

AACAP Jeanne Spurlock, MD, Research Fellowship in Substance Abuse and Addiction for Minority Medical Students, supported by the National Institute on Drug Abuse (NIDA), and AACAP's Campaign for America's Kids

The AACAP Jeanne Spurlock, MD, Research Fellowship in Substance Abuse and Addiction for Minority Medical Students, supported by the National Institute on Drug Abuse (NIDA), is named in honor of Jeanne Spurlock, MD, in recognition of her lifetime of opening doors for colleagues from diverse backgrounds and fostering career advances. The summer fellowships encourage outstanding minority students to pursue careers in substance abuse and addiction research in child and adolescent psychiatry. The fellowships are administered through AACAP's Department of Research, Grants, and Workforce, AACAP's Substance Use Committee, under the direction of Garrett Sparks, MD, and Amy Yule, MD, along with AACAP's Diversity and Culture Committee, under the direction of Annie Li, MD, and Wanjiku Njoroge, MD.



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University of Missouri, Columbia School of Medicine

Project: *Substance Use and Eating Disorder Outcomes in Minority Populations: A Retrospective Chart Review*

Mentor: Guido Frank, MD, University of California San Diego/Rady Children's Hospital San Diego



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William Carey University College of Osteopathic Medicine

Project: *Presentation of Children and Adolescents to US Emergency Departments for Alcohol and Substance Use Pre- and Post-COVID-19*

Mentor: Niranjana S. Karnik, MD, PhD, Institute for Juvenile Research



Antonio Igbokidi, MS

Burnett School of Medicine at Texas Christian University

Project: *Quality Assessment of Preparedness and Readiness of Child and Adolescents to Recover in Partial Hospitalization Programs*

Mentor: Debra Atkisson, MD, DLFAPA, PC



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University of California, Irvine School of Medicine

Project: *Scoping Review and Design of a Video Tool for Vaping/E-Cigarette Prevention for Minoritized Youth*

Mentor: Lisa Fortuna, MD, MPH, MDiv, University of California, San Francisco/University of California, Riverside



Elana A. Thomas, BS

University of Illinois at Chicago College of Medicine

Project: *Self-Perception and Behavioral Presentations in Inner-City Adolescents With a History of Substance Use*

Mentors: Roberto Lopez-Tamayo, PhD, Liza Suarez, PhD, and Kelley Alma Volpe, MD





Substance Use and Eating Disorder Outcomes in Minority Populations: A Retrospective Chart Review

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Introduction

- Eating disorders are complex mental health conditions associated with substance use (Bahji et al., 2019)
- Members of minority communities are at an increased risk of adverse outcomes due to substance use (Saloner & Le Cook, 2013)
- Given the high morbidity and mortality associated with eating disorders, this study's goal was to explore the interconnection of substance use, minority status, and eating disorder pathology to better guide patient care

Methodology

- Data was extracted from the charts of patients who participated in UCSD Eating Disorders Center for Treatment and Research's Partial Hospitalization Programs (PHPs)
- This study included both adolescent and adult patients with diagnoses including anorexia nervosa and bulimia nervosa, who were admitted to either the adolescent or adult full-day or partial-day PHPs from 2011-2020
- A combination of primarily nonparametric statistical analyses were used to evaluate the following hypotheses:
 - Substance use is associated with longer PHP admissions and more severe eating disorder pathology in the patients in this dataset
 - Members of minority and underserved communities have disproportionately higher substance use and associated eating disorder rates

Results

- A total of 3446 patients with an average PHP length of stay of 92.8 days were included in this study, categorized as 8.3% males and 91.7% females, mean age 21.5 years, with 14.7% having a comorbid substance use disorder
- Using Kruskal-Wallis testing to assess covariates and Quade's nonparametric ANCOVA tests, the presence of a substance use disorder was associated with Eating Disorder Examination Questionnaire (EDEQ) scores, a marker used as a surrogate for eating disorder severity ($p = 0.003$; $F = 8.850$; $df = 1$), but not length of stay ($p = 0.170$)
- In binomial logistic regression models, age (OR: 1.072 [95% CI: 1.006, 1.143], $p = 0.032$) and Asian race (OR: 7.119 [95% CI: 1.177, 43.051], $p = 0.033$) were associated with increased likelihood of a substance use disorder diagnosis, while all other races and comorbid diagnoses were not

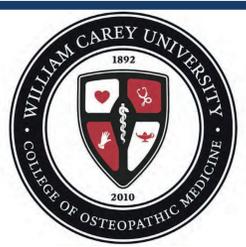
Table 1: Patient demographics

	No substance use disorder (n = 2894)	Substance use disorder (n = 499)	Significance
Median age at admission (years)	18.4	23.4	< 0.001*
Median age at eating disorder onset (years)	14.0	14.5	0.031*
Median education (years)	12.0	14.0	< 0.001*
Median PHP length of stay (days)	86.0	85.0	0.689
Median global mean of combined EDEQ subscales	2.5	3.3	< 0.001*

	No substance use disorder (n, %)	Substance use disorder present (n, %)	Significance
Race			
White	2112, 78.9	381, 85.0	-
Asian	164, 6.1	30, 6.7	-
Black	38, 1.4	3, 0.7	-
Native Hawaiian/Pacific Islander	4, 0.1	2, 0.4	-
Native American/Alaskan Native	12, 0.4	6, 1.3	-
Other	348, 13.0	26, 5.8	-
Current comorbidities			
Mood disorder	1488, 51.4	343, 68.7	< 0.001*
Anxiety disorder	1582, 54.7	293, 59.4	0.050
Psychotic disorder	16, 0.6	1, 0.2	0.495
ADHD	46, 6.5	2, 8.0	0.677
Alcohol use	0, 0.0	282, 56.5	-
Other substance use disorder	0, 0.0	332, 67.3	-
Other comorbidity	144, 17.6	121, 87.1	< 0.001*

Discussion

- Data from a large sample of patients with eating disorders showed that comorbid substance use disorders were significantly associated with increased EDEQ scores
- Age and Asian race were significantly associated with an increased likelihood of comorbid substance use, but all other covariates were not
- Limitations included missing data
- Further research with more diverse patient populations may be useful in further elucidating these relationships



INTRODUCTION

The global health crisis caused by the COVID-19 pandemic has given rise to a myriad of societal challenges, significantly influencing healthcare utilization and mental health issues concerning children and adolescents. A particular area of interest centers around the presentation of young individuals at US emergency departments (EDs) seeking assistance for alcohol and substance use (SU) during the pandemic, and how this compares to pre-COVID trends. Understanding these evolving patterns comprehensively is crucial to effectively inform public health strategies and allocate resources. Furthermore, recognizing potential racial and ethnic disparities in the utilization of emergency services for substance-related issues is of utmost importance in addressing healthcare inequalities and ensuring equitable care. This scientific article sets out to investigate the discernible patterns and trends among children and adolescents seeking ED care for alcohol and substance use, both before and after the COVID-19 pandemic. It particularly focuses on examining racial and ethnic differences, aiming to shed light on the potential impact of COVID-19 on youth mental health and substance-related emergencies within this specific population.

OBJECTIVES

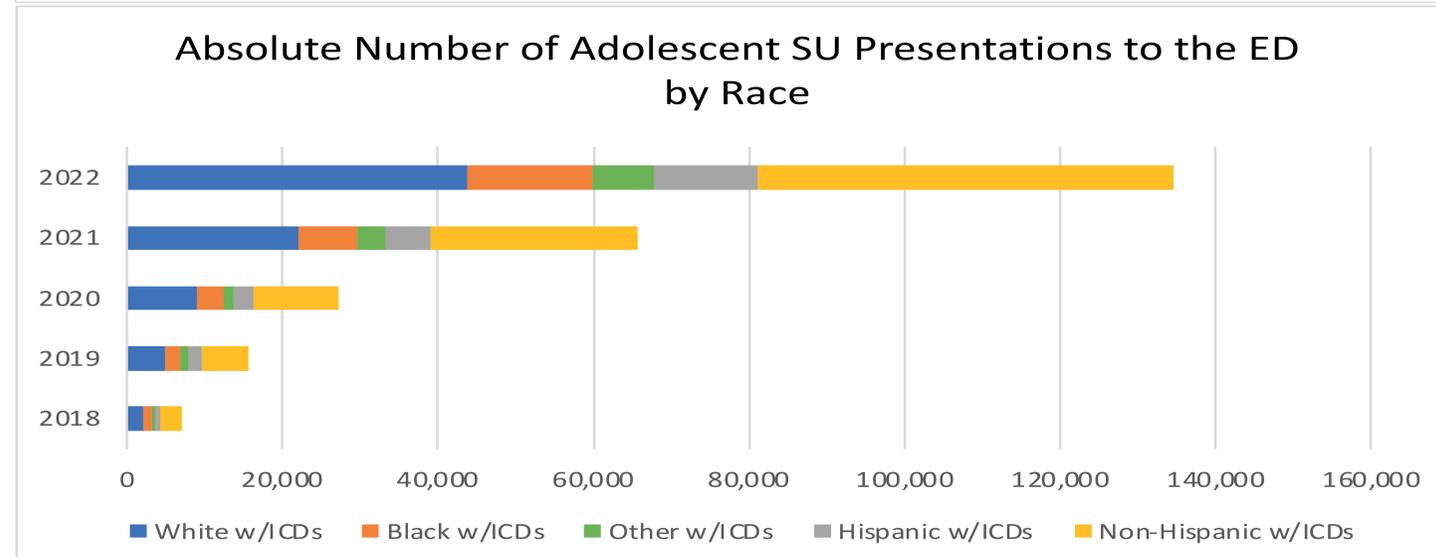
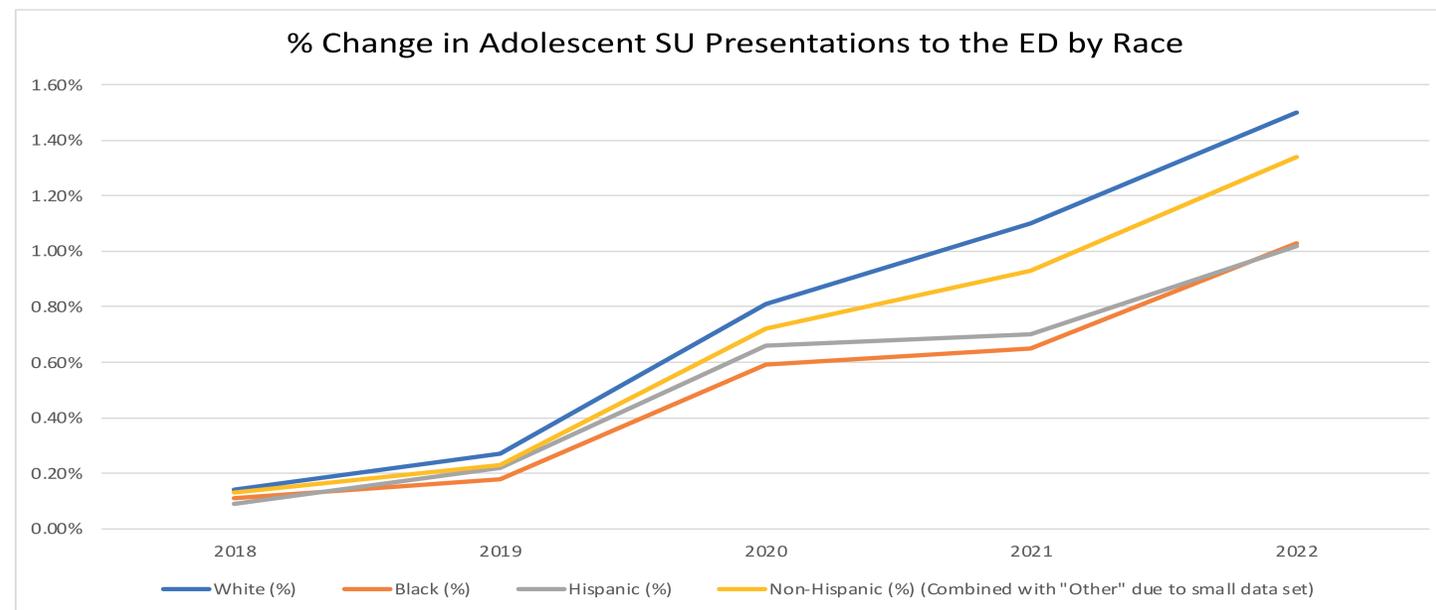
To describe the potential effects of COVID and general trends in presentation to emergency departments (EDs) across the United States for pediatric alcohol and substance use over the past five years. Specific emphasis was placed on examining racial and ethnic differences.

METHODS

Data were extracted from Epic's Cosmos environment, which is a limited data set using de-identified electronic health record (EHR) data from more than 193 million patients across 50 states, representing 7.7 billion encounters from 1,185 hospitals. Data were extracted as of July 10, 2023. The total sample of pediatric patient encounters to emergency departments was 18,260,795 of which 131,109 had billing or encounter diagnoses of alcohol or substance disorder as defined by ICD codes F10-F19 for their emergency department encounter. Extraction included all encounters from 3/13/2018 to 3/13/2023. Pre-COVID was defined as calendar years 2018 and 2019 and COVID was defined as 2020, 2021 and 2022. Diagnoses in Epic were included if they were specified as encounter diagnoses, billing, or admission final diagnoses, admitting diagnoses, or discharge diagnoses during these years. These were then explored by year to obtain descriptive estimates involving race and ethnicity.

Year	Total ER	Total w/ SU ICDs	White (%)	Black (%)	Hispanic (%)	Non-Hispanic (%)
2018	3,074,975	3,595	0.14	0.11	0.09	0.13
2019	3,640,093	7,922	0.27	0.18	0.22	0.23
2020	2,024,443	13,772	0.81	0.59	0.66	0.72
2021	3,954,223	33,222	1.1	0.65	0.70	0.93
2022	5,606,361	67,891	1.5	1.03	1.02	1.34

Race/Ethnicity	2018 (%)	2022 (%)	Change (%)
White	0.14	1.50	+1.36
Black	0.11	1.03	+0.92
Hispanic	0.09	1.02	+0.93
Non-Hispanic	0.13	1.34	+1.21



CONCLUSION

ED visits related to adolescent substance use increased during COVID. Our results show that non-Hispanic white patients had the highest rates of substance-related ED visits among minors, though proportions increased across all years for all racial and ethnic groups. The results may underscore the impact of pandemic-related stressors on adolescents, contributing to a subsequent mental health crisis characterized by an elevated prevalence of substance use.

RESULTS

Although overall ED visits among youth dropped during COVID, ED encounters associated with substance use increased over the time period observed. Within each racial and ethnic group examined, the proportion of ED encounters that comprised substance use ICD-10 codes rose every year. White participants with encounters involving substance use increased from 0.14% pre-COVID to 1.50% during COVID, while Black participants increased respectively from 0.11% to 1.03% and Hispanic participants increased from 0.09% to 1.02%.

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Quality Assessment of Preparedness and Readiness of Child and Adolescents to Recover in Partial Hospitalization Programs

Igbokidi, T., Park, P., Pharel, M., Gavagan, M., Tran, I., Block, A., Atkisson, D, M.D.,

Specific Aims

In conducting this study, we will accomplish the following specific aims:

Specific Aim 1. Measure the willingness and readiness of child and adolescent youth impacted by substance abuse for intervention in partial hospitalization settings by evaluating a) understanding/education of PHP programs, b) openness to joining PHP programs c) desire to start PHP programs, d) motivation to start PHP programs e) confidence in quitting (self-efficacy), and f) cravings/dependence.

Specific Aim 2. Measure the willingness and readiness of caregivers of child and adolescent youth impacted by substance abuse for intervention in partial hospitalization settings by evaluating a) understanding/education of PHP programs, b) openness to joining PHP programs c) desire to start PHP programs, d) perceived motivation of child to start PHP programs e) perceived confidence in quitting (self-efficacy), and f) cravings/dependence.

Background

The use of alcohol and other drugs by adolescents is a major concern for public health. Although the rates of drug use among young people have fluctuated over the years, recent surveys indicate that alcohol, marijuana, and tobacco use continue to be prevalent among teenagers, while other drugs like prescription opiates, hallucinogens, and amphetamines also pose a significant risk. According to a national survey conducted by the University of Michigan, by the time students reach their senior year, almost 70% will have tried alcohol, half will have used an illegal drug (mainly marijuana), almost 40% will have smoked a cigarette, and over 20% will have taken a prescription drug for nonmedical reasons.

Initiating drug use during adolescence can lead to a range of social and personal problems, including accidents, homicide, suicide, educational problems, legal problems, driving under the influence, victimization, and interference with normal brain development. Chronic marijuana use during adolescence has also been linked to permanent loss of IQ and other cognitive functions related to memory and thinking. Unfortunately, the popularity of some drugs, particularly marijuana, is on the rise among all age groups, including teenagers. The Marijuana Promotion Act, which promotes the medical and recreational use of marijuana, may have contributed to changing attitudes among young people regarding the perceived harmfulness of marijuana. It is crucial to educate young people about the health and safety risks associated with drug use and to address any misconceptions they may have.

Conversely, social and personal problems can act as in impetus in the development of substance use disorder. The study of adverse childhood events (ACEs) gives us a framework to understand the longlasting effects of chronic stress as a child develops into adulthood. Jacob et. al (2019) states that people with four or more aces were twice as likely to be smokers, and were found to have higher rates of alcoholism and substance abuse than a person with no ACEs. Sources of childhood toxic stress include household violence, neglect, or abuse as well as growing up in foster care or poverty. The effects of this stress have been demonstrated as tangible risks to physical and mental health as well as to future generations as epigenetic changes can alter the very genome of the child. (Jacob et. al., 2019).

To date, the minimal literature on the outcomes of child partial hospitalization programs demonstrates their overall efficacy in improving children's social, emotional, and behavioral problems from admission to discharge based on several parameters. Granello et. al (2000) found that a child and adolescent partial hospitalization program providing interdisciplinary treatment for children with Axis I diagnoses on admission produced significant reductions in attention problems, anxiety withdrawal, conduct disorder, muscle tension excess, and socialized aggression (Granello et al., 2000). Partial hospitalization programs have also been found to reduce externalizing, internalizing, and total behavior problems to a normative or nonclinical range from admission to discharge in children as young as 2 years old and as old as 19 (Martin et al., 2013; Milin et al). There is little information to amount the effectiveness that PHP programs might have on substance use disorders with child populations, but varying angles of success reflect promising outcomes.

Knowledge is power; How can we best prepare adolescents for recovery in partial hospitalization programs



QR code for poster

<https://www.qr-code-generator.com/>

Research Methods

Study Design: Quality improvement consisting of pre and post surveys for children and adolescents, as well as caregivers that are preparing to integrate youth patients into partial hospitalization programs: 1) counseling intervention including patient education, written material and follow-up by professionals who have been trained in stage specific substance use cessation techniques
Setting: Connections, a partial hospitalization site in psychiatry localized in Dallas and Fort Worth, Texas Metro where child and adolescent patients and medical students attend weekly continuity sessions with physician preceptors.

Study Subjects: 100 patients aged 13 years or older in Restoration Counseling practice sites who are seeking partial hospitalization for substance use and dependence.

Main Outcome Measures: patients' quit rate, stage of change, desire to quit, motivation to quit, confidence in quitting (self-efficacy), and substance dependence at pre survey and post survey (4 months).

Process Measures: the willingness and readiness of child and adolescent youth impacted by substance abuse for intervention in partial hospitalization settings.

Consent Form to be provided to parents that data will be used of child patient but will be confidential.

Analyses: quality assessment of main outcome and process measures willingness and readiness of child and adolescent youth integrating into PHP. There are n confounding factors. Within Qualtrics, we will use logistic linear regression to identify correlations in willingness/readiness to enter PHP programs with and without patient education based on pre and post survey outcomes. We will use generalized estimating equations (GEE) and random effects modeling to allow us to adjust for time-dependent covariates

Expected results:

Hypothesis 1. Patients counseled and educated by professionals regarding partial hospitalization programs will have higher willingness and readiness to enter into PHP programs, specifically a higher understanding, openness to joining, desire to start, motivation to start, self-efficacy, and lower cravings/dependence.

Hypothesis 2. Caregivers of child and adolescent youth impacted by substance abuse who are subsequently counseled and educated by professionals regarding partial hospitalization programs will have higher willingness and readiness to for their children to enter into PHP programs, specifically a higher understanding, openness to joining, desire to start, motivation to start, self-efficacy, and lower cravings/dependence.

References:

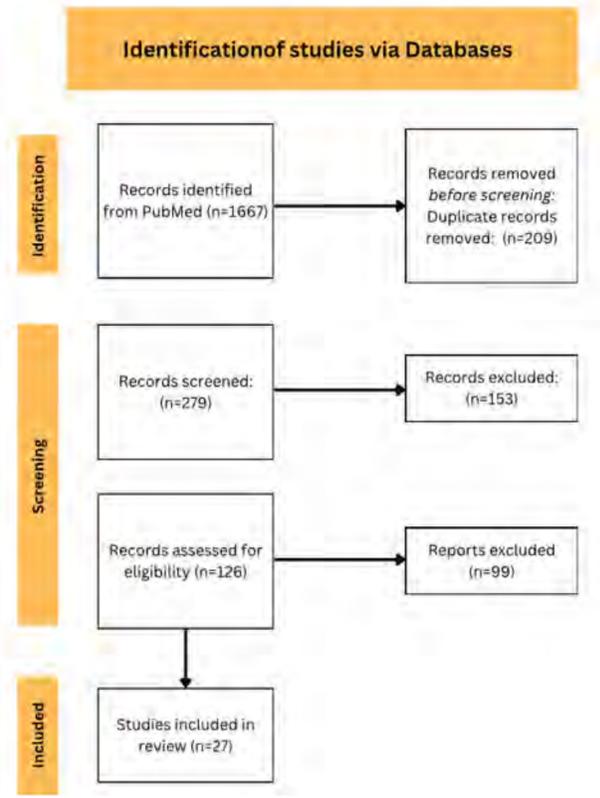
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INTRODUCTION

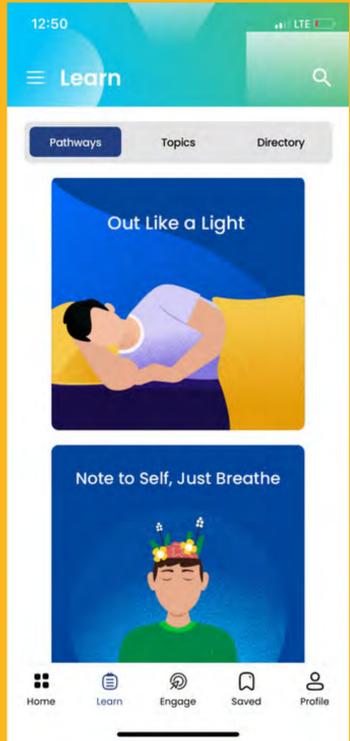
- Past-month electronic cigarette use among US adolescents has increased from 1.5% in 2011 to 15% in 2015 among high schoolers. (Singh et. al., 2016).
- Minoritized youth may have higher prevalence of e-cig/ vaping use when compared to peers. Theorized reasons include school-based racial discrimination, minority stress, lower connectedness and use to relieve stress and anxiety.
- We aimed to present evidence from a scoping review of the literature on e-cigarette/vaping motivations, risk factors, association with mental health and opportunities for prevention.
- Findings will inform the creation of digital applications, videos and other forms of potentially effective prevention tools, especially designed for minoritized youth.

METHODS

- A scoping review of the literature was conducted in PubMed using Preferred Reporting Items for Systematic Reviews and Analysis.
- We included studies on e-cigarette/vaping, minoritized youth, Latinx youth, Black youth, prevention and mental health published between 2013-2023.
- Short videos were created using iPhone, iMovie and TikTok of a medical student talking about vaping, videos of peer youth skating with information being relayed and interviews discussing vaping with a mother to include in an app, Connected for Wellness.



“Young people face many stressors and e-cigarettes/vaping are seen as a tool to relax and cope.”



There are specific socioecological and mental health risk factors for vaping/e-cigarettes amongst minoritized youth

RESULTS

- There were 27 articles between 2013 to 2023 that focused on Latino and other minoritized youth and e-cigarette/vaping and relationship to mental health.
- From a preliminary review of articles that focused on interventions (n = 5), most articles focused on eHealth approaches (n = 4).
- Few articles (n = 3) also focused on school-based eHealth intervention.
- The literature shows disparities for minoritized youths related to targeted marketing, distribution, stress related use, and younger age of use.

CONCLUSIONS AND DISCUSSIONS

- Socio-ecological risk factors influencing vaping and e-cigarette use include minoritized stress and mental health comorbidity disparities.
- Prevention interventions for e-cigarettes and vaping for minoritized adolescents is still underrepresented in the scientific literature.
- Promising participatory research approaches focus on empowering minoritized youth and families by involving them in research and in the development of interventions including digital tools.

Access videos, outcomes table, and NIMH Research information with QR code below:



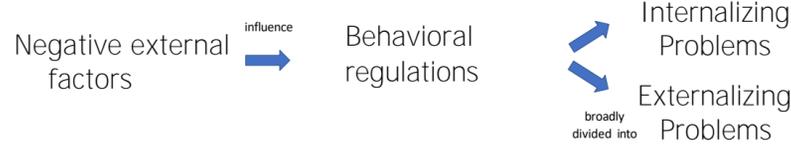
<https://linktr.ee/vapingprevention>

Effects of Social, Emotional, & Environmental Factor on Adolescents with a History of Substance Use



PRESENTER:
Elana Thomas

BACKGROUND:



- External Factors



HYPOTHESIS: Social support, emotional regulation, and environmental violence amplify negative risk factors associated with substance use

METHODS

Clinic: Serving Children & Adults in Need, Inc. (SCAN)

Objectives:

1. Assess environmental stressors on Latinx teenagers
2. Analyze the impact of environmental stresses on adolescent's recent behaviors
3. Apply techniques to inner-city youth in North Lawndale, Chicago

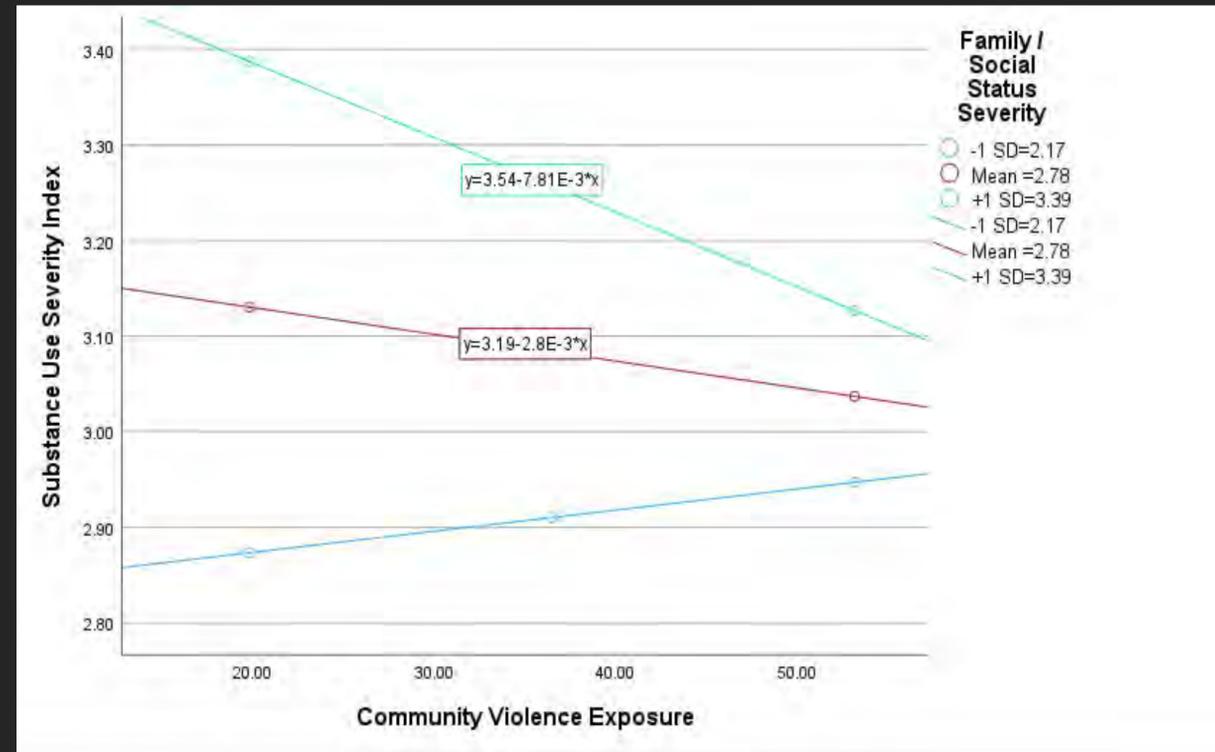
Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Age	134	13	18	15.63	1.128
Gender	134	1	2	1.24	.428
How many days has the client experienced family/social problems in the past 30 days?	114	0	30	17.27	13.112
CREV total mean	161	0	77	35.90	16.714
HxTrauma	61	0	16	7.00	3.651
Symptom category D	62	.00	47.00	12.6129	12.21307
Symptom category E	62	.00	25.00	8.8226	6.45419
Valid N (listwise)	27				

Measures:

- Children's Report of Exposure to Violence (CREV)
- Clinical Management for Behavioral Health Services (CMBHS)
- Reactions, Urges, & Emotions (RUE)
- UCLA PTSD Reaction Index (UCLA-PTSD)

Analyses: Multiple linear regression was used to test if social status severity (SFSS) & community violence exposure (CVE) predicted substance youth substance use (SUS)

Community Violence Exposure significantly predicted substance use severity and hyperarousal



Results from the regression indicated the two predictors explained 19.74% of the variance ($R^2 = .20$, $F(4,149) = 9.159$, $p < .001$). It was found that greater SFSS ($B = .586$, $SE = .149$, $p = < .001$) and CVE ($B = .02$, $SE = .01$, $p = .04$) were both associated with SUS.

Social/Familial Conflict: displays significant prediction for substance use severity

This project was supported by AACAP's Campaign for America's Kids (CFAK).

Presenting author reports no financial interests or other disclosures.

Future Directions

- Population:** Black & Latinx teens on Chicago's west-side
- Community:** North Lawndale is an underserved area in need of early trauma intervention due to exposure to gun violence, lack of food & job security
- Goal:** Create a mental health curriculum for teenagers on Chicago's geared towards coping mechanism & emotional regulation



ChicagoReporter.com, 2006

SUMMARY

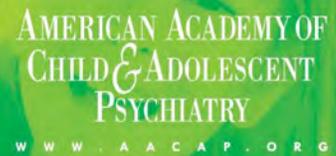
Our data suggests that community violence exposure (CVE) and social/ family status severity (SFSS) significantly impacts both negative risk factors associated with substance use and severity of its use, with CVE having the most direct impact. Based on teens' self-supports and perception, behavioral disturbances such as hyperarousal, paranoia, and emotional impulses/dysregulation were recorded in male subjects with a history of substance use and associated negative external factors. These findings may provide more perspective into the behavioral & emotional responses that may lead to more severe substance use in addition to potential treatments for patients with community violence exposure.

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AACAP **Jeanne Spurlock, MD, Research Fellowship in Substance Abuse and Addiction for Minority Medical Students**

Supported by the National
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You are required to complete **seven programs** during the Annual Meeting. See below.

1. Choose **one** of (three) [Life Member](#) sponsored session(s)
2. **Weds., Oct. 25 | 1:30 - 3:15 PM**
Karl Menninger, MD, Plenary
[Bringing the Village to Our Children: Child Psychiatry's Role in the Transformation of Children's Mental](#) (Opening Plenary)
3. **Thurs., Oct. 26 and Friday, Oct. 27 | 4:45 - 6:15 PM**
Mentorship Program for MSR – **Part 1** (Thurs.) and **Part 2** (Friday)
[FREE ticketed event with two sessions]
4. **Thurs., Oct. 26 | 1:00 - 2:30 PM**
Junior Research Scholars Lunch (Invite Only)
5. Choose **one Diversity and Culture Committee** sponsored session
6. Choose **one Substance Use Committee** sponsored session

Complete **two additional required sessions** of your choice; may include a program in which you are serving in a chair, discussant or co-presenter role, or other programming of choice from the program schedule.

Check out these **committees**, and other **AACAP compent events!**

- Committee on Medical Students and Residents
- Training and Education

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