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Psychiatry Program Graduates First Doctors

New depression treatment; specialization in child and elderly psychiatry planned

PEORIA – (June 29, 2015) Six years since planning began for the Psychiatry Residency Training Program between the College of Medicine and UnityPoint Health – Methodist will be realized this month with the first set of psychiatrists set to graduate from the four-year program.

The residency has directly impacted the mental health care available in central Illinois. Since 2008, the College of Medicine's Department of Psychiatry and Behavioral Medicine has expanded from a department of six to 19 clinicians who live, train and provide psychiatric clinical care in the Peoria area. Along the way, new and expanded mental health treatment options, including five additional outpatient sites of service, also resulted.

"This was a long-time coming," said Dr. Ryan Finkenbine, Chair of Psychiatry and Behavioral Medicine and Director of the Psychiatry Residency Training Program. "Nationally, there is a shortage for mental health providers and psychiatric care, even more so in central Illinois. But look at what we've done already; we have physicians in Peoria from all across the U.S. – Seattle, Iowa, Manhattan, Missouri – treating patients, teaching medical students and raising the level of care."

While the first set of graduating psychiatrists opted not to remain in central Illinois to practice, Dr. Finkenbine said others in the residency already have expressed interest in remaining local. "Over time, the needs in the region will be filled by our own."

Future growth is also planned. TMS, or Transcranial Magnetic Stimulation, a non-invasive, no-medicine treatment option for depression will be offered beginning this fall. Graduate fellowship training programs for physicians to specialize in child-adolescent, geriatric psychiatry or forensic psychiatry – experts who provide testimony and recommendations in legal or criminal cases – are in the planning stages.

"UICOMP is committed to caring for the whole person, addressing mental health needs as well as physical needs," said Regional Dean Dr. Sara Rusch. "The growth of our psychiatry department and psychiatry residency will help us fill critical mental health needs for patients in Peoria and across the

region. Methodist's leadership and support have been critically important and Dr. Finkenbine has done an exceptional job of putting this together."

Currently, there are about 50,000 psychiatrists in the U.S. – inadequate to serve all the patients who need help, especially those in rural areas of the country, according to the American Psychiatric Association. Additionally, about half of currently practicing psychiatrists are over the age of 55 and many will soon retire.

"We're excited about what this partnership with UICOMP has accomplished. Methodist has always been a leader in behavioral health and this is one more way we're meeting the needs of our community," said Debbie Simon, President and CEO of UnityPoint Health – Methodist Proctor.

Direct contributions the Psychiatry program has provided the Peoria region with:

- The only academic-based psychiatry consultation service. These services are provided to outside doctors requesting mental health opinions on their patients.
- The sole fellowship-trained forensic psychiatry services. These are legal evaluations often requested by attorneys and judges.
- One of only two accredited Illinois psychiatry residencies located outside of Chicago.
- Added psychological testing services for head injury and personality disorder evaluations.
- New clinics specializing in dialectical behavioral therapy and cognitive therapy
- Additional psychiatric outpatient services, including some in rural central Illinois locations

About UICOMP

The University of Illinois College of Medicine at Peoria is one of four campuses that make up the largest public medical school in the country. Located in Downtown Peoria, UICOMP enhances the central Illinois region by educating more than 150 medical students and more than 270 residents and fellows; performing the latest in research; attracting new physicians; and treating thousands of patients each year. To learn more about UICOMP, visit us online at peoria.medicine.uic.edu.

About UnityPoint Health – Peoria

UnityPoint Health – Peoria provides comprehensive, coordinated care to patients throughout Central Illinois through our clinics, hospitals and home care services. Services are provided at two hospital campuses—UnityPoint Health - Methodist and UnityPoint Health - Proctor—as well as through more than 40 UnityPoint Clinic and Proctor First Care locations, UnityPoint at Home – Peoria, the Illinois Institute for Addiction Recovery, and the Hult Center for Healthy Living. A recognized leader in healthcare in our community, UnityPoint Health - Peoria combines advanced technology and comprehensive services with patient satisfaction that's among the best in the nation. UnityPoint Health - Peoria is a senior affiliate of UnityPoint Health, the nation's fifth largest and one of the most integrated health systems.

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