

## AACAP Summer Medical Student Fellowship in Child and Adolescent Psychiatry, supported by AACAP's Campaign for America's Kids, Break the Cycle Initiative

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*The AACAP Summer Medical Student Fellowship in Child and Adolescent Psychiatry, supported by AACAP's Campaign for America's Kids, Break the Cycle Initiative, offers an opportunity for medical students to explore a career in child and adolescent psychiatry, gain valuable work experience, and meet leaders in the field of child and adolescent psychiatry. The fellowship opportunity provides up to \$3,500 for 12 weeks of clinical or research training under a child and adolescent psychiatrist mentor. The fellowships are administered through AACAP's Department of Research, Grants, and Workforce, AACAP's Training and Education Committee, under the direction of Isheeta Zalpuri, MD, and Edwin Williamson, MD along with AACAP's Committee on Medical Students and Residents, under the direction of Alyssa Shaffner, MD and Mollie Marr, MD, PhD.*



### **Abigail Bellatti, BS**

University of Oklahoma Health Sciences Center

Project: *The Interactive Roles of Family and Sleep Associated with Future Suicide Attempts Among Adolescents in an Intensive Outpatient Program*

Mentor: Graham J. Emslie, MD, University of Texas Southwestern Medical Center/Children's Medical Center Dallas



### **Sevim B. Bianchi, BS**

California Northstate University

Project: *Long Term Outcomes of Youth at Clinical High Risk for Psychosis: Does Lifetime Substance Use Play a Role?*

Mentor: Kristin S. Cadenhead, MD, University of California, San Diego



### **Montana H. Boone, BA**

Weill Cornell Medicine

Project: *Impact of an Evidence-Based Mobile App Intervention on Adolescent and Young Adult Emotion Regulation and Depressive Symptoms*

Mentors: Angela M. Rios, MD, and Jennifer Bress, PhD, Weill Cornell Medicine/NewYork-Presbyterian Hospital



### **Jefferson "Jeff" K. Chen, PhD**

University of California, Irvine

Project: *Integrating Digital Media to Teach Core Psychiatry Competencies Through a Psychodynamic Lens*

Mentor: Soe Thein, MD, University of California—Davis Health/ Downtown Psychiatry



### **Jenny Y. Gan, BA**

Harvard University

Project: *Improving Knowledge and Confidence in Eating Disorder Management Through a Targeted Educational Module for Preclinical Medical Students*

Mentor: Zheala Qayyum, MD, MMSc, Boston Children's Hospital

# AACAP Summer Medical Student Fellowship in Child and Adolescent Psychiatry, supported by AACAP's Campaign for America's Kids, Break the Cycle Initiative (*continued*)

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**Samir K. Jain, BA**

St. Louis University

Project: *Metabolic Monitoring Practices for Children and Adolescents with Anorexia Nervosa Treated with Atypical Antipsychotics*

Mentor: Jennifer L. Derenne, MD, Stanford University



**Noah M. Lampl, BA**

University of Massachusetts

Project: *Early Intervention: Understanding Provider Perspectives on Attachment and Attrition*

Mentor: Sarah J. Palmer, MD, Lifeline for Families Center at the UMass Chan Medical School/Center for Autism and Neurodevelopmental Disorders



**Grant B. Nelson, BA**

University of Toledo

Project: *Evaluating the ACT Raising Safe Kids (ACT-RSK) Program for Families of Children with Neurodevelopmental Disorders*

Mentors: Michele, S. Knox, PhD, and Jamie L. Migliori, MD



**Matthew N. Nguyen, BS, MEd**

University of Colorado

Project: *A Psychometric Exploration of Responses to Ambiguous Social Scenarios in Irritable Youth*

Mentor: Joel Stoddard, MD, MAS



**Truc P. Nguyen, BS\***

Lake Erie College of Osteopathic Medicine at Seton Hill

Project: *Meta-Analysis: Suicidal Ideation Outcomes in Gender Diverse Individuals Receiving Gender Affirming Care*

Mentor: Courtney Baker, DO



**Kori A. Quillin, BS, MHS\***

Meharry Medical College

Project: *Bridging Psychiatry and Public Health: Exploring Equity in Pediatric Behavioral Health Policy Through a Justice-Oriented Lens*

Mentor: Kevin M. Simon, MD, MPH, Harvard University/Boston Children's Hospital/Boston Public Health Commission

*\*Award partially funded through a generous donation from the Ruth and Peter Metz Family Foundation.*

AACAP Summer Medical Student Fellowship in Child and Adolescent Psychiatry, supported by AACAP's Campaign for America's Kids, Break the Cycle Initiative (*continued*)

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**Haley J. Utendorfer, BS**

University of Utah

Project: *Gap Between Psychiatric Diagnoses and Medication Use in Individuals with Developmental Disabilities Presenting in Crisis*

Mentor: Deborah Bilder, MD, Huntsman Mental Health Institute/University of Utah

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

November 14, 2025

Dear Dr. Walkup and AACAP Executive Committee,

I would like to sincerely thank you for your investment in my career and professional development. The AACAP Summer Medical Student fellowship has been an incredibly enriching experience, and one I will remember fondly for years to come. You all have cultivated a beautifully inclusive and encouraging community within the Academy, a community that I am grateful to have now joined. Through your efforts, it was made clear to myself and my fellow awardees that we are valued members. As a medical student still at the dawn of my journey through child and adolescent psychiatry, I will cherish that sentiment deeply. I will always view both the summer spent conducting research and the Annual Meeting as pivotal moments in my career. Thank you, once again, for your confidence in me and my research and for the financial contributions that made my participation possible.

I hope to attend many more annual meetings in the future and repay the kindnesses you have shown me by investing in future medical students as a resident and attending. I wish you all the very best.

Sincerely,  
Abigail (Abbi) Bellatti

November 11, 2025

John T. Walkup, MD  
President  
c/o Research, Grants, Workforce, & Development - [SMSF]  
American Academy of Child & Adolescent Psychiatry  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

Dear Dr. Walkup,

I would like to express my deepest thanks to AACAP's Campaign for America's Kids for sponsoring my Summer Medical Student Fellowship for the summer of 2025. This fellowship has provided me with invaluable research experience and professional connections that I will carry with me throughout my professional career.

Due to your generosity, I was able to travel to San Diego, CA, and meet with my mentor, Dr. Kristin Cadenhead. I met bi-weekly with Dr. Cadenhead, and we continued to come up with new research questions and explore potential new avenues of results for my research project entitled, "*Long-term outcomes of youth at clinical high risk for psychosis: Does lifetime substance use play a role?*" As a result of my research endeavors, I am aiming to publish a first-author research article by the end of this year.

My attendance at the AACAP annual meeting in Chicago, IL was highly insightful and inspiring. I had the opportunity to meet the other fellowship recipients as well as dozens of other trailblazers in the field of child and adolescent psychiatry. I also presented my work from the summer in a New Research Poster session.

This experience through AACAP changed the trajectory of my medical education. Not only do I believe it will enhance my application to residency and beyond, but it also elevated my medical school experiences in research and mentorship. I have created a life-long mentorship with Dr. Cadenhead and made connections with other UCSD faculty and residents. I was also able to continue my lifelong aspiration to have a lasting impact on adolescent substance use research. Thank you again for the tremendous opportunity!

Sincerely,

Sevim B. Bianchi

A handwritten signature in black ink, appearing to read 'Sevim B. Bianchi', written in a cursive style.

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

December 2nd, 2025

Dear Dr. Walkup,

My name is Montana Boone and I am a second-year medical student at Weill Cornell Medicine and an AACAP Summer Medical Student Fellow. The opportunity to participate in the AACAP Fellowship and attend the 2025 Annual Meeting has been an outstanding experience and has solidified my interest in becoming a Child and Adolescent Psychiatrist.

When I was an undergraduate student, I first became interested in Child and Adolescent Psychiatry when I was working in the field with a developmental psychology study. Every week, I traveled to preschools, meeting with children and learning more about their lives, connections, and health. I was fascinated by the opportunity to intervene during such a key developmental time and positively impact the rest of their life, family system, and community. After graduation, I continued to explore my interest as the Project Coordinator of the Study of Adolescent and Adult Neural Development at the University of Michigan. There, I conducted clinical interviews with adolescents and young adults from cities around the United States and learned how access to resources, neighborhood violence, and race impacts children's health. I entered Weill Cornell Medicine knowing that I wanted to become a Child and Adolescent Psychiatrist.

When I learned about the AACAP fellowship my first year of medical school, I knew that I was interested in expanding my research experience and engaging with the CAP community. What I did not realize when I applied was how connected and supportive of a community Child and Adolescent Psychiatry is. During the mentorship meetings leading up to the conference, I met amazing Life Members who were willing to speak with me about their careers, give honest advice, and were genuinely excited for my future. AACAP connected me with Dr. Adrian Sondheimer, a life member in New York City, who has been an incredibly helpful resource and sounding board and has involved me in exciting CAP ethics projects. Anneke has also been a valuable resource throughout the application process, summer fellowship, and conference preparation. Her dedication and kindness made the experience even more rewarding.

During the summer research portion of the fellowship, I conducted research looking at the impact of a CBT-based mobile app on depression and emotion regulation in young adults. I was given the opportunity to administer the ADIS, HAM-A, and HAM-D to patients and follow them throughout the intervention. My research mentor Dr. Jennifer Bress worked closely with me and was a wonderful resource, helping me create a research poster, present to the lab, and work to publish our results. Dr. Angela Rios was my clinical mentor over the summer and connected me with psychiatrists across Weill Cornell and guided me on interviewing and in-patient interventions. I gained patient interviewing skills, research experience, and met incredible mentors thanks to the AACAP fellowship. The structure and support throughout the summer allowed me to grow as an empathetic clinician and researcher.

At the conference, I was again impressed by the support and engagement of the AACAP community. I immediately felt welcomed and was encouraged by how willing CAP Psychiatrists were to answer questions, speak about their careers, and support students. I attended the mentorship events and met Dr. Gabrielle Shapiro. She and I spoke extensively about being a psychiatrist in NYC and, even after the conference, she continues to provide mentorship. It was also incredibly helpful to speak with more senior medical students who were willing to give their perspectives on the residency application process. The structured mentorship experiences were invaluable for gaining insight on residency programs and building connections.

Having the opportunity to attend the panels and workshops throughout the conference allowed me to explore my clinical interests. I attended the panel on irritability and aggression in anxiety disorders. I was motivated to attend the panel because I had seen several patients over the summer with anxiety, ADHD, and aggression and wanted to learn how to better treat them. I was impressed by the thoughtfulness and nuance of the panel. I remember when you described aggression as untreated end stage anxiety or ADHD. This resonated with me because that perspective reduces the blame and anger directed towards the child and provides a method to treat. The workshop on the Core Concepts of Trauma was also a great learning experience, and I felt included by other attendees and that my input in the workshop was valued. I returned to Cornell invigorated and am working to incorporate the core trauma concepts into our psychiatry curriculum for medical students. Seeing Life Members speak at the conference about their rewarding careers was also incredibly inspiring and made me excited for my future career and role in the AACAP community.

The fellowship has been an exceptional experience and allowed me to explore and solidify my interest in Child and Adolescent Psychiatry. I am grateful for the opportunity and look forward to getting more involved in AACAP in the future.

Sincerely  
Montana Boone, MS-2, Weill Cornell Medicine

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

Dear Dr. Walkup and the AACAP Executive Committee,

I am writing to express my deepest gratitude for the support I received through the AACAP Summer Medical Student Fellowship, which has been a pivotal experience in my medical education and professional development.

Because of your generosity, I was able to conduct my educational research project, "Enhancing Psychodynamic Education in Medical Training through Digital Media Integration." This opportunity allowed me to address a critical gap in contemporary medical training by making abstract psychodynamic concepts, such as intergenerational trauma, attachment styles, and defense mechanisms, more accessible to trainees. By transforming the *Good Enough Psychiatrist* animation series into a structured teaching tool using a flipped classroom model, I gained a much deeper understanding of psychodynamic psychotherapy. More importantly, I learned how to effectively apply these principles not only to child psychiatry but also to medical education, ensuring that future clinicians are better equipped to understand the interpersonal and unconscious processes that shape patient care.

Furthermore, your support enabled me to attend my very first child psychiatry conference, the AACAP 2025 Annual Meeting. This experience was transformative. Being immersed in the community and exposed to cutting-edge childcare research solidified my decision to pursue a career in child and adolescent psychiatry.

I particularly enjoyed several key seminars that broadened my clinical perspective. The Thursday session on cultural psychiatry was instrumental in deepening my understanding of how intergenerational trauma is influenced by historical and structural factors, particularly within Indigenous and refugee communities. I also found the Friday session led by Dr. Richard Findling regarding the neurobiology and treatment of aggression to be incredibly informative. His distinction between reactive and proactive aggression, along with the review of pharmacologic management, provided a vital biological counterbalance to the relational focus of my research project. Finally, the Saturday seminar emphasizing early intervention and evidence-based treatments like DBT and MBT for Borderline Personality Disorder was a highlight, as it closely aligned with my research interest in identity formation and emotional regulation.

This fellowship has confirmed my passion for this field. I am now more committed than ever to becoming a child psychiatrist who can integrate biological, developmental, and relational perspectives to provide holistic care.

Thank you once again for investing in my future and for welcoming me into the AACAP community.

Sincerely,

A handwritten signature in black ink, appearing to read "Jeff Q.", with a stylized, cursive script.

October 25, 2025

Dr. John T. Walkup

President

c/o Research, Grants, Workforce, and Development – SMSF

American Academy of Child and Adolescent Psychiatry

3615 Wisconsin Avenue, NW

Washington, DC 20016

Dear Dr. Walkup and the Campaign for America's Kids Team,

I am writing to share my gratitude for supporting the 2025 Summer Medical Student Fellowship in Child and Adolescent Psychiatry through AACAP's Campaign for America's Kids, Break the Cycle Initiative. This fellowship was an incredibly formative experience that strengthened my academic understanding and personal commitment to advancing mental health care for youth.

Under the mentorship of Dr. Zheala Qayyum at Boston Children's Hospital, I developed and implemented an educational initiative titled "Improving Knowledge and Confidence in Eating Disorder Management Through a Targeted Educational Module for Pre-Clinical Medical Students." The project included a pocket card and a teaching session that significantly improved student confidence in diagnosis and treatment of eating disorders, as reflected in our pre- and post-session survey results.

Presenting this work at the AACAP Annual Meeting in Chicago and engaging with mentors and peers further expanded my perspective on academic psychiatry, community outreach, and the importance of early education in reducing barriers to care. This opportunity reaffirmed my goal of pursuing a career in child and adolescent psychiatry, combining clinical work, education, and advocacy to improve access and outcomes for young people.

I am sincerely thankful to AACAP and the Campaign for America's Kids for investing in the next generation of child psychiatrists. Your support not only advanced my project but also inspired me to carry forward your mission of breaking the cycle of unmet youth mental health needs.

With appreciation,

Jenny Gan

M4, Harvard Medical School

**To Whom It May Concern:**

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

Dear AACAP Executive Committee,

As one of the recipients of this year's Summer Medical Student Fellowship, supported by AACAP's Campaign for America's Kids, Break the Cycle Initiative, I wanted to extend my sincerest gratitude to the Committee for the opportunity to pursue a scholarly project in child and adolescent psychiatry with an academic mentor and the research funding to formulate and complete a project to improve the mental health care of our youth. I am forever indebted to the Committee for a formative experience in my academic journey that has shaped my passion to potentially pursue a career in child and adolescent psychiatry and also become an advocate for our society's youth at a time when they need it the most. I greatly appreciate the investment of time, energy, and financial resources on behalf of the Committee towards my medical education and edification over the summer and also during the 2025 AACAP Annual Meeting and I will cherish it for a lifetime to come.

Thank you so much for your time and consideration!

Sincerely,



Samir Jain

MD Candidate, Class of 2028

Saint Louis University School of Medicine

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

November 14<sup>th</sup>, 2025

Dear Dr. Walkup,

I hope you are doing well. Thank you for your support this summer. My experience as a Summer Medical Student Fellow at UMass Chan was incredibly meaningful. Working with Dr. Palmer helped me grow both as a person and a student, and I am grateful for how much I learned in such a short time.

A significant portion of my summer was spent interviewing caregivers, and those conversations helped me understand the challenges families face and the importance of listening attentively. This experience has strengthened my perspective on patient care and the importance of understanding each patient's unique story. I will carry these lessons with me throughout my medical training. Thank you again for the opportunity to be part of the program and for your support.

Sincerely,

Noah M. Lampl  
MS2  
UMass Chan Medical School

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

November 7, 2025

Dear Dr. Walkup,

I am writing to express my gratitude to the AACAP Executive Committee for supporting me through AACAP's Summer Medical Student Fellowship in Child and Adolescent Psychiatry. This award has given me the opportunity to engage in meaningful, mentored clinical and research work in the field of child and adolescent psychiatry at a very early stage in my training, which is exactly the kind of experience that strengthens a student's commitment to this field.

Through this fellowship, I was able to participate in a research project that was evaluating the ACT Raising Safe Kids (ACT-RSK) program for families of children with neurodevelopmental disorders. In addition, I was able to gain clinical experience in both inpatient and outpatient child and adolescent psychiatry settings. Under the mentorship of Drs. Michele Knox and Jamie Migliori, I observed therapy sessions, participated in medication management visits, conducted parts of patient interviews, and engaged in diagnostic discussions with the care team. Furthermore, I was able to join multiple virtual workshops with early CAP members and gain insights into various careers within the CAP space (triple board, research tracts, etc.). Having structured time, mentorship, and a clear connection to AACAP made this experience feel intentional and deeply supported, which overall made this summer fellowship the highlight of my medical education thus far.

I am especially grateful that AACAP invests in medical students by not only supporting their research, but also by inviting them out to AACAP's annual conference to learn, explore, and make new connections within the field of child and adolescent psychiatry. One thing I noticed that really stood out to me was how friendly, welcoming, and personable everyone was at this conference. This allowed me to form great connections and further drew me towards a career in child and adolescent psychiatry. Exposure to child and adolescent psychiatry during medical school is not always guaranteed, and this fellowship showcases that trainees are welcome in the field and that our contributions are heard and matter. This experience has further affirmed my interest in pursuing psychiatry training in CAP and continuing to engage with AACAP in the future.

Sincerely,

Grant B. Nelson, MS-2, University of Toledo College of Medicine and Life Sciences.

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

Dear Dr. Walkup and Members of AACAP's Executive Committee,

I am writing to express my gratitude for being able to experience the AACAP Summer Medical Student Fellowship. This fellowship has been one of the most formative experiences of my medical education. I am thankful for AACAP's investment, time, and energy in trainees like myself and for the opportunity to participate in the Annual Meeting and present my research.

Throughout the fellowship, I gained an invaluable furthering of the field of child and adolescent psychiatry, not only through scientific and educational programming, but also through the people who make this field so special. Meeting child psychiatrists, researchers, residents, fellows, and other students from across the world fostered community and purpose that I will carry with me throughout my training. Their warmth, encouragement, and passion for improving the lives of young people left a lasting impact on me.

The experience strengthened my commitment to pursuing a career in child and adolescent psychiatry. I left the meeting feeling energized, supported, and deeply connected to the broader CAP community. This fellowship has provided direction, mentorship, and inspiration in my medical school journey, and I am grateful for the insight it has provided!

Thank you again for your dedication to nurturing the next generation of child and adolescent psychiatrists. I feel honored to have been part of this year's cohort, and I look forward to contributing to this community throughout my future career.

Warmly,

**Matthew Nguyen**  
University of Colorado School of Medicine  
matthew.n.nguyen@cuanschutz.edu

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

November 14, 2025

Dear Dr. Walkup,

I am writing to extend my gratitude for your support during my summer fellowship through the SMSF grant. This granted me the opportunity to participate in independent research, specifically on the impact of gender affirming care in transgender and gender diverse individuals. Through this project, I learned about the current standard of care for providing gender affirming care, and the role that psychiatrists play in the diagnosis of gender dysphoria and how it can be managed. In addition to learning about the clinical aspects of gender affirming medicine, I learned about the process of completing a meta-analysis, the art of writing about research, and how to perform statistical analyses. The skills I gained have made me feel more comfortable with interpreting data on my own, which is becoming a more essential skill for advocating for policies that support best practice for patient care.

Through the funding from AACAP, I was also given the privilege of attending and presenting at the AACAP 2025 Annual Meeting. During the meeting I was able to receive valuable feedback on my project that I plan to integrate into my current and future projects. The meeting also provided a student friendly environment to network and have candid conversation with individuals at different parts of their training. I received insightful guidance on what skills I should look to hone as I transition to my clerkship years and how to add value to patient experiences as a medical student. I attended many of the medical student and resident mentorship events which illuminated the diversity of roles the CAP psychiatrists can occupy. I was also able to attend several workshops and symposiums that supplemented my current knowledge of psychiatry that came from my didactics. The experiences that I had at the annual meeting complemented the learning that I had done over the summer.

Again, I am so thankful for the opportunities that the AACAP SMSF grant has allowed me. I feel incredibly privileged to be chosen for this grant and I was able to use the grant to independently undertake my own project and the experience my first AACAP Annual Meeting. Thank you again for your commitment to supporting trainees and our futures as child and adolescent psychiatrists.

Sincerely

A handwritten signature in black ink, consisting of a large, stylized 'N' followed by a long horizontal stroke that tapers to the right.

Truc "June" Nguyen, MS-2, Lake Erie College of Osteopathic Medicine at Seton Hill

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

October 28, 2025

Dear Executive Committee,

I just want to say thank you for the incredible opportunity to be part of the Summer Medical Student Fellowship Program. This experience has been one of the most meaningful parts of my medical school journey.

As a student, it's easy to get caught up in the day-to-day routine of studying for exams, rounding in the hospital, and just trying to keep up. But this fellowship and the AACAP conference have really ignited my passion for child and adolescent psychiatry and reminded me of the bigger purpose behind this work. It has also sparked my interest in research. Although it can sometimes feel daunting and tedious, the outcomes are powerful and deeply impactful in the lives of so many children and families.

Being surrounded by leaders in child and adolescent psychiatry and getting to present my research at the AACAP conference helped me see, in a real and powerful way, how much people who look like me are needed in this space. It reminded me that my presence matters and that representation itself can spark change.

This fellowship has given me a clearer picture of what's possible and what I want to achieve in the years ahead. It has inspired me to stay involved with AACAP and to one day take on leadership roles that help make space for others coming after me. I've walked away not just motivated, but grounded in purpose.

Thank you again for believing in students like me and for helping us grow into the next generation of child and adolescent psychiatrists. I'm so grateful for this opportunity and all that it has sparked in me. I can't wait to come back next year!

Sincerely,

**Kori Quillin, MS4, Meharry Medical College**



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

November 12, 2025

Dear Dr. Walkup,

I am writing to express my sincere gratitude for invaluable support provided through the AACAP Summer Medical Student Fellowship Program and for the profoundly impactful experience at the AACAP 2025 Annual Meeting in Chicago

The fellowship provided crucial support for my research focusing on improving the diagnostic assessment of co-occurring psychiatric conditions in individuals with developmental disabilities (DD) presenting in psychiatric crises. This work allowed me to refine and validate the Sources of Distress Survey (SDS) and investigate treatment-relevant discordance in medication management. Crucially, the psychometric evaluation demonstrated that the revised SDS psychosis modules offered improved specificity, positive predictive value (PPV), and overall accuracy compared to the original modules. Furthermore, our discordance analysis revealed that individuals in crisis were frequently being treated with medications categorized as potentially worsening their underlying conditions, underscoring how diagnostic inaccuracy contributes substantially to treatment-resistant agitation in the DD population. I am confident these findings will directly support the development of more effective and personalized treatment pathways.

My experience at the annual meeting significantly broadened my perspective on child and adolescent psychiatry (CAP). My initial view of CAP shifted dramatically, and I now recognize it not just as a professional role but as an expansive, adaptable platform for intellectual contribution, encompassing clinical work, education, policy, and research. The biggest takeaway was witnessing the sheer variety of ways individuals pursue their passions within this field

The atmosphere and scale of the conference were immediately impactful. My favorite session, the Opening Plenary: Working Together: Innovation for Impact, truly helped me understand the scope of the AACAP community, and hearing from leaders like Dr. Tami Benton and you was incredibly inspiring. In this same session, reflecting on the memoirs of individuals who made profound contributions moved me, emphasizing the importance of contributing to the larger psychiatry community

The meeting validated my decision to pursue child and adolescent psychiatry, demonstrating that the field is exactly the platform I seek. Witnessing the dedication and passion of the attendees and leaders reaffirmed my commitment to this specialty and inspired me to think critically about how I can contribute to its future growth and impact.

I cannot truly express my gratitude for AACAP and how this conference opened my eyes. Thank you for fostering a community that is innovative, supportive, and dedicated to improving the lives of children and adolescents. I cannot wait to be involved with your work for years to come.

Sincerely,

**Haley Utendorfer**

MD Student - Class of 2028

Spencer Fox Eccles School of Medicine

[haley.utendorfer@hsc.utah.edu](mailto:haley.utendorfer@hsc.utah.edu)

(612) 867-9263

# AACAP Summer Medical Student Fellowship

Supported by AACAP's Campaign for America's Kids  
Break the Cycle Initiative

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



Check out these committees, AACAP group events & program offerings!

- [Medical Students & Residents \(MSRs\)](#)
- Diversity and Culture

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).
  - 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. Choose **one** Training and Education Committee Sponsored Session
3. Weds. Oct. 22 **8:30 - 10:15 AM** | Opening Plenary
4. Thurs. Oct. 23 **1:00 - 2:30 PM** | Junior Research Scholars Lunch
5. Thurs. Oct. 23 **4:15 - 6:00 PM** | Mentorship Program for MSR - Part 1\*  
[Free ticketed event. Two sessions: Thurs. Part 1 | Fri. Part 2\*]
- 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\*]

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

LEARN MORE!



## AACAP's PsychStream

is your new, go-to destination for expert-led, on-demand content in child and adolescent psychiatry.

AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY

WWW.AACAP.ORG