

AACAP Educational Outreach Program for General Psychiatry Residents, supported by AACAP's Endowment Fund

The AACAP Educational Outreach Program provides the opportunity for general psychiatry residents to receive a formal overview of child and adolescent psychiatry, establish mentor relationships with child and adolescent psychiatrists, and experience AACAP's Annual Meeting. Supported by AACAP's Endowment Fund, recipients receive \$1,200 of financial assistance to experience AACAP's Annual Meeting.

Faiza Ahmad, MD—University of Texas Rio Grande Valley

Sydnee Akubuiro, MS, MD—Emory University

Jamie S. Baik, MD, MEd—Cambridge Health Alliance

Seo Yeon “Ester” Choi, MD—Temple University Hospital

Ayse Kubra Coskun, MD, MA—Creighton University

Melita D’Almeida, MBBS—Baptist Health—University of Arkansas for Medical Sciences

Nurhak Dogan, MD—University of Texas Health Science Center at Houston

Chesley R. Ekelem, MD—Stanford University

Anushree M. Jagtap, MD—Central Michigan University/CMU Medical Education Partners

Himani S. Jani, DO, MBA—Inspira Health Network/Inspira Medical Center Vineland

Jeun Jun, DO—Arrowhead Regional Medical Center

Mindy M. Kim, MD—University of California, San Diego

Minseo Kwak, MD, PharmD—Rutgers Health/Robert Wood Johnson Medical School

Jasmine Liu-Zarzuela, MD, MPH—University of Texas Southwestern

Sand G. Mastrangelo, MD—Mass General Brigham/Brigham and Women’s Hospital/Harvard University

Austin Nguy, MD—University of California, Riverside

Azma Parhin, MD—Lakeland Regional Health

Monica Perdomo, MD—NewYork-Presbyterian Hospital/Columbia University/New York State Psychiatric Institute

Thien-Huong M. Pham, MD—Louisiana State University/Ochsner Clinic Foundation

Michelle F. Qiu, MD—Prisma Health/University of South Carolina, Columbia

Stephanie A. Quainoo, MD—Zucker School of Medicine at Hofstra/Northwell at Zucker Hillside Hospital

Matthew S. Rios, MD—UCLA David Geffen School of Medicine/UCLA Medical Center

Muhammad Saad, MBBS—Texas Tech University Health Sciences Center, Permian Basin

Daniela Sanchez, MD—Baylor College of Medicine

Arpit Singh, MD—University of Texas Health Science Center at Houston

AACAP Educational Outreach Program for General Psychiatry Residents, supported by AACAP's Endowment Fund (*continued*)

Abigail T. Tarasewicz, DO—Mayo Clinic, Rochester

Quy L. Tat, MD—University of Colorado

Justina Toma, DO—West Virginia University

Julia L. Versel, MD, MSc—Mass General Brigham/Brigham and Women's Hospital/Harvard University

Aria D. Vitale, MD—MedStar Georgetown University Hospital

AACAP Educational Outreach Program for General Psychiatry Residents

Supported by AACAP's Endowment Fund

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



Check out these committees, AACAP group events & program offerings!

- Medical Students & Residents (MSRs)
- Presidential Theme Sessions
- Training & Education Committee
- MSR Roadmap

also consider...

- Plenary sessions
- Networking events
- Honors presentations
- CAP@Home sessions

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 **three 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 PyschStream

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

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

December 4, 2025

Dear Executive Committee,

I am writing to express my sincere gratitude for selecting me as a recipient of the *Educational Outreach Award* to attend the 2025 AACAP Annual Meeting. As a PGY-2 psychiatry resident training in South Texas with a strong interest in Child and Adolescent Psychiatry, this opportunity means so much to me both professionally and personally.

Attending the AACAP conference allowed me to learn from leaders in the field, strengthen my clinical and research skills, and connect with mentors who inspire my career path. Coming from a region where access to specialized child psychiatry resources can be limited, I was especially excited to bring back what I learn to better serve children and families in underserved communities.

Thank you again for your generosity and commitment to supporting early-career psychiatrists. I am deeply honored by this recognition and look forward to being part of future AACAP Annual meetings.

Sincerely,

Faiza Ahmad
PGY-2 Psychiatry Resident
UTRGV School of Medicine

AACAP Executive Committee – EOP GEN EF
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 sincere gratitude for selecting me as a recipient of the Educational Outreach Program for General Psychiatry Residents, supported by the AACAP Endowment Fund. It is an incredible honor to be recognized among such a competitive group of applicants.

As a general psychiatry resident deeply committed to improving mental health outcomes for children and adolescents, I am truly grateful for the opportunity to have been able to engage with mentors, learn from leaders in the field, and participate in the AACAP 2025 Annual Meeting. This experience undoubtedly strengthened my clinical and academic foundation as I continue pursuing a career dedicated to serving underserved youth.

Thank you again for your generosity and for investing in the next generation of child and adolescent psychiatrists. I am extremely grateful for your support

With gratitude,
Sydnee Akubuiro, MS, MD
Psychiatry Resident, Emory University School of Medicine

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

November 11th, 2025

Dear Executive Committee,

I am writing to thank you for the generous support you provided in funding my AACAP 2025 journey at Chicago this past week. This was such a wonderful experience that would not have been possible without additional support from you. I was able to give two Clinical Perspectives presentations which were received very well. The first presentation, "Cognitive Distortions & Psychosis: Breaking Down Our Own Stereotypes" focused on CBT for Psychosis. The second, "Navigating Cannabis Legalization and Youth Mental Health," was part of a larger series on addiction in transitional age youth. This was an incredible opportunity that has made me excited to present and teach again in the very near future. I enjoyed attending several sessions that helped me further my knowledge of psychopharmacology and child identity development, and connecting with different committees that have many exciting projects in the pipeline!

The EOP program is important for stimulating interest in child and adolescent psychiatry, and I wholeheartedly support continuing this program in the future. When I am in a place where I am financially able to do so, I would like to support medical students and residents in similar ways to continue the tradition of generosity and mentorship inspired by AACAP.

Thank you so much again for awarding me through the EOP for General Psychiatry Residents, and see you next year in Atlanta!

Sincerely,



Jamie Baik, MD, MEd, PGY-2
Cambridge Health Alliance Adult Psychiatry

Seo Yeon “Ester” Choi, MD

PGY-2, Temple University Hospital Department of Psychiatry
Philadelphia, PA
Seoyeon.choi@tuhs.temple.edu

October 31, 2025

AACAP Executive Committee

AACAP Executive Committee - EOP GEN EF
c/o AACAP’s Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

Dear Members of the AACAP Executive Committee,

I would like to extend my sincere gratitude to the AACAP Executive Committee and the AACAP Endowment Fund for sponsoring this year’s Educational Outreach Program (EOP) for General Psychiatry Residents. As a PGY-2 resident at Temple University Hospital without a Child and Adolescent Psychiatry (CAP) Fellowship program, receiving this award made it possible for me to attend the AACAP Annual Meeting and gain valuable exposure to the field of child and adolescent psychiatry.

Through the EOP, I attended sessions that deepened my understanding of clinical psychiatry and connect with mentors in this vibrant community. I also had the opportunity to serve as a Monitor for the Presidential Interview session with Bryan Stevenson, JD, and Howard Stevenson, PhD. This was a meaningful experience that broadened my perspective on the societal forces shaping youth mental health.

Additionally, I was able to discuss my interests in cross-cultural psychiatry and global mental health research with mentors during the MSR Networking events and the Young Leaders Awards session. These conversations encouraged me to continue developing research ideas, and I hope to submit a presentation for the next AACAP Annual Meeting.

The EOP initiative makes a meaningful difference for residents like me who are eager to grow, learn, and contribute to the next generation of child and adolescent psychiatrists. I am grateful for AACAP’s continued support of trainees and early-career psychiatrists.

Sincerely,



Seo Yeon “Ester” Choi, MD
PGY-2, Temple University Hospital Department of Psychiatry
EOP Award Recipient, 2025 AACAP Annual Meeting

Ayse Kubra Coskun, MD, MA
PGY-2 Psychiatry Resident
Creighton University, Rural Track & Clinician-Educator Pathway
Omaha, NE
aysekubracoskun@creighton.edu
+1(832)282-4128

October 30, 2025

AACAP Executive Committee – EOP GEN EF Program
3615 Wisconsin Avenue, NW
Washington, DC 20016

Dear Members of the AACAP Executive Committee,

I would like to express my deepest gratitude for the opportunity to participate in the *Educational Outreach Program (EOP) for General Psychiatry Residents*, generously supported by the AACAP Endowment Fund.

Attending the 2025 AACAP Annual Meeting in Chicago was an inspiring and transformative experience. Through the EOP, I gained invaluable exposure to the breadth of Child and Adolescent Psychiatry, participated in thought-provoking sessions, and connected with mentors and colleagues who share a commitment to advancing child mental health.

I also had the privilege of presenting my research, “*Behavioral and Quality of Life Challenges in Pediatric Wilson Disease*,” during the Data Blitz session. This experience not only allowed me to share our team’s work with a national audience but also reinforced my passion for pursuing a career at the intersection of research, education, and clinical care in child and adolescent psychiatry.

I am sincerely grateful to AACAP for investing in the growth of early-career psychiatrists. The EOP’s thoughtful structure—blending mentorship, scholarly engagement, and service—has a lasting impact, particularly for residents like myself training in rural and underserved settings. I look forward to carrying forward the spirit of this initiative by contributing to AACAP’s mission and mentoring future trainees.

Thank you again for your vision, generosity, and unwavering commitment to supporting the next generation of psychiatrists.

With appreciation and respect,



Ayse Kubra Coskun, MD, MA
PGY-2 Psychiatry Resident
Creighton University

AACAP Executive Committee – EOP GEN EF
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 heartfelt gratitude for the generous support of the AACAP Endowment Fund, which made my Educational Outreach Program (EOP) Award possible.

Attending the AACAP Annual Meeting through this award was an incredibly meaningful experience. It not only broadened my understanding of child and adolescent psychiatry but also deepened my commitment to pursuing a career dedicated to improving the mental health and well-being of young people. The sessions, mentorship, and connections I gained have truly inspired me to continue learning and growing in this field.

I am deeply appreciative of AACAP's ongoing efforts to invest in the development of trainees and to foster the next generation of child and adolescent psychiatrists. Thank you again for your generosity and for believing in the potential of young professionals like me.

Sincerely

Melita D'Almeida
PGY-3
General Psychiatry
Baptist Health - UAMS

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

November 11, 2025

Dear Executive Committee,

I am writing to express my sincere gratitude for selecting me as a recipient of the AACAP Educational Outreach Program for General Psychiatry Residents, supported by the AACAP Endowment Fund for this year's AACAP Meeting in Chicago. It is a true honor to be part of a program that invests in the professional growth and academic development of future child and adolescent psychiatrists.

Participating in this year's AACAP Annual Meeting has been an invaluable experience for me. The sessions, mentorship opportunities, and interactions with leaders in the field have greatly enhanced my understanding of child and adolescent psychiatry and inspired me to pursue a lifelong commitment to advancing mental health care for young people as a current child-track resident. I especially valued the Breakfast with Professor Mina Dulcan, where I had the opportunity to learn about the latest updates in ADHD clinical practice. Clinical perspectives sessions provided exceptional insight into emerging topics and evidence-based approaches, while the program's mentorship and networking opportunities allowed me to connect with inspiring leaders and peers who share a deep commitment to improving child and adolescent mental health. These experiences have profoundly strengthened my motivation to pursue a career dedicated to this field.

In addition, I was honored to serve as a session monitor during the conference. This role gave me a unique opportunity to engage more closely with the academic and organizational aspects of the meeting, observe expert presenters, and contribute to the smooth facilitation of educational sessions. It was a rewarding experience that deepened my appreciation for the collaborative and scholarly spirit of the AACAP community.

I am deeply appreciative of the AACAP Executive Committee's vision and generosity in supporting this initiative. Programs like the Educational Outreach Program make a profound difference in nurturing residents' interest and involvement in child and adolescent psychiatry. I strongly support the continuation of this program so that future residents can benefit from the same educational and professional opportunities that I was privileged to experience.

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

Sincerely

Nurhak Dogan, MD

PGY2 Resident at University of Texas Health Science Center at Houston

AACAP Executive Committee – EOP GEN EF
c/o AACAP Research, Grants, and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC 20016

Dear AACAP Executive Committee,

I wanted to take a moment to express my sincere gratitude for the opportunity to attend AACAP for the very first time. Thank you so much for the EOP GEN EF Program Award, which made my participation possible. I had an incredible and deeply meaningful experience at the conference.

Some of my favorite sessions included Exploring Diverse Paths in Child and Adolescent Psychiatry for Students and Trainees, as well as the two mentorship programs for medical students and residents. I also had the pleasure of serving as a monitor for two very fun wellness activities—yoga and the sunrise cycling tour.

I attended sessions every day from morning until evening and learned so much about becoming a better advocate and clinician for children and adolescents. I met inspiring individuals across all stages of training and leadership, and I even had the chance to mentor medical students I met between sessions—relationships I look forward to nurturing throughout my career.

I also appreciated the opportunity to speak with CAP fellows and program directors at more than six institutions, gaining valuable insights that will inform my upcoming fellowship application cycle. Additionally, I learned updated guidelines on substance use disorders in youth and new approaches to assessing aggression in children. The Thursday evening social events were another highlight and offered a wonderful setting to continue connecting with colleagues.

I truly hope to return to AACAP next year. It is clear to me how conferences like this one foster lifelong friendships and meaningful cross-institutional collaboration.

With utmost gratitude,
Chesley Ekelem, MD

November 11, 2025

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

Dear Members of the AACAP Executive Committee,

Subject: Thank You for Supporting My AACAP EOP Endowment Fund Award

I am writing to express my sincere gratitude for selecting me as a recipient of the Educational Outreach Program (EOP) Endowment Fund award. Your generous support made it possible for me to attend the 2025 AACAP Annual Meeting in Chicago which was a truly meaningful and enriching experience.

Participating in the conference gave me the opportunity to connect with mentors and colleagues who share a deep commitment to advancing child and adolescent psychiatry. I especially appreciated the chance to learn from leaders in the field, engage in thoughtful discussions, and bring new insights back to my training and clinical work.

This experience not only strengthened my knowledge and professional development but also reaffirmed my passion for serving children, adolescents, and families through compassionate, evidence-based care. I am deeply thankful for the investment the Endowment Fund makes in supporting trainees like me. It plays an invaluable role in shaping the future of our field.

Thank you again for your generosity and for making this opportunity possible.

Warm regards,

Anushree Jagtap, MD
CMU Psychiatry, PGY-2

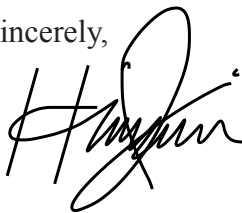
AACAP Executive Committee - EOP GEN EF
c/o AACAP's Research, Grants and Workforce Department
3615 Wisconsin Avenue, NW
Washington, DC. 20016

November 8th, 2025

Dear Executive Committee,

Thank you so much for the incredible honor of being selected as a recipient of the Educational Outreach Program Award at this year's AACAP Annual Meeting in Chicago, Illinois. It was an unforgettable experience that allowed me to learn, connect, and grow both personally and professionally. I am deeply grateful for the enriching opportunities this award provided me as an aspiring child and adolescent psychiatrist. The annual meeting offered a remarkable range of sessions that expanded my understanding of both clinical and emerging areas of practice. I attended presentations on psychotherapy, the evolving role of artificial intelligence in psychiatry, substance use disorders, and new treatments for ADHD. Hearing from experts in these areas gave me a clearer sense of my clinical interests and reinforced my commitment to providing thoughtful, evidence-based care. This year's meeting was especially meaningful because I had the chance to meet my colleagues from the Medical Student and Resident (MSR) Committee in person after collaborating virtually. I was also able to share highlights of the Annual Meeting through Instagram, allowing trainees to experience important moments of the conference if they could not attend. I took part in wellness sessions, including yoga, which provided time for reflection and emphasized the importance of balance and self-care in our work. Throughout the week, I had countless opportunities to connect with child and adolescent psychiatrists, program directors, and fellow trainees from across the country. These interactions offered mentorship and deepened my appreciation for the supportive network within our field. I left the meeting with a renewed sense of purpose, greater knowledge, and lasting professional connections that will continue to shape my journey. Attending the AACAP 2025 Annual Meeting as an Educational Outreach Program awardee truly strengthened my foundation as a future child and adolescent psychiatrist, and I am sincerely thankful for this opportunity and for everyone who made it possible.

Sincerely,

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

Himani Jani, D.O., M.B.A.
PGY-2, Inspira Health Network in Vineland, NJ

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

December 1, 2025

Dear Executive Committee,

I wanted to extend my sincere gratitude for the generous scholarship that allowed me to attend my first AACAP annual meeting. It was an incredibly meaningful experience, one that strengthened my clinical interest in child and adolescent psychiatry and connected me with mentors and colleagues who have already accomplished so much in the field. I learned so much throughout the conference, and I left feeling truly inspired and excited about my future in child and adolescent psychiatry. Thank you for investing in trainees like me and for making opportunities like this possible.

With gratitude,

A handwritten signature in black ink, appearing to read 'Jina Jun', with a stylized flourish at the end.

Jina Jun, DO
PGY-2 Psychiatry Resident, ARMC

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

November 7, 2025

Dear Executive Committee,

I would like to extend my heartfelt gratitude to the AACAP Executive Committee and the Endowment Fund for awarding me the Educational Outreach Program General Psychiatry Resident Award. It was a tremendous honor to be selected, and the experience profoundly enriched my growth as a developing child and adolescent psychiatrist.

As a PGY-3 psychiatry resident on the Community Track at UC San Diego, my passion lies in advancing youth mental health through a lens of advocacy, community partnership, and culturally attuned care. The opportunity to attend the AACAP Annual Meeting through this award has been pivotal in shaping both my clinical and professional trajectory as I apply for Child and Adolescent Psychiatry fellowship this cycle. Through this experience, I was able to immerse myself in sessions that deepened my understanding of identity, belonging, and systemic factors influencing youth mental health. A few sessions that stood out to me included the Asian Child and Adolescent Psychiatry Caucus, where I felt a strong sense of solidarity and shared purpose among clinicians working to uplift Asian American youth voices, and the thought-provoking workshop, "From Bystander to Upstander: Empowering Future Psychiatrists When Facing Cultural Dilemmas and Microaggressions Using Improvisational Theater-Based Education." These sessions not only strengthened my clinical insight but also inspired me to integrate advocacy and cultural humility more deeply into my practice.

Receiving this award reaffirmed my commitment to becoming a child and adolescent psychiatrist who bridges research, education, and advocacy to address inequities in youth mental health. The conference allowed me to connect with mentors and peers who are similarly passionate about public psychiatry and social determinants of health, further motivating me to pursue projects that examine how systemic factors including insurance disparities and unmet social needs impact psychiatric outcomes in vulnerable youth. I am deeply grateful to the Endowment Fund and AACAP for investing in residents like me, who aspire to carry this spirit of service and leadership forward. The support from this award has been transformative, both in broadening my vision for my career and reinforcing my responsibility to advocate for children and families across diverse communities.

Thank you again for this invaluable opportunity and for fostering the next generation of child and adolescent psychiatrists dedicated to equity, compassion, and innovation.

With sincere appreciation,

Mindy Kim, MD
PGY-3 Psychiatry Resident, Community Track
University of California, San Diego

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

November 13, 2025

Dear Executive Committee,

I am grateful to the American Academy of Child and Adolescent Psychiatry (AACAP) and the Endowment Fund for selecting me to be part of the Educational Outreach Program (EOP) for General Psychiatry Residents. Attending the 2025 AACAP Annual Meeting in Chicago was an incredibly enriching and inspiring experience, and as this was my first time participating in the AACAP Annual Meeting, the support provided through this award truly made it possible for me to attend.

Through the EOP, I had the opportunity to attend sessions led by distinguished mentors, engage in thoughtful discussions about career development in child and adolescent psychiatry, and connect with peers and leaders who are deeply committed to advancing youth mental health. The program's mentorship components, educational sessions, and networking opportunities provided invaluable insight into the diverse career paths within the field and strengthened my commitment to pursuing a career in child and adolescent psychiatry.

I am deeply appreciative of the Executive Committee and the AACAP Endowment Fund for making this opportunity possible. Your investment in the education and development of residents like myself supports the next generation of psychiatrists dedicated to improving the mental health and well-being of children and families.

Thank you again for this remarkable experience and for your ongoing support of resident education and mentorship.

Sincerely,

Minseo Kwak, MD PharmD
PGY3 General Psychiatry Resident
Rutgers Health/Robert Wood Johnson Medical School

November 6, 02025

AACAP Executive Committee - EOP GEN EF

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 sincere gratitude for being selected as a recipient of the Early Opportunity Program (EOP) Award for the 2025 AACAP Annual Meeting. It is such an incredible honor to be part of this supportive and motivating program, and I am forever appreciative of the support from the Endowment Fund.

This award significantly alleviated the financial burden associated with travel and registration, and it allowed me to fully focus on engaging with the content of the meeting, contribute meaningfully to sessions, and foster connections with peers and mentors. Attending the Annual Meeting this year was particularly important, as it was the first time I had the honor of co-presenting in several sessions and chaired my first wellness event. Additionally, as a second-year resident, it was incredibly beneficial to attend so many informative and innovative lectures as I am transitioning into more advanced clinical responsibilities. The knowledge and relationships I gained at the conference will help guide and shape the next phase of my career in child and adolescent psychiatry. For example, I had the opportunity to meet my AACAP Asian Caucus mentor, Dr. Lipi Gupta, in-person for the first time, and we had a lovely conversation that will be the first of many in the years to come.

Thank you once again for your generosity and for making this experience possible. Your commitment to supporting the next generation of child and adolescent psychiatrists is inspiring, and I am extremely thankful for your investment in my future. I am excited to continue to engage in AACAP through several mechanisms, and I look forward to the next AACAP conferences.

Sincerely,

Jasmine Liu-Zarzuela
UT Southwestern Psychiatry Residency Program

November 1, 2025

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

Dear AACAP Executive Committee,

I want to take this opportunity to sincerely thank you for the financial support to attend AACAP this year in Chicago as an EOP Award recipient.

As a non-traditional resident and someone who completed 3 years of post-graduate training in a different specialty prior to psychiatry, I can say, without a doubt, this was one of the most inclusive and expansive conferences I have attended.

The programming, wellness, and networking opportunities were each so thoughtfully planned, and it was a formative experience to present a PechaKucha at the Training Director Luncheon on Friday afternoon. The ability to connect with leaders in the field in myriad settings provided ample opportunity for meaningful conversation.

As an adult learner, it was also refreshing to have the ability to select sessions that reflected my professional and personal interests. There was a perfect balance of required sessions, and I never felt limited in my ability to wholly participate in self-directed learning.

It is my sincere hope that funding for this program continues to encourage diverse resident participation and representation. I will most certainly encourage my co-residents to apply for this opportunity to enhance their learning and commitment to caring for children, adolescents, and their families.

With sincere and heartfelt gratitude,

Sand Mastrangelo
Brigham and Women's Hospital



900 UNIVERSITY AVENUE, SCHOOL OF MEDICINE EDUCATION BUILDING, RIVERSIDE, CA 92521

AACAP Executive Committee - EOP GEN EF

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

3615 Wisconsin Avenue, NW

Washington, DC. 20016

November, 11th 2025

Dear AACAP Executive committee,


I want to earnestly thank you for sponsoring me to go to AACAP in Chicago this year. This was my very first AACAP conference. I truly enjoyed the inviting and welcoming feeling the conference gives. I met with colleagues around the country and shared our mutual interests in child and adolescent psychiatry. I was particularly drawn to various sessions regarding trauma and global health. I will have to share that this conference was life changing.

One memorable session was sitting in a session that was supported by the disaster committee. This was looking at catastrophic disasters after a longitudinal session. We had skilled speakers talk about multiple disasters from a longitudinal perspective. One of the most memorable was Dr Fornari who was talking about the Avianca plane crash from Colombia to NYC in 1990. He recounted how as a child psychiatrist that was called for disaster relief, he at first did not think he would be of any help in the beginning (from the wounds and shrapnel of the ED room). However, he found that his role grew as these the psychological footprint is often larger than the medical ones. Children who suffered through the disaster of losing parents and siblings in an instant. The chills came when he brought on one of the child survivors over zoom, now a mother. She experienced the accident when she was 8 and lost both her brother and her mother in an instant. Through months of intensive trauma therapy and groups she was able to go back home to Colombia. It was only when her own daughter turned 8 that she got all the flashbacks of her time back in NYC. She then emailed

and reconnected with the child psychiatrist and thanked him. He told us that we can often talk in terms of ourselves “before the trauma” and “after the trauma.” I was so grateful to hear her story and his. It was one of those powerful moments of humanism and kept me inspired to do the hard work of doctors.

We were successful to presenting our poster session: “To Supplement or to Stimulant” looking at whether naturopathic in the addition to stimulants were related to worse functional outcomes of ADHD using large health databases through TrinetX. I also enjoyed the opportunity to meet programs at various receptions and to dance the night away at our diversity showcase. It is so great to see folks who are passionate about child psychiatry but who also know how to love life and enjoy themselves.

I left feeling inspired but what child psychiatrist do. It was such a lovely and joyful experience. I am happy to say that I will continue to pursue child psychiatry. I am marking my calendar every October to be at AACAP! I'll see y'all in Atlanta!



Austin Nguy, MD
UC Riverside School of Medicine
Psychiatry Resident Pgy-3
He/him

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

Nov 11, 2025

Dear Executive Committee,

I am writing to express my sincere gratitude for being selected as a recipient of the Educational Outreach Program (EOP) Award. This generous support made it possible for me to attend the AACAP's annual conference in Chicago, an experience that has been profoundly impactful on my professional development.

The opportunity to participate in the full scope of the conference was invaluable. I benefited immensely from the diverse **learning** opportunities, gaining exposure to the latest research and clinical advancements in child and adolescent psychiatry. Furthermore, the conference facilitated critical **networking** with peers and senior clinicians, allowing me to build relationships that will support future collaborations. Most importantly, the EOP Award provided access to dedicated **mentorship** opportunities, which offered essential guidance and inspiration for my career trajectory.

Thank you once again for your commitment to fostering the next generation of child and adolescent psychiatrists. Your investment through the EOP Award has provided me with tools, knowledge, and connections that will undoubtedly influence my practice and contributions to the field for years to come.

Sincerely,

Azma Parhin, MD

PGY-3, Lakeland Regional Health

Dear Members of the AACAP Executive Committee,

I want to extend my gratitude for selecting me as a recipient of the AACAP EOP Award for General Psychiatry Residents. Attending the Annual Meeting was an incredibly meaningful experience that strengthened my commitment to pursuing a career in Child and Adolescent Psychiatry.

Throughout the conference, I learned so much about the breadth and depth of the field. Each session left me more inspired and confident in my decision to fast-track into CAP training. I also had the privilege of meeting many attendees who were warm, generous with their time, and eager to share their experiences and guidance.

A special highlight for me was connecting with members of the Hispanic/Latin American Caucus. The sense of community, mentorship, and shared purpose I found there was deeply affirming and reminded me of the importance of culturally responsive care within our profession.

Thank you again for this opportunity and for AACAP's continued investment in residents like me. This experience has been a pivotal step in my professional growth, and I am excited to carry what I've learned into my training and future work with children, adolescents, and families.

With gratitude,

Monica Perdomo MD

PGY-3 Psychiatry Resident

New York State Psychiatric Institute

Department of Psychiatry, Columbia University

Thien-Huong Michelle Pham, MD

2021 Perdido St., 6th Floor
New Orleans, LA 70112
tpha16@lsuhsc.edu

October 24, 2025

AACAP Executive Committee – EOP Gen EF Program

3615 Wisconsin Avenue, NW
Washington, DC 20016

Dear AACAP Endowment Fund Committee,

I would like to extend my deepest gratitude for selecting me as an awardee of the 2025 Educational Outreach Program for General Psychiatry Residents. Your generous support allowed me to attend the AACAP Annual Meeting in Chicago this year, and I am truly appreciative of the opportunity.

Participating in the conference was a meaningful and energizing experience. I was able to connect with LSU New Orleans alumni who continue to inspire my professional growth, as well as meet program directors, residents, fellows, and medical students from institutions across the country. These conversations have broadened my perspective, strengthened my commitment to child and adolescent mental health, and helped me feel more connected to the larger community working toward improving care for young people and their families.

Thank you again for investing in trainees and making experiences like this possible. Your support has played an important role in my development, and I look forward to carrying forward the spirit of mentorship, education, and advocacy that this award represents.

Sincerely,

Thien-Huong Michelle Pham, MD

General Psychiatry Resident
LSU Health New Orleans/Ochsner Psychiatry Program

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

November 6, 2025

Dear Executive Committee,

I am writing to thank you for the travel award which allowed me to attend AACAP 2025 in Chicago. I am currently a PGY-2 and am considering fast tracking into Child and Adolescent Psychiatry for fellowship.

Attending the conference gave me the opportunity to find mentors in areas of interest such as psychotherapy and minority health. These sessions not only filled a gap in my education but also allowed me to connect with valuable mentors as my institution does not have mentors who work in these fields. I hope to continue these connections by being an active member of the MSR, Psychotherapy, and Asian Caucus committees. I additionally attended sessions targeted towards my hesitations with pursuing fellowship such as the session on balancing motherhood with career. Hearing the stories and interacting with the panelists was immensely helpful in hearing their practical tips and advice for fellowship considerations. I also found the planned sessions with mentors very helpful. The Life Members had valuable knowledge in maintaining longevity in the field and I walked away with knowledge of how to better balance my life. The mentorship tables allowed me to connect and ask questions of mentors of diverse backgrounds. Finally, the award allowed me to present a poster on Cannabis-induced catatonia in adolescents which led to connections with others doing similar research and sparked ideas for further directions in research.

I am excited to say attending the conference allowed me to solidify my decision to apply for fellowship next July. This grant was instrumental in me attending the conference as I would not have been able to financially otherwise. I am truly grateful for the opportunity.

Sincerely,
Michelle Qiu
PGY-2
Prisma Health/USC Columbia

Stephanie Quainoo, MD
PGY 3, General Psychiatry Resident
Donald and Barbara Zucker School of Medicine at Hofstra/Northwell, Zucker Hillside Hospital
718-470-8424
November 7, 2025

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

Dear Members of the Executive Committee,

Thank you for sponsoring the Educational Outreach Program for General Psychiatry Residents. As a first-time attendee, the Annual Meeting was transformative. I learned deeply, made cross-training connections, and found a community aligned with my commitment to youth at the margins.

Guided by the theme of being a humble witness, I focused on LGBTQ youth and addiction psychiatry. Sessions on belonging and lived experience were powerful, but most pivotal was learning to discuss diverse sexual practices, consent, and harm reduction in culturally relevant ways. These are conversations few are having, yet AACAP leads them. I left with sharper, trauma-informed skills that I'm already bringing back to my clinic and integrating into teaching. This experience directly built on the values from my personal statement: meeting patients where they are and honoring their stories. Inspired by the advocacy session, I joined the AACAP Substance Use sub-committee to help bridge curricular gaps and champion these crucial conversations at my institution.

I am deeply grateful for this opportunity and strongly support the continuation and growth of the EOP. Your investment equips residents like me with the tools necessary to elevate care for children and adolescents with compassion, rigor, and equity.

With sincere gratitude,

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

Stephanie Quainoo, MD
AACAP Educational Outreach Program Participant, 2025

From: [Rios, Matthew MD](#)
To: [training](#)
Subject: Thank You Letter
Date: Sunday, November 2, 2025 6:44:35 PM

Dear AACAP Executive Committee EOP GEN EF Program,

I would like to sincerely thank you for sponsoring the EOP Awards this year and for selecting me as an award recipient. This year's AACAP conference was an incredible experience where I learned about a wide range of topics — from the impact of AI on children, to culturally responsive care in Latino communities, to strategies for becoming an effective resident-teacher. I plan to apply these lessons as I begin my career in psychiatry as a resident.

I am also deeply grateful for the networking and mentoring opportunities. Through various events, I received valuable advice and guidance for my professional journey. I especially appreciate this support as the first in my family to pursue a career in medicine.

Attending AACAP also gave me the chance to reconnect with mentors and friends I've met throughout my training, particularly during the Thursday receptions and at committee meetings such as the Hispanic/Latino Caucus.

Thank you again for sponsoring this opportunity. I truly appreciate your support and look forward to staying engaged with AACAP and its future meetings.

Best,

Matthew Rios, MD

Pronouns: He/Him/His/ÉI ([What are pronouns?](#))

UCLA Mid Wilshire Track Psychiatry Resident PGY-1

UCLA HEALTH SCIENCES IMPORTANT WARNING: This email (and any attachments) is only intended for the use of the person or entity to which it is addressed, and may contain information that is privileged and confidential. You, the recipient, are obligated to maintain it in a safe, secure and confidential manner. Unauthorized redisclosure or failure to maintain confidentiality may subject you to federal and state penalties. If you are not the intended recipient, please immediately notify us by return email, and delete this message from your computer.

AACAP Executive Committee – EOP GEN EF Program
3615 Wisconsin Avenue, NW
Washington, DC 20016

Dear AACAP Executive Committee,

My name is Muhammad Saad, a PGY-3 resident in the Texas Tech Psychiatry Program. I am writing to sincerely thank you for sponsoring this year's EOP program and to express my strong support for its continuation.

Thanks to the EOP award, I had the incredible opportunity to attend the AACAP conference for the first time. Being in the beautiful city of Chicago, I was able to attend engaging sessions, meet with CAP attendings, and connect with colleagues and mentors from across the country. These experiences have been both inspiring and invaluable for my growth in child and adolescent psychiatry.

I am deeply grateful for your commitment to supporting residents like me. The EOP program not only makes attendance at the conference possible but also fosters mentorship, networking, and exposure to new ideas that shape our future in psychiatry. Thank you again for your generosity and for investing in the next generation of psychiatrists.

Sincerely,
Muhammad Saad, MD
PGY-3 Resident
Texas Tech Psychiatry Program

Daniela Sanchez
Baylor College of Medicine
1 Baylor Plz
Houston, TX 77030
Email: daniela.sanchez@bcm.edu

Monday, November 17, 2025

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

To Whom It May Concern,

My name is Daniela Sanchez, and I am a PGY-2 in the General Psychiatry Residency Program at Baylor College of Medicine in Houston, Texas. I was honored to be selected as a recipient of the 2025 AACAP Educational Outreach Program for General Psychiatry Residents, and I would like to express my sincere gratitude for your generous support, which enabled me to attend AACAP's 2025 Annual Meeting.

I have been committed to child and adolescent psychiatry since high school, and my clinical and personal experiences have reinforced my dedication to the field. I am passionate about mental health equity and increasing mentorship for individuals underrepresented in medicine. My interests include caring for children and adolescents with autism spectrum disorder, particularly supporting their transition to adulthood, as well as working with LGBTQ+ youth and advancing early interventions for first-episode psychosis.

This award allowed me to connect with leaders in child and adolescent psychiatry and to engage with trainees who share similar interests. As a Latina and the first physician in my family, I have navigated my path to medicine largely independently. This opportunity provided invaluable connections and experiences that have strengthened my commitment to the field and introduced me to mentors I would not have otherwise met.

Thank you again for your generous support.

Sincerely,

Daniela Sanchez

To,

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

11 November, 2025

Subject: Thank You for the AACAP EOP Award

Dear AACAP Awards Committee,

I would like to extend my heartfelt gratitude for the generous support I received through the AACAP award this year. This opportunity made it possible for me to participate in the Annual Meeting more fully without the financial constraints that had limited my experience in previous years.

Because of this support, I was able to attend a wide range of sessions that broadened my perspective on child and adolescent psychiatry from innovative models of care and global mental health to discussions on diversity, advocacy, and medical education. I also had the privilege of presenting my research, sharing my experiences as an international medical graduate, and engaging in meaningful which continues to guide my journey in psychiatry.

One of the most rewarding parts of this year's meeting was reconnecting with mentors who have been instrumental in shaping my path while also meeting new ones who have already begun to inspire the next phase of my growth. Equally fulfilling was the chance to mentor medical students and international trainees standing where I once stood just a couple of years ago and helping them navigate their own early steps in this field.

I am deeply grateful to AACAP not only for this award but also for the community it fosters i.e. a space where trainees, mentors, and leaders come together to share, learn, and grow. Thank you for making it possible for me to be part of that experience once again this year.

Sincerely,

Arpit Singh, MD

PGY1 Psychiatry Resident – Child Track
UTHealth Houston | McGovern Medical School
Department of Psychiatry and Behavioral Sciences

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

November 11, 2025

Dear Executive Committee,

Thank you so much for the incredible opportunity to attend the 2025 AACAP conference. I'm currently accepted into my program's fast-track child psychiatry pathway and will be starting my first year of CAP training next fall. As a first-generation physician, I have often found navigating mentorship and career development to be quite daunting on my own. Attending AACAP this year, however, changed that for me—it opened doors to more inspiration, guidance, and opportunities than I could have ever imagined. I am so thankful.

This experience has left me feeling both excited and confident as I prepare to begin my child psychiatry training. It also gave me a new appreciation for how meaningful and energizing these conferences can be. As someone who has had limited experience attending conferences, this opportunity helped me truly recognize their immense value—not only for learning and professional growth, but also for feeling connected to others who share the same passion for this field. I now better understand the incredible opportunities that AACAP offers, and I would not have been able to participate without the support of the Educational Outreach Award.

I'm deeply grateful to have had this experience and look forward to attending many more AACAP events in the years ahead. Thank you again for making this opportunity possible. It has meant so much to me.

Sincerely,
Abigail Tarasewicz, DO, PGY3 Mayo Clinic

QUY TAT (RITA)

**GENERAL PSYCHIATRY RESIDENT PGY3
UNIVERSITY OF COLORADO, AURORA, CO**

AACAP Executive Committee

EOP GEN EF Program
3615 Wisconsin Avenue, NW
Washington, DC 20016

Dear AACAP Executive Committee Members,

I appreciate your consideration and the award for me to attend AACAP conference 2025. This award offered the opportunity to gain more experience in the child and adolescent psychiatry field and introduced me to the true meaning behind advocacy and steps to reach that goal together as a community. Furthermore, I had a wonderful opportunity to interact with child psychiatry fellowship and met my national mentors. These opportunities allowed me to make an informed decision in making my fellowship rank list.

Once again, thank you so much for providing me with this valuable experience. More than ever before, I feel a sense of belonging to the community and find people who speak similar languages of care and yet connect in different wavelengths to reach the same goal. I left the conference with a feeling of empowered and reminded the reason of why I wanted to become a first-generation immigrant physician once upon the time.

Warm regards,

QUY TAT M. D.

General Psychiatry Resident PGY3
Pronouns: she/her

AACAP Executive Committee – EOP GEN EF

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

3615 Wisconsin Avenue, NW

Washington, DC. 20016

November 16, 2025

Dear Executive Committee,

I wanted to extend my sincerest thanks for the opportunity to attend the AACAP Annual Meeting in Chicago with the help of the EOP grant. As a second-year resident intending to apply for CAP fellowship next year, attending AACAP this year was an incredible privilege. Having the chance to get to know the child and adolescent psychiatry community was a wonderful and enriching experience. Attending the AACAP Annual Meeting truly solidified my interest in CAP and made me even more excited in my future career.

The wide variety of events hosted at the Annual Meeting allowed me to grow my understanding of child and adolescent psychiatry and further solidify my interests. Additionally, meeting mentors, fellow residents, and fellows was an invaluable experience. Thank you again for granting me this award.

Sincerely,

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

/ Justina Toma, DO

Psychiatry Resident (PGY-2)

Behavioral Medicine and Psychiatry

West Virginia University

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

October 29, 2025

Dear Members of the AACAP Executive Committee,

Thank you so much for your generous and thoughtful support through the Educational Outreach Program (EOP) for General Psychiatry Residents at the recent 2025 AACAP Annual Meeting. It is an honor to be recognized with this award from an organization so well-aligned with my own values and dedication to supporting and serving the child and adolescent psychiatry community.

The opportunity to attend the AACAP Annual Meeting through this award was so meaningful to me. As a psychiatry resident with a growing commitment to child and adolescent mental health, participating in this year's meeting allowed me to learn from leaders in the field, engage in mentorship and advocacy opportunities, and deepen my understanding of the unique challenges facing this important patient population today. Specifically, I am grateful to have co-organized the OWL Life Members Mentorship programming for this year's meeting and to have been invited to present at the Training & Education Luncheon with the support of the AACAP Alliance for Learning and Innovation (AALI). The EOP provided not only financial support but also a deeper sense of belonging and connection with other like-minded trainees and mentors.

I am grateful for AACAP's continued investment in trainees through programs like the EOP and the MSR Committee, among many others. My participation in this year's Annual Meeting has further strengthened my interest in pursuing a career focused on supporting children, adolescents, and their families.

Thank you again for your generous support. I look forward to staying involved with AACAP in the years to come as my professional home.

With gratitude,
Julia



Julia L Versel, MD, MSc (she/her/hers)
Brigham and Women's Hospital | Harvard Medical School
Psychiatry Residency Program | PGY2

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

November 3, 2025

Dear Executive Committee,

I am writing to express my deepest gratitude for having been offered the Educational Outreach Program for General Psychiatry Residents award to attend AACAP's 71st Annual Meeting in Chicago last month.

The AACAP Annual Meeting has been a pivotal factor in shaping how I view my future career in Child and Adolescent Psychiatry each year that I have attended. As I continue to deepen my involvement in AACAP, it is more pivotal than ever to be able to have the opportunity to attend the Annual Meeting in person in order to share ideas and facilitate planning for future collaborations and opportunities for medical students and residents. Without the EOP award it would not have been financially possible for me to have attended the Annual Meeting for its entire duration this year.

Through attending the Annual Meeting, I have deepened both my knowledge of and curiosity for the nuances surrounding the practice of Child and Adolescent Psychiatry in America today. Sessions at the annual meeting genuinely allow trainees to have a seat at the table for the important conversations shaping the field of CAP today. Above all, I have forged relationships with mentors and friends that will provide me with a lifelong community as we work together to "Bring the Village to the Children" throughout our careers. I am sincerely grateful for this opportunity.

Sincerely

A handwritten signature in black ink, appearing to read "Aria Vitale". The signature is fluid and cursive, with the first name "Aria" and last name "Vitale" clearly distinguishable.

Aria Vitale, MD
PGY-3, Psychiatry
MedStar Georgetown University Hospital