



## Psychiatry Residency Program Mission and Aims

### Mission

Healthy Rural California's Psychiatry Residency is committed to training residents to be excellent clinicians for underserved and diverse communities in the rural region of Northern California. Residents will become effective advocates for mental health equity, will lead Trauma-Informed Care and will provide high quality care in a variety of interprofessional clinical settings. Healthy Rural California is a non-profit, consortium-model Sponsoring Institution initially accredited in late 2021 with plans to launch an Integrated Behavioral Health Family Medicine Residency alongside Psychiatry to advance overall health care delivery.

### Aims

1. Prepare residents for board certification, autonomous practice, and/or fellowship.
2. Provide technical training in various treatment modalities, including psychotherapy and psychopharmacology, and in applying evidence-based guidelines to individualized patient care using the principles of trauma-informed care.
3. Impart the knowledge and skills necessary for residents to teach patients, their families, students, and fellow physicians.
4. Develop compassionate, well-adjusted residents through an emphasis on physician wellness that nurtures resilience and self-care and encourages advocacy for themselves and their colleagues.
5. Groom leaders who value collegiality and collaborate to build relationships with patients, families, among colleagues, and within/across interdisciplinary health care teams.
6. Mentor critical thinkers who understand the relationship between research and clinical care and who practice lifelong learning throughout their careers.
7. Educate residents in health care delivery systems, health policy, and aspects of community medicine characteristic of psychiatry practice in a rural setting, and provide them with opportunities to apply data-driven methodologies to improve quality and patient safety, and drive innovation within the health care system.
8. Model a commitment to the medical profession, exceptional ethical behavior, and professionalism in all situations and relationships, respecting the rights, values, needs and autonomy of all people with respect for their unique perspectives and backgrounds, and the commitment to the medical profession.
9. Address inherent bias and structural racism that has become foundational to medical care, training and research in order to mitigate its contribution to human suffering.