

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 AACAP's 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.

Timothy D. Becker, BS—University of Pennsylvania

Kristin A. Bevington, MEd—University of Massachusetts

James Chambliss, BA, BS—University of Iowa

Raphaela Gold, MSc—Dartmouth College

James H. Lee, BS—Mayo Clinic

Alexandra A. Lynch, BS—Medical College of Wisconsin

Emily Menand, BA—Weill Cornell Medical College

Kevin T. Nguyen, BS—University of California, Davis

Cristine Oh, BA—University of Pittsburgh

Rachel H. Olfson, BA—Albany Medical College

Cara R. Sherrill, BS—University of Central Florida

Johnathan H. Stathopoulos, BS—University of South Carolina

Eric Whitney, MEd—University of Chicago

Timothy Becker

2242 Christian Street • Philadelphia, PA 19146
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Date: October 28, 2017

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

Dear Life Members:

Thank you so much for providing generous support that enabled me to attend the AACAP annual meeting. I felt honored to be chosen as one of this year's awardees and looked forward to the event with eager anticipation in the months leading up to it. The scientific presentations, mentorship events, and opportunities to meet fellow students and trainees with a passion for supporting young people's mental health far exceeded my expectations.

Prior to the meeting, I had many enriching pediatrics and general psychiatry experiences in medical school, but very little direct exposure to child and adolescent psychiatry. During the meeting, I was able to attend numerous sessions devoted to neurodevelopment, current concerns in adolescent behavior, and innovative ways of responding to trauma and community violence by collaborating with other youth-serving organizations, among others. I was constantly amazed by how collaboratively and optimistically all the groups seemed to be working towards ensuring that future young people have opportunities to recover and thrive.

The numerous mentorship events, with both Life Members and junior faculty, were some of the highlights of the meeting. It was inspiring to hear Life Members recount careers that have evolved over decades. All mentors gave us ample opportunities to ask questions about training programs, research careers, types of practice settings, etc, that helped refine my understanding of many ways child and adolescent psychiatrists can have an impact on the world. Everyone was so welcoming in allowing me to participate in the meeting and encouraging of my interests.

Thank you so much for sponsoring this year's Life Members Mentorship Grant for Medical Students program. For me, it was an experience that I believe will have a lasting impact on the way I understand the realm of psychiatry and my own career development. Thank you for continuing to support Life Members Mentorship Grants.

Sincerely,

Timothy Becker
Medical Student, Year IV
Perelman School of Medicine
University of Pennsylvania

Kristin Bevington
10 Carver St. Apt. 1
Worcester, MA 01604
kristin.bevington@umassmed.edu

November 11, 2017

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

Dear AACAP Life Members,

I am writing to express my sincere appreciation for having been awarded an AACAP Life Members Grant for Medical Students to attend the recent AACAP conference in Washington, DC. As a fourth-year medical student planning on a career in child and adolescent psychiatry, I found it incredibly valuable to gain exposure to the breadth of the field by attending conference sessions and events, and to make connections with mentors and future colleagues.

There were several highlights of my conference experience. First, I greatly enjoyed attending the Life Members dinner because I was able to have extended conversations with several Life Members and learn about their career paths and the ways in which the field of child and adolescent psychiatry has changed over time. These Life Members also generously offered to stay in touch and provide mentorship and advice in the future, which I very much appreciate. Second, I attended two conference sessions on school refusal, which is a particular topic of interest to me, as I spent several years as a teacher prior to medical school and saw first-hand the consequences of inadequate school refusal interventions. It was encouraging to learn about best practices surrounding this common but potentially devastating problem. Lastly, the connections with future colleagues that I met both through formal mentorship sessions and informal conversations have already proven extremely valuable and will continue to benefit me long into the future.

Overall, I had a wonderful and enriching experience at the AACAP conference and am very grateful for your generosity and support of the Life Members Grant for Medical Students.

Sincerely,

Kristin Bevington, M.Ed.
MD Candidate, Class of 2018
University of Massachusetts Medical School

CC: AACAP

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

Dear AACAP Life Members Committee,

I want to thank you sincerely for the opportunity the Life Members Grant afforded me. I had an amazing time at the 64th annual AACAP meeting in Washington, DC. This experience allowed me to visit this city for the first time in my life. That alone was incredible. I was also able to meet other medical students interested in child and adolescent psychiatry, as well as practicing physicians. I witnessed great comradery which I look forward to be involved with myself. I was able to present a poster of the research I had undertaken. This opportunity helped me to interact with multiple individuals whom shared their own knowledge and helped me advance thoughts on further research I could do. I was also able to see other posters and research sessions where I was able to see what else is being examined currently in this exciting field. I attended multiple clinical case sessions as well where I gained valuable input on treatment strategies I can use when I become a physician and enter residency. The awards breakfast and dinner were both amazing. They provided superb food and amazing company. I truly enjoyed everything I learned and everyone I met and none of that would have been possible without the Life Members Grant. Thank you all again so much!

Sincerely,

A handwritten signature in black ink, appearing to read "J Chambliss". The signature is written in a cursive, somewhat stylized font.

James Chambliss



Dear Committee & Life Members,

11/16/17

I am writing to express my profound gratitude for the opportunity you gave me to attend the AACAP 64th annual meeting as a Life Member Mentorship grant recipient. I can honestly say that the conference was one of the most encouraging and energizing experiences I have had as a medical student and future child psychiatrist. Your energy, warmth and wisdom fuelled my passion and interest in child psychiatry. Thank you to each and every member who supports this unique opportunity. I look forward to seeing you all in Seattle! Warmly, Raphaela Gold

November 1st, 2017

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

Dear Dr. Schowalter, Dr. Pfeffer, and other contributors/organizers of the Life Members Fund,

Thank you so much. Thank you, thank you, thank you.

Recently, I have been engaging in a lot of reflection about the AACAP Conference – how much it has cemented my drive to become a child psychiatrist, how it opened my world to entirely new landscapes in CAP, how many absolutely wonderful individuals I had the opportunity to meet. Never before have I participated in an event where every single component of it felt meaningful, useful, and motivating.

I write this letter with so much gratitude. As a medical student with multiple financial obligations outside of attending conferences, I would not have been able to attend the AACAP Conference without your organization and contributions. I am so honored to have received your support in my revitalized dream to become a child and adolescent psychiatrist, and although I have a few years to go before deciding on residency programs, I am entirely confident that child psychiatry will be the only specialty on my match list.

There is still so much work to be done in the field of Child and Adolescent Psychiatry, from fulfilling need in underserved areas to researching effective psychiatric interventions to engaging with medical and non-medical communities to advocate for the mental health of children. As I close out the medical school portion of my career and progress to residency, I cannot wait to be at the forefront of these movements. I am so excited to continue and grow my research in LGBTQ+ youth and substance use disorders. I am more and more ready to engage politically with mental illness in mind, especially in light of an administration that actively seeks to obliterate the welfare of tomorrow's children.

Thank you again for all of your contributions and assistance in my journey to become a child psychiatrist. Thank you for being such wonderful role models and mentors. Thank you for being the child psychiatrists who advocated for my mental health when I was a child, and thank you for continuing your stunningly valuable work today. I cannot wait to join you in your journey with an M.D. behind my name, and I would not be able to say that without your help.

Thank you again.

Sincerely and with utmost gratitude,
James Lee '20
Mayo Clinic School of Medicine

Dear AACAP Life Members Committee,

It is with my sincerest gratitude that I thank you for the opportunity to attend AACAP 2017 as a Life Members Mentorship Grant Recipient. I am incredibly grateful for the opportunity, and would not have been able to attend without assistance from the Life Members.

I truly enjoyed the mentoring event hosted by the Life Members. Each Life Member was so insightful, and each had a very unique perspective. I appreciated receiving honest advice regarding choosing a residency, a variety of career opportunities, and work-life balance. It was helpful that these groups were composed of trainees of all levels, as I also learned quite a bit from the questions residents asked, too.

Certainly, the highlight of AACAP for me this year was the Life Members Reception Dinner. I truly enjoyed having the opportunity to meet and interact with countless Life Members. The moment was invaluable to this season in my life, as I am currently applying for general psychiatry residency. Since I am couples' matching with someone applying radiology (a 5-year program), I am logistically hoping to complete my child training at the same institution I complete my adult training. Thus, though child fellowship is a few years away, I am looking at child training at institutions just as much as I am adult right now. I absolutely loved having the chance to speak with long-time psychiatrists, some of which were/are either training directors or affiliated with some of the programs I am interviewing at. This reception was truly an honor, and extremely inspiring as I begin my career.

Moreover, I enjoyed meeting fellow fourth-year medical students who had also received the Life Members Mentorship Grant. It was extremely helpful to also ask their opinions about their home institutions for training purposes. Meeting them was also a reminder of the profound sense of community and fellowship within AACAP. As I embark on the residency interview trail, I am reminded that I am looking for the same sense of community in a training program that I have found within AACAP.

Thank you, again, for not only financial assistance, but for mentoring opportunities that have greatly enriched my budding career and will certainly influence where I ultimately train.

Humbly,
Alexandra Lynch
M.D. Candidate, Class of 2018
Medical College of Wisconsin

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M

November 13, 2017

Dear AACAP Life Members Committee,

Thank you so much for sponsoring me as a recipient of the Life Members Mentorship Grant for medical School Students to attend AACAP's 64th Annual Meeting. I came away from the conference filled with energy, enthusiasm, and excitement about pursuing a path in child & adolescent psychiatry. From attending panels on trauma-informed and school-based mental health care that helped solidify some of my prior interests, to meeting peers and mentors who expanded the scope of my knowledge, I could not be more grateful for this opportunity.

What an incredible experience it also was to attend the Life Members dinner on Thursday night; it was an honor to meet and chat with leaders - and pioneers - of the field.

In addition to being inspired by the passion and knowledge of those I met, I felt a real sense of community at the conference (at what other conferences do folks gather →

together for a morning bike ride as the sun rises over the DC monuments) and I very much look forward to continuing to be a part of this community for years to come.

Thank you so much for investing in my growth and learning!

With gratitude,

Emily Menand

1 November 2017

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,

I am writing this to humbly and sincerely thank you for allowing medical students such as myself to attend this year's AACAP annual meeting through the Life Members Fund.

As a fourth year medical student, I am experiencing somewhat of a pivotal moment in my professional career, considering the implications of the decisions that I make now, which will affect my training and my career. Prior to this meeting, I admit I was somewhat conflicted: as someone considering the Triple Board as a way to pursue a career in child psychiatry, specifically focusing on transgender and other LGBTQ+ issues, I didn't know if I was making the right choice. Coming from California, there is limited mentorship available for students in my position.

I will be entirely honest: the AACAP meeting this year met all my wildest dreams (and more!) and has only reaffirmed my commitment to this field. Here I met individuals I would be honored to call my family. I have learned, I have listened, and I have kindled a newfound passion to serve my community. For that, I cannot thank you enough. I also had the great pleasure of meeting other peers from medical schools across the country and even now, we remain in contact and I know that I am excited to call these individuals my future colleagues.

By awarding me as a recipient of this year's Life Member's Fund for medical students, you have allowed me a glimpse into the endless possibilities of pursuing Child Psychiatry and to form lasting connections with mentors in the field. Your generosity has inspired me to help others and give back to the community. I hope one day I will be able to help students achieve their goals just as you have helped me.

I look forward to attending future AACAP meetings, hopefully next time as a resident in Child Psychiatry.

Most sincerely,

Kevin T.K. Nguyen, class of 2018
University of California, Davis School of Medicine
Sacramento, CA

Dear Life Members Subcommittee,

Thank you so much for your support for the 2017 Life Members' Mentorship Grant and allowing me to attend the 64th annual AACAP meeting. I would not have been able to attend this meeting without your generous financial support and I am so honored to have been selected as a recipient for the Mentorship Grant.

The mentorship programming was informative and timely. I not only got mentorship from attending child psychiatrists and triple board physicians at every career stage—early, mid, and senior—I also had the opportunity to get advice and guidance from resident and fellows. I learned about private practice, academic medicine, community mental health, and opportunities for activism—modalities and formats that I would not be able to obtain easily obtain exposure. I also received advice from fellow medical students in different years and at different schools; I met a group of medical students who agreed to meet up at future AACAP meetings. It was so edifying to be surrounded by so many people in one place who are just as passionate about child psychiatry as I am.

Attending the conference solidified my decision to pursue child psychiatry as a (sub)specialty after medical school. As I was surrounded by professionals from all stages in their careers dedicated to the well-being of children, I knew I had found my professional niche. I returned from the conference energized and excited to enter such a special and fascinating field.

Again, thank you so very much for this opportunity; I would not have had this clarifying experience without the Mentorship Grant.

Sincerely,

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

Cristine Oh

MS2 Medical Student

University of Pittsburgh School of Medicine

Rachel Olfson
92 Willett Street, Apt. 2C
Albany, NY 12210

November 13th 2017

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 am writing to communicate my deep gratitude for sponsoring this year's program and continued support of the Life Members Mentorship Grant for Medical Students. Attending AACAP provided me with a variety of valuable opportunities to learn about careers as a Child and Adolescent Psychiatry, and strengthened my deep interest in pursuing this field during residency training.

I found the Mentorship Program for Medical Students and Residents particularly engaging. It was a pleasure to learn first-hand about the careers and training of current faculty and residents at various training programs, as well as clinicians practicing in a multitude of settings. Overall, the opportunity to attend AACAP through the Life Members Mentorship Grant for Medical Students helped affirm my decision to pursue a career in Child and Adolescent Psychiatry.

Sincerely,

Rachel Olfson
MD Candidate, Class of 2018
Albany Medical College

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

Dear AACAP Life Members Committee,

Thank you for the opportunity to attend this year's annual meeting in Washington, D.C. I am humbled that I was chosen out of many qualified applicants for the Life Members Mentorship Grant.

This was my first time being immersed in the field of psychiatry, with like-minded intellectuals, as well as my first time exploring the city of Washington, D.C. I especially appreciated networking and mentorship. It was a unique experience to be able to ask advice from colleagues of all levels of training, and such diverse backgrounds. I came away with insight into residency and an awareness of the options for shaping my career into the future.

Overall, I thank you for the mentorship, connections, thought-provoking speakers, tasty food, and great company. I hope that the Life Members Mentorship Grant for Medical Students continues for many years to come.

Sincerely,

A handwritten signature in black ink, appearing to read 'Cara Sherrill', with a long, sweeping horizontal line extending to the right.

Cara Sherrill
University of Central Florida College of Medicine, MS4
cara.sherrill@knights.ucf.edu
775-530-3119

JOHN H. STATHOPOULOS

1644 Main Street, No. 601
Columbia, South Carolina 29201

November 16, 2017

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

Dear AACAP Life Members Committee,

Thank you for providing me the opportunity to attend AACAP's 64th Annual Meeting in Washington, DC through the funds provided by the AACAP Life Members Mentorship Grant for Medical Students. The experience of attending the AACAP Annual Meeting and the various mentoring events specifically established for medical students and resident physicians was invaluable and one I am extremely grateful for being afforded. During my time at the Annual Meeting I was able to learn from the best and brightest physicians in the field of child and adolescent psychiatry, including world-renowned researchers and attending physicians from teaching hospitals all over the country. In my time away from the required events set forth for grant recipients, I was able to attend educational lectures on topics that ranged from human sex trafficking and video game addictions, to working with transitional age youth or children with autism spectrum disorder. I was able to attend the Committee on Medical Students and Residents and learn about additional ways AACAP is working to educate medical students about what it means to be a child and adolescent psychiatrist. One of my favorite parts about the trip to DC was taking part in the AACAP Legislative Program and Congressional Visits. Working alongside a child and adolescent psychiatrist from my state of South Carolina, Dr. Eric Williams, I attended meetings with the office staff of Senator Scott, Senator Graham, and Representative Clyburn to advocate for CHIP funding and the need for child and adolescent psychiatrists.

The required events provided to Mentorship Grant recipients throughout the week of the AACAP Annual Meeting were helpful to each of us beginning our journey to becoming a child and adolescent psychiatrist. Meeting with residents, fellows and attending physicians who are further along in their journeys was a great way to learn about the opportunities available to child and adolescent psychiatrists and the roadblocks that one may encounter throughout the training process. Sessions like the Mentorship Program for Medical Students and Residents and the Career Development Forum provided me the intimate setting to ask more in-depth questions about what to look for in my residency training and the difference of practice in various inpatient and outpatient locations. From speaking with Life Members at scheduled events during the week, I was able to learn several tips regarding how to approach residency and my career. I was able to hear the unique stories of how certain Life Members landed on the field of child and adolescent psychiatry and how they ultimately arrived where they are now in their careers. Each one of the mentoring sessions reinforced my decision to pursue child and adolescent psychiatry as the field of medicine for me.

I could not be more pleased with my experience at the AACAP Annual Meeting and I look forward to attending future meetings across the United States. Please continue the funding of the Life Members Mentorship Grants as they provide medical students like me a way of attending the Annual Meeting to truly learn about all that child and adolescent psychiatrists are capable of doing and the innovative research currently being conducted within the field. I appreciate the AACAP Life Members Committee for their continued sponsorship of this program and their dedication to providing access to meaningful educational opportunities for medical students interested in child and adolescent psychiatry. I look forward to learning more about the field in my upcoming years and informing other medical students of all that child and adolescent psychiatry has to offer.

Sincerely,

John Stathopoulos

Dear AACAP Life Members Committee:

I am writing to sincerely thank you for providing me the chance to attend the 2017 AACAP Annual Meeting in Washington, DC. I am currently a fourth-year medical student at the University of Chicago and am in the process of applying to psychiatry residency programs with the intent of pursuing a career in child and adolescent psychiatry. My week in Washington represented a number of firsts: my first time attending a national meeting of any kind; my first time attending a psychiatry meeting; and, most importantly, my first time attending an AACAP event.

Attending the Annual Meeting was a wonderful experience for a number of reasons. First and foremost, it served as a large-scale introduction to the national community of child and adolescent psychiatrists. Meeting child and adolescent psychiatrists from across all stages of their careers gave me the chance to see the myriad professional opportunities our specialty allows. This was especially possible in the several networking and mentorship events organized by the Life Members Committee for medical students. Furthermore, attending some of the many talks, workshops, and presentations gave me a taste of the exciting research and policy being developed at institutions across the country. More than just a static learning environment, these forums allowed me to converse face to face with many leaders in the field.

Particularly given the many expenses I will be incurring while interviewing this year, traveling to the AACAP Annual Meeting and staying for the duration of the event would not have been possible without your generosity. Again, thank you for giving me the chance to meet and learn from so many of my future colleagues; it was truly a privilege. I look forward to attending many more AACAP events in the future.

Sincerely,

A handwritten signature in black ink, appearing to read "Eric Whitney", with a long, sweeping flourish extending to the right.

Eric Whitney
MD Candidate, Class of 2018
University of Chicago Pritzker School of Medicine