



LifeMember

Owl Newsletter

January 2016

e-Newsletter



Photo by Fred Seligman, MD

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Thoughts from the Editors



Dick & Carol Gross, MD

Thanksgiving has passed, Hanukkah has ended, and the Christmas and New Year holidays rapidly approach as we write this editorial. The weather here has been uncommonly, wonderfully warm; we hope that everyone's holidays have been, and will be, everything that you wish them to be!

We all just learned of the death of Jack McDermott. Our thoughts and sympathies go to his wife, Sally. Jack will be long remembered for his warmth, wit, and great contributions to AACAP and the field of child psychiatry.

We are currently going through the ritual, probably which at one time or another many of us will encounter: "downsizing"! We are selling our home of forty-three years and looking for a condo. The thought of all that has been accumulated: books, files, recordings (78's, 33's, CD's). A lifetime of belongings that have to be downsized with us is daunting. It WILL be done, and in the end we will be better for it! Everyone tells us so!! We would love to hear from you about your experiences - good

and bad, funny and serious - of your downsizing process and how you survived. It would make for an interesting and wonderful Owl Newsletter!

For this issue of the Life Member Owl Newsletter, we have decided to devote it to the "Thank You" letters that were received from the Life Member Fund Recipients. The articles we have received from you will go into the next edition. Your generosity which enabled the many medical students, residents, and fellows to attend our Annual Meeting in San Antonio was very greatly appreciated. It is heartwarming to read their letters. It is not only your

"Thanks to those of you who submitted articles for publication in this issue of the newsletter. If you didn't submit for this issue, have no fear, we're already working on the next issue! Don't feel left out!"

Send articles, likes, or suggestions to:
rlgrossmd@gmail.com.

monetary contributions, as important as they are, but your mentoring, kindness, warmth, friendliness, and shared experiences that make this program so successful. Please enjoy reading these letters and know how appreciated you are.

Have a great 2016 and may it be a healthy and peaceful New Year for all. May the Force be with you!

Dick & Carol Gross, MD



Beginning to Circle the Drain?



John Showalter, MD

Generally throughout life people have thought of January as a time of beginnings. I certainly have. This year, however, is different. I am just a small handful of weeks from my 80th birthday, my recent memory forgets more often, my stamina ain't what it used to be, I enjoy traveling less, and deaths and debilitation of good friends are now much more common. Jack McDermott's death in November was particularly painful.

I do try to face the above truths rather than to

deny or to mislabel the signs and symptoms, but these facts do dampen some of the anticipatory excitement that traditionally tingled for me in January.

The taking back I have already mentioned some in my October "Owl e-Newsletter" piece. During this year, I will withdraw from the leadership of the Life Member Committee that I formed. There is, of course, some emotional loss for me, but no disappointment because my current co-chair, Cynthia Pfeffer, has already shown that she is a very able replacement. Dick Gross, our current Owl News editor, will take over my committee co-chair position as soon as he is replaced by AACAP Past President Marty Drell. Marty will assume the editorship

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Beginning to Circle the Drain?

later this year. Thus, the leadership of the Owls is in excellent hands! In addition, we will maintain our absolutely superb staff support from Jill Brafford and Molly Moir of AACAP's Meetings Department.

Speaking of meetings, I very much look forward to October when I can attend the Owl Dinner at the Annual Meeting in New York City and, for the first time ever, enjoy my food and drink without having to stand up to be the Master of Ceremony. That will be utterly divine.

Perhaps to balance the above AACAP withdrawal, I decided to also make a deposit. The roots of this action date back to the early 1970's. At that time I was a junior faculty member at the Yale Child Study Center. It was before we became a full department, and I had a joint appointment in The Department of Pediatrics. I also supervised pediatric residents and saw pediatric patients. One of my supervisees was Dr. Frank Roberto. To make a long story short, Frank was influenced by my supervision, went on to train in general and child psychiatry, decades later asked me to mentor his then medical student son, Aaron, and Aaron is now becoming a child and adolescent psychiatrist. Two years ago Aaron spoke at our Owl Dinner in San Diego. Frank has donated money to AACAP to form an endowment in my name and has pledged an extremely generous addition in the years to come. The bottom line is that while I was planning my withdrawal from Owl leadership, I felt a strong urge to add something to that endowment which, like the Life Member

Fund, strives to enhance the number and the quality of medical students and general psychiatry residents who enter child and adolescent psychiatry. As you know, I have long encouraged (hopefully not too much) that Owls donate to the Life Member Fund. With my \$100,000, I hope to show that I not only talk the talk but walk that walk.

In truth, donating was more fun than all of the talking into the microphone that I did those many years at the Owl Dinner.

Peace and health to all of you in 2016,

A handwritten signature in black ink, appearing to read "John".

A dark red rectangular banner with white and black text. The text reads "1953 SOCIETY" in large, bold, sans-serif font. Below it, in a smaller font, is "Your Legacy. Our Future." At the bottom, there is a small white box containing contact information for the 1953 Society and the American Academy of Child & Adolescent Psychiatry.

1953
SOCIETY

Your Legacy. Our Future.

For more information on how to become a member of the 1953 Society, and the difference your gift can make, contact Alan Ezagui at aezagui@aacap.org or 202-587-9661.

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Thank You Letters

Dear Life Members Committee:

This past week I had returned from the American Academy of Child and Adolescent Psychiatry 62nd annual conference in San Antonio, where I receive the EOP award. Without this award I would not have been able to attend my first AACAP conference. During this conference I was not only engaged intellectually, but felt like I was initiated and accepted into the CAP community. I was fortunate to meet many mentors who shared their experiences, accomplishments, and trajectories in psychiatry with me. I was struck by my seasoned colleagues' grace, warmth, kindness, and generosity with their time to mentor me and allow a meaningful search into my future career. I returned home from the conference, as expected, with major contributions to my psychiatric fund of knowledge, but also with a surprising sense of belonging, feeling of pride with my association to AACAP, and a hopefulness for the many years to come in becoming an active member both regionally and nationally.

I thank you for your generous support which allowed me an extremely meaningful experience.

Sincerely,
Uri Meller MD
Albert Einstein College of Medicine
Chief fellow -2

Dear The AACAP Life Members Committee:

I would like to extend my deepest gratitude for your sponsorship to attend my first AACAP annual meeting. It was such an enriching and rewarding experience. It is also one that I will never forget! To be introduced to such a warm, kind and brilliant group made me very proud to be a part of the field of child and adolescent psychiatry and inspired in my own desire to become a supporter and leader in the field in many ways. I especially will treasure my experience of the Life Members dinner where I was able to talk about everything from the field of psychiatry to favorite books and even our herb gardens with the many generous Owls. It is for this humanistic and full perspective on life and our careers that I feel very blessed to have chosen such a field and to become a member of such a group of physicians. I greatly admire the work you all do every day and the grand spirit of support that you extend to your newest members.

Thank you for such a warm and generous welcome to the field of child and adolescent psychiatry!

Sincerely,
Sara Pawlowski, MD
Child and Adolescent Psychiatry Fellow, PGY-5
University of Vermont Medical Center



Thank You Letters

Dear AACAP Life Members Committee:

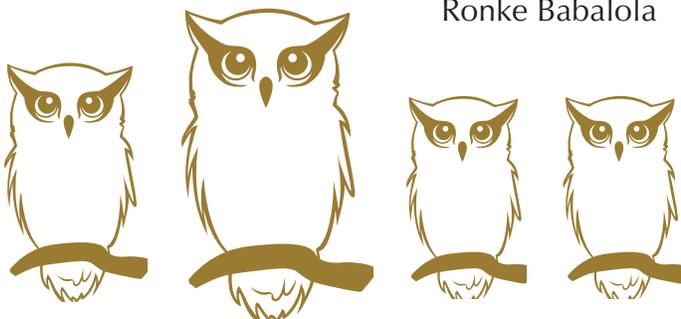
I am writing you to express my personal appreciation for your recent gift. The active support of the Life Members Committee enables us to be able to continue the tradition of helping trainees attend the AACAP conference. Most importantly, it demonstrates your commitment to the enrichment of CAP residents.

I would like to express my sincerest gratitude for being chosen as one of this year's Education Outreach Program participants. I would not have been able to attend this year's assembly if it were not for your kind gift and generosity.

I had a wonderful time, I was able to network with my future colleagues and most importantly I learned a lot about child and adolescent psychiatry. The mentorship events truly enriched me, and I will certainly cherish those experiences for the rest of my life. I look forward to paying this forward in the future.

Thank you again for your time, generosity, and consideration.

Best Always,
Ronke Babalola



Dear AACAP Life Members Committee,

I would like to express my sincere gratitude and appreciation for your tremendous generosity in sponsoring me with the Life Members Mentorship Grant for Medical Students Award to attend the 2015 AACAP Annual Meeting. I had a phenomenal experience that I otherwise would not have been able to partake in without your tremendous support. I greatly enjoyed the programming scheduled for the awardees and was gifted with the opportunity to adopt outstanding mentors. I especially enjoyed the AACAP Life Members Reception and Dinner on Thursday evening at which I had the opportunity to pair up with a Life Member and learn about the history of child and adolescent psychiatry as well as her personal experience with entering the field. This experience and others were very meaningful to me and positively impacted my decision to pursue a career in child and adolescent psychiatry. I thank you for annually providing students with this exceptional gift and I especially thank you for selecting me as one of this year's recipients.

Again, thank you so much! I look forward to a future in the warm and welcoming field of child and adolescent psychiatry!

All the best,
Jasmin Scott-Hawkins



Thank You Letters

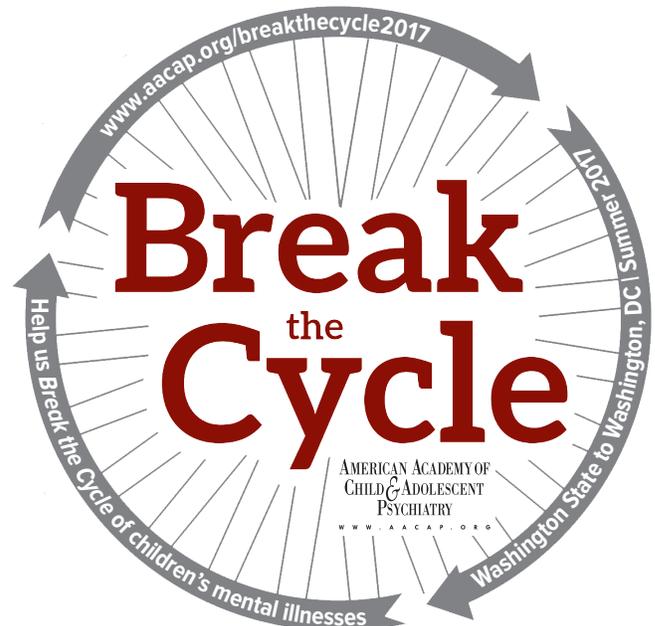
Dear AACAP Life Members Committee,

Thank you so much for sponsoring this year's Educational Outreach Program for Child and Adolescent Psychiatry Residents. I am so honored to have been a recipient of the award this year, without which I would not have been able to attend the AACAP Annual Meeting. As a 5th year resident in the Solnit Integrated Training Program at Yale, I am nearing the end of my residency program and starting to think about the next step in my career, and attendance at the meeting was indispensable in this regard. I was able to network with many current child psychiatrists and discuss potential career opportunities in both the clinical and research worlds – as well as unique and innovative ways in which the two worlds can intersect. The Medical Student and Resident Career Development Forum was a particularly wonderful setting to do this in, as many of the topics were quite pertinent to me, including integrating psychotherapy into one's career as well as balancing work and family. Thanks to my EOP travel award, I was also able to attend the Brown University and Yale University receptions – two institutions where I would be delighted to continue my career – and meet both past and current faculty members there. Of course, the crux of the meeting – lectures, symposiums, and workshops – was stellar. I attended many first-rate talks not only on autism – my own clinical and research interest – but also international mental health issues, innovative family-based approaches to treatment, and

school-based interventions for children with mental health needs.

Thank you again for sponsoring this year's program, and thank you so much for your continued support of child and adolescent psychiatry residents. Attending AACAP's Annual Meeting is an amazing, indispensable opportunity for those of us still in training, and your generosity and support make that attendance possible.

Sincerely,
Justyna Piasecka, MD





Thank You Letters

Dear AACAP Life Members Fund Committee,

Thank you so much for your very generous sponsorship of the Educational Outreach Program for CAP residents. The educational and mentorship experiences at AACAP have proven to be invaluable to my career development as a child psychiatrist. Without your continued generosity this would not be feasible. I also have to say that I particularly enjoyed many Life Members at the Ruth's Chris dinner. What an inspirational group! I look forward to my continued involvement in AACAP and for your continued support of trainees!

Sincerely,
Holly Peek

Dear Life Members,

I wish to extend my heartfelt thanks for your sponsorship of my attendance at AACAP this year. Without this generous support, it would have been very difficult for me to attend the meeting. I was able to make great use of the experience, learning a lot and benefitting from substantial mentorship. Without a doubt, the particular highlight of my experience was the dinner with the Life Members – this highly enjoyable event offered a great opportunity to better understand the role of the Life Members, and filled me with excitement at the prospect of a long and fruitful career in child and adolescent psychiatry.

I look forward to future engagement with the Life Members at next year's AACAP meeting.

Very best,
Gerrit van Schalkwyl

In Memoriam

Mary Furth, MD

Jack McDermott, MD

David Sorkey, MD

From November 2015 - January 2016



Donors to the Life Member Fund

Thank you for supporting AACAP!

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**From October 1, 2015 to November 30, 2015*

♥ Indicates a Hope Maker recurring monthly donation

Every effort was made to list names correctly. If you find an error, please accept our apologies and contact the Development Department at development@aacap.org or 202.966.7300 ext. 130.





Throughout the Years...

