

## **ACADEMIC INTEGRATIVE FAMILY MEDICINE FELLOWSHIP**

The Institute for Family Health

Mount Sinai Downtown Residency in Urban Family Medicine

**OVERVIEW:** The Institute for Family Health, through the Mount Sinai Downtown Residency in Urban Family Medicine and Harlem Residency in Family Medicine, offers a one-year fellowship in New York City in Academic Integrative Medicine. Fellows will learn clinical integrative medicine in both a primary care and consult model. The fellowship emphasizes clinical practice in an underserved setting, and offers an academic education around research and teaching.

**LOCATION:** The Institute for Family Health is a nonprofit organization dedicated to providing medical care to the underserved and the uninsured. The Institute provides primary care, HIV care, and psychosocial services at multiple health centers in Manhattan, the Bronx, and the Mid-Hudson Valley; as well as at dedicated clinics for the homeless in Manhattan. The Institute has been a leader in bringing electronic medical records to its network of practices. The Fellow sees patients at in both a primary care and consultant capacity.

**INTEGRATIVE MEDICINE CURRICULUM:** The Fellow participates in weekly interdisciplinary case conferences and workshops (see didactic information for more specifics), and also has access to 200 hours of online curriculum designed in conjunction with the University of Arizona, a leader in integrative medicine education.

**CLINICAL EXPERIENCE:** The Fellow practices both consultative and primary integrative medicine in a community health care center. This site employs an EMR in providing medical care. In addition, the fellow will be provided time and funding to learn specific skills in a modality of their choice. Past choices by Fellows have included Ericksonian hypnotherapy, medical acupuncture, herbalism, and homeopathy. The goal of the Fellowship is to provide a diverse experience in integrative medicine clinical practice, with an emphasis on the underserved context.

**RESEARCH / ACADEMIC CURRICULUM:** The Fellow will have the opportunity to work in Integrative Medicine research, developing basic skills in designing, launching and administering an integrative medicine research protocol. He/she can participate in any ongoing research activities, and encouraged to present at conferences as well as publish. The Fellow will also precept family medicine residents and work with Dr. Teets in integrative medicine residency curriculum development.

**QUALIFICATIONS:** Applicants should be graduates of a family medicine residency training program or PGY-3 residents in good standing, have an interest in academic integrative medicine, and plan on practicing in a community healthcare setting with a focus on caring for underserved populations.

**APPLICATION / SALARY / CONTACT INFO:** The application is online, please complete and send to Dr. Raymond Teets at [rteets@institute.org](mailto:rteets@institute.org). Salary is commensurate with a PGY-4 position. Any questions may be addressed to Dr. Teets.

## **PROGRAM DIRECTORS**

### **Raymond Y. Teets, MD**

Raymond Teets is faculty and director of integrative medicine at the Mount Sinai Downtown Residency in Urban Family Medicine, and Assistant Professor at the Icahn School of Medicine at Mount Sinai. As a Bravewell Fellow he graduated from the University of Arizona's Program in Integrative Medicine. Dr. Teets is director of the program of the Integrative Medicine in Residency (IMR), and also helped develop Integrative services at IFH, for example, the acupuncture clinic for underserved patients. . He has an integrative medicine practice at Cadman Family Practice at IFH, where he uses the electronic medical record to aid in providing integrative medicine for underserved patients. He has a strong interest in nutrition, dietary supplements, and mind-body medicine. With a background in philosophy, Dr. Teets also is interested in how the medical paradigm can be rethought to improve mind-body medicine, *e.g.*, in situations where patients present with unexplained symptoms.

### **Jaime Schehr, ND RD CDN**

Dr. Jaime Schehr holds dual licenses as a Naturopathic Physician and Registered Dietitian, making her one of the few practitioners in the country with both. After receiving her undergraduate degree in health and nutrition she pursued a masters in sports nutrition and ultimately her doctorate in integrative medicine. Dr. Jaime has been working with the Institute for Family Health for eleven years in both clinical and educational roles. Dr. Jaime's philosophy is that health and wellness is highly individualized and that it is vital to incorporate physical, mental and spiritual practices.