

AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY

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**“How Do I?”: Exploring and Preparing for New Leadership  
Opportunities  
October 29, 2024**

**Mary Gabriel, Kevin Simon, Meghan Schott**

**Networking | Discussion | Support | Community**

# Navigating Midcareer: Strategies for Success and Support

## Virtual Series

Session #1: Stepping up to More Leadership Challenges and Supports

**Session #2: “How Do I?” Exploring and Preparing for New Opportunities**

Session #3: Juggling Work and Life in Midcareer: Thriving Through the Support “Sandwich”

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## Virtual Series Format

- Welcome and Introduction (5 min)
  - Housekeeping: Interactive (camera on), Confidentiality
  - Background/Context for MECAP at AACAP
- Breakout Groups (20 min)
- Report out from Groups (20 min)
- Wrap up/Summary (10 min)

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# Facilitator/Presenter Introductions and Brief Stories

Mary Gabriel

Kevin Simon

Meghan Schott

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# Mid and Experienced Career Child & Adolescent Psychiatry (MECAP) at AACAP

Midcareer: defined as  $\geq 8$  years in practice (after fellowship)

Experienced Career: defined as  $> 20$  years in practice (after fellowship)

AACAP Distinguished Life Fellow: after age 65 years old, total years of AACAP membership years + age  $\geq 103$

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# MECAP at AACAP Professional Life Career Stages Graphic





## Why MECAP at AACAP: Grassroots Today

The Midcareer (and Experienced Career) period of physician professional development are some of **the highest productivity years** that also coincide with the **highest rate of emotional exhaustion and burnout**, with this cohort **most likely to leave medicine** for reasons other than retirement.

AACAP has mentorship and peer support pathways for medical students, early career CAPs, and distinguished life fellows but does not yet have a similar structure for mid-/experienced-career CAPs.

The MECAP virtual series is intended to begin to address this gap organizationally and to provide information for possible future organizational supports to membership.

## “How Do I?”

How are you seeking and leveraging leadership opportunities and experiences, including “saying no”?

What are some of the skills needed to grow into and manage these opportunities?

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## Breakout Groups (20 min)

Who is in the room?

- Professional roles and responsibilities
- Assign a scribe/reporter

What new opportunities are you considering or interested in?

What challenges have you encountered in trying to move into new opportunities?

What have you found helpful in approaching new opportunities? Pivotal advice? Impactful learning?

How do you transition out of leadership positions that are no longer of interest or not what you expected?

How can AACAP as an organization provide specific support to members in this career developmental phase.

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## Group Report Out (20 min)

Major themes

Helpful strategies

Resource sharing

Asks/Requests from AACAP

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## Discussion: AACAP-specific goals

What formats or platforms can AACAP offer and sustain?

- Peer cohort/community
- Book/journal club
- Mentorship
- Consultation (“ask a colleague”)
- Structured learning
- Form a committee

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## Closing Together Actionable Recommendations/Next Steps

- MECAP @ AACAP
- Listserv: [Mecap@aacap.org](mailto:Mecap@aacap.org) email [Qbernhard@aacap.org](mailto:Qbernhard@aacap.org) to join if an AACAP member (if not an AACAP member, will be reviewed)

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## **MECAP - Juggling Work and Life in Midcareer: Thriving Through the Support "Sandwich," December 12, 2024**

This is the 3rd of 3 virtual meetings free and open to AACAP members.

Focus: personal and professional wellness, addressing empathy fatigue, managing burnout, and work life balance.

Your feedback will be solicited on desired AACAP-specific supports by and for members.

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