

Dressed for Both the *DSM-5* and Spaghetti Towers: The 9th Annual Klingenstein Third Generation Foundation (KTGF) Games at Harvard Medical School



■ Erin West, B.S., and Matthew Baum, D.Phil.

“Are there actually games at this conference? I’m not sure I dressed for that!” We were a bit surprised when the activity at last year’s KTGF Games at Brown University transitioned from an academic presentation about residential treatment in child and adolescent psychiatry to throwing squishy, toy brains and racing, three-legged style. Since Harvard Medical School was newly reinducted last year to the Klingenstein Medical School Fellowship Program, this was our first introduction to the informal, exciting day of scholarship and *actual* games that forms a solid tradition rooted in the KTGF program’s core values of collaboration, mentorship, fun, and creativity. We soon recognized, moreover, that it is precisely this sort of symbiosis of seriously intellectual and joyous child-like worlds that makes a good child and adolescent psychiatrist.

Thanks to the KTGF Medical Student Fellowship Program, medical students at eleven schools, throughout the country, have access to meaningful mentorship and the opportunity to explore their interests early in their career paths; a combination that is crucial to inspire careers in this exciting field. The program at Harvard Medical School, directed by **Robert Kitts, M.D.**, has provided a tremendously popular and exciting opportunity for Harvard students to connect with child and adolescent psychiatrists for mentorship, research experience, clinical exposure, and informal dialogue. Through events like ‘meet and greet’ dinners with

child and adolescent psychiatry faculty and residents and psych cinema with guided discussions, Harvard medical students are able to explore child and adolescent psychiatry in a tailored, yet flexible, manner.

This year, it was our turn to host the ninth annual KTGF Games at Harvard. Energized and ready, our planning committee piled into Dr. Kitts’ office for the first of several meetings where we conceived, incubated, and hatched a combination of events we believed would ensure success. As a newly appointed co-medical student leader of the Klingenstein Medical School Fellowship Program at Harvard Medical School (Erin), and a mentored participant in the program (Matt), we joined forces with fellow medical students **Christina Cruz** (co-medical student leader), Helen Yu, and Noor Beckwith and our faculty support, Jon Alpert, M.D., Ph.D., and Dr. Kitts.

On February 2, 2013, over 60 medical students, residents, fellows, and faculty from ten schools across the country gathered at Harvard Medical School for the 9th Annual KTGF Games. The evening prior to the Games, attendees joined together at a Harvard medical student lounge for a night of food, drink, conversation, and, of course, games. In a psychiatry-themed game of Pictionary, teams battled to depict concepts like *id*, *consult liaison*, and *Freud*. The creativity and ability to interpret rapidly scribbled drawings were impressive. There was ample time for fellows from each school

Medical Schools at the 2013 Klingenstein Games

Harvard
Yale
Brown
Stanford
Mount Sinai
University of North Carolina
(UNC) Chapel Hill
University of Illinois
University of California LA
University of Vermont
Mayo

to get to know each other through discussions ranging from the usual introductions to impassioned debates about the definition of mental disorder.

The next morning, attendees enjoyed breakfast followed by introductions from Drs. Alpert and Kitts. In the spirit of the Games and fostering collaboration, we started the day with a team-building activity called the Marshmallow Challenge. Teams raced to build the tallest freestanding structure made of spaghetti, string, and tape that could hold a marshmallow on top. During a debriefing session, we learned that successful teams display open communication, creative designs, and prototype their structures, checking along the way to see if it could hold the marshmallow. In fact, experience conducting this challenge among many age groups has demonstrated that kindergarteners consistently perform the best because they display all these strategies!

The remainder of the morning was dedicated to academic presentations in an effort to promote research and

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encourage students to think critically about the field of child and adolescent psychiatry. First, medical students **Brooke Rosen** and Keith Miller (Mayo) presented on juvenile bipolar disorder followed by Amanda Wallace (Yale) on the neural circuitry of suicidality in adolescents with bipolar disorder. Next, medical students Quincy Nang and Jessica Saw (Mayo) taught the audience about ‘third culture kids’ and the importance of recognizing the mental consequences of rootlessness.

The keynote speech, given by **Paula Rauch, M.D.**, an accomplished child and adolescent psychiatrist at Massachusetts General Hospital, then captivated the audience as she spoke passionately about her career including her role as director of the Marjorie E. Korff Parenting at a Challenging Time (PACT) Model. The audience was brought to tears during a video about the “Home Base” program, in which Dr. Rauch and other skilled clinicians help military families cope with the stresses of deployment and reintegration.

Lunch was held during an informal poster presentation session, when eight medical students presented interesting

research in the field of child of adolescent psychiatry. One of the presenters, **Linda Drozdowicz**, then showcased the subject of her poster on therapeutic music, her ukulele talents, with a beautiful rendition of “I’m Yours” by Jason Mraz.

With these dulcet tones still hanging in the air, the afternoon activities began with a few more student talks. First, **Erin Li** (Mount Sinai) gave an interactive talk on the Autism Mental Status Examination. Second, UNC Chapel Hill residents and medical students including Annie Kelly, M.D., and Megan Wilson gave a presentation on an innovative program at their institution that connects medical students with patients with eating disorders through ‘snack passes.’

Afterwards, the atmosphere erupted in the friendly competition and camaraderie of *actual* games! First, teams battled in a bean bag toss. Second came a breathless relay that included hula-hooping and a modified three-legged race; one of us (Matt) discovered during the hula-hooping that his body motion seems limited to a first harmonic, a spectacle which greatly entertained the rest of the participants. The next game,

the Focus Ring, tested participants’ communication, patience, and hand-eye coordination. A metal ring with eight, six-foot long strings attached was used to suspend a tennis ball along a path to its resting place on a pedestal.

By points, Mayo and UCLA tied for first. The final event of the day, “The Innovation Challenge,” served as the tiebreaker and encouraged participants to collaborate on a fun, yet meaningful proposal for how big data or social media could help to solve a problem within child and adolescent psychiatry. From YouTube video contests for young people to create a short about an issue in Global Mental Health, to twitter-based tools to address bullying in schools, the creativity, humor, and range of proposals was astounding.

As everyone’s competitive spirits calmed, the winner was announced and awarded the official KTGF trophy. It was Mayo’s enthusiasm, creativity, academic contributions, impressive attendance and hula-hooping skills that led them to victory! To wrap up the event, attendees mingled amidst wine and cheese while ‘speed-networking’ with near-by guests.

We hope that this year's Games left attendees feeling energized, fostered new collaborations, and inspired individuals to go on to be leaders within the field of child and adolescent psychiatry. It all starts with mentorship and we are ever grateful to the KTGF for making events like this possible. The Games may be over, but the correspondence kindled between attendees, the interest in child and adolescent psychiatry sparked among students, and the passion renewed among faculty remain strong. We all look forward to playing more games, learning, and collaborating at the 2014 KTGF Games hosted by the University of North Carolina. ■

Erin West is a fourth year medical student at Harvard and one of the co-medical student leaders of the KTGF Medical Student Fellowship Program at Harvard Medical School. She holds a Bachelor of Science from Fordham University. With her strong interest in both pediatrics and child and adolescent psychiatry, she hopes to work toward the integration of mental health into primary care pediatrics and within school-based health programs.

Matt Baum is a first year M.D., Ph.D., student at Harvard and MIT, and served on the planning committee for the 2013 KTGF Games. He holds a Bachelor of Science and Master of Science from Yale University, a Master of Science from Trinity College Dublin, and a Doctor of Philosophy from the University of

Oxford. He became interested in child and adolescent psychiatry through the emerging research supporting psychiatric illness as a neurodevelopmental process and hopes to pursue an integrated path in psychiatry through the combination of clinical practice, translational molecular research, and neuroethics.

Acknowledgments

We would like to thank Jennifer Smialek for her outstanding assistance in the organization of the 2013 Games, Dr. Alpert for his leadership, review, and comments on this article, and Dr. Kitts for his astonishing dedication to mentorship of medical students.



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