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MSH Psychiatry Residency Program

By: Julie Cox

The Mississippi State Hospital Psychiatry Residency Program is the result of a conversation between Dr. Jon Corey Jackson and a representative from the office of United States Senator Cindy Hyde-Smith during an American Psychiatric Association Advocacy Day back in 2019. Dr. Jackson pointed out that Mississippi has fewer per capita psychiatrists than many other states and in order to increase that number we need to train them here, because data shows that most physicians remain in the state in which they complete their residency. Shortly after that meeting, Dr. Jackson was connected with Dr. John Mitchell at the Office of Mississippi Physician Workforce (OMPW), whose mission is to reduce the shortage of physicians by expanding residency training programs in the state. In January 2020, the OMPW provided MSH with consultants and other resources needed to become a Sponsoring Institution with the Accreditation Council for Medical Education (ACGME). MSH then received its final accreditation for the psychiatry residency program February 12, 2021.

The MSH Psychiatry Residency Program is unique in that it provides residents with a wide range of psychiatry and medical rotation opportunities in one location. These rotations include inpatient psychiatry, family medicine, emergency medicine, internal medicine, neurology, geriatric psychiatry, child and adolescent psychiatry, consult-liaison psychiatry, addiction psychiatry, emergency psychiatry, outpatient psychiatry, forensic psychiatry, ECT, administrative



psychiatry, and neuropsychological psychiatry. Many community partnerships provide additional elective rotations during PGY-4 to allow an array of clinical experiences for each resident.

In developing MSH's residency program, the hospital, program leadership, faculty, and staff kept in mind the whole person and built elements into the program to address physician wellness. The Office of Graduate Medical Education provides access to various services designed specifically for residents to receive support in dealing with the unique challenges during training. These services and resources are designed to support and promote well-being in the clinical learning environment.

MSH's residency program is committed

MSH PSYCHIATRY RESIDENCY PROGRAM APPLICATIONS



to providing diversity, equity, and inclusion in all aspects of the program. It is demonstrated through actions, policies, and culture. Diversity is a key component in the program's mission.

In addition to our residency program, MSH also offers clinical elective opportunities for senior medical students. For one month, senior medical students experience rotation in the areas of adult psychiatry, child and adolescent psychiatry, forensic psychiatry, addiction, and ECT. This is an excellent opportunity for senior medical students considering applying for the Psychiatry Residency Program here at MSH to get a behind-the-scenes look at our program and meet with faculty during their time here. Our combined faculty represents over 450 years of medical experience and hold positions in various medical organizations.

PROGRAM MISSION STATEMENT

The Mississippi State Hospital Psychiatry Residency Program will train psychiatry residents to be knowledgeable, skillful, and professional in the art and science of psychiatry. Training will be provided in supportive, collegial atmosphere by teaching attendings who have years of experience in their respective fields. After completion of the Mississippi State Hospital Psychiatry Residency Program, the newly-trained physicians will be competent and compassionate psychiatrists.

PROGRAM GOALS

- To provide excellent psychiatric training which prepares residents to serve as competent, board-certified psychiatrists;
- To provide an open and collaborative learning environment;
- To expose residents to common clinical presentations and rare, complex cases;
- To train residents to practice in a team-based model to provide compassionate, comprehensive patient care;
- To promote life-long learning habits;
- To foster a commitment to mental health advocacy, especially for the underserved and the rural patient populations;
- To promote cultural competence and a holistic approach to mental healthcare;
- To develop the residents' life skills to become well-rounded professionals in the larger community.

Mississippi State Hospital's First Year Journey into Residency Education

By: Jon C. Jackson, MD

It is official. Mississippi State Hospital has completed the first year in its journey into residency education, and what a journey it has been. The program certainly closed the first year on one of many high notes by welcoming a stellar class of new residents. In 2019, we had high expectations. In 2022, expectations have already been exceeded. Interest in the program grew from approximately 60 applicants in 2021 to over 500 in 2022, and we anticipate even more applicants in 2023.

Faculty have stepped up and taken on new roles as educators and seem to be thriving based upon resident feedback. The institution is adapting well to the new role as a residency training site, and support for the program is 110%. Our first year residents scored impressively on the Psychiatry Residency in Training Exam, an exam utilized to predict success related to the board certification examination.

Visiting lecturers have joined in on the excitement and have been willing to assist in any way to promote the program's continued success.

A free outpatient resident psychotherapy clinic has been set up and the first patients were seen last week. Community partnerships have expanded in scope and volume with continued growth expected over the coming months. Residents have stepped up and contributed to activities of significance related to publication, medical student education, advocacy, organized medicine, and community service. The Office of Graduate Medical Education has successfully worked to ensure continued accreditation status is safely maintained. Overall, the program is on track to fulfill each of its mission statements. None of which would be possible without the village that is Mississippi State Hospital.



Jon C. Jackson, MD

First Year of Psychiatry Residency a Success

By: Julie Cox

The Public Relations Department recently sat down with faculty members of the Psychiatry Residency Program at Mississippi State Hospital, Chasity Torrence, MD, Associate Program Director and Kirtida Desai, MD, Teaching Faculty, to review the first year of this brand new program. They talked about what they learned, what changes had to be made along the way, and how they are looking forward to the future with the new batch of residents arriving on campus at the beginning of July.

Dr. Chasity Torrence noted that, "I don't think any of us understood the time it would take and the long hours that would be required to get accreditation. There is a lot that goes on behind the scenes to make that happen. Dr. Mitchell helped us get all that together. The first year we had around 40 applicants and we were not even accredited yet. The second year, we had over 500 applicants, so we grew exponentially!"

Dr. Kirtida Desai expressed, "I am very excited this is happening here. We've had medical students here for a long time, we had other students for a long time, the only link we were missing was the residents. I think we have come full circle."



Chasity Torrence, MD and Kirtida Desai, MD

When asked how the program went the first year running, both doctors were very pleased with how smoothly things went. There were no major hiccups and only minor adjustments had to be made with rotations on specific partner locations. Dr. Torrence explained, "A majority of resident rotations are at MSH, but they do some rotations at Merit Central, which is our community partner. They do six months of primary care and six months of psychiatry in year one. Merit Central is where they do their emergency medicine, internal medicine, and neurology rotations. That partnership is very important and very strong."

In receiving feedback from the first class of residents, the main request was to have more time on certain rotations and with each patient, they wanted to learn more. Dr. Desai noted, "Overall, they wanted to spend more time, which I think is a positive. In their fourth year, there is an option for electives. They will have the

opportunity to come back to that area at that time." Dr. Torrence added, "They work with me on the acute psychiatric service, which is a different experience. The length of stay is 17 ½ days, so it's a short experience with the patient while they are there, but it emulates real world hospital stays. It is a very fast-paced, intense, hard month they are receiving, but they see a lot and they experience a lot."

In his online recruitment letter, MSH Psychiatric Residency Program Director, Jon C. Jackson, MD, assures applicants that, "The program strives to ensure that each experience is one of high educational value. We do not depend or rely upon the resident workforce to cover the clinical needs of our patients. As such, your individual educational experience is placed front and center." In our interview, Dr. Torrence shared that, "We did have a medical emergency last month – one of the residents was there, so getting to have that experience is always good, and of course



the resident has an attending physician as back-up that can help instead of having that medical emergency when you are the only person there. I think that was a good experience for that resident to realize they are the physician, the one responsible for the patient.” Dr. Torrence added, “I think the patients are getting exceptional care now because they are getting seen by medical students, the residents, and the attending physician, so it’s like a triple set of eyes on each patient, which is good.”

While each resident is experiencing a unique learning opportunity here at MSH, Dr. Torrence and Dr. Desai both marveled at the things they are learning from the residents. Dr. Desai stated that, “The residents are learning a lot but they are teaching us a lot too. Of course, with their energy and knowledge of the most current technology, we are trying to match that with our experience and go from there. In the Continued Treatment Services area,

the patients are there for many, many years, so having a different perspective with them (residents) looking at patients, their knowledge base, they want to try something different and we can do that here.” Dr. Torrence added, “We’ve enjoyed having them here, they integrate well with the treatment team that we have. They have ‘fresh eyes’ and have some really good ideas that we’ve implemented. The residents challenge me to stay up-to-date on literature, research, and the current popular topics in psychiatry. They teach us as well.”

In looking forward to the second year of the residency program and the newest batch of residents that arrived on campus July 1, 2022, Dr. Desai shared, “Some of them have already attended as a medical student, I think that gives them more comfort and they can expand on that.” Dr. Torrence added that, “Our first year of residents are all really good physicians

and really outstanding people, and I’ve enjoyed getting to know them. They will be good role models for our second batch of residents.”

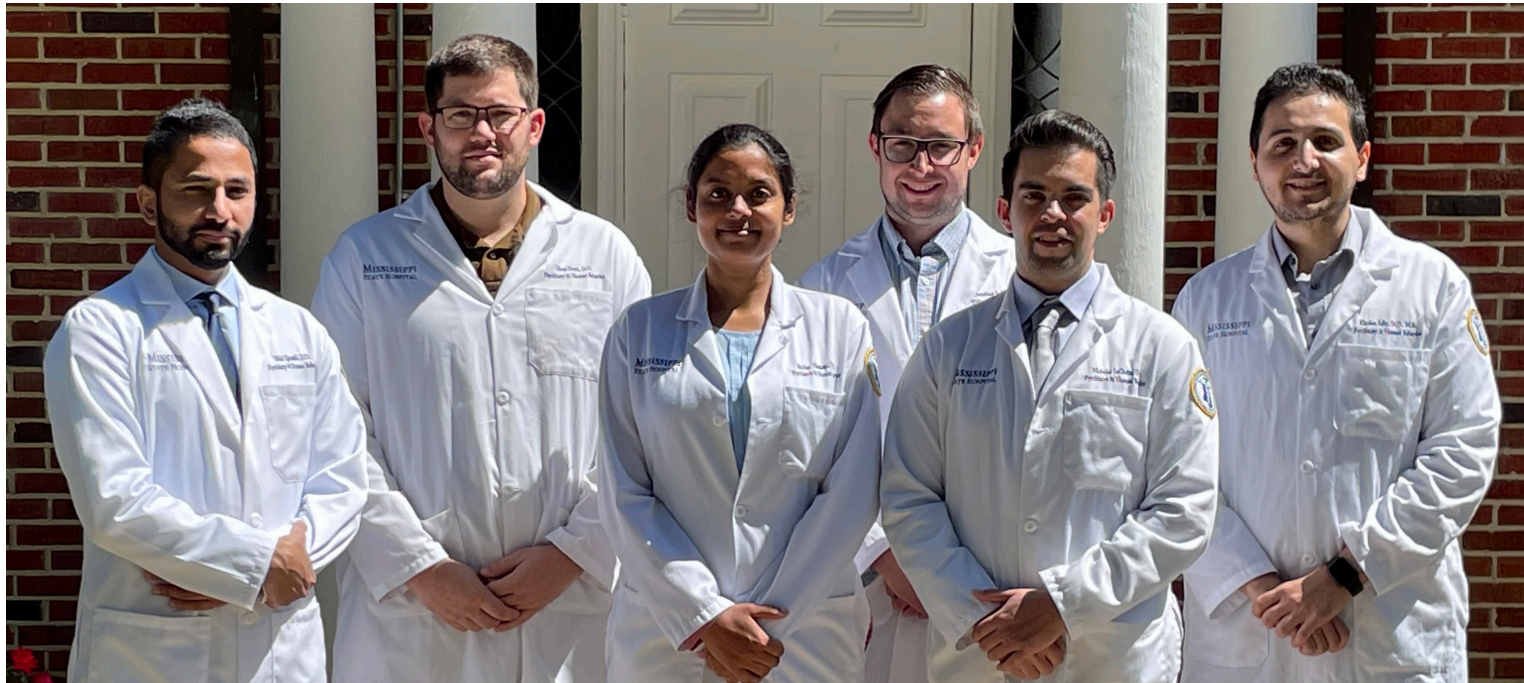
On Friday, July 8, 2022, Mr. James G. Chastain, Director at Mississippi State Hospital, addressed our 2021-2022, first year residents, and our newest batch of residents for 2022-2023.

He reviewed the growth of adult mental health services in Mississippi in the last 10 years, including supported employment, supported housing programs, certified peer support specialists, crisis intervention teams, state hospital acute psychiatric admissions, state hospital acute psychiatric beds, and crisis stabilization. Mr. Chastain defined each of those service areas, population served, and how they function in the community. He finished by thanking the residents for “joining a program that has no track record.”



Pictured left to right – The Class of 2026 includes Michael DePasquale, MD, Deewan Bulchandani, MD, Zachary Robinson, DO, Alex Hutchison, DO, Sarah Brannan Pierce, MD, and Unaisah Zafar, DO

First Year Residents Weigh in on MSH Psychiatry Residency Program



Pictured left to right – The Class of 2025 includes Bilal Qureshi, DO, Andrew Foret, DO, Richa Gautami, MD, Jonathan Sadler, DO, Nicholas LaCivita, DO, and Kirolos Adly, DO

By: Julie Cox

Our first year residents unanimously agree that the Mississippi State Hospital Psychiatry Residency Program has exceeded any expectations they had before beginning their residency in the brand new program in July 2021. They all agree that they've become a close-knit group who have become friends as well as colleagues, and being the first year class has the advantages of no upperclassmen and no residency "traditions" that were previously set; they've been able to pave their own way together. Not being a formal academic institution has its advantages as well, through the smaller class size and focus on psychiatry as the hospital's primary paradigm, the residents feel MSH is able to offer profound educational opportunities. The administrators, Gene Amason and Marie Porter, also received a little shout-out for keeping morale up and making things run so smoothly.

Kirolos Adly, DO, shared that, "The newly created program was an easy transition from medical school and provided a supportive and enriching environment." About the staff, he added, "Dr. Torrence

has had a very positive influence on my learning and professionalism. She is very knowledgeable and organized, and has been a positive model of how to plan my work day and to always ensure that all aspects of a patient's health and well-being are addressed and cared for." And for anyone complaining about "The Stack" that is the I-55/I-20 interchange, he is from Pompano Beach, FL and likes the fact that our area is quiet and there is no traffic and, "you're able to get to most destinations in a timely manner."

Richa Gautami, MD, from Milpitas, CA, shares that low traffic sentiment. She has enjoyed the scenery and respectful people in her short time of living in Mississippi. About the residency program, she shared that, "We have some great teachers in our faculty who take a genuine interest in training the next generation of psychiatrists. They are masters of their own craft and love to pass on the same to us. We have some amazing mentors who are the most humble attendings I have come across."

Jonathan Sadler, DO, who is from Holmdel, NJ, but has spent some time in the Hospitality State attending William Carey University College of Osteopathic Medicine in Hattiesburg, really loves the food options in our area, and adds that the people are nice too. His first year residency experience has been nothing but positive, he shared that, "The faculty and staff all love having residents and truly enjoy teaching. It makes a big difference when your attending (physician) takes an active role and interest in your learning and residency experience." He has really connected with faculty member Dr. John Norton, and appreciates an environment where there is a wide array of psychiatric and neurologic pathology, which is conducive to learning and honing his skills as a young physician. "Dr. Norton has really encouraged me to be all that I can be and to not take my medical knowledge and teaching skills for granted. He inspires me to be the best physician and mentor that I can possibly be."

And exactly what every faculty and staff member of the MSH Psychiatry Program wants to hear came from Nicholas

LaCivita, DO, all the way from Escondido, CA, "I strongly believe that I made the right decision in coming here to MSH. The education that I have received thus far has been pretty substantial, and we get real chances to see it all be put into practice with some of the most ill individuals we may see, now and in the future. I feel more and more confident that whatever we see outside this hospital as attendings will not be overwhelming to handle." LaCivita also complimented Dr. Norton on his experience and being so invested in teaching newcomers. He's taken a special interest in the area of thought disorder/schizophrenia spectrum and stated that, "I feel like I have learned so much from that population and have been pretty equipped on how to interact well with them in order to better aid them in their recovery process."

AMERICAN PSYCHIATRIC ASSOCIATION RESIDENT RECOGNITION AWARD DR. BILAL QURESHI

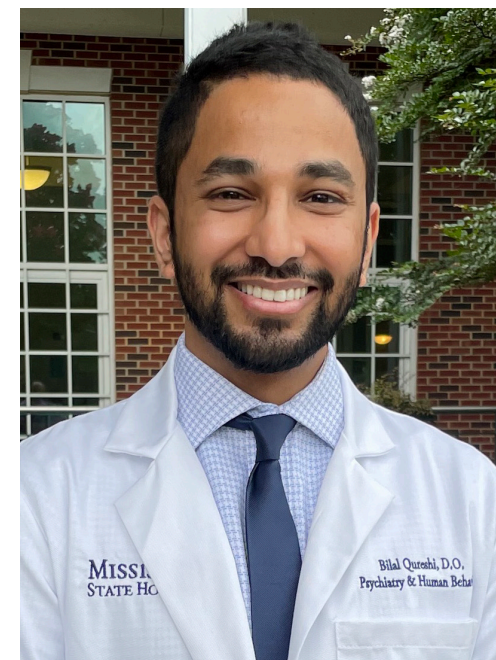
By: Julie Cox

The Mississippi State Hospital Psychiatry Residency Program recently received national recognition when Dr. Bilal Qureshi was honored with the American Psychiatric Association's Resident Recognition Award. This designation is for psychiatry residents who exemplify APA values in leadership, clinical excellence, and/or community service.

Jon Corey Jackson, MD, DFAPA serves as Program Director of the Mississippi State Hospital Psychiatry Residency Program. Dr. Jackson nominated Dr. Qureshi for this award because he has been impressed by Bilal's fervor and passion for the art of psychiatry. Jackson noted that, "Bilal has an impressive passion for learning and teaching as displayed by his evidence-based approach to patient care and willingness to pass information on to other learners."

The APA recognizes outstanding psychiatrists who have made significant contributions in many areas with an

emphasis on excellence beyond mere competence. Dr. Jackson has observed that, "Dr. Qureshi functions well above his level of clinical training and functions superbly as a wise and mature leader." As a result of Bilal's leadership style, Jackson added that, "He is beloved by his fellow residents and works constantly to build up his colleagues."



Congratulations, Dr. Qureshi, and we at MSH look forward to what the next three years hold for you during the remainder of your residency.

and I certainly see a bright future ahead for its growth and attraction for future psychiatrists." We do too, Bilal, we do too!

We at MSH can't wait to check in with this group from time to time over the next three years and watch them grow into the wonderful, talented physicians that the interview panel realized they were back in 2020.

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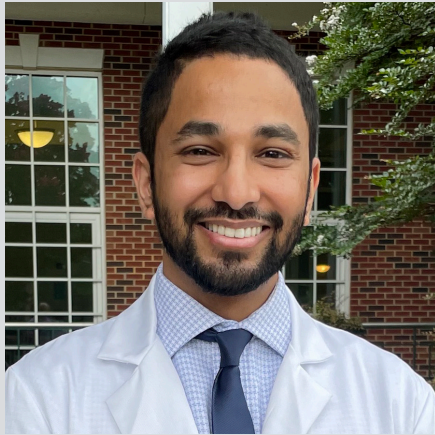


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Dr. Bilal Qureshi



Dr. Jonathan Sadler

William Carey University College of Osteopathic Medicine Humanism and Excellence in Teaching Award (HETA)

By: Julie Cox

The William Carey University College of Osteopathic Medicine Gold Humanism Honor Society recently presented six residents the Humanism and Excellence in Teaching Award that recognizes outstanding humanistic teaching residents as identified by their students. Dr. Bilal Qureshi and Dr. Jonathan Sadler with the Mississippi State Hospital Residency Program were both selected for this honor.

The criteria for selection includes characteristics such as consistently caring for patients with compassion and empathy, serving as a role model for students

and colleagues, being approachable and accessible to students, exhibiting enthusiasm and skill in professional and personal interactions with students, showing respect for everyone he/she comes in contact with, demonstrating cultural sensitivity in working with patients and family members of diverse backgrounds, and displaying effective communication and listening skills.

Congratulations, Dr. Bilal Qureshi and Dr. Jonathan Sadler! We at MSH are so thankful to have such caring and compassionate residents in our program.

Outpatient Psychotherapy Clinic Now Open at Mississippi State Hospital



Psychotherapy Clinic Now Open

For appointments, call:
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Exceptional Care Close to Home.
Our mission is to serve our community!

We offer supportive, cognitive-behavioral, psychodynamic, insight-oriented, and other personalized therapy.



The clinic is located in building 25 at the Mississippi State Hospital at Whitfield, MS.



Outpatient
Appointments Available
Monday, Wednesday
and Thursday

The new Psychotherapy Clinic at Mississippi State Hospital is now accepting appointments. Outpatient appointments are available Monday, Wednesday, and Thursday. When you call, you will be asked a day and time that works best for you and whether you prefer a male or female doctor.

Difficult times are a part of life. Psychotherapy, or talk therapy, can help us function better, increase our well-being, and cope with emotional difficulties and mental illnesses. If you or a loved one struggles with depression, anxiety, or has difficulty coping with daily life because of the impact of trauma, a medical illness, or death of a loved one, you could benefit from one of the many types of psychotherapy offered.

The MSH Psychiatry Program is a community-based program that can provide supportive, cognitive-behavior, psychodynamic, insight-oriented, and other personalized therapy. Our mission is to provide the same level of quality care to individuals in the metro area that would otherwise not have access to outpatient mental health services.

If you or a loved one needs to talk to a trained professional about their mental health, please don't hesitate. Call 601-351-8680 to make an appointment. All information you provide is confidential. The clinic is located on the campus of Mississippi State Hospital.