



## Integrated Behavioral Health Fellowship

**Fellowship Overview:** The **Integrated Behavioral Health (IBH) Fellowship** is located within General Internal Medicine (GIM) and Inpatient Medical units at Boston Medical Center, the largest safety-net hospital in New England. The GIM practice serves approximately 40,000 patients from diverse backgrounds with respect to country of origin, language, race, ethnicity, and insurance status. The Fellow will serve as a member of an interdisciplinary team that includes physicians, psychologists, psychiatrists, social workers, nurses, nurse practitioners, clinical pharmacists, medical assistants, and patient navigators. The IBH team offers consultation and collaboration to medical providers as well as low-intensity interventions, diagnostic assessments, health behavior coaching, population-based care management, and targeted medication initiation and stabilization. By expanding the reach of behavioral health services into medical settings like primary care and inpatient medicine, IBH has the potential to reduce health disparities, particularly among individuals who have been historically underserved by the behavioral health system and/or socially marginalized.

Boston Medical Center is the primary teaching hospital of Boston University School of Medicine. The fellow will receive a Boston University academic appointment as a fellow within the School of Medicine, Department of Psychiatry.

This fellowship is 70% clinical and 30% research/scholarly activity.

### Fellowship Aims:

1. To provide the Fellow with broad post-doctoral training in the IBH model including a focus on team-based treatment planning, population-based outreach and engagement, the stepped care approach, and trauma-informed care.
2. To increase the Fellow's competence in delivering culturally responsive, evidence-based interventions with primary care and medically admitted patients presenting with a broad range of behavioral health conditions.
3. To provide the Fellow with clinical training in conducting targeted, psychosocial evaluations and formulating case conceptualizations that will inform IBH-level treatment plans.
4. To increase the Fellow's competence in addressing complex interactions between physical and behavioral health concerns and support patients' self-management of chronic diseases like diabetes, hypertension, cardiovascular disease, and chronic pain.
5. To increase the Fellow's knowledge and competencies with clinical research, with opportunities to pursue independent research projects and/or publications depending on the interest of the fellow.

### Fellowship Timeline

This is a one-year Fellowship. The Fellowship will initiate September 1<sup>st</sup> and conclude August 31<sup>st</sup>.

### Qualifications

1. A PhD or PsyD in psychology
2. Completion of a full-time APA/CPA accredited clinical internship
3. Completion and defense of dissertation prior to start date

## **Clinical Activity Plan (70%)**

The fellow will be integrated into General Internal Medicine and the Inpatient Medical units at Boston Medical Center. Sixty-five percent of the Fellow's time will be devoted to clinically related activities. The Fellow will be expected to maintain accurate records and to document case formulations, assessment results, treatment plans, and progress notes in a timely, concise, and clear manner. Clinical training will include:

### General Internal Medicine (GIM) and Inpatient Medicine

1. Treatment Services (approximately 12 hours per week): The Fellow will provide targeted, low-intensity behavioral health interventions with primary care and medically admitted patients with chronic medical conditions and co-occurring behavioral health conditions. The Fellow will collaborate with medical team members in support of treatment goals and coordination of care. The Fellow will demonstrate clinical competence in addressing a broad range of behavioral health conditions, as well as working with an ethnically and racially diverse population. The Fellow will also demonstrate cultural humility and cultural responsiveness in their work.
2. Clinical Assessment (approximately 10 hours per week): As part of their clinical work, the Fellow will conduct clinical assessments that will inform treatment planning and care coordination and will effectively communicate the results of assessments to the patient's medical team and support system.
3. Membership in Multidisciplinary Treatment Team (2 hours per week): The Fellow will demonstrate the ability to function as an independent clinician within the context of a multidisciplinary team. The Fellow will attend and be an active participant in weekly team meetings focused on clinical case discussions, staff meetings, and didactics.

Opportunities for training in the Therapeutic Assessment & Psychological Testing (TAPT) Service, which includes comprehensive psychodiagnostic assessment for complex psychiatric presentations, personality assessment, and cognitive assessment for inquiries such as intellectual disability, learning disorders, are also possible. Therapeutic assessment (TA) is a highly collaborative model of assessment centered on the values of collaboration, respect, humility, compassion, openness, and curiosity. Through using the standard psych assessment tools and additional inquiry methods, TA works in partnership with the client to define assessment questions, interpret testing data, and draw conclusions together.

## **Didactic Training Activity Plan (15%)**

1. The fellow will meet with their clinical supervisors (Drs. Cara Fuchs and Santia Berberena) to ensure that the fellow is developing competence in providing culturally responsive, evidence- and team-based care to adult primary care and medically admitted patients (2 hours per week).
2. The fellow will participate in the weekly Fellowship seminar series (3-4 hours per week)
3. The fellow will attend weekly Department of Psychiatry and Medicine Grand Rounds (1 hour per week).

## **Research (15%)**

Twenty percent of the Fellow's time will be devoted to research and/or other scholarly activity. The Fellow will have opportunities to participate in the following activities:

The Fellow can work with a research mentor toward producing a traditional scientific product in a content area to be determined based on Fellow's research interests. This may include initiating and collaborating on manuscript preparation and submission of journal articles, and panel/poster submissions at a regional or national conference. Use of existing data that has been collected and archived (e.g., by the supervisor) may be available to the Fellow.

## **Supervision and Evaluation**

Clinical supervision will be provided in the form of one-hour weekly face-to-face individual supervision with licensed clinical psychologists on site (minimum of 1 hour individual, face-to-face supervision weekly for each care location). An additional hourly block of individual, face-to-face supervision will be offered for academic/research supervision. The Fellow also will have access to indirect supervision through participation in weekly team meetings. The Fellow may also have opportunities to provide supervision to Psychology practicum students.

The Fellow and supervisors will develop fellowship goals and learning objectives early on in the year. At the midpoint and conclusion of the Fellowship, the Fellow and supervisors will provide formal performance evaluations of one another. At each point in time, the Fellow will also provide an evaluation of the program relative to the goals and learning objectives of the Fellowship.

## **Resource Requirements**

The Fellow will be provided with the following resources:

1. Individual office space for scheduled, in-person clinic time.
2. A personal desktop computer with internet access
3. Access to copying equipment
4. Clinical space for meeting with patients/clients.