The Addiction Institute of New York Fellowship in Addiction Medicine

PROGRAM DESCRIPTION

Petros Levounis, MD, MA, Fellowship Program Director
Abigail J. Herron, DO, Fellowship Program Associate Director

OVERVIEW

The Addiction Institute of New York (AINY) Fellowship in Addiction Medicine in New York City is a one-year program that offers qualified physicians the unique opportunity to train in the evaluation and treatment of patients with substance use disorders, behavioral addictions, and co-occurring psychiatric disorders. Fellows are required to hold a valid New York State medical license and have completed a residency training program in any medical field (typically Family Medicine, Internal Medicine, or Primary Care) certified by the United States Accreditation Council for Graduate Medical Education (ACGME) in order to be admitted to the fellowship. The 2013-2014 fellows will train at the Institute from July 1, 2013, to June 30, 2014.

Addiction Medicine fellows primarily serve on the Evaluation, Detoxification, and Rehabilitation Unit at Roosevelt Hospital and train in behavior modification techniques, motivational interviewing, 12-step facilitation, and psychopharmacology specifically designed for this patient population. Furthermore, fellows have full access to the entire range of AINY’s teaching, clinical, and research services.

Graduates of the Addiction Institute of New York Fellowship in Addiction Medicine are eligible to sit for the American Board of Addiction Medicine certification examination.

There is no call but moonlighting is available if desired. The annual salary for 2013-2014 is $70,000 plus benefits.
OBJECTIVES

- To provide a comprehensive understanding of the nature of addiction on psychological, physiological, social, and spiritual domains.
- To train physicians in current, evidence-based pharmacological and psychosocial therapeutic modalities of addiction treatment.
- To offer opportunities for teaching and original research (optional).

THE ADDICTION INSTITUTE

The Addiction Institute of New York (AINY) at St. Luke’s and Roosevelt Hospitals is the largest comprehensive treatment center in New York City specializing in the treatment of substance use and other co-occurring psychiatric disorders. Its history is rich in accomplishments and innovations in the development of the best treatments for people who struggle with alcohol, heroin, cocaine, nicotine and other addictions. What started in 1968 as a small scatter-bed program and then a rehabilitation house in Manhattan’s Upper East Side has evolved today to a world-renowned center for state-of-the-art addiction treatments, research, and education.

Addition Institute teaching services include inpatient facilities for detoxification and rehabilitation, outpatient programs, a residential house, an opioid treatment program, a buprenorphine induction center, a day program and school for addicted adolescents, and a consult service for patients in medical and surgical units. The inpatient detoxification and rehabilitation unit at Roosevelt Hospital has 44 beds treating patients with primary addictive disorders as well as co-occurring psychiatric disorders.

AINY delivers several thousands of patient-visits every year and employs more than 200 dedicated professionals. While the patients most frequently use alcohol, cocaine, heroin, crystal methamphetamine, and cannabis, patients who use phencyclidine, hallucinogens, inhalants, and club drugs are also treated. Prescription drug problems and sexual compulsions are also common. Innovative programs include the establishment of the Crystal Clear Project, the largest center for the treatment of gay men who suffer from crystal methamphetamine dependence in the United States, and the first Addiction Psychopharmacology Clinic. Currently our research efforts focus on using physical exercise to improve addiction treatment outcomes.

The Addiction Institute of New York takes care of addicted people from pre-birth to old age and from all socioeconomic levels, conducts federally funded research, and teaches the new generation of professionals the art and science of addiction medicine.

TRAINING AT AINY

The Addiction Institute of New York has an extensive clinical and research training program for students and trainees from several different disciplines and different levels of training. Medical students, physicians, counselors, psychologists, social workers, nurses, nurse practitioners, and other allied health professionals become part of the Institute’s research and treatment teams as they evaluate and treat patients with substance use disorders and other addictions in a great variety of settings. The senior faculty and staff, many of whom hold faculty appointments at the Columbia University College of Physicians and Surgeons, closely supervise all trainees under the direction of Drs. Petros Levounis and Abigail Herron.
Students and trainees study psychopathology, behavior modification techniques, group therapy techniques, motivational interviewing, and psychopharmacology specifically designed for this patient population. Intensive experiential courses, individual tutorials, journal clubs, case conferences, grand rounds, and in-service training augment the educational experience.

SERVICES AT AINY

Inpatient Services:
- Detoxification, stabilization and rehabilitation services (44 beds at Roosevelt Hospital)

Residential Services:
- Halfway house (24 beds at 306 West 102nd Street)

Outpatient Services:
- Comprehensive Evaluation Unit at Roosevelt Hospital
- Individual Psychotherapy and Psychopharmacology with PhD and MD/DO specialists
- Group Psychotherapy
- Opioid Treatment Program (OTP) offering both methadone and buprenorphine
- Intensive Outpatient Treatment (IOP)
- Outpatient Rehabilitation at Trinity House
- Dialectical Behavioral Therapy (DBT)
- Motivational Interviewing (MI)
- Driving While Intoxicated (DWI) Program
- Outpatient Psychopharmacology Clinic
- Buprenorphine Induction Center
- Educational and Vocational Counseling
- Brief Intervention Treatment
- Adjunct services (art therapy, psychodrama, exercise program, yoga)

Adolescent and Young Adult Services:
- Comprehensive Addiction Program for Adolescents (CAPA) in collaboration with the Children and Family Institute (CFI) at St. Luke’s and Roosevelt Hospitals
- College Outreach Prevention and Education (COPE) and Young Adults Program

Consultation Services:
- Medical and motivational consultations to inpatient medical and surgical units, at both St. Luke’s and Roosevelt Hospitals
- HIV Consultation

Specialized Programs:
- Treatment for pregnant women and mothers of small children (CONNECT)
- Trauma Focused Programs (Women’s Health Project and Men’s Center for Healing and Recovery)
- Nurses Helping Nurses and Other Health Professionals
- Crystal Clear Project for gay men who are addicted to crystal methamphetamine
Other Activities:
- Research sponsored by the National Institute on Drug Abuse (NIDA), the National Institute of Alcohol Abuse and Alcoholism (NIAAA), and other agencies
- Training of psychologists, nurses, social workers, counselors, psychiatrists, and other physicians
- 12-step fellowships
- Advocacy
- Prevention
- Community outreach
- Media outreach
- Publishing

FACULTY

Petros Levounis, MD, MA, is the Director of the Addiction Institute of New York and Training Director for the Fellowship in Addiction Medicine; Chief of Addiction Psychiatry and Associate Chair of the Department of Psychiatry and Behavioral Health at St. Luke’s and Roosevelt Hospitals, and Associate Clinical Professor of Psychiatry at Columbia University College of Physicians and Surgeons. Dr. Levounis is board-certified in Addiction Medicine, Psychiatry, and Addiction Psychiatry. His academic interests include the psychotherapy and psychopharmacology of addiction and co-occurring psychiatric disorders, the teaching of psychiatry, gay and lesbian mental health, and the behavioral addictions.

Abigail J. Herron, DO, is the Medical Director of Trinity House at the Addiction Institute of New York and the Associate Training Director for the Fellowship in Addiction Medicine. Dr. Herron is board certified in psychiatry and addiction psychiatry and completed her fellowship in Addiction Psychiatry at Columbia University and the New York State Psychiatric Institute. Her interests include pharmacologic interventions for substance use disorders and the treatment of co-occurring psychiatric and addictive disorders.
Paul Rinaldi, PhD, is a Clinical Psychologist who has worked in the addiction treatment and research field for more than 20 years. He is currently the Clinical Director of The Addiction Institute of New York, as well as a site Principal Investigator for the Clinical Trials Network (CTN) of The National Institute on Drug Abuse (NIDA). His research has included studies on smoking cessation, prescription opioid dependence, and neuropsychological markers in HIV infected intravenous drug users. He is currently co-principal investigator on CTN 037, which is investigating the role of exercise in early recovery efforts. He is also in private practice in New York City with a specialty in treating substance use problems in college students and gay and lesbian clients.

Faye Chao, MD, is the Unit Chief of the Inpatient Detoxification and Rehabilitation Unit. Dr. Chao is board certified in Psychiatry and Addiction Psychiatry and completed her Addiction Psychiatry fellowship at New York University. Her interests include pain and addiction, and problematic use of electronic media (the Internet, online gaming, etc.).

Claudie Jimenez, MD, is the Associate Unit Chief of the Inpatient Detoxification and Rehabilitation Unit at Roosevelt Hospital. She is board certified in Emergency Medicine and completed a fellowship in Addiction Medicine at the Addiction Institute of New York—in fact, she’s our first graduate! Her interests include physician health and wellness, and Screening, Brief Intervention, and Referral to Treatment (SBIRT).

Peter Farol, MD, MPH, is an Attending Psychiatrist treating patients at both the Inpatient Rehabilitation Unit and the Roosevelt Outpatient Department. Dr. Farol is board certified in Psychiatry and Addiction Psychiatry. His interests include pharmacologic treatments and psychoeducation for patients with co-occurring disorders.

Donna Gilmore, MD, has been an Attending Physician on the Inpatient Detoxification Unit since 1997. She completed her residency in Internal Medicine and her clinical interests include treating patients with pain issues and addiction to prescription medications.

David Lehman, MD, MS, is an Attending Physician in the Outpatient Evaluation, Inpatient Rehabilitation and Detoxification Services at Roosevelt Hospital. Dr. Lehman is board certified in Addiction Medicine and Diagnostic Radiology. Since 1997, at various times, he has been medical supervisor of Outpatient Detoxification, the Buprenorphine Clinic, Consultation Liaison Service, Inpatient Detoxification and Rehabilitation at Roosevelt Hospital.

Gene McCullough, PMHNP, GNP-BC, is a Nurse Practitioner at the Inpatient Evaluation, Detoxification, and Stabilization Unit at Roosevelt Hospital. He is a board certified Adult Psychiatric/Mental Health and Gerontological Nurse Practitioner. His interests include community psychiatry, harm reduction, gerontology, and inpatient detoxification treatments.

Neil Kutner, RN, is the Nurse Manager for the Inpatient Detoxification and Rehabilitation Unit, as well as the Opiate Treatment Program. Neil is also an Acupuncture Detoxification Specialist and has a Masters in Health Care Administration from Central Michigan University. His areas of interest include the use of acupuncture to ease the discomfort associated with withdrawal.
Mark Raybin, LCSW, is the Counseling Supervisor of the Inpatient Detoxification and Rehabilitation Unit at Roosevelt Hospital. Prior to coming to the Inpatient Unit, Mark was the director of the Opioid Treatment Program at the Addiction Institute.

Jose Matias, MD, is the Medical Director of the Opioid Treatment Program and Director of the Psychopharmacology Clinic at the Addiction Institute of New York. Dr. Matias is board certified in Psychiatry and Addiction Psychiatry. His interests include medication management for alcohol, tobacco, and illicit substances, including buprenorphine maintenance for opioid dependence; medication management for co-occurring psychiatric disorders; and individual counseling and psychotherapy including cognitive behavior therapy and motivational interviewing.

Jim Feinberg, LCSW CH.t, is the Clinical Director of the Opioid Treatment Center at Addiction Institute of New York. Jim has been a licensed Clinical Social Worker since 1998 and a Clinical Hypnotherapist since 2008. He has 15 years experience working in Substance Abuse, HIV/AIDS, Mental health, LGBT issues, and Grief and Loss. His interests include HIV and Intimate Partner Violence and gay men, program design and development and clinical supervision. Jim also maintains a private psychotherapy practice.

Julie Rivera, MS, NP-C, CCRC, is the Nurse Practitioner at the Addiction Institute of New York’s Opioid Treatment Program. Julie is board certified as a nurse practitioner in Pediatric and Adult Medicine and as a clinical research coordinator with over 15 years experience working in HIV/AIDS research and 6 years in pain management. Her role at the Addiction Institute includes the admission of patients to the Opioid Treatment Program, buprenorphine inductions and methadone titrations, as well as overseeing the medical health management of the patient population of the OTP clinic.

Joseph Ruggiero, PhD, is the Assistant Clinical Director of the Addiction Institute of New York for the Roosevelt Division and Director of the Crystal Clear Project, the largest treatment program for crystal methamphetamine addiction for gay men in the US. His areas of interest include addiction in LGBT communities and methamphetamine abuse.

Mary Schneider, LCSW, has been the Assistant Clinical Director of the Trinity House Outpatient services since 2002. She is the founding Director of the Connect program, which has provided treatment to mothers with substance use problems since 1991. Her other area of clinical interest focuses on helping patients manage both substance use disorders and other psychiatric or serious medical problems.

Colette L. Haward, MD, is the Medical Director of The Women's Health Project and Trauma Focused Programs at the Addiction Institute of New York. Dr. Haward is a board certified psychiatrist and Assistant Clinical Professor of Psychiatry at Columbia University College of Physicians & Surgeons. Her clinical interests include sleep medicine, Post Traumatic Stress Disorder (PTSD), and women’s health issues co-morbid with psychiatric disorders and/or substance use disorders.
### Inpatient Chemical Dependency
- Fellows treat patients who require medical detoxification on the Inpatient Evaluation, Detoxification, and Stabilization Unit at Roosevelt Hospital.
- Our patients most frequently use alcohol, cocaine, heroin, crystal methamphetamine, and cannabis; however, benzodiazepines, barbiturates, phencyclidine, hallucinogens, inhalants, and club drugs are also common. Prescription drug problems and sexual compulsions have been rising over the past five years. Complex detoxification cases involving several pharmacological agents are common.
- Detoxification treatments include buprenorphine, methadone, clonidine, chlordiazepoxide, lorazepam, diazepam, phenobarbital, gabapentin, varenicline, and the nicotine replacement therapies.
- The revised Clinical Institute Withdrawal Assessment for Alcohol scale (CIWA-Ar) and the Clinical Opioid Withdrawal Scale (COWS) are used routinely to assess patients who suffer from alcohol or opioid withdrawal.
- Additional modalities include Motivational Interviewing, Cognitive Behavior Therapy, 12-Step Facilitation, individual and group psychotherapy, family therapy, and psychopharmacology specifically designed for this patient population.
- Fellows assume the primary responsibility for the medical care of their patients under the supervision of Drs. Chao and Jimenez and become an integral part of the treatment team.
Outpatient Chemical Dependency
- Fellows will treat patients in a variety of outpatient settings at the Addiction Institute, including intensive outpatient treatment, the Opioid Treatment Program (OTP) where they were learn to use methadone and buprenorphine for treatment of opiate dependence, and the Addiction Psychopharmacology Clinic.
- Treatments include Motivational Interviewing, Cognitive Behavior Therapy, 12-Step Facilitation, individual and group psychotherapy, family therapy, and psychopharmacology specifically designed for this patient population.
- Fellows assume the primary responsibility for the medical care of their patients under the supervision of faculty at the outpatient site.

Medical Consultation
- Consultation patients typically suffer from alcohol or opioid withdrawal and need addiction treatment following treatment of their acute medical and surgical problems.
- The inpatient consultation service offers expert advice on acute medical management of intoxication and withdrawal problems. It also serves as a liaison with our inpatient and outpatient units.
- Addiction treatments include Screening, Brief Intervention, and Referral to Treatment (SBIRT), Motivational Interviewing, and family therapy.
- Fellows serve as consultants to the medical/surgical teams who assume primary clinical responsibility for the patients.

Longitudinal Outpatient Experience
- Fellows treat patients at Trinity House of the Addiction Institute of New York for one half day a week throughout the year of training. Trinity House, located on 108th Street on the Upper West Side of Manhattan, is the site for the St. Luke’s outpatient addiction services.
- The purpose of this continuity care clinical experience is to train fellows in individual counseling and group psychotherapy using Motivational Interviewing, Cognitive Behavior Therapy, 12-Step Facilitation, Contingency Management, the Matrix Model and other psychotherapy techniques.
- Fellows are assigned a small caseload of long-term patients and an addiction treatment group. Abigail Herron, DO, medical director of Trinity House, supervises the fellows individually once a week.
- Fellows are also invited to participate in the numerous case conferences and group supervision sessions available to the permanent staff.
- The Longitudinal Experience offers the opportunity for the fellow to integrate the biomedical treatments with psychosocial interventions.

Electives
- Fellows can choose from a variety of clinical activities at any one of the Addiction Institute programs, including:
  - College Outreach, Prevention, and Education and Young Adult Program
  - Comprehensive Addiction Program for Adolescents
  - Crystal Clear Project for Gay Men
  - Driving With Influence (DWI) Program
  - Mothers with Young Children (CONNECT)
  - Nurses Helping Nurses and Other Professionals
  - The Halfway House
- Trauma Focused Programs (Women’s Health Project and Men’s Center for Healing and Recovery)
  - In addition, fellows may choose to rotate through any of the other departments of the hospital including Internal Medicine, Surgery, Pediatrics, Obstetrics and Gynecology, Emergency Medicine, Pediatrics, and Psychiatry. Approval by the Chief of Service is required.

Didactics

1. **Addiction Institute and Department of Psychiatry and Behavioral Health Grand Rounds Series (Required)**
   Academic presentations on a range of topics followed by questions and answers. Presentations are of either original research or a scholarly review of an area. A clinical case conference is presented quarterly where residents present their ongoing treatment cases. During the summer months, an eight-part lecture series is given focusing on a specific area of mental health such as trauma or community psychiatry.

2. **Fundamentals of Addiction Medicine (Required)**
   The pleasure-reward pathways of the brain, methadone and buprenorphine, major classes or drugs of abuse, co-occurring disorders, group and 12 step treatments, and motivational interviewing.

3. **Introduction to Clinical Psychopharmacology (Required)**
   Overview of the medications used in general psychiatry and addiction medicine. All major drug classes are discussed including antipsychotics, mood stabilizers, antidepressants, anti-anxiety agents, stimulants and medications for intoxication, withdrawal, and substance dependence. Clinically relevant safety issues are discussed as are common drug-drug interactions.

4. **Introduction to Mental Illness (Required)**
   Interviewing techniques and history taking, executing and documenting the mental status examination, the phenomenology and DSM criteria of the major Axis 1 and 2 disorders, available treatments including medications and psychotherapies. Instruction is given on interviewing children and adolescents, as well as elderly patients and family members. The course includes a class on how to use the Internet to search for articles relevant to patient care.

5. **Administrative Medicine (Elective)**
   Leadership of interdisciplinary teams, departmental administration, hospital administration, and economic and governmental considerations in administration. This course also includes a review of the financing and regulation of substance abuse and mental health services. Topics include the history of financing for the poor including Medicaid, Medicare reimbursement, graduate medical education funding, and government and regulatory influences on the provision of mental health care. The history and current status of managed care is discussed.

6. **Character Disorders – Theory, Diagnosis, and Treatment (Elective)**
   Review of personality character structure and levels of organization as well as DSM personality disorders. Emphasis is given on diagnosis, etiologial theories, and management issues.
7. **Cognitive Behavior Therapy** (Elective)  
General introduction to theory and technique of CBT. The treatment of addiction, depression, anxiety, eating disorders, sleep disorders, and borderline personality disorders is reviewed. Lectures, videotape, and clinical material is presented.

8. **Family Therapy** (Elective)  
Readings and videotapes to introduce residents and fellows to family and couples treatments. Trainees are introduced to the concepts of viewing the family as a system and identifying and modifying family dynamics. Basic principles of working with couples are presented along with clinical examples.

9. **HIV Medicine** (Elective)  
Addiction treatment for patients with HIV, addiction, and/or other psychiatric conditions. Topics include HIV infection routes, reducing risk behavior, HIV and the chronically mentally ill, drug-drug interactions, and depression in HIV.

10. **Teaching and Supervising** (Elective)  
Principles of teaching medical students and residents, fundamental concepts of supervision, theories of how people learn, and effective teaching styles. Trainees prepare a class with a PowerPoint presentation and teach this class to others and receive feedback on their teaching.

11. **Case Conferences**  
The didactic experience is supplemented by case conferences conducted by Addiction Medicine fellows and supervised by faculty members who attend the conferences. These conferences enhance the fellow’s training by encouraging self-directed study and sharpening teaching and communication skills.

**Scholarly Activities**

- Fellows are offered instruction on the basic principles of research, including how research is conducted, evaluated, explained to patients, and applied to patient care during the inpatient and outpatient clinical rotations.
- The Grand Rounds series features researchers from all around the country (and sometimes the world) who present scholarly work of high scientific caliber.
- Fellows who are interested in further engaging in research activities are encouraged to participate in a formal course on *Research Design, Methodology and Statistics*, offered through the Department. Methodological topics reviewed include research design, randomization, bias, double-blind studies, and generalizability. Basic statistics are covered including t-tests, ANOVA, chi square, confidence intervals, power analysis, number to treat, and odds ratio. The course includes three Journal Clubs where trainees critically evaluate articles using principles taught in class.
- There is also an opportunity for trainees to conduct mentored research with faculty members. The Director of Research, Deborah Haller, PhD, meets with trainees weekly during lunch to discuss research interests and current advances in the field.
THE APPLICATION PROCESS

The application requirements for the Addiction Institute of New York Fellowship in Addiction Medicine are the following:

1. Completion of residency training in any medical field accredited by the United States Accreditation Council for Graduate Medical Education (ACGME)
2. New York State Medical License
3. Buprenorphine Certification (online course: www.apaeducation.org)
4. Curriculum Vitae
5. Personal Statement outlining the applicant’s interest in Addiction Medicine (500-1,000 words)
6. Two letters of recommendation, preferably including one from the applicant’s residency training program director

Please submit all materials before **September 1, 2013**, to:

Petros Levounis, MD, MA
Fellowship Program Director
The Addiction Institute of New York
1000 Tenth Avenue
New York, New York 10019

For additional information regarding educational and clinical activities, please contact Dr. Abigail Herron at 212-280-0123 or AHerron@chpnet.org. For administrative questions, please contact Mr. Dwayne Mungal, administrative assistant to Dr. Levounis, at 212-523-6897 or DMungal@AddictionInstituteNY.org.