



DONALD AND BARBARA  
ZUCKER SCHOOL *of* MEDICINE  
AT HOFSTRA/NORTHWELL

## **Women's Behavioral Health Track in Consultation-Liaison Psychiatry Fellowship**

### **at Northwell Health's Department of Psychiatry at Zucker Hillside Hospital**

The Zucker Hillside Hospital Department of Psychiatry now offers a one-year accredited Consultation-Liaison Psychiatry Fellowship with a Women's Behavioral Health Track designed to train experts in the assessment and treatment of psychiatric illness during pregnancy and the postpartum period. Throughout four months of the one-year C-L fellowship, the fellow will train in our specialized Women's Behavioral Health/Perinatal Psychiatry Center, our 22-bed Inpatient Women's Unit and clinical perinatal depression research settings, providing a unique opportunity to gain expertise across treatment environments.

#### **How to apply:**

Applications are now being accepted for positions available July 1st annually. Applicants must hold an MD or DO degree and must have completed a general psychiatry residency training program. Applicants will need to provide a CV, personal statement, and three letters of recommendation including one from their psychiatry residency training director.

#### **For more information, please contact:**

Director, Women's Behavioral Health  
Kristina M. Deligiannidis, M.D.  
[kdeligian1@northwell.edu](mailto:kdeligian1@northwell.edu)

<https://www.northwell.edu/behavioral-health/treatments/perinatal-psychiatry-services>

<https://professionals.northwell.edu/graduate-medical-education/fellowship-consultation-liaison-psychosomatic-medicine-northwell-health/womens-behavioral-health-track>

## **WOMEN'S BEHAVIORAL HEALTH TRACK TRAINING PROGRAM IN CONSULTATION-LIAISON PSYCHIATRY FELLOWSHIP**

### **Overview**

The Women's Behavioral Health (WBH) Track is a four-month elective embedded within the one-year accredited Consultation-Liaison Psychiatry Fellowship program at Northwell Health, located just outside of New York City. It includes dedicated learning experiences within Ambulatory Perinatal Psychiatry, Inpatient Women's Behavioral Health (2W unit) and clinical research. The Ambulatory Perinatal Psychiatry and Inpatient Women's Behavioral Health 2W rotations support fellows on the WBH track to develop expertise in treating women throughout the perinatal period across treatment and research settings. The overall goal is to develop physicians who are competent and confident in the treatment of women during this critical time period. Learning includes specialized training and knowledge acquisition with respect to perinatal mental illness, including epidemiology, risks and complications, treatment, and prognosis. Fellows will gain competency in performing pre-conception consultations and evaluating and treating both pregnant and postpartum patients with psychiatric illness. Our diverse patient population includes women with the entire range of psychiatric diagnoses, with the most common presentations being depressive and anxiety disorders, however also frequently treating patients with bipolar disorder, or primary psychotic disorders, and with or without comorbid substance use disorders. On our dedicated 22-bed inpatient Women's Unit, fellows will have an opportunity to treat currently pregnant or lactating patients as well as women at other points of the reproductive lifecycle.

### **Highlights**

- ❖ Northwell Health, the 9<sup>th</sup> largest non-profit health system in the US, consists of 23 hospitals and 700 outpatient facilities, with more than 6,000 patient beds and a service area of nearly 11 million people
- ❖ Northwell Health is one of the largest medical residency programs in the US, with 1,800 residents and fellows.
- ❖ Northwell Health delivers 40,000 babies annually, which is 17% of all births in New York State
- ❖ The dedicated 22-bed **Zucker Hillside Hospital Women's Unit** opened in March 2016 and serves as the only dedicated inpatient perinatal psychiatric unit in New York State, and one of only a few such units in the country
- ❖ The Women's Unit admits between 100-200 pregnant/postpartum women with major depression, bipolar disorder, psychosis and schizoaffective disorder each year
- ❖ Annually, the **Zucker Hillside Hospital WBH/Perinatal Psychiatry Center** completes an average of 3,000 outpatient visits
- ❖ We serve a racially, culturally, and socioeconomically diverse peripartum population which is 47.27% Latina, 36.28% African American, 23.05% Asian, 20.39% White American and 20.09% Other

### **Learning Goals**

1. Recognize the clinical presentation of psychiatric disorders in the peripartum population
2. Provide pharmacotherapies for mood and psychotic disorders in the peripartum population
3. Refer for empirically supported psychotherapy for peripartum depression and anxiety and lead or co-lead inpatient group psychotherapies
4. Educate peripartum patients on the benefits and risks of medications, especially with respect to placenta and breast milk transfer
5. Educate peripartum patients on the comparative risks of various severities of symptoms on the patient, pregnancy and offspring
6. Provide effective consultation to other clinicians

## **Learning Activities Across the Four Month WBH Track:**

### **WBH/Perinatal Psychiatry Center (ambulatory)**

1. Complete at least one perinatal new patient intake weekly and follow these patients longitudinally under the supervision of the Perinatal Center's Physician-in-Charge
2. Participate in weekly didactics plus team meeting
3. Develop at least one educational presentation and present to the perinatal team

### **Inpatient Women's Behavioral Health (2W unit)**

1. Manage female patients admitted to the Women's Unit under the supervision of the Unit Chief Psychiatrist
2. Lead select inpatient group psychotherapies
3. Coordinate topics for the monthly WBH/perinatal psychiatry Journal Club meeting
4. Help supervise and teach medical students and/or psychiatry residents on 2W clinical rotations

### **Women's Behavioral Health Clinical Research**

1. Optional: Participate in a diverse array of clinical research studies (e.g. neuroendocrine, neuroimaging, genetics and novel therapeutics in postpartum depression, women's behavioral health across the lifespan, etc.) under the supervision of the Director of Women's Behavioral Health, Dr. Deligiannidis
2. Optional: fellows have the opportunity to receive mentorship and to collaborate in the writing of scientific abstracts or manuscripts for publication
3. Optional: fellows can help supervise and teach medical students and/or psychiatry residents doing WBH research electives

There are regularly scheduled team-wide didactics, often with guest speakers, discussing topics relevant to perinatal mental health.

### **Supervision**

All ambulatory intakes and ongoing care is supervised by a WBH/Perinatal Center psychiatrist. All fellow encounters on the Zucker Hillside Hospital Women's unit will be supervised by the unit chief. Lastly, all consults through the inpatient CL service will be supervised by a CL trained psychiatrist.

### **Assessment**

Fellows will be assessed based on supervision. While it is not expected that fellows have specialized knowledge upon beginning the rotation, it is expected that they demonstrate intellectual curiosity and self-directed learning, as well as assigned readings with discussion. Fellows are also expected to develop skills functioning within an interdisciplinary team and liaising with other professionals (ie therapist, OB, ACS). Fellows will also be assessed on their educational presentation.

Fellows will also be asked to assess the WBH track, in terms of content and structure, and assist in suggesting improvements for future WBH track fellows.

### **How to apply:**

Applications are accepted throughout the academic year, with positions starting each July 1<sup>st</sup>. Applicants must hold an MD or DO degree, and must have completed a general psychiatry residency training program. Applicants will need to provide a CV, personal statement, and three letters of recommendation including one from their psychiatry residency training director.

Please contact Dr. Kristina Deligiannidis ([kdeligian1@northwell.edu](mailto:kdeligian1@northwell.edu)) for more information about the fellowship and application process.

Visit our websites: <https://www.northwell.edu/behavioral-health/treatments/perinatal-psychiatry-services>

<https://professionals.northwell.edu/graduate-medical-education/fellowship-consultation-liaison-psychosomatic-medicine-northwell-health/womens-behavioral-health-track>



## **Women's Behavioral Health Research at Zucker Hillside Hospital**

Director, Women's Behavioral Health  
Kristina M. Deligiannidis, MD

Our NIMH-funded research program is focused on identifying risk factors for the development of perinatal mood disorders as well as developing therapeutic/preventative interventions to specifically target perinatal depression.

Our clinical research involves the investigation of:

- ✦ the interaction between the reproductive endocrine system and neural circuitry associated with perinatal depression
- ✦ neuroimaging biomarkers that are associated with perinatal mood disorders
- ✦ the efficacy and safety of novel non-pharmacologic, neurostimulation and pharmacologic interventions for the treatment of perinatal depression
- ✦ clinical heterogeneity and genetic risk factors of perinatal depression and postpartum psychosis (participating site in international PACT Consortium study)
- ✦ women's mood across the reproductive lifespan (national study)

Fellows have the opportunity to receive career mentorship in reproductive psychiatry, develop scientific posters, manuscripts and grant applications, and present at national meetings.

Our faculty routinely present at the Academy of Consultation-Liaison Psychiatry (ACLP), Marcé conference of North America (MONA), Postpartum Support International (PSI), Society of Maternal Fetal Medicine Pregnancy Meeting (SMFM), American Psychiatric Association (APA), Society of Biological Psychiatry (SOBP) and American College of Neuropsychopharmacology (ACNP).

For more information contact Dr. Deligiannidis at [kdeligian1@northwell.edu](mailto:kdeligian1@northwell.edu)

Visit our websites:

<https://www.feinsteininstitute.org/our-researchers/kristina-m-deligiannidis-md/>

<https://www.facebook.com/PregnancyPostpartumDepressionResearchAndEducation/>



Campus Greenspace and Behavioral Health Pavilion



## Perinatal Psychiatry Services at Zucker Hillside Hospital

75-59 263rd Street  
Glen Oaks, NY 11004  
(718/516) 470-4MOM



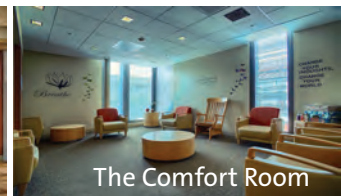
Hallway



Dining Room



Murals



The Comfort Room



**Zucker Hillside Hospital**  
Northwell Health™

Zucker Hillside Hospital is Northwell Health's nationally recognized behavioral health center known for its pioneering clinical, teaching and research programs. The Perinatal Psychiatry Services available at Zucker Hillside include a variety of treatment options – offering both outpatient and inpatient treatment options. The treatment offered at the Perinatal Psychiatry Program may benefit a wide range of new or expectant Mothers.

### Services May Include:

- Initial telephone assessment
- Standardized rating scales
- Comprehensive evaluation for medication and therapy
- Brief or long term individual therapy
- Interpersonal Therapy (IPT)
- Cognitive Behavioral Therapy (CBT)
- Supportive Psychotherapy
- Group Therapy
- Marital Therapy / Couples Therapy
- Support for partners
- Medication Management
- Parent-Child Bonding Coaching
- Inpatient Treatment when indicated
  - Therapeutic healing environment
  - Individualized evidence-based treatment plans
  - Protected sleep times
  - Flexible visiting with family and baby
  - Breastfeeding support

### Referrals

To inquire about or to make a referral for Perinatal Psychiatry Services, please call: **(718/516) 470-4MOM**

### Fees

Medicaid, Medicare, and most insurance plans are accepted; a sliding scale fee is available for eligible individuals.

Use your smartphone to connect to our webpage to learn more about our services or view related videos. Or visit us at: <https://www.northwell.edu/find-care/services-we-offer/perinatal-services>



Taking Care of Mom  
for a  
Healthy Mom & Healthy Baby