

Psychiatric Residency at Mount Sinai Morningside/West



OUR RESIDENTS – PGY1



Isabella Chirico

Hometown: New York, New York

Undergrad: Vassar College

Med School: SUNY Downstate

Personal Interests/hobbies: I love camping and hiking, cooking, and quality time with my pets

Professional Interests: Child psychiatry, developmental disorders, and women's mental health

Favorite part of residency so far:

The community fostered among residents



Jaydee Choompoo

Hometown: Long Beach, California

Undergrad: University of California, Irvine

Med School: New York University Long Island School of Medicine

Grad School: California State University, Long Beach (School Psychology)

Personal Interests/hobbies: Running, HIIT workouts, cycling classes, yoga, trying new restaurants, Broadway, comedy and jazz shows

Professional Interests: Child and adolescent psychiatry, school-based mental health, neurodevelopmental disorders, systems of care, quality improvement

Favorite part of our residency so far:

Everyone says this on the interview trail, but my favorite part really has been the people! Everyone, from faculty to senior residents to interdisciplinary staff have been so kind, knowledgeable and supportive. I'm so grateful for my co-residents, they are the best!



Penelope Farris

Hometown: New York, NY

Undergrad: University of Michigan

Med School: New York Medical College

Personal interests/Hobbies: baking chocolate chip cookies, running in Riverside Park, and I can often be caught watching competition reality TV shows

Professional Interests: Child & Adolescent, Mental Health Education

Favorite part of residency:

I genuinely love getting to know all of the people! It's been so fun getting to spend time with my co-residents. All of the attendings, faculty members, nurses, social workers, and staff on the unit and in the program have been really supportive during the transition to residency.



Jacques Guyot

Hometown: White Plains, NY

Undergrad: Williams College

Med School: Icahn School of Medicine at Mount Sinai

Grad School: University of Cambridge, MPhil in the History and Philosophy of Science and Medicine

Personal Interests/hobbies: Running, reading, eating my way through the outer boroughs

Professional Interests: community psychiatry, psychoanalysis

Favorite part of our residency so far:

It's enormously cliché, but the people! I have felt very supported by my fellow interns and all the residents. My co-intern and senior resident on Clark 8 have been amazing, and every day I look forward to hanging out with them again.



Darby Herkert

Hometown: Orono, Minnesota

Undergrad: Yale University

Med School: Duke University School of Medicine

Hobbies: I love baking, reading, Broadway shows, and spending time with friends and family! I also have a passion for petting any willing dog or cat.

Professional interests: child and adolescent psychiatry

Favorite part of our residency so far:

How amazing my class of co-interns is! It is so fun to get together and talk about life, work, and everything in between.



Jonah Lowenstein

Hometown: Orinda, California

Undergrad: University of Chicago

Med School: New York Medical College

Hobbies: Basketball, birding, cooking, eating, softball in Central Park (go Jitney Dodgers!)

Professional Interests: Child and adolescent psychiatry, transitional age youth, psychotherapy, psychedelics, neuromodulation, medical ethics

Favorite part of our residency so far:

The people I've met and worked with! I know it's cheesy but we really have a great group here. Also, there's nowhere else like New York City and the Upper West Side is a lovely neighborhood. We have beautiful parks, walkable streets, and great transit access to easily explore (and eat our way through) the entire city.



Siena Romano

Hometown: Hardwick, MA

Undergrad: American University

Med School: Georgetown University School of Medicine

Personal Interests/hobbies: Eating handrolls!, Picnics on the Hudson River, Snowboarding, Traveling, Hiking/Backpacking, Yoga, Music Festivals

Professional Interests: General Adult Psychiatry, Women's Mental Health and Reproductive Psychiatry, Global Mental Health

Favorite part of our residency so far:

The other residents are truly incredible humans that exceeded all my expectations!!



Charlie Saylor

Hometown: Weston, MA

Undergrad: Brown University

Med School: Icahn School of Medicine at Mount Sinai

Personal Interests/hobbies: Proud member of the Mount Sinai Surf Club and Mount Sinai Chess Club!! I love biking around NYC: to the hospital, the Met, and the fruit stand on 96th and Broadway. My favorite restaurant is Xi'an Famous Foods but most days I eat lentils

Professional Interests: Interested in addiction psychiatry, palliative care, and psychedelic-assisted psychotherapy

Favorite part of our residency so far:

My favorite part of residency so far has been the medicine floors!! Psychiatry skills are invaluable to patient care. The medicine residents are talented and supportive. There have been many opportunities to be profoundly impactful for the wellbeing of patients and their families. Everyone on my team speaks multiple languages



Jonathan Williams

Hometown: Syracuse, New York

Undergrad: Colgate University

Med School: Howard University College of Medicine

Grad School: Yale University (MPH)

Personal Interests/Hobbies: I gravitate towards net sports including Volleyball, Tennis, and Pickleball. You can otherwise find me watching 90 Day Fiance, Real Housewives of (insert franchise), or any true crime docuseries.

Professional Interests: Child & Adolescent Psychiatry - I hope to accompany young adults throughout their stages of social development and identity formation. More broadly, I want to continue advocating for legislation that revolutionizes mental health care for minority youth.

Favorite part of our residency so far:

Serving the clinical needs of NYC's communities has always been my dream. I've also enjoyed the enriching and encouraging learning environment at MSM-MSW thus far.



Jacqueline Woo

Hometown: Palo Alto, CA

Undergrad: University of California, Berkeley

Med School: New York Medical College

Personal Interests/hobbies: Collecting houseplants, arranging flowers (ikebana), trying new bakeries, reading short stories, sketching landscapes. I'd love to run a half marathon someday.

Professional Interests: Child & Adolescent Psychiatry, Consultation-Liaison, Cross-cultural Psychiatry

Favorite part of our residency so far:

How easy it was to connect with my co-interns and how supportive our senior residents have been!



Stephanie Wu

Hometown: Northborough, MA

Undergrad: Harvard College

Med school: Icahn School of Medicine at Mount Sinai

Personal interests/hobbies: Learning languages, watching Broadway shows, playing tennis, exploring new restaurants in the city!

Professional interests: Child and adolescent psychiatry, forensic psychiatry, psychotherapy

Favorite part of residency so far:

Spending time with and getting to know my wonderful and brilliant co-residents, both inside and outside the hospital!