

Mentorship Matters: 2010 Klingenstein Games



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■ Jane Whitney, Medical Student

“Let the gaaaaames begin!” Who knew that **Robert Althoff, M.D., Ph.D.**, assistant professor of Psychiatry at the University of Vermont, could have had a successful career as an announcer for World Championship Wrestling? Fortunately, Dr. Althoff chose instead to become a child and adolescent psychiatrist and channel his radio persona as our host for the 5th Annual Klingenstein Games on February 6, 2010, in Burlington, Vermont.

Since 2006, the Klingenstein Games have evolved into a beloved tradition of The Klingenstein Medical Student Program – a mentorship experience designed to expose medical students to the rewards and challenges of child and adolescent psychiatry and promote awareness about child and adolescent mental health issues. The program selects students interested in pediatric psychiatry and provides the opportunity for regular meetings with a child and adolescent psychiatrist, who facilitates learning about normal child development and psychopathology, and provides opportunities for clinical experience, scientific research, networking, and professional conference attendance.

Through the generosity of the Klingenstein Third Generation Foundation, ten medical schools in the United States support The Klingenstein Medical Student Program each year. Seven of those programs were represented at the 2010 Games: Warren Alpert Medical School of Brown University, Johns Hopkins University School of Medicine, Mayo Medical School, Stanford University School of Medicine, University of Maryland School of Medicine,

University of Vermont College of Medicine, and Yale School of Medicine. My own 3,000 mile commute was not as difficult as those for whom the journey was complicated by a whopping 30 inches of snow blanketing the Mid-Atlantic states. Unfortunately, the inclement weather made planned travel impossible for Klingenstein Medical Student Fellows and faculty mentors from Mount Sinai School of Medicine and the University of North Carolina School of Medicine.

The morning began appropriately by rewarding travelers with abundant Green Mountain Coffee as a dedicated group of medical students, residents, and faculty gathered for a day of fellowship and learning. Presentations by eight Klingenstein Medical Student Fellows highlighted a variety of topics related to child and adolescent mental health, including the effect of ADHD symptoms on parenting (Kelly Mebust of the University of Vermont); domestic sex trafficking of minors (Jordan Ambrose and Jessica Ton of the University of Maryland); cognitive-behavioral therapy for treatment of Post-Traumatic Stress Disorder (Margo Nathan of the University of Maryland); traumatic brain injury in high-school



Medical Students enjoyed participating in the 2010 Klingenstein Third Generation Foundation Games held at the University of Vermont on February 6. Photo provided by Games Host, Robert Althoff, M.D., Ph.D.

athletes (Auna Otts and Michael Morwood of the University of Vermont); and school-based intimate partner violence intervention in South Africa (Julius Oates of Yale). Erin Kelly of Alpert Medical School at Brown University gave a particularly interesting presentation. She spoke about the lack of access to mental health care facing American children and the implications of health-care reform. She outlined potential legislative solutions to this problem, described her work as an advocate, and outlined a number of ways in which students and physicians can become involved to improve access to mental health care. She asked everyone present to get involved and become an advocate on the local, state, or national level. Her call to action was so well-received that it left us all buzzing about whether the Games could be a future opportunity for advocacy in Washington, DC.

The afternoon's activities included a poster session, resident panel, and the Games' first-ever actual games! An impressive group of 20 posters was selected and displayed. Students present-

ed their findings on a range of research topics, followed by feedback from faculty mentors. Residents and fellows shared advice and insights on training programs with medical students. The lunchtime "triathlon" of games included Apples to Apples (a card game in groups), Show of Hands (an audience-participation word association game), and an ironic feat of athleticism: PsychOut (toss the brain-shaped football in the garbage can). Stiff and spirited competition typified the Games' "games," with only a few points separating the winners from the losers. At the end of the day, an algorithm decided the winner of the newly-minted Klingenstein Games Trophy. The equation took into account performance in the lunchtime Games, number of attendees per school, and distance traveled, with extra points awarded for wearing school colors. Amidst cheers and a few jeers, the trophy was awarded to the medical students with home turf advantage – the Klingenstein Fellows of the University of Vermont.

The medical student and faculty participants wish to impart a special "thank

you" to the Klingenstein Third Generation Foundation, the Department of Psychiatry at the University of Vermont College of Medicine, and the Vermont Center for Children, Youth and Families for sponsoring the 2010 Klingenstein Games. And last, but certainly not least, we thank Dr. Althoff and his team for their warm hospitality – despite freezing cold temperatures – and setting the stage for a weekend of exuberant enthusiasm for future leaders in child and adolescent psychiatry. ■

Jane Whitney is a native of Boston, Massachusetts, and a graduate of Wellesley College. For a few years after college, she assisted with clinical research in the Department of Psychiatry at Children's Hospital Boston. This experience helped her decide to pursue medicine as a career. She is currently a second-year student at Stanford University School of Medicine. She has been involved with the Klingenstein Fellowship Group at Stanford University School of Medicine for two years and is a student leader for the group this year.

ATTENTION All Members!

"Honor Your Mentor" in the next issue of the AACAP News

men•tor: \ˈmen-tər\ *n.* **1:** A wise and trusted counselor or teacher. (*The American Heritage Dictionary*)

To be a mentor is to give more than expected knowledge. It is to share wisdom and vision, and to influence the choices made and roads taken by those they mentor. But, how often do we stop and actually tell a person what impact they have had on our lives? Often they never know how important they were to us. This is your chance to recognize and honor those special people—your mentors.

In the **September/October issue of the AACAP News**, AACAP members will have the opportunity to honor their mentor(s) in writing. Whether you are a medical student, resident, active researcher or practitioner, or have retired—someone made a significant impact on your career. Even if you have done so in the past, we ask all of you to take the time to honor your mentor and tell others why they were important to you, how they influenced your life. This is a simple and visible way to thank these important people and it can mean so much.

In 100 words or less, please tell us who served as your "wise and trusted counselor or teacher." E-mail your submission to pjutz@aacap.org no **later** than July 26th. **Don't delay—do it today!** Please include your name, affiliation (if appropriate), the name of your mentor(s), and a short testimonial or anecdote. It would be especially nice if you could contribute a photograph of you with your mentor. (Photo files should be sent in the highest resolution possible. Small files do not reproduce well in print.)

Thank you,
Virginia Q. Anthony, AACAP Executive Director