

## AACAP Educational Outreach Program for Child and Adolescent Psychiatry Residents, supported by AACAP's Campaign for America's Kids

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*The AACAP Educational Outreach Program provides the opportunity for child and adolescent 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 \$1,200 of financial assistance to attend AACAP's Annual Meeting and must obtain a minimum of \$300 of shared funding from a regional organization or institution.*

**Rosa Y. Ahn-Horst, MD, MPH**—Stanford University

**Katherine A. Amano, MD\***—University of Utah

**Rimsha Arif, MD**—University of Texas at Austin

**Muhammad U. Azam, MD**—BronxCare Health System

**Alayna S. Buzzetta, MD**—University of Florida, Gainesville

**Pooja Chaudhary, MD, MPH**—University of Texas Health Science Center at Houston

**Kelly S. Chen, MD**—University of Michigan

**Samantha G. DeSilva, MD**—Children's Hospital of Philadelphia

**Khady Diack, MD**—Children's National Hospital/George Washington University

**Robin Du, MD, MPH**—NYU Langone Health

**Philip Feibusch, MD**—Children's Hospital of Philadelphia

**Fadi J. Hamati, MD**—NewYork-Presbyterian Hospital/Columbia University

**Frances Hessel, MD**—NewYork-Presbyterian Hospital/Columbia University

**Tammy Hua, MD**—University of Washington/Seattle Children's Hospital

**Stephen Irwin, MD**—Washington University/Barnes Jewish Hospital/St. Louis Children's Hospital Consortium

**Aisha S. Julakanti, MD\***—University of Texas Southwestern Medical Center

**Carly Kawanishi, MD**—University of Colorado

**Marga Kempner, MD**—University of Vermont

**Jessica Kuo, DO\***—University of California, San Diego

**Raul N. Lara, MD\***—Case Western Reserve University/University Hospitals Cleveland Medical Center

**Helen M. Liljenwall, MD**—University of Texas Southwestern Medical Center

**Alex C. Lucci, MD**—University of Miami/Jackson Health System

**Alexis G. McCathern, MD**—University of Pittsburgh Medical Center/Western Psychiatric Hospital

**Christian Morfaw, MD**—University of Minnesota

**Grace N. Mueller, MD**—MaineHealth

**Sue D. Muggar, MD**—Case Western Reserve University/University Hospitals Cleveland Medical Center

**Beenish Safdar, MD**—Zucker School of Medicine at Hofstra/Northwell at Zucker Hillside Hospital

## AACAP Educational Outreach Program for Child and Adolescent Psychiatry Residents, supported by AACAP's Campaign for America's Kids (*continued*)

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**Bharat B. Sanders, MD\***—University of Utah

**Megan P. Single, MD**—Duke University Medical Center

**Dustin Wong, DO**—Kaiser Permanente Southern California

**Whitney Anne Worsham, MD**—Mass General Brigham/Massachusetts General Hospital/  
McLean Hospital

**Margaret Y. Yau, MD, MS**—University of California, Riverside

*\*Triple Board/Post Pediatric Portal Resident*

# AACAP Educational Outreach Program for Child and Adolescent Psychiatry Residents

Supported by AACAP's Campaign for America's Kids

You are required to sign up to monitor when you register and complete **six programs** during the Annual Meeting. See below.



Check out these committees, [AACAP group events](#) & [program offerings!](#)

- Medical Students & Residents (MSRs)
- Presidential Theme sessions
- Early Career Psychiatrists
- Training and Education Committee
- [MSR Roadmap](#)

also consider...

- Plenary sessions
- Honors presentations
- CAP@Home programs

1. Choose **one** (of three) [Life Member Sponsored](#) Session(s). Options are:
  - Tues. Oct. 21 **4:45 - 6:15 PM**  
[Medical Students, Residents, and Fellows Meet Life Member Mentors at the 2025 AACAP Meeting](#)
  - Thurs. Oct. 23 **10:00 AM - 12:00 PM** | Member Services Forum 9  
[Child and Adolescent Psychiatrists Unite: Bridging Intergenerational Gaps for the Future](#)
  - Thurs. Oct. 23 **2:30 - 4:30 PM** | Clinical Perspectives 67  
[Life Members Clinical Perspectives: The Development of Psychiatric Careers in Leadership, Teaching/Mentoring, Research, and Clinical Practice](#)
2. Weds. Oct. 22 **8:30 - 10:15 AM** | [Opening Plenary](#)
3. Thurs. Oct. 23 **4:15 - 6:00 PM** | [Mentorship Program for MSR - Part 1\\*](#)  
[Free ticketed event. Two sessions: Thurs. Part 1 | Fri. Part 2\*]
4. Fri. Oct. 24 **8:00 - 9:30 AM** | [Young Leaders Awards Breakfast](#) (Invite Only)  
**4:15 - 6:00 PM** | [Mentorship Program for MSR - Part 2\\*](#)  
[Free ticketed event. Two sessions: Thurs. Part 1 | Fri. Part 2\*]

Complete **two additional required sessions** based on your individual interest; may include a program that you monitor, or in which you are serving in a chair, discussant or co-presenter role, or other academic/clinical programming of choice from the program schedule.

LEARN MORE!



AACAP's [PsychStream](#)

is your new, go-to destination for expert-led, on-demand content in child and adolescent psychiatry.

AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY

WWW.AACAP.ORG

October 31, 2025

AACAP Executive Committee – EOP CAP CFAK Program  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

Dear AACAP Executive Committee:

Thank you very much for sponsoring this year's program and for your continued support of the AACAP Educational Outreach Program. This generous funding allowed me to attend the AACAP Annual Meeting as a first-year Child and Adolescent Psychiatry fellow, and I am sincerely grateful – without this financial support, this experience would not have been possible.

I had such a wonderful experience and felt re-energized in my career path and decision to enter child psychiatry. I especially found the sessions on psychopharmacology and green space therapeutics to be enlightening—they inspired me to think more deeply about how to integrate my interests into a sustainable and fulfilling career, and about the broader ways I can contribute to the field and to society.

Equally meaningful was the sense of community I felt throughout the conference. It was inspiring to meet mentors and colleagues from across the country who share a commitment to improving the lives of children and families. Connecting with other award recipients and mentors reminded me how small, collaborative, and supportive the child psychiatry world truly is.

I am deeply grateful for this invaluable opportunity to attend the conference at such a formative stage in my training. It has already influenced how I approach my work and envision my future contributions to the field. I look forward to staying engaged with AACAP and, in time, paying forward the same support and mentorship that made this experience possible.

With gratitude,  
Rosa

Rosa Ahn-Horst, MD, MPH  
Child and Adolescent Psychiatry Fellow  
Stanford Medicine

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

November 12, 2025

Dear Executive Committee,

Thank you for your generous support of my AACAP Annual Meeting attendance.

This was my first time attending, and the opportunity to connect with peers and mentors who work to bridge child psychiatry and pediatrics—as I aspire to do—was rejuvenating. It was also invaluable to learn about future career opportunities in my areas of interest: consult liaison and mental health integration.

I enjoyed attending a variety of sessions with topics ranging from treatment of autoimmune encephalitis to green space therapeutics. I was also able to attend sessions focused on innovations and challenges in CL, mental health integration, and research on suicidality which enriched my knowledge and will directly inform my clinical practice.

I am also grateful that I was able to present a New Research Poster titled “Applying a Trauma Lens to Youth Identified as High-Risk for Suicide in Primary Care” as this was my first experience presenting at a national conference.

I am honored to have been selected for this support and appreciate AACAP's commitment to fostering growth and education within our field.

Thank you again for your investment in my development and for making this experience possible.

Sincerely,

Katherine Amano, MD, MA  
University of Utah  
Triple Board Resident, PGY-4

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

November 10, 2025

Dear Executive Committee,

I would like to share my heartfelt gratitude for your generous sponsorship that allowed me to attend the AACAP Annual Meeting. I am grateful for the opportunity to learn from leaders in the field at varying levels of their careers as well as increasing my network of colleagues and mentors as I continue in my education.

The multitude of sessions greatly added to my professional development and in addition to the program outline, I attended sessions that highlighted mentorship and teaching. I feel inclined to continue in academics and I intend to continue my attendance at the annual meeting in the future. I am honored to have had this experience that strengthens my commitment to contribute to the field of child and adolescent psychiatry.

Thank you again for your support and investing the efforts in having me and my fellow colleagues attend the conference.

Sincerely

Rimsha Arif  
Child and Adolescent Psychiatry Fellow (PGY-4)  
University of Texas Austin Dell Medical School

AACAP Executive Committee – EOP CAP CFAK  
c/o AACAP's Research, Grants, and Workforce Department  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

November 5, 2025

Dear AACAP Executive Committee,

Subject: Heartfelt Thanks for the Educational Outreach Award – AACAP Chicago 2025

I am writing to express my deepest gratitude to the Campaign for America's Kids (CFAK) and the AACAP Executive Committee for selecting me as a recipient of the Educational Outreach Award at the AACAP 2025 Annual Meeting in Chicago. It was truly an honor to be part of such an inspiring gathering dedicated to advancing the field of child and adolescent psychiatry.

This award provided me with a meaningful opportunity to engage in rich discussions, attend cutting-edge educational sessions, and connect with leaders and colleagues from across the nation who share a passion for improving the mental health and well-being of children, adolescents, and their families. The experience significantly enhanced my clinical insight and reinforced my commitment to advocacy, education, and compassionate patient care.

As a Child and Adolescent Psychiatry Fellow at BronxCare Health System (affiliated with the Icahn School of Medicine at Mount Sinai), I am deeply motivated to apply the knowledge and skills gained through this experience to promote access, equity, and culturally informed mental health services within my community. The generosity of AACAP and its supporters continues to foster growth, mentorship, and professional excellence among young psychiatrists like myself.

Thank you once again for your investment in the next generation of child psychiatrists and for your ongoing dedication to nurturing the future of our field. I am truly honored and humbled by this recognition.

With sincere appreciation,  
Muhammad Umar Farooq Azam, MD  
Child and Adolescent Psychiatry Fellow 1  
BronxCare Health System | Icahn School of Medicine at Mount Sinai  
New York, NY  
347-330-1565

Alayna S. Buzzetta, M.D.

University of Florida Child and Adolescent Psychiatry

4197 NW 86<sup>th</sup> Terrace

Gainesville, FL 32606

November 14, 2025

AACAP Executive Committee - EOP CAP CFAK Program

c/o AACAP's Research, Grants and Workforce Department

3615 Wisconsin Avenue, NW

Washington, D.C. 20016

Dear Members of the AACAP Executive Committee,

I would like to express my gratitude for your generous support toward my attendance to the AACAP Annual Meeting in Chicago, Illinois this year. I am honored to have been selected as a travel grant recipient. As a Child and Adolescent Psychiatry fellow, as well as a first-time attendee, I found this experience incredibly valuable, and it provided meaningful opportunities for my educational and professional development that would not have been possible without your assistance. Thank you so much for your commitment to supporting the next generation of Child and Adolescent Psychiatrists.

With appreciation,

Alayna S. Buzzetta, M.D.

Date: 11/03/2025

**To,**

The AACAP Executive Committee

EOP CAP CFAK Program

American Academy of Child and Adolescent Psychiatry

3615 Wisconsin Avenue, NW

Washington, D.C. 20016

**Dear AACAP Executive Committee,**

I am writing to express my gratitude on receiving the AACAP Educational Outreach Program (EOP) Award, supported by the AACAP Campaign for America's Kids. Thank you for this tremendous opportunity and support. This funding made my participation possible, as it truly enhanced my learning, networking, and professional development.

Attending the AACAP Annual Meeting in Chicago was inspiring and energizing. As a first-time attendee, I was not sure what to expect, but now I can confidently say this will not be my last AACAP meeting. In fact, I may already be planning my future conference schedule (and mentally preparing my fellowship budget) because I seem to have become a lifelong attendee overnight, so a big thank you once again!

The meeting offered an exceptional range of learning and connection opportunities. I especially valued the **family therapy workshop**, which provided practical frameworks I am excited to integrate into my clinical practice. I also enjoyed sessions on **parenting**, which offered meaningful insights into supporting families in dynamic and developmentally responsive ways. Sessions on **neurodiversity, including ASD**, deepened my understanding and reaffirmed the importance of strengths based, neuro-affirming care. The **global mental health** roundtable was another highlight, expanding my perspective on culturally responsive and collaborative approaches to youth mental health across diverse settings. I got an opportunity to meet global mental health experts and learn and possibly collaborate in future.

In addition to the rich educational content, I enjoyed connecting with medical students, residents, fellows, and faculty, including retired and distinguished senior faculty and experts who generously shared wisdom and mentorship. I also loved exploring the exhibits, which were extremely helpful in shaping ideas for career planning and future training pathways. I am a first year CAP fellow and looking for opportunities to work and grow and this meeting broadened my perspective. The meeting was exceptionally well organized, intellectually stimulating, and uplifting.

I would also like to express my sincere gratitude to my program leadership, including my Vice Chair and Chief of Child and Adolescent Psychiatry (Dr. Cesar Soutullo), Program Director (Dr. Taiwo Babatope), Associate Program Director (Dr. Martin Huynh), faculty mentors, and my wonderful co-fellows, residents and medical students for their encouragement and support. Their guidance/support continues to shape my training experience and passion for child and adolescent psychiatry.

This experience has provided me with a fresh perspective, renewed inspiration, and a strengthened commitment to advocacy, clinical excellence, and advancing mental health care for children, adolescents, and families. Thank you again for investing in trainees and supporting the future of our field.

Thank you so much once again!

Best regards and with warmest appreciation,

**Pooja Chaudhary, MD, MPH**

PGY-4 and First year CAP Fellow,

McGovern Medical School, The University of Texas Health Science Center at Houston

AACAP EOP Award Recipient, 2025

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

October 26, 2025

Dear Executive Committee,

I am writing to extend my heartfelt appreciation for your generous sponsorship of this year's Educational Outreach Program (EOP). Thanks to your support, I had the invaluable opportunity to participate in the 2025 AACAP Annual Meeting in Chicago, engaging in mentorship, academic sessions, and forging meaningful professional connections. Your commitment to my educational and professional development made this experience possible.

I was particularly touched by the exposure to leaders in the field, including Dr. Benoit, whom I met at the Mentorship Program for Medical Students and Residents. It was inspiring to also meet with other trainees across the country congregated in one room, to share in the commonalities as well as the diversity of our interests. I attended varied Clinical Perspective sessions and Institute Q&As, which broadened my awareness of the field of child and adolescent psychiatry and the new advances which are being made. My career aspirations have since broadened as I realize I truly have the flexibility and capability to pursue several potential areas of interest throughout my career. I was able to do all of this without the financial burden of lodging and transportation, which would have prevented my attendance.

Thank you once again for your generosity, vision, and dedication to supporting fellows like me through the EOP.

Warm regards,

A handwritten signature in black ink, appearing to read "Kelly Chen". The signature is fluid and cursive, with the first name "Kelly" being more prominent than the last name "Chen".

Kelly Chen, MD  
University of Michigan, Child and Adolescent Psychiatry Fellow

Samantha DeSilva, MD  
Child & Adolescent Psychiatry Fellow  
Children's Hospital of Philadelphia  
desilvas1@chop.edu  
11/1/2025

To the AACAP Executive Committee - EOP CAP CFAK Program,

I am writing to express my heartfelt gratitude to the AACAP Campaign for America's Kids for sponsoring the Educational Outreach Program for Child and Adolescent Psychiatry Residents and for selecting me as one of this year's award recipients.

This opportunity made it possible for me to attend the 2025 AACAP Annual Meeting, an experience that was both inspiring and deeply motivating. The financial support significantly reduced barriers to attendance, allowing me to fully participate in sessions that aligned with my professional goals—particularly those focused on advocacy, autism spectrum disorder, and mentorship.

Through this program, I was able to connect with mentors, learn from leaders across the country, and take part in advocacy-focused discussions that broadened my understanding of how psychiatrists can drive meaningful change at both individual and systemic levels. I am also proud to share that, as a direct result of this experience, I have joined AACAP's Advocacy Liaison Network, furthering my commitment to this important work.

Thank you once again for your generous support and for your continued investment in the next generation of child and adolescent psychiatrists. I am truly honored to have benefited from this initiative and hope to pay it forward in the future.

With deep appreciation,

Samantha DeSilva, MD  
Child & Adolescent Psychiatry Fellow  
Children's Hospital of Philadelphia

AACAP Executive Committee - EOP CAP CFAK  
c/o AACAP's Research, Grants and Workforce Department  
3615 Wisconsin Avenue, NW  
Washington, DC. 20016  
November 2025

Dear Executive Committee,

I hope this message finds you well. I want to express my heartfelt gratitude for selecting me as a 2025 EOP CAP CFAK recipient. Because of your generous support, I had the incredible opportunity to attend this year's AACAP Annual Meeting—an experience that was both deeply enriching and truly inspiring for me as a child and adolescent psychiatry fellow.

The meeting was filled with moments of learning, connection, and reflection that have stayed with me long after returning home. I attended several thought-provoking sessions, including discussions on different religions' perspectives on suicide, innovative strategies for training pediatric residents to manage psychiatric concerns, and new research exploring the link between adolescent cannabis use and schizophrenia. Each of these sessions expanded my understanding and reminded me of the complexity and depth of the work we do every day.

Beyond the educational sessions, the meeting offered invaluable opportunities to meet mentors, connect with peers, and explore future job opportunities. As a fellow preparing to transition into independent practice, having those conversations and seeing the diverse paths within our field was incredibly motivating. The warmth and collegiality of the AACAP community made me feel both welcomed and inspired to continue contributing to this profession that I care so deeply about.

I am thankful to the AACAP Executive Committee for making this experience possible through your support of the EOP CAP CFAK program. Your commitment to investing in early-career psychiatrists fosters not only professional growth but also a sense of belonging and purpose within the field. I left the meeting re-energized, with new insights, connections, and a renewed commitment to the children, adolescents, and families we serve. I am truly grateful to be part of such a thoughtful and inspiring professional community.

With warmest appreciation,

Khady Diack, CAP-2

Children's National Hospital

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

November 1, 2025

Dear Executive Committee,

I am writing to express my sincere gratitude for selecting me as a recipient of the EOP CAP CFAK Award and for providing the generous sponsorship and financial support that enabled me to attend the AACAP Annual Meeting this October. I am truly honored and appreciative of this meaningful opportunity.

As the AACAP Assembly Executive Committee Trainee Representative, attending this year's meeting was especially impactful. I participated in the full-day Assembly Meeting, where I gained invaluable insight into AACAP's governance, advocacy priorities, and collaborative decision-making processes.

I was also grateful for the chance to contribute to the meeting in additional ways. Having completed my residency training in Chicago, it was a joy to co-lead the Chinatown Food Tour: Chicago Edition, where I helped showcase the community, culture, and culinary history of a neighborhood that has been deeply meaningful to me and my time as a resident. In addition, my involvement with the AACAP Asian Caucus and the Task Force for Children, Families, and Immigration allowed me to connect with colleagues dedicated to advocacy, health equity, and culturally informed care—areas of work that continue to motivate me professionally and personally.

Your support made all of this possible. Thank you for investing in trainees and for empowering us to participate fully in the educational, leadership, and community-building opportunities that define the Annual Meeting. I am deeply grateful for your confidence and generosity.

Sincerely,

Robin Du, MD, MPH  
PGY-5  
New York University (NYU)  
Department of Child & Adolescent Psychiatry

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

November 11, 2025

Dear Executive Committee,

I wanted to extend a heartfelt thank you to express how much I appreciate your support in funding the Education Outreach Program grant. This funding allowed me to attend this year's annual meeting. As a CAP-2, this meeting comes at a critical moment in my training where I am setting the course for the next stage of my career. I plan to work in neurodevelopmental psychiatry, and I had the opportunity to learn from the experts in that field. I heard perspectives from clinicians with different approaches to care in different settings than the ones I have access to through my training program. I am a current fellow at the Children's Hospital of Philadelphia (CHOP), which is excellent, but the opportunity to learn from others across the country was invaluable to me.

The opportunity to learn about the different levels of care and professional settings where other neurodevelopmental psychiatrists work was invaluable to me. At the gatherings for my regional association and at different institutions, I heard from senior psychiatrists who took many different paths across many different successful careers. The different mentorship events were equally illuminating, but the Life Member event was especially beneficial. There, I spoke with leaders in the field who were able to use their years of experience to help me chart a path for my own future. This was an essential meeting for my development as a psychiatrist, and I cannot express enough how much I appreciate the opportunity granted to me.

Thank you again for this invaluable opportunity. I deeply appreciate your commitment to promoting medical education and the development of child and adolescent psychiatrists. I am excited to apply the insights from this year's meeting to improve the lives of the patients and families I serve.

Sincerely,  
Philip Feibusch, MD  
CAP-2, Children's Hospital of Philadelphia

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

**Subject: Thank You Letter**

**Dear Members of the AACAP Executive Committee,**

I would like to extend my deepest gratitude to the AACAP Executive Committee for sponsoring this year's Educational Outreach Program. Your continued support makes it possible for early-career psychiatrists and trainees like myself to participate in the Annual Meeting and meaningfully engage with the broader child and adolescent psychiatry community.

This year's meeting was a particularly formative experience for me. Co-chairing my first Member Services Forum, "*Smart Tools for Smart Care: Demystifying Artificial Intelligence for Psychiatrists*," and presenting my workshop on a framework for evaluating social media use in adolescents have both been incredible opportunities for growth. The engagement from attendees was inspiring, sparking thoughtful discussions and allowing me to share practical tools that clinicians can bring back to their own practices. These sessions not only helped me refine my own understanding but also deepened my commitment to bridging innovation, education, and clinical care within our field.

The EOP experience has been instrumental in fostering these connections and helping me amplify the impact of my work. It has allowed me to learn from mentors, connect with peers (and friends!), and bring new insights back to my institution.

Programs like EOP are vital in shaping the next generation of child and adolescent psychiatrists. They nurture mentorship, leadership, and a sense of belonging that extends far beyond the meeting itself. I am sincerely grateful for your investment in our development and for ensuring that this program continues to thrive for future trainees.

Thank you again for your leadership, generosity, and commitment to nurturing the future of our field.

With appreciation,

**Fadi Hamati, MD**

Child and Adolescent Psychiatry Fellow  
NewYork-Presbyterian, Columbia–Cornell

**AACAP Executive Committee - EOP CAP CFAK**

c/o AACAP's Research, Grants and Workforce Department  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

**November 6th, 2025**

Dear Executive Committee,

I would like to express my sincere gratitude to the AACAP Executive Committee and the Research, Grants and Workforce Department for selecting me as a recipient of the EOP CAP CFAK award. I am truly honored by this recognition and deeply appreciative of your support for early career psychiatrists and child psychiatry fellows dedicated to advancing child and adolescent mental health.

This opportunity provided me with invaluable encouragement at a formative stage in my career. The mentorship, resources, and professional community fostered by AACAP 2025 will undoubtedly shape my development as a clinician and advocate for children and families. I met so many wonderful, warm, genuine people at the mentorship round table events and was reminded of the initial reasons why I felt so much clarity in choosing this field when I first attended AACAP as a fourth year medical student in 2019 at the very same hotel in Chicago. I became deeply grateful for how much I've grown as a person and a psychiatrist since then, thanks to being able to return to the conference in this final year of my training. Your investment in the future of our field is deeply inspiring, and I am committed to carrying forward the mission and values of AACAP in my ongoing training and future work.

Thank you again for your generosity, leadership, and commitment to cultivating excellence in child and adolescent psychiatry.

Sincerely,

**Frances Hessel, MD**

PGY-6, CAP 2

NewYork Presbyterian Hospital

Weill Cornell Medicine, Columbia Vagelos College of Physicians and Surgeons

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

November 6, 2025

Dear Executive Committee,

Thank you so much for your generosity and support! With the award, I was able to travel to Chicago to attend the annual meeting this year. One of the highlights this year was being able to present my research findings during one of the poster sessions. I was able to share my findings with colleagues in the field— so many people stopped by to discuss my results with me! I received valuable feedback from other physicians and researchers that I plan to incorporate as we are preparing the manuscript for submission. In addition to presenting, I attended several events (from more didactic-like to more interactive sessions). These allowed me to learn from experts in the field while also building my professional network. My favorite session that I attended was an interactive workshop on school avoidance. School avoidance has become an increasingly common concern among my patients and their families and this workshop gave me different strategies to assess and treat school avoidance that I had not heard about so far during training. I made several new connections that will shape my future career. I hope to continue to build on these experiences as I prepare to finish fellowship and transition to practicing as an attending.

Thank you again for your generosity and for helping make my trip possible!

Sincerely,

Tammy Hua, MD  
Child and Adolescent Psychiatry Fellow, PGY-5  
University of Washington

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

November 5, 2025

Dear Executive Committee,

I am writing to formally express my gratitude for being selected as a recipient of the Educational Outreach Program. Specifically, I would like to thank each one of you for the opportunities that I had during the week of AACAP. I had the chance to connect with and hear from life members at several events. I had many networking opportunities including being allowed the opportunity to meet one of my future attendings in my next fellowship at the Boston Children's Hospital reception which was a direct result of attending the mentoring events. I had interactions with several organizations that have potential employment opportunities for me. I also was able to attend the Substance Use Disorder Committee meeting where I was able to engage in the discussion and was able to step into a role as a Co-Chair of the sub-committee focused on the education of residents and fellows on substance use disorders in adolescents.

Finally, the recognition at the Young Leaders Awards Breakfast was wonderful. I very much appreciated the time and effort that went into this event.

Thank you again for your generosity and for this incredible opportunity. I am re-energized by this experience and I look forward to many more AACAP conferences throughout my career.

Sincerely,

Stephen Irwin, MD

He/Him/His

Clinical Fellow, PGY-5

Division of Child & Adolescent Psychiatry

Washington University in St. Louis

557-213-6795

irwins@wustl.edu

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

November 8, 2025

Dear Executive Committee,

I am writing to express my heartfelt gratitude and appreciation for this award. Due to financial limitations and residency obligations, I had previously never been to AACAP so this was a very exciting experience to say the least! This grant has provided me with lifelong peer and mentor relationships, invaluable educational materials, and career guidance during this pivotal year in my training. As a PGY-5 TB resident, I was able to connect with other TB residents and hear more about how CAP is practiced in different settings. This informative experience also allowed me to reflect on challenges we face in practicing child psychiatry in Texas and problem solve some of those barriers to care. It felt especially rewarding to be able to share these invaluable experiences and exposures with my co-residents during a journal club presentation this past Friday.

Thank you so much for your contributions which allowed me to attend the AACAP conference! I hope one day, I can pay this forward in my time and efforts to further the careers of future leaders.

Sincerely,  
Aisha S. Julakanti  
PGY-5, UT Southwestern Triple Board

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

Dear AACAP Executive Committee,

I wish to extend my deepest gratitude for your support of trainees interested in the field of child and adolescent psychiatry. I am honored to have been selected for the educational outreach program award to support my attendance at the past Annual Meeting. Additionally, I know that trainees from across the nation are so appreciative of these opportunities that support our attendance at these professional gatherings. Thank you for continuing to fund these types of awards and thank you for your continued support of trainees across the training spectrum.

It is so meaningful for trainees to have the support to attend these national meetings. To be able to learn from world-renowned experts across multiple sub-specialties within child and adolescent psychiatry, seek out mentorship from child and adolescent psychiatrists from diverse backgrounds and practice settings, and form peer mentorship relationships with other trainee colleagues is so important in shaping the professional growth of trainees. The Annual Meeting is so unique in creating a space for trainees to have access to all these things.

I feel so fortunate to have found my professional home in AACAP so early in my career. This organization brings together countless incredible individuals from around the world, all connected by the shared passion to better the future of child and adolescent mental health and well-being. I aspire to be an AACAP member throughout my entire child and adolescent psychiatry career and hope I can pay forward the support and mentorship I have been granted to future trainees.

Kind regards,

A handwritten signature in black ink that reads "Carly Kawanishi". The signature is written in a cursive, flowing style with a large, decorative initial 'C'.

Carly Kawanishi

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

November 6, 2025

Dear Executive Committee,

I want to thank you sincerely for supporting my attendance at this year's AACAP Annual Meeting in Chicago. As a first-year Child and Adolescent Psychiatry fellow, I'm grateful for the chance to learn alongside so many thoughtful clinicians and researchers.

I found the sessions on early psychosis particularly valuable, especially those emphasizing coordinated, team-based approaches and the role of family engagement in early intervention. The several talks I attended on behavioral dysregulation were also useful, offering practical tools for working with children and adolescents who struggle with emotional control and impulsivity. I appreciated learning about new research treatment approaches, especially the clinical case conferences, which helped me think more critically about how evidence translates into real-world care.

One of the most meaningful parts of the week was the Mentorship Program facilitated by attending psychiatrists on Thursday and Friday. The conversations there were candid and encouraging, offering perspective on the variety of paths within child and adolescent psychiatry and on how people have balanced clinical work, teaching, and personal life over time. Those discussions helped me reflect on what I hope to cultivate in my own career as I look ahead to finding my first post-fellowship job.

I left the meeting with a better sense of the field's direction and of the professional community I'm joining. Thank you for making it possible for trainees like me to participate in this kind of learning and connection early in our careers. Your support helps shape not just our education, but how we will show up for our patients and for one another in the years ahead.

Sincerely,  
Marga Kempner, MD PGY4  
University of Vermont Health

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

November 5, 2025

Dear Members of the AACAP Executive Committee,

I am writing to express my deepest gratitude to the American Academy of Child and Adolescent Psychiatry (AACAP) Executive Committee for sponsoring this year's Educational Outreach Program (EOP) and for your ongoing commitment to supporting child and adolescent psychiatry trainees.

As a child and adolescent psychiatry fellow and recipient of this year's EOP Award, I was honored to attend the AACAP Annual Meeting in Chicago. The experience was truly inspiring — from attending cutting-edge lectures and learning from leaders in the field, to meeting fellow trainees and mentors who share a passion for advancing child mental health. The opportunities for education, mentorship, and community that AACAP provides have had a profound impact on my professional growth and strengthened my commitment to this field.

I am sincerely thankful for the generous support of the Campaign for America's Kids, which made my participation possible. This investment in trainees like me not only broadens our clinical and academic horizons but also ensures that future generations of child and adolescent psychiatrists are equipped to serve children and families with excellence and compassion.

Thank you again for your continued dedication to supporting the next generation of child and adolescent psychiatrists.

With heartfelt appreciation,  
Jessica Kuo, DO

Child and Adolescent Psychiatry Fellow, PGY5

University of California, San Diego

Raul N Lara, MD FAAP  
3759 Bainbridge Rd  
Cleveland Heights, OH 44118  
10/29/2025

AACAP Executive Committee  
3615 Wisconsin Ave, NW  
Washington, D.C. 20016

Dear AACAP Executive Committee:

I am deeply honored and grateful for my selection of the AACAP EOP Award. This recognition is especially meaningful as I wrap up my training as a post-pediatric portal fellow at Case Western University/University Hospitals- Cleveland Medical Center.

It was incredibly invaluable to be able to attend the 2025 AACAP Annual Meeting as I was able to engage with leaders in the field, and participate in mentorship and networking. I was able to leverage connections made in the exhibitor hall as well as the various receptions in my search for a post-graduation position. There is no doubt that being able to attend this meeting will continue to enrich my professional development.

Thank you again for this generous support and for your commitment to fostering the next generation of child and adolescent psychiatrists. I am honored and proud to be part of the AACAP community

Sincerely,

A handwritten signature in black ink, appearing to be 'R. Lara', written in a cursive style.

Raul N Lara, MD FAAP

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

November 5, 2025

Dear Executive Committee,

I wanted to send a letter to thank you so much for allowing me to attend my first AACAP conference last week through the Educational Outreach Program. I have worked to become a child and adolescent psychiatrist since I was in high school, and now that I am near the end of my training it was incredibly meaningful to me to be able to meet colleagues with shared interests and learn from experts in child and adolescent psychiatry all over the country. I am so excited to be joining this community of child and adolescent psychiatrists when I graduate from fellowship this June. Thank you again for your generosity.

Sincerely

Helen Liljenwall, MD  
Chief Fellow PGY-5 | Division of Child and Adolescent Psychiatry  
UT Southwestern Medical Center

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

November 7, 2025

Dear Executive Committee,

I am writing to convey my sincere gratitude for being selected as a recipient of the Educational Outreach Program to attend the AACAP Annual Meeting, held in Chicago from October 20-25, 2025. It was an honor to receive this support, which was instrumental in my participation in such a distinguished annual conference.

The conference provided an exceptional opportunity for both academic and clinical enrichment. I was able to attend sessions highlighting recent advances in Tics and Tourette's, engage in scholarly discussions with leading researchers and clinicians regarding LGBTQ+ issues, and network both with past colleagues and current and future leaders of the field. These experiences have significantly broadened my perspective and will directly inform my ongoing clinical training at the University of Miami.

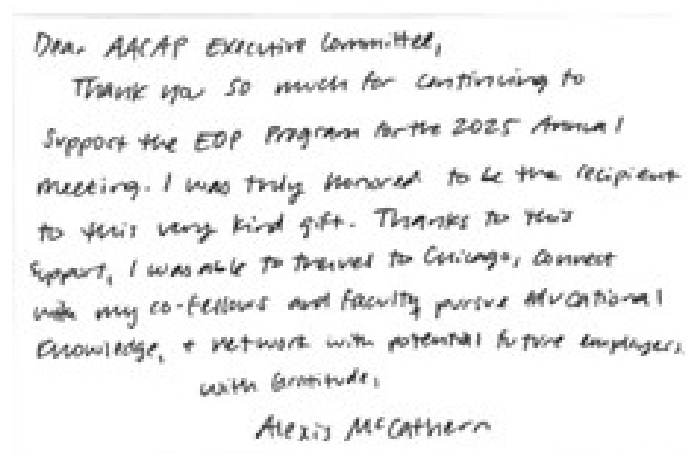
I am deeply appreciative of the committee's commitment to fostering professional development and scholarly exchange within the field of child and adolescent psychiatry. Please accept my heartfelt thanks for your generous support and for investing in the advancement of trainees and early-career professionals.

Sincerely

Alex Lucci, MD  
PGY5 Child and Adolescent Psychiatry Fellow  
University of Miami

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

November 13, 2025

A photograph of a handwritten note on lined paper. The text is written in cursive and expresses gratitude to the AACAP Executive Committee for their support of the EOP Program and the 2025 Annual Meeting. The sender, Alexis G. McCathern, mentions that the support allowed them to travel to Chicago, connect with colleagues, and gain professional knowledge and networking opportunities.

Dear AACAP Executive Committee,  
Thank you so much for continuing to  
support the EOP Program for the 2025 Annual  
Meeting. I was truly honored to be the recipient  
of your very kind gift. Thanks to your  
support, I was able to travel to Chicago, connect  
with my co-fellows and faculty, pursue additional  
knowledge, + network with potential future employers,  
with gratitude,  
Alexis McCathern

Alexis G. McCathern, MD  
UPMC Medical Education

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

November 13, 2025

Dear Executive Committee,

Thank you for sponsoring this year's American Academy of Child and Adolescent Psychiatry (AACAP) Educational Outreach Program (EOP) for Child and Adolescent Psychiatry Residents supported by the AACAP Campaign for America's Kids (CFAK).

The EOP CAP CFAK award gave me the invaluable opportunity to participate in AACAP's 2025 annual meeting where I met and learned from expert mentors in the field of child and adolescent psychiatry. My interactions with mentors and the knowledge I acquired during the meeting will help me as a child and adolescent psychiatry fellow to continue to explore ways to bridge the gap between the mental health needs of children and the availability of care, especially in underserved communities.

My wish is for this program to continue so that other trainees like me can have the opportunity to meet and learn from mentors like I did.

Sincerely,

Christian Morfaw, PGY-5, University of Minnesota

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

November 13, 2025

Dear Executive Committee,

I am deeply honored to have received the Educational Opportunity Program Child and Adolescent Psychiatry Fellow Campaign for America’s Kids award. Your generous support made it possible for me to attend the AACAP 2025 Annual Meeting—my very first—and I am truly grateful.

The meeting was an invaluable experience. I connected with inspiring colleagues and leaders in child and adolescent psychiatry, fostering relationships that will shape my future work. One highlight was a workshop on lifestyle psychiatry, which broadened my perspective on integrating holistic approaches to mental health and wellness into clinical care.

As I near the completion of my training, the knowledge and connections I gained will have a lasting impact on my practice and advocacy efforts. Thank you for investing in my professional growth and for your commitment to advancing psychiatric care for children and adolescents.

Sincerely,

A handwritten signature in black ink, appearing to read 'Grace Mueller', with a long horizontal flourish extending to the right.

Grace Mueller, MD

PGY-5

MaineHealth Maine Medical Center

November 6, 2025

AACAP Executive Committee  
EOP CAP CFAK  
C/o AACAP's Research, Grants, and  
Workforce Department  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

Dear Members of the AACAP Executive Committee,

I am writing to express my heartfelt gratitude for your continued sponsorship of the Educational Outreach Program (EOP). As a child and adolescent psychiatry fellow, I am deeply appreciative of the opportunity this program provides to trainees, allowing us to participate in the annual meeting without the stress of financial barriers.

Thanks to the EOP, I was able to focus my energy on what truly matters—connecting with colleagues, learning from leaders in the field, and engaging in meaningful professional development. I had the privilege of presenting my research and was thrilled to speak with others who share my interests. These conversations were both inspiring and motivating, reinforcing the importance of collaboration in advancing our field.

Additionally, I attended several workshops that will directly benefit my patients, particularly those focused on school avoidance and substance use treatment. The knowledge and skills I gained will have a lasting impact on my clinical practice and the care I provide to young people and their families.

Thank you again for your commitment to supporting trainees and for ensuring the continuation of the EOP. Your dedication is helping to nurture the next generation of child and adolescent psychiatrists, united by a common goal of healing and shaping our future.

With sincere appreciation,  
Sue Diamond Muggar, MD  
Child and Adolescent Psychiatry Fellow  
10524 Euclid Ave  
Cleveland, OH 44106

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

November 13<sup>th</sup>, 2025

Dear Executive Committee,

I want to extend my deepest gratitude for receiving the EOP CAP CFAK award. I feel extremely honored by this recognition from AACAP. I consider this award as pivotal as it supported my attendance at the AACAP Annual Meeting 2025, a crucial opportunity for my professional development as a second-year Child and Adolescent Psychiatry fellow. I was able to attend informative sessions and presentations on critical topics like childhood trauma, ADHD pathophysiology, Neurodevelopmental disorders and management among other topics, which are directly relevant to my expanding clinical interests and practice.

The AACAP Meeting allowed me to gain cutting-edge insights, expand my clinical knowledge, and refine essential skills in diagnostic assessment, psychopharmacology, and psychotherapy. I plan to strategically utilize the knowledge from the various sessions, poster presentations, and networking events to further enhance my ability to provide comprehensive, evidence-based care to my patients.

AACAP's investment through this award empowered me, as well as many other trainees, to learn the most current and effective practices to treat and manage our child and adolescent patient population. I am profoundly grateful for your generosity and belief in my dedication to the health and future of America's youth.

Sincerely,

Beenish Safdar  
PGY-5, Child and Adolescent Psychiatry Fellow  
Zucker Hillside Hospital, Northwell Health

**5 November 2025**

## **AACAP EXECUTIVE COMMITTEE – EOP CAP CFAK**

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

Dear Members of the AACAP Executive Committee,

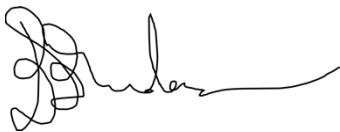
I would like to extend my heartfelt appreciation to both the AACAP Executive Committee and AACAP's Endowment Fund for their generous sponsorship of my participation in the AACAP 2025 Annual Meeting. As a Triple Board Resident striving to acquire knowledge, establish professional networks, and foster connections, I am deeply grateful to AACAP for serving as my educational and professional haven during this critical phase of my career. Your generous grant not only enabled me to showcase my work on both national and international platforms but also empowered me to give back by mentoring medical students and prospective candidates interested in Child Psychiatry programs.

Furthermore, this invaluable opportunity allowed me to forge connections with a multitude of mentors at different stages of their Child and Adolescent Psychiatry careers. I had the privilege of benefiting from the wisdom and insights of esteemed Life Members and dedicated individuals involved in Training & Education. The Educational Outreach Program Grant that you bestowed upon me has made a profound impact, and I am committed to perpetuating this positive influence by continuing to mentor the next generation of medical students venturing into the field of Child and Adolescent Psychiatry.

In addition to my mentoring endeavors, I pledge to remain actively engaged with AACAP throughout the years to come, contributing my time and expertise to further the organization's mission. I am excited about the prospect of a lifelong journey of community engagement and continuous learning through my continued membership in AACAP.

Once again, I extend my heartfelt gratitude to the AACAP Executive Committee and to the Campaign for America's Kids for this incredible opportunity and the enduring support that will undoubtedly shape the trajectory of my career in Child and Adolescent Psychiatry.

SINCERELY,



BHARAT SANDERS, MD  
TRIPLE BOARD PGY4, UNIVERSITY OF UTAH HEALTH

# AACAP EXECUTIVE COMMITTEE – EOP CAP CFAK

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

11/12/2025

To Whom It May Concern:

It is an honor to express my sincere gratitude for being selected to receive the Educational Outreach Program award supporting trainee attendance at the AACAP Annual Meeting. As I recently completed my child and adolescent psychiatry fellowship at Duke and transition into early attendinghood, this support comes at a pivotal moment. The financial relief is meaningful, but the true impact of this award is the continued access it provides to a professional home that has shaped every stage of my development.

This year's meeting represented my sixth consecutive AACAP Annual Meeting and, in many ways, the most meaningful. What began years ago with the wide-eyed curiosity of a medical student has unfolded into a full-circle experience of leadership, mentorship, and purpose within the Academy. Returning to the meeting now—as the outgoing Jerry M. Wiener Resident Member of Council—offered a unique vantage point from which I could see the arc of my journey and appreciate the hands that steadied and guided me along the way.

Throughout the week, moments of reflection blended naturally with moments of forward momentum. I crossed paths with mentors who first welcomed me into the Academy, individuals whose early encouragement planted seeds that have since grown into a deep commitment to national trainee advocacy. At the same time, I found myself approached by medical students, residents, and fellows seeking the same guidance I once needed—reminding me how essential these networks of support are for cultivating the next generation of child and adolescent psychiatrists.

This year's meeting also offered unparalleled opportunities to deepen my work in complex neurodevelopmental presentations including catatonia—a clinical area that has become both my passion and my calling. I attended symposia and discussions that expanded my understanding, connected with national experts whose work has guided my care for some of the most complex patients, and had conversations that will directly inform my emerging practice. It was profoundly meaningful to share space with colleagues who are equally

Megan Single, MD, Spectrum Psychiatric Services

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AACAP Jerry M. Wiener Resident Member of Council 2023—2025

committed to advancing care for neurodevelopmentally disabled individuals with severe mental illness—a population whose needs are vast and whose access to knowledgeable clinicians remains limited.

Yet the heart of AACAP is found not only in its educational offerings, but in the community that forms around them. Some of my most meaningful moments occurred over coffee or in between sessions—conversations with leaders who generously offered mentorship, advice, and encouragement as I work to launch my practice and continue contributing to the Academy’s mission. These interactions exemplify the way our professional lives unfold not as isolated achievements, but as a shared arc—one built through mentorship, reciprocity, and the quiet passing of wisdom from one generation to the next.

I am deeply grateful to the donors who make these opportunities possible. The financial support is invaluable, but the long-term impact is immeasurable: it allows trainees to access a community that propels their growth, sharpens their identity as child and adolescent psychiatrists, and instills a commitment to pay forward the generosity they have received. I am committed to doing just that—ensuring that those who follow have the same opportunities to feel seen, supported, and inspired as they chart their own paths.

Thank you for investing not only in my education, but in the future of our field.

Sincerely,

A handwritten signature in black ink that reads "Megan Single". The signature is written in a cursive, flowing style with a large initial "M".

Megan Single

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

November 8, 2025

Dear Executive Committee,

Thank you for giving me the invaluable opportunity to attend this year's AACAP Annual Meeting. The committee's support made it possible for me to be there without worries, allowing me to fully focus on learning and furthering my career. I was able to reconnect with familiar faces and build new relationships in one of my favorite cities.

The dedicated EOP sessions were especially meaningful. They gave me the chance to connect with established mentors, colleagues, and fellow trainees. The guidance I received has already helped me as I navigate fellowship and early career decisions, and the sense of community was both energizing and inspiring.

Thank you again for the support and for the exceptional work that helps cultivate the next generation of child and adolescent psychiatrists. I look forward to staying engaged with AACAP and carrying forward the knowledge and inspiration I gained through this experience.

Sincerely  
Dustin Wong, PGY5, Kaiser Permanente

November 11, 2025

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

Dear AACAP Executive Committee,

I am writing to express my gratitude for selecting me as a recipient of the Educational Outreach Program (EOP) award, supported by the AACAP Life Members Fund. It is an honor to be recognized by your committee, and I am deeply appreciative of your generosity in making it possible for trainees like myself to attend the American Academy of Child and Adolescent Psychiatry (AACAP) Annual Meeting.

Attending the AACAP conference was an invaluable experience that has greatly enriched my professional development. The opportunity to participate in high-quality educational sessions, engage in thought-provoking discussions, and learn from leaders in the field has broadened my understanding of child and adolescent psychiatry. I was especially inspired by the plenary sessions and the chance to hear from distinguished speakers about the progress and future directions of our field.

One of the most meaningful aspects of the EOP award was the opportunity to connect with mentors and colleagues from across the country. The mentorship meetings and networking events, including the Life Members Committee dinner, allowed me to build relationships with both established and emerging leaders in child and adolescent psychiatry. These connections have already begun to shape my perspective and aspirations as I continue my training and look forward to contributing to our field.

Your support not only made my attendance at the conference possible, but also reaffirmed my commitment to advancing the mental health and well-being of children, adolescents, and their families. I am inspired by the dedication of the Life Members Committee to fostering the next generation of child and adolescent psychiatrists, and I hope to one day give back to this community in the same spirit of mentorship and support.

Thank you again for your generosity and for the vital role you play in supporting trainees and early career psychiatrists. I am truly grateful for this opportunity and look forward to carrying the knowledge and inspiration I gained at the AACAP Annual Meeting throughout my career.

With sincere appreciation,

Whitney Worsham, MD  
Child and Adolescent Psychiatry Fellow, PGY-5  
Massachusetts General Hospital/McLean

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

November 13, 2025

Dear Executive Committee,

I am writing to express my sincere gratitude for the AACAP Educational Outreach Program Award for Child and Adolescent Psychiatry Residents, supported by the AACAP Campaign for America's Kids. The generous award provided me the invaluable experience of attending the AACAP 2025 Annual Meeting in Chicago, IL as a first-year CAP fellow.

The annual meeting was a uniquely enriching opportunity to engage with the breadth and depth of sessions covering essential topics, new advances, and diverse perspectives in child and adolescent psychiatry. I was particularly inspired by the chance to meet and learn from mentors and leaders in the field, whose insights have strengthened my commitment to pursuing a career in CAP. Connecting with both peers and professionals who are passionate about child mental health engendered a sense of community and belonging that I appreciate. Moreover, presenting the posters I co-authored allowed me to share my work, receive meaningful feedback, and further refine my research interests. This experience has deepened my passion for child and adolescent psychiatry and helped me navigate my journey toward becoming an academic clinician who contributes meaningfully to the mental health and well-being of young people.

Thank you again for investing in the development of future child psychiatrists. Your support has been both encouraging and transformative. I am deeply appreciative of all the activities and resources that AACAP offers and intend to continue my engagement with AACAP.

Sincerely,

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

Margaret Yau, MD, MS  
Child & Adolescent Psychiatry Fellow, CAP-1  
UCLA Semel Institute for Neuroscience and Human Behavior