

Illustrating Life at Mount Sinai as a Psychiatry Resident PGY-4



Travis Vincent Meadows, MD

My Background

I was born and raised in South Carolina, completed my bachelor's degree at Emory University, and completed medical school at the Medical University of South Carolina in warm, friendly Charleston. My journey to become a physician was full of learning curves, as I am the first in my family to become a medical doctor. For their support throughout my journey, I am truly thankful to my two sisters and my mother, who raised us on her own.

In college I majored in Chemistry with a minor in Women's Studies; when interviewing for medical school, it seemed everyone wanted to talk about Women's Studies with me! After finishing college a semester early (and having so many stories from Omega Psi Phi), I elected to work at a community college with special needs students before matriculating to medical school. In medical school I took my first trip overseas—a medical mission to Uganda—which was life changing. I learned how much I had to offer the world and also discovered a personal desire to see the world. I have since visited many countries on my own, mainly as a tourist.

I have many different areas of interest outside of medicine. I am a huge sports fan, both at the college and professional levels. My co-residents have learned I can cook a delicious Thanksgiving meal. I can produce R&B/Hip-Hop music and occasionally rap.

I go by both my first and middle names, Travis Vincent, but all are welcome to just call me TV for short.

Why I Chose Mount Sinai

My biggest priorities in choosing a residency program were receiving great training and living in a place where fun/excitement was easy to find. Mount Sinai and NYC seemed to provide just that. What I found unique about training in NYC is that the city is full of mental health providers, which naturally makes networking easier. Another perk is that conferences are always occurring here, so supplemental education and training is readily available. I think you can tell a lot about a program based on interactions with residents. When interviewing at Mount Sinai, the residents seemed happy and genuinely friendly with one another, which I valued greatly. Being from out of state, the fact that the hospital offered housing made me much more comfortable with moving to NYC.

My Schedule and Life as a Fourth-Year Resident

I have chosen not to pursue a fellowship following residency and, instead, utilize my 4th year as a "fellowship year" to gain special skills that I can carry immediately into practice. I will spend the majority of my academic year treating outpatients and further developing a niche for myself. I am working in the Mount Sinai Obsessive-Compulsive and Related Disorders Program, evaluating new patients and carrying a full caseload of psychotherapy (Exposure Response prevention and Cognitive Behavior Therapy) and/ medication management patients. I am also taking a Sex Therapy elective, in which I receive specialized supervision and attend weekly didactics in addition to treating a few patients/couples; at the end of this year, I hope to be a certified sex therapist. Outside of these core electives, I spend half a day per week with the Mount Sinai Visiting Doctors Program, where I provide psychiatric consultations and care for patients in their homes. Lastly, I will be involved in PGY-1 didactics as well as teaching medical students rotating on psychiatry. I began a moonlighting job toward the end of my 3rd year that has continued through this year. I work 4 hours one evening each week. In addition to the supplemental income, I've gotten additional experience in medication management, while also getting comfortable making relatively more independent treatment choices. Life outside of working has gotten better each year I've been in NYC. I anticipate my fourth year continuing this pattern, as I have no required "on call" shifts or Psychiatry ER shifts.