A Note From the Division Director and Program Director

We're excited to launch the first annual UM/JMH Child and Adolescent Psychiatry newsletter. Created jointly by our faculty and residents, the newsletter is designed to inform prospective fellows of the broad educational opportunities our program has to offer. Our Child & Adolescent Psychiatry Fellowship Program at the University of Miami/Jackson Memorial Medical Center provides the following:

- Excellent clinical training in the assessment and treatment of children and adolescents with a wide range of psychiatric disorders
- Protected time for clinical conferences and seminars
- Emphasis on scholarly and research activities
- Exposure to multicultural and multiethnic populations
- High Board pass rates

Our faculty and other mental health professionals are fully committed to provide a rich and diverse academic and clinical experience.

Jon A. Shaw, MD  
Lourdes Illa, MD

Program’s Philosophy

The Division of Child and Adolescent Psychiatry encourages an eclectic training philosophy with an emphasis on multidisciplinary and multimodality treatment interventions for children and their families. The diverse ethnic population and multicultural atmosphere offers unique collegial and clinical experiences for fellows.

How Fellows Are Selected

The program accepts five fellows per year. We strive to recruit top residents from across the country with diverse backgrounds and training experiences who are committed to helping children and families and advancing the field.
Residents are expected to complete a “scholarly paper,” which they present at the end of the second year at the division’s annual research symposium. The scholarly paper may be clinically or empirically based and should reflect a substantial and thoughtful inquiry. Residents receive ongoing faculty mentorship about their research projects.

**Educational Activities**

The program offers many educational activities including lectures, seminars, clinical conferences and supervised clinical activities, including:

- Supervised evaluations of children, adolescents and families
- Child Psychopathology
- Child Growth & Development
- Child Psychopharmacology
- Neurobiology
- Genetics
- Stress, Trauma and Disaster
- Play Therapy
- Brief therapy
- IPT
- CBT
- Psychodynamic Therapy
- Research Methodology
- Continuous Case Therapy Conference
- Child Rounds
- Multidisciplinary Case Conferences
- Journal Club
- Ethics Case Conference
- Departmental Grand Rounds
- M & M Conference

**Clinical Experiences**

The clinical rotations are planned and organized to provide the fellow with the opportunity to evaluate and treat children, adolescents and families presenting with a wide spectrum of psychopathology across multiple levels of care. Residents interact with professionals, including psychologists, social workers and physicians from other specialties.

**Outpatient Specialty Clinics:**

- Psychotherapy Outpatient Clinic
- Developmental Disorders
- Sexual Abuse Trauma Clinic
- Children’s Chronic Illness Clinic
- Mood Disorders Clinic
- ADHD Clinic
- Telepsychiatry experience
- School Consultation
- Adolescent Substance Abuse

**Inpatient & Consultation Programs:**

- Acute Inpatient Service
- Adolescent Residential Program
- Consult/Liaison Service
- Crisis Emergency Services

**Research Opportunities**

Residents are expected to complete a “scholarly paper,” which they present at the end of the second year at the division’s annual research symposium. The scholarly paper may be clinically or empirically based and should reflect a substantial and thoughtful inquiry. Residents receive ongoing faculty mentorship about their research projects.

**Professional Environment**

Our fellows are an integral part of the Department of Psychiatry, under the leadership of Charles B. Nemeroff, MD, PhD and Pedro Ruiz, MD. They closely interact with faculty, psychiatry residents and other fellows in academic forums, such as Grand Rounds, where leaders in the field speak on cutting edge research and new clinical developments. Our fellows also participate in departmental celebrations, such as the Holiday party, annual Faculty vs Resident softball game and Graduation Banquet.
Meet Our Child Psychiatry Faculty

Jon A. Shaw, MD
Professor and Director,
Division of Child and Adolescent Psychiatry

Areas of Interest: Trauma, Bipolar disorder, psychotherapy, forensics, growth and development and ADHD

Lourdes Iliña, MD
Associate Professor and Program Director,
Division of Child and Adolescent Psychiatry

Areas of Interest: Training of Residents and Fellows, Chronic Illness, HIV, Mood Disorders, Anxiety disorders and Cultural issues

Susan Folstein, MD
Professor and Director,
Autism Clinic, Division of Child and Adolescent Psychiatry

Areas of Interest: Psychiatric disorders in autism spectrum disorders, Genes of Autism and Research Mentorship of Fellows

Ushimbra Buford, MD
Assistant Professor and Director, Child and Adolescent Inpatient & Crisis Services

Areas of Interest: ADHD, mood, anxiety and psychotic disorders, Functional Neuroimaging, Genes of ADHD and pervasive developmental disorders

Ingrid Vasiiliu-Feltes, MD, MBA
Assistant Professor, Medical Director, UHealth Psychiatry

Areas of Interest: Adolescent substance abuse, Anxiety and mood disorders, Sleep Disorders, Neuroimaging in schizophrenia, bipolar disorder and ADHD and Health administration

Nicole Mavrides, MD
Assistant Professor, Director, Child and Adolescent C/L Service

Areas of Interest: Areas of Interest: Childhood oncology, Consult/Liaison, Telepsychiatry, Medical Illness, Medical/College Student Mental Health, ADHD

Lauren Ozbolt, MD
Assistant Professor, Director, Eating Disorders Unit

Areas of Interest: Eating Disorders, Obesity, OCD in Children with Autism Spectrum Disorder, College Mental Health

Arunditi Xantus, MD
Assistant Professor, Division of Child and Adolescent Psychiatry

Areas of Interest: College Mental Health, Substance Abuse, Emergency Psychiatry, Cyberbulling

The Fellows’ Corner!

I spent many years in New York, completing college and medical school at Columbia University and general psychiatry at NYU. Throughout my training, I knew that I wanted to pursue a career in child and adolescent psychiatry. It was important to me that I train in a program that would provide a broad training experience with a diverse patient population. When choosing a child and adolescent psychiatry program, I became very interested in the program at UM/JMH due to its specialty clinics, strong didactics, research opportunities, knowledgeable faculty members and culturally diverse community.

I definitely made the right choice and I am really enjoying my training. The fellowship program at the University of Miami/JMH is outstanding. Its didactic curriculum and variety of specialty clinics, including mood, anxiety and autism spectrum disorders, provide an excellent clinical experience.

Everyone in the program is very close and supportive of one another, and the camaraderie makes the experience extremely enjoyable. Miami is such an exciting city, and I can’t think of a better place to complete my child and adolescent psychiatry training.

Rachel Neuhut, MD, Chief Fellow

After enduring twelve brutal Chicago winters, I knew it was time to relocate to a sunnier part of the country, but I also needed to ensure I would receive excellent training in fellowship. Although my medical school/residency training at Northwestern University were great, I knew it was time to try somewhere new.

I found the perfect place in beautiful Miami at UM/JMH. The program has so much to offer. My co-fellows are devoted, bright, and come from diverse backgrounds, which means I am exposed to different ways of approaching child and adolescent psychiatry. The faculty are extremely knowledgeable, enthusiastic, and love to teach the fellows. They each have their own special interests in the field, so I am lucky to have the chance to learn about many different areas. Finally, we have a diverse patient population and a nice variety of clinical settings to work in.

Besides the excellent fellowship training, it is fantastic to call Miami my new home. There are many wonderful outdoor activities available in addition to delicious restaurants and an active arts and music scene. The cultural diversity of Miami gives it a special flavor unlike anywhere else in the US.

Scott Fisher, MD, First Year Fellow
Child Psychiatry Fellows Enjoy Living in Miami!

Miami is a great place to live. It is a vibrant and exciting city, well-known for its beaches including South Beach, trendy nightlife, and multicultural community. The Child Psychiatry fellows enjoy living in this vibrant city. The fellows are a close group and often spend time together outside of work, enjoying all that Miami has to offer. Some of the residents' favorite things about Miami:

- Beach weather all year
- Boating and water sports
- Golf and tennis
- Multicultural restaurants
- Exciting Nightlife
- South Beach, Lincoln Road, Coconut Grove
- Cultural events such as the Coconut Grove Arts Festival
- South Beach Food & Wine Festival
- Diverse communities to live in - South Beach, Brickell, Coconut Grove, Coral Gables
- Excellent schools and Daycare programs.
- Cheer for the Hurricanes, Heat, Dolphins & Marlins

Some of Miami’s Favorite Activities

- Multicultural restaurants
- Exciting Nightlife
- South Beach, Lincoln Road, Coconut Grove
- Cultural events such as the Coconut Grove Arts Festival
- South Beach Food & Wine Festival
- Diverse communities to live in - South Beach, Brickell, Coconut Grove, Coral Gables
- Excellent schools and Daycare programs.
- Cheer for the Hurricanes, Heat, Dolphins & Marlins

For more information, contact us at:

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michelle Hurtado</td>
<td>Program Coordinator</td>
<td>305-355-7103</td>
<td><a href="mailto:mhurtado2@med.miami.edu">mhurtado2@med.miami.edu</a></td>
</tr>
<tr>
<td>Lourdes Illa, MD</td>
<td>Program Director</td>
<td>305-355-7103</td>
<td><a href="mailto:lilla@med.miami.edu">lilla@med.miami.edu</a></td>
</tr>
<tr>
<td>Jon A. Shaw, MD</td>
<td>Division Director</td>
<td>305-355-7103</td>
<td><a href="mailto:jshaw@med.miami.edu">jshaw@med.miami.edu</a></td>
</tr>
<tr>
<td>Rachel Neuhut, MD</td>
<td>Chief Resident</td>
<td>305-355-7070</td>
<td><a href="mailto:rneuhut@med.miami.edu">rneuhut@med.miami.edu</a></td>
</tr>
</tbody>
</table>