AACAP Educational Outreach Program for General Psychiatry Residents, supported by AACAP’s Campaign for America’s Kids

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 Campaign for America’s Kids, recipients receive up to $1,000 of financial assistance to experience AACAP’s Annual Meeting.

Christina N. Aldrich, MD—Baylor College of Medicine
Alexander Buell, MD—Dartmouth-Hitchcock Medical Center
Alexander Christian, MD—NewYork-Presbyterian Hospital/Weill Cornell Medicine
Sera Chun, MD—Nova Southeastern University/Bay Pines Veterans Affairs Healthcare System
Haniya Halim, MD—University of Alabama Medical Center at Birmingham
Samantha Hayes, MD—Maimonides Medical Center
Nakisa Kia’i, MD—University of California Los Angeles
Ellen J. Kim, MD—Saint Louis University
Radhika Kothadia, MD—Prisma Health/University of South Carolina
Mang-tak A. Kwok, MD—Rutgers Robert Wood Johnson Medical School
Brian Lu, MD—Henry Ford Allegiance Health
Adam S. Malik, DO—Penn Highlands DuBois
Christopher M. Ramsay, MD—Duke University Hospital
Bharat Sanders, MD—University of Utah
Elaine Shen, MD—Northwestern University
Michelle S. Sun, MD—UCLA Medical Center/Veterans Affairs Greater Los Angeles Healthcare System
Sivakumar Sundaram, MD—University of California San Francisco
Jessica Thai, MD—University of New Mexico
Victoria Trump Redd, MD—Dartmouth-Hitchcock Medical Center
Gary Wu, MD—Rosalind Franklin University of Medicine and Science
Margaret Y. Yau, MD, MS—University of California Riverside
Han Yue, MD—Boston University Medical Center
Dear AACAP Executive Committee,

Thank you so much for supporting me in attending AACAP this year through the Educational Outreach Program! I am honored to have been chosen and so grateful for the opportunity to attend AACAP for the first time. As I am applying for CAP fellowship this year, the chance to learn and make connections was absolutely invaluable! I am so excited to (hopefully) soon be part of one of the most warm, welcoming, and supportive communities I’ve ever had the pleasure to meet!

Thank you so much again!

Sincerely, Christie Albid
November 11, 2022

To AACAP Executive Committee,

I write to express my gratitude for receiving the EOP GEN CFAK award. This year's AACAP conference in Toronto was a wonderful experience; I was able to meet fellow colleagues and learn from cutting edge researchers. It was a meaningful conference and an experience I will take with me as my career continues.

Many thanks,

Alexander H. Buell, MD
AACAP Executive Committee - EOP GEN CFAK  
c/o AACAP’s Research, Grants and Workforce Department  
3615 Wisconsin Avenue, NW  
Washington, DC. 20016

11/10/2022

Dear AACAP Executive Committee,

I wanted to express my sincere gratitude for allowing me to participate in the Educational Outreach Program (EOP). As a psychiatry transfer with an interest in focusing on Child and Adolescent psychiatry (CAP), I received very limited exposure to the field of CAP until this past July 2022. With such limited exposure, the decision to fast track into the field was very difficult to make. The EOP award to attend the AACAP conference in Toronto was a fantastic opportunity to network with mentors and collages as well as explore various seminars and lectures to further explore my interest. I am happy to write that the opportunity to engage in the program and participate in the AACAP conference was enough to solidify my decision to fast track into CAP, for which I am currently applying.

Sincerely,

Alexander J. Christian, MD

Alexander J. Christian, MD
Dear AACAP Executive Committee,

Thank you for the opportunity to explore the field of Child and Adolescent Psychiatry through the AACAP 2022 Annual Meeting in Toronto and specifically, the Educational Opportunity Program. The scheduled mentorship sessions were very informative to me as a second year general psychiatry resident planning on fast tracking to CAP fellowship. I was able to have all of my questions answered by the mentors and establish valuable networks that I would not have had if not through this program. Meeting peers at EOP sessions who were just as excited as I was about the field of CAP also further contributed to my motivation to pursue this path in psychiatry.

One of my current interests within CAP is Autism Spectrum Disorder, and I was grateful to be able to monitor one of the workshops focused on evaluation of ASD. I was also able to learn about the Autism and Intellectual Disability Committee at the exhibit hall, and I am excited to be more involved in AACAP. Without the funding through this program, I would not have been able to attend this conference to gain this valuable experience. Again, thank you for your generosity and commitment to this field.

Sincerely,

Sera Chun, MD
PGY-2 General Psychiatry Resident
Nova Southeastern University – Bay Pines VAHCS
To: AACAP Executive Committee - EOP GEN CFAK  
c/o AACAP’s Research, Grants and Workforce Department  
3615 Wisconsin Avenue, NW  
Washington, DC. 20016

This letter is written to convey my deep appreciation for the opportunity to attend the AACAP annual meeting that the educational outreach program award provided. The amount of information I learned, the connections I made, and the future opportunities I hope to have are all thanks to you. This was my first medical conference and it was a wonderful experience. I hope to consistently attend all the annual conferences from now on as I progress into my career as a child and adolescent psychiatrist. Thank you again for this opportunity and I wish you all the best.

Sincerely,  
Haniya Halim
Dear Executive Committee,

I want to thank you sincerely for the opportunity to attend AACAP this year in Toronto. As a 3rd year general psychiatry resident, I recognized my interest in child psychiatry last year but have only begun to realize what a vast and wonderful field it is thanks to the exposure I received this year at the conference. Through participating in multiple different sessions, exploring the posters, and meeting with mentors as well as other trainees with similar interest, I was able to expand my understanding of what it means to be a child psychiatrist and the various roles and specialties I may pursue in the future. I was able to connect with attendings who have similar interest as mine and are actively helping me pursue my research interests as well as residents and medical students who have been supporting me and reaching out even after the conference.

Through your funding, I was able to experience this without the huge financial concerns I initially anticipated, allowing me to enjoy my experience learning in Toronto without significant worries.

Thank you for everything,
Samantha Hayes MD
October 25, 2022

AACAP Executive Committee - EOP General Psychiatry Residents Program

3615 Wisconsin Avenue, NW
Washington, DC 20016

Re: Thank You Letter

Dear AACAP Executive Committee,

This letter is written with great gratitude for sponsoring the educational outreach program award. The opportunity to participate in the Annual Meeting as a trainee has been a truly memorable milestone in achieving my aspirational career goals. I am especially grateful for the opportunities to receive mentorship from early career psychiatrists and to have opportunities to share my learnings with medical students and junior residents. I am forever indebted to the influence of mentors, professionals, and teachers I have encountered throughout my training.

I look forward to attending future annual meetings and growing my involvement in AACAP for years to come. The academy has opened my eyes to the many opportunities to learn from experts in the field and meet like-minded individuals with the goal to deliver compassionate and meaningful psychiatric care. Most importantly, I am eager to continue to flourish my enthusiasm to learn, to seek out guidance and knowledge throughout the next stages of my career.

Sincerely,

Nakisa Kiai, MD
Tuesday, November 1, 2022

AACAP Executive Committee - EOP General Psychiatry Residents Program
3615 Wisconsin Avenue, NW
Washington, DC 20016

Dear AACAP Executive Committee,

Thank you for sponsoring this year’s program and being in support of its continuation! The AACAP Educational Outreach Program lies at the intersection of my passions: child psychiatry, advocacy, and education. The opportunity to participate in this program has been a manifestation of my values and a space to apply my leadership experiences to advocate on behalf of children’s mental health.

A few highlights of my conference experience include the peer review workshop led by Drs. Robert Althoff and Douglas Novins where I learned the foundation to provide high quality peer reviews; clinical perspectives of trauma led by Drs. David Corwin and Harriet MacMillan, which recontextualized the way I conceptualize, identify, and diagnose trauma; and the life members sponsored sessions, which left me both inspired and driven to advance the field.

Through participating in the AACAP EOP, I achieved my goals, including having a formal overview of the national organization, receiving mentorship from those with similar interests through the Women’s Committee Group Mentorship Program and Medical Student Residents Committee, acquiring skills to promote child and adolescent mental health on national and international levels, and finding avenues to take active roles in AACAP.

In the future, I aspire to be a child and adolescent academic psychiatrist, teaching, engaging with underserved populations to improve the access and quality of mental health care, and spearheading community programs for minority youth. I am passionate about building a diverse and inclusive workforce and the role of pipeline programs in doing so. I want to continue building evidence-based pipeline programs and strengthening medical education as well as training programs. Additionally, I want to advocate for policies that address the social and structural determinants of mental health.

The AACAP EOP has been an integral part of my journey to be a psychiatrist leader who integrates advocacy and education into clinical work to elevate the narrative for minority youth and shape the future of mental healthcare.

Thank you again, and I look forward to future involvement in AACAP!

Sincerely,

[Signature]

Ellen Kim
General Psychiatry Resident
Dear AACAP Executive Committee,

My name is Radhika (“Radhi”) Kothadia and I am a third-year general psychiatry resident at Prisma Health-USC School of Medicine in Columbia, SC. Thanks to your support, I was able to travel to Toronto for my first-ever AACAP annual meeting. It was such an exciting week and I left re-energized and inspired to continue to advocate for youth in my state, explore clinical questions through applied research, and grow and learn in the field of child and adolescent psychiatry. I wanted to take a moment to thank you for your generosity and support of trainees interested in child and adolescent psychiatry.

I am currently interviewing for child and adolescent psychiatry fellowship and this conference was an exciting opportunity to network with fellows, fellowship directors, and leaders in our field. Due to the virtual format of fellowship interviews, it has been difficult to truly get a sense of the culture of a program. Having the opportunity to meet folks from various institutions was an eye-opening experience and allowed me to refine my search for the “perfect fit.”

Through the mentorship program, I was able to connect with like-minded individuals who are passionate about cultural psychiatry, advocacy, and suicide prevention. I had the opportunity to discuss my interest in academic psychiatry and hopes of becoming a residency program director or fellowship director someday. Ironically, both of my mentors in the mentorship program are child psychiatry fellowship directors! One was the fellowship director of a program that is now at the top of my rank list. It was truly a match made in heaven!

I was also able to present a poster at my first national conference. As someone who has trained mostly in community-based settings, my exposure to research has been limited. Upon discussion with some of the other presenters, I was excited to meet so many people balancing clinical duties with innovative research projects during fellowship and throughout their careers. I received insightful feedback on my ongoing research about the effect of the COVID-19 pandemic on suicidal ideation and suicide attempts among youth in South Carolina.

Finally, I enjoyed learning about ways to get more involved in AACAP and how to make a difference on a national level. I was able to connect with leaders in the Medical Student and Resident Committee and Political Action Committee and plan to get involved with both of these committees.

I am so thankful for your support and truly appreciate your generosity!

Thanks again,

Radhi Kothadia
Dear AACAP Executive Committee,

Thank you for sponsoring me and my fellow learners at this year’s AACAP/ACNP Annual Meeting. I appreciate your continued support of the EOP as this meeting helped me meet mentors and leaders and allowed me to grow professionally, academically, and personally in my future career as a child & adolescent psychiatrist. Again, thank you for the opportunity as I am incredibly grateful to have been able to attend.

Best,

Andy Kush
PGY-3 Psychiatry Resident
Dear AACAP Executive Committee,

My name is Brian Lu. I am a third year general psychiatry resident, and recent attendee of the AACAP 2022 annual meeting at Toronto, Canada. I am writing to express my appreciation and gratitude for your sponsorship of this year’s meeting and your continued support of the Educational Outreach Program.

This year was my first time attending an in-person AACAP annual meeting; I can confidently state that this week-long experience has been one of the most fulfilling professional experiences I have had. My attendance at the conference allowed me to not only actively participate in idea forums, but also experience an unparalleled opportunity for networking and mentorship from leaders within the field.

Giving a presentation during the annual meeting gave me a chance to practice my leadership skills as well as share my experiences with others. It also reinforced something I already knew, the welcoming and supportive atmosphere fostered by those involved in AACAP. Being able to sit with my peers and hear the advice and wisdom of Academy members and faculty is an experience that cannot be replicated. I continue to be pleasantly surprised by the breadth and depth of available topics, from Honor Presentations to Institutes. The after-hours receptions were a nice addition to an already remarkable event.

It was also very important for me to have been able to share hugs and give my thanks to those who have supported and encouraged me along the way, making it possible for me to be where I am today. It is not lost upon me that your generosity, through the Educational Outreach Program, made my experience possible and more importantly, valuable.

Thank you for the memories.

Sincerely,

Brian Lu, MD
Dear AACAP Executive Committee,

I wanted to say a huge thank you for funding my educational outreach program award for general psychiatry residents. I am currently a PGY2 and attending the conference has definitely inspired me to pursue a career in child and adolescent psychiatry! I had a great experience connecting with lifetime members, program directors, fellows, residents, medical students, and more. Along with that, I learned a lot of clinical knowledge, about various policies, and different ways to ultimately improve the lives of children and adolescents. Again thank you so much and I am looking forward to getting involved with committees and attending the next convention!

Adam Malik, DO [PGY2]
Penn Highlands Healthcare
Amalik@phhealthcare.org
Dear Executive Committee,

I am writing to thank you for your generous $1000 EOP GEN CFAK Travel Grant. I was very happy and appreciative to learn that I was selected as the recipient of your award.

I am currently at a crossroads in my training. As a third-year psychiatry resident, I need to make a decision on what I’ll be doing for my career. The opportunity to attend the conference and meet so many of you and receive that mentorship helped me make the decision to pursue a career in child and adolescent psychiatry upon graduating from Duke’s General Psychiatry Residency.

By awarding me the EOP GEN CFAK Travel Grant, you have lightened my financial burden, which allows me to focus more on the most important aspects of training: learning and exploring. Your generosity has inspired me to pass it forward and make good use of your gift in my career. I hope one day I will be able to help students achieve their goals just as you have helped me.

Sincerely,

Christopher Ramsay, PGY-3
Duke University Hospital General Psychiatry Residency Training Program
8 December 2022

AACAP EXECUTIVE COMMITTEE
C/O AACAP’S RESEARCH, GRANTS, AND WORKFORCE DEPARTMENT
3615 WISCONSIN AVENUE NW
WASHINGTON, D.C. 20016

Dear AACAP Executive Committee,

My sincere gratitude goes to you and the Campaign for America’s Kids for sponsoring my attendance at the AACAP 69th Annual Meeting. As a new Triple Board Resident working to learn, network, and connect, I am very grateful for AACAP being my professional home during this time. Your award made it possible for me to present my work on a national and international stage, and help pay forward the mentorship and guidance I have received to medical students and applicants to Child Psychiatry programs. Additionally, I was able to connect with numerous mentors at various stages of their CAP careers, and to gain from the wisdom of the Life Members and those involved in Training & Education. Thank you so much for this Educational Outreach Program Grant, and I plan to continue to pay it forward by continuing to mentor the younger generation of medical students to embark on a career in CAP, as well as continuing to get more involved in AACAP throughout the years. I look forward to a lifetime of community connections and learning through my membership in AACAP.

SINCERELY,

BHARAT SANDERS, MD
TRIPLE BOARD PGY1, UNIVERSITY OF UTAH HEALTH
Dear AACAP Executive Committee,

I am writing to express my deepest gratitude for the opportunity to attend the 2022 Annual AACAP Conference in Toronto. As a recipient of the Educational Outreach Program, I was able to experience valuable networking and mentoring events to further advance my interest in child psychiatry. My specific research interest is in the mental health of LGBTQ youth and this year’s programming allowed me to gain invaluable knowledge through important seminars, clinical perspectives, and workshops. Additionally, the funding allowed me to travel to the conference and present in-person on my work regarding the use of creative media to reduce stigma and cultivate intergenerational discussions of mental health within Asian American communities. Furthermore, I was able to meet program directors of child & adolescent psychiatry fellowship programs that I am interested in applying to next year. In addition to new knowledge and mentorship, I also made several friends and colleagues at the conference who I am now starting new projects with. The AACAP Conference has truly been a highlight of my residency experience so far and I look forward to continuing to attend future years.

Thank you so much for this experience!
Elaine Shen, MD
PGY-2
Northwestern Psychiatry & Behavioral Health
October 22, 2022

AACAP Executive Committee
c/o EOP General Psychiatry Residents Program
3615 Wisconsin Avenue, NW
Washington, DC 20016

Dear AACAP Executive Committee,

I want to express my deepest appreciation for your generosity as a sponsor of the AACAP Educational Outreach Program. Due to your support, I was able to attend my first in-person AACAP Annual Meeting. It was an exhilarating experience to be surrounded by many passionate psychiatrists and mental health providers in one place. I had the opportunity to attend workshops, connect with mentors, and explore different facets of a career in CAP. I arrived at the conference with a curiosity for how I could make a difference in CAP and left with strengthened conviction to pursue the field and become an active member of the AACAP community.

As an early trainee, this has been an invaluable experience that will continue to influence me for the rest of my career. Thank you again for your commitment to fostering the next generation of child and adolescent psychiatrists!

With Gratitude,

Michelle Sun
Michelle S. Sun, MD
PGY-1 | UCLA/VA-GLA Psychiatry Residency Program
October 28, 2022

AACAP Executive Committee - EOP General Psychiatry Residents Program
3615 Wisconsin Avenue, NW
Washington, DC 20016

Dear AACAP Executive Committee:

I cannot thank you enough for your support of the Educational Outreach Program in general and of my attendance at this year’s AACAP Annual Meeting in particular. Coming from a California program that does not provide funding for conference travel, I simply would not have been able to attend this year’s meeting without your support. I was blown away to see just how many other trainees were able to benefit from this program as well; you continue to make an impressive investment in the child mental health workforce. When I first thought to apply for the EOP earlier this year, I had only just started to consider pursuing CAP fellowship training, having previously decided to forego it despite a longstanding passion for adolescent mental health. I am thrilled to say that my experience at AACAP fully confirmed that I am making the right choice by applying for CAP fellowship this cycle. I met a wide variety of mentors across different focus areas and practice types, united by their commitment to the field and to supporting more junior child psychiatrists. I also came to know many peers with whom I am excited to share my journey as a child psychiatrist. Again, none of this would have been possible without your generous support. Thank you for all that you do behind the scenes, and please keep this program going!

Sincerely,

Siva Sundaram, MD
November 2, 2022

Dear AACAP committee,

Thank you so much for your generous travel award, which allowed me to attend the 2022 AACAP Annual Meeting. Without this grant, I would not have been able to afford the costs to attend this meeting with my limited funds at this time. Reconnecting with mentors in person was invaluable. It was great to be able to talk to mentors across the country and hear about child psychiatry in different geographic areas of interest. Coming from New Mexico, a very resource limited state, it was reinvigorating to hear about child psychiatry in other parts of the world and how we can learn from it. I re-connected with old mentors at the conference and met up with them again virtually already after the meeting and made new connections that will last a lifetime. Thank you again for your generosity.

Best,

Jessica Thai, MD, PGY3
Dear AACAP Executive Committee,

My name is Victoria Trump Redd, and I am a third-year General Psychiatry Resident at Dartmouth-Hitchcock Medical Center, and an awardee for the Educational Outreach Program grant sponsored by the Campaign for America’s Kids. I cannot express how grateful I am to you all and to all who made this grant possible, as it enabled me to travel to the AACAP conference in Toronto this year. I am currently applying to fast-track to a fellowship in Child and Adolescent Psychiatry, and AACAP was incredibly intellectually stimulating, exciting, interesting, and filled me with even more ideas about what I want to do with my career in CAP. It was so inspiring to hear and learn from presenters who work with some of the marginalized populations I hope to work with, at sessions such as “Beyond Black, White, and Rainbow: Conversations with LGBTQ+ Transitional Age Youth of Color”, “What the First People Boarding Schools Experience Can Teach Us about Grief, Stigma, Resilience…and Ourselves”, and “Understanding the Mental Health and Psychosocial Challenges of Children and Adolescents Living with HIV: Lessons from AMPATH Kenya.” I loved being able to converse directly with the panelists, presenters, and other attendees in the room, getting the chance to hear from others’ similar clinical experiences, think through these clinical situations together, and bounce ideas off of each other that will enrich all of our patient care. The mentorship opportunities contained within the EOP award were fantastic experiences to learn from physicians in a variety of sub-speciality areas and career directions within child and adolescent psychiatry, illuminating again the many ways that our careers can develop and turn over time, and I loved getting to meet medical students, residents, and fellows as we shared, explored, and learned together. As I am currently in the midst of my virtual application cycle, attending AACAP in person also afforded me an excellent opportunity to meet fellows and faculty from programs I have applied to, helping me to get a better feel for programs and the people who might be my supports, teachers, and co-learners over the next several years. Overall, I left AACAP feeling enthusiastic and excited about this next phase of my training that I look forward to embarking on next year in child psychiatry, and even more inspired and motivated to engage in this work. The EOP award enabled me to participate in-person, and I am so thankful for this opportunity. I hope to be able to attend AACAP again in 2023 when it is held in New York.

Thank you again for sponsoring this award and enabling me to attend AACAP in person this year.

Best regards,
Victoria Trump Redd
26 October, 2022

AACAP Executive Committee
EOP General Psychiatry Residents Program
3615 Wisconsin Avenue, NW
Washington, DC 20016

Dear Committee:

Thank you for your generous support for me to be able to attend AACAP this year in Toronto. I have been a member for less than a year but I have already been able to make use of a lot of the resources that AACAP offers to both residents and fellows. I heard of the Educational Outreach Program through my senior residents and they mentioned how amazing of an opportunity it is to be able to connect with other residents, mentors, and to meet leaders in the field of child and adolescent psychiatry. Now after the meeting, I feel that those words ring true and I was able to network with training directors, leaders of the AACAP/CACAP, and peers that I may have the pleasure of working with in the future. This was all made possible because of your generous contributions and support for future leaders in the field.

The most memorable sessions I attended are those that offered interpersonal and career advice. From the top of my head, being able to listen to some of the Life Members talk about their career in psychiatry and how they got to where they are now were especially motivating for me. I hope this program continues to select those who are dedicated to the field of psychiatry and CAP. I believe that your generosity goes a long way to help future leaders to recognize their potentials and to connect them with peers and mentors that expedites maturity and growth.

Without your generous support, I would not have been able to present my poster this year at the new research poster event. I would also not have been able to make some new lifelong friends that are not even from my country. I am grateful for this opportunity and I am sure I will return in the future for more AACAP meetings.

Sincerely,

Gary Wu, MD
PGY-2, Psychiatry
Rosalind Franklin University of Medicine & Science
Margaret Yau  
6025 Abernathy Dr  
Riverside, CA 92507  

November 13, 2022  

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

Dear AACAP Executive Committee:  

I would like to express my sincerest gratitude for the opportunity to participate in the AACAP Educational Outreach Program (EOP) for General Psychiatry Residents, supported by the AACAP Campaign for America’s Kids.  

Attending the AACAP/CACAP 2022 Annual Meeting in Toronto, Canada was truly an enriching and memorable experience. I enjoyed the quality programming of informative presentations which broadened my exposure to the field of child and adolescent psychiatry and to its latest developments. I also appreciate the available mentoring opportunities to learn from and connect with professionals and leaders in the field. As a new research poster presenter, I valued the opportunity to discuss my research on childhood adversity and ADHD with others and obtain meaningful feedback. Finally, I am impressed by the supportive, inclusive community within AACAP, where I am inspired by many individuals with a deep passion for children’s mental health, and I aspire to develop this passion into pursuits aiming to advance the field.  

I intend to continue my involvement with AACAP and contribute to it meaningfully as I progress in my psychiatry training towards my goal of becoming a child and adolescent psychiatry. Thank you again for the opportunity!  

Respectfully,  

Margaret Yau, MD, MS  
Resident Physician, PGY-1  
Department of Psychiatry and Neurosciences  
University of California, Riverside School of Medicine
November 02, 2022

Dear AACAP Executive Committee,

Thank you so much for giving me the funding and opportunity to attend the AACAP meeting this year in Toronto! This was my first time attending the meeting and I found it to be a valuable and unforgettable experience. I was able to attend interesting and stimulating didactic sessions and meet and learn from colleagues. I know that I will continue to be involved with AACAP in the future and will continue to build on these positive relationships.

Thank you again for providing me with this opportunity.

Sincerely,

Han Yue, MD
PGY-4, Child and Adolescent Psychiatry Fellow
Tufts Medical Center