

## AACAP Educational Outreach Program for Child and Adolescent Psychiatry Residents, supported by the AACAP Life Members Fund

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*The AACAP Educational Outreach Program provides the opportunity for child and adolescent psychiatry residents to receive a formal overview of child and adolescent psychiatry, establish mentor relationships with child and adolescent psychiatrists, and experience AACAP's Annual Meeting. Supported by AACAP's Life Members Fund, recipients receive up to \$1,200 of financial assistance to experience AACAP's Annual Meeting.*

**Max Galvan, MD**—University of Texas Southwestern

**Asmara T. Hoo-Cardiel, DO**—University of Colorado

**Amy R. Johnson, MD**—University of Vermont

**Lydia Livas, MD**—University of North Carolina

**Ashley Shatola, MD**—Stanford University

**Elaine Shen, MD**—New York-Presbyterian Hospital/Columbia University and Cornell University

**Joshua Shupe, MD**—Medical College of Wisconsin

**Yvonne O. Uyanwune, MD**—Yale University

# AACAP 2024 OCT 14-19 SEATTLE, WA

## CHECK OUT THESE EVENTS & PROGRAMS!

MSR Committee

Diversity and Culture

Early Career Psychiatrists

Training and Education Committee

# AACAP Educational Outreach Program (EOP) for Child and Adolescent Psychiatry Residents

Supported by AACAP's Life Members Fund

You are required to sign up to **monitor** when you register and complete **six programs** during the Annual Meeting. See below.

Choose **one (of two) Life Member Sponsored** Session(s).

Weds. Oct 16

**8:00 - 9:45 am** (Opening Plenary)  
**KARL MENNINGER, MD, PLENARY**  
[From Crisis to Compassion:  
Rethinking Mental Health in Foster Care](#)

Thurs Oct. 17

**4:45 - 6:15 pm** [Free ticketed event - 2 sessions]  
[Mentorship Program for MSR - Part 1](#)

Friday Oct. 18

**8:00 - 9:30 am** (Invite Only)  
[Young Leaders Awards Breakfast](#)

**12:45 - 2:30 pm** (Invite Only)  
[Life Members Luncheon](#)

**4:45 - 6:15 pm** [Free ticketed event - 2 sessions]  
[Mentorship Program for MSR - Part 2](#)

Complete **one additional required sessions** based on your individual interest; may include a program that you monitor, or in which you are serving in a chair, discussant or co-presenter role, or other academic/clinical programming of choice from the program schedule.

Also consider...

**Bringing the Village to the Children  
Programming**

**Honors Presentations**  
(dates and times vary)

**Wellness Programs**

**Networking Events**

- Medical Students and Residents (MSR)/ Early Career Psychiatrist (ECP) Meet Up
- Welcome Reception
- MSR Breakfast (Ticketed)

## ACCESS CONTENT BEYOND THE MEETING!

Purchase the Conference Enrichment Package (CEP) at Registration.



AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY

WWW.AACAP.ORG

AACAP Life Members Committee – EOP CAP LM Program  
Attn: Marilyn B. Benoit, MD and Ellen H. Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

December 3, 2024

Dear Drs. Benoit and Sholevar,

Thank you so much for allowing me to have this opportunity to attend the AACAP conference. This was actually my first time at this conference. It was also my first time in the Pacific Northwest! I had a magnificent time at the conference. I found it a pleasure to be around so many like-minded individuals talking about the nuances of child psychiatry. I am happy that I also had the time for recreational activities in this beautiful region of the United States.

A big reason as to why I did not attend this conference previously was mainly financial. I found it difficult to justify such a steep cost given my current financial situation. However, after this great experience, I absolutely will make all the effort and attend future AACAP conferences. I hope to be a Life Member one day and donate for future members who are in similar circumstances as myself. I apologize that I could not thank you all in person. I wish you all the best and I hope to see you all in future meetings!

Sincerely  
Max Galvan, MD  
Child & Adolescent Psychiatry Fellow, PGY-5  
University of Texas Southwestern Medical Center, Dallas, Texas

AACAP Life Members Committee - EOP CAP Residents Program  
Attn: Marilyn B. Benoit, MD and Ellen Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

November 15, 2024

Dear AACAP Life Members Committee,

I want to express my sincere appreciation, thanks, and gratitude for your support in attending the American Academy for Child and Adolescent Psychiatry (AACAP) 71<sup>st</sup> Annual Meeting in Seattle, WA, through AACAP's Educational Outreach Program for Child and Adolescent Psychiatry Residents. Your support, through the AACAP Life Members Fund, made it possible for me to attend my very first AACAP conference, present my first New Research Poster (*Perinatal Integrated Care for Mental Health: Inequities in Service Utilization Among Minoritized Individuals*) at a national psychiatry conference, and connect and network with other professionals in the field at a critical time as I will be soon transitioning to attendinghood. Your continued support for the EOP program helps reduce one less barrier for individuals, like myself, in advancing their career.

Sincerely,  
Asmara T. Hoo-Cardiel, DO  
University of Colorado Child and Adolescent Psychiatry Fellow  
2024 AACAP EOP Recipient

November 2, 2024

AACAP Life Members Committee - EOP CAP LM  
Attn: Marilyn B. Benoit, MD and Ellen H. Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

Dear Life Members Committee,

*Thank you so much for contributing towards my funding to attend the annual AACAP Conference! I had a wonderful experience, including both learning from the many excellent presentations as well as from the various mentors and peers I met coming from across the country. I look forward to returning to the conference in years to come.*

Thank you again!

Amy Johnson, MD (she/her)  
Child and Adolescent Psychiatry Fellow



November 18, 2024

AACAP Life Members Committee - EOP CAP LM  
Attn: Marilyn B. Benoit, MD and Ellen H. Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

Dear AACAP Life Members Committee:

I hope this letter finds you well. I would like to express my heartfelt gratitude to the committee for awarding me the Educational Outreach Program Award for the 2024 AACAP National Conference.

This is my second year attending the AACAP national conference and each year I have found the meeting critical in my professional development. I attended and presented at the national meeting last year and this experience helped solidify my decision to pursue a fellowship. As a now first-year child and adolescent psychiatry fellow, the national meeting gives me the opportunity to learn about the most current clinical innovations, foster networking opportunities, and explore career possibilities in child and adolescent psychiatry. This year I was elected as a resident member of the HIV and Other Pandemic Issues Committee, and the award allowed me to attend our meeting and events in person. After fellowship, I plan on working primarily with medically ill children as a consult-liaison psychiatrist or on a med-psych inpatient unit. I was able to attend the many consult-liaison psychiatry and medically ill child committee lectures this year and learn about the cutting-edge advancements in the field. Finally, it's always a pleasure to meet new people and connect with old friends from across the country.

Once again, I truly appreciate the generous support of the Life Members Committee. I look forward to seeing everyone in Chicago next year.

Best regards,

A handwritten signature in black ink, appearing to read "Lydia Livas". The signature is fluid and cursive, with a large initial "L" and "L".

Lydia Livas, MD

AACAP Life Members Committee - EOP CAP LM  
Attn: Marilyn B. Benoit, MD and Ellen H. Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

October 23, 2024

Thank you Life Members,

I feel so honored to have been able to attend AACAP through the Education Opportunity Program funded by the Life Members. Attending AACAP was an amazing experience. I wish I could have begun attending even sooner. AACAP is truly a special organization and the conference spoke volumes. The inviting nature of its members, open invitation to participate in councils, and robust educational content make AACAP a wonderful professional home. After this experience I hope to attend AACAP conferences regularly in the future.

I would like to thank the Life Members for their support in making this experience possible. I would not have been able to attend this conference without your support. Additionally, meeting the incredible Life Members at the specific events including the luncheon was a wonderful opportunity to connect with amazing psychiatrists across the United States. Thank you again for allowing trainees to experience the uniqueness that is AACAP and the opportunity to meet the Life Members.

Thank you very much! I hope to follow in your footsteps.

Ashley

AACAP Life Members Committee – EOP CAP LM Program  
Attn: Marilyn B. Benoit, MD and Ellen H. Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

November 15, 2024

Dear Drs. Benoit and Sholevar,

I am writing to express my deep gratitude for the opportunity to attend the 2024 Annual AACAP Conference in Seattle. As a recipient of the Educational Outreach Program award, I was able to experience valuable networking and mentoring events to further advance my learning. AACAP every year is a homecoming and reunion among friends and colleagues from across the country.

My clinical interests include the care of gender diverse youth, early psychosis, and autism spectrum disorders. This year's programming allowed me to gain invaluable knowledge through important seminars, clinical perspectives, and workshops. Additionally, the funding allowed me to travel to the conference and present my work regarding using theater and skits to discuss micro-aggressions faced by medical trainees. The conference has allowed me to meet friends, mentors, and colleagues in different states and further strengthen my CAP community. It truly feels like being part of a village!

The AACAP Conference continues to be a highlight of my psychiatric training and I look forward to continuing to attend future years.

Thank you so much for this experience!

Elaine Shen, MD  
CAP-1 Fellow  
New York Presbyterian Hospital – Weill Cornell/Columbia



October 28<sup>th</sup>, 2024

AACAP Life Members Committee - EOP CAP LM  
Attn: Marilyn B. Benoit, MD and Ellen H. Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

Dear AACAP Life Members Committee,

I am writing to thank you for the Education Outreach Program for Child and Adolescent Psychiatry Residents award. As a CAP Fellow at the Medical College of Wisconsin, I was thrilled to receive the award and to have the support to attend the AACAP Annual Meeting in Seattle this year.

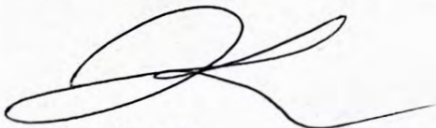
I am currently in my final year of training and about to embark on my career. My next steps are to seek employment in central, rural Wisconsin where I was born and raised. I am excited and a bit nervous about this as I will likely be the only in-person CAP in the area for miles with a sparse number of counterparts in other surrounding rural towns.

After attending the AACAP Annual Meeting, my anxiety has reduced. Despite my likely physical distance from my peers, I will now have a connection with AACAP and all the wonderful people I met. In particular, I am excited to continue my connection with the Rural Psychiatry Committee.

If it were not for the EOP CAP award sponsored by the Life Members Committee, the journey to the conference would have been much more of a burden considering the expenses. However, with the award, my wife and I can feel better knowing we have not exceeded our limited budget with the journey.

Thank you for the award which supported my connection with AACAP. I am looking forward to the future annual meetings and I am invigorated to start my journey as a practicing Child and Adolescent Psychiatrist.

Sincerely,

A handwritten signature in black ink, appearing to read 'Joshua Shupe', with a long horizontal flourish extending to the right.

Joshua Shupe

AACAP Life Members Committee – EOP CAP LM  
Attn: Marilyn B. Benoit, MD and Ellen H. Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

October 29, 2024

Dear Drs. Benoit and Sholevar:

**RE: AACAP Educational Outreach Program for Child and Adolescent Psychiatry Residents**

With your generous support, I am thankful for the opportunity to attend the AACAP meeting in Seattle. My mind was captivated, my knowledge expanded, and my soul was filled with joy through this experience.

The breadth and variety of sessions offered, although initially overwhelming, was enriching. From the keynote plenary session to the institute sessions, committee meetings, clinical perspectives and case conferences, there was a wealth of knowledge offered. Attending the annual conference was particularly important to me this year as I am transitioning as an early career child and adolescent psychiatrist with completing fellowship next year. I successfully connected with multiple experienced mentors and colleagues across different states and have since followed up regarding future job opportunities.

Meeting life members through various mentorship opportunities was particularly impactful for me as well. An advice that stood out to me through it all was “to embrace and lean into our mantles as experts in the field”. As I sat on the train ride to the airport, I felt both warmth and hope, feelings that AACAP experiences often leave me with; I am hopeful for the future of children in our world and I am thankful to be part of a family of like minded inspirational clinicians, leaders, parents, brothers, sisters, aunties, uncles, friends and all round wholesome human beings.

Sincerely,  
Yvonne Uyanwune, M.D, M.P.H.  
Child and Adolescent Psychiatry Fellow  
Yale Child Study Center/Albert J. Solnit South Track