

LINCOLN MEDICAL & MENTAL HEALTH CENTER



APA Accredited Psychology Internship Program



THE TRAINING PROGRAM IN PSYCHOLOGY

Thank you for your interest in the doctoral internship program in health service psychology at NYC Health and Hospitals: Lincoln Hospital. We are a large acute care municipal hospital offering a unique and exciting opportunity for training in a diverse and supportive learning environment. We offer the opportunity for interns to work with adults and children, and to select several simultaneous rotations in Outpatient, Inpatient, and Emergency Room settings, as members of our Pediatric Subspecialty Clinic teams, as well as in our Child Abuse and Child Development clinics. Many of our staff have remained enthusiastically dedicated to this community for more than a decade. Others were former interns at Lincoln who have happily become members of our staff. We believe you will find our expertise invaluable and our energy contagious. We invite you to share in this challenging and rewarding experience.

The deadline for application and receipt of all materials is November 15th. Training begins the first Tuesday after Labor Day. For additional information, please contact:

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NYC Health + Hospitals: Lincoln Hospital's Pre-Doctoral Internship in Health Service Psychology is accredited by the Commission on Accreditation of the American Psychological Association*

*Questions related to the program's accredited status should be directed to the Commission on Accreditation:

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NYC Health & Hospitals: Lincoln Hospital

<u>HISTORY OF LINCOLN MEDICAL AND MENTAL HEALTH CENTER</u>	4
<u>LINCOLN MEDICAL AND MENTAL HEALTH CENTER TODAY</u>	4
<u>THE PSYCHOLOGY INTERNSHIP PROGRAM</u>	5
<u>PHILOSOPHY AND GOALS</u>	5
<u>OUR TRAINING MODEL</u>	6
<u>NON-DISCRIMINATION POLICY</u>	7
<u>ORGANIZATION OF THE TRAINING EXPERIENCE</u>	7
<u>THE ORIENTATION PROCESS AND SAMPLE WEEKLY SCHEDULE</u>	8
<u>FACILITIES</u>	8
• Child Development Clinic (CDC) at Morrisania Diagnostic and Treatment Center	8
• Child and Adolescent Psychiatric Services (CAPS)	9
• Child Abuse Sexual Abuse(CASA) Clinic/Child Crisis Service	10
• Behavioral Medicine	10
• Adult Outpatient Clinic	11
• Acute Psychiatric Inpatient	11
• Substance Use Treatment Services	11
• Emergency Psychiatry	12
• Consultation-Liaison	12
• Family Justice Center	
• Additional Training and Experience	13
 <u>AREAS IN WHICH TRAINEES RECEIVE SUPERVISED EXPERIENCE</u>	14
<u>DIDACTICS</u>	14
<u>INTERNSHIP PROGRAM PROCEDURES</u>	16
<u>EMPLOYMENT</u>	16
<u>INTERN'S BENEFITS</u>	17
<u>SUPERVISION</u>	17
<u>FACULTY</u>	19
<u>DIRECTIONS TO LINCOLN HOSPITAL</u>	21

HISTORY OF LINCOLN MEDICAL AND MENTAL HEALTH CENTER

For more than one-and-a-half centuries, Lincoln Medical and Mental Health Center (LMMHC) has been dedicated to the care of the poor and the disadvantaged in the City of New York. Originally founded in 1839 as the "Home for the Relief of Aged Indigent Black Persons" by a group of prominent philanthropists led by Mrs. John Jay, the hospital function gradually became the most important aspect of the operation. The name was changed to "The Colored Home and Hospital" in 1882.

In 1895, after more than half-a-century of occupying various sites in Manhattan, the Board of Trustees purchased a large lot in the South Bronx (then a semi-rural area of the city) at the corner of 141st Street and Southern Boulevard. A new hospital was built, incorporating the latest developments in medical care. The dedication took place on April 29, 1899. The hospital became a general hospital open to all people without regard to color or creed, although it maintained its founding connection as an institution dedicated to the relief and advancement of African-Americans. During the hospital's reorganization and relocation, its name was changed to Lincoln Hospital, to honor the Great Emancipator.

Because of the increasing demand for services required by a more densely populated South Bronx (and a decreasing supply of philanthropic funds), the Board of Trustees decided in 1925 to sell Lincoln Hospital to the Department of Public Welfare of the City of New York. During the next 50 years, Lincoln Hospital continued to fulfill its commitment to the care of the poor and disadvantaged, not without its share of problems brought on by World War II and the post-war period. The great outflow of physicians to the Armed Forces during World War II and the drastic socioeconomic decline in the area that followed—movement of the middle class and a large influx of immigrants from the southern regions of the United States, the Caribbean, and other countries of Latin

America—took their toll on Lincoln Hospital. In spite of adversity, the institution's long commitment to human services helped it survive and enjoy a resurgence in the 1970s as one of the finest institutions for the care of the sick and the training of professionals in the newly-formed New York City Health and Hospital Corporation.

The 1990's brought dramatic changes in all areas of health care delivery. LMMHC became part of the Generations+/ Northern Manhattan Network, together with Harlem Hospital, Metropolitan Hospital, Morrisania Diagnostic and Treatment Center, and Segundo Ruiz Belvis Diagnostic and Treatment Center. In spite of dire predictions, this network continues to strive to fulfill its mission to providing quality care to a diverse, multiethnic urban population in this era of managed care.

LINCOLN MEDICAL AND MENTAL HEALTH CENTER TODAY

In 1976, a new facility was dedicated about two miles from the "Old Lincoln," at a construction cost of 220 million dollars. The present hospital building incorporates some of the most advanced concepts in hospital design and sophisticated equipment. It occupies five full city blocks, providing quality health care to the entire South Bronx community, as well as parts of Upper Manhattan.. With an approximately 600-bed capacity, Lincoln Hospital is the single largest health care provider in the South Bronx. Although it constitutes 9% of the beds in the region, Lincoln provides 31% of the health care visits to a community where there is less than one primary care physician for every 4,000 people.

Located 20 blocks from Lincoln, Morrisania Diagnostic and Treatment Center (MDTC) is a community-based health care facility offering primary care and mental health services and a Child Developmental Center. As Morrisania is now part of Lincoln's Health Care Network, interns are afforded an opportunity for training in this facility as well.

THE PSYCHOLOGY INTERNSHIP PROGRAM AT LINCOLN HOSPITAL

The Psychology Internship Program at Lincoln Medical and Mental Health Center started in 1986 within the Division of Psychology of the Department of Psychiatry, and received full APA accreditation in 1993. Lincoln Hospital is a facility of the NYC Health and Hospitals network, and is affiliated with Weill Cornell College of Medicine. The Directors of the Departments of Psychiatry and Pediatrics provide substantial support to enable this training program to be an integrated component of Behavioral Health Services within the hospital.

The Department of Psychiatry consists of a multidisciplinary team including psychiatrists, psychologists, social workers, nurses, and numerous paraprofessionals.

Clinical services include:

- A 24-hour psychiatric emergency service
- Two 30-bed acute inpatient units which averages over 500 admissions annually
- Adult and child outpatient clinics
- A psychiatric consultation and liaison service
- A substance use treatment center, which includes an alcohol and drug treatment program with an acupuncture component
- A Mobile Crisis Unit which responds to community crisis situations
- In conjunction with the Department of Pediatrics, there is a close relationship with the hospital's Child Abuse/Sexual Abuse Clinic (Child Advocacy Clinic).

PHILOSOPHY AND GOALS

Through the Department of Psychiatry's, Division of Psychology, Lincoln Medical and Mental Health Center offers training to PhD and PsyD psychology students. Our internship offers a one-year, full-time, paid clinical training experience for doctoral students enrolled in fully APA-accredited programs

in clinical, counseling, and school psychology. This is typically taken in the final year of doctoral training, after completion of all course work.

Philosophy

Through its more than 150 years of existence, LMMHC has maintained a commitment to the provision of quality medical and mental health care within the South Bronx community regardless of ability to pay. Lincoln's population has changed over the years, but has always represented a diversity of cultural groups, with a sizable percentage of recent immigrants and families living below the poverty line. It is the commitment of the Department of Psychiatry and its Division of Psychology to have its staff and trainees reflect this cultural diversity and be sensitive to the needs and values of this population.

The training program is actively involved with its multicultural surrounding community. The Department of Psychiatry staff is multicultural and its members speak a variety of languages including Spanish, French, Creole, Yiddish, Portuguese, and Greek to name a few. Some of the clinical staff are fluent in American Sign Language as well.

The Psychology Internship Program at Lincoln has the advantage of exposure to the combined philosophies of the Departments of Psychiatry and Pediatrics. This combination has produced a unique developmental perspective on medicine and behavioral health, which emphasizes the crucial importance of the family unit in the mental health of both children and adults.

Interns are provided with opportunities to work with patients of all ages, from the early childhood to geriatric patients. The interns learn that the same symptom and overt behavior are interpreted quite differently according to the age of the patient. Even those interns who primarily want to work with an adult population receive some experience with children and adolescents. In this way, they are provided with an understanding of how childhood experiences influence adult behavior. Similarly, for interns with predominantly child and school

NYC Health & Hospitals: Lincoln Hospital

training, some adult experience is required to facilitate their work with parents. Trainees have often prematurely selected or excluded certain age categories from interest only to discover, when working with non-selected patients, that they want to continue to do so in the future.

Goals

Our goal is to provide interns with supervised experiences as beginning professionals in the various units of a large municipal hospital. Interns apply the skills they have been taught in graduate school, while learning more about brain-behavior relationships, psychopathology, psychological testing, clinical assessment, report writing, therapeutic interventions, professional ethics, and forensic/legal issues.

Aside from the obvious value of working in a hospital for those who want future careers in a hospital setting, the internship also provides important experience for those who wish to work in other settings. Interns rotate through different services, assuring exposure to a variety of activities and populations, and encouraging the refinement of diagnostic and treatment skills.

The training program offered by the Division of Psychology makes two further philosophical commitments to its trainees. Since Lincoln Medical and Mental Health Center serves a poor urban population with special sociological and cultural needs, the training program strives to divest trainees of the myths of working with such clients and to help them appreciate their strengths and special needs. The other commitment of the Division of Psychology is to increase the sense of professionalism of trainees. It is not enough that students increase their clinical skills, they must also increase their understanding of the role of the psychologist in health and mental health care, their commitment to a scientific foundation for the practice of psychology, and their adherence to the common core of ethical principles espoused by their profession.

OUR TRAINING MODEL

Our program follows a practitioner apprenticeship model that trains interns across settings of a multicultural urban hospital. We follow a biopsychosocial approach to treatment with a strong developmental, ecological and community-centered perspective. Advanced doctoral students who apply to our program are expected to be familiar with a biological basis of behavior, including genetic, neurological and endocrinological factors. Courses in anatomy and physiology of the human neuroendocrine system, neuropsychology, sensory systems, and perception in the child and adult are essential for the understanding of this biological perspective. Although knowledge of psychopharmacology and the uses of major groups of pharmacological agents are an integral part of our orientation and didactic, the doctoral student is expected to have sufficient background in psychopharmacology to further integrate and absorb this much-needed knowledge.

Solid training in the behavioral sciences and child and adult psychopathology is also to be expected. Knowledge of the DSM-5-TR classification of mental disorders and major codes is essential. Familiarity with issues regarding differential diagnosis of behavioral and mental disorders in the child and adult are discussed in all rotations and are indispensable for those desiring to spend year-long rotations in emergency psychiatry. Supervisors guide interns often using a hands-on approach to knowledge of a large variety of treatment modalities—including group and family therapy—across the spectrum of disorders in adults and children.

As part of the Health and Hospitals network (H+H), Lincoln Hospital utilizes an electronic medical record. Interns will gain valuable experience learning to document and access behavioral health information electronically.

The advanced doctoral student who applies to our training program should demonstrate—as evidenced by his or her curriculum vitae—a strong commitment to the needs of the urban poor and demonstrated cultural competency. Since approximately 40% of

NYC Health & Hospitals: Lincoln Hospital

our clients are monolingual Spanish, opportunities are extended to candidates who are fluent enough in Spanish to perform psychotherapy to work with a multilingual population. Sensitivity and work experience with minority populations and individuals who are born abroad count very favorably in the selection of candidates for initial interviews.

In the various rotations at Lincoln Hospital, psychology interns have the opportunity to acquire first-hand experience with the entire spectrum of human development (newborns, toddlers, preschoolers, children and adolescents, adult and geriatric populations). Therefore, familiarity with developmental issues for this wide range of age groups is fundamental.

Our program emphasizes an ecological and community-based perspective. We need to emphasize that Lincoln Hospital was founded to address the needs of the community that surrounds our medical and mental health center about 160 years ago. Students who apply and are accepted to our program are expected to become an integral part of the current staff who are personally committed to this community.

Professional ethics and competence in relating to clients, staff, supervisors, and administrative personnel permeates every phase of the intern's experience in their internship at Lincoln. During the initial interview candidates should demonstrate a mature approach to real examples of situational ethics and the capacity and desire to achieve the highest level of professionalism which is later required during licensed practice.

NON-DISCRIMINATION POLICY

It is the policy of NYC Health + Hospitals to provide equal employment opportunity to all employees and applicants of the System regardless of actual or perceived age, alienage or citizenship status, color, disability, gender (including sexual harassment), gender identity, marital and partnership status, national origin, pregnancy, race, religion/creed, sexual orientation, status as a

Veteran or Active Service Member, arrest or conviction record, caregiver status, credit history, unemployment status, salary history, and/or status as a victim of intimate partner violence, stalking, and sex offenses and/or any other protected class under the applicable federal, state and local antidiscrimination laws.

ORGANIZATION OF THE TRAINING EXPERIENCE

In order to obtain experience with different populations, interns select four of the placements below, and are placed one to two days a week in these units. The services on which an intern may serve are:

- Child/Adolescent Psych. Services (CAPS)
- Children's Developmental Clinic (CDC) located at Morrisania Diagnostic & Treatment Center
- Child Abuse/Sexual Abuse Clinic (CASA)
- Child Crisis Service (CCS)
- Adult Outpatient Clinic (OPD)
- Adult Inpatient Unit
- Substance Use Treatment Services (Lincoln Recovery Center, Bridge Clinic)
- Emergency Psychiatry
- Psychiatry Consultation and Liaison
- Behavioral Medicine
- Family Justice Center (FJC)

Semesters run as follows: The first from September to February; the second from March to August. The program involves four "core experiences" where interns must participate on a weekly basis, including adult, child, and one of the five pediatric psychology placements. Placements are simultaneous (see Sample Weekly Schedule on following page). Interns are also encouraged to include training at the CDC and/or CCS.

In addition to our formal placements, interns have the opportunity for exposure to other aspects of the mental health care delivery system through "mini-placements." One such opportunity involves assisting pediatric physician's in Lincoln's

NYC Health & Hospitals: Lincoln Hospital

Adolescent Medicine Clinic and Developmental Pediatrics. Other experiences include areas where psychiatrists and other allied health professionals may guide the experience. These include: Psychiatry Emergency Room and Psychiatric Consultation Liaison Service.

THE ORIENTATION PROCESS

Interns report to a general Human Resources Orientation on the first Tuesday after Labor Day. Upon completion of this orientation, interns are welcomed by the Director of Psychiatry, the Director of the Division of Psychology, the Director of Training, and the Administrative Staff.

Interns are thereafter oriented specifically to Lincoln Medical and Mental Health Center and are formally introduced to the Psychology staff. The Lincoln internship orientation process lasts three weeks, during which interns are shown the location of the placement facilities and electives, and receive training in each unit's operations.

FACILITIES

All placements are offered at Lincoln Medical and Mental Health Center or in facilities that are administratively linked to our hospital.

Child Developmental Clinic (CDC): Morrisania Diagnostic and Treatment Center (MDTC)

Location. 1225 Gerard Avenue (Between 167 and 168th Street).

Services. The Morrisania Child Developmental Center (CDC) functions as an early intervention and child development clinic and is involved with the evaluation, treatment, and follow-up of children from birth through age 18. The CDC maintains close ties with Lincoln's Neonatal Intensive Care Unit (NICU), Lincoln's Department of Pediatrics, Lincoln's Department of Ear Nose and Throat (ENT), Lincoln's Pediatric Neurology, and Segundo Ruiz Belvis Diagnostic and Treatment Center.

Admission Criteria:

- Premature, prenatally drug exposed, and high-risk infants
- Toddlers and pre-schoolers with a wide variety of medical, behavioral, and developmental problems
- School-aged children with learning as well as other developmental and physical handicaps

Intern's Participation. This placement is one day a week. Interns learn evaluation, treatment, and intervention strategies for children and their families. CDC's multidisciplinary staff provides the intern with an opportunity to interface with and learn from Psychiatry, Speech Pathology, Occupational Therapy, Developmental Pediatrics, and Social Work, as well as from other Psychology Supervisors. CDC is also actively involved in program implementation and consultation to Early Intervention and Preschool programs in the South Bronx Community.

Supervision is one hour per week. An additional supervision hour may be assigned for family therapy cases. Interns are assisted in formulating an organized therapeutic plan and integrating their own knowledge and that of the supervisor into practical treatment approaches. Intensive guidance in interpretation and integration of psychological test data and the organization of a comprehensive psychological report is also a goal of the supervision.

Goals:

- To learn infant/pre-school assessment on an apprenticeship basis. Interns initially observe and ultimately test one patient per week. By August, interns are expected to have submitted a minimum of eight reports on evaluations of infants and preschool children.
- Interns learn the basics of play therapy, cognitive/behavioral approaches to behavior management and the basics of family system treatment approaches

NYC Health & Hospitals: Lincoln Hospital

- To participate on team conferences and handle parent-interviews for at least three cases, including explaining to parents CDC's multidisciplinary evaluations and recommendations.

A report is to be completed for each evaluation prior to the case appearing on case conference agenda (about three weeks). Treatment cases require treatment plans and quarterly treatment summaries. In addition, interns may choose to learn assessment of physically handicapped infants and children, including cerebral palsy, spina bifida, etc.

Child/Adolescent Psychiatric Services (CAPS)

Location. CAPS is located on the 4th floor (Unit 4-A) at Lincoln Hospital.

Services. CAPS provides psychotherapy services to children and adolescents, as well as parent-child counseling services. This latter service helps parents to understand and cope with the child's disorder. CAPS services children with a multiplicity of behavioral problems from age 5 to 18.

Goals:

- To become familiar with the process of intake, psychosocial assessment, and psychological assessment of children and adolescents
- To provide individual, group, and family treatment utilizing a variety of modalities and approaches
- To co-lead groups for children and/or parents
- To develop the psychology intern's competence in cognitive behavior therapy, play therapy, and parent-family therapy.

Intern's participation: The intern is expected to complete the following for each assigned case:

- Treatment plans, within 30 days of case assignment, and treatment plan updates every three months
- Utilization review, in which a review of the case is made 30 days after admission. The Certification of Quarterly Review addresses

the need for continued treatment every three months

- Transfer summary if the case is transferred to another clinician
- Termination summary if the case is closed
- Contact with school, foster care, and other community-based agencies
- In addition, interns are expected to meet with other clinicians who are also providing services (e.g., medication, clinic attending physician, group leader) as treatment plans and utilization review are completed

In this placement, interns attend weekly individual supervision sessions. Interns also learn about hospital admission policies and procedures for reporting suspected neglect or abuse.

Child Abuse/Sexual Abuse Clinic (CASA)

Location. The Child Abuse/Sexual Abuse Clinic is located on the 4th floor (Unit 4-A, next to CAPS) at Lincoln Hospital.

Services. The Child Abuse/Sexual Abuse Clinic serves in an advocacy role with legal, child welfare and law enforcement agencies and includes a parental education component for the prevention of child abuse. The program also offers short-term psychological therapy for victims of abuse.

Goals:

- To serve the needs of physically and sexually abused children who require expert medical care and psychosocial evaluation
- To act as an advocate within the legal, child welfare, and law enforcement agencies.

Intern's participation: Interns provide acute psychological trauma assessments, psychological evaluations, and supportive psychotherapy for the abused child and their family. They also participate in regular multidisciplinary meetings held jointly by the Child Psychiatry Department and Child Protection Program. Interns may be involved in the parenting program where courses are offered in both English and Spanish. A forensic report is completed on each child who is evaluated in the

NYC Health & Hospitals: Lincoln Hospital

Child Protection Program, and the staff is available to provide expert court testimony within the area of child maltreatment.

Child Crisis Service (CCS)

Location. The Child Crisis Service is located on the 4th floor (Unit 4-A, next to CAPS) at Lincoln Hospital.

Services. The Child Crisis Service is dedicated to providing evaluation and follow up services for children and teenagers in crisis. This clinic often receives referrals from Lincoln's own Child Advocacy Clinic and Emergency Department to provide support for children who have been abused and who are in crisis. Children evaluated in the program are not only referred not only from within Lincoln Hospital but also from the Administration for Children's Services, foster care agencies, schools, and independent sources.

Goals:

- To serve the needs of children and teens in crisis who require immediate and ongoing care and psychosocial evaluation
- To advocate within the legal, child welfare, and law-enforcement agencies.

Intern's participation: Interns provide acute psychological evaluations, and brief supportive psychotherapy for children and families in crisis. They also may participate in regular multidisciplinary meetings held jointly by the Child Psychiatry Department and the Child Protection Program. In cases of abuse, past interns have worked with staff who have made themselves available to provide expert court testimony within the area of child maltreatment.

Behavioral Medicine

Behavioral Medicine placements vary annually in the following clinics: Adolescent Medicine, General Pediatrics, and Developmental Clinics.

Location. Subspecialty Clinics are located on Lincoln Hospital's first floor (area 1C2), second floor (2A2), and fourth floor (4A).

Services. These clinics provide specialized care for patients with chronic illnesses that cannot be adequately managed in the general pediatric and adult clinics.

Goals.

- To develop an understanding of illness, along with related psychological factors and psychological problems which might result from illness
- To develop the skills in individual and family interviewing necessary to understand patients whose illness is poorly controlled or who are experiencing adjustment problems secondary to illness
- To develop the skills in organizing and presenting clinical data necessary to provide psychological consultations to patients' physicians and other health care team members.
- To develop the skills in individual and family counseling/psychotherapy and crisis intervention necessary to provide therapeutic intervention for patients whose illness is poorly controlled or who are experiencing adjustment problems secondary to illness
- To develop the knowledge and skills necessary to assist families in relating effectively to the multiple health, education, and other systems affected by the patient's illness.

Intern's participation. Each of these clinics is the setting for a separate Pediatric Psychology placement. Each placement is for 4-5 hours per week. Interns learn about the pathophysiology of the illness, the medical regimen necessary to control illness, psychological factors affecting adherence to treatment and control of illness, and adjustment problems resulting from these illnesses. Supervision provided weekly in group format.

The Adult Outpatient Clinic

Location. The Adult Outpatient Psychiatric Clinic is located on the 7th Floor of Lincoln Hospital (Unit 7B).

NYC Health & Hospitals: Lincoln Hospital

Facilities: The Adult Outpatient Psychiatric Clinic accommodates between 19,000 and 22,000 visits yearly from community residents seeking mental health services. It provides individual, group, couple and family therapy, medication management, as well as referral to other agencies.

Services. The Adult Outpatient Psychiatric Clinic provides comprehensive treatment to patients representing a broad spectrum of psychopathology and service needs. When needed, neuropsychological evaluations are provided to facilitate diagnosis and treatment planning.

Goals: The goal of this placement is to provide the intern with a realistic experience of the professional activities and skills required in a typical day in an outpatient clinic in a community-based hospital. Psychology interns have the opportunity for a varied experience in terms of diagnostic categories following DSM-5-TR and ICD-10 guidelines, and the use of diverse psychotherapy modalities within a psychiatric team approach.

Intern's Participation. Interns participate one to two days a week on the unit. Psychology interns on this service provide intake, psychological testing and consultation, and are given the opportunity to learn neuropsychological assessment and provide consultation to medical units and other departments within the hospital. In addition, they conduct screening interviews, and they provide individual and group psychotherapy. Under the supervision of licensed psychologists, interns also evaluate, assess, diagnose, and recommend modalities of treatment for clients entering the outpatient services.

Adult Psychiatric Inpatient Unit

Location. The Adult Inpatient Psychiatric Unit is located on the 10th Floor of Lincoln Hospital (Unit 10-A).

Service: Psychology interns may complete a clinical placement on Unit 10-A/C, working as part of the inpatient team, where they meet with acute patients individually, in group, as well as conduct psychological testing. Tests of IQ and Adaptive

Functioning, as well as Projective Assessments, are used to clarify differential diagnosis and to address issues relevant to appropriate discharge planning. Often times patients from the Adult Inpatient Unit are transitioned to the Adult OPD Service and may continue to be followed there by interns.

Substance Use Treatment Services

Substance use treatment services at Lincoln Hospital are delivered by four teams; 1) the Screening, Brief Intervention & Referral to Treatment, or **SBIRT team**, which is based in the Emergency Department, ED, for patients reporting substance use, 2) the Consult for Addiction Treatment & Care in Hospitals, or **CATCH team**, for patients reporting substance use who have been admitted into the hospital, 3) **The Bridge Clinic** and, 4) **Lincoln Recovery Center, LRC**, the two teams that provide outpatient substance use disorder, SUD, treatment services. The Bridge Clinic provides Medication Assisted Treatment, MAT, (e.g. Sublocade or Vivitrol injections), and LRC, our harm-reduction to abstinence continuum outpatient treatment clinic which provides a holistic approach to SUD treatment through evidence-based, psychoeducational group and individual counseling sessions, utilizing motivational interviewing, client centered and trauma informed approaches in conjunction with complementary treatment interventions such as Auricular Recovery Therapy, A.R.T., Reiki and Tai Chi.

Interns who choose the Substance Use Services rotation can combine these experiences by participating in the group treatments at **Lincoln Recovery Center** and providing individual psychotherapy addressing the psychological issues that may be complicating the recovery process to select patients in **The Bridge Clinic**. Interns may also observe the **CATCH** team round on the inpatient units on occasion if they choose.

Goals of the rotation include:

- developing an understanding of addiction as a multifaceted condition influenced by biological, psychological, and social factors.

NYC Health & Hospitals: Lincoln Hospital

- acquiring skills in comprehensive interviewing and assessment of patients with substance use disorders, including evaluation of co-occurring mental health conditions.
- enhancing the ability to function as a psychological consultant within a multidisciplinary healthcare team, providing input on patient care and treatment planning.
- developing proficiency in individual and group therapy techniques, including motivational interviewing, cognitive-behavioral approaches, and relapse prevention strategies, while integrating principles of harm reduction.
- cultivating skills in family education and support to assist patients and their loved ones in navigating recovery systems.
- gaining knowledge in community resources and systems of care that promote long-term recovery.

Supervision for psychotherapy work is provided by the Lincoln psychology staff.

Emergency Psychiatry

Location. The first floor next to Medical and Pediatric emergency areas.

Facilities. A large number of psychiatric patients (adults as well as children) are seen for the first time during the course of an emergency visit. The Emergency Room clinical experience provides the psychology intern a unique supervised experience in a busy municipal hospital psychiatric emergency room and holding area. The experience provides an exposure to individuals in crisis and deals with evaluation and stabilization of patients afflicted with schizophrenia, delirium, manic states, suicide attempts, drug intoxication, drug overdose, or who are victims of accidents or abuse

Intern's participation. Emergency Psychiatry can be selected as a major placement during weekdays during an entire semester. Some of the adult admissions are transferred to our inpatient unit;

children may be asked to return to CAPS on an ambulatory basis. For those selecting the placement as an elective on weekends, the Emergency Psychiatric experience also provides exposure to medical-psychiatric interface cases which are not normally available on weekends. Under the guidance of an attending psychiatrist, interns participate in consultations to medical floors throughout Lincoln Hospital, including surgical and pediatric emergency services. The therapeutic modalities include crisis intervention, pharmacological interventions, and interpretation of relevant laboratory data. Cases run the spectrum of acute diagnoses; patients are frequently homeless, may exhibit the diagnosis of Mentally Ill Chemical Abuser (MICA), and may be infected with HIV.

Goals. Either as a major rotation, or as an elective, the training goal is to provide the intern with experience and skills to make diagnostic decisions quickly, sometimes on the basis of limited information, while confronted with issues of differential diagnosis and appropriate referrals.

Consultation/Liaison

Interns have the opportunity to accompany the Consultation-Liaison staff during bedside consultations and assessments. They may encounter issues of diagnosis and discussions regarding the presence of psychological symptomatology in patients being treated for other medical conditions. Interns may subsequently be assigned treatment cases from patients initially referred from Consultation-Liaison. Additionally, interns will have the opportunity to assess newly admitted patients from the ED into the Peds Medical Unit to determine continued need for inpatient hospitalization.

Family Justice Center

Location. The Adult Outpatient Psychiatric Clinic is located on the 7th Floor of Lincoln Hospital (Unit 7B).

The Family Justice Center (FJC) was created to provide treatment and support for survivors of

NYC Health & Hospitals: Lincoln Hospital

domestic violence, Intimate Partner Violence (IPV), sexual trafficking and other gender-based violence. Our psychiatrists, psychologists, and social workers provide outpatient medication management, as well as individual and group therapy in both English and Spanish.

Intern's participation: The intern will carry two adult cases and/or co-facilitate a 10-week trauma skills group, as well as participate in one case conference during the rotation. Intern will also be offered the opportunity to lead one workshop as part of the FJC Core & Advanced Training Series that is offered to all FJC staff across the five boroughs and includes opportunities to provide training in the following areas: Mental Health 101, Suicide Risk and Assessment, Vicarious Trauma, or Grounding and De-escalation. Additionally, the intern will create and facilitate a workshop based on the current identified needs of the FJC.

Goals: Interns will have the opportunity to function as part of a multi-disciplinary team of psychiatrists, psychologists, social workers, case managers, attorneys, and domestic violence counselors to provide comprehensive care to the survivors. Additionally, the intern will have the opportunity to participate in presentations and training in evidence-based trauma treatments. As the mental health professional and trauma specialist at the FJC, the intern will be called on to provide consultation to other organizations and departments within the FJC.

ADDITIONAL TRAINING AND SUPERVISION

To supplement their primary placements, interns may take advantage of additional training opportunities. These include Lincoln Hospital's Alcohol and Drug Treatment Program, the Emergency Room, Mobile Crisis Unit, and a variety of on-site and off-site conferences.

Bilingual Consultation Group

Our hospital provides services to a large number of Spanish-speaking families, allowing Spanish-

speaking doctoral interns the unique develop their Spanish clinical vocabulary through conducting clinical interviews, therapy, administering measures in Spanish, and providing feedback in Spanish. Additionally, interns will have clinical opportunities to conduct assessments with referral questions centered around issues of bilingual language development and the influence of culture and acculturation on cognitive, academic, and socioemotional functioning. The program aims to match Spanish-speaking interns with Spanish-speaking supervisors.

In addition, the program provides monthly Spanish-speaking consultation groups for Spanish-speaking interns, social workers, and psychiatry residents. The Bilingual Consultation Group is designed to assist current Spanish-speaking interns with enhancing their abilities to provide therapy services to Spanish-speaking populations. The group, which meets once a month for one-hour, is facilitated predominantly in Spanish and includes group discussion, distribution and review of handouts/materials, live role-plays, and case presentations. All levels of Spanish fluency are welcome.

Interns as 'Supervisors in Training'

We are committed to our goal of providing an internship that will prepare our interns to develop clinical proficiency as they move towards becoming practicing psychologists. One major area in which we wish our interns to gain proficiency is clinical supervision.

Interns are provided opportunities to gain 'hands on' experience in supervision. During their second semester in Dr. Fraser's team supervision—comprised of the five psychology interns—interns rotate as Weekly Supervisor. In this role, each will run the 90-minute supervision team, leading their peers on individual and family psychotherapy cases. Dr. Fraser is present during the team, where he participates in case discussion, evaluating each interns' competency in supervision.

NYC Health & Hospitals: Lincoln Hospital

Additionally, opportunities are provided to discuss issues in clinical supervision, which may include roles, conflicts, and other dilemmas they may encounter in their development as junior supervisors during didactics and check-in discussions with the Internship Director.

Crisis Intervention Team

When larger community emergencies develop, interns may be called upon to assist staff who make field visits. The Mobile Crisis Unit (MCU) is a special feature of Lincoln Hospital, and has been created to address the needs of individuals in crisis in the community. Typically, it consists of home visits to patients who are experiencing the acute manifestations of a major psychiatric disorder and yet are reluctant to seek psychiatric assistance, or those who, for unknown reasons, have stopped attending their regular appointments at our clinics. While this is not a formal weekly placement, over the course of the internship year interns may find themselves in need of the crisis intervention team services. During such crises, the intern will work hand-in-hand to assist the MCU team in reaching out to patients in need. From time to time, members of the Department of Psychiatry have also been called on to address the psychological needs of groups of individuals who have experienced catastrophic losses or have been involved in multiple-victim accidents. Interns may be invited to participate in such efforts on a case-by-case basis.

On-Site and Off-Site Training

In addition to the on-site clinical placements described earlier, Lincoln Hospital is a participant in H&H ongoing training program coordinated with the Office of Behavioral Health. One-to-two day workshops, as well as longer-term programs, are offered throughout the Health and Hospital system, and psychology interns are encouraged to attend. Lincoln Hospital has hosted some of these training programs in the past.

Interns, in coordination with their supervisors, are also encouraged to attend training workshops sponsored by the American Psychological Association and the New York State Psychological

Association. With prior approval of the Director of Psychology and Training Director, interns may attend relevant off-site training conferences.

AREAS IN WHICH TRAINEES RECEIVE SUPERVISED EXPERIENCE WITHIN PLACEMENTS

Within their placements, interns have the opportunity for supervised experience in the following areas:

- Psychotherapy
- Psychological/Neuropsychological Testing
- Early Intervention/Developmental Disabilities
- Crisis Intervention
- Psychoeducation
- Consultation
- Family Therapy
- Behavioral Medicine
- Chronic Illness
- Multiculturalism
- Clinical Supervision
- Legal Issues & Forensic/ Court Evaluations
- Ethical and Professional Issues

DIDACTICS

The interns are provided year-long didactic experiences intended to enhance their clinical opportunities. These experiences include:

- *Weekly Psychology Internship Seminars.* A variety of topics of importance to professional psychologists are presented by staff psychologists and psychiatrists. Every Tuesday afternoons, interns are provided two one-hour long courses on topics including but not limited to: trauma, developmental disorders, evidence-based treatments, projective testing, and substance abuse treatment.
- *Clinical Colloquia.* 2-4 week specialized training on the following areas: family

NYC Health & Hospitals: Lincoln Hospital

therapy, play therapy, neuropsychological testing, systems theory, forensic psychological assessment, group therapy, issues in an urban community setting, and treatment strategies in child abuse.

- *Weekly Psychiatry Grand Rounds.* The Department provides lectures by noted speakers on numerous aspects of psychiatric/psychological practice. Past speakers have included psychiatrists and psychologists from the NYU Child Study Center, NIMH, Columbia Presbyterian, Fordham University, and the Minuchin Center for the Family.
- *Journal Club.* Psychology Interns pick a research topic of their choice and prepare a presentation to the clinical staff.
- *Unit Inservice Training.* Each placement unit holds its own in-service training sessions focusing on topics specifically relevant to that unit.
- *Case Conferences/Case Presentations.* Interns present assessment cases for discussion at Team Conference Meetings. In addition, interns present a treatment or evaluation case under the guidance of their supervisors.

We have attempted to strike a balance between breadth and intensity of clinical experience. Interns make an estimated time commitment of 40-45 hours per week, of which approximately 20% is didactic, 40% direct service (e.g., therapy, assessments, team meetings), and 20% supervision. Interns regularly meet with the Internship Director and with the Director of the Psychology Division. Interns also attend staff meetings, disposition meetings and participate in unit program development. These activities account for 10% of the intern's time. Case management, chart work and other writing activities comprise the remaining 10% of the intern's time. The interns are also encouraged to participate in ongoing departmental research, as well as to work actively on their dissertations.

Sample Weekly

	MONDAY	TUESDAY	WEDNESDAY
8:00			
:30			
9:00	CDC	Didactics	OPD
:30			
10:00			
:30			
11:00			
:30			
12:00	LUNCH		LUNCH
:30		LUNCH	
1:00	CDC		CAPS
:30		CAPS	
2:00			
:30			
3:00			
:30			
4:00			
:30			
Other:			

INTERNSHIP PROGRAM PROCEDURES

The Application Form

Since 1997, the Psychology Internship Program at Lincoln Hospital has accepted APPIC's Universal Application form.

Review of Documentation

We operate in accordance with the new APPI online application process, and as such require:

- A curriculum vitae
- Transcripts of graduate school training (if you feel it is appropriate, you may include some undergraduate training)
- Three Standard Reference Forms

All documentation should be submitted online according to the APPI guidelines. The closing date for application is November 15. The staff interviews all candidates who, in our view, are most qualified and whose interests best fit Lincoln's training opportunities. Lincoln Hospital is a member of the New York City Health and Hospitals and abides by all provisions of equal opportunity/affirmative action employment practices

Applicants Invited To Be Interviewed

Because of the large volume of applications, we commonly interview approximately one-third of all applicants. Each selected applicant is interviewed by at least two faculty members and meets with our current interns. The applicant is contacted by telephone to arrange for an interview.

Interviews are scheduled throughout December and January. All applicants are interviewed by two psychology supervisors and meet with current psychology interns as well. An interview entails a 2-3 hour commitment.

APPIC Internship Matching Program

We participate in the APPIC Internship Matching Program. Applicants must obtain the Application Agreement Package from the National Matching Service Inc, PO Box 1208, Lewiston, NY 14092-

8208; Tel. (716) 282-4013, Fax (716) 282-0611

- The Internet Web Site Address is:
<http://www.natmatch.com/psychint>
- Our Program Code Number is 4471.

EMPLOYMENT

Formal Letter of Invitation

The applicants are notified on Match Day that they have been selected for the internship program at Lincoln Medical and Mental Health Center. The Director of Training will contact each matched applicant by phone, and a letter of invitation follows immediately after such verbal communication, with a copy to the Director of Graduate Training.

Prerequisites for Acceptance

- Enrollment in an APA-accredited Ph.D., Ed.D. or Psy.D. program in Clinical, Counseling, or School Psychology
- Successful completion of all graduate coursework towards a doctoral degree including practica and externships, with experience in psychological testing and various forms of psychotherapy
- Completed APPI universal application form
- Three Standard Reference Forms
- Curriculum vitae
- Personal interview
- Successful passing of NYC Health and Hospitals Human Resources background/screening process

Formal Letter of Acceptance

Upon receiving our written invitation to join our internship program, the applicant is asked to send a formal letter of acceptance.

Employment Contract and Pre-Employment Medical Clearance

Selected individuals become employees of the Health and Hospital network and sign a formal contract. The interns are also required to have a physical examination prior to working at Lincoln Hospital. Interns may choose to bring the results of

NYC Health & Hospitals: Lincoln Hospital

physical examinations administered by their private doctors. Interns are subject to H&H regulations requiring mandatory drug testing and background check prior to employment.

Termination of Employment

To ensure continuity of employment for future interns, the Health and Hospital Corporation requires interns to submit a formal letter of resignation at their end of the internship. As interns are employees of NYC H&H, they must adhere to all Corporation policies for termination of employment.

INTERN'S BENEFITS

Salaries and benefits are determined by New York City Health and Hospitals. While in training, Interns receive the following benefits:

- Stipend of **53,174** for 2026-2027 year
- Health insurance benefits
- 18 days Annual Leave
- 11 holidays
- 10 sick days (Accrued monthly)
- Parking lot access. Lincoln Hospital has a convenient, five-story, secure facility that is available to interns 24-hrs a day, and currently charges \$95/month
- \$13.00 daily FOOD VOUCHER for breakfast and lunch (amounting to over \$3,348 for food)
- NYC ID member benefits
- Option to apply for pre-tax unlimited MetroCard (if using public transportation)
- Perks at Work discount benefits
- Free access to Lincoln Hospital employee gym, as well as free exercise classes (Dance Exercise, Yoga, Tai Chi, and Zumba)

Vacation time and/or religious holidays need to be requested in writing and approved at least two weeks in advance. In the event that illness prevents attendance at work, the intern is responsible for notifying the supervisor at the scheduled start time

that he/she is unable to come to work. Interns are also responsible for rescheduling patients.

SUPERVISION

Each supervisor is a licensed psychologist in New York State. Interns are supervised by at least three licensed psychologists during each semester. Supervisors are assigned to each intern at the outset of the internship year for individual psychotherapy and group psychotherapy in outpatient and crisis clinics, as well as for psychological testing.

Interns receive a minimum of four to five hours per week of supervision. Although, as a rule, one hour is devoted to supervision of assessments of outpatients and one hour to psychotherapy, supervisors may rearrange the ratio according to the needs of their units.

In an effort to provide maximal support for interns and immediate exposure to complex cases and new populations, supervisors do their best to provide all interns cases that will help them to grow and develop clinically and professionally.

Interns may receive additional supervision from unit psychiatrists, particularly when issues regarding medication are concerned. Communication with all members of the clinical team (e.g., social workers, case managers) is actively encouraged. Supervisors from each unit review, discuss, and countersign all cases seen by the intern. At both the 6- and 12-month points during training, supervisors provide performance evaluations according to unit-specific evaluation formats.

Aspects of performance subject to evaluation include initial intake interviews, psychosocial history, psychological assessment (including neuropsychological evaluation), report writing, and treatment planning and clinical competence (e.g., individual, family or group therapy).

Supervisor Meetings

All Psychology Supervisors meet on the first Wednesday of each month to share ideas and to

NYC Health & Hospitals: Lincoln Hospital

discuss program issues. An intern representative regularly attends these monthly meetings to provide feedback from interns to the supervisors, and to maintain open communication between interns and staff. This is typically used as an opportunity to let staff know what is going well, as well as to inform supervisors about interns' needs and possible problems so that swift problem resolution can take place.

Monthly meetings are also used by supervisors to discuss intern needs and progress, as well as to handle problems they may encounter in supervising interns. Psychology Supervisors also meet on the third Wednesday of each month for a supervisors' support/supervision meeting. Whereas the first monthly meeting is more administrative in nature, this supervisors meeting is geared towards providing psychology staff a place to offer supervisory and professional support to one another.

A full listing of the current Supervising Psychologists and other training staff can be viewed on the next two pages.

FACULTY 2026-2027

Heather Nash, Ph.D. Director of Psychology, Supervising Psychologist and Director of the Adult Inpatient Externship Program, Ph.D. in Clinical Psychology, St. John's University (2000). Specialization Certificate in Group Psychotherapy. Dually-trained in psychodynamic and CBT approaches. Interests include: treatment of Severe and Persistent Mental Illness (SPMI), patient engagement, recovery models, and poetry therapy.

Michael Fraser, Ph.D. Director, Unit Chief; Supervising Psychologist, Child and Adolescent Psychiatric Services. Ph.D. in Clinical Psychology, Temple University (2001). Interests include: psychodynamic and structural family therapy approaches to treatment of psychopathology during childhood and adolescence; adolescent substance abuse prevention & treatment; forensic assessment; stress and its relation to psychopathology; compulsive internet and video game use; and the application of computer-based technology to issues in psychology.

Neil M. Allicock, Ph.D. Staff Psychologist, Adult Inpatient Psychiatric Unit, Lincoln Medical and Mental Health Center. Ph.D. in Clinical Psychology, City College of New York (2024), City University of New York, New York, NY. Specialized in the treatment of adults with serious mental illness on acute and extended-stay inpatient psychiatric units. Training in evidence-based interventions for mood disorders, psychosis, and co-occurring substance use, and provides individual and group therapy, crisis intervention, and diagnostic assessments. Research and clinical interests include examining the role of macro-level factors of racial inequity manifest in the neighborhood and impact mental health and substance use.

Wendy Chang, Psy.D. Staff Psychologist, Child and Adolescent Outpatient Department, Lincoln Medical and Mental Health Center. Psy.D. in Clinical - School Child Psychology, APA-Accredited Clinical-School Child Psychology Doctoral Program (2015), Ferkauf Graduate School of Psychology, Yeshiva University, New York, NY. Trained in individual, dyad, group, and family therapy. Skilled in integrative, short- and long-term psychotherapies, with multicultural lens and a psychodynamic framework provide evidence-based interventions. Experienced in child and adult psychiatry, diversity training, cultural humility supervision, working in multidisciplinary teams with a cultural competence focus, and psychometric and neuropsychological testing in Spanish and English. Research interests include: Latino Psychology, parenting, multiculturalism, and trauma.

Veronica Christopoulos, Psy.D. Supervising Multilingual (English, Spanish and Greek) Pediatric Psychologist at the Child Development Clinic- at Morrisania-Health and Hospitals-Gotham Health Center. Doctorate in Clinical/School Child Psychology from Pace University. Pediatric Psychologist with extensive (25+ years) and hands-on experience in the New York/New Jersey Area (NY/NJ licensed). Knowledgeable in working for Early Intervention (part of the Department of Health), the Committee of Special Education (part of the Department of Education) and the NY State Office for People With Developmental Disabilities (OPWDD). Specialized expertise in assessing toddlers, preschoolers, children and families. Knowledgeable in attachment-based treatment, child parent psychotherapy, provide clinical supervision to psychologists in training and medical residents, expertise in providing pediatric consultation of subspecialty clinics (Neurology, Diabetes, Asthma, Adolescent Medicine), cognitive behavioral treatment, family systems approach, culturally sensitive, eclectic and neurodiversity affirming support modalities. Diagnostician of Neurodevelopmental delays such as autism, ADHD, anxiety, learning disabilities, global developmental delays and mental health related issues. Accountable and responsible with a strong focus on parent-child wellness while providing services that will help families achieve their child's developmental milestones and reach their highest potential.

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Shirley Disu, PsyD, M.Psa, CCLS, NC-PsyA, NCCA. Psychologist Level III, Pediatric Primary Care at Lincoln Medical and Mental Health Center. PsyD in Clinical Psychology, California Southern University (2018); Post-Master's Certificates in Psychoanalysis, International School for Mental Health Practitioners (2014) and Child Life, University of La Verne (2006); and Masters of Arts in Developmental Psychology, Teachers College, Columbia University (2001). Trained in psychoanalysis, eclectic approaches, play techniques, aromatherapy, and holistic care. Experienced in early childhood, lifespan, trauma, multiculturalism, family, immigrant mental health, and wellness.

Elizabeth Donahue, Ph.D. Supervising Psychologist, Adult Outpatient Department, Lincoln Medical and Mental Health Center. Ph.D. in Clinical Psychology from Long Island University, Brooklyn (2008). Licensed Psychologist in New York State. Current interests include: the diagnosis and treatment of PTSD, relational psychotherapy and women's mental health. Trained in psychodynamic, CBT and DBT approaches to treatment.

Jackaira Espinal, Psy.D. Supervising Psychologist, Child and Adolescent Psychiatric Services. Psy.D. in Clinical and School Psychology from Kean University (2019). Licensed bilingual psychologist in New York and New Jersey States. Postdoctoral training at New York-Presbyterian/Columbia University Medical Center's Youth Anxiety Center with a focus on transitional aged youth and evidence-based treatment for anxiety and other comorbid presentations. Experience in evidence-based treatments such as Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), and related therapies (DBT, ERP, psychodynamic) for a variety of presenting problems. Interests and experience include working with underserved populations, diversity issues, assessment, integrated care, and community outreach.

Stephanie Hernandez, Psy.D. Psychologist, Child and Adolescent Psychiatric Services, Psy.D. in School/Clinical/ Child Psychology from Pace University (2021). Current interests include working with children and adolescents who have experienced trauma, diverse individuals from underserved populations, and systemic and community psychology.

Suzanne Hirsch, Ph.D. Supervising Psychologist, Adult OPD, Ph.D. in Counseling Psychology, State University of New York at Buffalo (1999). Licensed Bilingual (Spanish) Psychologist in New York State. Current Interests include: group process, feminist theory, systemic and community psychology.

Talia Zarbiv, Psy.D. Staff Psychologist, Child and Adolescent Psychiatric Services. Psy.D. in School/Clinical/ Child Psychology from Pace University (2018). Interests and experience include: family work through a psychodynamic lens, treatment of childhood sexual and physical assault trauma, resilience research, and cultural humility.

Additional Training Staff

- ♦ Christian Gonzalez, M.D., Attending Child Psychiatrist, Child OPD
- ♦ Paola Carugno, M.D., Attending Physician, Director PEDS Developmental Clinic
- ♦ Monique Collier, M.D., Attending Physician, Chief of Pediatric and Adolescent Ambulatory Care
- ♦ Julie Nagpal, M.D., Attending Physician, Chief of Adolescent Medicine
- ♦ Brian Ladds, MD., Attending Physcian, Consultation/Liasion Service

HOW TO GET TO LINCOLN HOSPITAL

Public Transportation

Lincoln Medical and Mental Health Center is easily accessible by public transportation. **From the East Side Manhattan**, take IRT subway number 4 or 5 uptown and exit at 149th street and Grand Concourse. **From the West Side Manhattan**, take the subway number 2 uptown, and exit at 149th street and Grand Concourse. From the street level upon exiting the subway, Lincoln Hospital is readily identifiable by its modern architecture and terracotta walls.

Driving Instructions

From the East Side of Manhattan: Take the FDR Drive over the Willis Avenue Bridge, bear left and get on the Major Deegan Expressway. Get off at the first exit (138th Street and Grand Concourse). Bear right as you get to this exit; take Grand Concourse to 144th Street and turn right on 144th Street. Drive approximately 2 1/2 blocks crossing a bridge over railway tracks; you will see Lincoln Hospital Parking on your left side.

From the West Side of Manhattan: Take the West Side Highway to 125th Street exit. Go straight across 125th Street to Madison Avenue and go straight across the 138th Street Bridge. At the third light make a left onto Park Avenue. Go to 144th Street and turn right on 144th Street. Drive approximately 2 1/2 blocks crossing a bridge over railway tracks; you will see Lincoln Hospital Parking on your left side.

From Queens: Cross the RFK Bridge. Take the Major Deegan Expressway to first exit, which is 138th Street (138th Street and Grand Concourse). Bear right as you get to this exit; take Grand Concourse to 144th Street and turn right on 144th Street. Drive approximately 2 1/2 blocks crossing a bridge over railway tracks; you will see Lincoln Hospital Parking on your left side.

From Upstate: If you are coming from the west side of the Hudson River (through New Jersey) take the George Washington Bridge to the Cross Bronx Expressway to Major Deegan Expressway. Exit at 138th Street (138th Street and Grand Concourse). Bear left as you get to this exit; turn left onto 138th Street, make a left turn at Park Avenue, go uphill and turn right on 144th Street; you will see Lincoln Hospital Parking on your left side.

If you are coming through Highway 87, stay on Major Deegan and exit at 138th Street (138th Street and Grand Concourse). Make left onto Park Avenue and then turn right on 144th Street. You will see Lincoln Hospital Parking on your left side.

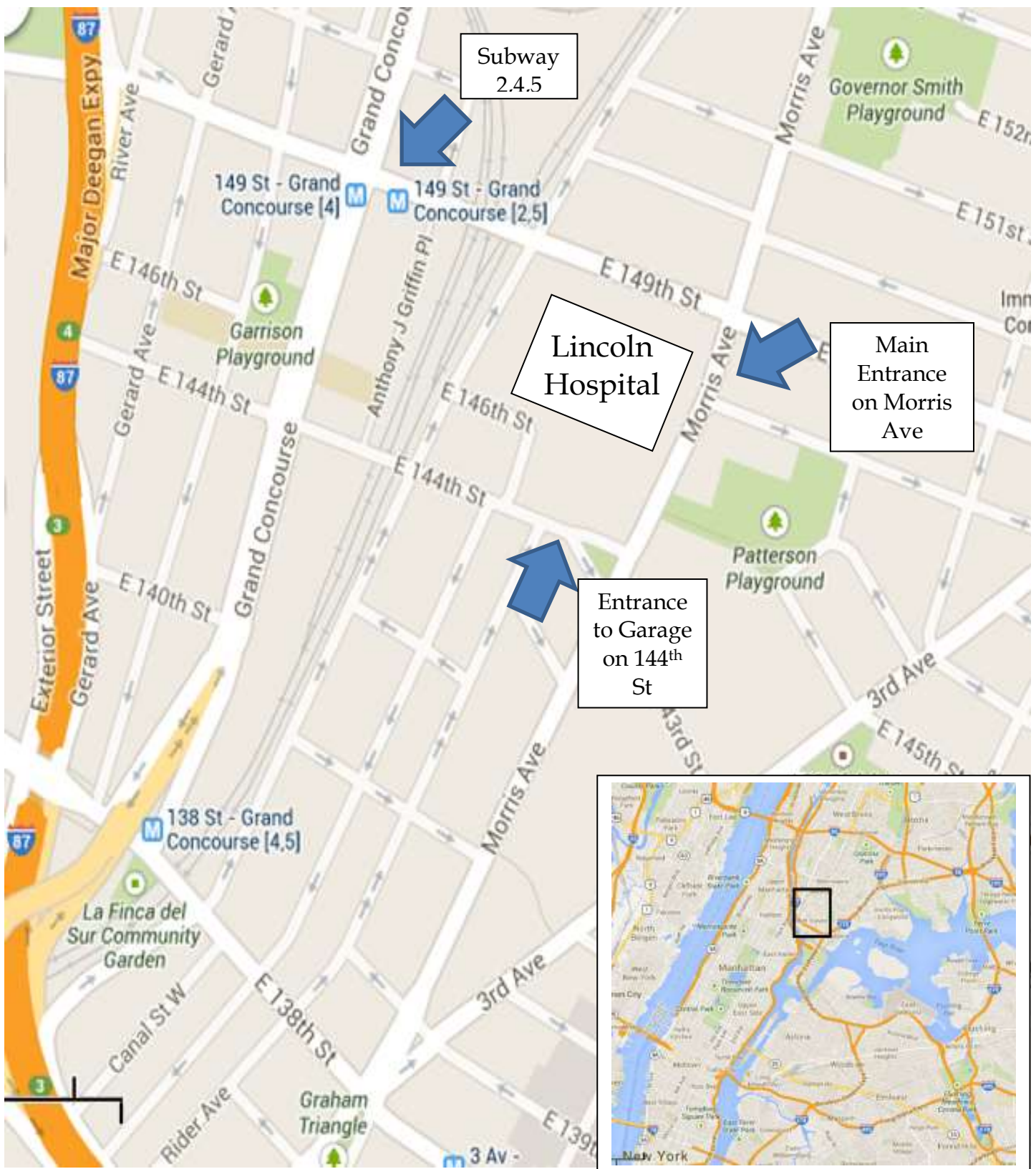
Parking

Tell the attendant Lincoln Hospital parking lot that you are being interviewed for an internship at Lincoln and that you need a parking space for only few hours. If the attendant is unable to find a space for you, you may wish to use the Municipal Parking lot on 149th Street between Courtland and Morris Avenues.

Taxis

If you are traveling by taxi, direct the driver to the main entrance of Lincoln Hospital—a circular driveway on Morris Avenue near the corner of 149th Street. Cabs are readily available in front of the hospital for your return trip when your interview is completed.

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LINCOLN MEDICAL & MENTAL HEALTH CENTER

**234 East 149th Street
Bronx, New York 10451**

**NYC HEALTH AND HOSPITALS CORPORATION
GENERATIONS+/NORTHERN MANHATTAN
HEALTH NETWORK**