



# LifeMember

OWL NEWS

Winter Edition 2026

e-Newsletter



Welcome to the Winter Edition of the OWL News!

AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY

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## Quotes About Snow

“Kindness is like snow—it beautifies everything it covers.”

— **Kahlil Gibran**

“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.”

— **Charles Dickens**

“Snow flurries began to fall and they swirled around people’s legs like house cats. It was magical, this snow globe world.”

— **Sarah Addison Allen**

“March came in that winter like the meekest and mildest of lambs, bringing days that were crisp and golden and tingling, each followed by a frosty pink twilight which gradually lost itself in an elfland of moonshine.”

— **L.M. Montgomery**

“I know the look of an apple that is roasting and sizzling on the hearth on a winter’s evening, and I know the comfort that comes of eating it hot, along with some sugar and a drench of cream... I know how the nuts taken in conjunction with winter apples, cider, and doughnuts, make old people’s tales and old jokes sound fresh and crisp and enchanting.”

— **Mark Twain**

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## COVER ART:



A tawny owl perches quietly on a snow-covered branch, its soft brown and cream feathers blending beautifully with the winter landscape. Behind it, a backdrop of cool blues and warm golden tones hints at a serene forest, highlighting the owl's round, watchful eyes as it surveys its peaceful surroundings.

## Reflections on Opportunities to Serve AACAP

By Marilyn B. Benoit, MD, past co-chair



Marilyn B. Benoit, MD

**This past annual meeting in Chicago (October 2025) was bittersweet for me.** AACAP delivered a program that captured the interests of the many child and adolescent psychiatrists, as well as all levels of trainees—from medical students to second year C&A fellowship trainees. I was quite intrigued by the many leadership sessions offered and the significant focus on how our members navigate and integrate their professional and personal lives.

The inclusion of wellness activities such as yoga, meditation, and bike rides pleased me tremendously, since I encourage my patients to include such activities in their overall treatment plan. And then there were the dance parties! Dancing is such great exercise! Some of us are still talking about them.....A place where everyone on the dance floor was equal. I counted at one time five AACAP presidents dancing alongside the AACAP CEO, Heidi Fordi, and her staff! Medical

students, international visitors, attendings, C&A trainees....we were all boogieing to the fantastic music and having the time of our lives! I loved the diversity that was evident on the dance floor! I am delighted, but not surprised, to see that C&A psychiatrists can put aside their professional personas and just have plain 'ole FUN!!

The keynote speaker, Bryan Stevenson, JD, winner of the Humanitarian award, was outstanding. And it was an amazing surprise to hear Dr. Tami Benton's announcement that Lisa Yang, benefactor of the *Marilyn B. Benoit, MD, Child Maltreatment Mentorship Award*, had made a very generous gift of one million dollars to support AACAP's Emerging Leaders Fellowships.

That was the wonderful and inspiring part of the meeting. But it was very sad to listen to our deceased colleagues being memorialized. For me it became quite personal because so many of the deceased were part of my professional cohort, and some were friends! It was a stark reminder just how long I have been a member of AACAP, my professional home since 1975!

Having been around so long, I am a Life Member, and as such, I have had the incredible opportunity not only to be a member of the Life Members Committee, but also to serve as Co-Chair for six years. This year I stepped down from the Committee, my last



## Reflections on Opportunities to Serve AACAP

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committee service in the Academy. I am so impressed by the work of the Life Members Committee, founded by our deceased colleague and past president, John Schowalter. The mentoring program that has blossomed over the past ten years, and led by our deceased and esteemed colleague, Joseph Jankowski (with Ellen Sholevar as his right-hand assistant), is one of the most successful programs at AACAP. I am amazed by the work of the MSR Committee (supported by the amazing AACAP staff, Anneke Archer), composed of trainees (medical students, residents, and fellows). They find time in their busy training schedules to organize, plan, and execute outreach programs for their colleagues around the world!

It has indeed been an honor and an incredible privilege to serve the Academy over the years in many capacities. I started with the Private Practice Committee, was Chair of the Media Committee, member of the Program Committee, Founder and Chair of the Child Abuse Committee, (now Child Maltreatment & Violence Committee), liaison to the American Academy of Pediatrics Child Abuse Committee, and served on several Task Forces.

I wish to thank the Academy for providing me with so many opportunities to serve. Serving as President of AACAP from 2001 to 2003 was one of the most gratifying experiences of my entire professional life. Shining a national focus on the most vulnerable population we serve—the maltreated children in the foster care system—gave some momentum and status within AACAP, where having submissions on child abuse accepted by the Program Committee used to be quite

a challenge. This year there were more than 20 sessions relating to foster care and child abuse.

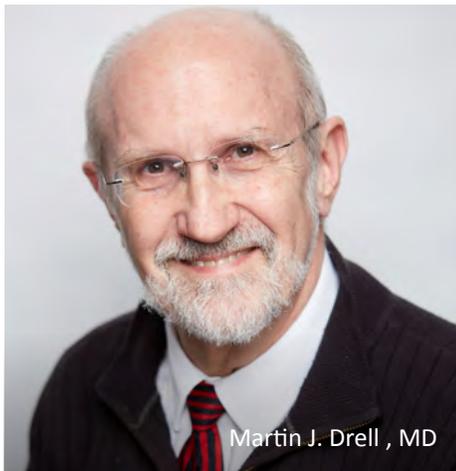
The knowledge I gained from working with the AACAP leadership, especially Virginia Anthony, Executive Director, and her employees, has served me in all my positions of leadership that I have been fortunate to hold. I deeply admire the amount of work and number of areas AACAP addresses: clinical affairs, training, research, recruitment, government affairs and advocacy, grants acquisition, development, public education, membership benefits, and more! And all this is done with a relatively small staff! I believe AACAP's office delivers great value for the membership fees we pay. Though this is a swansong moment for me, I do plan to remain engaged with the Academy for as long as I am able. Over the next year I will be very involved with the C&A Regional Council of AACAP in the Greater Washington DC area. Currently, I am on the Steering Committee that is planning on reviving the March Spring Symposium that used to be a very popular event for the C&A psychiatrists in the area. One of the strategic initiatives of the Life Members Committee is to increase engagement of Life Members with their local ROCAP. It has been extremely gratifying for me to be on the Executive Committee of this ROCAP and be a witness to the great work that the up-and-coming generations of C&A psychiatrists are doing. I feel very optimistic about the future of child and adolescent psychiatry, and I plan on continuing to mentor our enthusiastic and brilliant young professionals.

Au revoir! ■



## Managing Editor Letter - Celebrating Black History Month

by Martin J. Drell, MD



Martin J. Drell , MD

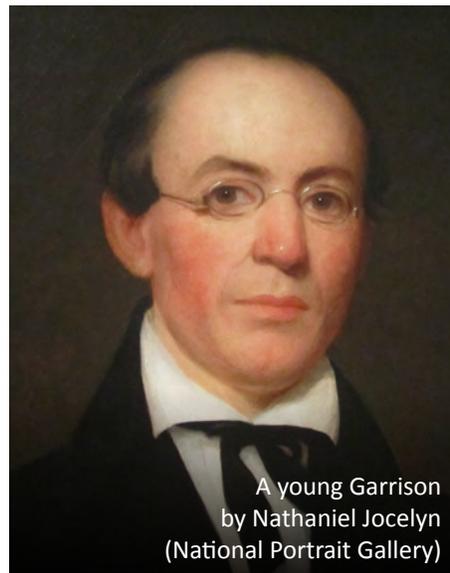
### William Lloyd Garrison: Abolitionist and Advocate for Human Rights

There were many White abolitionists in the United States. I use the specifier "White" as it is assumed that most slaves and Blacks were always abolitionists. Many of these Whites were religious people, often Quakers, who felt that slavery was a moral abomination.

They persevered against great odds, and over the course of a half a century, swayed the Nation towards a position that facilitated the abolition of slavery. Perhaps the most famous of the White abolitionists was **William Lloyd Garrison**. I will summarize his life and hope that it will serve as a prototype to explain the evolution of the movement.

William Lloyd Garrison was born on December 10, 1805 in Newburyport, Massachusetts. His father was a

pilot in the Merchant Marines who abandoned his family after he lost his job in 1803. This greatly impacted the family economically. His mother, Francis Maria Lloyd, a very religious person, had to work hard to make ends meet. Despite this, she became closer to her son. William Lloyd reciprocated her closeness and identified with his mother's religiosity. He worked odd jobs until age thirteen when he became an apprentice to the editor of *The Newburyport Herald*. Similar to Benjamin Franklin, he became an expert typesetter and began writing popular articles under a pseudonym, his being Aristides, an Athena Statesman who was called Aristides the Just. After finishing his apprenticeship, he became the owner and editor of *The Newburyport Herald*. In this new position, he further honed the skills which were to make him so effective as an abolitionist.



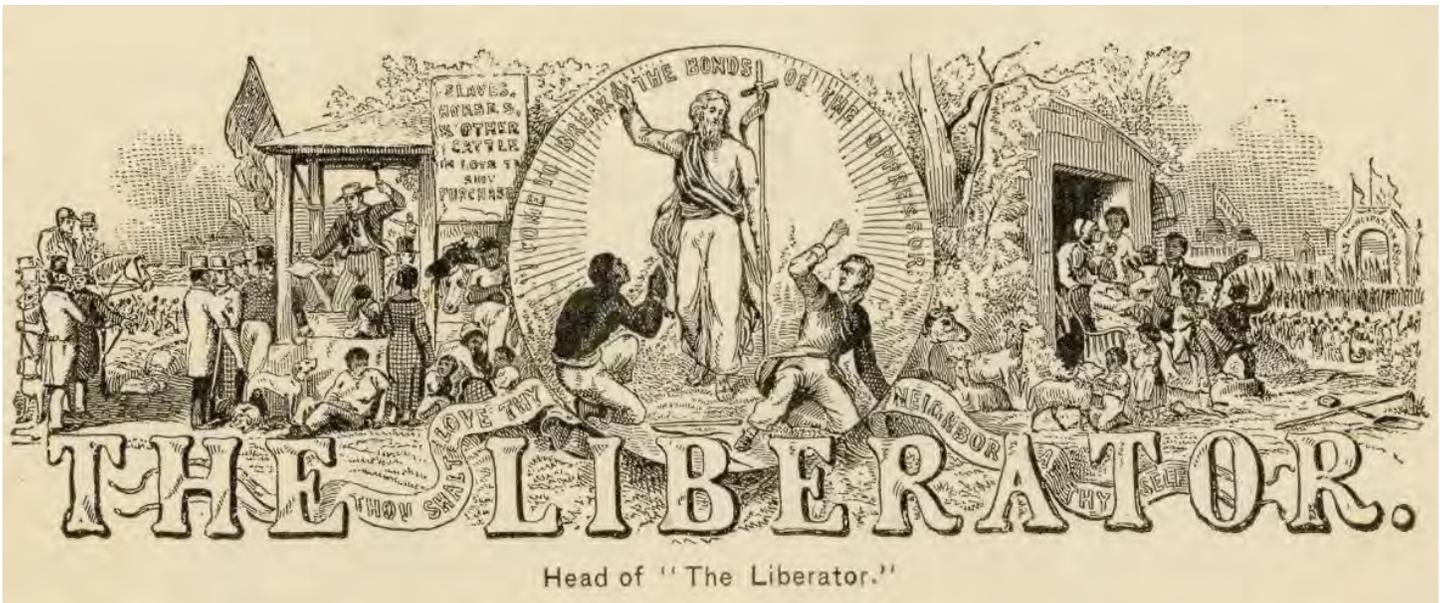
A young Garrison  
by Nathaniel Jocelyn  
(National Portrait Gallery)

Garrison was appointed in 1828 as the editor of the National Philanthropist Newspaper in Boston, MA, which supported temperance. He brought to his new position an increasing interest in the anti-slavery movement, having briefly been a member of the American Colonization Society that advocated for the resettlement of Blacks back to Africa. His readings and his contacts with other thought leaders of the day led him rapidly to reject any "gradualist" or stepwise approach to abolition. He, from that point on,

advocated for  
immediate  
and complete  
abolition of  
chattel slavery.

He fiercely forwarded his new views in 1829 as co-editor of a Quaker newspaper called *Genius of Universal Emancipation* that was published in Baltimore. In it he introduced columns that focused on the real cruelty of slavery, including the whippings, the breakup of Black families, the kidnappings, the murders, the slave markets, and legal attempts to circumvent the laws prohibiting the importation of slaves from Africa. He was subsequently sued for libel for one of his columns and was found guilty. He refused on conscience to pay any fines and fees and was subsequently

## Managing Editor Letter - Celebrating Black History Month: William Lloyd Garrison



ordered by the Judge to be incarcerated. He remained incarcerated until his fines were paid by an anti-slavery philanthropist. After his release, William Lloyd Garrison left Baltimore and subsequently founded, in 1832, the weekly newspaper that he is best known for called *The Liberator*. He partnered in this effort with his friend from the earlier newspaper they both apprenticed on. *The Liberator* made Garrison the central figure in the anti-slavery movement. *The Liberator* was paid for by 2,000 subscriptions, the majority being paid for by Blacks. The readership expanded over time to far more than just the subscribers. In addition, copies were sent for free to politicians at the city, state, and national levels.

An interesting aspect of Garrison's beliefs included his advocacy for non-violence. Despite this, he was vilified as a dangerous person by pro-slavery forces, especially in the South, who made death threats, burned him in effigy, and erected a gallows outside his office. A North Carolina Grand Jury indicted him for distributing data meant to incite violence such as that that occurred during Nat Turner's slave rebellion in Virginia, which happened shortly after *The Liberator* came into being. A reward of \$5,000 was set for his capture and transport to North Carolina to face justice. All these factors culminated in his need to escape to London for one year.

Throughout, *The Liberator* continued to gain popularity, subscribers, and readership. Its content invited submissions

from the public. It also became the one of the best places for people to learn about the abolitionist movement, its organizations, and its meetings.

Garrison used the power of *The Liberator* to help form, in 1832, the New England Anti-Slavery Society that spawned many affiliates, and then, the larger Anti-Slavery Society (AAS) that included membership from ten states. The AAS was at the forefront of the Anti-slavery movement. It spawned parallel women's anti-slavery organizations.

These societies published anti-slavery pamphlets, led petition drives, and organized speaking tours. These tours included Frederick Douglass, whom Garrison befriended early on. Garrison realized that Frederick Douglass' oratorical ability to describe his life as a slave had an authenticity that surpassed secondhand accounts by Northern White abolitionists. Garrison was helpful in the publishing of Douglass' autobiography (the first of three) that made Douglass the most famous and infamous Black in America. It should be noted that this notoriety forced Frederick Douglass to flee for his life to London, as had Garrison. He remained there for two years until his freedom was paid for by benefactors and he was able to return to the United States.

In 1834, Garrison married Helen Eli Wendell Phillips, the daughter of a retired abolitionist merchant. They had seven children, two of which died as children.

# Managing Editor Letter - Celebrating Black History Month: William Lloyd Garrison

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Garrison's notoriety continued. The movement, in its entirety, became a growing threat. Antislavery meetings were violently interrupted by mobs. Its lecturers were assaulted, pamphlets were burned and banned, and presses destroyed. In 1835, Garrison was attacked while about to speak. He was caught while escaping and was prevented from being "tarred and feathered" only by the intervention of the mayor who rescued him and sequestered him in a jail cell for his own protection.

Never afraid of controversy, Garrison took on the cause for Women's Rights and Suffrage. His wish for woman's participation in the AAS led to several prominent members to depart and form a parallel American anti-slavery society which did not have women members. The break also was precipitated by Garrison's belief that, because the constitution was a pro-slavery document, abolitionists should not take part in politics and government. Garrison's beliefs, which thwarted the wishes of many AAS members, wished to create a political party to expedite the cause of abolition. These members ended up creating the short-lived Liberty Party which ran a candidate, James Birney, in 1840, for President. He received 6,797 votes.

Garrison continued to support women's rights and suffrage, with woman playing key parts in the AAS. The AAS, as it did for abolition, supported, promoted, and organized petition drives sent to the Massachusetts Legislature (1849) demanding the vote for women. In 1850, he played a leading role in an early National Women's Rights Convention and gave a plenary address

to its members. This convention combined female and male leadership and, therefore, had a wider base than the earlier Seneca Falls Convention in New York, which included Frederick Douglass and only a few other male invitees.

In the decade before the Civil War, the arguments over slavery within and between both sides increased in complexity and intensity with:

- **The Compromise of 1850** that attempted to create a fragile balance between the number of slave owning and free states. This compromise included the controversial fugitive slave law that required the Federal Government to return slaves to their masters even if they had resided in Northern free States.
- **The publishing of *Uncle Tom's Cabin* in 1852** by Harriet Beecher Stowe, which became a best seller and dramatized the plight of slaves.
- **The Kansas-Nebraska Act of 1854** that determined that a popular vote of settlers in territories would determine if they would be slave or free when they later became States. This led to much bloodshed (Bloody Kansas) with violent voter suppression and intimidation.
- **Frederick Douglass' and Garrison's relationship broke down in 1855** over earlier mentioned differences of opinion on interpretations over whether the Constitution was a racist document, and strategies on how to proceed, especially with regards to taking political action and the use of violence. Their differences led to mutual name

calling and recriminations, often personal, that did not befit the stature of either man. This break lasted for eight years.

- **The Dredd Scott Decision in 1857** that ruled that Blacks were not citizens and thus, had no legal standing in the US Judicial System. Also of importance, this decision denied Congress the ability to prohibit slavery in Federal Territories.
- **John Brown's raid in 1859** on Harpers Ferry and his use of violent action to forward the cause of abolition did not meet with Garrison's non-violent approach. Despite this, Brown's raid, his trial, and execution, were carefully chronicled in *The Liberator*.
- **The creation of the Republican Party** and the North/South split in the Democratic Party over issues of slavery and its expansion, led to the election of the Republican's candidate, Abraham Lincoln. His election led to the secession of Southern States before his inauguration, and to the firing on Fort Sumter, which precipitated the Civil War shortly after.

Of interest, Lincoln, who wanted to keep the Union together, and who, at the beginning of the war, was anti-slavery, but not an outright abolitionist, did not ask for Garrison's endorsement of his Presidency, nor did Garrison give it. Frederick Douglas on the other hand, did.

After the Civil War began, Garrison wrapped himself in the Flag and softened his stance against violence. With this change came a reconciliation with Frederick Douglass.

## Managing Editor Letter - Celebrating Black History Month: William Lloyd Garrison

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After the Civil War ended, Garrison “declared victory” and in 1865, resigned from the Presidency of the American Anti-Slavery Society and ended publication of *The Liberator*. Several other abolitionists, including Frederick Douglass and Wendell Phillips, and abolitionist organizations, continued their efforts knowing that there were many struggles ahead to establish and insure equal rights for the freed slaves. These struggles would include passage of the 13th, 14th, and 15th Amendments, the successes and failures of reconstruction, the Klu Klux Klan, and the 160 years of Jim Crow and discrimination that ultimately followed.

Garrison remained active in the cause of Civil Rights for Blacks and women until his death. He wrote columns for other newsletters, co-edited a woman’s suffrage newspaper, *The Woman’s Journal*, and was President of both the American Woman Suffrage Association and the Massachusetts Woman’s Suffrage Association. When Charles Sumner, a fierce abolitionist, died in 1874, it was suggested that Garrison run for his Senate seat. True to his convictions against politics, he declined.

Garrison’s engagement in Civil Rights was slowed by chronic kidney disease that led to his death in 1879. After his death, flags were flown at half-staff. One of his funeral orations was given by Frederick Douglass. In 1904, Leo Tolstoy wrote a biography on Garrison who he admired as a Christian “anarchist” who he felt greatly influenced the world. ■

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Statue of Garrison on Commonwealth Ave by Olin Levi Warner, Boston, MA (West End Museum)

### Sojourner Truth: A Woman with Many Missions

While writing my short biographies of civil rights leaders, I have been struck by the tumultuousness of their lives. They did not live quiet and protected lives. They seldom had guardians hovering over them and clearing the way for their progress in life. If you did the ACE's (Adverse Childhood Experiences) scores on them, they would be deemed at risk for dire consequences. And yet, the heroes persevered and were "anti-fragile" and resilient. As I tell their stories, please count the adversities they endured and ponder what led to their true grit.

The winner for the best name ever is Sojourner Truth. She was born into slavery in New York in 1797 with a different name, Isabella Baumfree. She was one of 10-12 children in the household. Her owner, Colonel Johannes Hardenbergh, spoke Dutch, as did Isabella, who was nicknamed Belle. She spoke with a Dutch accent for the rest of her long life. When the Colonel died, Isabella was sold, along with a flock of sheep, for \$100 to John Neely, who was cruel. She was subsequently sold several other times. Her last owner, John Dumont, was the cruelest and raped her.

At age 18, Isabella fell in love with a slave from a nearby farm. Sadly, his master forbade the relationship, and they never saw each other again. She subsequently married another slave, Thomas. She bore five children, the first of which died and the second of which was from Mr. Dumont who raped her. Dumont promised to give Isabella her freedom a week before New York State had legislated the abolition of slavery in 1827. When he reneged on his promise, Isabella escaped to freedom

with her infant daughter, Sophia. The two were taken in by the Van Wagenen family who bought her services for the next year from Dumont for \$20.00 until the New York Emancipation was initiated.



While with the Van Wagenens, Isabella heard that her third child, Peter, was about to be sold "down South" to Alabama right before the New York Emancipation. She, with the assistance of the Van Wagenens, hired a lawyer and won Peter's freedom. This won Isabella the distinction of being the first black woman in the US to win a case against a white man. Isabella became a more devout Christian while living with the Van Wagenen family. In 1829, she moved

to New York City, where she worked for a Christian Evangelist. She then moved on to work in a religious colony of a man called Prophet Matthews, who worked for the poor. When Elijah Pierson died, Isabella was accused as a co-conspirator in his death but acquitted of his murder.

In 1839, her son Peter, went to work on a whaling ship out of Nantucket. When it returned to port, Peter was not on board. Isabella never heard from him again.

In 1843, Isabella became even more religious. She became a Methodist

**and stated that she had heard God calling her to preach the truth.**

In response, she changed her name to Sojourner Truth and became a traveling preacher praising and singing the Word of God, while promoting pacifism and women's rights, and condemning slavery. She used an abolitionist commune as her home base. While not preaching, she oversaw the commune's laundry. After the commune dissolved, Sojourner worked in the household of George Benson, the brother-in-law of William Lloyd Garrison, a leading abolitionist of that time. Through these connections, she met many fellow abolitionists including Frederick Douglas and Harriet Beecher Stowe, the author of *Uncle Tom's Cabin*. The abolitionist movement was very interested in the biographies of slaves which testified to the horrors of slavery. Garrison was instrumental in publishing an autobiography that Sojourner

## Managing Editor Letter - Celebrating Black History Month: Sojourner Truth

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Sojourner Truth Monument, Battle Creek, MI

dictated entitled *The Narrative of Sojourner Truth: A Northern Slave*. This book, along with “cartes-de-visite” (early photos) of her likeness, provided her funds for her room and board.

Her interest in women’s rights and abolitionism led to her growing fame as a lecturer. One of her speeches “Ain’t I A Woman?” provided an early example of the intersectionality of being black and a woman.

Like several of the leaders I have written about, Sojourner also had an episode of direct defiance when she refused to give up her seat on a streetcar as part of an effort to force desegregation by means of transportation. In this episode, unlike that of Harriet Tubman, Sojourner was allowed to remain seated and was not arrested, manhandled, or physically injured.

During the Civil War, Sojourner, like Harriet Tubman, recruited and cared for Black soldiers. She joined the National Freedman’s Relief Association and assisted newly freed slaves in Virginia. She advocated for their rights, built schools, and found them employment. In 1865, she met Abraham Lincoln, and, in 1877, she met President Ulysses Grant and campaigned for his re-election. She continued as an early suffragette, giving regular speeches for that cause. She used Biblical references to support her push for women’s rights. She would argue that she owned a house and paid taxes, so that she was entitled to have the vote.

After several moves that included living for a period in a spiritualist utopia in Harmonia, Michigan, she settled down in Battle Creek, Michigan and was part of the Seventh-Day Adventist Church there. She continued her speaking engagements. After the Civil War, and during reconstruction, she advocated for the securing of land grants (“40 acres and

a mule”) to formerly enslaved people, prison reform, and was against capital punishment. As expected, she had many detractors.

Sojourner died at age 87 on November 26, 1883, and was buried in Battle Creek. Frederick Douglass offered a eulogy: “Venerable for age, distinguished for insight into human nature, remarkable for independence and courageous self-assertion, devoted to the welfare of her race, she has been for the last forty years an object of respect and admiration to social reformers everywhere.”

Sojourner has been repeatedly given tributes including a bust in Emancipation Hall at the Visitor Center in the United States Capital, making her the first black woman to receive such an honor. She has a Navy ship named after her and a twenty-two-cent stamp with her image on it issued in 1986. Her likeness, along with Lucretia Mott, Susan B. Anthony, Elizabeth Cady Stanton, Alice Paul and the 1913 Women’s Suffrage Progression that was slated for the new ten-dollar bill was postponed by Secretary Steven Mnuchin. My favorite factoid is that *MS.* magazine was originally going to be named Sojourner, but the founders felt people would mistake it for a travel magazine. ■

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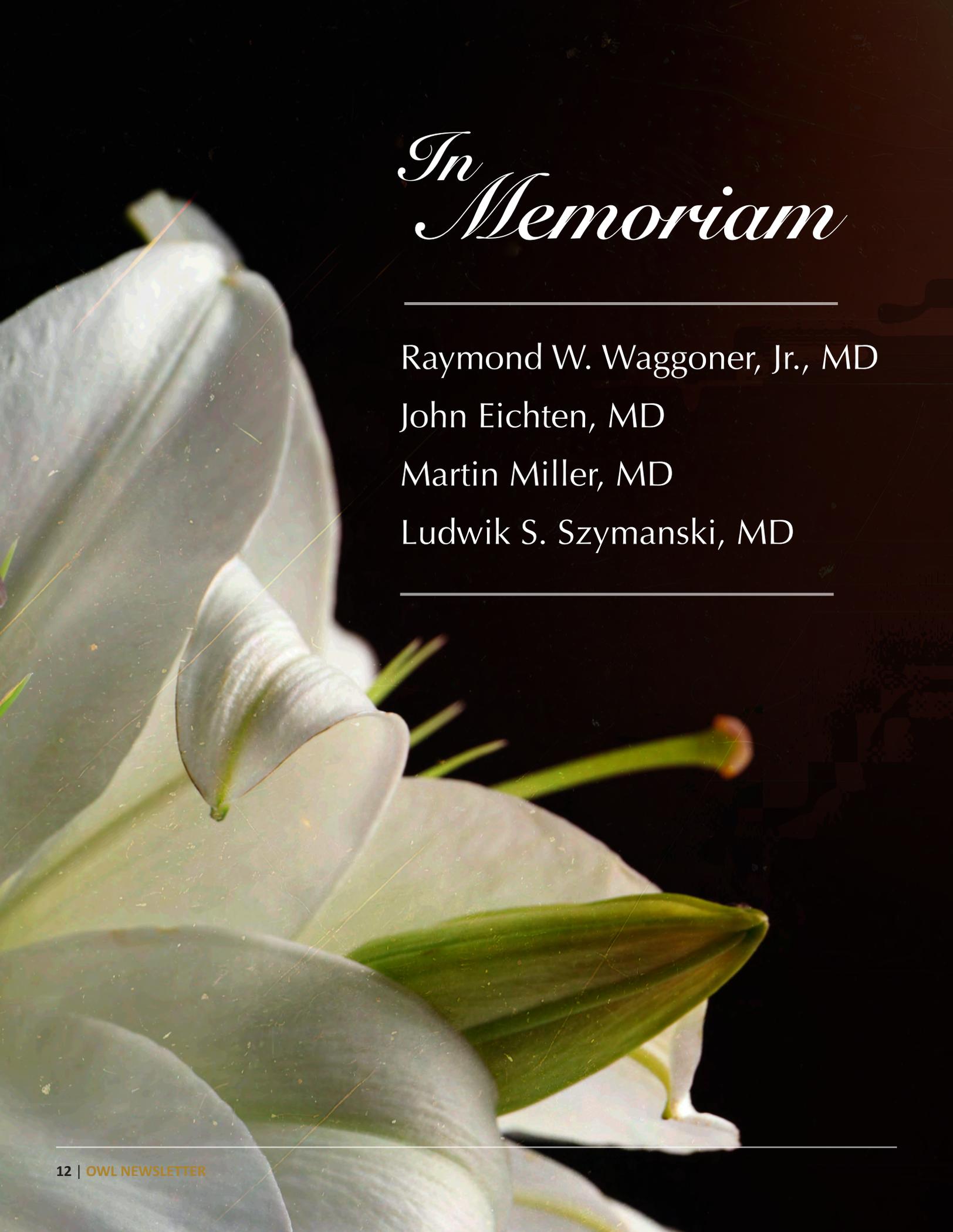
# THOUGHTFULLY AFFABLE

Charles “Chuck” Richard Joy, MD

my favorite psychiatrist  
and I’ve known a few  
his attitude toward me  
and Mom too

thoughtfully affable  
rising to greet us  
always on time  
ready to help  
as if he likes it





# *In Memoriam*

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Raymond W. Waggoner, Jr., MD

John Eichten, MD

Martin Miller, MD

Ludwik S. Szymanski, MD

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AACAP is committed to the promotion of mentally healthy children, adolescents, and families through research, training, prevention, comprehensive diagnosis and treatment, peer support, and collaboration. We are deeply grateful to the following donors for their generous financial support of our mission. **Gifts Received from November 25, 2025, to February 5, 2026.**

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Robert Elton Tonsing, MD

## Up to \$99

Carrie Borchardt, MD

Joshua W. Calhoun, MD

Ryo Sook Chun, MD

Martha Collins, MD, MPH

A. Scott Dowling, MD

John P. Glazer, MD

*Made in Honor of*

*Patricia I. Ibeziako, MD*

Karl Kessler, MD

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Every effort was made to list names correctly. If you find an error, please accept our apologies and contact the Development Department at [development@aacap.org](mailto:development@aacap.org) or 202.966.7300.

# Thank you for supporting AACAP!

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# AACAP Urges Science-Driven, Compassionate Care Following HHS Proposed Rules

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**December 19, 2025** - The American Academy of Child and Adolescent Psychiatry (AACAP) is deeply concerned by the proposed rules issued by the U.S. Department of Health and Human Services that would prohibit state Medicaid agencies from using federal funds to support gender-affirming care and prohibit Medicare- and Medicaid-participating hospitals from providing gender-affirming care procedures.

These rules follow an Executive Order issued by President Trump in January, *Protecting Children from Chemical and Surgical Mutilation*, that directed federal agencies to curtail access to gender-affirming care. The report and related federal agency guidance and proposed rules mischaracterize our understanding of the current scientific literature and minimize the importance of families and physicians in addressing the mental health impacts of gender-related distress and discrimination.

Care for transgender and gender-diverse youth must be grounded in science, guided by trained professionals with real-world clinical and research experience, and centered on the individual needs and experiences of youth and their families. AACAP remains committed to supporting psychiatrists in providing expert, compassionate care to all children and adolescents and urges policymakers to prioritize rigorous, evidence-based standards in considering youth mental health.

For further recommendations, please see [AACAP's Policy Statement on Access to Gender Affirming Care](#). ■



# Owl Sightings

Margery R. Johnson, MD

Life Members Committee Co-Chair

I live in an area with a lot of wildlife. I often hear owls on my roof or catch a glimpse of them but have never been able to get a good photo. A neighbor who seems to be spending his retirement doing photography shared the attached photos that I thought might be suitable for the OWL News.



# Member Photos



## Member Photos

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# Member Photos

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## Member Photos



## Member Photos

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## Member Photos





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