

October 31, 2012

Sol Adelsky
65 Taft Ave
Providence, RI 02906

AACAP Life Members Subcommittee
Attn: John Schowalter, M.D.
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

To the AACAP Life Members Subcommittee,

I'm writing to express my deepest gratitude for having been awarded the Life Members Medical Student Mentorship Grant to attend the AACAP 2012 conference in San Francisco. My interest in Child and Adolescent Psychiatry has been growing since starting medical school, and I was thrilled and humbled to have received the award, enabling me to continue nurturing my interest in the field.

I just returned home to Rhode Island from California, and frankly, I am still on a "high" from the conference (though returning from sunny, bucolic California into the throes of a hurricane didn't help with my transition). I got out from the conference everything I had hoped for and more. For starters, the energy at the conference was palpable. At every session, talk, or Life Member event, I met people brimming with excitement for this field, and came home re-energized and as motivated as ever to call child and adolescent psychiatry my home. I attended engaging sessions that furthered my knowledge in specific, burgeoning areas within the field, such as narrative medicine and tele-psychiatry. Through the AACAP mentorship program I networked with residents and fellows and connected with seasoned mentors whose guidance will be invaluable as I continue to find my path within psychiatry. And of course, my time spent getting to know Life Members both at the dinner as well as over the course of the conference was both meaningful and inspirational. The Life Members gave me a greater appreciation for the history and evolution of this field, and left me as committed as ever to seek out my own journey and make the field my own.

Needless to say, this entire experience—including not just the ability to attend the conference but also access to so many mentors and seasoned veterans who are invested in my future—would not have been possible without the grant. I am thus greatly appreciative to the Life Members for making this possible, but I want to say that the impact goes far beyond myself. In telling friends and acquaintances—who have no connection to psychiatry at all—about my experience, they are uniformly impressed that the Life Members both recognize the need to attract future child and adolescent psychiatrists and are taking tangible, meaningful action to do so. I genuinely thank you for your generous support: it goes a long way.

Sincerely,

Sol Adelsky
Alpert Medical School of Brown University, Class of 2013

Christina M. Cruz, EdM
49 Spencer Avenue
Somerville, MA 02144

AACAP Life Members Subcommittee
Attn: John Schowalter, MD
3615 Wisconsin Avenue, NW
Washington, DC 20016

November 1, 2012

To Dr. Schowalter and the Life Members Subcommittee:

I am so thankful beyond words for the Life Members Mentorship Grant that you awarded me. My experience at the annual AACAP meeting in San Francisco inspired me to become an active member of AACAP in the future, and your generosity was the only means through which I could have had this meaningful experience.

Prior to the meeting, I had already been committed to a career in Child and Adolescent Psychiatry with a focus on school-based mental health and thinking about ways in which schools can be a more effective platform for mental health promotion, prevention, and intervention for children and adolescents. By attending the meeting, I was able to partake in the Systems of Care day where school mental health was the focus; there, I met the thought-leaders in our field regarding this area of practice and learned what they saw as the field's future. I was also able to attend the schools committee meeting where I met these thought leaders on a more personal level and learned how they saw psychiatry's role in schools and how they intend to push the field going forward. I intend to become active in this committee in the future.

The most touching experiences at the meeting, however, were with your members. I was incredibly impressed with the Life Members session, hearing from those who pioneered key ideas in the field and those who are pushing the limits of the field today; I felt as though I were watching a changing of the guard. The Life Members dinner at the City Club of San Francisco allowed me to get to know some of your members more personally. I enjoyed hearing from them about how AACAP grew, how the field has changed, and how many lifelong colleagues and friends they have made along the way. I very much look forward to hopefully living as long as your members and being a Life Member myself one day.

I am honored that you chose me to receive this grant, to attend the annual meeting, and, most importantly, to spend time with your members. I only wish that resources were unlimited so that more medical students could have the experience I did; I am confident that they too could become as excited as I am to become a Child and Adolescent Psychiatrist and an active AACAP member.

My sincerest thanks for your generosity,

Christina M. Cruz, EdM

Faith Rohlke
2129 W 24th St. Unit 1
Chicago, IL 60608
805-402-8499

November 2012

AACAP
Department of Research, Training and Education

RE: Faith Rohlke, Life Members Mentorship Grants for Medical Students Recipient

Having the opportunity to attend the AACAP annual meeting was an incredible adventure of self development, career exploration, mentorship, and knowledge acquisition gained with the intent to spread to other students. As a life mentor grant recipient I was able to surround myself with brilliant and passionate individuals, cohesively working together, much like a family, all with a common goal of improving the lives of children and their communities. The most poignant scene in my memory is the Life Mentors' (LM) award dinner, hosted by the AACAP LMs. The night started with two adventurous LMs positive spin and quick thinking solution to cope with our missing transfer bus that we thought was going to transport us to the dinner. Instead of splitting the group up into a few taxis, the LMs hailed down a stretch limo to transport our group of CAP minded individuals in style to the dinner! That was certainly an unexpected twist, but what truly stands out was the awe I felt as I absorbed the cornucopia of wisdom and energy contained within the dinner hall. Each LM grant recipient was seated at a table with a circle of mentors, offering an hour of dinnertime stories, tales of wisdom, and a chance to propose all the questions lingering on our eager minds. The members seated at my table seemed like an artfully constructed, perfect combination, of CAP enthusiasts. As I chatted with my new LM mentors I was flooded with humble admiration, inspiration, and appreciation for having the opportunity to hear the stories of successes and obstacles that were shared freely around the table.

I applied for the LM grant to attend the 2012 AACAP conference in San Francisco, Ca so that I could continue to learn about the field, connect with mentors, learn about the various residency institution training styles, and then bring this information back to UIC to share with the PsychEd! Psychiatry interest group, and any students that have questions about what child and adolescent psychiatry (CAP) is truly about. I have been able to meet all of these goals, and am still creating new ways to share the AACAP experience with my colleagues. I made it a priority to utilize the opportunities offered within this grant to the fullest extent and with mindful purpose, and I am genuinely grateful to the LMs for making it possible.

Mentors are the architects of the CAP foundation, and gardeners of the next generation of psychiatric care. Without the support of AACAP, and the LMs, I would not have had the opportunities to truly explore CAP. Through the annual meeting mentors' program, the trilogy of organized meetings between a group of professionals and students was a vital part of my experience (Thank you Group 20!). It was a chance for students to share their challenges and positive experiences with each other, and for group career counseling with a set of honest and experienced CAP professionals. These meetings helped me fish out my true interests and career goals, and guided my plans for the next steps I need to take to make them a reality. AACAP's Ms. Partner and Ms. Brockman are instrumental to organizing the mentorship-to-student educational development dynamic, and their hard work is apparent in every detail of the educational and supportive nature of the meetings. I would also like to thank my continuous mentors, Dr. Fox at UIC, and Dr. Hendren at UCSF, for their unwavering support and pushing me to strive for service, action, and growth, and for bringing me into the AACAP community.

Sincerely,

Faith Rohlke
MS3 class of 2014
University of Illinois at Chicago, College of Medicine

AACAP Life Members Subcommittee
Attn: John Schowalter, M.D.
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

Dear AACAP Life Members Subcommittee:

Thank you so much for the wonderful opportunity to attend the 2012 AACAP annual meeting through the Life Members Mentorship Award for Medical Students. I am incredibly honored to have received this award, and deeply grateful for the experience that I had at the meeting this year. During my time in San Francisco, I was able to present and get valuable feedback on my research, as well as learn about exciting projects and opportunities in the field of child and adolescent psychiatry. I made connections with colleagues and mentors that I know will continue for years to come. Leaving the meeting, I felt more energized about my research and excited about my career choice than ever before. It was a truly phenomenal experience.

I particularly enjoyed the opportunity to attend the Life Members Dinner. It was inspiring to meet such a distinguished group of physicians. My only hope is that when I one day become eligible for life member status, I am as overjoyed with my career choice, delighted by my colleagues, and welcoming to potential new members of the profession as the people that I met at that event so clearly were.

Thank you again for this honor, and the wonderful opportunity that came with it. I hope that in the future you will continue to offer this award so that other medical students can have a similar experience. I can think of no better way to make people feel connected and committed to child and adolescent psychiatry than giving them the opportunity the meeting provides to see the field in action. It truly was an inspiring few days.

With gratitude,

Marguerite Reid Schneider

Brooke Rosen
1211 West Center Street
Rochester, MN 55902

October 28, 2012

AACAP Life Members Subcommittee
Attn: John Schowalter, M.D.
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

Dear Dr. Schowalter and the AACAP Life Members Subcommittee:

I am writing to express my deep appreciation for your generosity in sponsoring the AACAP Life Members Mentorship Grant program this year. I feel truly honored and privileged to have received the award this year as a second year medical student at Mayo Medical School. The Life Members Mentorship Grant provided an incredible opportunity, as it enabled me to attend the AACAP Annual Meeting and to receive invaluable mentorship and career guidance. I am extremely interested in the field of Child and Adolescent Psychiatry, and attending the AACAP Annual Meeting further solidified my dedication to pursuing this specialty.

The AACAP Life Members Mentorship Grant program is a terrific opportunity for medical students who are interested in Child and Adolescent Psychiatry. Personally, I would not have been able to attend the AACAP Annual Meeting without the financial support of this grant. Attending the AACAP Annual Meeting was extremely beneficial for me as a student, as it exposed me to the most cutting edge research and topics within the field; imparted to me a broader understanding of the education and training involved in Child and Adolescent Psychiatry; and provided me with a strong network of students, residents, and experienced psychiatrists with whom I can discuss questions and topics I encounter throughout my career path. I had such an excellent experience through this program, which I am eager to share with my fellow classmates and encourage future students to consider it as well.

In closing, I extend my sincere thanks to the AACAP Life Members for your support that enabled me to attend the Annual Meeting. I am incredibly grateful for your investment in the career development of medical students and future psychiatrists.

Sincerely,



Brooke Rosen
Mayo Medical School, Class of 2015

AACAP Life Members Subcommittee
Attn: John Schowalter, M.D.
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

Dear Life Members,

Thank you so much for funding the Life Members Mentorship Grant for Medical Students. Because of your generosity, it was my privilege to attend the 59th Annual Meeting in San Francisco. This was a great honor and a wonderful introduction to the field of child and adolescent psychiatry. My experience was phenomenal and I am sure that I will look back on it as a pivotal point in my career.

Before I attended the meeting, my exposure to child and adolescent psychiatry was limited. I am a third-year medical student at the Cleveland Clinic Lerner College of Medicine of Case Western Reserve University, and child psychiatry is only a small portion of the curriculum. I was fortunate to receive a more thorough introduction through my mentor, Dr. John Glazer. However, my opportunities to meet other clinicians have been less frequent. Attending the annual meeting helped me to develop dozens of personal contacts within the field, and to stand with hundreds of others who share a passion for pediatric mental health. This meeting made me feel like I was a part of something so much greater than my own interests. As the lone medical student in my class interested in child and adolescent psychiatry, this alone made the meeting an invaluable experience.

In addition to the connections I made, I had many wonderful opportunities to explore my scientific interests. I am interested in the psychiatric care of pediatric patients with chronic inflammatory diseases. My current research project looks at the relationship between inflammation and depressive symptoms in inflammatory bowel disease. I was fortunate to meet and listen to several investigators looking into similar processes. Their ideas inspired me and gave me new directions in which I can look as I conduct my own research. I hope that I will have the opportunity to present some of my findings at next year's conference in Florida.

Finally, it was a great honor to attend the Life Members Dinner at the City Club of San Francisco. I was humbled to be in the presence of so many illustrious leaders. Your kindness and generosity to me was inspiring, and I look forward to joining your ranks in 31 years. If I can learn to practice child and adolescent psychiatry with the passion and enthusiasm that I saw in you, I am sure that this time will pass much more swiftly than I can imagine. Thank you again for your generosity, your kindness, and your example. I will do all that I can to honor your legacy.

Sincerely,

Jeffrey Clark
MS3, Cleveland Clinic Lerner College of Medicine of Case Western Reserve University.

Dear AACAP Life Members Subcommittee,

When I first told my peers about the Life Members Mentorship Grant that I had been awarded, they were simultaneously congratulatory and concerned that I might have decided to go a year too early. I could understand their argument. I'm currently a second year in medical school and probably without much knowledge about the real medical world. I'm also going through what many consider the hardest and fastest year in medical school. But truthfully speaking my interest in Child and Adolescent Psychiatry has been long standing and I knew that I wanted to attend an AACAP meeting as soon as I could. It was actually during the busiest part of second year that I most needed a wake up call to really put my career into perspective. Up into the week of AACAP I had been studying day in and day out such that I honestly lost the general sense for what it was that I was studying. My trip to AACAP and San Francisco helped to put together everything from highschool to post-college life that really inspired me to pursue Child Psychiatry. I got to speak with mentors who sincerely wanted me to do well and who offered me strong advice about everything from applying to residency to coping with the general lifestyle of being a Child Psychiatrist. They offered to extend me their support not only during AACAP but outside AACAP as well. The best part about finding mentorship is that you don't necessarily have to limit yourself to one mentor. Over the course of only a few meetings I had already acquired three new mentors on top of who I already had at Tulane University School of Medicine. Hearing the opinions and criticisms from several mentors has had a transformative impact on my career that's also allowed me to achieve a more well-rounded medical school experience. Also important to my AACAP week was the kind generosity on behalf of the AACAP Life Members. I got to unexpectedly arrive at the banquet in a limo, I heard the many inspiring stories of Child and Adolescent psychiatrists from across the country, and interestingly learned about how other Child Psychiatrists had applied themselves outside of their career in medicine. Thank you from the bottom of my heart for a pivotal experience in my choice to pursue Child Psychiatry.

Kind Regards,

Tony "Juice" Pham

AACAP Life Members Subcommittee
Attn: John Schowalter, M.D.
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

November 20, 2012

Dear members of the AACAP Life Members Subcommittee,

I am writing to express my deep gratitude and appreciation for the AACAP Life Members Mentorship Grant that made it possible for me to attend the 2012 AACAP Annual Meeting, my first AACAP event.

Participating in the Annual Meeting was a wonderful and highly valuable experience for me. I learned a great deal from attending scientific sessions, speaking with mentors, and simply observing the warm and collegial atmosphere. I feel so grateful for all of the interactions with mentors at all levels of training, from residents to Life Members. The meeting presented a truly unique opportunity to develop mentorship relationships with experts in all areas of CAP from institutions across the country (in fact, the world). I left the meeting with even greater enthusiasm about becoming a psychiatrist and a deeper understanding of how to move my career forward.

I truly cannot thank you enough for the opportunity to attend the 2012 AACAP Annual Meeting. Thank you for sponsoring this year's program and for your continued support of grants that allow trainees to attend the Annual Meeting.

Sincerely,

Elizabeth Rawson
Yale University School of Medicine
M.D. Program, Class of 2014

AACAP Life Members Subcommittee
Attn: John Schowalter, M.D.
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

Dear Members of the Subcommittee,

I want to express my deepest thanks to the committee for selecting me as a recipient of the Life Member's Mentorship Grant. My experience at the annual meeting was simply incredible. From my first experience at the plenary, to the seminars on advances in ADHD research, to lectures on new techniques in treating substance abuse, to the wonderful historical lecture on the challenge response system and autism I was completely engrossed in a swirling inspiration of future career directions, research ideas and an enthusiasm for psychiatry I have never before felt.

I am aware of how difficult the selection must have been and how many qualified candidates probably applied for these grants, but it is difficult for me to express my gratitude at being selected in words. In all honesty I had no idea of the prestige of this award when I first received it. But, during events like the beautiful Life Member's dinner, standing in front of a real Diego Riviera mural and sitting across the dinner table from legendary members of the field, the immensity of it all came crashing down on me. The most lasting thought, still burning in my mind since that night, is how good of a doctor I will have to be to repay this honor.

I have since returned to my second year of medical school with a renewed energy and enthusiasm for my studies. I am sure I will still get questioning looks when I tell other doctors I want to be a psychiatrist but I am filled now with a confidence in my words. I hope to continue my membership in AACAP with active participation and to one day soon return to the annual meeting, hopefully now able to see some familiar faces. Thank you.

Sincerely,

David Braitman

Indiana University School of Medicine
Class of 2015

AACAP Life Members Subcommittee
Attn: John Schowalter, M.D.
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

Dear AACAP Life Members:

I had the wonderful pleasure of receiving a Life Members Mentorship Grant for Medical Students to attend the 2012 AACAP conference in San Francisco. Your generosity provided me with my first opportunity to engage with my future colleagues as a 4th year student applicant to residency programs. I was exposed to topics within the field that I had never considered. I learned about CAP's early history in one room and listened to the intricate details of brand new research discoveries in the next room. I was thrilled to meet other medical students and discuss our travels down this incredible career pathway. Most importantly, I received mentorship from physicians representing all levels of experience in the field from residents to early career physicians to Life Members. Such an abundance of wisdom and career advice is hard to come by!

Thank you so very much for providing me with this introduction to the wonderful energy and support of AACAP. Without the Life Members' commitment to nurturing medical students, I would not have had this opportunity to travel across the country and confirm every day for a week that this is a magnificent field! I am more excited than ever to begin my training and become an active member of the AACAP community!

Sincerely,

Micaela Owusu, MSc

Yale School of Medicine, MS4