Date- 10/31/13

To,

AACAP Life Members Subcommittee,

Sub: Thank you for the AACAP Educational Outreach Award

I would like to take this opportunity to thank you for granting me the AACAP Educational Outreach Life Member Award to attend the AACAP Annual meeting this year in Orlando. It provided me a platform to obtain additional mentorship, discuss my research proposals, build networks and collaborate with colleagues, which will enhance my abilities and provide opportunities to make relevant contributions to the world of child and adolescent psychiatry in the years to come. It also gave me an opportunity to explore Orlando for the first time and I am excited to come back to see more of it in the near future. This award is required for young researchers like me to share and discuss the ideas with colleagues and experts in the field of addiction in pediatric population.

Thank you

Sincerely,

Jatinder Chawla

Jatinder Chawla
Dr. Schowalter and Life Committee Members Subcommittee,

Many, many thanks to you all for sponsoring and supporting the annual meeting educational outreach program! I am grateful for the fantastic opportunity and would like to encourage you to continue to offer this to other first-time conference attendees during their fellowship training. The timing of this year’s annual conference could not have been any better – the Friday before I left my Child Division Chair asked me to come up with what my “dream job” would look like as a faculty member at my institution. I was able to attend the Career Development Forum and learn about other practitioners’ dream jobs within the field of child psychiatry. The experience was extremely helpful in considering job options following fellowship as well as to take some of the pressure off of me to find the perfect position right away. So many careers start off in academics, community mental health or private practice and take long and varied twists and turns.

In addition to aiding in my consideration of various job opportunities following fellowship, I was able to identify a mentor in a nearby city with a strong interest in neurodevelopmental disorders. I have already been in contact with him and will be working to develop my interest in working with children and adolescents with autism. Finally, I was able to sit one-on-one with the Telepsychiatry Committee chair and ask several questions about my current practice of telepsychiatry. She encouraged me to write a case report on one of the cases that I consulted her on. In sum, the opportunity to attend this year’s annual conference was of great benefit for me and I am extremely thankful for your support of this program.

Sincerely,

Kristin Dawson, MD
University of Kentucky
Department of Psychiatry
November 15, 2013

AACAP Life Members Subcommittee  
Attn: John Schowalter, M.D.  
3615 Wisconsin Avenue, NW  
Washington, D.C. 20016  

Dear Dr. Schowalter and the AACAP Life Members Subcommittee,

I want to take this opportunity to express my gratitude for being chosen as one of the AACAP Life Members Subcommittee Educational Outreach Program awardees this year. Due to your generous gift, I was able to travel to Orlando, FL, to attend my first ever AACAP Annual Meeting. I had a wonderful time at the meeting, and it was a privilege to be able to get to know this amazing community of child and adolescent psychiatrists whose ranks I will one day join. I enjoyed the mentorship programs, and was able to make valuable connections that will help me immensely as I progress along in my career. Additionally, attending the Life Members dinner was a special treat, and I greatly enjoyed meeting and mingling with so many caring child and adolescent psychiatrists. It was very beneficial to see a community that was so interested in training and helping guide the next generation of physicians in this amazing field. I think this program is a unique and special opportunity, and I thank you for your continuing support of this award.

Again, my sincerest thanks for your generosity,

Meredith Hannan, MD, PhD  
UCLA Neuropsychiatric Institute  
Child and Adolescent Psychiatry Research Fellow
November 11, 2013

AACAP Life Members Subcommittee
Attn: John Schowalter, M.D.
3615 Wisconsin Avenue, NW
Washington, DC 20016

Dear AACAP Life Members Subcommittee,

I greatly appreciate being chosen for the American Academy of Child and Adolescent Psychiatry (AACAP) Educational Outreach Program for Child and Adolescent Psychiatry Residents Award supported through the generosity of leaders in our field who contribute to the AACAP Life Members Fund. I feel extremely fortunate to have been selected and to have been able to attend AACAP’s 60th Annual Meeting in Orlando, Florida. The experience enriched my understanding of child and adolescent psychiatry, provided me a greater appreciation for the organization of AACAP, and facilitated my professional growth with multiple networking opportunities. I truly enjoyed the opportunity to interact with like-minded individuals, and I felt extremely honored to meet AACAP Life Members, who have been giants in our field and, even more importantly, who have served as mentors for countless child and adolescent psychiatrists in training.

I have an anecdote that I would like to share with the committee; this example of serendipity occurred while attending the AACAP Annual Meeting. I have been questioning my professional role, particularly in light of my developmental stage (a second-year child & adolescent psychiatry fellow) and of the future ambiguity of healthcare delivery in general and of our field in particular. My experience practicing in the field has been limited, but I am aware of the discrepancy in public opinion for psychiatrists compared to all other medical professionals. While attending the meeting, I lodged at a nearby hotel and traveled back and forth by taxi. During one of my trips to the meeting, the taxi cab driver asked if I was with the IBM contingent. Worried about what he might say or think if I told him what meeting I was attending, I simply answered “No.” He then asked if I was with the physicians (he also did not indicate the specialty), and I answered in the affirmative. He proceeded to tell me about the personal and societal struggles that he has experienced (both in the U.S. and in Tunisia, where he was raised) in an effort to find support for his four year-old daughter, who suffers from autism. He discussed his own personal feelings of devastation upon the discovery of his daughter’s diagnosis, the public misperceptions of his daughter’s illness (even within his own family), and his immense feelings of gratitude for all the professionals in the field that have been involved in his daughter’s initially unanticipated improvements. He described his overwhelming love for his daughter and his unwavering appreciation for child psychiatrists, who have restored his sense of hope.

The opportunity to attend the 60th AACAP Annual Meeting contributed to both my professional and to my personal growth, and I am truly grateful to the AACAP Life Members and to the funds that they provided that facilitated my travels.

Thank you,

Russell H. Horwitz, M.D., Ph.D.
Fellow, Child and Adolescent Psychiatry
Division of Child and Adolescent Psychiatry
Department of Psychiatry and Behavioral Sciences
The Johns Hopkins Hospital, Bloomberg Children’s Center
1800 Orleans Street / Suite 12324
Baltimore, Maryland 21287
November 9, 2013

AACAP Life Members Subcommittee
Attn: John Schowalter, M.D.
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

Dear AACAP Life Members Subcommittee,

I am writing to thank you for your generous grant that allowed for me to attend the annual AACAP meeting in Orlando this year. I was very appreciative to learn that I was selected as a recipient of the grant and had a great experience at the conference.

I am a first year child fellow at the University of Texas at Houston and I plan to eventually practice within a large community system. By attending the conference, I was able to learn about systems of care and ways to delivery quality care with limited resources. I also enjoyed meeting the Lifetime Members at the Lifetime Members’ dinner, and was able to have an enlightening conversation with them regarding the evolution of psychiatric training and treatment.

I am truly appreciative of your support and the commitment that you all bring to AACAP.

Sincerely,
Jason James, MD
Child and Adolescent Fellow
The University of Texas at Houston Medical School
August 6, 2013

To the AACAP Life Members Subcommittee:

Thank you so much for sponsoring this year’s Educational Outreach Program and for continuing to support this program. I have just begun my first year of fellowship at Stanford and am extremely excited to begin my career in child and adolescent psychiatry. I have been yearning to attend the annual meeting since beginning residency in 2010 but have been limited by my work schedule as well as by financial constraints. With the help of this scholarship, I will be able to attend my first (of hopefully numerous) meetings. In addition to learning much more about my field, I hope to gain mentorship during this meeting to help guide me in my career. Thank you again for your generosity and support. I hope to emulate such characteristics when I am further along in my career.

Sincerely,

Moira Kessler
Omaha,
Nov 10, 2013

To
AACAP Life Members Subcommittee
Attn: John Schowalter, M.D.
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

Dear Life members,

I am very grateful to the AACAP life members for selecting me for the Educational Outreach Program. Without this funding I would have not been able to attend the AACAP. The experiences of the life time members and the manner at which they carried their roles as psychiatrists in promoting the psychiatric care of children is truly inspirational. Attending the AACAP and receiving mentorship early during my Child Psychiatry training will help lay a better foundation for a better psychiatric career.

Thank You! Life Members for sharing you wisdom and funding the travel award. I will cherish this pre-Halloween gift from the OWL’s.

Yours sincerely

Venkata Kolli
Creighton-Nebraska Psychiatry Residency
985582 Nebraska Medical Center
Omaha, NE 68198-5582
Email: kollivb@googlemail.com, Phone: 4025479040.
Kimberly Lo  
402 W New York Street  
Apt 307  
Indianapolis IN 46202

November 10, 2013

AACAP Life Members Subcommittee
Attn: John Schowalter, M.D.
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

Dear AACAP Life Members Subcommittee,

I am honored and grateful to you for selecting me for the Educational Outreach Program Award this year. I very much enjoyed attending the AACAP annual meeting this year in Orlando and may not have been able to do so without your support. I also wanted to thank you for your guidance in choosing programs to make the meeting a worthwhile experience.

The award gave me the opportunity to attend lectures given by inspirational leaders in our field and to learn about fascinating new and ongoing works in the field. I also was able to learn more about leadership and involvement in AACAP and in the community. It was wonderful to be able to hear Dr. Joshi's vision for the organization and the field in her Plenary Address.

I am extremely grateful for the opportunity to meet many warm, engaging, and supportive peers and mentors through the Young Leaders Awards Luncheon, the Mentorship Program, the Career Development Forum, and the Life Members Dinner. Their advice and the new connections that I made at these events have already been invaluable to me and my developing career.

Thank you so much for your generosity and support!

With warmest regards,

[Signature]

Kimberly Lo, M.D.
Chief Resident
Pediatrics/Psychiatry/Child & Adolescent Psychiatry
Indiana University
email: kclo@iupui.edu
November 14, 2013

AACAP Life Members Subcommittee
Attn: John Schowalter, M.D.
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

Greetings,

As a recipient of a Life Members Educational Outreach Program Award, please accept my sincerest gratitude. In coming toward the end of my fellowship in Child and Adolescent Psychiatry as well as Public Service Psychiatry, I recognize that my learning will continue throughout my career. Attendance at this meeting allowed me to extend my network of “teachers”, mentors and colleagues. I attended my first AACAP meeting as a medical student and it was so rewarding to be able to serve as a resource for current junior residents and medical students looking toward a career in Child and Adolescent Psychiatry. This was also my first meeting as a committee member, currently on the Diversity and Culture Committee. A highlight was absolutely the Life Members Dinner, where initially I was in awe of being with such distinguished members of our field. As the evening continued, I was honored to be having discussions with these same individuals about neuroscience, politics, even baseball, and being made to feel like a colleague. As the end of residency and “being out there” at times feels daunting, my participation in this meeting has renewed my enthusiasm for the journey that will hopefully bring me close to the level of the extraordinary professionals with whom I’ve had the genuine pleasure to share this time. Again, thank you very much.

Sincerely,

Melissa Muñiz-Cohen, MD, MPH
PGY-5, Child and Adolescent Psychiatry
Public Service Psychiatry Fellow
Western Psychiatric Institute and Clinic
American Academy of Child & Adolescent Psychiatry  
Life Members Committee  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

Dear Life Members Committee,

I wish to extend my sincere gratitude to the Life Members for supporting my travel to and participation in the Academy’s 60th annual meeting. As expressed in my application essay for the Educational Outreach Program, my goal for this year’s meeting emphasized mentorship and networking. My participation in the events as part of the Educational Outreach Program greatly facilitated the accomplishment of my goal. I had the pleasure of participating in a wide variety of programs and the honor of presenting my scholarly work from fellowship as a poster.

Over the course of the meeting, and through the mentorship programming, I became inspired to explore school-based psychiatry and to incorporate more research into my career. I also have a greater appreciation of the role and value of mentorship beyond my training program and a greater understanding of some of the many roles the Academy may play in my career and some of the roles I may have with the Academy in years to come.

A clear highlight of my week in Orlando was the Life Members dinner. It was a tremendous honor to be surrounded by the wisdom of child psychiatrists who have experienced so much change in our field and learn of their perspectives on our profession’s history and future alike. I especially would like to extend gratitude to Drs. Webber and Ellis for an insightful discussion about the profession of child psychiatry over a delightful dinner.

This year’s meeting was my fourth annual meeting, and each meeting I return home eager and inspired with ideas. This year was my most memorable meeting thus far, and the insights gained have had a greater impact on my own perspectives of our profession and on my career interests.

Again, I share my deepest gratitude to the Life Member’s Committee for their support as I embark upon a career in child and adolescent psychiatry.

Sincerely,

Jessica O'Neill, DO  
Child and Adolescent Psychiatry Fellow  
University of Vermont - Fletcher Allen Healthcare  

Vermont Venter for Children, Youth and Families  
UHC – Arnold 3  
1 South Prospect Street  
Burlington, Vermont 05401  
PHONE: (802) 847-4563  
EMAIL: Jessica.ONeill@vtmednet.org
November 6, 2013

AACAP Life Members Subcommittee
Attn: John Schowalter, M.D.
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

Dear Dr. Schowalter and AACAP Life Members,

I want to express my sincere thanks to the life members for providing me with the opportunity to attend my first AACAP meeting in Orlando last month. It was an honor to receive the travel award. Through the educational outreach award, I participated in the mentorship program, attended lectures on topics that I am interested in (including early childhood mental health and building collaboration with primary care physicians) and met colleagues from around the world. I would especially like to thank the life members with whom I was seated during the dinner on Friday night, including Drs. Marilyn Benoit, Michael Maloney, and Eugene Piazza. Their stories, advice and camaraderie were inspiring and I aspire to be a life member, myself, one day!

Thanks again for this wonderful opportunity and experience,

Melissa H. Rooney M.D.
November 5, 2013

AACAP Life Members Subcommittee
Attn: John Schowalter, M.D.
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

Dear AACAP Life Members Subcommittee

I would like to thank you for selecting me as an award recipient for the Educational Outreach Program for CAP Residents. This program provided me the opportunity to attend the AACAP Annual Meeting in Orlando Florida, present at the National level for the first time in my career, and meet CAP residents and physicians from across the country. The clinical case conferences, psychopharmacology institute, and symposiums that I attended helped to broaden my knowledge base. The formal mentorship program is a valuable asset through which I gained knowledge and insight into work-life balance, contract negotiation, and career paths. These areas of discussion were further supported by the wonderful activities throughout the week geared towards Residents. A thank you note would be incomplete without mention of the Life Members Reception & Dinner; speaking with "Owls" who have seen the evolution of AACAP and the field of child psychiatry was an invaluable experience.

The 2013 annual meeting provided exposure to all that AACAP has to offer for residents and practicing physicians. As a second year CAP Resident looking towards completion of training in June 2014 and full time entry into the workforce, it was comforting to learn about programs geared towards Early Career Psychiatrists. I plan to continue to be involved in AACAP, look forward to attending future meetings, and only regret that I was not fortunate to have become involved in AACAP earlier in my training.

Thank you again for the Education Outreach Program for CAP Residents award which enabled this amazing opportunity.

Sincerely,
Dr. Jennifer Sokol, D.O. M.P.H.
Child Psychiatry Fellow
Virginia Commonwealth University Health System
Virginia Treatment Center for Children
jsokol@mcvh-vcu.edu
October 30, 2013

AACAP Life Members Subcommittee
Attn: John Schowalter, M.D.
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

Dear Life Members,

Please accept my sincere thanks to those responsible for funding the Life Members Educational Outreach Award which enabled me to travel to the 2013 Annual Meeting in Orlando. This is my last year of training and I had been quite anxious about “going off on my own” in the coming months. Thanks to my participation with AACAP, I realize that I won’t be alone, but will be transitioning from mentorships within a specific fellowship program to the larger Academy, with its regional affiliate. I really enjoyed hearing the specific experiences of “seasoned” members of the Academy and specifically what their affiliation has meant to them over time. In addition to the sense of belonging I experienced, I was able to attend very helpful seminars in some specific areas of interest such as telepsychiatry, school-based consultation models, and family-systems approaches to outpatient treatment.

Inspired by the oft-repeated phrase, “you get out of AACAP what you put into it,” I intent to continue my participation with AACAP going forward and am grateful for supportive and welcoming mentorship opportunities such as these.

Sincerely yours,

Matt Swenson, MD
November 1st, 2013

To: AACAP Life Members Subcommittee
AACAP Life Members Subcommittee
Attn: John Schowalter, MD
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

I offer my sincere thank you for supporting my attendance to the 60th annual AACAP conference. This is my first year as a fellow, but my third time attending the conference. I can say that this attendance was a much more meaningful and influential experience for me as the topics that I got to attend were relevant to my current interests and work with children and families. I have taken a great deal away from this experience from career development, mentoring, and securing research opportunities to advocacy and addressing diversity issues with patients. In addition, I had such a great time at the Life Members banquet and connected with some of your members, including Drs. Thomas Anderson, Ellen Sholevar and Joanne Pearson. Their interest and support in my endeavors was palpable and their shared experiences were invaluable.

Again, thank you for this once in a life-time experience and thank you for showing you care about the future of our field by supporting those of us in training.

Sincerely,

Marisol Toliver-Sokol, MD, MCR
Child and Adolescent Psychiatry Fellow, PGY-5
Doernbecher Children’s Hospital
Oregon Health & Science University
Portland, OR 97239
tolivers@ohsu.edu
11/3/13

Dear AACAP Life Members Subcommittee,

I would like to thank everyone who was a part of the Life Members Subcommittee for their provision of funding through the Educational Outreach Program and sponsorship of this year’s program. As a current child and adolescent psychiatrist and first time AACAP attendee, I was honored by this award. Through the meeting I was able to enhance not only my education, but my awareness of opportunities within the field. I particularly enjoyed the Life Members dinner and gained invaluable knowledge from hearing the experiences of those who have dedicated years of their lives serving as child psychiatrists. I look forward to attending future meetings not only as a trainee, but as a colleague. Thank you again for your contribution.

Sincerely,

Justine Wittenauer, MD
Child and Adolescent Psychiatry Fellow
Cambridge Health Alliance/Harvard Medical School
Dear AACAP Life Members Subcommittee,

Thank you for awarding me the Life Members Mentorship Grant. I am honored to have received this award, and am so grateful to have had the opportunity to attend the 60th Annual AACAP Meeting, particularly at this pivotal time in my professional education.

I am currently a fourth year medical student at NYU School of Medicine, and am applying to both Triple Board and adult psychiatry residency training programs, with the ultimate goal of pursuing a career in child and adolescent psychiatry. The AACAP conference served as an incredible opportunity for me to learn more about the advantages of each training trajectory, and to network with both current trainees and graduates of both training paths. This was an incredibly valuable opportunity for me, and this information will help inform my residency decisions in the upcoming year. The networking opportunities at the meeting were truly extraordinary.

Additionally, the various activities offered as a part of the Mentorship Program—from the Medical Student and Resident breakfast, to the Career Development Forum, to the Life Members Clinical Perspectives presentation—helped me to develop a broader understanding of the various career trajectories available within the field of child and adolescent psychiatry. From learning more about consult liaison work, to the role of psychiatrists in school based mental health, I was inspired by the many fascinating and diverse ways to pursue a career in child and adolescent psychiatry. The opportunity to attend a wide variety of panels and presentations on the above-mentioned topics also helped to deepen my curiosity, and helped me to imagine the many possible directions I can pursue in my future professional life.

Thank you again for honoring me with the Life Members Mentorship Grant. The networking and educational opportunities were incredible, and I will value them for years to come.

Sincerely,

Lauren Antler
NYU School of Medicine
Class of 2014
Dear AACAP Life Members Subcommittee,

Hello, this is Tony Chan, a fourth year UCSF medical student. Thank you very much for supporting my trip to this year's annual meeting, both financially and also by connecting me with such amazing people like my AACAP mentors. I think Ashley Ruffle and the life members' schedule gave me a great roadmap on how to approach the annual meeting, which was fairly daunting at first, with its thick program book! While I followed the scheduled program sent by Ashley, I ran into other members, and had impromptu conversations. I think I learned the most from those unexpected meetings, whether it was at the award dinners, or after workshop sessions. In those conversations, I learned more about the types of people who are drawn into child psychiatry— their warmth and eagerness to aid others. I have met relatively few child psychiatrists at my own institution, so it was a great opportunity for me to fully see the various personalities that populate this specialty. I find that I can identify myself among them; everyone I met is friendly, easy to talk to, and genuinely interested in improving the lives of children.
Along with the people I met, what I also liked were the discussions about what the future holds for child psychiatry. I learned a lot from the vendors on the first floor, who showed me neat technology tools, such as new EMR and diagnostic tests being developed for private practice. I also learned a lot by walking through the poster hall on the first floor, and get a feel for what topics child psychiatrists are focused on. I enjoyed listening to one peer others' ideas on how to introduce child psychiatry into the school building, and how to meet the challenges of adapting to the medical home model. I am energized by all the different areas of research, and feel that there are many areas and ways I can plug myself into the field and help push things forward. I have experience developing models of Wikipedia-style websites for the psychiatry residency program at my school, as well as developing computer programs for medical students that simulate working up a patient with psychiatric issues. I am excited about the many ideas being incubated by child psychiatrists on how to approach future challenges.
What I got away from the annual meeting the most was that I felt child psychiatry was a close-knit field that was very supportive of each other. I felt welcomed, and would love to contribute back to this community. As a medical student, I do not have much money; I only have loans at this point, honestly. I do not think I would have come to this meeting without the financial support this award afforded me, and for that I am very grateful. I am interested in medical education; I taught a psychiatry small group for first-year medical students, and enjoyed teaching other members of my team in the wards. So I would love to contribute back to the AACAP meeting one day, as a mentor and help others figure out how best to pursue their paths.

Thank you again for giving me this wonderful opportunity. My email is tchan@ucsf.edu and my cell phone is 510-219-6543. I hope to see you all again in future meetings,

Sincerely,

[Signature]

Page 3
Dear AACAP Life Members Subcommittee,

Thank you so much for the opportunity to attend this year's AACAP annual meeting. As a 4th year medical student, I am spending a lot traveling to interviews and would not have been able to afford the cost of attending the conference without the Life Members Mentorship Grant. Your sponsorship and support means everything to me and the other medical students who received the award.

I had such an amazing experience in Orlando. I was so impressed at how kind and approachable everyone is and was able to make numerous connections both with students at my level of training and top attendings in the field. I was so inspired to hear about all the career choices available as a child psychiatrist and can't wait to join the profession. I was almost sure I would be doing a child psychiatry fellowship prior to the conference, but now I am positive it's the field for me. I felt like I was among family as I spoke with doctors at the event and know it's what I'm meant to do in the future.

As someone who was greatly impacted by receiving this award, I would highly encourage you to continue sponsoring these grants for future medical students. I took away so much from the meeting and left feeling excited and energized about my future career. With the widespread shortage of child psychiatrists, I believe that giving medical students the opportunity to explore a path in child psychiatry early on encourages more to join the field. Thank you again for this incredible opportunity, I look forward to attending future conferences and to becoming a colleague of yours following my training.

Sincerely,

Jaclyn Congress
To the AACAP Life Members Subcommittee:

My name is Linda Drozdowicz, and I am a 4th year medical student at Mayo Medical School. I have already applied to Psychiatry programs for residency, and I am looking forward to a career as a child psychiatrist.

I wanted to thank you all for your support in funding my trip to the AACAP Annual Meeting. I have been to a couple of [non-AACAP] meetings before, and I was blown away by AACAP in comparison. The mentorship program events allowed me to feel connected to other trainees and mentors. Our mentors offered valuable and diverse insights into careers in child & adolescent psychiatry, and they did it in a way that was collegial and non-intimidating. Also, meeting other medical students interested in child psychiatry was helpful – it turns out some of us even have upcoming residency interviews together! During the interview season, seeing familiar faces will certainly ease the anxiety inherent to the interview process. I am also aware that, in a small community like CAP, these new friends will likely become lifelong colleagues.

As a future child psychiatrist, I loved the smorgasbord of interesting sessions offered during the conference. I got to attend a workshop on end of life planning in children and adolescents. This is an area of interest for me, and I appreciated hearing from and networking with a psychiatrist who works with these patients. I also attended an informative and interesting session on school violence and the dilemma of the “different” kid in school.

In addition to committing ourselves to endless studying, we medical students also commit ourselves to seemingly endless debt during the formal medical education process. I would not have been able to attend the Annual Meeting were it not for your support through the Life Members Mentorship Grants. I would like to strongly encourage continued funding for students like myself to attend this conference and participate in the mentorship program. The networking and educational opportunities offered at the Annual Meeting are priceless, and I hope others will have the opportunity to benefit from these experiences in the future!

Thank you again, and take care,

Linda Drozdowicz
Dear AACAP Life Members Subcommittee,

I would like to thank you for your sponsorship of the Life Members Mentorship Grants for Medical Students that allowed me, and 13 others, to attend this year's meeting in Orlando. I had a wonderful time learning from some of the best and brightest in the field of Child and Adolescent Psychiatry. The conference provided me with the opportunity to get a glimpse into the daily life in the field and the possibilities available throughout one's career in it. I felt a true sense of community within this group of physicians, one that I can easily envision myself joining in the coming years.

I feel very fortunate to have been awarded this grant, without which I would have had a difficult time attending such a meeting during medical school. I understand that each of these awards comes directly from the generosity of donors such as yourselves, who have already made such deep impacts in the field yet continue to make a difference. I hope that this program continues throughout the years to help more and more young trainees find their niche in this relatively small yet vastly important area of medicine.

After meeting many bright minds early in their careers and fellow medical students planning to enter the field, I have little doubt that the field of Child and Adolescent Psychiatry is in good hands moving forward. I eagerly look forward to seeing how far it develops in the coming years and helping to shape the way that we understand and treat mental illness in youths.

Thank you again for your kind support, and I hope to see you again in future meetings!

Sincerely,

Jeremy Kruger

University of Illinois at Chicago
College of Medicine
Class of 2016
October 30th, 2013

Dear AACAP Life Members Subcommittee,

I started medical school not even considering becoming a child psychiatrist; however in my own circuitous way, I am finding my way towards devoting to a career caring for the mental health of children and adolescents. I am truly humbled to have received the Life Members Mentorship Grant to attend the AACAP annual meeting in Orlando. This award allowed me to meet with many individuals, particularly the “Owls,” who provided great guidance for a future career in child psychiatry.

Throughout medical school, I have been searching for a tribe to which I could belong and at AACAP I felt that I found my peoples. This feeling was reified at a session on violence in the schools I attended where discussion on curtailing violence did not focus on the criminalization of bad behavior, rather on identifying and treating previously unrecognized mental illness in youth with novel strategies. In the numerous opportunities to meet with leaders in child psychiatry who are advocates for the mental healthcare and social justice, I found many mentors whose stories and work has further inspired me to become an advocate too!

Thanks to you and the enormously generous funding provided by the Life Members for the honor of attending AACAP annual meeting, which has truly enhanced my medical school experience! I could not have imagined such a wonderful experience.

My humblest regards,

Nikhil “Sunny” Patel

Nikhil “Sunny” Patel
AACAP Life Members Subcommittee  
Attn: John Schowalter, M.D.  
3615 Wisconsin Avenue, NW  
Washington, D.C. 20016

Dear Life Members,

I am writing this letter to express my sincere gratitude to have been a recipient of the Life Members Mentorship Grant this year. After interacting with such supportive mentors and brilliant future colleagues, I realize now how fortunate I was to have been able to attend. The experiences and knowledge I gained this year in Orlando have opened my eyes to all of the possibilities that a career Child and Adolescent Psychiatry would offer me and to how supportive this unique community is.

I’ve always been fascinated with the connection between the mind and the brain and attending this meeting has further inspired me to continue my work in neuroscience research. I was able attend multiple inspiring talks on diverse topics ranging from innovative uses of neuroimaging to the practical uses of Omega-3 fatty acids. Moreover, I was pleasantly surprised by how friendly and welcoming these brilliant scientists were when I introduced myself after their talks. Many of the discussions I was able to have with them have changed how I view my own work and what type of research I will pursue in the future. The relationship between psychiatry and neuroscience will continue to grow and I believe that this intersection will eventually allow us to fundamentally change how we identify and treat those suffering from mental illness.

I feel fortunate to have been able to attend a meeting that focuses so heavily on giving students opportunities to interface with supportive and inspiring mentors. The Life Member’s Breakfast will certainly be an event I remember for many years to come. Bringing together such a distinguished but diverse group of psychiatrists gave me not only perspective on career choices but also of the circuitous path that a career in CAP can take. The theme of being able to carve out one’s own niche was further reinforced with the amazing conversations I was able to have at the Life Member’s Dinner. Not only was I rubbing shoulders with the giants of the field but also I was able to chat with their family members. Thus, I was able to learn about both their brilliant careers and how it impacted their family life. At both of these and all of the mentorship events, I was overwhelmed by how genuine and supportive the people of this field are. I feel as though these interactions will have career altering implications for me and I hope to one day be able to give new students this same level of encouragement and inspiration.

While attending I was able to get to know the other awardees and feel fortunate that such intelligent and thoughtful students will someday be my future colleagues. I believe that the relationships we developed will serve the CAP community for many years to come. I sincerely thank the Life Members and AACAP for allowing me to receive this grant and hope to eventually repay back this investment in the future through my work as a child and adolescent psychiatrist.

Sincerely,

Harinder Rai  
Wayne State University School of Medicine Class of 2015
Dear AACAP Life Members,

I would like to express my gratitude to you for sponsoring my attendance at the AACAP conference. As a fourth year medical student applying to general psychiatry residency interested in pursuing a child and adolescent psychiatry fellowship, the opportunity to go to the conference, to network with residents and established child and adolescent psychiatrists, and to attend the lectures and mentorship meetings was invaluable.

From the medical student and resident networking breakfast to the Turtles Can Fly movie and discussion on childhood trauma, I gained a lot of personal and professional experience that I will take with me throughout residency and beyond. My favorite time was spent with my mentorship group led by two young attending child and adolescent psychiatrists. I appreciated their advice for charting successful careers, navigating the interview process, and following one's passions to inspiring and personally meaningful work. I got to meet my impressive medical school colleagues and learn from their experiences in their medical schools. The connections I formed with mentors and colleagues have exposed me a whole network of wonderful individuals who share my passion for child and adolescent psychiatry.

I am inspired by AACAP's dedication to the junior members of the field and their commitment to cultivating a vibrant, curious, and empathic next generation of child and adolescent psychiatrists. I was struck by the warmth of the attendings and their desire to meet the medical students and foster their interests.

My experience as a monitor was great as I got to sit in on a discussion on the ethics of the hidden curriculum of psychiatric education. It was enlightening to listen to experts in the field of psychiatric ethics and it was an honor to be invited to share my own experience as a medical student.

The AACAP meeting has furthered my excitement for joining this dedicated, warm, intelligent community of professionals and I look forward to the opportunity to attend more AACAP conferences and events in the future. I would like to extend a heartfelt "thank you" to you for inviting me to the conference, creating such inclusive and engaging programming, and for granting me this prestigious award.

With deepest gratitude,
Esther Rollhaus
Icahn School of Medicine
Class of 2014
Dear AACAP Life Members Sub-Committee,

My name is David Saunders and I am a sixth year MD/PhD student who was awarded a Life Members Grant to attend the AACAP Annual Conference in Orlando, FL this past October. I'm writing you to convey my heartfelt thanks for the opportunity to attend the conference, meet AACAP members and mentors, and perhaps most importantly, continue to cultivate my desire to pursue a career in Child and Adolescent Psychiatry.

My week at Disney World - great place for the conference, as an aside - was memorable for a whole host of reasons. Most of all, however, was the opportunity to meet new mentors in the field. Given that I am applying to residency at this time, it was an invaluable opportunity for me to make connections at institutions that I am applying to. Had I not had the chance to attend the meeting, I feel I would have been at a disadvantage in the application process.

In the end, I will most remember the great mentors from the Life Members Committee that I was able to meet. They were kind, open, helpful and genuinely interested in my career. I will wholeheartedly recommend to other medical students at Cornell to apply for the grant next year. I look forward to participating in future AACAP events, and doing my best to give back to the community that gave me so much.

Warmest thanks,

david c saunders
Pauline G. Smith  
1321 Orleans St Apt 1502 West  
Detroit, Michigan 48207  
Ph: 313 671 5809  
Email: pasmith@med.wayne.edu

AACAP Life Members Subcommittee  
Attn: John Schowalter, M.D.  
3615 Wisconsin Avenue, NW  
Washington, D.C. 20016

October 28, 2013

Dear Life Members,
I truly feel privileged to have had the opportunity to attend the 60th annual conference of the American Academy of Child and Adolescent Psychiatry (AACAP). I learned so much in such a short period of time, and I made great connections with potential mentors. The entire academy was very much welcoming and willing to share advice for my future success. I enjoyed attending many of the events. My favorite sessions were the Career Paths for Women where I learned how to better manage being a physician and mother. Another favorite was the Career Development Forum where I attended mini sessions learning how to tackle the struggles that commonly present to early career psychiatrists. I believe my most memorable part of the conference was attending the Life Members Reception and Dinner. Here, I was able to interact with the wonderful people who had funded my travel to Orlando. The life members appreciated the importance of training the next generation of Child Psychiatrists. They had so much experience between them; they were all welcoming, interested in my story, and all the willing to continue on with a mentoring relationship. Becoming a member of AACAP and attending my first conference as a medical student has been the best decision I could make for my future career. I feel so much more ahead as compared to my peers. I recommend that all students interested in Child Psychiatry take part in this wonderful opportunity! Thank you, Life Members, for sponsoring my travel to Orlando for this year’s AACAP conference. I definitely plan on attending next year’s meeting. See you in San Francisco!

Sincerely,

Pauline G. Smith
To the AACAP Life Members Subcommittee,

I am writing to express my heartfelt and sincere thanks for the opportunity to attend the 60th Annual AACAP National Meeting in Orlando, FL through the sponsorship of the AACAP Life Members Mentorship Grant. I very much enjoyed participating in the wide range of activities available for medical students at the conference. Speaking to practicing early and late career psychiatrists as well as current trainees through the AACAP mentorship program was a unique and valuable experience from which I gained several mentors. I hope to stay in touch with these professionals for years to come, and meeting them gave me a strong sense of the kind and welcoming community that AACAP provides. Attending several research presentations and symposia offered a glimpse of the broad array of research paths that are available within child psychiatry. Finally, attending the Life Members reception on the final evening of my stay in Orlando was a truly inspirational experience. It was wonderful to interact with such a venerable and accomplished group of physicians. Overall, my experience at AACAP greatly strengthened my interest in pursuing a career in child and adolescent psychiatry, and I am very grateful for having been given this generous scholarship. I hope that the Life Members committee will continue to offer this program so that future medical students can have a similarly inspiring experience.

Sincerely,

Rachel Talley, MSIV
Stanford University School of Medicine
Dear Dr. Showalter,

It was great to meet you at the Mentors dinner and great to meet many of the other Owls too. I was very fortunate to sit with Dr. Anders and Dr. Melnick ('Mel') both of whom have already helped me better understand child psychiatry and life around their respective training program cities (Providence and Pittsburgh).

I felt very much like I had several different mentors I could seek out by the end of my time in Orlando and the meeting itself left me feeling energized.

I was also fascinated by you and Dr. Gleason's telling of the Triple Board history and development over the years - especially as I work my way through the different triple board program interviews (I'm doing seven interviews out of the nine programs).

Thank you, the rest of the Owls and the training program for your help.

Best wishes,

Bud
November 13, 2013

AACAP Life Members Subcommittee
Attn: John Schowalter, M.D.
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

Dear AACAP Life Members Subcommittee:

Thank you for your generosity and the opportunity to attend the AACAP conference in Orlando. This conference was instrumental in solidifying my desire to become a child and adolescent psychiatrist. The mentoring, networking opportunities, interesting scientific sessions, and new friendships made this a unique and memorable experience.

I was pleasantly surprised by the strong culture of mentoring at the conference, especially at the mentoring sessions. Because we were at varying stages of our training and career, the conversation was especially rich with different perspectives. I appreciated hearing from experienced attendings, early career attendings, fellows, and residents. It was also nice to hear how experiences differed at various programs, as well as themes that remained common across programs.

The networking opportunities during this conference were incredible. I met many program directors at programs that I applied to or was interested in learning more about. Establishing these relationships helped me learn more about various child programs and their corresponding adult programs. I also started learning the nuances that distinguished programs, and learned valuable information that I will consider in the future when considering fellowships programs. Moreover, I really enjoyed meeting the Life Members at the dinner event. The wisdom and collective experience of this group of people is truly amazing.

Not only did I have incredible mentoring and networking opportunities, I was able to attend fascinating seminars that stimulated my intellectual interest. Whether it was a neuroscience talk about the functional imaging of mood disorders or an experiential session on school-based responses to natural disasters, I learned a great deal and was exposed to fields that I didn't know existed, such as school-based mental health. Meeting other people with similar interests was an added benefit.
Perhaps my favorite part of attending the conference was forming new and lasting friendships with my fellow medical students and residents. These are friendships that I look forward to maintaining, and believe they will last a very long time. I look forward to reuniting with my newly formed friends at future interviews and possibly as fellow co-residents.

This conference solidified my desire to become a child and adolescent psychiatrist. In addition, I discovered how great AACAP is as an organization. I learned how AACAP could help me develop professionally, offer continued mentorship, and facilitate networking. I plan to continue to be involved in AACAP and will look forward to attending future conferences.

Thank you again for the opportunity.

Sincerely,

A. Ning Zhou
M.D. Candidate, 2014
University of Chicago Pritzker School of Medicine