrically hospitalized Veterans be conducted in person.

- **Interprofessional Consultation to a Multidisciplinary Team:** The inpatient team has daily morning meetings reviewing patients' status and planning discharge. Psychology plays an important role in these meetings consulting to the broader team with recommendations for discharge including, psychotherapy, substance abuse treatment, etc. The extern would be required to attend these meetings during their rotation days.

Additional opportunities on the inpatient unit depending on trainee interest include the following:

- **Staff Burnout Prevention and Wellness Support:** The trainee can be involved in Dr. Greenfield’s wellness programming for inpatient staff, including teaching staff how to use coping skills.

- **Partnership with Peer Support Services:** The unit employs a full-time Peer Specialist, who is a Veteran with lived experience in Recovery from mental health or substance use challenges. This Peer facilitates three groups weekly. The extern may periodically co-facilitate group sessions with the Peer depending on Peer interest and staffing.

**Outpatient Recovery Coordination:** Dr. Greenfield serves as the Medical Center’s Local Recovery Coordinator (LRC), which is a role that VHA Directive 1163 states is focused on “sustaining the integration of recovery principles and recovery-oriented services into mental health provided at all points of service [...]” (p. 15). The Extern would be expected to be involved in the following clinical and coordination training opportunities:
• Early Psychosis Intervention Coordination (EPIC): VHA Directive 1163.07 recently created the requirement for EPIC teams at VAMCs to support young Veterans early in their psychotic illness engage with coordinated specialty mental health care. Dr. Greenfield leads the EPIC team, which consists of a Psychiatrist, Nurse Manager, two Psychologists, and a Vocational Rehabilitation Specialist. This team provides cross-program chart review, clinical outreach, and family educational services for this population.

• SMI Re-Engage: This Recovery project involves clinical outreach and engagement of Veterans with SMI who have not engaged in care over the last year. The extern would support the design and implementation of this outreach and engagement effort.

Program Development and Evaluation: Depending on extern interest, they may help with program development and evaluation efforts aimed at refining and improving the quality of Recovery services. These opportunities may include evaluating acute inpatient Recovery transformation efforts; EPIC team outcomes; or data collection and analysis for the Psychosocial Recovery and Rehabilitation Center’s program evaluation.

Rotation Structure and Supervision: The externship is a 2-day, approximately 16-hour experience, preferably no shorter than 9 months. Staff Psychologist and LRC Dr. Michael Greenfield supervises the extern, who can expect structured weekly individual supervision and as needed additional supervision. Dr. Greenfield attempts to help the extern tailor this externship experience to their unique training goals and interests. He also aims to provide in-depth training in psychosocial recovery, SMI clinical care, ethics, and diversity. If desired by the extern, he provides mentoring in career development and team leadership skills.