

AACAP Jeanne Spurlock, MD, Research Fellowship in Substance Use Disorders, supported by AACAP's Campaign for America's Kids

The AACAP Jeanne Spurlock, MD, Research Fellowship in Substance Use Disorders, supported by AACAP's Campaign for America's Kids, is named in honor of Jeanne Spurlock, MD, in recognition of her lifetime of opening doors for colleagues from diverse backgrounds and fostering career advances. This summer fellowship encourages outstanding minority students to pursue research careers in substance use disorders and child and adolescent psychiatry, or supports students whose research in the aforementioned practice areas focuses on vulnerable populations. The fellowships are administered through AACAP's Department of Research, Grants, and Workforce, AACAP's Substance Use Committee, under the direction of Patrice Malone, MD, and Amy Yule, MD, along with AACAP's Diversity and Culture Committee, under the direction of Brandon Newsome, MD, and Deepika Shaligram, MD.



John M. Imbrie, MPH

Western University of Health Sciences

Project: *Impacts of Psychopharmacological Treatment on the Development of Substance Use Disorder During COVID-19*

Mentor: Iliyan Ivanov, MD, Icahn School of Medicine at Mount Sinai



Pranav Jayaraman, MPH

Texas Tech University Health Sciences Center El Paso

Project: *Brave New Worry: Climate Anxiety and Substance Use in Massachusetts Adolescents*

Mentors: Elizabeth Pinsky, MD, and James McKowen, PhD, Massachusetts General Hospital



Tanusha S. Tholla, BA

Boston University

Project: *Acceptability and Feasibility of Meditation and Breathwork in Treating Mental Health Symptoms in Teens With Substance Use Disorder: Literature Review and Study Design*

Mentor: Deepika Shaligram, MD, Boston Children's Hospital/Harvard University

John T. Walkup, MD
President
c/o AACAP's Research, Grants and Workforce Department – JSRF
3615 Wisconsin Avenue, NW
Washington, DC. 20016

November 12, 2025

Dear Dr. Walkup,

Thank you very much for making my research experience possible. I learned so much about doing research with colleagues more advanced than me, who already have medical degrees or PhDs. I developed a deeper sense of connection and interest to this work, and am committed now to a career researching the causes and consequences of adolescent substance abuse. It is my hope that this work will allow us to raise future generations which are healthier and free to make good choices for their future. We are now working to publish our results, which included the surprising result that girls had higher rates of substance use during the COVID pandemic, and that girls taking antidepressants had even higher rates. I want to conduct another new study to try to investigate more deeply the reasons that this might be.

It was a great pleasure to attend AACAP as well, now for the second year in a row. I met interesting and passionate colleagues, joined committees, and got a sense of what is going on in the world of child psychiatry today. Thanks again for your support, it has been one of the greatest experiences of medical school for me. I hope that you continue this program for the benefit of other future psychiatrists like me.

Sincerely,

John Imbrie, MS4, Western University of Health Sciences, College of Osteopathic Medicine of the Pacific

Nov 12th, 2025

John T. Walkup, MD

President

c/o Research, Grants, Workforce, & Development - JSRF

American Academy of Child & Adolescent Psychiatry

3615 Wisconsin Avenue, NW

Washington, DC 20016

Dear Walkup and the AACAP Campaign for America's Kids,

I recently returned from the 72nd AACAP Annual Meeting, where I presented the work completed through the AACAP Jeanne Spurlock Research Fellowship (JSRF). I am writing to follow up and express my sincere gratitude for making this invaluable learning experience possible.

The JSRF program was truly transformative, highlighting the critical prevalence of substance use burden among children and adolescents and cementing my commitment to health promotion within this population. I was particularly impressed by the unique opportunity Child and Adolescent Psychiatrists (CAPs) have to change the entire trajectory of a child and their family's lives through early and community-based interventions. Attending the national meeting as a fourth-year medical student, now finished with major exam burden, offered an essential opportunity to learn and reflect, through panels committee meetings and mentorship opportunities with CAPs from all stages of practice.

I am also deeply appreciative of AACAP's patronage of our study on the prevalence of climate worry, functional impairment, and substance use. Given the time-sensitive nature of the climate crisis and recent setbacks at the federal policy level, this support is vital. Presenting my work on climate anxiety-substance use associations in high schoolers has now led an invitation to submit to the upcoming special edition of *JAACAP Open* on global health emergencies. Thank you once more for your generous sponsorship. I am incredibly grateful for how the Jeanne Spurlock Research Fellowship has enabled my growth as a medical student, an investigator, and a CAP aspirant. The experiences and insights gained have helped me realize the specific type of child and adolescent psychiatrist I want to be one dedicated to addressing the climate-mediated mental health burden through systems quality improvement, community engagement, epidemiological investigation, and policy solutions.

Best,

A handwritten signature in black ink that reads "Pranav Jayaraman". The signature is fluid and cursive, with a long horizontal line extending to the right.

Pranav Jayaraman, MPH

Paul L. Foster School of Medicine, Class of 2026

Tanusha Tholla
3334 Brolio Ct
Rancho Cordova, CA 95670

November 14, 2025

John T. Walkup, MD
President
c/o AACAP's Research, Grants and Workforce Department – JSRF
3615 Wisconsin Avenue, NW
Washington, DC. 20016

Dear Dr. Walkup,

I am writing to sincerely express my gratitude for the opportunity to complete the Jeanne Spurlock Research Fellowship in Substance Use Disorders. Thank you for creating this fellowship and for your commitment to providing medical students with meaningful mentorship and a space to develop and explore interests in child and adolescent psychiatry. It is truly a unique and invaluable program.

For my project, I conducted a pilot study on *Breathwork and Meditation for Teens with Substance Use Disorder* at Boston Children's Hospital. This experience allowed me not only to delve deeply into a topic I am passionate about, but also to gain firsthand insight into the research process within child and adolescent psychiatry. I learned so much about study design, participant engagement, and approaching clinical questions through a developmental and trauma-informed lens.

I am also deeply grateful for the opportunity to attend AACAP. It was an energizing and inspiring experience to meet clinicians, researchers, and trainees who are leading the field forward. As someone who is strongly considering Triple Board training, I especially appreciated the chance to connect with residents and faculty across several programs. Hearing about their varied experiences and career paths was incredibly encouraging and reinforced my enthusiasm for this training pathway.

Thank you again for your support of this fellowship and for investing so thoughtfully in medical students. I am truly grateful for everything I have gained from this experience.

Sincerely,
Tanusha

AACAP Jeanne Spurlock, MD, Research Fellowship in Substance Use Disorders

Supported by AACAP's Campaign for America's Kids (CAK)

You are required to complete **seven programs** during the Annual Meeting. See below.



Check out these
committees,
[AACAP group events](#)
& [program offerings!](#)

• [Medical Students & Residents \(MSRs\)](#)

also consider...

- Presidential Theme Sessions
- MSR Roadmap
- Plenary Sessions
- Networking Events
- Honors presentations (dates and times vary)
- Wellness programs

1. Choose **one (of three) Life Member Sponsored** Session(s). Options are:

Tues. Oct. 21 **4:45 - 6:15 PM**
[Medical Students, Residents, and Fellows Meet
Life Member Mentors at the 2025 AACAP Meeting](#)

Thurs. Oct. 23 **10:00 AM - 12:00 PM** | Member Services Forum 9
[Child and Adolescent Psychiatrists Unite:
Bridging Intergenerational Gaps for the Future](#)

Thurs. Oct. 23 **2:30 - 4:30 PM** | Clinical Perspectives 67
[Life Members Clinical Perspectives: The Development of
Psychiatric Careers in Leadership, Teaching/Mentoring,
Research, and Clinical Practice](#)

2. Weds. Oct. 22 **8:30 - 10:15 AM** | [Opening Plenary](#)

3. Thurs. Oct. 23 **1:00 - 2:30 PM** | [Junior Research Scholars Lunch](#)
4:15 - 6:00 PM | [Mentorship Program for MSR - Part 1*](#)
[Free ticketed event. Two sessions: Thurs. Part 1 | Fri. Part 2*]

4. Fri. Oct. 24 **4:15 - 6:00 PM** | [Mentorship Program for MSR - Part 2*](#)
[Free ticketed event. Two sessions: Thurs. Part 1 | Fri. Part 2*]

5. Choose **one Diversity and Culture Committee Sponsored** Session

6. Choose **one Substance Use Committee Sponsored** Session

Complete **one additional required session** 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.

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