



**POSTDOCTORAL FELLOWSHIP IN BEHAVIORAL MEDICINE  
AND CLINICAL HEALTH PSYCHOLOGY**

Division of Bio-Behavioral Medicine  
Department of Psychiatry and Behavioral Sciences  
Medical University of South Carolina

2023-2024

Our Team Vision:

*"Through research, education, and direct patient care, we help people with chronic medical conditions and their providers manage the complex psychosocial aspects of illness, to alleviate suffering, promote health, improve quality of life, and optimize medical care."*

Please contact our program's Training Directors with additional questions

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# OVERVIEW: MUSC, THE DIVISION OF BIOBEHAVIORAL MEDICINE, AND THE BEHAVIORAL MEDICINE CLINIC

## MUSC

The **Medical University of South Carolina (MUSC) College of Medicine (COM)** was established in 1824 and initially specialized in training physicians. It is the oldest medical school in the southern United States, running continuously since it opened. Now, MUSC is a state university associated with the MUSC Health medical center with six colleges training a diverse range of health professionals and scientists: College of Dental Medicine, College of Graduate Studies, College of Health Professions, College of Medicine, College of Nursing, and College of Pharmacy. Interprofessional care is a key focus of training at MUSC, and the six colleges are integrated with collaborative opportunities linked via the Office of Interprofessional Initiatives and other interprofessional endeavors. Per the Waring Library Historical library, the motto of MUSC is *Augeat Largiendo*, which means, "**She (the university) enriches by giving generously.**" Here is more information on MUSC COM's history:

- <https://musc.libguides.com/waring/muschistory/quickfacts>
- <https://medicine.musc.edu/about/history/history-1824-to-2010>



MUSC Health University Medical Center in Charleston has been named by U.S. News & World Report for many years in a row as the Number 1 hospital in South Carolina, with multiple MUSC Health's specialty areas ranking among the best in the entire country. Here is a great video introduction to our academic medical center and facilities:

- <https://player.vimeo.com/video/473026479>

Our division, the division of biobehavioral medicine (DBBM) partners with many of the award-winning specialty care services at MUSC.

For instance, MUSC Health has served as the only solid organ transplant center in South Carolina for over 25 years now and has offered complete care across the transplant trajectory for adult and pediatric transplant candidates and recipients. MUSC Health has also received a Blue Distinction® Center+ designation in Adult Heart Transplant and the designation of Blue Distinction® Center for Transplant in Adult Kidney Cadaveric, Adult Kidney Living, Pediatric Heart, Pediatric Kidney and Pediatric Liver. <https://muschealth.org/medical-services/transplant>

Further, the Center for International Blood and Marrow Transplant Research (CIBMTR), via Hollings Cancer Center at MUSC, has reported that the [MUSC Health Blood and Marrow Transplant \(BMT\) Program](#) is among the top 10% of transplant centers that have exceeded predicted survival rates and one of only six that have achieved such excellence as a combined adult and pediatric program.

More Awards and Recognitions for MUSC Health can be found here:

- <https://muschealth.org/patients-visitors/about-us/honors>
- <https://musc.us.newsweaver.com/COM/1ctkb7y45iw1e63my4rukt?email=true&lang=en&a=2&p=19384325&t=213134>

## THE DIVISION OF BIO-BEHAVIORAL MEDICINE (DBBM): CONNECTING MIND AND BODY

The Division of Bio-Behavioral Medicine is a division within the Department of Psychiatry and Behavioral Sciences in the College of Medicine at the Medical University of South Carolina (MUSC). Dr. Jeffrey Borckardt serves as the Director of the DBBM. Our team **vision**: *Through research, education, and direct patient care, we help people with chronic and/or complex medical conditions and their providers multifaceted psychosocial aspects of illness to alleviate suffering, promote health, improve quality of life, optimize medical care, and ultimately improve patient outcomes.* Our **mission** is to develop and provide innovative, high-quality, evidence-based and affirming behavioral health care, education and research services at the interface between psychiatry and medicine at MUSC.

The DBBM serves as the interface between [psychiatry/psychology](#) and medicine at MUSC and houses the Behavioral Medicine Clinic. We are physically located in the Institute of Psychiatry on President Street in downtown Charleston, just off of the Medical District Greenway, across from the MUSC Urban Farm.

Faculty within the Division of Bio-behavioral Medicine represent a multi-disciplinary team including the following professions:

- clinical health psychologists
- physicians dual-boarded in internal medicine and psychiatry and with expertise in pain management, psychosomatic medicine, and addictions
- pharmacists
- social workers

We also welcome trainees to train in our clinic, from a number of different specialties:

- post-doctoral fellows in behavioral medicine
- doctoral-level clinical psychology interns from the Charleston Consortium Internship\*
- psychiatry residents
- PharmD residents
- Medical students



Outside view of the Behavioral Medicine Clinic

We predominantly function in an outpatient capacity, both within our own clinic and through integrated clinics across medical specialties; however, as availability allows, we often consult with inpatient services related to transplant, cystic fibrosis, and cancer.

*\*Our Behavioral Medicine fellowship program is separate from the Charleston Consortium internship (which is a partnership between the Ralph H. Johnson Veterans Affairs Medical Center and various experiences at MUSC). However, certain Behavioral Medicine faculty do supervise rotation experiences for interns from this program.*

For information about our division/academic programs:

<https://education.musc.edu/colleges/medicine/departments/psychiatry/divisions-and-programs/divisions/bio-behavioral-medicine>

## THE BEHAVIORAL MEDICINE CLINIC (“BMED”)

The Behavioral Medicine Clinic, situated within the Division of Bio-Behavioral Medicine, offers a broad range of behavioral medicine (“BMED”) clinical services to patients with medical conditions, with an emphasis on coping and adjustment to chronic & complex health conditions, health behavior change, adherence behaviors and management of co-morbid psychiatric conditions. We are a tertiary behavioral medicine clinic with psychologists, psychiatrists, other prescribing providers, and trainees from psychology, psychiatry, pharmacy, and nursing coordinating mental health/behavioral health care for patients receiving medical care from MUSC’s specialty care teams.

We serve patient groups including Transplant Surgery, GI/Metabolic and Bariatric Surgery, Psycho-oncology at Hollings Cancer Center, cardiovascular diseases, pulmonary diseases, chronic pain, and occasionally neurology and other tertiary care clinics. These are described further below.

We conduct comprehensive biopsychosocial intakes and pre-surgical evaluations for our patients, offering our conceptualizations and recommendations to patients and their medical care teams. We offer individual and group therapy to treat mental health conditions/illnesses and facilitate improvement of mood and well-being secondary to physical illness, improvements in health behaviors, and reduction of physical symptom experience while improving quality of life. Faculty theoretical orientations are primarily within the cognitive and behavioral umbrella, including traditional cognitive behavioral therapy (CBT), and acceptance and commitment therapy (ACT) interventions, as well as positive psychology. Our trainees are exposed to a range of interventions including motivational interviewing, behavioral activation, CBT/ACT for different chronic medical conditions, and more general approaches to include affirming patient-centered humanistic care. We ground ourselves in ongoing learning and striving for cultural and structural humility and how this impacts our patients with chronic conditions. Therapy sessions typically last 30-60 minutes and patients are seen anywhere from weekly to monthly depending on individual needs. Some patients benefit from working with our psychiatry team for concurrent medication management. We work with patients both in-person and via telemedicine at the current time.

We primarily serve adults, though we are growing our programs to increasingly include pediatric and adolescent patients for select services (e.g., transplant, cystic fibrosis, cardiac, bariatric surgery, sickle cell disease). Younger patients with chronic medical conditions often benefit from additional support around key developmental timeframes, including adolescence, transition to adult care, and young adulthood. Lifespan behavioral medicine thus includes focus on caring for patients’ emotional wellbeing along the life course as they manage their diseases.

Tertiary/specialty care clinics and most commonly seen medical conditions by our clinic are listed below:

## Transplant Surgery

(Divisions: Cardiology, Hepatology, Nephrology, Pulmonary and Critical Care)

- Conduct pre-surgical psychosocial evaluations for heart, liver, lung, kidney, & living donor candidates (adult and pediatric)
  - In addition to traditional pre-transplant psychosocial evaluations, trainees may also receive training on:
    - Newly developed expedited transplant evaluation options for acutely ill transplant candidates- namely acute alcohol hepatitis related liver failure – the majority of these patients are inpatient (see either via video or in-person while hospitalized)
    - Opportunities with evaluation/observation around living kidney donor evaluations
- Provide evidence-based individual and group therapeutic services for patients both pre- and post-transplant including psychotherapies and pharmacotherapies
  - Group therapy options include:
    - Transplant and Staying Sober
      - Liver transplant recipients with history of alcohol or other substance use disorder
    - Transplant Therapy Group (adult)
      - Open to any transplant candidate or recipient across solid organ groups
    - Adolescent and young adult (AYA) transplant therapy group:
      - For teens (over 15 years old) and young adults (under 25 years old) who are preparing for or have undergone a transplant. The group provides education about the transplant process, as well as opportunities to share experiences and receive support from others who have been through a similar journey.
      - The group utilizes third wave behavioral therapies, psychoeducation, and interpersonal process strategies to help participants cope with the emotional and psychological challenges of transplant. The group is open to any patient who wants to participate.
  - Treatment focuses on adjustment to chronic health conditions, health behavior change and management of co-morbid psychiatric conditions
- Behavioral medicine psychologists provide representation on all 4 weekly solid organ transplant selection committees, living donor selection committee as needed, along with select attendance at various other transplant meetings including operations, liver watchlist, root cause analysis, and quality control meetings
- Participate in support groups across organ types

## Metabolic and Bariatric Populations and GI Surgery

- Conduct pre-surgical psychosocial evaluations for adolescent and adult patients seeking metabolic and bariatric surgeries
- Provide evidence-based therapeutic services for patients both pre- and post- metabolic and bariatric surgeries including psychotherapies and pharmacotherapies

- Treatment focuses on treating co-occurring psychiatric conditions, successful adjustment to metabolic and bariatric surgeries, optimizing adherence and health behavior change
- Integrated behavioral medicine clinic focused on brief, solution-focused interventions at follow-up clinic
- Participate in roundtables for adolescent and adult patient selection
- Participate in support groups
- Provide preventative emotional wellness consultation through the pediatric Heart Health Program in an integrated clinic

### Chronic Pain

- Populations seen: Chronic Pain: Chronic idiopathic pain, nociceptive pain, neuropathic pain, fibromyalgia, CRPS/RSD, headache, chronic pancreatitis, etc.
- Provide pre-surgical evaluations for pain-related procedures including spinal cord stimulator implantation
- Provide pain psychology consultation services for providers in Interventional Pain Management
- Provide behavioral and psychological approaches to pain management (group and individual treatment) and management of challenging physical symptoms

### Psycho-oncology

- Populations: Patient with newly diagnosed cancer throughout active treatment and survivorship, and cancer patient caregivers
- Provide co-located and telemedicine psychotherapeutic services at Hollings Cancer Center at MUSC
  - Provide evidence-based therapeutic services for patients diagnosed with cancer and their families. Referrals come from all disease sites.
- Conduct pre-procedure evaluations for patients being considered for bone marrow or stem cell transplant (BMT), CAR-T cell therapy, and provide support on an ongoing basis as needed
- Monthly support group for breast cancer patients
- Occasional requests for presentation at support groups for other disease sites (e.g., brain tumors, head and neck cancer, and blood cancers)
- Possibilities for inpatient BMT/psycho-oncology experiences

### Pulmonary Behavioral Medicine

- Populations: Cystic Fibrosis, Non-tuberculous Mycobacteria, Sarcoidosis, COPD, Idiopathic Pulmonary Fibrosis, other chronic lung conditions, including referrals from specialty pulmonary clinics and Cardiovascular and Pulmonary Rehabilitation
- Integrated behavioral medicine services within the MUSC Cystic Fibrosis (CF) Center for adult and pediatric patients
- Integrated behavioral medicine services within the MUSC Nontuberculous Mycobacteria (NTM) Program
- Outpatient therapeutic services including psychological intervention and pharmacotherapies for patients with a wide range of pulmonary and advanced lung diseases

## Cardiology and Cardiac Rehad

- Populations: MI/CAD, CABG, arrhythmias, adult congenital heart disease, devices (e.g., ICD, pacemaker), mechanical cardiac support; including referrals from specialty clinics and Cardiovascular Rehabilitation
- Outpatient therapeutic services including psychotherapies and pharmacotherapies for patients with a wide range of cardiovascular conditions
- Group therapy (largely based on fellow desire/initiative occurring second 6 months):
  - *Thriving with Cardiac Conditions: Health and Happiness*: While currently paused, Positive Psychology (Quality of Life Therapy, as foundation) Psychotherapy is the approach for this group, accepting all types of cardiac conditions (congenital heart disease or history of cardiac event, MI/arrhythmias/ICD, or heart failure but not being considered for transplant)

## Sickle Cell Disease (SCD) Program

- Integrated behavioral medicine services within the SCD clinics focused on improving coping with mood/anxiety concerns, non-pharmacological pain management, and opioid risk mitigation
- Includes both pediatric and adult clinics
- Annual psychosocial screenings for all patients
- In-clinic consults  
Psychotherapy services- individual and group therapy  
Inpatient consults

## Gastroenterological Disorders

- Populations seen:
  - Inflammatory bowel disease (Crohn's disease, Ulcerative Colitis), other GI/digestive diseases and disorders
- Provide behavioral/psychological approaches to coping with digestive diseases and management of challenging physical symptoms and psychiatry services

## Services for Patients with Other Chronic/Complex Health Conditions and Functional Medical Concerns

- We have commitments with certain services which receive priority in scheduling, but we also receive referrals from the entire medical center for patients who are having challenges in adjusting to their medical conditions
- Our clinic receives referrals for functional medical concerns, which we occasionally provide services as our schedules allow, such as: Non-epileptic seizures, Functional Neurological and Movement Disorders, Irritable Bowel Syndrome

For information about our patient care programs:

<https://muschealth.org/medical-services/psychiatry/services/behavioral>

For more information on Departments and Centers within the MUSC College of Medicine:

<https://medicine.musc.edu/departments>



# OVERVIEW: POSTDOCTORAL FELLOWSHIP IN BEHAVIORAL MEDICINE / CLINICAL HEALTH PSYCHOLOGY

## FELLOWSHIP ADMISSION REQUIREMENTS

Admission requirements include completion of all professional doctoral degree requirements from a regionally accredited institution of higher education or an American Psychological Association (APA)-accredited program and an APA-accredited predoctoral internship meeting Association of Psychology Postdoctoral and Internship Centers (APPIC) standards. This requirement is defined as, **"having on the first day of the fellowship either the diploma in hand or a letter from the director of graduate studies verifying the completion of all degree requirements pending institution graduation ceremony."**

## FELLOWSHIP PROGRAM DESCRIPTION

As a fellow you will work with patients with a range of chronic health conditions and providers from diverse medical specialties. Our campus is a busy one with six colleges and trainees from nearly all medical disciplines. We value interprofessional work and training and encourage close collaboration with all of our colleagues and care teams across disciplines. We value the fellows who have chosen to train with us, and we treat our fellows as junior colleagues. With scaffolding throughout the training period as needed, we have the goal of participating in the development of skilled generalist health psychologists who are ready for independent practice at the completion of the fellowship year.

The Fellowship is 1-year with the option of a 2nd year pending agreement between the Fellow and the Fellowship Directors. The decision to stay on for a 2nd year will be determined no later than February of the fellowship year.

The Fellow will provide outpatient psychotherapy and assessment services to patients with a wide variety of chronic medical conditions, with some opportunities for inpatient consultation and evaluation in our hospital typically within transplant and oncology populations. The Fellow may receive training and supervised clinical experience in consultation, assessment, and testing with the patient populations mentioned earlier in this handbook.

The fellowship year is divided into two, 6-month rotations, with the opportunity to adjust and add in additional experiences at the six-month point.

## EMPHASES AND SPECIALIZATIONS

We typically look to hire up to 3-4 fellows who wish to specialize in behavioral medicine. Within the fellows, they may have emphases in various domains – for instance, working with solid organ transplant populations, with the metabolic and bariatric surgery population, a focus with oncology, and/or an emphasis on general behavioral medicine patient populations (which includes transplant, oncology, and metabolic/bariatric patients, among others). Within each emphasis, a minor rotation/specialization may also be completed within the populations served by our clinic based on interest (such as psycho-oncology, cardiac, pulmonary, or chronic pain, etc.).

## DIDACTICS, SUPERVISION, AND FEEDBACK

The Fellow will attend Grand Rounds offered through the Department of Psychiatry at MUSC, and seminars offered through the Behavioral Medicine Seminar Series. The Fellow will also contribute to seminars by presenting on topics of interest to them.

The Fellow will also have 1-2 hours of one-on-one, face-to-face supervision with a licensed Clinical Psychologist each week. Fellows are also encouraged to join faculty peer supervision meetings, when it is available.

Formal feedback in the form of mid-rotation meetings with non-supervising faculty and written feedback to fellows in survey form, and informal feedback via regular observation and supervision occur throughout the training year.

## OTHER TRAINING EXPERIENCES

There are multiple other training experiences available, which will be reviewed during orientation.

Some of these structured learning experiences include: Quarterly professional development/mentoring meetings with Training Directors, experiences through the Center for ARROWS (Advancement, Recruitment, and Retention of Women Scientists), Diversity, Equity, and Inclusion trainings/activities, and the Fellowship in Clinical and Translational Research Ethics Program.

## RESEARCH

Starting in 2022-23, we started having an option for a new grant mechanism through our division, where fellows can apply for specific research projects agreed upon with a faculty mentor, to work on during protected research time, if awarded. We anticipate that this awards mechanism will continue. More information to come as this part of the program develops.

Prior grant awards:

**2023: Prospective Real-world Validation of the Alcohol Relapse Risk Assessment Tool among Liver Transplant Recipients.**

## POLICIES AND RESOURCES FOR FELLOWS

### SALARY AND BENEFITS

The salary each year for the postdoctoral fellowship year is consistent with NIH stipend plus benefits, including leave which is discussed below.

MUSC Postdoctoral Fellows are eligible for health, dental, vision, life insurance, short- and long-term disability and retirement. Here is some additional information on postdoctoral fellowship benefits:

- <https://web.musc.edu/-/sm/enterprise/human-resources/university-hr/f/benefits-department-faq-postdoctoral-fellows-final.ashx?la=en>

In addition, all MUSC employees and family members have access to the following health resources:

- FREE Virtual care with musc.edu email: <https://campaigns.muschealth.org/virtual-care/index.html>
- On campus Rapid Access Clinic for urgent needs: <https://medicine.musc.edu/departments/dom/divisions/internal-medicine/patient-care/rapid-access-clinic>

MUSC benefits website: <https://web.musc.edu/human-resources/university-hr/benefits>

In addition, we are glad to offer \$1500 professional development funds (reimbursable) in support of SC Psychology Board application fees and/or EPPP fees for fellows for the 2022-23 training year.

A number of other benefits are available to fellows, including an excellent library system, computer services, discounts on MUSC perks (<https://musc.abenity.com/>), and reduced cost membership to the state-of-the-art MUSC Wellness Center.

### LEAVE AND HOLIDAYS

Formal benefits include 15 days (120 hours) of annual leave and 15 days (120 hours) of sick leave (3 weeks each). Professional leave is discussed on a case-by-case basis with the faculty/supervisors. Internal division policy is that fellows may not take off more than 5 consecutive days for any reason at the end of their contract.

In addition, fellows will have the 13 South Carolina State legal holidays followed by the University (which includes 1 floating holiday on a date selected by the fellow – Employee Personal Holiday). The SC State Holidays are: *Employee Personal Holiday, New Year's Day, Martin Luther King, Jr. Day, George Washington's Birthday/President's Day, National Memorial Day, Independence Day, Labor Day, Veterans Day, Thanksgiving Day, Day After Thanksgiving, Christmas Eve, Christmas Day, After Christmas*. Fellows will follow the University holiday schedule. However, our clinic operates under the MUSC-Physician's clinic schedule. As a result, sometimes your clinics are not closed by the hospital automatically and your supervisors will need to complete clinic cancellation forms.

## OTHER RESOURCES

### Housing

Here is some information on local housing. Many choose to live in the following areas – Mount Pleasant, Downtown/the Peninsula, West Ashley, James Island, and North Charleston.

- The MUSC housing website has listings of local housing and roommate sharing options. There are options that appear here that may not appear in other conventional searches.
  - You can register and set up a log in even before being here on campus. In order to view the information under the “Housing” section, you will be required to register. Click on “Sign Up” located in the upper right corner of the page, and then “Sign up” under “Accepted MUSC Students, Faculty, & Staff.”
  - <https://www.mymuschousing.com/login>
  - <https://education.musc.edu/students/spsd/housing?msclkid=5cd89c1cd13a11ec999b57748d3edace>
- Pad Mapper: [www.PadMapper.com](http://www.PadMapper.com)
- Craig’s List: <https://charleston.craigslist.org/>
- Guide to Charleston’s Neighborhoods:
  - <https://www.afar.com/magazine/charleston-neighborhood-guide>

### Parking and Transportation to Campus

Location is really an important factor to consider in Charleston. We do have traffic and it does make for a commute depending on where you live. Traffic is dense ~7-9am and ~4-6pm.

Options for free transportation to campus are the Park and Ride system and CARTA bus system. Free ‘[Park and Ride](#)’ options from various parts of town will deliver you to campus. MUSC employees and students can ride any CARTA bus, including the CARTA EXPRESS, free with their MUSC ID badge ([www.ridecarta.com](http://www.ridecarta.com)).

There are different parking options on campus, though you cannot sign up for this until you are on-boarded. Options range in price from free (Hagood Commuter Park-and-Ride system) to the campus lots which are often pre-tax paycheck deductions.

As a resident or a post-doctoral fellow, you may (depending on availability) receive an immediate assignment to the MUSC Bee Street garage (A-Lot). This 1,500-space facility is located at 122 Bee Street and is just a few minutes’ walk to the main hospital and Ashley River Tower hospital. Your MUSC ID badge will function as your access card. You can also ask the parking office about lower cost options as well (Hagood). You can also park by the day (\$5/day) in the President Street lot which is another option to consider.

<https://musc.aimsparking.com/>

<https://horseshoe.musc.edu/everyone/parking-services/employees/resident-parking>

<https://horseshoe.musc.edu/everyone/parking-services/employees>

Additionally, free first-come, first-serve moped and motorcycle parking is located just across the Greenway from the BMED clinic, next to Public Safety.

There is a new bike share electric bikes on campus and now throughout the City of Charleston:

<https://www.li.me/locations/charleston>

\*MUSC employees receive 70% off all rides.

Other Resources and Perks

Other MUSC Perks:

<https://www.musc.edu/medcenter/perks/index.html>

<https://musc.abenity.com/>

MUSC Green Spaces:

- Our offices are located right off of the **Charleston Medical District Greenway**, with food trucks, outdoor seating, and green space. It's a great place to grab lunch, coffee, or have an afternoon meeting: <https://www.charlestonmedicaldistrict.com/>
- Across the street from our department, you'll find the **MUSC Urban Farm**. The farm has seasonal education programs focused on the benefits of healthy diets in sustaining wellness. The Pain Rehabilitation Program holds groups there, and it's a beautiful spot to visit: <https://web.musc.edu/resources/health-and-wellness/ohp/urban-farm>
- **Arboretum and Campus Gardens**: <https://web.musc.edu/resources/health-and-wellness/arboretum>

Research resources:

The library at MUSC has numerous resources to help you plan and execute your research project.

<https://musc.libguides.com/bioresearchers#loaded>

There is also an ever-developing list of resources in the BMED Teams Channel.

## CHARLESTON, SOUTH CAROLINA

According to the SC Encyclopedia (<https://www.scencyclopedia.org/sce/entries/state-mottoes/>), South Carolina has two official mottoes that appeared on the original great SC seal in 1777: 'animis opibusque parati' ("*Prepared in Mind and Resources*") was on the front along with a picture of a palmetto tree; and 'dum spiro spero' ("*While I Breathe, I Hope*") appeared on the reverse with the Roman goddess Spes (Hope). The Lowcountry of SC refers to the coastal plain region stretching approximately eighty miles inland between the Savannah River to the south and the Santee River to the North, and is the area where Charleston is located. Charleston has been named the [top US city by Travel and Leisure magazine](#) for years, and is truly a livable and lively city today - known for food, culture, and historic preservation.

Charleston's history is rich and troubled and continues to evolve. There continues to be a need for growth in improving racial equity in the Lowcountry and the southern United States. We think this is important to acknowledge and integrate an appreciation of the culture and customs of South Carolina and Charleston into both into work with patients and in our personal lives living in the Charleston community. The Lowcountry once belonged to a number of culturally distinct groups of Native Americans, and now we live, love, and work on their traditional lands

(Ashepoo, Bohicket, Combahee, Edisto, Etiwan, Kiawah, Kussah, Kussoe, St. Helena, Sampa, Sewee, Stono, Wando, Wimbee, and Witcheaugh; <https://www.ccpl.org/charleston-time-machine/first-people-south-carolina-lowcountry>). We see the echoes of their names reflected around the Lowcountry and acknowledge their presence and history. Additionally, Charleston falls in the Gullah Geechee Cultural Heritage Corridor, a National Heritage Area recognized for the unique culture of the Gullah Geechee People. For more information: <https://gullahgeecheecorridor.org/>.

In the present day, there are many museums to learn of this history here, as well as cultural events occurring in Charleston throughout the year ranging from concerts, to festivals, to celebration of arts. Here are just a few:

- The Avery Research Center for African American History and Culture: <http://avery.cofc.edu/>
- Charleston Museum: <https://www.charlestonmuseum.org/>
  - Including the Lowcountry History Hall, a permanent exhibit which includes materials from “Native Americans who first inhabited the South Carolina Lowcountry as well as the colonists and enslaved African Americans who transformed the region”
- Charleston Music Hall: <https://www.charlestonmusicall.com/>
- Charleston Pride: <https://www.charlestonpride.org/>
- Charleston Wine and Food: <https://charlestonwineandfood.com/>
- Gibbes Museum of Art: <https://www.gibbesmuseum.org/>
- High Water Fest: <https://www.highwaterfest.com/>
- International African American Museum: <https://iaamuseum.org/>
- Spoleto USA: <https://spoletousa.org/>
- USS Yorktown: <https://www.patriotspoint.org/explore/uss-yorktown/>

Folly Beach, Sullivan's Island, Isle of Palms, Seabrook, Kiawah... The beaches need little introduction and are the jewels of our city - whether visiting for a swim, a walk after work, or a weekend 'stay-cation', they are only a short trip from nearly everywhere in the Charleston area. There are so many other beautiful places to be outdoors from parks (e.g., Hampton Park) to greenways (e.g., West Ashley greenway), beautiful county parks (<https://www.ccprc.com/>), to amazing views (e.g., from the Ravenel Bridge). There are numerous water-related activities available – swimming, fishing, boating, surfing, paddle boarding, etc.

You can sign up for the CHS Today newsletter, which sends you daily updates on happenings around the Charleston Area. Holy City Sinner also has a great listing of current local events (<https://holycitysinner.com/>). You could also check out the list of regular attractions at the tourism board: <https://www.charlestoncvb.com/things-to-see-do/>.

Local favorites for food and beverages change frequently as the city changes and grows, but some longstanding suggestions include in no particular order: Edmond's Oast + EO Brewery, Swig and Swine, Lewis Barbecue, Kwei Fei, Xiao Bao Biscuit, Leon's Oyster Shop, Wild Olive, Daps Breakfast & Imbibe, Berkley's Café, Second State Coffee, Malika Canteen, Pink Bellies, Butcher and Bee, Fig, The Glass Onion, Jackrabbit Filly, The Obstinate Daughter, Rodney Scott's BBQ, Stella's and so many more!



Source: <https://www.britannica.com/topic/flag-of-South-Carolina>

#### Other Charleston History links:

- <https://uncg-libguides.com/c.php?g=997021&p=7241019>
- <https://native-land.ca/>
- <https://www.ccpl.org/charleston-time-machine/first-people-south-carolina-lowcountry>
- <https://schistory.org/april-1670/>
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