

## AACAP Educational Outreach Program for General Psychiatry Residents, supported by the AACAP Life Members Fund

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*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 Life Members Fund, recipients receive up to \$1,000 of financial assistance to experience AACAP's Annual Meeting.*

**Serra Akyar, MD, MPH**—Northwell Health Staten Island University Hospital

**Christina C. Bodison, MD**—University of Wisconsin Hospital and Clinics

**Alexis Collier, MD**—Duke University Hospital

**Terrance Embry, MD**—Yale University

**Aliza R. Grossberg, MD, MPH**—Mount Sinai Morningside/West Hospitals

**Fatma Ozlem Hokelekli, MD, PhD**—University of Texas Southwestern Medical Center

**Victor Kekere, MD, MS**—One Brooklyn Health/Interfaith Medical Center

**Tianqi Luo, DO**—University of Nebraska Medical Center

**Chintan G. Trivedi, MD, MPH**—Texas Tech University Health Science Center

**Komal Trivedi, DO**—Ocean University Medical Center

**Vedang Uttarwar, MD**—University of California Irvine Medical Center



AACAP Life Members Committee – EOP General Psychiatry Residents  
Attn: Marilyn B. Benoit, MD and Cynthia Pfeffer, MD  
3615 Wisconsin Avenue, NW  
Washington, D.C. 20016

November 2, 2022

Dear AACAP Life Members Committee,

I would like to express my sincere gratitude for receiving the Educational Outreach Program Award for General Psychiatry Residents this year. The award enabled my travel to the conference and I am very thankful to have had the opportunity to attend.

While attending the meeting, I connected with many trainees and child psychiatrists working to advance the field. It was inspiring to spend a week immersed in a field I love so much. At the conference, I was able to attend lectures, workshops, and poster presentations by the field's current leaders. Upon returning to my residency program, I shared with my fellow residents the knowledge I had gained through a conference de-brief with psychiatry residents and lecture series with pediatric residents. Also at the conference, I participated in mentoring sessions with both early career and more advanced career psychiatrists. Through these sessions, I made some important connections and friendships, and look forward to continued scholarship, collaboration and mentoring.

Thank you, again, for honoring me with this award. Its impact has spread beyond my own academic and professional enhancement and has helped inform psychiatry and pediatric residents at my program, here, on Staten Island. I cannot wait to return next year!

Sincerely,

A handwritten signature in black ink that reads "Serra Akyar".

Serra Akyar, MD, MPH  
Psychiatry Academic Chief Resident, PGY-3  
Northwell Health - Staten Island University Hospital  
Zucker School of Medicine at Hofstra  
718.226.6254 | [sakyar@northwell.edu](mailto:sakyar@northwell.edu)

Christina Bodison  
5170 Anton Drive, Apt 14  
Fitchburg, WI 53719

November 15, 2022

AACAP Life Members Committee - EOP General Psychiatry Residents  
Attn: Marilyn B. Benoit, MD and Cynthia Pfeffer, MD  
3615 Wisconsin Avenue, NW  
Washington, D.C. 20016

Dear AACAP Life Members Committee,

I am writing to express my sincere gratitude for your generosity in funding the Life Member Educational Outreach Program General Psychiatry Resident Award. I am very honored to be a recipient of this award.

I am sincerely grateful for the opportunity to listen to the stories of the Life Members during the sessions and enjoyed learning more about their upbringing, family dynamics, lessons learned, and career journeys. I am appreciative of their vulnerability as I am able to relate to many of their stories, and as a resident applying to child fellowship, it was encouraging to hear. During the Life Members dinner, I had the pleasure of sitting with Dr. Drell and Dr. Lingus. I thoroughly enjoyed my discussion with Dr. Lingus and have continued to ponder the various topics discussed, including discussions with patients about their philosophy for life, involvement of spirituality in assessments, and important techniques in therapy. I am also grateful, as I have been able to expand my knowledge base as a resident through book recommendations that were provided during the dinner. During the Mentorship Program for medical students and residents, I had the opportunity to connect with Dr. Olsavsky and Dr. Ordonez. As a resident with a growing interest in research, it was invaluable to meet both distinguished researchers to discuss my interests, learn about their journeys to medicine and research, and their current projects.

Overall, receiving this award has allowed me to network with faculty/mentors, connect with fellow residents and child and adolescent fellows, and broaden my understanding within my areas of interest. I truly enjoyed my experience at the annual AACAP conference and plan to return for many years to come, in hopes of achieving Life Member status. Thank you for your confidence and support in my journey as a resident and future child and adolescent psychiatrist.

Sincerely,

A handwritten signature in black ink that reads "Christina Bodison". The signature is written in a cursive, flowing style.

Christina Bodison



# DukeHealth

AACAP Life Members Committee - EOP General Psychiatry Residents  
Attn: Marilyn B. Benoit, MD and Cynthia Pfeffer, MD  
3615 Wisconsin Avenue, NW  
Washington, D.C. 20016

Dear AACAP Life Members Committee,

Thank you for granting me the opportunity to attend the AACAP's 2022 Annual Meeting. During the conference I was able to network with dozens of medical students, residents, fellows and attendings all over the world. I made valuable connections and explored new ideas in the field of child and adolescent psychiatry. Additionally, I was able to enjoy the delicious cuisines and tourist scenes in Toronto. I would have been able to attend without the your help. I am very appreciative. Thanks again.

Best,

Alexis Collier, MD

Duke Psychiatry PGY-2


Terrance Embry, MD  
General Psychiatry Resident Yale University School of Medicine  
November 09, 2022

AACAP Life Members Committee - EOP General Psychiatry Residents  
Attn: Marilyn B. Benoit, MD and Cynthia Pfeffer, MD  
3615 Wisconsin Avenue, NW  
Washington, D.C. 20016

Dear, Drs. Benoit, Pfeffer and the AACAP Life Members Committee,

Thank you for the opportunity and support to attend the 2022 AACAP Annual meeting this year in Toronto As a recipient of the AACAP Education Outreach Program for General Psychiatry Residents scholarship. This award is significant for me, not only because I was able to attend the conference without financial worry, but it also allowed me the opportunity to also present research at a conference for the first time! At the conference I was able to network, learn from leaders in the field, and I was able to gain mentorship. I was also able to meet members of the different AACAP caucasus I am part of in person for the first time as well as connect with my medical school mentor who I had not seen in two years. This award also allowed me the opportunity to connect with medical students and hopefully inspire them to become future colleagues. Most importantly, this award allowed me to see that I can become a Child and Adolescent psychiatrist and to be inspired by the numerous pathways in which I could combine my passion with my career.

I plan to stay involved with AACAP and take on leadership roles as a resident and I will encourage residents, fellows, and medical students to get involved and to apply for travel awards in the future.

With Gratitude,  
  
Terrance Embry, MD

Dear Life Members Committee,

Thank you so much for sponsoring this year's Educational Outreach Program and for your support of the continuation of the program. Thanks to the Educational Outreach Program, I had a fantastic time at my first in-person AACAP Conference, which is an experience I will never forget. Attending the AACAP conference in Toronto has inspired me to become more involved in AACAP and has made me very excited about a future career as a child and adolescent psychiatry. Thank you again for your support of the Educational Outreach Program- I am extremely grateful.

Sincerely,

Aliza Grossberg

PGY-3 at Mount Sinai Morningside/West

Dear AACAP Life Members Committee,

My name is Ozlem Hokelekli and I am a second year general psychiatry resident at University of Texas Southwestern Medical Center. I was selected for the Educational Outreach Program Award for General Psychiatry Residents sponsored by Life Members. Among all highly qualified candidates applying from all over the States and Canada, I am truly honored to be selected.

I would like to write this letter to express my gratefulness for your support that made it possible for me to join the AACAP 2022 in Canada. This was my second time attending AACAP and each time it is a unique inspiration- as an MD-PhD, I benefited a lot from clinical and research sessions, and the opportunity to discuss with experts even in this early stage of my career. Life members' sessions were great inspirations, I very much enjoyed meeting them in person, learning about their path and contributions to the field, and hearing their recommendations for a fruitful and satisfying life and career.

As an international medical graduate who recently started her journey in the US, and a resident at a program consisting of >95% American medical graduates, it was a great opportunity to meet other international medical graduates who are in different stages of their careers, and exchange experiences, problems and solutions, ideas and inspirations together.

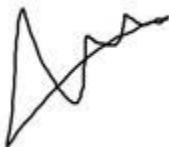
Moreover, throughout the meeting, I got to firsthand see the warm and compassionate environment within the child psychiatry community which aligns well with my nature, hence, I felt a sense of belonging.

AACAP contributed significantly to my professional growth from many angles, and I am thankful for this opportunity. I am hopeful the connections I have made during AACAP 2022 will last and that we will continue helping each other navigate this journey. After this meeting, I feel even more motivated and excited to touch my patients' and their families' lives through clinical care and research and work towards making the world a better place in which every child is given the opportunity to live up to their full potential.

Thank you very much again for this great honor and opportunity.

Hoping to see you at AACAP 2023 in New York,

Sincerely,

A handwritten signature in black ink, appearing to read 'Ozlem Hokelekli'. The signature is stylized with a large initial 'O' and a series of loops and flourishes.

Ozlem Hokelekli, MD, PhD

AACAP Life Members Committee - EOP General Psychiatry Residents Program

Attn: Marilyn B. Benoit, MD and Cynthia Pfeffer, MD

3615 Wisconsin Avenue, NW

Washington, D.C. 20016

I am greatly privileged to have been awarded the EOP General Psychiatry Residents Award for the academic year 2022. I want to take this chance to say thank you for your generosity and your contribution to help the new generation of resident have an early exposure to the field of child psychiatry.

I am currently a PGY-2 resident considering child and adolescent fellowship. Being at the year's annual conference has solidified my interest and encouraged me to participate more in AACAP. I look forward to getting more award in participating in the various committees. I plan to fast track next year to a child fellowship and hope to be involved in but local and national committees and be a champion of AACAP

I had a great time meeting with the Life members learning from their wealth of experience.

I cannot thank you enough for this opportunity.

Sincerely,

Victor Kekere. MD, MS



AACAP Life Members Committee - EOP General Psychiatry Residents  
Attn: Marilyn B. Benoit, MD and Cynthia Pfeffer, MD  
3615 Wisconsin Avenue, NW  
Washington, D.C. 20016

6 November, 2022

Dear Dr. Benoit and Dr. Pfeffer,

I was honored to receive the EOP award for general psychiatry residents. Thank you so much for helping me attend the 2022 AACAP Conference. It was an invaluable experience being able to meet mentors in the field. I especially enjoyed talking to the Life Members at the Life Members Reception and Dinner. I was inspired by the passion the Life Members have in guiding the next generation of child psychiatrists. Attending this conference has furthered both my knowledge of and interest in the field. Everyone I have talked to has been warm and approachable. This is a community I see myself belonging in. Just as the Life Members have supported me in my journey, I hope to one day be in a similar position to support those who come after me. Toronto was a wonderful city to tour. I look forward to seeing you next year in New York!

Sincerely,  
Tianqi Luo, DO  
UNMC PGY-2  
tluo@unmc.edu



October 25, 2022

AACAP Life Members Committee - EOP General Psychiatry Residents Program  
Attn: Marilyn B. Benoit, MD and Cynthia Pfeffer, MD  
3615 Wisconsin Avenue, NW  
Washington, D.C. 20016

Dear AACAP Life Members Committee - EOP General Psychiatry Residents Program  
(Attn: Marilyn B. Benoit, MD and Cynthia Pfeffer, MD),

I sincerely appreciate you and the selection committee for giving me the opportunity to attend the AACAP 2022 conference this year and sponsoring the EOP program. I am a second-year psychiatry resident at Texas Tech University Health Science Center in Midland, Texas. My interest is in Child and adolescent psychiatry with an emphasis on addiction among young adults and early-onset psychosis.

I highly appreciate the generosity extended to me by you. The conference was an enlightening experience, and I was delighted to learn and network with students, residents, fellows, and faculties. I really enjoyed and learned from my mentoring sessions with Dr. Shapiro and Dr. Qayuum. I loved several aspects of the conference, like not only cutting-edge research but there were many mentorship sessions and several networking opportunities. I firmly believe that after attending the conference, I will be able to pursue my dream of practicing Child and adolescent psychiatry without a doubt.

Thank you again for your generosity and support. I promise I will work very hard and eventually give back to others as a teacher and hopefully by funding a scholarship like EOP to support future students, residents, and fellows like me.

Regards,

Chintan Trivedi MD MPH  
PGY2 Psychiatry  
Texas Tech University Health Science Center, Midland, Texas  
Ph: 214-208-4730  
Email: [chintan.trivedi@ttuhsc.edu](mailto:chintan.trivedi@ttuhsc.edu)

November 20<sup>th</sup>, 2022

AACAP's Executive Committee – EOP General Psychiatry Residents  
Attn: Marilyn B. Benoit, MD and Cynthia Pfeffer, MD  
c/o AACAP's Research, Grants, and Workforce Department – EOP GEN EF  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

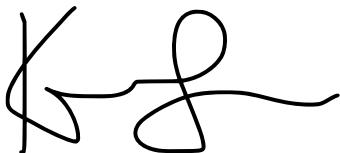
Dear AACAP's Executive Committee,

My name is Komal Trivedi, and I am a current PGY2 resident at the Ocean University Medical Center in Brick, NJ. I am incredibly grateful and appreciative to have been selected as a recipient of the American Academy of Child and Adolescent Psychiatry (AACAP)'s Educational Outreach Program (EOP) for the General Psychiatry Residents, supported by the generous AACAP Endowment Fund. It was my absolute honor to have received this sponsorship to support my first AACAP Annual Meeting attendance at this year's conference in Toronto. With this, I was able to lead as a presenter and co-chair, learn from various networking/mentorship events, feel comfortable paying for two ticketed workshops, and overall enjoy the Annual Meeting to its fullest with a beautiful trip to Toronto's downtown and Niagara Falls. I cannot thank AACAP enough for this, as I know that I would not have been able to attend the conference without this support.

As this was my first time attending an Annual Meeting, I was looking forward to multiple events! The MSR committee promoted and shared many tips and tricks on navigating and maximizing the conference with ease and joy. I attended two ticketed events - the EWKSP5 Getting to Yes: Essentials for Women CAPs & the WKSP25: A Workshop on Inclusive Leadership. Both were inspirational and thought-provoking. I also loved attending many other informative sessions and events; each truly highlighted the theme of leadership and capturing belonging. I also enjoyed attending the T&E Committee Meeting and the Diversity Committee Meeting. I also extend thanks for the passport program, as I saw the fantastic work the Colorado regional organization has been doing with AACAP & felt so inspired. Lastly, I enjoyed being part of the team for the Annual Open Mic Night (pictured below) and the MSR Two Day Mentorship event (shown below). Hearing the stories, insights, and advice from everyone I met was a fun and invaluable experience.

AACAP has been a pivotal part of my training experience, shaping my interest in CAP, how I view psychiatry, and what it means to be a physician and person. I feel so proud (and very welcomed!) to be part of this amazing community.

Best wishes and sincerest thanks,

A handwritten signature in black ink, appearing to read 'K. Trivedi', with a stylized flourish extending to the right.

Komal Trivedi, DO  
PGY2 General Psychiatry Resident  
Hackensack Ocean University Medical Center, Brick NJ  
Email: [komal.trivedi.residency@gmail.com](mailto:komal.trivedi.residency@gmail.com)

Selfie with Dr. Ng!



The all-star Two Day Mentorship Team

The amazing Annual Open Mic Night event with over 15 performers!



AACAP Life Members Committee - EOP General Psychiatry Residents Program  
Attn: Marilyn B. Benoit, MD and Cynthia Pfeffer, MD  
3615 Wisconsin Avenue, NW  
Washington, D.C. 20016

To the AACAP Life Members Committee,

My name is Vedang Uttarwar, and I am a second-year psychiatry resident at the University of California, Irvine School of Medicine. I had the honor and privilege of being able to attend AACAP as part of the Educational Outreach Program (EOP), and it was all thanks to the generous support of the Life Member's Fund. I would also particularly like to thank my department chair and past AACAP president, Dr. Paramjit Joshi, my residency program director Dr. John Luo, and my mentor Dr. Anju Hurria for their support in making my attendance at this event possible.

The AACAP Conference this year in Toronto, Canada was inspirational and greatly exceeded my expectations. Attending this conference as part of the EOP was the most pivotal moment in my career. It cemented my decision to apply for the child and adolescent psychiatry fellowship. I learned so much from the wisdom of the life members and their mentorship. One of my favorite things about this program is how much I felt seen and cared for by experienced child and adolescent psychiatrists who are well into their careers. I left with less apprehension about the future after being so warmly welcomed into this field. Being assigned specific mentors Dr. Olsavsky from the University of Colorado and Dr. Ordonez from UC San Francisco was also wonderful as I formed close connections and can continue to reach out to them for guidance. It was so exciting to hear about the multitude of opportunities and paths that exist when crafting a career in this field.

I feel incredibly fortunate to be a part of this program and hope many others in the future can have the opportunity to be a part of it as well. I fully support the continuation of the EOP and would be happy to assist in its growth in any way possible. Thank you again for giving me the opportunity of a lifetime. It was an experience I will never forget.

Sincerely,

A handwritten signature in black ink, appearing to read "Vedang", with a long, sweeping horizontal stroke extending to the right.

Vedang Uttarwar, M.D.  
Resident Physician  
The University of California, Irvine School of Medicine