



AACAP 20
NYC October
23-28 23



AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY

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New York Hilton Midtown &
Sheraton New York Times Square Hotel

Healthcare Heroes are the Importance of Healers Holding Hands in Every Stage *Human Ties*

2023 Annual MSR Breakfast

Hosted by:

Committee on Medical Students and Residents

Greetings Valued Trainees!

AACAP's MSR Committee is pleased to organize and sponsor this event and we hope it is helpful to you! The Medical Student and Resident Breakfast aims to create a supportive space for trainees entering the field of child and adolescent psychiatry. The theme highlights the humanity of healthcare professionals, emphasizing the power of vulnerability and breaking the notion of being perfect "healthcare heroes." Three speakers share their career trajectories, experiences, and personal stories, followed by an open discussion between trainees and mentors. This event focuses on discussing growth and career development within the context of vulnerability and fosters mentorship between experienced clinicians and young trainees. The breakfast encourages dialogue and exploration of approaches to building a meaningful career while maintaining a balance between professional goals, personal interests, family, spirituality, and wellness.





MEET YOUR SPEAKERS: The Human Healthcare Heroes



EARLY-CAREER

introduced by Kevin Nguyen, MD, PGY6 post-pediatric portal fellow, CHOP



Sarah H. Arshad, MD | Children's Hospital of Philadelphia | Philadelphia, PA

Sarah H. Arshad, MD, graduated from the University of Michigan Medical School, then completed a 5 year Triple Board training Program at UPMC (combined training in pediatrics, adult psychiatry, and child and adolescent psychiatry), and is now triple board certified. After training, she joined the Department of Child and Adolescent Psychiatry and Behavioral Sciences (DCAPBS) at the Children's Hospital of Philadelphia (CHOP), and is an Assistant Professor of Clinical Psychiatry at the University of Pennsylvania Perelman School of Medicine. While at CHOP, she has worked clinically as an emergency room and consult liaison physician, as well as a provider with the Telephonic Psychiatric Consultation Service Program (TiPS) team. In addition, she has served as the co-leader of the Behavioral Health Education Committee, as well as Chair (2019-2022) and committee member of the Pediatric Education Project in Behavioral Health, two committees dedicated to mental health education and training for primary care pediatric providers. She also serves as the co-director of the child and adolescent psychiatry track of UC Irvine's Train New Trainer Program, in which she creates curriculum and provides mentorship to educate and support primary care providers on mental health evaluation and treatment in the primary care setting. In addition, she previously served as the Assistant Training Director of the Post Pediatric Portal Program, a 3 year fellowship in adult and child psychiatry for pediatricians, and is the cultural psychiatry course director for child and adolescent psychiatry and post pediatric portal program fellows. She is also a member of the American Academy of Child and Adolescent Psychiatry, and currently serves on the Diversity & Culture Committee and the Triple Board and Post Pediatric Portal Program Committee.

MID-CAREER

introduced by Megan Single, MD, CAP1, Duke University



Michael Shapiro, MD | University of Florida | Gainesville, FL

Michael Shapiro, MD, has been a faculty member at the University of Florida for ten years, following his completion of undergraduate, medical school, residency, and fellowship there. Dr. Shapiro is currently an Associate Professor, and has served clinical roles as Medical Director of the Inpatient Child & Adolescent Psychiatry Unit and Medical Director of the Outpatient Child Psychiatry & Psychology Clinic. His educational roles have included the Director of Psychotherapy Education for the Child Psychiatry Fellowship Program, Co-Leader of the PGY-3 Psychodynamic Psychotherapy didactic series, and Group Supervisor for the PGY-3 Psychodynamic Psychotherapy clinic. Other educational roles include the Course Professor for an undergraduate Physician Shadowing course and Course Director for the 4th year medical student Child Psychiatry Elective.

Within AACAP, Dr. Shapiro is currently Co-Chair of the Psychotherapy Committee, and is on the Leadership Team for the Psychodynamic Faculty Initiative, of which he was one of the first mentees selected for the program. He also serves on the CME Committee and the Clinical Essentials Committee. He was previously awarded the Rieger Psychodynamic Psychotherapy Award, and has served as Delegate to the Assembly of Regional Organizations, Advocacy Liaison, and president of his regional organization. Outside of AACAP, Dr. Shapiro has had leadership roles in the Florida Psychiatric Society, the Association of Academic Psychiatry, the American College of Psychiatrists, the PRITE Editorial Board, and the American Academy of Psychodynamic Psychiatry and Psychoanalysis.



MEET YOUR SPEAKERS: The Human Healthcare Heroes



LATE-CAREER

introduced by Caroline Wang, MS4, Stony Brook School of Medicine

Gabrielle Carlson, MD | Stony Brook Medicine | Stony Brook, NY

Gabrielle A. Carlson, MD, has been professor of Psychiatry and Pediatrics and Director of the Division of Child and Adolescent Psychiatry at State University of New York at Stony Brook since 1985. She founded and directed the division until 2013. She did her undergraduate training at Wellesley and subsequently obtained her MD degree from Cornell University Medical College. She did her adult psychiatry training at Washington University in St. Louis and at the National Institute of Mental Health. She completed a fellowship and research fellowship in Child and Adolescent Psychiatry at UCLA where she subsequently taught on the faculty.

Dr. Carlson specializes in childhood psychopathology and psychopharmacology in general, and the subjects of childhood and adolescent depression and bipolar disorder, specifically. She has written over 300 papers and chapters on those subjects. Her research interests include the phenomenology, long-term follow up and treatment of young people with bipolar disorder, and the relationship between behavior disorders, like ADHD, developmental disorders, and mood disorders.

Dr. Carlson has served on many national committees including the *DSM IV* Task Force on Child and Adolescent Psychiatric Disorders, Institute of Medicine committees, and various review committees for the National Institute of Mental Health. She has been named in Best Doctors in America and New York, and Good Housekeeping's Best Mental Health Experts.

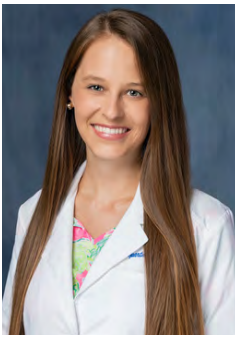
Dr. Carlson has received numerous awards including the APA's Blanche F. Ittleson Award for research in child and adolescent psychiatry and the Agnes Purcell McGavin Award for Prevention in Child and Adolescent Psychiatry, the American Psychopathological Association's Zubin Award for an individual who has played a fundamental role in psychopathology research, and the University of Missouri's lifetime achievement award. She is especially proud of the Virginia Q. Anthony Outstanding Woman Leader Award given by AACAP. Locally, she was awarded the New York Academy of Child and Adolescent Psychiatry's Hulse Award and the New York Advisory Council's Laretta Bender Award.

Dr. Carlson is past president of the International Society for Research in Child and Adolescent Psychopathology, was AACAP's Program Chair for four years and is now its recent Past President. Her presidential initiative has been on Impairing Emotional Outbursts: What are they, who has them, and what can be done about them.





MEET YOUR HOSTS, The Event Co-Chairs:



Megan Single, MD | Duke University | Durham, NC

SCHOOL/FACILITY/PROGRAM: CAP1 at Duke University Medical Center, previously completed general psychiatry residency training at University of Florida, graduated from University of Kentucky College of Medicine

CAREER INTERESTS/ACTIVITIES: Childhood trauma and psychodynamic psychotherapy; catatonia and psychosis, autoimmune encephalitis, ASD, munchausen syndrome by proxy; persistently mentally ill adults & community homeless mental health; forensic psychiatry; mentorship

AACAP: Recently selected Jerry M. Wiener Resident Member of Council; Appointed Member on the Committee on Medical Students & Residents (MSR) and the Psychotherapy Committee; Recipient of AACAP Educational Outreach Program (EOP) Award 2023; MSR Newsletter Lead Editor; Previous Co-Chair of Owl Meet Life Member Mentors at the AACAP Annual Meeting



Thomas Pak, MD, PhD | UTSW Medical Center | Dallas, TX

SCHOOL/FACILITY/PROGRAM: PGY2 at University of Texas Southwestern Medical Center, previously completed MD/PhD at University of Iowa.

CAREER INTERESTS/ACTIVITIES: Organized medicine, medical education, mentorship, ballroom dancing, research on biomarkers of psychiatric conditions in children

AACAP: Appointed Member on the Committee on Medical Students & Residents (MSR) and served as Subcommittee Chair of MSR; Recipient of AACAP Educational Outreach Program (EOP) Award 2023. Attendee of the Asian Caucus and Arts Committee. Co-chair of Open Mic Night and Fashion Show. Published in *JAACAP* book forum regarding the Shang-Chi film, and portrayal of Asian Americans in Media.





"It is important for us to see
that our mentors are human
and therefore fallible;
it makes our own shortcomings
more tenable."



— John Wooden

Acknowledgements

The AACAP Committee on Medical Students and Residents (MSRs) wishes to acknowledge Megan Single, MD and Thomas Pak, MD, PhD for organizing this year's breakfast.

We also extend a special thank you to AACAP's Communications staff for photographing this event.

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