TULANE UNIVERSITY

PSYCHIATRY RESIDENCY TRAINING PROGRAM

Interview Day Presentation
2019 - 2020

Annie Yeh, MD  yyeh1@tulane.edu
Yasi Hemmat, MD  yhemmat@tulane.edu
Programs

Residencies

- General Adult Psychiatry
- Combined Internal Medicine / Psychiatry
- Combined Pediatrics / Psychiatry / Child Psychiatry

Fellowships

- Forensics
- Child/Adolescent
- Addiction

Tracks

- Academic Clinician Educator (ACE)
- Child/Adolescent Fast-Track
- Research Track
| PGY1 | 6 blocks Psychiatry Inpatient Wards (UMC and VA)  
|      | 1 block Consult-Liaison Psychiatry  
|      | 2 blocks Neurology  
|      | 4 blocks Internal Medicine (Inpatient, electives) |
| PGY2 | 1 block Substance Use  
|      | 1 block Geriatrics  
|      | 1 block Emergency Psychiatry  
|      | 2 blocks Assertive Community Treatment (MHICM)  
|      | 2 blocks Child and Adolescent Psychiatry  
|      | 3 blocks Psychiatry Inpatient Wards (Med/psych @ St. Charles, UMC)  
|      | 3 blocks Consult-Liaison Psychiatry / Night Float |
| PGY3 | 12 months Outpatient Psychiatry  
|      | • Ambulatory Mental Health at VA  
|      | • Tulane Behavioral Health Clinic  
|      | • Telepsych, Substance Use Clinic, Palliative Health  
|      | • Psychotherapy (VA and Tulane) |
| PGY4 | 2 Months Inpatient Substance Abuse  
|      | 10 Months Continuity Clinic and ELECTIVES:  
|      | • 3 days per week elective  
|      | • 1 day per week Continuity Clinic at TUBC  
|      | • 1 day per week of didactics |
## SAMPLE INTERN SCHEDULE

<table>
<thead>
<tr>
<th>Block (4 weeks)</th>
<th>Rotation</th>
<th>Site</th>
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<tbody>
<tr>
<td>1</td>
<td>Inpatient Psychiatry</td>
<td>University Medical Center</td>
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<tr>
<td>2</td>
<td>Inpatient Psychiatry</td>
<td>University Medical Center</td>
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<tr>
<td>3</td>
<td>Consult-Liaison</td>
<td>Tulane or VA</td>
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<tr>
<td>4</td>
<td>Inpatient Psychiatry</td>
<td>VA</td>
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<tr>
<td>5</td>
<td>Neurology</td>
<td>University Medical Center</td>
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<tr>
<td>6</td>
<td>Neurology</td>
<td>University Medical Center</td>
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<td>7</td>
<td>Inpatient Psychiatry</td>
<td>VA</td>
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<td>8</td>
<td>Inpatient Psychiatry</td>
<td>VA</td>
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<td>9</td>
<td>Inpatient Psychiatry</td>
<td>VA</td>
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<tr>
<td>10</td>
<td>Internal Medicine</td>
<td>University Medical Center</td>
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<tr>
<td>11</td>
<td>Internal Medicine</td>
<td>VA Hospital</td>
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<td>12</td>
<td>Internal Medicine</td>
<td>VA Hospital</td>
</tr>
<tr>
<td>13</td>
<td>Internal Medicine</td>
<td>Tulane Hospital</td>
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</table>
OTHER TRAINING SITES

- Tulane Hospital
- Children’s Hospital of NOLA
- St. Charles Parish Hospital
- Bridge House/Grace House
TULANE INTERNAL MEDICINE

- "Part of the Team"
- Firms, “4+1 System”
- Rotate at Tulane, UMC, VA
- Electives during +1 week
- Call:
  - Ward Months Q4 days
  - No Overnights
- Friday School
- Number of Residents:
  - PGY1 50
  - PGY2 36
  - PGY3 36
- Number of Full Time Faculty: 173
VA CLINIC
CONTINUITY CLINIC FOR PGY 3 & 4
ELECTIVES

➢ Geriatric Psychiatry
➢ Child/Adolescent/Infant Psych
➢ Inpatient Junior Attending
➢ Community / Homeless Psychiatry
➢ Telepsychiatry
➢ Forensics
➢ ECT
➢ Neuropsychiatry
➢ Med/Psych
➢ Perinatal Psychiatry

➢ Quality Improvement
➢ Research
➢ Early Psychosis Clinic
➢ ACT Team
➢ Group Therapy
  CBT - Anxiety, Depression
  CBT – Insomnia, ACT,
  Mind Over Body, Psychosocial Rehab
  and Recovery,
  Men's Depression Group
➢ VA Family Program
First Episode Psychosis Clinic

- PGY-3+ rotation (2 half days/week)
- First episode psychosis clinic (EPIC-NOLA) and community outreach program (CALM) started by Dr. Ashley Weiss in 2015
- Coordinated specialty care model based on STEP clinic (Yale)
- ~200 active clients
- Team building/fundraising to increase awareness of severe mental illness in the community
Flexible – **Resident directed scheduling**

- Interns do not take overnight call. NO CALL IN PGY 3/4
- Traditional “Call” is via Night Float as a PGY-2, with 1-2 additional weekend shifts per month
- Weekend call is “at-home” coverage of inpatient units and in-person coverage of Tulane ER and Consults
NIGHT FLOAT

- Three 2-week blocks in PGY-2
- "Home-Call" from 5pm – 6am, Sunday night through Friday night
- Phone and computer coverage of Inpatient Units at the VA, UMC
- In-person coverage of ER consults at Tulane and urgent floor consults at Tulane and VA
Course Outline

PGY1

Intern Series:
- Formulation and DSM
- Psychopharmacology
- Consult Liaison
- Substance Abuse

Intro to Psychotherapy:
- Intro to Formulation
- Wellness
- MI
- Therapeutic Relationships and professionalism

PGY2

Subspecialty Series:
- Consult Liaison
- Substance Abuse
- Child
- Geriatrics
- Forensics
- Advanced Psychopharm

Concepts in Psychotherapy:
- Developmental
- Object relations
- Personality
- Structured Interview
- Ethics
- Wellness

PGY3

Advanced Patient Care:
- Advanced DSM
- Career Planning
- Integrated Psychiatry
- Neuropsychiatry
- Ethics
- Special Populations
- Women's Mental Health

Advanced Psychotherapy:
- CBT
- ACT
- Hypnosis
- Psychoanalysis

PGY4

Advanced Patient Care:
- Advanced DSM
- Career Planning
- Integrated Psychiatry
- Neuropsychiatry
- Ethics
- Special Populations
- Women's Mental Health

Advanced Psychotherapy:
- CBT
- IPT
- Trauma focused
- DBT
- Theory of Personality
TEAM BASED LEARNING

Tuesdays 3:00-4:00pm
NEW ORLEANS – BIRMINGHAM
PSYCHOANALYTIC CENTER

➢ PGY-3
➢ Tuesday 1:00 – 2:30pm
➢ Reading, Interactive Case Discussion

➢ Denise Dorsey, M.D.
➢ Dale Firestone, L.C.S.W
Introduction to Hypnosis

- PGY3
- Tuesdays 1:30 – 2:30 pm
- 8 sessions
- Dr. Dabney Ewin, MD
- Readings, case examples,
- demonstration
- Opportunity for further instruction
➢ Learn about nutrition in relation to psychiatric diagnoses including ADHD, anorexia and dementia.

➢ Cook a meal with classmates while you learn what to talk to patients about regarding food.
Academic Writing Class

- Instruction on how to write case reports, book editorials, etc.
- Instruction on how to review papers for publication
- Writing Labs
- Assistance with getting papers published


Hammer, Rachel. Mail-order Nootropics: A Case of Tianeptine and Phenibut Abuse and Withdrawal. Poster IP: The Mental Health Services Conference


Ellison, Ashley. Stop Bugging My Itching Kidneys: Two Cases of Delusional Parasitosis in the Setting of End-stage Renal Disease. Poster presentation at: Association of Psychosomatic Medicine 2016 Annual Conference; Austin, TX


Ravindran, Nithya. Effects of Social Media on Mental Health. Tulane Psychiatry Grand Rounds April 2017


Fette, Gabriel. Fluoxetine induced Pneumonitis, poster - Academy of Psychosomatic Medicine National Conference 11/16
ACADEMIC CLINICIAN EDUCATOR (ACE) TRACK

Chair: Gayle Pletsch, MD

- For residents intending to pursue careers as clinician educators and/or academic administrators
- Promotes development of skills and knowledge in continuing education, academic leadership, clinical care, program administration and community development

Training involves:

- Partnership with a faculty mentor
- Formal academic project
- Leading medical student and resident didactic lectures
- Mentorship with medical students
- Leading journal club/discussions
- Junior attending PGY IV rotation
For residents who desire a more full-time career in research
- Structured mentorship with research faculty
- Formal didactic curriculum
- PGY-3 Continuity clinic spread over two years to allow protected research time

Material is organized under 5 areas:
1. Writing: papers and grants
2. Mastery of study design
3. How to formulate a project from start to finish
4. Logistics of research
5. Statistics
Child/Adolescent Psychiatry Track

- 3 years of General Psychiatry
- 2 years of Child/Adolescent Psychiatry
- Dual Boarded in 5 years total
GRAND ROUNDS
Fridays from 12-1
Resident Friday After Class (FAC)

Resident-Only Meeting held every three months at various locations in New Orleans

Resident-Led Discussion

➢ Opportunity to propose changes in program including didactics, rotations, and policies
➢ Includes a business component and a social component (bowling, leisure sports, etc)
➢ Excused from Didactics during meeting time
➢ Anonymous problem-solving
**BENEFITS**

- Health, Dental, Eye, and Life Insurance
- iPad + $750 book fund PGY 1
- PGY2-4: $750 each year for books, conferences, memberships
- PGY-1: 3 weeks vacation & 7 days of educational leave
- PGY 2-4: 4 weeks vacation & 5 days of educational leave
- Licensure: State, DEA, Controlled Dangerous Substances
- Free membership to Heath Society
- Interview Dinners
- Annual Resident Retreat
- Affordable daycare at downtown site
- Free parking at sites
<table>
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<th>Salary</th>
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<tr>
<td>PGY 1</td>
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<tr>
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<tr>
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<td>$56,940</td>
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<tr>
<td>PGY 4</td>
<td>$59,136</td>
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<tr>
<td>PGY 5</td>
<td>$61,637</td>
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MOONLIGHTING

PGY-2+

- Requires having completed 6 months of inpatient psychiatry, good academic standing, approval from residency director, and must have a Louisiana License (Passed Step 3)
- Plenty of opportunities in the area
- In-house opportunities available
ADULT PSYCHIATRY FACULTY

- Abbrecht, Lisa Solursh PsyD
- Ahmed, Muhammad MD
- Andrew, Kiani MD
- Armelie, Aaron PhD
- Artecona, Jose MD
- Bordenave, Jay MD
- Cashman, Catherine MD
- Cretu, Julia PsyD
- Crouch, Leah PsyD
- DeLand, Sarah MD
- Detrinis, Robert MD
- Ellison, Ashley MD
- Gallagher, Amanda PhD
- Malik, Harminder MD
- Manguno-Mire, Gina PhD
- Meier, Jarrell MD
- McConville, Brad MD
- Nicholl, Jeffery MD, PhD
- O’Neill, Patrick T. MD
- Pena, Jose M. MD
- Pletsch, Gayle MD
- Potash, Mordecai MD
- Roberts, John MD
- Robinson, Dean MD
- Romero, Maryellen PhD
- Rosen, Jenna PsyD
- Rouse, Jeffrey MD
- Snow, Anita MD
- Soong, Herman MD
- Stanton, Erin MD
- Thompson, John MD
- Traylor, Angela MD
- Tynes, Lee MD PhD
- Vyas, Sanket MD
- Weir, Ashley MSW
- Winstead Daniel K. MD
FACULTY RESEARCH

Terry LeBourgeois, MD
- Plaintiff/Defense Bias Survey Study

Gina Manguno-Mire, PhD
- Plaintiff/Defense Bias Survey Study
- Orleans Parish Mental Health Court Program Evaluation
- VA PTSD Biofeedback Treatment Study Child Psychiatry

Patrick O’Neill, MD
- A Framework for Telepsychiatric Training and e-Health: Competency-Based Education, Evaluation and Implications

Ashley Weiss, MD
- EPIC-NOLA: Establishing the Early Psychosis Clinic

Stacy Drury, MD, PhD
- Infant Development Study
- Genetic contribution to the development of PTSD in trauma exposed children
- Genetic contribution to the recovery from early social deprivation in the Bucharest Early Intervention Program
- Stress symptoms in young children with cancer and solid organ transplants
- Impact of Hurricane Katrina on graft rejection and compliance in pediatric kidney transplant patients
- Parental stress in the NICU
- Impact of self esteem on Hgb A1c in adolescent diabetic patients

Mary Margaret Gleason, MD
- Screening for mental health in Romanian pediatric patients
- Parental representations in parent-child interaction therapy
FACULTY RESEARCH

Julie Larrieu, PhD
- Child-Parent Psychotherapy with young children who have been maltreated
- Trauma-informed child welfare systems

Michael Scheeringa, MD
- Treatment effectiveness of CBT for PTSD in Young Children
- Neurobiology of CBT
- Prediction of Treatment Response
- Prediction of engagement and retention in Treatment

Julia Becker, PsyD
- Sleep, residual mood symptoms, and time to relapse in recovered patients with bipolar disorder
- Structured approach therapy for combat-related PTSD in returning U.S. Veterans

Frederic Sautter, PhD
- Evaluating the efficacy of a novel couple-based treatment for PTSD, called Structured Approach Therapy, to decrease PTSD and improve the marital and social functioning of Iraqi War veterans

Devi Murphy, PhD
- Investigating long-term social, emotional, and cognitive outcomes in children who have had traumatic experiences

Valerie Wajda-Johnston PhD
- Interventions used in the treatment families with a history of abuse and neglect

Charles H. Zeanah, Jr., MD
- Bucharest Early Intervention Project
- Early Institutionalization Impact Intervention Study
- Psychopathology in Young Children
RESIDENT RESEARCH

- Social Media: An Opportunity for Psychiatrists, Psychiatric Times, July 9, 2014. Holly Peek, MD
- Psychiatry and Professionalism in the Digital Age, Psychiatric Times, May 14, 2014. Holly Peek, MD
- A Content Analysis and Policy Discussion of #Suicide Tagged Posts on Instagram, 2014 APA Annual Meeting Resident and Student Poster Competition, research featured in interviews for APA TV, Medscape and Psych Congress Network. Holly Peek, MD
- Yoga, a Quality Improvement Project at East Jefferson Hospital, 2014 APA Annual Meeting Resident and Student Poster Competition. Veronique Haymon, MD
- A Case Report of Auditory Hallucinations in a Veteran Attending Yoga Class, 2015 International Association of Yoga Therapists Symposium on Yoga Research. Veronique Haymon, MD
- Speaker at Louisiana Psychiatric Medical Association Fall Meeting, Baton Rouge. “Cultural Issues in Psychiatry” Ryan Alvares, MD.
RESIDENT RESEARCH


- Witchcraft, Secret Agents, and Magic Blood: HIV, Psychosis, and a Nationwide Neurosyphilis Workup. Poster co-presentation at: Association of Psychosomatic Medicine 2015 Annual Conference; New Orleans, LA. Ashley Ellison, MD; Sarah Miletello, MD


- Hammer RR. McConville J. Herpes Encephalitis or Its Cure? A Case of Valacyclovir-Associated Neurotoxicity, has been accepted as a poster at APM’s 2016 Annual Meeting, scheduled for Nov 2016, Austin, Texas.

- Hammer RR. Alvarez MB. Capras Syndrome with a hint of hypokalemia. Submitted to Association of Medicine and Psychiatry Annual meeting, Chicago, IL. October 2016 *Pending acceptance

- Hammer, Rachel. Mail-order Nootropics: A Case of Tianeptine and Phenibut Abuse and Withdrawal. Poster IPS: The Mental Health Services Conference
Ellison, Ashley. Improving psychiatry resident knowledge in eating disorders using live and simulated patients: early experience with curriculum development. Poster IPS: The Mental Health Services Conference.

Stop Bugging My Itching Kidneys: Two Cases of Delusional Parasitosis in the Setting of End-stage Renal Disease. Poster presentation at: Association of Psychosomatic Medicine 2016 Annual Conference; Austin, TX. Ashley Ellison, MD


Hansen, Spencer. The Hippocratic Oath: A Lighthouse to Guide our use of Social Media as Psychiatrists and in Training. AJP-16-05-0571.R3


PROMINENT ALUMNI

- Dr. Robert (Bob) Heath
  - Original Chair of Dept., first to use DBS in Parkinsons, depression, etc

- Dr. Daniel Winstead
  - Past Department Chair and Heath Professor, Former American College of Psychiatrists President, PRITE Board, DSM V Committee

- Dr. Patrick T O’Neill
  - Director of Telepsychiatry; LA Board of Telepsychiatrists

- Dr. Charles O’Brien
  - Vice Chair at UPenn. Invented the Addiction Severity Index

- Dr. Steven Paul
  - Executive Vice President of Science and Technology at Lilly and former NIMH director

- Dr. Peter Rabins
  - Vice Chair of Geriatric Psychiatry and Neurology at Hopkins

- Dr. Donald Gallant
  - World Famous Researcher on medications (haldol) and drug addictions
RECENT GRADUATES

- Kelly Erwin, MD – Forensic Fellowship at Emory University
- Case Harvey, MD – Acute Inpatient Unit Attending at Our Lady of the Lake
- Jarrell Meier, MD - Clinical Instructor at University California San Francisco, Public Psychiatry Fellow
- Sean Moore, MD – Pain Management Fellowship at University of Washington
- Chris Rodgman, MD – Psychopharmacology Fellowship at Houston VA
- Megan Thompson, DO- Child Psychiatrist, Baton Rouge, LA
- Nicholas Vergara, MD – Greater New Orleans Area ACT team
- Aaron Wilson, MD - Medical Director of Inpatient Psychiatry at St. Joseph’s Hospital and Medical Center; Vice-Chair and Assistant Clinical Professor of Psychiatry at Creighton Univ. School of Medicine
- Holly Peek, MD - Child Fellowship at Massachusetts General Hospital
- Colette Riahi, MD – Baylor University / Veteran’s Affairs- Adult Outpatient Attending in Houston, TX
- Lily Ngotran, MD – Kaiser, Adult Psychiatry Attending, Los Angeles, California
- Rana Kaleemullah MD- Adult Telepsych Private Practice Canada
- Uchenna Achebe, MD – Forensics Fellowship, Baltimore MD
- Kimberly Genesio, MD- Veteran’s Affairs, CL Adult Psychiatry Attending, Tulane Associate Program Director
- Ashley Ellison, MD-Veteran’s Affairs, CL Adult Psychiatry Attending
- Rubin Aujla, MD- Women’s Hospital, CL Adult Psychiatry Attending
- Ryan Alvares, MD- St. Thomas Community Health Center, Adult Psychiatry Attending
Get Ready for busy slides...
NEW ORLEANS

- Sports
- Music
- Food
- Culture
- Festivals
- Sailing
NEW ORLEANS SPORTS

- Saints
- Pelicans
- LSU
- Tulane
MUSIC

The best Jazz in the country

The best music in New Orleans occurs in small bars and clubs requiring little or no cost

Favorite Place to Catch Local Music

- House of Blues
- Preservation Hall
- Funky Butt
- Le Bon Temps Roule
- Maple Leaf
- Red Room
- Snug Harbor
- Spotted Cat
- Tipitinas
- Rock and Bowl
- Vaughan 's
- Mermaid Lounge

House of Blues
225 Decatur St.
NEW ORLEANS

Museums
- National D-Day Museum
- New Orleans Historic Voodoo Museum
- Aquarium of the Americas
- Contemporary Arts Center
- Audubon Zoo

Plantations and Historical Tours
- Laura Plantation
- Oak Alley Plantation
- Destrehan Plantation

Swamp Tours
The Preservation Hall is a musical venue in the French Quarter founded in 1961 to protect and honor New Orleans Jazz.

Many of the Crescent City’s most beloved artists developed and continue to grace the stage at Tipitina's including Dr. John, the Neville Brothers, the Meters, Cowboy Mouth, the Radiators, Galactic, and Better Than Ezra. Tipitina's has been fortunate over its history to host national artists including Wilco, Nine Inch Nails, Pearl Jam, Lenny Kravitz, Bonnie Raitt, James Brown, Widespread Panic, Stevie Ray Vaughan, Tim McGraw, Goo Goo Dolls, Parliament Funkadelic, Robert Cray, Buddy Guy, and Medeski, Martin & Wood. Many historic live recordings were made at Tipitina's by artists like the Neville Brothers, Anders Osborne, Kermit Ruffins, and most recently, Galactic.

Tipitina's began as a neighborhood juke joint, established in 1977, by a group of young music fans (The Fabulous Fo'teen) to provide a place for Professor Longhair to perform in his final years. Henry Roeland Byrd, (a.k.a. Professor Longhair) is one of the most revered rhythm and blues musicians in the legacy of New Orleans music. Fess has composed many songs which are part of the Crescent City lexicon, like "Mardi Gras in New Orleans"
FESTIVALS: 412+ FESTIVALS EACH YEAR

January
- New Year Eve, French Quarter style. Little more needs to be said.
- Nokia Sugar Bowl. A collegiate classic, but the French Quarter party before and after is INSANE!
- The NCAA National Championship Game in the Superdome!
- The Louisiana Fur and Wildlife Festival
- Rice and Gumbo Festival

February
- Mardi Gras Marathon. Oh, like all marathons, except you can expect some people in costumes, and some people with nothing on at all.
- Black Heritage Festival

March
- Catfish Festival
- Louisiana Nursery Festival
- Rabbit Festival
- Jubilee Festival of the Arts and Humanities
- Oyster Festival
- Cotele Lions Club Spring Fling Festival
- Oak Alley Festival
- Louisiana Cypress Sawmill Festival
- Ashland Spring Festival
- Southdown Marketplace Arts Festival
- NCAA Tournament. The Superdome regularly hosts either a regional or super-regional for the NCAA tournament. Parties in the Quarter as you might expect. Of course, parking is free for Tulane residents.
- Tennessee Williams Literary Festival - An annual five-day celebration showcasing national and regional scholars, writers, and performing artists.
April
- Festival des Families d'Erath
- Crawfish Boat Festival
- Boggy Bayou Festival
- Dogwood Festival
- Natchitoches Spring Fling Festival
- Louisiana Railroad Festival
- Strawberry Festival
- Cajun Hot Sauce Festival
- French Quarter Festival
- Atchafalaya River Festival
- Catfish Festival
- Bayou Teche Bear Festival
- Great Southern Bluegrass Event
- Potpourri Festival

May
- Wine and Food Experience
- Louisiana Crawfish Festival
- Jazz Fest
- PGA Zurich Classic. Great PGA talent at a local course.
- Jazz Fest
- Throughout the Summer: Art for Arts Sake. Some of the best Art and Wine. What a great combination!

July
- Essence Festival. The best of rhythm, smooth jazz and soul music

August
- White-Linen Night - Thousands of people come to the free street party on Julia Street to enjoy art galleries, food, and music.
- Satchmo Festival - This weekend-long festival pays tribute to Louis “Satchmo” Armstrong.
September

- Southern Decadence Festival - The name says it all: it is a circus gone amok: wildly aberrant, unusual, and, slightly crazed avant garde people in drag and costumes. Not for the faint of heart. Sunday of Labor Day weekend.
- Symphony Run and Concert in the Park. Come support the New Orleans Symphony in a 5K fun run followed by an evening wine and cheese concert in the part.
- Hurricane Festival - performers included Train, Cowboy Mouth, Soul Asylum, Medeski, Martin & Wood. Taunt the Gulf hurricanes with a hurricane of your own.

October

- Oktoberfest. New Orleans, Deutsches Haus, 415 Williams Blvd, Kenner. Traditional German music, dancing, food and drink. 522-8014.
- Swamp Fest. The first two weekends in October at the World Famous Audubon Zoo.
- The VOODOO Fest! If you are into the latest in pop and rock music, you won’t want to miss this one. It’s a mini-Woodstock every single year. Solid music from the top performers for three solid days. Incredible.
- Halloween in the Quarter.

November

- Louisiana Philharmonic Orchestra or the Saenger Broadway Music Series. (see above)
- Louisiana Downs. Come enjoy some of the best thoroughbred racing in the South. Enjoy mimosas in the clubhouse as the pony’s run.

December

- Watch the Saints roll into the playoffs, while the Hornet’s get geared up for mid-season play. Enjoy the Housestaff Holiday party and many, many more holiday festivals throughout the city.
- Celebration in the Oaks - City Park’s annual holiday lighting extravaganza A two-mile drive through 15 acres of lighted displays in the N.O botanical gardens. Nightly entertainment, horse drawn carriages, miniature trains, ice-skating in City Park.
MARDI GRAS

BEGIN THE SEASON!!
Krew e du Vieux
French Quarter 6:30 p.m.
Krew e Delusion – French Quarter 7:15 p.m

FIRST FRIDAY
Krew e of Oshun
Uptown 6:00 p.m.
Krew e of Cork at 3p.m in the French Quarter.
Knights of Excalibur
Metairie 7:00 p.m.
Krew e of Atlas
Metairie 7:30 p.m.
Krew e of Cleopatra
Westbank 6:30 p.m.

FIRST SATURDAY,
Krew e of Pontchartrain
Uptown n 2:00 p.m
Krew e of Pygmalion
Uptown n 6:45 p.m
Mystic Krew e of Shangri-LA
French Quarter 2:00 p.m.
Knights of Sparta
Uptown n 6:00 p.m
Krew e of Pegasus
Uptown n 6:45 p.m
Krew e of Caesar
Metairie 6:00 p.m
Krew e of Choctaw
Gretna 11:00 a.m.
Mystic Knights of Adonis
Westbank 11:45 a.m.

FIRST SUNDAY
Krew e of Carrollton
Uptown n 12:00 p.m.
Krew e of King Arthur
Uptown n 1:15 p.m.
Mystic Krew e of Barkus
French Quarter 2:00 p.m.
Krew e of Rhea
Metairie 1:00 p.m.
Krew e of Centurions
Metairie 5:30 p.m.
Krew e of Alla
Westbank 12:00 p.m.

WEDNESDAY
Ancient Druids
Uptown n 6:30 p.m.
Krew e of Thor
Metairie 7:00 p.m.

THURSDAY, February 7th
Knights of Babylon
Uptown n 5:45 p.m.
Krew e of Muses
Uptown n 6:15 p.m.
Knights of Chaos
Uptown n 6:30 p.m.

SECOND FRIDAY
Knights of Hermes
Uptown n 6:00 p.m.
Le Krew e d’Etat
Uptown n 6:00 p.m.
Krew e of Morpheus
Uptown n 7:00 p.m.
Krew e of Selene
Divine Protectors of Endangered Pleasures or DIVA
French Quarter 1:30 p.m.

SECOND SATURDAY
Krew e of Iris
Uptown n 11:00 a.m.
Krew e of Tucks
Uptown n 12:00 p.m.
Krew e of Enslavon
Mid-City 4:15 p.m
Krew e of Isis
Metairie 6:30 p.m.
Krew e of NOLTAC
Westbank 10:45 a.m.
Krew e of Bush

SECOND SUNDAY
Krew e of Okeanos
Uptown n 11:00 a.m.
Krew e of Mid-City
Uptown n 11:45 a.m.
Krew e of Thoth
Uptown n 12:00 p.m.
Krew e of Bacchus
Uptown n 5:15 p.m.
Corps de Napoleon
Metairie 5:30 p.m.

LUNDI GRAS (MONDAY)
Krew e of Proteus
Uptown n 5:15 p.m.
Krew e of Orpheus
Uptown n 6:00 p.m.
Krew e of Zeus
Metairie 6:30 p.m.

MARDI GRAS DAY,
Zulu Social Aid & Pleasure
Uptown n 6:00 a.m.
Krew e of Rex
Uptown n 10:00 a.m.
Krew e of Elks Orleans
Uptown n 11:30 a.m.
Krew e of Crescent City
Uptown after Elks
Krew e of Argus
Metairie 10:00 a.m.
Krew e of Jefferson
Metairie after Argus
Krew e of Elks Jefferson
Metairie after Jefferson
Krew e of Grella
Gretna 11:00 a.m.
Krew e of BES
Gretna 12:00 p.m.
RESTAURANTS

World-Class Restaurants

- Arnaud's (813 Bienville) 523-5433
- Antoine's (713 St. Louis) 581-4422
- Brennan's (417 Royal) 525-9711
- Brightsen's (723 Dante) 861-7610
- Commander's Palace (1403 Washington) 899-8221
- Clancy's (6100 Annunciation) 895-1111
- Delmonico (1300 St. Charles) 525-4937
- Dickie Brennan's (716 Iberville) 522-2467
- Emeril's (800 Tchoupitoulas) 528-9393
- Galatoire's (209 Bourbon) 525-2021
- Gama (320 Decatur) 299-8800
- Windsor Court Grill Room (300 Gravier) 523-6000
- NOLA (534 St. Louis Street) 522-6652
- Upperline (1413 Upperline Street) 891-9822
- Domenica (123 Baronne) 648-6020
- Johnny Sanchez (930 Poydras Street) 304-6615
- Pesce (800 Magazine Street) 522-1744
- Cavan (3607 Magazine Street) 509-7655
- Shaya (4213 Magazine Street) 891-4213
FAVORITES

Favorite Place to Take a Date
- Abita Brew Pub
- Café Degas – (3127 Esplanade Ave) 945-5635
- Café Rani (2917 Magazine) 895-2500
- Cafe Du Monde (1401 Esplanade) 468-3588
- Dante's Kitchen (736 Dante St.) 861-3121
- Dick and Jenny's (4501 Tchoupitoulas) 894-9880
- Franky and Johnny's (321 Arabella) 899-9146
- Le Crepe Nanou (1410 Robert St.) 899-2670
- Matt & Naddie's (937 Leonidas) 861-9600
- Tony Angelo's (6262 Fleur De Lis) 488-0888
- Venezia's (134 Carrollton) 488-7991

Favorite Post-Call Restaurant
- Bud's Broiler (3160 Baronne St. Chalmette) 522-0222
- Clover Grill - (Burbon and Dumaine)
- Chicken Box (Carrolton) - who can argue with 1000 pieces for $299. "Just like your mama's".
- Kanpai Sushi Bar
- Kokopelli's (3150 Calhoun) 861-3922
- Port of Call (838 Esplanade, The best burger and potato in town) 523-0120
- Reginelli's Pizza
- Tower of Pizza (2104 Veterans Blvd.) 833-9373

Favorite On Call Meal/Delivery
- Café Roma - 524-2419
- Five Happiness - (3605 Carrollton) 482-3935 www.fivehappiness.com
- Horinoya - Sushi, no delivery but excellent. 561-8914
- Italian Pie - 522-7552
- Juans Flying Burrito (no delivery, but will leave you feeling stuffed) 569-0000
- Moonlight Café (522-7313)
- MikiMotos Sushi - Decent quality, cheap and they deliver until late.
- Mystic Café - (3244 Magazine) 895-7272

Favorite Late Night Food
- Balcony Bar and Grill (Magazine)
- Camellia Grill (626 Carrollton) 866-9573
- F&M's - late night bar food (best Cheese Fries in the City)
- Trolley Stop- Diner (24/7)

Favorite Sunday Morning Hangover
- Cafe Du Monde (1401 Esplanade) 468-3588
- Bluebird Café (3625 Prytania) 895-7166
- Camellia Grill (626 Carrollton) 866-9573
- Domilese's (Annunciation Uptown)
- Nick's on Carrollton (1120 Carrollton) 866-1414
- Stanley’s (547 Saint Ann Street) 587-0093
**BARS**

**Classic New Orleans Bar**
- Feelings aCafé d'Aunoy - Built in 1795 Jean Lafitte's Blacksmith Shop
- The Old Absinthe House (Bienville and Bourbon) - Built in 1874
- Napoleon House - (St. Louis Street) - Built in 1914
- Pat O'Brien's
- The Sazerac (inside the Fairmont Hotel)
- Café Sbisa (Built in 1820)
- Column's Hotel
- Tujague's (Built in 1827)
- O'Flaherty's Irish Channel Pub
- Parasol's
- The Carousel Bar
- Le Pavillon Hotel
- The Red Room
- The Pontchartrain Hotel's Bayou Bar Vaughan's (Great Thursday night latenight music)

**Favorite Bar to Catch A Sports Game**
- Kingpin
- Handsome Willie’s
- Cooter Brown's
- Fat Harry's
- Fox and the Hound

**Favorite Late Night Bar**
- Donna's
- Red Eye Grille
- Grits
- F&M's
- Ms. Mae’s the Club
- The Gold Mine
NOLA LIVING: FRENCH QUARTER
NOLA LIVING: WAREHOUSE DISTRICT

parking, security, fitness room, pool
Double shotgun apartments
NOLA LIVING: MID-CITY
NOLA LIVING: METAIRIE
NOLA LIVING: LAKEVIEW
NOLA LIVING: WESTBANK
WEBSITES

tulane.edu/som/departments/psychiatry/education/Adult-Psyc/adult-residency.cfm

www.tulanemedicine.com

tulane.edu/som/departments/pediatrics/