

Access Community Health Centers Behavioral Health Fellowship Program

Specialty Experiences Available

Consulting Psychiatry

Fellows will have the opportunity to be involved with the consulting psychiatry service that is an extension of the Behavioral Health Consultation team. The consulting psychiatrist sees patients generally one time to provide diagnostic clarification and step-wise medication recommendations that are then carried out by the primary care provider. The BHC team manages the flow of consults to the consulting psychiatrist, which is one task that fellows are actively involved in during the training year. Working with the consulting psychiatrist is an excellent opportunity to increase psychotropic medication knowledge.

Health Promotions Clinic

The Health Promotions Clinic is embedded within the Access Wingra Family Medicine Clinic, and is focused on the treatment of substance use disorders within the primary care setting. It functions in many ways as a specialty clinic within primary care, managed by an addiction medicine physician in collaboration with BHC staff. Fellows will have the opportunity to work within this clinic gaining valuable experience in the identification and management of substance use disorders.

Care Management

The Care Management program is managed by BHC staff and functions as a way to track and monitor patients over time. Identified patient populations are tracked and reviewed on a quarterly basis. This includes patients with symptoms of depression, anxiety, ADHD, and all pediatric patients seen by our team in the previous quarter. Patient charts are reviewed, and follow up calls placed as appropriate to move care forward. This vital function within our medical home assists in maintaining contact with patients over time and prevents patients from becoming lost to follow up.

Supervision

We are excited to have post-doctoral fellows involved at all levels of our program. There is an initial orientation period regarding the consultant model, associated assessment and intervention skills, and crisis management procedures. Fellows will then have the opportunity to practice clinical skills within the primary care medical home with much autonomy. Supervision will always be readily available from BHC staff and primary care providers (PCPs). Additional training throughout the year will include relevant behavior change theories, such as cognitive-behavioral, motivational interviewing, and ACT approaches. This training may also be individualized based on the interests of the fellow and clinic needs.

We follow the preceptorship model of supervision, providing supervision daily, as supervisors are generally present for most clinics. The training year begins with a period of shadowing of BHC staff to learn about our model and the logistics of the practice. We work with each fellow to develop a plan that fits their developmental level. Once fellows begin to see patients on their own, supervisors often engage in reverse shadowing to provide additional feedback for enhanced learning. Fellows are expected to review with their supervisor of the day for each patient seen. This allows for opportunities to discuss cases in real time, and we have found that this accelerates the learning curve for fellows. We have a feedback rich environment and our goal is to assist fellows into becoming effective, independent psychologists by the end of the training year.

Research/Program Development

Post-doctoral fellows are asked to work on either a research project or program development project during their year at Access. Past examples include writing the description of Primary Care Behavioral Health on Wikipedia, co-authoring a research article, developing clinic protocols for BHC involvement in well child visits and development of educational materials for use within the BHC team on psychotropic medications.

Evaluation

Fellows are evaluated on a quarterly basis, using feedback from all supervisors. Fellows also complete self-evaluations to assist in identifying areas of strength and areas of growth.

Sample Schedule

	Monday (WTE Clinic)	Tuesday (Erdman Clinic)	Wednesday (WTE Clinic)	Thursday (Erdman Clinic)	Friday (WTE Clinic)
9am	Behavioral Health Consults and Follow-ups	Behavioral Health Consults and Follow-ups	Behavioral Health Consults and Follow-ups	Administrative Time	Behavioral Health Consults and Follow-ups
10am					
11am					
12pm	Lunch	Lunch	Care Team Meeting/Lunch	Lunch	Lunch
1pm	Behavioral Health Consults and Follow-ups	Lead meeting with Consulting Psychiatry	Behavioral Health Consults and Follow-ups	Behavioral Health Consults and Follow-ups	Behavioral Health Consults and Follow-ups
2pm		Behavioral Health			
3pm		Consults and			
4pm		Follow-ups			