



**CFG**  
CENTER FOR  
FAMILY  
GUIDANCE, PC



# Psychiatric Nurse Practitioner Residency Program





**James Varrell, M.D.**  
Medical Director, CFGHN  
President, CFGHN  
Child & Adolescent  
Board Certified Psychiatrist

**Martha Pearson,  
Clinical Educator  
MSN, APN**  
Clinical Nurse Educator

#### **Leadership**

**Les Paschall**  
CEO

**Ron DeFeo**  
Executive Director of  
Hospital Services

**Dedra Lombardi**  
Director of Hospital  
Services

#### **Employment Opportunities**

**Email:**  
[employment@cfgpc.com](mailto:employment@cfgpc.com)

## ***History of CFG Health Network***

The CFG Health Network is a private family of companies that includes Center for Family Guidance and several other companies that provide behavioral health services. Collectively, the CFG companies share a management team and certain back-office functions. James R. Varrell, MD, a child and adolescent boarded psychiatrist, founded CFG in 1997 and remains Medical Director and President. Center for Family Guidance is dedicated to providing the highest quality behavioral health services to individuals, families and organizations.

We do this through the experience and expertise of our staff, the convenience and accessibility of our practice and through an uncompromising commitment to the principle that success in relationships is the foundation on which personal well-being can be achieved.

The CFG Health Network is headquartered in Marlton, NJ. In total, CFG employs approximately 1,200 people across our 4 different services that include: outpatient clinics, partial hospitalization and residential programs for children, telepsychiatry and correctional medical services.

## ***Education Mission***

The training faculty members of Center for Family Guidance are committed to the education of psychiatric APN's and wish to prepare these APN's to function as well-qualified, intellectual thinkers within their prescribing patterns. We believe that residents require training in the logic behind their prescription choices, operational excellence, and developing their leadership style. Our role as educators is to instill residents with those traits essential to success including honesty and integrity, objectivity, self-motivation, curiosity, timeliness, and a sense of responsibility.

# ***CFG's Hospital, Partial Programs, Outpatient Information & Corrections***

## **Hospitals**

At CFG we are committed to assisting hospitals and medical facilities in their ongoing efforts to provide high quality behavioral health care for their patients.

We offer a full range of programs customized to meet the needs of each specific organization. These include:

- ◇ Consultations & Second Opinions
- ◇ Psychiatric Evaluations
- ◇ Telepsychiatry Services
- ◇ Psychological Evaluations
- ◇ In-service & Workshops
- ◇ Medication Management
- ◇ Program Design & Development

## **Full Continuum of services Partial Hospitalization Programs (PHP), Intensive Outpatient Services (IOP) & Out Patient Services (OP)**

Child/Adolescent Hospital programs combine a structured treatment setting, at the core of which is intensive individual, group and family therapies, augmented by recreational and activity therapies.

Increased personal responsibility and healthy adoption within the family, work, school and community are the ultimate goals for each patient. Child/Adolescent Day Hospital programs operate Monday through Friday from 8:30 a.m. to 3:30 p.m.

Advantages of Partial Day Hospital: Patient continues to live at home, but comes to hospital for care

- ◇ Weekly psychiatric oversight and supervision
- ◇ Skilled nursing interventions
- ◇ Multi-disciplinary treatment team
- ◇ Stabilization of condition that would otherwise result in hospitalization
- ◇ Specialty programs available



## *CFG's Hospital, Partial Programs, Outpatient Information & Corrections (cont.)*

### **Outpatient Facilities**

The traditional treatments of behavioral health care that CFG employs can range from evaluations, various forms of therapy, medication management and Electro Convulsive Therapy (ECT).

#### ***Evaluations***

Center for Family Guidance provides several different types of evaluations. Our clinical team completes evaluations as part of the initiation of outpatient treatment.

#### ***Therapy***

Therapy is a process by which you and, in some cases, other important people in your life can discover solutions to the problems you face. We provide therapy services to families, couples, individuals and groups.

#### ***Medication Management***

The continuing improvement in the development of psychotropic medication has resulted in a wide array of effective medications that can be prescribed today.

### **Correctional Facilities**

CFG Health Systems provides a full range of medical, dental & behavioral health care services to correctional facilities.

#### ***Medical Services***

All clinically necessary medical and dental services provided primarily on site, as effectively and efficiently as possible.

#### ***Psychiatric and Psychological Services***

Evaluations, assessments, testing, pharmacological management, psychotherapy, pain management, substance abuse treatment.

#### ***Comprehensive Program Design and Development***

Design and development of behavioral healthcare programs. These programs are provided with on site staff, and supervision.

#### ***On Site Education***

On site training for ongoing development and accreditation and year round Education programming.

#### ***Treatment Planning***

Individualized treatment planning and case management.



## *The Psychiatric APN Residency Program*

The Psychiatric APN Residency Program is a one-year training program. We are currently accepting four residents each year.

The program's parent organization is Center for Family Guidance PC. Training will be provided in the following disciplines; long-term inpatient, short-term inpatient, partial care, and corrections facilities. Each rotation is led by a clinically experienced APN. The wide spectrum of psychiatric level of care enables students the opportunity to fine tune their skills at different levels of mental health progression. The Program Director is in charge of all clinical placement and education.

The 3 weeks consists of a didactic learning. The remaining time focuses on inpatient and outpatient care, both adult and pediatric. The program allows for increased responsibility in terms of both patient care and administration of the program as the resident progresses.

Goals and objectives for each rotation have been identified and assist the training faculty in evaluating the resident's progress. All residents receive written evaluations upon the completion of each rotation. All residents meet with the Program Director individually three times to evaluate their progress. All evaluations are kept on file.



Education is also an important component of the Psychiatric residency program. Residents will have weekly educational sessions. Each resident is required to complete and present a case study on a patient's psychiatric disorder which includes their successful treatment and prescribing pattern.

## *Residency Program Goals*

The residency program has been developed to assist new graduates to grow into confident and competent APN's.

We will:

- ◇ Provide new Nurse Practitioners (ANP's) with a depth, breadth, volume and intensity of clinical training to serve in complex mental health areas.
- ◇ Improve the clinical skills, confidence, productivity, and job satisfaction of new nurse practitioners as well as contribute to employer satisfaction and workforce retention.
- ◇ Increase the numbers of APN's ready to serve in leadership roles.
- ◇ Provide an initial one week intensive residency training prior to beginning site rotations.
- ◇ Provide onsite training at each facility with an assigned mentor.
- ◇ Provide weekly educational sessions.

The following are competencies for the program:

- ◇ Implement comprehensive psychiatric-mental health evaluations
- ◇ Proficiency making differential diagnosis, including medical and psychiatric comorbidities
- ◇ Competence selecting and managing psychotropic medications that are evidence based
- ◇ Experience and exposure to emergency and addictions psychiatry, consult and liaison team, suicide prevention child, adult, corrections inpatient and Geropsychiatry.



## ***Benefits Overview***

- ◇ Competitive Salary
- ◇ Comprehensive Medical, Dental and Vision
- ◇ Retirement plans
- ◇ Flexible spending accounts
- ◇ Malpractice insurance
- ◇ Paid Time Off

## ***Applying for the Residency Program***

Applications for the residency program are accepted through email to [apnresidency@cfgpc.com](mailto:apnresidency@cfgpc.com)

Applying for the Residency Program is Open Enrollement.

### **Application Requirements:**

- ◇ CV
- ◇ Three letters of recommendation
- ◇ Transcript
- ◇ Completed Application & Essay Questions
- ◇ Boards must be taken & passed by July

## ***For More Information...***

Please visit our website at [ctrfamilyguidance.com](http://ctrfamilyguidance.com) or contact the residency coordinator at 856.797.4720





**Center for Family Guidance, PC**  
765 East Route 70 Bldg. A 100  
Marlton, NJ 08053

Phone: 856.983.3900  
Email: [apnresidency@cfgpc.com](mailto:apnresidency@cfgpc.com)  
Web: [www.ctrfamilyguidance.com](http://www.ctrfamilyguidance.com)

