

**Specialty Residency in Psychiatric Pharmacy**  
**VA North Texas Healthcare System/Texas Tech Health Sciences Center**  
**Program Director: Monica Mathys, PharmD, BCGP, BCPP**

**PGY2 Program Purpose:**

PGY2 pharmacy residency programs build on Doctor of Pharmacy (Pharm.D.) education and PGY1 pharmacy residency programs to contribute to the development of clinical pharmacists in specialized areas of practice. PGY2 residencies provide residents with opportunities to function independently as practitioners by conceptualizing and integrating accumulated experience and knowledge and incorporating both into the provision of patient care or other advanced practice settings. Residents who successfully complete an accredited PGY2 pharmacy residency are prepared for advanced patient care, academic, or other specialized positions, along with board certification, if available.

**Program Philosophy:**

The psychiatric specialty residency supported by the VA North Texas Healthcare System and Texas Tech University Health Sciences Center School of Pharmacy is designed to produce clinical pharmacists who are competent to practice in inpatient and outpatient settings involving psychiatric pharmacotherapy. A psychiatric pharmacist should possess a mastery of clinical skills needed to optimize the pharmacologic therapy needed to treat patients with psychiatric and neuropsychiatric disorders in various mental health settings. This residency provides the environment necessary to achieve the knowledge and skills needed to care for patients with a wide range of disorders. The program will foster the development of an independent, versatile practitioner. The program is also designed to produce well rounded, independent professionals through experiences in teaching, research, and professional activities.

**General Description:**

The 12-month program is designed to lead the resident through a variety of monthly and longitudinal practice experiences. By the end of the program, the resident should feel competent practicing in inpatient and outpatient settings involving psychiatric pharmacotherapy. The residency includes core rotations that are chosen to establish a strong base in psychiatric and neuropsychiatric disorders. Core disorders within this residency include depression, bipolar disorder, schizophrenia, dementias, anxiety disorders, personality disorders, and substance abuse. The resident may choose electives based on his/her career goals. Although the residency is designed around core and elective monthly or longitudinal rotations, the focus of the training will be to master each of the disease states established within the ASHP Practice Standards for a Specialized Residency in Psychiatry.

**Program Goals:**

- **Practice Excellence**
  - Develop a mastery of knowledge base in psychiatric pharmacotherapy
  - Develop solid patient care skills in both acute and chronic care settings
  - Develop a sound understanding of pharmacy practice management
  - Establish oneself as an integral member of a health care team

- **Scholastic Excellence**
  - Demonstrate proficiency in teaching in both didactic and small group learning environments
  - Develop effective precepting skills
  - Generate new knowledge in psychiatric pharmacotherapy
  - Interpret and disseminate knowledge in psychiatric pharmacotherapy
- **Individual Excellence**
  - Develop a system of self-assessment and development
  - Demonstrate exemplary verbal and written communication skills
  - Utilize a system for balancing multiple work-related and personal responsibilities
  - Understand the importance of professionalism through participation in pharmacy

## **Program Activities:**

### **Longitudinal Required Rotations:**

Medication Groups

Teaching Activities

Research/journal clubs/MUE

### **Required Rotations:**

Acute Care – 2 rotations, 6 weeks each

Geriatric Psychiatry Inpatient – 2 rotations, 6 weeks each

Outpatient Mental Health – 2 rotations, 4 weeks each

Substance Abuse – 1 rotation, 4 weeks

Mental Health Intensive Care Management – 1 rotation, 4 weeks

### **Elective Rotations (each elective is 4 weeks):**

Pain Management

MH Consultation Team/Emergency Department

OEF/OIF Trauma Clinic

Ft. Worth VA Outpatient Mental Health

Correctional Healthcare Mental Health (through Parkland Health)

\*There are opportunities for new elective rotations to be developed based on the resident's interest

+Non-VA elective rotations are only available to residents with a Texas pharmacist's license

## **Teaching Activities:**

Residents are appointed as Assistant Instructors with Texas Tech University HSC School of Pharmacy. Teaching activities for residents are designed to complement practice activities while allowing the resident to experience a variety of teaching methods.

### **Clinician-Educator Training Program**

Structured throughout the residency, this program provides training for residents who are interested in developing their academic skills. The major goal of the training program is to supplement a strong clinical background with the skills needed to become a successful educator. The program includes didactic and web-based teaching models, mentored facilitator training for small-group problem-based learning, and precepting of third and fourth-year Doctor of Pharmacy students. Residents also receive

instruction in grant writing, statistics, and clinical trial design; submit a project proposal to the institutional review board; and collect, interpret, and publish their results. Additional activities to enhance discovery, integration, and writing skills are described. The program also includes innovative discussion topics based upon needs previously identified by new faculty members. Examples include handling difficult students, writing test questions, developing consistent evaluation methods and balancing life outside of career.

### **Experiential Teaching**

Clerkship teaching (involving both P3 and P4 students) is integrated into the resident practice model. Early in the program, the resident will observe faculty clerkship preceptors and become integrated into various aspects of clerkship teaching. By the end of the residency program, residents have the opportunity to independently precept clerkship students

### **Residency Project:**

Residency Project: Residents will complete one project per year. Residents may choose any type of research project or quality improvement program, provided that the project:

- 1) includes generation of original data;
- 2) is suitable for publication or presentation at a national pharmacy meeting;
- 3) can reasonably be completed within the residency year.

### **Additional Activities:**

#### **Manuscript Preparation**

Residents are required to submit one manuscript per year for publication in a refereed journal.

#### **College of Psychiatric and Neurologic Pharmacists Annual Meeting**

Residents are encouraged to attend the annual meeting and present their research during the poster session. This meeting also provides interactive lectures for practice development and networking opportunities.

#### **Southwestern Leadership Conference (ALCALDE)**

Residents participate in this regional residents meeting, also known as ALCALDE, in the Spring. Residents have the opportunity to present their project results for evaluation. It is also a great opportunity to interact with residents from other programs throughout the region.

### **Salary and Benefits**

The stipend for one year is approximately \$48,100. Benefits include 10 days of vacation, up to 10 days of professional leave, sick leave, and a retirement and health care benefits package. Based upon funding availability, partial support to attend one national and one regional residency meeting may be available.

## **Program Leadership:**

**Monica Mathys, PharmD, BCGP, BCPP**

Associate Professor of Pharmacy Practice  
Texas Tech University Health Sciences Center

Dr. Monica Mathys obtained her Doctor of Pharmacy degree from the University of Arkansas for Medical Sciences. After graduation, she completed a Geriatric Pharmacy Specialty Residency with the Central Arkansas Veterans Healthcare System. Since completing her residency, Dr. Mathys has continued to work in academia and has held faculty positions at Southwestern Oklahoma State University, Midwestern University – Glendale, and currently with Texas Tech University Health Sciences Center. In addition to her teaching responsibilities with TTUHSC, Dr. Mathys serves as a Clinical Pharmacy Specialist in Mental Health at the Dallas VA Medical Center. She provides clinical services to both the geriatric and general psychiatric inpatient teams and is a provider within the geriatric mental health outpatient clinic.

## **Information for Applicants:**

**Qualifications:** Residency applicants must have a Doctor of Pharmacy degree from an ACPE accredited pharmacy school and be eligible for enrollment in the Veterans Administration and Texas Tech University HSC School of Pharmacy, as well as completion of an ASHP accredited PGY-1 residency. The applicant must hold an active registered pharmacist's license from a state within the United States but a Texas license is not required.

**Application:** Interested applicants should submit a letter of interest, 3 letters of recommendation, curriculum vitae, official transcripts for pharmacy education, and a completed application form via PhORCAS. Specialty residency applications are due January 1, 2019.

### **Residency Contacts:**

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## **Site Information:**

The VANTHCS consists of five campuses including the Dallas VA Medical Center, Sam Rayburn Memorial Hospital in Bonham, Fort Worth Outpatient Clinic, Plano Outpatient Clinic and Tyler Outpatient Clinic. The Dallas VA Medical Center, located 10 miles south of downtown Dallas, is a 571-bed inpatient facility with an outpatient facility that opened in 1999. Outpatient mental health services are provided by 6 different clinics. The inpatient mental health unit contains 32 patient beds in addition to 35 patient beds in the substance abuse rehabilitation program. The Dallas VA also provides intensive treatment psychiatric care (Mental Health Intensive Care Management - MHICM), clozapine monitoring clinic, opiate treatment programs, Veterans Recovery Group program, individual

and group psychotherapy, and specialized programs for Iraq/Afghanistan war veterans. VANTHCS is a major training site for multiple health care professionals and a primary teaching hospital for medical residents and fellows from the University of Texas Southwestern (UTSW) Medical Center of Dallas.