



## **Why Choose Griffin?**

The choice of a residency program can be one of the most important decisions of your medical career. Before choosing a program you must ask yourself several key questions such as:

### ***Does your program offer multiple research opportunities?***

The Griffin Memorial Hospital Psychiatric Residency is a community based program which is part of the Department of Mental Health and Substance Abuse Services in the State of Oklahoma. This program has a long proud history of providing exceptional clinical training in general/adult psychiatry. There are a few research opportunities, so if this is your passion you would probably be happier in a University-based program.

### ***What type of clinical training can I expect at Griffin?***

Griffin provides broad-based training in all areas of clinical psychiatry. During 12 months of inpatient training, residents have the opportunity to diagnose and treat a wide variety of patients, from co-occurring disorders and those with serious mental illnesses, to the full spectrum of personality disorders. The outpatient clinic provides a year of continuity patients as well as individual psychotherapy. In addition, residents rotate at the Oklahoma Youth Center for six months of child and adolescent psychiatry.

### ***Are there opportunities for fellowships at Griffin?***

Residents interested in child and adolescent psychiatry often elect to pursue fellowships at the University of Oklahoma in nearby Oklahoma City.

### ***What is the morale like amongst the residents?***

The overall morale amongst the residents is good. There is an attitude of camaraderie rather than competition.

### ***Are the alumnae from Griffin successful on the boards and beyond?***

Most of the teaching faculty at GMH are graduates of the program who are all board certified. Alumnae from the program are practicing all over the US in every sub-specialty of psychiatry.

### ***I know residency is a busy time but will I have “down time” to enjoy recreation or spend time with my family?***

Being on call two to three times a month gives much time at home with family and friends. Some rotations require more time than others but there is plenty of time for R&R; whether you like the great outdoors or prefer dining out and watching movies, the greater OKC/Norman area offers many choices.



### ***Do most residents live near the hospital?***

Most residents live in Norman or nearby Oklahoma City which is 19.7 miles away.

### ***What is the cost of living in Oklahoma?***

The cost of living in Oklahoma is much less than the national average, according to a nationwide cost-of-living survey conducted for the fourth quarter of 2005. Virginia's ACCRA, the Council for Community and Economic Research, has performed the survey for about 35 years. Roughly 300 metros across the country participated in the widely known survey.

For the first quarter of 2005, the composite index for the Oklahoma City MSA was 89.4 or 10.6 percent below the National Average of 100. Low housing costs are the principal reason Oklahoma City's cost of living remains relatively low. With a housing index value of 77.3, Oklahoma City's housing market is 22.7 percent less than the national average

### ***How many times can I expect to be on call a month?***

Residents can expect to be on call two to three times per month at Griffin Memorial Hospital. When rotating on the medicine service at St. Anthony Hospital (1<sup>st</sup> year) residents are assigned one call per month at Griffin Memorial Hospital. During the neurology service (1<sup>st</sup> year) residents are on call usually every third to fourth night at the University Hospitals.

### ***What is the call experience like at GMH?***

Residents provide in house call at GMH two to three times a month. While on call they manage any issues that occur on the inpatient units as well as cover admissions. An average number of admissions per week night of call are 5-6. In addition, residents on call provide coverage for the Oklahoma Youth Center (located across the street from the main hospital).

### ***Are there opportunities for moonlighting?***

Licensed residents are able to moonlight at the discretion of the residency director. There are numerous opportunities available at state or private facilities ranging from inpatient units to medicine clinics.

### ***Are Teaching Faculty supportive of residents?***

Faculty at GMH have a supportive style and do not micromanage residents; they are always available to provide supervision or to answer any questions.