

## PSYCHIATRY IN THE CONTINUUM: GME –GRADUATE MEDICAL EDUCATION RESOURCES

[FREIDA](#) (The AMA Residency and Fellowship Database) - Allows you to search for a residency or fellowship from more than 13,000 programs - all accredited by the Accreditation Council for Graduate Medical Education (ACGME).

[NRMP](#) (National Resident Matching Program) – Allows you to access various reports contains statistical tables and graphs for the Main Residency Match® and lists by state and sponsoring institution every participating program, the number of positions offered, and the number filled. SOAP® data also are presented.

[American Psychiatric Association \(APA\)](#) –

- [100% Club](#) - The APA 100% Club was established to encourage residents throughout the United States and Canada to join the APA with fellow trainees in their programs.
- [Residents' Journal](#) - The *American Journal of Psychiatry Residents' Journal* (AJP-RJ), published online with *The American Journal of Psychiatry*, serves as a forum for psychiatry residents and fellows to share ideas and experiences in training, clinical practice, research, and careers with colleagues.
- [Featured Publications](#) – various resources including “[A Resident’s Guide to Surviving Psychiatric Training, 3rd Edition](#),” “[Building a Career in Psychiatry](#),” and “[Resident-Fellow Member Handbook \(.pdf\)](#)”
- [Fellowships](#) - provide psychiatry residents the experiential learning, training and professional development they need to be leaders in the field of psychiatry. In addition, APA Fellows get exclusive opportunities to be a part of APA leadership councils and network with APA members from around the country.
- [Helping Residents Cope with a Patient Suicide](#)
- [International Medical Graduates Guide to U.S. Residency](#)
- [Vacant Resident Positions](#)
- [Leadership Positions](#) – various committees offered where one can participate in leadership opportunities and network including the Resident-Fellow Member (RFM) Trustee, Assembly Committee of RFMs, APA Representative to the AMA-RFS, Resident Representative to the RRC
- [SET for Success](#) - The Supplemental Education and Training (SET) program is an online experience designed to supplement and complement psychiatric training and education.

[Public Service Loan Forgiveness](#) - forgives the remaining balance on your Direct Loans after you have made 120 qualifying monthly payments under a qualifying repayment plan while working full-time for a qualifying employer. Ensure that you are enrolled at the start of your training.

[Health Resources and Services Administration \(HRSA\) National Health Service Corps \(NHSC\) Loan Repayment Program](#) – has three different programs to apply to, all of which require at least 2 years of service in an underserved area, up to \$50,000 for the first two years and complete loan repayment in 3 years that you can apply for as a resident/fellow:

- NHSC Loan Repayment Program
- NHSC Substance Use Disorder (SUD) Workforce Loan Repayment Program
- NHSC Rural Community Loan Repayment Program HRSA Faculty Loan Repayment: will repay up to \$40,000 for 2 years of service in an eligible health professions school

Information furnished by:



For additional  
handouts from  
the May 2023  
APA Meeting  
Presentation,  
scan here:



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**AMA Contract Negotiations:** guideline for what to expect in each step of the process for contract negotiations as an early career physician recommended to start considering during your last year of training.

**APA Immigration** - APA outlines barriers to language and communication, cultural factors, and immigration issues (ie. J1 vs H1B), including the CONRAD-30 waiver.

**Facebook Groups** – a good way to network with fellow psychiatrists in different areas and contribute to ongoing discussions, as well as ask questions. All physicians are verified by NPI.

- [Psychiatry Residency](#): Currently 2,500+ residents are part of this group.
- [APA Public Psychiatry Fellowship](#): Currently several hundred members are part of this group.

**Financial Freedom** – don't wait! As you transition from a medical student to a resident/fellow, we were not taught much financial literacy, therefore this is a great time to learn how to build your wealth and protect your assets.

- **White Coat Investor:** Many of you may have heard of Jim Dahle, who wrote the book *White Coat Investor* several years ago. He is an emergency room physician who extensively researched finance and give advice in several books on how to obtain financial freedom.
- **Physician Side Gigs:** Facebook Group where physicians from different specialties discuss what they are investing, how they are investing, and ask advice from each other on how to execute their decisions better.
- **Physician on Fire** - a personal finance website devoted to helping high-income professionals achieve financial independence and the option to retire early.
- **Semi-Retired MD:** Real Estate Investing for Doctors by Doctors - Leti and Kenji teach real estate investing from our personal experience of building a real estate portfolio to achieve financial freedom.

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