

**SUNY DOWNSTATE RESIDENCY COORDINATORS'
FORUM ANNUAL EDUCATIONAL RETREAT
2021 Virtual Event**

***“Make YOU the Priority!
Restore, Re-energize and
Revitalize Your Professional
Health and Wellbeing”***

**Friday, August 6, 2021
9:00 A.M. to 4:00 P.M.**



Welcome from the RPCF Executive Officers... The RPCF welcomes our coordinators, speakers, and guest to the 2021 Residency Program Coordinators Forum Virtual Educational Conference. Today, amidst challenging times during the COVID pandemic, we have convened to learn collaboratively from our speakers and celebrate the contributions Coordinators provide to residents, fellows, Program Directors, SUNY Downstate, affiliated institutions, and accredited bodies. Our forum has 55 residency and fellowship programs, 957 residents and fellows, and 40 residency program coordinators who professionally and educationally supports and manage these specialty programs. The RPCF and distinguished guest speakers are beyond excited to host this year's conference themed 'Make You the Priority'. We look forward to your virtual participation!

Juliet Arthur, MHA, C-TAGME
Debra Owens, MEd, C-TAGME
Natalie Arrindell, MBA
Kino Williams, MS, CPHQ, C-TAGME

Welcome from the DIO...

Welcome to the second annual SUNY Downstate Residency Program Coordinators' Retreat. Our program coordinators are the backbone of our physician training programs, and bring the essential leadership required to produce doctors who go on to serve national and international patient populations. It is with great pride that we highlight our program coordinators' development and accomplishments through this annual symposium.

We would like to sincerely thank every program coordinator for their dedication and contribution towards building excellence in Graduate Medical Education (GME). We, especially, acknowledge the planning committee and the collaboration across our affiliate hospital sites. Thank you to the College of Medicine for their continued support of GME.

As we look towards the future of GME, let us continue to thrive through community and personal development. This year our conference looks for finding career fulfillment through wellness and leadership; remembering that as we pour into others, we must also pour into ourselves.

Teresa Y. Smith, MD, MEd, FACEP
Associate Dean of Graduate Medical Education and Affiliations
Designated Institutional Official
Associate Professor of Clinical Emergency Medicine

From the desk of the Planning Committee...

It's been quite a trying year and a half! 2020 saw us poised to host our second annual retreat and the expectations were through the roof! Topping our inaugural event was intimidating to say the least, then COVID-19 stepped in and suddenly topping a retreat wasn't all that important nor intimidating; COVID-19 was and surviving it was our only focus. The world was thrown into a spiral and many of us experienced firsthand, what has been called "the greatest humanitarian effort of our lifetime".



All of us watched in horror on our television and computer screens the devastation that this virus caused worldwide, either alone or just with our immediate family members, unable to interact with extended family and friends. Some of us saw others fall sick from the illness, some of us ourselves fell ill, and sadly some of us lost loved ones. It is these experiences which form the inspiration and basis for this year's virtual retreat. Entitled, "Make You the Priority! Restore, Re-energize and Revitalize your Professional Health and Wellbeing," the retreat's intent is to put focus back on you, the Coordinator. For the past year you have gone above and beyond for your residents, attendings, and SUNY Downstate through your dedication and devotion to service! Well, it's time to kick off your shoes and sit back.

We have a jammed packed day devoted to just you and your wellbeing. Your day starts off with a presentation by nationally acclaimed Psychiatrist and SUNY Downstate Professor of Clinical Psychiatry, Dr. Michael Myers presenting "Tips for Taking Care of Yourself, Your Family and Each Other." Following Dr. Myers, is our very own Gloria Jorje, C-TAGME, Academic Administrator for Radiology who will enrich your minds on Professional Development.

SUNY Downstate, a pillar on the political landscape ensures that your say is just as important today as it was yesterday, and to that end The Honorable Senator Zellnor Myrie will grace you with his presence. Your day will end with none other than the Designated Institution Officer (DIO) Teresa Smith, MD. Dr. Smith, who has been a champion of the forum since its inception will present "Leading with Purpose".

Oh wait, we forgot someone, oh no we didn't! This year's retreat Keynote Speaker Juanita Braxton, PhD, EdS, MBA, graciously agreed to bless us with her presentation "**Pearls of Wisdom Making YOU the Priority – It's About Time!**". We are so honored to have Dr. Braxton with us at our very first virtual event.

This event took months of planning, an enormous amount of time, energy and effort, and tons of love! We thank everyone who participated in taking this event from the depths of our minds to the screens of your computers. **We hope that we not only meet but exceed your expectations and that you are enriched, enlightened, and energized to continue being the ROCKSTARS that you are!**

The 2021 RPCF Educational Virtual Retreat Planning Committee:
Natalie Arrindell, Juliet Arthur, Yvonne Edwards, Debra Owens
Chantal Littrean, Devareco Wilkie, and Kino Williams



Juanita L. Braxton, MBA, EdS, PhD

University of California
Davis Health Imani Consultants PhD
Surgical GME Administration

Juaita Braxton, MBA, EdS, PhD is the Director of Education Services for the Department of Surgery at the University of California, Davis Health in Sacramento, California. She is a former Certified Training Administrator in Graduate Medical Education and an Education Specialist (EdS) with a focus on Teaching and Learning, as well as having earned an MBA. She also holds PhDs in Public Health and Theology. She recently developed a curriculum for 4th year medical students on selecting a residency program as well as teaching Doctoring 1 for 1st year medical students.

Dr. Braxton has been a Surgical Education Administrator since 1994, working in both Oakland and Sacramento, CA. She manages several excellently acclaimed surgical training programs that have over 100 plus in-house residents and fellows within a General Surgery Residency, Cardiothoracic Integrated and Advanced Residencies, Plastic Surgery Integrated and Advanced Residencies, Vascular Surgery Integrated Residency, Surgical Critical Care Fellowship, Acute Care Surgery Fellowship, Minimally Invasive Fellowship and Burn Surgery Fellowship, with an additional 100 plus medical students and visiting residents yearly. Her program also included a combined military and civilian residency and fellowship site, as well as with visiting fellows and physicians from the Department of Defense.

Dr. Braxton's passion is education. She wants to simply inspire others and encouraging them to cultivate their success, whether academic or personal.



New York State Senator Zellnor Y. Myrie **20th Senate District**

Senator Zellnor Myrie is a Brooklyn native, lawyer, and longtime affordable housing advocate. Best known as Zellnor, he derives inspiration for his public service from his mother who moved to Brooklyn 40 years ago from Costa Rica, on the promise of a mattress in a friend's apartment and a job at a factory. He was raised in a rent-stabilized apartment in Prospect Lefferts Gardens allowing him to attend one of the best public schools in the borough. Zellnor's mother never let the challenges of being a new immigrant hinder his education. He is a graduate of Brooklyn Technical High School, earned his B.A. in Communications and M.A. in Urban Studies from Fordham University. After graduating Fordham, Zellnor worked as Legislative Director for City Councilman Fernando Cabrera, where among other bills he helped draft and pass the Tenant Bill of Rights.

After leaving the City Council, Senator Myrie became Chair of his Neighborhood Advisory Board, where through community organization he helped secure nearly \$400,000 in federal funding for job training, after school programming, and tenant protection. He then went to Cornell Law School where he served as student body president, an editor on the Cornell Journal of Law and Public Policy, a constitutional law instructor in prison, and a Pro Bono Scholar -- a position that allowed him to take the New York Bar early and spend his last semester working full-time at Justice 360, a criminal justice reform organization.

As an Associate at a private Manhattan law firm, Zellnor remained committed to public service. He provided over 600 hours of pro bono service to immigrants seeking asylum, victims of police brutality and illegal stop-and-frisks, special education students not receiving services from the Department of Education, and victims of domestic violence. The senator also remained committed to his community as a member of the Neighborhood Advisory Board, Junior Board for the Legal Aid Society, and president of his Building Tenant Association.

Senator Myrie is committed to giving back to the Brooklyn community that raised him and is passionate about securing affordable housing for families like his own, strengthening our public education system, immigrant rights, and criminal justice reform.



Teresa Y. Smith, MD, MEd, FACEP

Associate Dean of Graduate Medical Education and Affiliations
Designated Institutional Official
Associate Professor of Clinical Emergency Medicine

Teresa Yvonne Smith, MD, MEd, FACEP is an emergency physician who has dedicated her training to working in New York City's urban communities. Dr. Smith is currently the Associate Dean of Graduate Medical Education and Affiliations, overseeing approximately 1,000 house staff physicians across the campus. She is also an Associate Professor of Clinical Emergency and works clinically in the Kings County Hospital Emergency Department.

After completing her undergraduate degree at Spelman College, Dr. Smith attended NYU School of Medicine and earned her Doctor of Medicine degree. She completed her Emergency Medicine (EM) residency training at NYU/Bellevue Hospital and fellowship in Emergency Ultrasonography at SUNY Downstate/ Kings County Hospital. She completed her Master in Medical Education at the University of Pennsylvania.

Dr. Smith has spent her career championing diversity and inclusion in medicine and received the Dr. Dale Blackstock Award in Teaching and Excellence for her demonstrated commitment to advising and mentoring medical students and trainees. She was also honored among the National Minority Quality Forum's 40 Under 40 Minority Leaders in 2019.

Dr. Smith is a strong advocate for vaccine education, recently penning an op-ed and recording a public service announcement about the importance of vaccination, particularly in communities of color.



Michael F. Myers, M.D.
Professor of Clinical Psychiatry

Michael F. Myers, M.D. is Professor of Clinical Psychiatry at SUNY Downstate Health Sciences University, Brooklyn NY and a former Vice Chair of Education and Director of Training in the Department of Psychiatry and Behavioral Sciences. He is the Ombudsperson for medical students, serves on the Medical Student Admissions Committee of the College of Medicine and consults to the GME Wellness Initiative for residents and fellows.

Dr. Myers is the author and co-author of nine books and over 150 articles, book chapters, letters, book reviews and 8 videotapes covering a range of topics in psychiatry. His three most recent books are **“Becoming a Doctors’ Doctor: A Memoir”**, **“Why Physicians Die by Suicide: Lessons Learned from Their Families and Others Who Cared”** and **“The Physician as Patient: A Clinical Handbook for Mental Health Professionals”** (co-authored with Dr Glen Gabbard).

He is past president of the Canadian Psychiatric Association and is a Distinguished Life Fellow of both the CPA and the American Psychiatric Association. He is also a Fellow of the New York Academy of Medicine and a Life Fellow of the Royal Society of Medicine in England. Active for decades in the American Psychiatric Association, his current position is consultant to the Scientific Program Committee.

Dr. Myers is a specialist in physician health. He worked part time in private practice for 35 years until 2008, a practice that was limited to the treatment of medical students and physicians – and their families. He serves on the Advisory Board to the Committee for Physician Health of the Medical Society State of New York. Passionate about physician health advocacy, he writes a bimonthly blog on physician health for Psych Congress Network.

Dr. Myers lectures extensively throughout North America and beyond. He is the recipient of many awards and honors for his service to physicians and mentoring trainees and junior colleagues.



Gloria Jorge, C-TAGME

Academic Administrator

Dept. of Radiology

As the Academic Administrator for Radiology at SUNY Downstate Medical Center in Brooklyn, New York, Gloria Jorge, C-TAGME has been a Coordinator/Administrator for 32 years in the specialty of Radiology. A graduate of the University of Puerto Rico with a degree in Business Administration, prior to Radiology she worked in the field of banking and international export. She began her career in Graduate Medical Education (GME) at SUNY Downstate, and after 10 years joined the department of Radiology at Mount Sinai, formally Beth Israel Medical Center, as the Administrator for Education and Research responsible for overseeing the Radiology programs for Continuum (Beth Israel, St. Luke's-Roosevelt, and Long Island College Hospital).

After 16 years at Beth Israel, Ms. Jorge returned to SUNY Downstate in November 2015. She was one of the founding members of the Association of Program Coordinators in Radiology (APCR) and an active member since the inception in 2000. She served on the Board of Directors for several years and was President from 2008-2009. During her presidency, Gloria formed the Training Administrators in Graduate Medical Education (TAGME) Task Force Group developing the tools for TAGME certification in Diagnostic Radiology. She serves on the TAGME Board of Directors and is a member of the TAGME Assessment Committee developing questions for the now global certification assessments.

In 2010, Gloria received the APCR Outstanding Coordinator Award. She has been Chair and member of various APCR standing committees including Mentoring, Membership, Survey, Website, Professional Development, RRC, TAGME, and Scholarship. In June 2019 she was one of the recipients of the newly SUNY Downstate Program Coordinator of the Year Award.

**Residency Program Coordinators Forum
Annual Education Retreat – Virtual Event
Friday, August 6, 2021**

9:00 am – 9:30 am	Opening/Welcome Remarks from President’s office, DIO, Dean Brunicardi and Dr. Ninad Desai – KCH, CAO
9:30 am – 10:30 am	<i>Tips for Taking Care of Yourself, Your Family and Each Other</i> Michael F. Myers, M.D. Professor of Clinical Psychiatry Department of Psychiatry & Behavioral Sciences
10:30 am – 11:30 am	<i>Professional Development for Program Administrators</i> Gloria Jorge, C-TAGME Academic Administrator, Department of Radiology
11:30 am – 11:35 am	Break
11:35 am – 12:00 pm	Address by The Honorable Zellnor Y. Myrie NYS Senator – 20 th District
12:00 pm – 1:00 pm	Lunch and 1 st and 2 nd Raffles
1:00 pm – 1:15 pm	<i>Wellbeing while at Work</i> Magda Alliancin, Ed.D. Coordinator, Employee Assistance Program (EAP) NYS EAP Wellness Ambassador
1:15 pm – 1:45	Q&A Panel Discussion with PDs/PCs
1:45 pm – 1:50 pm	Break
1:50 pm – 2:00 pm	Announcement of Service Award Recipients and 3 rd Raffle
2:00 pm – 3:00 pm	<i>Pearls of Wisdom – Making YOU the Priority – It’s About Time!</i> Juanita Braxton, PhD, EdS, MBA University of California
3:00 pm – 3:05 pm	Break
3:05 pm – 4:05 pm	<i>Leading with Purpose</i> Teresa Smith, M.D. DIO, SUNY Downstate Medical Center
4:05 pm – 4:15 pm	Acknowledgements, Farewell and 4th Raffle

Our Committees

Awards & Scholarship Committee
C-TAGME Committee
Graduate Medical Education Representatives
Mentorship Committee
Newsletter
Planning Committee
Policies Committee
Professional Development Committee
Wellness Committee

Committee Chairs reign for one year and the membership restructure after two years. At the end of their reign, Chairs can choose to continue in their position for another term or relinquish their position.

The Executive Officers of the Residency Program Coordinators Forum would like to thank each of our chairpersons and committee members for their dedication, leadership, and active participation in all our endeavors. We thank you for always being wherever we need you and for always offering a helping hand. You make our days brighter whenever you call, email, or see us in the corridors. It is a pleasure working with you and knowing that you are here to work with all the members of the forum. Thank you for kindly welcoming all members of the forum into your lives.

It is difficult to imagine that we were together in this forum for less than five years. We have learned so much from each other over the years. In each committee meeting, forum members came together and made strides to improve the professional lives of each member. Our committee chairpersons are our coaches and cheerleaders—and we thank them. They “pitch-in” and do whatever is necessary to get the job done—even during a global pandemic! This is the life of a residency program manager! Whoever thought one person does so much in one day. Now, multiply that by the number of members we have, and we can do about anything... This is grand!

Our committee chairpersons have shared a lot with us during this past year. We are extremely proud and grateful for all that they have done and are excited by what they are planning to share with us during the next year!

Awards and Scholarship Committee

- Create application criteria that will be used for selecting the "Coordinator of the Year" award recipient
- Review applications and supporting documentation for the "Coordinator of the Year" award
- Revise tally/scoring sheet used for selecting the "Coordinator of the Year" award recipient
- Create criteria for conference scholarship awards
- Create tally/grading sheet used for selecting the scholarship award recipients
- Goal: Award one Residency Program Coordinator with the "Coordinator of the Year" annual award

C-TAGME Committee

- Hold continuous workshops throughout the year to prepare coordinators for the national TAGME certification examination
- Provide assistance to members to maintain their TAGME credentials in good standing
- Assist coordinators in preparing applications and acquiring education credits for the TAGME certification examination application
- Inform coordinators of changes and new TAGME policies

GMEC Representative Committee

- Provide the agenda from each GMEC meeting to the forum, along with a written summary of each monthly GMEC meeting
- Provide the forum with handouts from the GMEC monthly meetings
- Provide an oral report from the Residency Program Coordinator's Forum to the GMEC

Policies Committee

- Create and maintain an electronic Program Coordinator's Handbook to guide the day to day operations of a typical program coordinator
- Assist the Executive Committee with maintaining policies for the forum

Membership Committee

- Assist the Executive Committee with increasing the forum's membership
- Collaborate with fellow coordinators from neighboring institutions and affiliates to increase the forum's membership

Mentorship Committee

- Send out monthly inspirational reminders and/or articles to the forum's members via the listserv

Planning Committee

- Assist Executive Committee with the planning of the annual retreat/educational conference
- Recruit members from within the forum to plan events
- Assist in marketing each of the forum's events

Professional Development Committee

- Assist the Executive Committee with workshops that would benefit to the coordinators' professional development
- Assist the Executive Committee in creating an annual calendar of the forum's events
- Provide professional development material to be shared with the forum

Wellness Committee

- Provide inspirational articles to the forum each month
- Organize at least two wellness activities for the forum
- Collaborate with the EAP Office to bring wellness ideas and activities to the forum members

Website Committee

- Assist the Executive Committee in the management of the RPCF website
- Coordinate with other RPCF committees to bring information to the website

Newsletter Committee

- Create the forum's newsletters
- Gather articles from coordinators for the forum's newsletters

RPCF

Acknowledgments

President Wayne J. Riley, MD, MPH, MBA, MACP

Dean F. Charles Brunicardi, MD, FACS

DIO Teresa Y. Smith, MD, MEd, FACEP

Ross Clinchy, PhD, Vice Dean

Ninad Desai, MBBS, CAO – KCHC

New York State Senator Zellnor Y. Myrie

Juanita L. Braxton, MBA, EdS, PhD – University of California

Michael F. Myers, MD – Department of Psychiatry

Gloria Jorge, C-TAGME, Academic Administrator – Department of Radiology

Magda Alliancin, EdD - New York State EAP Wellness Ambassador

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Denise Chung, MPA, GME Department

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Nathalie Mendez, Associate Department Administrator, Department of Dermatology

Chantal Littrean, MPH, C-TAGME, Program Coordinator, Department of PM&R

Yvonne Edwards, Division Administrator, Department of Infectious Diseases

Devareco Wilkie, MSc, Program Coordinator, Department of Obstetrics & Gynecology

RPCF Executive Committee

Juliet Arthur, MHA, C-TAGME, RPCF Chair

Debra Owens, MEd, C-TAGME, RPCF Assistant Chair

Natalie Arrindell, MBA, RPCF GME Liaison

Kino Williams, MS, CPHQ, C-TAGME, RPCF Communication Director

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