

MEDICAL STUDENTS AND RESIDENTS COMMITTEE

Mentorship Matters: Young Advocates Meet Mentors: 2011 Klingenstein Games

■ Amelia Londono-Tobon

A tradition that started in 2006, the 'Annual Games' have become a highlight of the Klingenstein Third Generation Foundation (KTGF) Medical Student Program. Students and physician-mentors from the ten KTGF Medical Student Programs come together once a year to learn about the rewards and challenges of child and adolescent psychiatry in a fun and friendly environment. Students present their scholarly work with peers and mentors, discuss challenges with residents and fellows and senior physicians, and play games with other students, residents, and doctors.

This year's Klingenstein Games were especially unique. Taking place in the political heart of the country, Washington, D.C., April 7-9 with the AACAP. Medical students reunited, not only to participate in the Klingenstein Games, but also to participate in AACAP's Advocacy Day. Beginning on Thursday, April 7th, the beginning of advocacy day, and continuing through Friday, April 8th, students attended seminars on becoming an effective advocate and approaching congressional personnel. Furthermore, students had an opportunity to put into action the lessons learned by attending congressional meetings, interacting and advocating alongside other child and adolescent psychiatrists, residents, and families. Personally, it was enlightening to see that advocacy is a real, tangible experience that can have many positive outcomes for patients and those in need. Meeting physicians and parents who have attended advocacy events for many years, I was inspired and excited to keep this important aspect of medical practice in mind throughout my career.

After two days of advocacy, the traditional 6th Annual Klingenstein Games took place on Saturday, April 9th. An amazing record of nine out of ten



Medical students, mentors, and AACAP staff at the 2011 KTGF Games

programs participated in the 'Games', including Brown, Johns Hopkins, Mayo Clinic, Stanford, Mount Sinai, University of Maryland, University of North Carolina at Chapel Hill, University of Vermont, and Yale University. The Games opened with remarks by the guests of honor, Andrew Klingenstein and Sally Klingenstein-Martell, and the KTGF Medical Student Program Director, **Alex Kolevzon, M.D.** The warm welcome was followed by presentations by **Eric Arzubi, M.D.**, and Alicia Woodsby, M.S.W., from the National Alliance of Mental Illness (NAMI) of Connecticut. They discussed their joint work in organizing Connecticut's first child mental health forum for gubernatorial candidates at the height of the 2010 election season. All three gubernatorial candidates attended the forum, which was televised around the state and attended by nearly 500 community members and stakeholders.

The Games continued with very interesting student presentations, including research on the Autism Mental Status Exam in a sample of non-Autistic patients (**Danielle La Rocco**, Mount

Sinai), the role of cultural identity upon adolescent Indian first-generation descendants (**Rushil Patel**, UNC), and the evaluation of Autism Spectrum Disorders Risk alert videos (**Janelle Kalir**, Mount Sinai). **Lauren Townes** from University of North Carolina shared her experiences at Project Homestart. Project Homestart is a shelter that provides mental health services to women and children, while providing exposure of medical students to the field of psychiatry.

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In an open forum, **Anita Chu, M.D.**, along with several other residents and students, discussed their experience

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and training in child and adolescent psychiatry. Dr. Chu also discussed how the Klingenstein program guided her in the process of choosing a career in child and adolescent psychiatry and how it is currently helping broaden her horizons and affording opportunities in the publishing world. The frank and friendly atmosphere of the panelists encouraged students to ask questions relating to stigma, life style, and personal conflicts in deciding to be a child and adolescent psychiatrist. Following lunch, 11 posters were presented with an array of topics including, but not limited to ethics in pediatrics, international mental health, suicide prevention efforts among a Native American tribe in Arizona, maternal yelling and child behavior, and post-traumatic stress in adolescents.

And what better way to conclude the Klingenstein Games than with some actual games? For the second time since its inception, the Klingenstein Games had some flavor of actual games, where teams of physicians, students, and residents from various schools gathered for a trip back to childhood. Best of all, the Klingenstein family joined the competition and played with two teams in an

attempt to win the coveted Klingenstein Games trophy. The sporting events included an interesting adaptation of the classic musical chairs, "brain toss," and balloon-tower-making competition. **Peter Gayed**, from Yale University, organized the Klingenstein Games in a setup reminiscent of the Olympic Games. He also served as an impartial judge, despite a tough and close competition. In the end, points were awarded not only for performance on the sporting events but also for school spirit as demonstrated by number of team members wearing their school colors, the number of participants from each school, and the distance traveled. With only a difference of 20 points separating the teams of Yale and Mount Sinai/Mayo, the 2011 Klingenstein Games trophy went to Mount Sinai and Mayo medical schools. After the celebration of the winning team, Brown University concluded that we are all winners and invited participants to the 7th Annual Klingenstein Games to be held in Rhode Island next year.

The medical students and faculty participants would like to express their heartfelt gratitude to Andrew Klingenstein, Sally Klingenstein-Martell,

and the Klingenstein Third Generation Foundation for their continuous support and for hosting a wonderful Friday reception. In addition, a special "thank you" especially Virginia Anthony, executive director, Yoshie Davison, M.S.W., director, Ashley Partner, training and education manager, and Shannon Miller, research coordinator, for organizing the events and inviting medical students to participate in Advocacy Day. ■

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Dr. Londono-Tobon graduated from Johns Hopkins University with a bachelor in neuroscience and has worked in neurodevelopment and autism research at Hopkins and at the National Institutes of Mental Health. She is currently a first-year student at Stanford University School of Medicine and is involved with the Klingenstein Fellowship Group as student leader. She may be contacted at londono@stanford.edu.

ROCAP COMMITTEE CORNER

Committee on Training and Education Announces Dates for Child MATCH

MATCH Begins	August 31, 2011
Rank Order List Opens	November 2, 2011
Quota Change Deadline	November 30, 2011
Rank Order List Closes	December 14, 2011
MATCH Day	January 4, 2012