

AACAP Life Members Mentorship Grants for Medical Students, supported by AACAP's Life Members Fund

The AACAP Life Members Mentorship Grants for Medical Students provide the opportunity for medical students to receive a formal overview of child and adolescent psychiatry, establish mentor relationships with child and adolescent psychiatrists, and experience AACAP's Annual Meeting. Established in 2011 and supported by the AACAP Life Members Fund, recipients also engage with AACAP Life Members by attending the Life Members Wisdom Clinical Perspectives and the Life Members Reception and Dinner. Recipients receive up to \$1,000 of financial assistance to attend AACAP's Annual Meeting.

Alan Atkins, BS—Brown University

Brittany N. Atuahene, BA—University of Pittsburgh

William Christie, BS, BA—Pennsylvania State University

Gretchen A. Ferber, MFA—Northeast Ohio Medical University

George E. Gianakakos, MS—University of Illinois at Chicago

Kathryn R. Kinasz, BA—University of Chicago

Ishaq Lachin, BA—Johns Hopkins University

Eric T. Monson, BS—University of Iowa

Linda M. Nix, BA—Tulane University

Caitlin S. Tillberg, BA—Quinnipiac University

Maria Tocco, MS—Wayne State University

Jack L. Turban, BA—Yale University

Margaret R. Woodbury, BS—University of Maryland

Dear AACAP Life Members,

Thank you. My experience at the New York meeting was intensely inspiring. I met many mentors who I've stayed in touch with and confirmed. Child and Adolescent psych is the field I want to go into. I hope that you continue the program so that more med students can see the immense value in the field.

The programs set up for us were really wonderful, and I think AACAP's warm and friendly community is one that I'd be proud to be a part of for life. Maybe someday I'll be one of you! 😊

Warm Regards,

Alan Atkins

AACAP Life Members Fund
Attn: John Schowalter, MD and Cynthia Pfeffer, MD
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

November 16, 2016

To the AACAP Life Members Committee:

My name is Brittany Atuahene, and I am a recent recipient of the AACAP Life Members Mentorship Grant for Medical Students. I wanted to take the time to express my utmost gratitude to the Life Members Committee for providing this award and amazing opportunity. Attending the 63rd Annual Meeting was an experience that I will never forget! It was wonderful to spend an entire week engaged in the field of Child and Adolescent Psychiatry. I learned many new things and made invaluable connections with people of all training levels. Attending the conference filled me with the inspiration I need to stay motivated through the ups and downs of medical school. I can not wait to attend more AACAP conferences in the future, and stay connected with the field. My passion for Child and Adolescent Psychiatry has been strengthened, all thanks to the generosity of the Life Members Committee.

Once again, I thank you for the opportunity, and look forward to one day becoming a colleague, as a Child and Adolescent Psychiatrist.

Best wishes,

A handwritten signature in black ink, appearing to read 'Brittany Atuahene', written in a cursive style.

Brittany Atuahene
University of Pittsburgh School of Medicine
Class of 2019

William Christie
15 Swarthmore Building
Hershey, PA 17033
william.a.christie@gmail.com

AACAP Life Members Committee
Attn: John Schowalter, MD and Cynthia Pfeffer, MD
3615 Wisconsin Ave, NW
Washington, DC 20016

Dear Life Members Committee,

I can't thank you enough for supporting me in attending this year's annual meeting! I'm a fourth-year medical student currently applying to psychiatry programs, and this conference reaffirmed my commitment to pursuing child and adolescent psychiatry as a subspecialty. I learned a lot about current best practices and the future of the discipline in the talks I attended, and I'm still learning more as I pick my way through the videos online! The advice I received from the mentorship workshops was incredibly helpful in making sense of all the different career options and evaluating residency programs, and I did my best to make the most of the opportunity to meet other professionals who are passionate about child and adolescent psychiatry. I was able to sit in on a couple committee meetings and make some new contacts in my areas of interest, especially school psychiatry, and I enjoyed some great conversations around the talks and the poster presentations. It was a particularly special honor to spend time with the Life Members at the reception; I really appreciated the invitation and the warmth I felt from the members in attendance.

I couldn't have asked for a nicer introduction to my career than this mentorship grant! The enthusiasm at the meeting was infectious, and as soon as I left I began plotting my return to annual meetings in the next few years as a resident. I'm looking forward to continuing my involvement with AACAP as I begin my career, continuing to build on the relationships that started at the meeting, and eventually paying forward the support I received from the wisest members of the specialty!

Sincerely,



William Christie
Pennsylvania State University College of Medicine
Class of 2017

-Gretchen Ferber-

Nov. 2016

Dear Life members,

My first-time experience at the AACAP Annual Meeting was not only made possible by your generosity but also enriched by your presence, your dedication to mentorship, and your vision for the next generation of leaders in the field of child and adolescent psychiatry. My most memorable experience was the Life Members' Dinner at the Princeton Club. The personal connections and words of wisdom are what I cherish so early in my career as an MS2. I humbly thank you for this extraordinary opportunity.

Sincerely,

Gretchen A. Ferber

George Gianakakos

131 N. Washington Ave
Park Ridge, IL 60068
(847) 312-8248
ggianak2@uic.edu

5th November 2016

AACAP Life Members Subcommittee

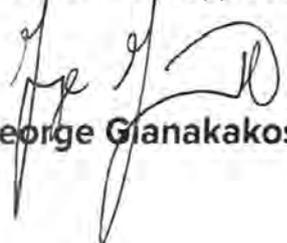
Attn: John Schowalter, MD and Cynthia Pfeffer, MD
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

Dear AACAP Life Members Subcommittee:

I cannot fully express in this letter my level of appreciation for all of your mentorship and generosity. As a third year medical student at UIC interested in Child and Adolescent Psychiatry, the AACAP Annual Conference was an incredible opportunity to hear directly from residents, fellows, and other practicing physicians about the journey to becoming a Child and Adolescent Psychiatrist. AACAP members were all so incredibly welcoming and eager to share their passion for their chosen profession - an excitement that was completely contagious. Without your generous award, I would not have been able to participate in all the fun and learning that occurred in New York last month, and for that I am very grateful.

The sessions I attended allowed me to connect with physicians and other medical students from across the country, several with whom I am still in contact. It was a great opportunity to hear about other medical school programs and get advice about applying for residencies. It was also wonderful to meet all the AACAP Life Members during dinner at the Princeton Club. I learned so much from the experiences of each of the members sitting at my table and had a great time sharing stories (and a glass of wine) with each of them. Your award has made a difference in this medical student's education, and I know it will continue to do so for many more in the future.

With thanks and appreciation,



George Gianakakos

November 16, 2016

Dear AACAP Life Members Committee:

Thank you for supporting me in this year's AACAP annual meeting. Through your generosity, I was able to attend the annual meeting in its entirety and take part in all of the mentoring events provided for students and trainees. As a fourth year medical student embarking on the interview season, I would not have been able to afford the travel expenses associated with this meeting without your support.

The annual meeting experience was an invaluable aspect to my child and adolescent psychiatry career path. I met so many mentors at different stages in their careers—from life members to program directors, new attendings, residents, fellows, and students with similar ambitions to mine. Each person's perspective offered me something new to consider in my career trajectory. Attending this meeting as a medical student offered a unique opportunity to network and learn about all that a psychiatric career has to offer. I feel incredibly excited about the training ahead of me, research opportunities, clinical work, and the wonderful colleagues with which I will get to work. AACAP does an outstanding job encouraging mentorship and providing ways for medical students to be involved in the organization. Without your support of my attendance at this event, I may have missed out in learning about these opportunities.

Lastly, the Life Members Mentorship Grant for Medical Students allowed me to attend the annual Life Members dinner. This delightful experience allowed me to witness child psychiatrists who have influenced the field in profound ways. It was humbling to be in the company of those who have crafted this field into what it is today. The comradery among the Life Members was contagious, and their very presence at this dinner gave me many new role models for my future career.

The Life Members Mentorship Grant for Medical Students is a wonderful demonstration of AACAP's dedication to trainees. I feel so thankful that you have continued to support this program as I can speak first hand for its impact on students. I hope to continue to stay involved in AACAP and to take advantage of all the resources this organization has to offer. Thank you again for your generosity and I look forward to attending the next annual meeting.

Sincerely,

Kate Kinasz
M.D. Candidate, Class of 2017
University of Chicago,
Pritzker School of Medicine

November 1, 2016

AACAP Life Members Fund
Attn: John Schowalter, MD and Cynthia Pfeffer, MD
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

To the AACAP Life Members Committee,

I would like to offer my sincere thanks and utmost gratitude to your continued sponsorship and support of the Life Members Mentorship Grants. Thanks to your support, I was able to attend this year's annual conference as a medical student, and it was easily one of the most rewarding parts of my education. I came to the conference looking to learn more about child and adolescent psychiatry, and not only did I do so, but I also met prolific members of the field, new mentors, new friends, and I was able to learn about so many different advancements that have been made in the field. While I was already planning on pursuing a career in child and adolescent psychiatry, attending this conference has only further solidified my decision.

In addition, I have had the pleasure to meet multiple individuals who have been kind enough to offer their time and advice, and with their help, I hope to be able to achieve my goals. Their encouragement and mentorship will prove invaluable to me, and it would not have been possible without your support. I hope to be able to attend the annual conference every year, and I am looking to become more involved, as well, through the various committees of the AACAP. One day, I hope to be able to help and sponsor the next generation of child and adolescent psychiatrists and serve as a mentor to them, just as so many have for me. I have learned just how important that guidance can be, and it would not have been possible without the support of the Life Members Committee.

I have had the pleasure of meeting many members of the committee during the annual conference. Your kindness, warmth, help and support was incredible to see. The friendships you have forged with one another and your dedication to helping the next generation of child and adolescent psychiatrists was inspiring. I am hoping to follow your example and, one day, I hope to have that same connection with the new friends that I have made. Thank you to the Life Members Committee, for your time, financial support, help, guidance, and friendship.

Sincerely,
Ishaq Lachin

AACAP Life Members Subcommittee

Attn: John Schowalter, MD and Cynthia Pfeffer, MD

3615 Wisconsin Avenue, NW

Washington, D.C. 20016

I wish to express my heartfelt gratitude for the incredible opportunity to attend this year's annual AACAP meeting in New York City, as provided by the Life Members Mentorship Grants for medical students. This meeting offered me exceptional opportunities to interact with and learn from a tremendous diversity of established child and adolescent psychiatrists along with many excellent trainees. This experience was truly unique for me as an MD/PhD student as it provided a compelling affirmation of my decision to pursue child and adolescent psychiatry in the face of a strong tendency for my MD/PhD colleagues to enter other fields. While at this meeting, I felt genuinely welcomed, saw the breadth and passion for the many exciting avenues of research that are currently being pursued within child and adolescent psychiatry, and, most importantly, was left with a strong impression that spoke, "these are my people".

I particularly enjoyed the many opportunities we were given to interact with the Life Members Fellows throughout the event. There are few things as inspiring as seeing those that have given so much of their time, passion, and energy to a discipline continue with unabated vigor and excitement to offer their considerable wisdom and effort in supporting, teaching, and prospering the next generation. I think such attitudes speak volumes regarding the caliber of those within the field, especially considering the oft-quoted attitude that many senior physicians throughout the medical disciplines would not recommend that others follow in their footsteps due to the difficulties inherent in practicing medicine. As such, I can think of few aspirations that would mean as much to me as the possibility of, one day, calling such remarkable individuals my peers and colleagues.

I have come away from the 63rd Annual AACAP meeting with an extra-large helping of excitement and determination to join this challenging but incredibly rewarding field. I cannot thank all of you as Life Members enough for offering me this opportunity to associate and learn from so many excellent representatives of child and adolescent psychiatry. I look forward to additional opportunities to interact with all of you at future meetings!

Sincerely,



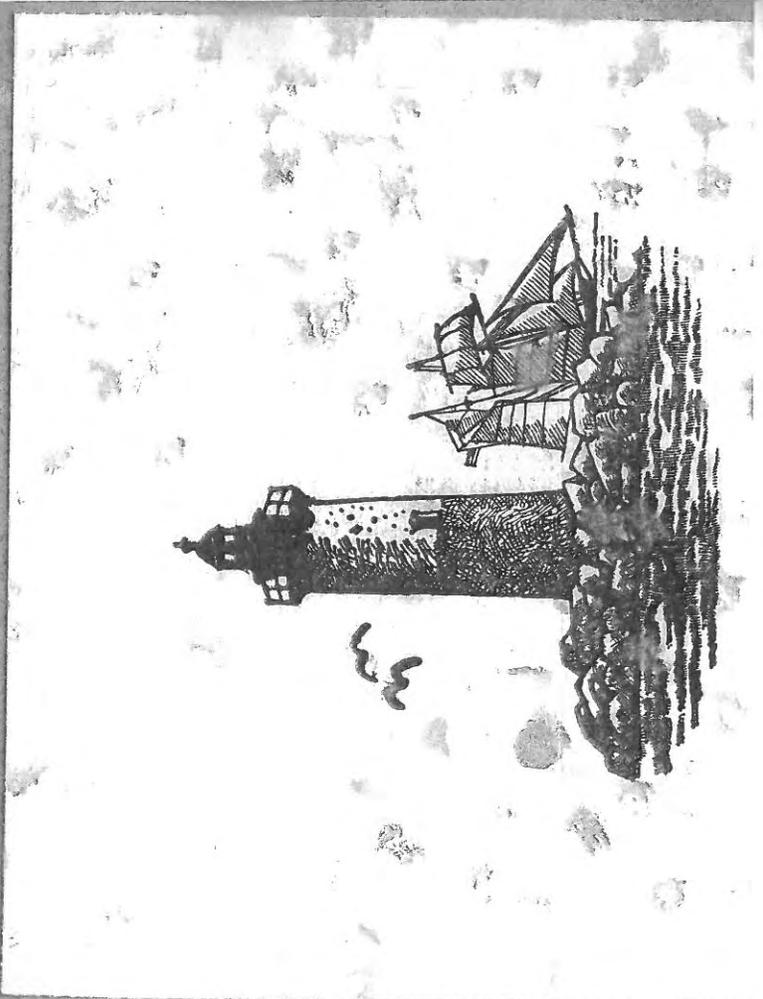
Eric Monson, MD/PhD candidate, University of Iowa

Dear Drs. John Schwabacher
and Cynthia Pappas,

I want to send you a sincere
Thank you for all that you've done -
not just through the AACAS like meetings
but in child and adolescent psychiatry
and inspiring myself and other
young health professionals to strive
to greater and higher for what we
believe is possible. Had a wonderful

time at AACAS's 63rd Annual Meeting; and
I would like have not been able
to attend without this travel grant.
I look forward to hopefully seeing
you at future meetings and maybe
at residency interviews!

All the best,
Linda



November 15, 2016

AACAP Life Members Fund
Attn: John Schowalter, MD, and Cynthia Pfeffer, MD
3615 Wisconsin Ave, NW
Washington, DC 20016

To the AACAP Life Members Committee:

Attending a conference with colleagues from around the country - and the world - is one of the best avenues for expanding one's knowledge and interests within any field, including child and adolescent psychiatry. From interns to seasoned psychiatrists, professionals at all levels are able to meet and discuss their own and others' new and exciting ideas. It is very valuable for those of us still earlier in our training to be able to observe and participate in these exchanges. As a fourth-year medical student planning to enter a residency program in psychiatry next year, I was fortunate to have the opportunity to attend this year's AACAP 2016 conference in New York City, thanks to the Life Members Mentorship Grant for Medical Students.

At the AACAP conference, I was able to speak with many professionals, including many of the Life Members, who generously provided their time and advice. I learned more about mentorship formally through the mentorship workshops, as well as informally by simply talking to the professionals all around me. I was also able to meet other medical students and junior residents considering child and adolescent fellowships, and to speak with current fellows about how they had made their decisions to sub-specialize.

In addition to meeting so many people individually, I was also pleased to be able to attend a number of presentations on topics both familiar and unfamiliar to me. As an example, I knew that I wanted to attend the perinatal and infant-parent mental health session in order to expand my current knowledge base on the topic. However, I was also unexpectedly able to attend a presentation on designing a culturally-informed assessment tool for use by patients in indigenous Māori communities in New Zealand. Although I was unfamiliar with this specific subculture, attending the session allowed me to consider how the principles addressed could apply to communities in the United States as well.

Your generosity in funding my attendance at this conference helped me enrich both my knowledge and my enthusiasm for child and adolescent psychiatry. It was wonderful and encouraging to see how - despite the difficulties inherent in working with troubled youth and families - the Life Members in particular were still so passionate about the field after so many years. I sincerely appreciate receiving this award, and I hope that in the future I am able to remain engaged and contribute to the psychiatric community as you have done.

Sincerely,



Caitlin Smith Tillberg, Class of 2017
Frank H. Netter MD School of Medicine
Quinnipiac University, Hamden, CT

Anneke Archer

From: Maria Tocco <mtocco@med.wayne.edu>
Sent: Monday, November 7, 2016 2:43 PM
To: training
Subject: AACAP Life Members Mentorship Grant Thank You

Dear AACAP Life Members Committee,

I would like to sincerely thank you all for the generosity and support that you provided to myself and the other medical students and residents this year during AACAP's 63rd Annual Meeting through the Life Members Mentorship Grant. Without your donations and hard work, I'm not sure I would have been able to attend the conference. Your efforts are greatly appreciated.

I have to say that this was the most warm, welcoming conference that I have attended during my medical school career. Each individual that I approached was more than willing to answer my questions, chat for a few minutes, and get to know me on a personal level. There were many members that even started conversations with me! I will carry the abundance of advice that was given with me as I begin my career as a child psychiatrist, for I am more committed than ever to pursuing this path.

I am so very thankful for all of the connections I made at this conference and I hope to not only maintain them, but also form new ones as I continue to participate in AACAP events in the years to come. I also plan on recommending involvement to anyone I meet who has even the slightest interest in child psychiatry. I have no doubt that their experiences with the Life Members will validate their decision to enter this field, just as it did mine. Thank you all again, this was an experience I will never forget!

All the best,

Maria Tocco
M.D. Candidate 2017
Wayne State University School of Medicine

LM MGM

Jack L. Turban III
412 Orange Street, 5
New Haven, CT 06511

AACAP Life Members
3615 Wisconsin Avenue NW
Washington, DC 20016

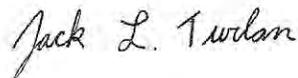
Dear AACAP Life Members:

I wanted to say thank you again for an incredible experience at the AACAP annual meeting. I can say without a doubt that it was one of the best experiences of my medical education. I did not think it was possible, but I now find myself even more excited about child psychiatry than before. I want to particularly thank you for the excellent mentoring track during the conference. From Dr. Bach's stories about his first mimeograph copy of the DSM to Dr. Leslie's stories about balancing clinical care and administration, I enjoyed every minute of program's wisdom.

I was also very honored by how AACAP went out of its way to involve students. I was able to attend the sexual orientation and gender identity committee meeting and am now working on a draft policy statement on the treatment of transgender youth. After Saturday's talk on complicated questions of gender identity, experts from the panel took the time to take me out after the conference to share what they have learned over decades in the field. It was truly a surreal and humbling experience. From other medical students, to residents, to attendings, and the life members – everyone went above and beyond to teach and support me.

Overall, the Life Members are a truly remarkable group, and I am extremely appreciative for the opportunity to travel to the annual meeting this year on the Life Members Mentorship Grant. I look forward to attending the meeting for many years to come and hope to see you all there!

Sincerely yours,



Jack Lewis Turban III
MD/MHS Candidate 2017
HHMI Medical Research Fellow
Yale School of Medicine (Child Study Center)

AACAP Life Members Fund
Attn: John Schowalter, MD and Cynthia Pfeffer, MD
3615 Wisconsin Avenue, NW
Washington, D.C. 20016

To Whom It May Concern,

I am writing this letter first and foremost to thank you for awarding me the prestigious Life Members Mentorship Grant which allowed me to attend the American Academy of Child and Adolescent Psychiatry's October 2016 Conference in New York City, New York. I know there were numerous qualified applicants and it was an honor to be selected among so many inspiring students.

I am currently in my fourth year of medical school at the University Of Maryland School Of Medicine. I have just recently finished my interviews for psychiatry residency and plan to pursue a child psychiatry fellowship.

I first became interested in psychiatry when I was in college. I worked with rape victims and became committed to helping them on their mental health journey. I also researched child development in a lab at the University of Maryland where I worked with Dr. Nathan Fox. Upon starting medical school, I knew that psychiatry was a field I wanted to investigate further. I received AACAP's Medical Student Summer Fellowship in 2014 which allowed me to work with Dr. Stacy Drury at Tulane University in New Orleans in the Behavioral and Neurodevelopmental Genetics Laboratory. This experience also sent me to AACAP's conference in San Diego. That conference, one of my first, was indescribably amazing. I used conference to investigate the fields of psychiatry, child psychiatry, and academic medicine further. I met dozens of students who, like me, were still new to medicine and trying to figure out if their home was in this intelligent and inspiring community. For myself and those students, it was our first real chance to dip our toes into the pool of psychiatry and see how it felt. As I continued through medical school, the experiences I had with AACAP remained with me. I still considered psychiatry as a realistic option for my future, but I also toyed with the idea of other specialties like pediatrics, neurology, and obstetrics. Eventually, I had my psychiatry clerkship and I was reminded of how much I loved the field and the choice to pursue it was a relatively easy one as I entered fourth year. Now, attending AACAP's conference for the second time, I was able to appreciate the experience in a completely different way. Now, I knew I was surrounded by my future mentors and colleagues. The other students who sat in on mentorship meetings and networking events could be my co-residents. The names I was seeing at the poster sessions and lectures were names that I would reference in my own practice and clinical decision making. I attended seminars on the diagnosis and treatment of Autism, epigenetics in mental illness, and the long lasting effect of neglect in child development. One of my favorite experiences at this year's conference was attending the "Residents as Teachers" lectures. I listened and engaged in meaningful conversations about social media and professionalism, creating effective video presentations, and practicing self-care during residency. It was such an amazing and special experience getting to attend this conference a second time with a whole new perspective, knowing that this is my future. I am so excited to attend many, many more conferences in the coming years.

The American Academy of Child and Adolescent Psychiatry and its conferences have helped me immeasurably in deciding on my career path. I am incredibly grateful for this grant and all the opportunity it provided. You have my deepest gratitude for your consideration and taking a chance on me. It was truly a privilege.

Sincerely,

Margaret R Woodbury