

AACAP Educational Outreach Program for General Psychiatry Residents, supported by AACAP's Endowment Fund

The AACAP Educational Outreach Program provides the opportunity for general 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 Endowment Fund, recipients receive up to \$1,200 of financial assistance to experience AACAP's Annual Meeting.

Ngozi J. Adaralegbe, MD, PhD—University of Texas Health Science Center at Houston

Oluwatosin A. Adebisi, MD, MPH—University of California, San Francisco

Danah Atassi, DO—Inspira Health Network/Inspira Medical Center Vineland

Sharlo L. Bayless, MD—State University of New York at Buffalo

Zachary Bloomberg, MD—The University of Chicago Medical Center

Melissa Chen, DO—University of Central Florida

Caneisha D. Coburn, MD—Howard University Hospital

Maricar Gener, DO—Detroit Wayne County Health Authority

Pavan Mahima C. Ginjupalli, MD, MPH—University of Texas Health Science Center at San Antonio

Matthew P. Golub, MD—University of Colorado Anschutz Medical Campus

Monica J. Goodman, MD—University of New Mexico

Olivia Hinderer, MD—Washington University in St. Louis

Shawn J. Janarthanan, DO, MPH—Texas Institute for Graduate Medical Education and Research

Shivani Kaushal, MD—Detroit Medical Center/Wayne State University

Daniel Laor, MD—New York University

David P. Lindars, MD—University of Florida, Jacksonville

Darlina F. Liu, MD—Cambridge Health Alliance

Ariella Maghen, MD—Community Memorial Health System

Mario Montelongo, MD—University of Texas Health Science Center at Houston

Chioma A. Onyejiaka, MD—New York-Presbyterian Hospital/Columbia University and New York State Psychiatric Institute

Seyed Parsa Ravanfar, MD—University of Texas Southwestern

Maria Saliba, MD—Mayo Clinic

Aashima Sarin, MD, MBA—Boston University

Kaushal Shah, MD, MPH, MBA—Wake Forest University

Paula Tefera, MD—Hackensack Meridian Health Jersey Shore University

Aria D. Vitale, MD—MedStar Georgetown University Hospital

Tai West, MD—Hackensack Meridian Ocean University

AACAP Educational Outreach Program for General Psychiatry Residents, supported by AACAP's Endowment Fund (*continued*)

Sammi Wong, DO—One Brooklyn Health System/Brookdale University Hospital and Medical Center

Sophia J. Youn, DO—Jamaica Hospital Medical Center

Lijia Zhang, MD—Virginia Commonwealth University

AACAP 2024 OCT 14-19 SEATTLE, WA

CHECK OUT THESE EVENTS & PROGRAMS!

MSR Committee

Diversity and Culture Committee

Training and Education Committee

AACAP Educational Outreach Program for General Psychiatry Residents

Supported by AACAP's Endowment Fund

You are required to complete **seven 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 <u>From Crisis to Compassion: Rethinking Mental Health in Foster Care</u>
Thurs Oct. 17	4:45 - 6:15 pm [Free ticketed event - 2 sessions] <u>Mentorship Program for MSR - Part 1</u>
Friday Oct. 18	8:00 - 9:30 am (Invite Only) <u>Young Leaders Awards Breakfast</u> 4:45 - 6:15 pm [Free ticketed event - 2 sessions] <u>Mentorship Program for MSR - Part 2</u>

Complete **three 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

November 10, 2024

AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

Dear AACAP Executive Committee,

I am writing to express my heartfelt gratitude for your generous support in funding my trip to Seattle for the 71st AACAP Conference. This was my first time attending, and it truly would not have been possible without your kindness and assistance.

The conference provided an invaluable opportunity to connect with Child and Adolescent Psychiatrists whom I otherwise would not have had the chance to meet. I was able to engage in meaningful conversations, exchange ideas, and build relationships that I know will be crucial as I continue to grow in this field.

Receiving the news of my award was a deeply humbling experience, and since attending the conference, I have eagerly shared the impact of this opportunity with my colleagues and students. Many of them, particularly those interested in working with this population, are inspired by the insights I gained and the benefits of attending the AACAP annual meeting.

Once again, thank you so much for making this experience possible. I am truly grateful for your support, and I hope that one day I will have the opportunity to give back to the organization that has helped fuel my passion for serving vulnerable populations.

Warm regards,

Ngozi Adaralegbe, MD, PhD
PGY-2 Resident, General Psychiatry
Louis A. Faillace, MD, Department of Psychiatry and Behavioral Sciences
McGovern Medical School
UTHealth | The University of Texas Health Science Center at Houston

October 24, 2024

AACAP Executive Committee - EOP GEN EF

c/o AACAP's Research, Grants and Workforce Department

3615 Wisconsin Avenue, NW

Washington, DC 20016

Dear AACAP Executive Committee:

I am profoundly grateful for the transformative opportunity you provided through the 2024 Educational Outreach Program (EOP) for General Psychiatry Residents. Being selected for this program, supported by the AACAP Endowment Fund, has reinforced my commitment to advancing child and adolescent mental health care in the digital age.

The AACAP 71st Annual Meeting in Seattle was nothing short of inspiring. As our young patients navigate an increasingly complex digital landscape, the insights gained from the scientific sessions and distinguished mentors have crystallized my vision for integrating innovative approaches into psychiatric care. I am particularly energized about developing strategies that harness digital tools and media to create spaces of belonging for our youth, while simultaneously empowering parents to be effective partners in their children's mental health journey.

Your investment in residents through the EOP demonstrates AACAP's profound understanding that tomorrow's mental health challenges require forward-thinking solutions. The generous support of up to \$1,200 not only enabled my attendance but also symbolizes your commitment to nurturing practitioners who will shape the future of child and adolescent psychiatry.

The EOP must continue. In an era where young people are increasingly influenced by digital media and technology, we need more child and adolescent psychiatrists who understand these dynamics and can transform them into opportunities for healing and connection. This program serves as a crucial pipeline for developing such specialists who can meet our young patients where they are – whether that's in traditional clinical settings or through innovative digital platforms.

I leave this experience with renewed purpose and concrete tools to create meaningful change. Your support has empowered me to pursue my vision of integrating traditional psychiatric care with modern digital approaches to foster belonging and resilience in our youth.

Thank you for believing in my potential and investing in the future of child and adolescent psychiatry.

With deepest appreciation,

Oluwatosin A. Adebisi, MD, MPH

University of California San Francisco, PGY3

oluwatosin.adebiyi@ucsf.edu

AACAP Executive Committee – EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

October 28, 2024

Dear Executive Committee,

Thank you so much for the honor to serve as an awardee of the Educational Outreach Program at this year's AACAP Annual Meeting in Seattle, Washington. I deeply appreciate the significance and honor of the award and would like to highlight the specific opportunities it gave me as an aspiring child and adolescent psychiatrist. I finally got to meet my colleagues in the Medical Students & Residents Committee in real life after working with them for years on a virtual basis, and was able to capture the best moments of AACAP live to share on the social media platforms of Instagram and X for trainees to see around the world who weren't able to join the Annual Meeting in-person this year. I also had the luxury to attend fascinating sessions on topics such as the overlap between substance use disorders and psychosis and the treatment of anxiety in patients with ASD. My fund of knowledge regarding the child and adolescent psychiatry deepened through both academic and clinical sessions, as I had countless opportunities to learn from child and adolescent psychiatrists from various institutions who shared with me their expertise and perspectives on topics such as research and preparing for fellowship applications. Serving as an awardee of the Educational Outreach Program also allowed me opportunities to connect with Program Directors of CAP Fellowships and granted us the space to converse and establish relationships that could last for years to come. Receiving the Educational Outreach Program award gave me the opportunity to meet lecturers who could potentially present at the didactics at my local institution in the coming months and establish connections that could lead to future collaborations via presentations at future AACAP meetings and much more. I'm already very excited for the AACAP 2025 Annual Meeting in Chicago next year, and I believe serving as an awardee of the Educational Outreach Program will serve as an excellent foundation for my career as a child and adolescent psychiatrist. I wish you all the best and cannot thank you enough for this opportunity from the bottom of my heart.

Sincerely,

A handwritten signature in cursive script that reads "Danah Atassi, DO". The signature is written in dark ink and is positioned above the typed name.

Danah Atassi, DO
PGY-2, Inspira Health Network in Vineland, NJ

AACAP Executive Committee – EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

October 21, 2024

Dear AACAP Executive Committee,

Thank you so much for sponsoring the EOP program this year! I felt so lucky to attend and was inspired by the talks, leaders, and new ideas. I have a strong interest in treating disadvantaged youth in the foster care system, and I greatly appreciated the opportunity to meet child and adolescent psychiatrists in the field and be part of a panel on this topic. This was invaluable to my residency training and I am very excited to continue the learning in fellowship! I hope that the EOP program will continue, as I hope to be a mentor to someone else in AACAP in the future.

Sincerely,

Sharlo Bayless
PGY-3 Psychiatry Resident
University at Buffalo

October 26, 2024

AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

Dear Executive Committee,

I am writing to thank you for your generosity and investment in our interest and futures as child and adolescent psychiatrists. AACAP has been significant in my development as a young psychiatrist, and being able to attend the annual conference was validating, gratifying, rewarding, and inspiring as I plan to soon begin a career in child and adolescent psychiatry. I hope to one day inspire others to consider this noble and needed field just as AACAP and this endowment has done for me.

With gratitude,

Zachary Bloomberg

October 29, 2024

AACAP Executive Committee - EOP GEN EF

c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC 20016

Dear Executive Committee,

I am writing to express my deep gratitude for receiving the Educational Outreach Program Award as a General Psychiatry Resident. The opportunity to attend the AACAP Annual Meeting in Seattle this year was invaluable to me, and it would have been cost-prohibitive without the support of this award, especially given that I was traveling from across the country!

The Educational Outreach Program Award enabled me to present on topics I am passionate about, particularly cultural psychiatry. The experiences were incredibly meaningful to me, and I was thrilled to share my work with the AACAP community.

I also want to emphasize how invaluable the mentoring events in past years have been, especially the Two-Day Mentorship Program. These events sponsored by the Medical Students & Residents Committee were instrumental in helping me develop the projects I was fortunate to present this year. I am immensely grateful to have the opportunity to connect with mentors in areas of interest during the mentorship events at this Annual Meeting, including child maltreatment and violence, advocacy, and community psychiatry, which has already begun to shape my future career aspirations.

Additionally, the workshops I attended provided me with new skills and insights. I learned a great deal about coding and thematic analysis for qualitative research, as well as motivational interviewing, which I know will be vital to my practice as a psychiatrist.

My passion and dedication to child and adolescent psychiatry was reaffirmed time and time again during the conference. The environment at the Annual Meeting helps foster meaningful connections with colleagues and mentors. I am amazed at the vibrant sense of community within AACAP; it truly is a place for learning, growth, and—yes—quite a bit of fun!

Thank you again for this incredible opportunity, which has greatly enriched my professional development and deepened my commitment to the field. I look forward to continuing to contribute to the AACAP community.

Sincerely,
Melissa Chen, DO

November 15, 2024

AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

Dear AACAP Executive Committee,

I am writing to express my heartfelt gratitude for awarding me funding to attend the AACAP Annual Conference this year. This opportunity was invaluable in deepening my understanding of child and adolescent psychiatry and has had a profound impact on my professional growth and personal inspiration.

The conference gave me significant insights into the latest advancements in child psychiatry, including the ways catatonia can present in children and their treatments in acute settings. Additionally, I had the privilege of connecting with mentors who have provided guidance and encouragement as I navigate my career path. I look forward to cultivating these connections, and I am confident they will shape my trajectory as a future child and adolescent psychiatrist.

This experience reaffirmed my passion for this field and solidified my commitment to advancing children and adolescents' mental health and well-being. The funding you have provided made this invaluable experience possible, and I am deeply grateful.

Thank you once again for your generosity and support of trainees like me. I am honored to have been given this opportunity and look forward to contributing meaningfully to the field of child and adolescent psychiatry in the years to come.

Sincerely,
Caneisha Coburn, MD
Howard University Hospital

AACAP Executive Committee – EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

November 1, 2024

Dear Executive Committee,

I am writing to express my gratitude for selecting me to participate in the Educational Outreach Program. It is truly an honor to have this opportunity to engage more deeply with the field of child and adolescent psychiatry. I was able to fully immerse myself in various educational and networking experiences, including the mentorship programs and through various clinical cases. These experiences are invaluable to my growth as a current resident and future child psychiatrist.

I genuinely appreciate this generous stipend, which greatly supported my participation at AACAP. Thank you again for this opportunity. I look forward to attending and contributing to next year's annual meeting.

Warm regards,

Maricar Gener, PGY-3, Authority Health-GME

November 10, 2024

AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

To the AACAP Executive Committee,

Thank you for the opportunity to attend the AACAP Annual Conference, I would not have been able to attend without your support. The conference's programming allowed me to learn so much, and meet so many passionate, like-minded aspiring CAP colleagues and mentors within the US and around the world. I am proud and excited to join this community!

Thank you,
Mahima Ginjupalli

AACAP Executive Committee – EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

November 1st, 2024

Dear Executive Committee,

I am writing to express my heartfelt gratitude for the generous support provided by the AACAP Endowment Fund and the AACAP Executive Committee – EOP GEN EF. This funding has played a crucial role in advancing my training and professional development as a PGY-3 psychiatry resident at University of Colorado Anschutz Medical Campus.

The opportunity to further my skills, particularly in child and adolescent psychiatry, has been transformative and will undoubtedly impact the care I provide to patients and their families. I deeply appreciate your commitment to supporting trainees like me in our journey to becoming future leaders in the field. Thank you once again for your generosity and dedication to fostering excellence in psychiatry.

Sincerely,

Matthew Golub, MD

PGY-3 Psychiatry Resident

University of Colorado Anschutz Medical Campus.

11/13/2024

AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

Dear AACAP Executive Committee,

Thank you for selecting me for the AACAP Educational Opportunity Program and providing travel funding for me to attend the 71st AACAP Annual Meeting in Seattle. This was my first time attending an AACAP Annual Meeting; I found the clinically oriented sessions to be engaging and enjoyed spending time with colleagues at the Medical Student, Resident, and Early Career Psychiatrist Meet Up. I am looking forward to starting child psychiatry fellowship next year and will likely be attending future meetings, though this meeting was particularly special (possibly the only one I will get to attend with my mom prior to her retirement).

Sincerely,

Monica Goodman, MD
PGY-3, University of New Mexico Psychiatry Residency

AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

To whom it may concern,

I am Olivia Hinderer, a PGY2 General Psychiatry Resident at Washington University in St. Louis. I am grateful to have attended the AACAP 2024 Annual Meeting via the Educational Outreach Program; this provided me with many opportunities to learn from psychiatrists and meet my future colleagues in the field of child and adolescent psychiatry. I was able to participate in many sessions and to present my own work at the meeting, an experience that has solidified my interest in this field. I would not have met new mentors and friends without the support of the AACAP Educational Fund, so I am truly appreciative of the opportunities it provided me.

With gratitude,
Olivia Hinderer

AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

November 15, 2024

Dear Executive Committee,

I want to take a moment to sincerely thank you for your support through the AACAP Endowment Fund. Receiving this award has been such an honor and has already made a meaningful impact on my journey toward becoming a child and adolescent psychiatrist.

This opportunity has helped me make progress toward my educational and research goals while also connecting me with an incredible network of mentors and peers. The insights I've gained from experienced leaders and the relationships I've built with others who share my passion for mental health have been invaluable. The advice and encouragement from different leaders in the field are shaping the kind of psychiatrist I aspire to become.

Your support means so much to me because it's a great reminder that organizations like AACAP are dedicated to investing in future child and adolescent psychiatrists. It has inspired me to keep striving, to find ways to give back to the field, and to work toward becoming the best mental health advocate I can be for children and adolescents.

Thank you again for your generosity. I'm deeply grateful for this experience.

Sincerely,

Shawn Janarthanan, D.O.
PGY-2 Psychiatry Resident
TIGMER/University of the Incarnate Word Residency Program

AACAP Executive Committee - EOP CAP EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

November 4, 2024

Dear AACAP Executive Committee,

I am writing to express my sincere gratitude for the support provided through the AACAP Educational Outreach Program for General Psychiatry Residents. Thanks to the generous funding provided by the AACAP Endowment Fund, I was able to attend the 2024 AACAP Annual Meeting in Seattle, which was an amazing educational experience that has deepened my interest in child and adolescent psychiatry while also igniting my curiosity about exciting developments within the field.

This conference provided me invaluable opportunities to learn from leaders in the field, explore the latest research, and deepen my understanding of the unique challenges facing young people in need of mental health support. The sessions on innovative treatment programs, advancements in neurodevelopmental and perinatal research, and adaptations to modern challenges faced by today's youth were particularly inspiring. These experiences have greatly enriched my approach to patient care and foundation upon which to pursue further learning. Additionally, the opportunity to connect with mentors and peers who share my passion has been a truly special experience as I consider further specialization in child and adolescent psychiatry.

I am immensely grateful to the AACAP Executive Committee for supporting my participation in this conference and for your commitment to advancing the knowledge and skills of psychiatry residents. The educational opportunities provided by this program have equipped me with new tools and insights that I am eager to further explore and eventually apply in my clinical practice. Thank you for investing in my professional development and goals. I feel so honored to be pursuing child and adolescent psychiatry and am eager to join this field in the critical and ongoing pursuit of bettering youth mental health.

Sincerely,
Shivani Kaushal
PGY-2, Detroit Medical Center/Wayne State University

November 14th, 2024

AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

Dear AACAP Executive Committee - EOP GEN EF,

I am writing to express my heartfelt gratitude for the educational outreach award that enabled my attendance at the American Academy of Child and Adolescent Psychiatry (AACAP) Annual Meeting in Seattle this past October. As a PGY-3 psychiatry resident with aspirations toward a Child and Adolescent Psychiatry Fellowship, this award provided an invaluable opportunity for professional growth, exposure to cutting-edge research, and engagement with a vibrant community of mental health professionals dedicated to advancing our field.

At the meeting, I had the privilege of connecting with colleagues from across the country and establishing invaluable connections with distinguished leaders, including Drs. Stroeh, Rendelman, Benton, Mayes, and Quaayum. These interactions have left a lasting impact on my understanding of the diverse and evolving needs in child and adolescent psychiatry. Participating in the AACAP Psychotherapy Committee was another highlight, offering firsthand insights into innovative psychotherapeutic interventions and collaborative initiatives that I look forward to exploring further in my practice.

The lectures at the conference covered a range of critical topics, from the latest in pharmacological treatment to novel interventions and strategies for coping with adverse events. From discussing the value of qualitative research, through treatment of minority groups to career mentorship. Each of these learning experiences has deepened my commitment to this field and broadened my understanding of the multifaceted challenges and advancements in child and adolescent psychiatry.

I am inspired by the connections and knowledge I gained at this year's AACAP Annual Meeting and hope to return in the coming years as a fellow. Thank you once again for this remarkable opportunity. Your generosity and support play an essential role in the development of future child and adolescent psychiatry leaders.

Warm regards,
Daniel Laor, MD
PGY-3 Psychiatry Resident,
NYUGSOM

AACAP Executive Committee – EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

December 12, 2024

Dear Executive Committee,

I want to extend my deepest appreciation for the generous funding that allowed me to attend this year's AACAP conference. This opportunity enabled me to connect with accomplished child and adolescent psychiatrists and fellows who provided invaluable guidance and advice as I continue to explore this specialty. Attending lectures on emerging topics and learning from passionate leaders in the field has solidified my commitment to pursuing a career in child and adolescent psychiatry.

The lessons I gained about leadership and life as a physician have already enriched my contributions to my residency program. This conference also equipped me with the knowledge and inspiration to mentor others interested in this field and to delve deeper into related research areas.

I am truly grateful for the support and resources you have provided, and I look forward to making meaningful contributions to this vital field in the future.

Sincerely,
David Lindars, MD, PGY2
University of Florida at Jacksonville, Department of Psychiatry

AACAP Executive Committee - EOP GEN EF
3615 Wisconsin Avenue, NW
Washington, DC 20016

11/11/24

Dear AACAP Executive Committee,

I am so grateful to have been a participant of the Educational Outreach Program for General Psychiatry Residents, supported by the AACAP Endowment Fund, and a recipient of this travel grant. My conference time in Seattle allowed me to connect with leaders in the field of child and adolescent psychiatry, explore my specific interests, and prepare me for the next stage in my training. Thank you so much for your support in making these experiences possible!

The Opening Plenary was inspirational. I loved hearing about the life stories of distinguished AACAP members who have contributed so much to supporting the mental health of children and their families. Mr. Karlos Dillard's advocacy and dedication to improving the lives of foster children through the power of authentic storytelling served as role models for my future career aspirations. I really enjoyed not only attending sessions that furthered my knowledge of family systems and cutting-edge advances in technology that will transform clinical practice, but also contributing to the collaborative atmosphere. For the Open Mic Night, I had an opportunity to perform an original spoken word poem from an anthology I have been working on. During the conference, I was able to share with others my story and how I came to write a children's book called Jack and the Panic Attack. I connected with other creative psychiatrists, who are making art and music and books. At the Asian Caucus, I shared my idea to start a podcast about mental health in Mandarin and found a team of interested attendees. We are continuing to meet, long after the caucus, to turn this idea into reality. Meeting mentors and other young leaders through EOP events allowed me to build important connections that will help me become the child psychiatrist, educator, and mentor that I envision.

Without the generous support of the AACAP Endowment Fund, this all would not have been possible. Thank you again for offering this program each year for trainees like myself! Attending AACAP in many ways feels like returning home, building upon a strong foundation for a lifelong profession. I hope to return next year to continue this essential work.

Sincerely,
Darlina Liu

AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

November 13, 2024

Dear Members of the AACAP Executive Committee,

I am writing to express my utmost gratitude for your generosity that provided me with the opportunity to attend the AACAP meeting in Seattle this year.

Attending the meeting as a recipient of the Education Outreach Program for General Psychiatry Residents allowed me to forge professional relationships with mentors that will foster my development as a future child and adolescent psychiatrist.

The conference offered enriching educational sessions, research workshops, and strategies to improve my clinical skills. I look forward to applying this knowledge as an advocate, physician, and researcher to serve the mental health needs of underserved communities, families, and youth. I feel inspired to expand my involvement with AACAP as I pursue the next stage of my training.

Thank you again for your generosity. I am honored to have attended the AACAP meeting as a recipient of this award, and I am deeply appreciative of your contribution in making this experience possible.

Sincerely,

Ariella Maghen

Ariella Maghen, MD
PGY-3, Psychiatry Resident Physician
Community Memorial Healthcare/Ventura County Medical Center

AACAP Executive Committee – EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

December 10, 2024

Dear Executive Committee,

I am writing to express my deep gratitude and sincere appreciation for the opportunity to be involved in the AACAP EOP GEN EF program. Your support and the experiences facilitated by this initiative have been invaluable to my professional growth and development as a future child and adolescent psychiatrist.

Through the activities, mentorship, and resources provided, I have gained a richer understanding of the complexities involved in addressing the mental health needs of children and adolescents. The knowledge I have acquired, along with the guidance from established leaders in the field, will undoubtedly shape my clinical practice and future endeavors. Moreover, this experience has reinforced my commitment to providing care for youth and their families.

Your investment in this opportunity is an incredible gift. I am honored to be a part of this program and look forward to applying what I have learned to advance the well-being and mental health of children and adolescents.

Thank you once again for your generosity, leadership, and the trust you have placed in my professional journey.

Sincerely,
Mario Montelongo, MD
PGY-3 UTHHealth Houston, McGovern School of Medicine

AACAP Executive Committee – EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

October 27, 2024

Dear Executive Committee,

My name is Chioma Onyejiaka, and I am honored to be this year's recipient of the AACAP Educational Outreach Program for General Psychiatry Residents. I sincerely appreciate your generous support.

As a PGY-3 psychiatry resident at Columbia University and the New York State Psychiatric Institute, being part of AACAP has provided me with invaluable opportunities to deepen my understanding of child and adolescent psychiatry. The mentorship and resources offered through this program have significantly enriched my training and deepened my commitment to serve underserved communities.

Attending and presenting at the conference this year was a privilege, made possible in part by your financial support. Thank you for this incredible opportunity and for your ongoing dedication to the development of future child and adolescent psychiatrists.

Sincerely

Chioma A. Onyejiaka, MD
PGY-3 Columbia University/ New York State Psychiatric Institute

AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

11/06/2024

Hello,

I am writing to express my appreciation for the receipt of the AACAP Educational Outreach Program. I am a PGY-3 general psychiatry resident at UT Southwestern with a strong interest in child and adolescent psychiatry fellowship. The award offered me the opportunity to attend the AACAP annual meeting for the first time. I enjoyed connecting with and learning from peers and mentors. Attending the meeting this year was a meaningful experience as it helped me come to a better understanding of the academic, advocacy, and educational domains of AACAP and strengthened my commitment to training in child and adolescent psychiatry. I was able to find mentors with similar community and advocacy interests at the AACAP annual meeting whom I will be in touch with for the years to come.

Thank you again for providing this generous funding that supports such an incredible professional development experience for trainees.

Sincerely, 

Parsa Ravanfar, MD, PhD

November 13, 2024

AACAP Executive Committee - EOP GEN EF
AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC 20016

Dear AACAP Executive Committee,

I am writing to extend my sincere gratitude to the Executive Committee for your generous sponsorship and for your continued support of the Education Outreach Program for general psychiatry residents. Your support has made a significant impact on my professional development, and I am deeply grateful for the opportunity it provided.

Thanks to your funding, I had the incredible opportunity to participate in AACAP's annual meeting in Seattle. This experience allowed me to attend a variety of symposiums and workshops. These sessions were incredibly informative and allowed me to deepen my understanding of current trends and best practices in child and adolescent psychiatry. The mentorship opportunities that the program allowed us to participate in were invaluable as I was able to connect with experienced and seasoned professionals who provided invaluable guidance and career advice.

Moreover, the opportunity to meet new mentors and fellow residents greatly expanded my network and will undoubtedly enhance my professional development in the years to come. The entire experience was incredibly enriching, and I am already looking forward to next year's conference with even more excitement and anticipation.

Once again, thank you for your continued commitment to the education and development of psychiatry residents. Your support has made a lasting impact, and I look forward to the opportunities it will continue to provide.

Warm regards,
Maria Saliba

October 26, 2024

AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

Dear AACAP Executive Committee,

My name is Aashima Sarin and I am a second-year general psychiatry resident at the Boston University Medical Center. I am writing to you to thank you for the generous Educational Outreach Program Award that allowed me to attend the AACAP 2024 Annual Conference. I am extremely grateful for this opportunity and even more thankful to have been exposed to the wonderful community of Child and Adolescent Psychiatrists across training and career level.

Through this award, I was able to fund my travel and stay, which allowed me to attend several sessions that contributed to my knowledge of Psychiatry and Child and Adolescent Psychiatry, while also getting to attend social and networking events that broadened my appreciation for this community. I felt inspired and motivated during this experience and will continuously reflect on this as I continue through my training. I am excited to pursue a career in Child and Adolescent Psychiatry and I am thankful to have been considered and a recipient of this award.

Thank you again.

Sincere Regards,
Aashima Sarin

Aashima Sarin

Aashima Sarin, MD, MBA
PGY-2 Psychiatry Resident
Boston University Medical Center
Email: aashima.sarin@bmc.org
Mobile: 810-908-4747

December 18, 2024

AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

Dear Executive Committee,

I hope this message finds you in good health and high spirits. I am reaching out to convey my heartfelt appreciation for the tremendous honor of being selected to participate in the American Academy of Child and Adolescent Psychiatry (AACAP) Educational Outreach Program (EOP) for General Psychiatry Residents. This remarkable opportunity has been profoundly impactful, and I am deeply thankful for the support made possible through the AACAP Life Members Fund.

Being chosen for this prestigious program from a pool of competitive applicants is a privilege that I deeply value. The EOP provided an exceptional platform to delve into child and adolescent psychiatry, connect with distinguished Life Members for mentorship, and immerse myself in the AACAP 71st Annual Meeting in Seattle, WA, from October 14 to 19, 2024. These experiences have been instrumental in shaping my professional growth.

I was fortunate to attend various educational sessions, networking opportunities, and award ceremonies that offered invaluable knowledge and broadened my perspective in the field. Your dedication to nurturing the next generation of professionals is truly inspiring. I am incredibly grateful for the significant impact this program has had on my aspirations and career direction.

The support I received through this award has not only bolstered my educational journey but also reaffirmed my commitment to the field of child and adolescent psychiatry. The generosity of the Life Members Fund motivates me to continue striving toward excellence and making meaningful contributions to the profession.

Again, thank you for your unwavering support and for granting me the privilege to attend such a distinguished conference. The experiences I gained will undoubtedly resonate throughout my career.

Sincerely,
Kaushal Shah
Wake Forest University, NC

November 11, 2024

AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

Dear AACAP Executive Committee,

I am writing to express my heartfelt gratitude for the generous grant I received to attend the recent Child Psychiatry Conference. Your support has made a significant impact on my professional development and personal growth.

Attending the conference provided me with invaluable opportunities to learn from leading experts in the field of child and adolescent psychiatry. The sessions I participated in not only expanded my knowledge but also deepened my understanding of the complex issues our youth face today. Furthermore, the chance to receive mentorship from experienced professionals was an extraordinary experience that helped guide me toward moving forward along this career.

I am truly appreciative of the Academy's commitment to fostering the next generation of child psychiatrists. The experiences I gained at the conference have further ignited my passion for this field and equipped me with the tools necessary to make a positive difference in the lives of children and adolescents.

Thank you once again for your generous support. I look forward to staying connected AACAP and contributing to the mission of advancing child and adolescent mental health.

Warmest regards,

Paula Tefera
PGY 2 Psychiatry Resident
Hackensack Meridian Health

AACAP Executive Committee – EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

November 15, 2024

Dear Executive Committee,

I am writing to express my deepest gratitude for having been offered the Educational Outreach Program for General Psychiatry Residents award to attend AACAP's 70th Annual Meeting in Seattle, Washington this fall.

The AACAP Annual Meeting has been a pivotal factor in shaping how I view my future career in Child and Adolescent Psychiatry each year that I have attended. Now, midway through my General Residency training, I am grateful to have had the financial support to attend the meeting this year as I begin to make decisions that will help that career take form.

Through attending the Annual Meeting, I have deepened both my knowledge and curiosity of the nuances surrounding the practice of Child and Adolescent Psychiatry in America today. Above all, I have forged relationships with mentors and friends that will provide me with a lifelong community as we work together to "Bring the Village to the Children" throughout our careers. I am sincerely grateful for this opportunity.

Sincerely

Aria Vitale, MD
PGY-2, Psychiatry
MedStar Georgetown University Hospital

November 19, 2024

AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

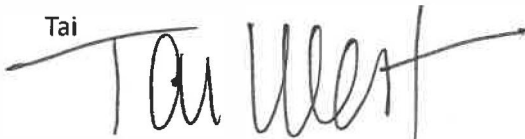
Dear AACAP Executive Committee:

I am writing today to express my sincere gratitude for the opportunity to attend AACAP this year with the support of the AACAP Endowment Fund. AACAP 2024 was a tremendously rewarding experience for me in terms of both educational and mentorship opportunities. This was a particularly important year for me to attend AACAP, as I will be fast-tracking to child-adolescent psychiatry fellowship in July 2025. Due to the current virtual format of fellowship interviews, AACAP provided an invaluable opportunity for me to meet in person with the program directors of several of the fellowships to which I have applied. Being present for the entirety of the annual meeting also allowed me to attend sessions and committee meetings that I would not otherwise have been able to experience, many of which provided valuable clinical insights. Since the conclusion of the in-person event, I have continued to benefit from AACAP 2024 by listening to the plenary sessions during my daily commute.

I am truly grateful to the AACAP Executive Committee for extending the EOP award to me and to the other residents and medical students who likewise would not have been able to attend without the Committee's support. I feel that I have found a professional "home" at AACAP, and look forward to attending many more meetings in the future!

Wishing you all a very happy holiday season!

Kind regards,

Tai


November 11, 2024

AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

To AACAP Executive Committee:

I am writing to thank you for sponsoring this year's program and extending the award to me at this year's annual meeting. With the EOP grant, I was able to attend multiple ticketed events and gain better insight about the child and adolescent psychiatry field. It was an honor to meet distinguished Life Members who pioneered many advancements in the field of child and adolescent psychiatry at the AACAP conference. Most importantly, I learned about the true beginnings of child and adolescent psychiatry, obstacles they encountered, and unattainable wisdom for how I should pave my own career path. In particular, I enjoyed a session on collaborative care where participants were split into smaller sessions and we were asked to assess how collaborative care has increased on the pediatric level at our own respective institutions. Not only was this session interactive, but I also gained a broader picture of what lies ahead of my future. From the workshops and clinical perspectives events, I was able to learn from leading figures and share my own knowledge and questions. Thus, I am in full support of the continuation of these grants to support the next generation of leaders.

I believe this conference provided me with numerous opportunities to network with others, grow as a person, and indulge myself in the miraculous journey toward becoming a child and adolescent psychiatrist. The immeasurable advice I received was rewarding and I am grateful to the individuals who offered the opportunity to mentor me. I hope to continue attending and presenting at future meetings to contribute to mental health education as a resident, fellow, and onwards.

Sincerely yours,

A handwritten signature in black ink, appearing to read 'Sammi Wong', with a stylized, flowing script.

Sammi Wong

AACAP Executive Committee – EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

October 21, 2024

Dear AACAP Executive Committee,

Thank you so much for the opportunity for me to attend AACAP 2024 October 14-19 in Seattle Washington. I was able to connect with old mentors like Dr. Yuen and expand my social network. This conference was essential for me to meet program directors at programs where I interviewed for Child and Adolescent Psychiatry. I hope some of the connections I made here will also lead to future interviews (such as at Dartmouth and Rutgers) as I was able to meet leadership from these programs.

Dr. Yuen, in particular, was key in introducing me to her social network. Since meeting her at the Asian Caucus at AACAP last year, I collaborated with her and was able to present the poster A Retrospective Study of Mental Health Conditions Among Guyanese Youth in Queens, New York. I have met her academic collaborators at institutions like Tufts, Yale, Stanford, and Georgetown.

Because I was able to attend starting Monday, I was able to go to Dartmouth's dinner event and meet Dr. McLaren. I was able to better get to know the Tufts program by attending their dinner on Thursday. During the EOP breakfast, I was happy to meet residents who work in NYC as well.

In addition to cultivating new connections, I was able to learn about rural psychiatry by attending Clinical Perspectives 67: Overcoming Rural Barriers: Innovative Approaches to Improve Access to Care in Rural Communities by Dartmouth's Dr. Balaban. I learned in rural areas, there is a dearth of psychiatrists, and so online education programs such as ECHO can be used to teach nurse practitioners, physicians assistants, school counselors, and school teachers to better deal with mental health issues.

In Ethical Dilemmas in Individuals with ASD and Intellectual Developmental Disorder IDD: Applying Four Pillars of Medical Ethics to Inform Decision Making in Clinical Practice, I was able to consider the ethical implications in treating my patients with intellectual disability and how autonomy and beneficence need to be balanced. I also was able to better connect again with Dr. McLaren from Dartmouth's CAP program.

I was able to meet University of Maryland's Dr Woodbury and Dr Paulding at Clinical Case Conference 19: Unraveling Avoidant/Restrictive Food Intake Disorder, Phobias, and Wernicke's Encephalopathy in Adolescent Psychiatry and also learn important clinical tips on how to manage my patient with ARFID.

Unsurprisingly, there were many APA SAMHSA Diversity Fellows who also attended APA. I was happy to have dinner with them as well.

On the final day, I was able to attend Empowering Our Future Psychiatrists: Improvisation and Theater-Based Education on Cultural Dilemmas and Micro-Aggressions Faced by Healthcare Trainees. I found this to be the most engaging lecture because participants used improv to learn how to navigate uncomfortable situations that can occur during training. I found the role-playing aspect to be the most fun and engaging.

It has only been 2 days since the end of the conference and I was granted an interview with Dartmouth's CAP program due to the connections I made at AACAP. I appreciate the amount of work that went into organizing a conference such as this. Attending AACAP makes a huge difference in the careers of psychiatrists like myself.

Regards,
Sophia Youn, DO
PGY4 at Jamaica Hospital Medical Center

Lijia Zhang, MD
Virginia Commonwealth University, Health Systems
Richmond, VA, 23224
10/26/2024

AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

Dear AACAP Executive Committee,

I would like to extend my sincere gratitude for the opportunity to participate in the Educational Outreach Program for General Psychiatry Residents. The ability to attend the 2024 AACAP Annual Conference has been incredibly valuable, providing me with resources, insights, and connections that greatly enhance my journey toward a career in child and adolescent psychiatry.

The sessions and discussions at the AACAP conference were thoughtfully designed and broadened my understanding of the field, offering practical knowledge and strategies that I am eager to apply in my training. Meeting with experts and peers who share my passion has not only inspired me but has also deepened my commitment to providing high-quality, compassionate care to young patients and their families.

Thank you for your dedication to fostering the growth of emerging psychiatrists and for supporting me in pursuing specialized education and training in child and adolescent psychiatry. I am grateful for your investment in my professional development and look forward to staying connected with AACAP as I progress in my career.

Warm regards,

Lijia Zhang, MD
Virginia Commonwealth University, Health Systems
Richmond, VA, 23224
10/26/2024