

## AACAP Educational Outreach Program for General Psychiatry Residents, supported by AACAP's Life Members Fund

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*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 Life Members Fund, recipients receive \$1,200 of financial assistance to experience AACAP's Annual Meeting.*

**Thoasin Bari, MD**—Maimonides Medical Center

**Abnar Ebady, MD**—Rutgers Health/New Jersey Medical School

**Molly D. Forlines, DO**—Jefferson Health Medical Education/Jefferson Einstein Philadelphia Hospital

**Fernanda Gushken, MD, MS, MPH**—University of Miami/Jackson Health System

**Sean J. Hollebeck, DO**—Hennepin Healthcare/Regions Hospital

**Vybhav Jagannath, MD**—Meharry Medical College

**Kyung Moo Kim, MD**—University of Hawai'i

**Evelyn J. Lee, MD**—University of California, Irvine

**Catherine F. Lowenthal, MD**—New York-Presbyterian Hospital/Columbia University/New York State Psychiatric Institute

**Joseph M. Piks, MD**—Case Western Reserve University/University Hospitals Cleveland Medical Center

**Abiba Salahou, MD**—Yale-New Haven Medical Center

**Omolade Bolanle Tunde-Alli, MD, MRCPsych**—University of Mississippi Medical Center

# AACAP Educational Outreach Program for General Psychiatry Residents

Supported by AACAP's Life Members 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 and Education Committee

also consider...

- Plenary Sessions
- Networking events
- Honors presentations
- CAP@Home Progs

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)
5. **11:30 AM - 1:00 PM** | Life Members Luncheon (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.

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AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY

WWW.AACAP.ORG

AACAP Life Members Committee - EOP GEN LM  
Attn: Marilyn B. Benoit, MD and Ellen H. Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

**Dear AACAP Life Members Committee,**

My name is Thoasin Bari, and I am a PGY-2 General Psychiatry resident at Maimonides Medical Center in Brooklyn, New York. I am writing to express my sincere gratitude for the opportunity to attend AACAP's Annual Meeting in Chicago. I am deeply appreciative of the support that made my participation possible.

Attending the Annual Meeting was a truly meaningful experience. It allowed me to connect with Child and Adolescent Psychiatrists from across the country and across all stages of training and practice. The conversations I had—whether in structured sessions or informal moments—were exceptionally inspiring and helped deepen my understanding of the breadth of opportunities within Child and Adolescent Psychiatry.

I was especially grateful for the Lifetime Members Luncheon and the mentorship offerings. Hearing from psychiatrists who have shaped the field over decades gave me invaluable perspective on the many paths available in clinical care, advocacy, education, research, and leadership. These moments not only broadened my sense of what is possible in this profession, but also reaffirmed and strengthened my career goal of becoming a Child and Adolescent Psychiatrist.

As a first-generation physician and the first in my family to pursue a medical career, being able to learn directly from leaders and mentors within AACAP was both humbling and profoundly encouraging. Your support helped open doors that I had long hoped to walk through, and the experience has provided me with a strong foundation as I continue building the steppingstones of my career.

Thank you again for investing in trainees and for ensuring that residents like myself can engage with a community that is so deeply committed to the well-being of children, adolescents, and families. I am truly grateful for your generosity and for the opportunity to be part of this year's Annual Meeting.

With sincere appreciation,  
**Thoasin Bari, MD**

AACAP Life Members Committee – EOP GEN LM  
Attn: Marilyn B. Benoit, MD and Ellen H. Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

November 12, 2025

Dear Drs. Benoit and Sholevar,

I am writing to express my sincere gratitude for your generous support through the *Educational Outreach Program for General Psychiatry Residents* gave me the opportunity to attend the 2025 AACAP Annual Meeting in Chicago. The experience was truly transformative, as it not only allowed me to build meaningful connections but also left me feeling more empowered and inspired as I continue to pursue a career in Child and Adolescent Psychiatry.

The wisdom and insight I gained have already proven invaluable as I navigate this year's fellowship interview season and have provided lasting guidance for my professional development. I had the privilege of connecting with mentors at various stages of their careers and gaining new perspectives that I would not have otherwise encountered. Although this was my first-year attending, I left wishing I had participated sooner. I am deeply grateful for all that I learned.

I look forward to remaining involved with the Academy and hope to pay it forward in the future. "Thank you" feels like an understatement for the impact this experience has had on me.

Sincerely  
Abrar Ebady, MD  
PGY-3, Rutgers NJMS

AACAP Life Members Committee – EOP GEN LM  
Attn: Marilyn B. Benoit, MD and Ellen H. Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

October 31<sup>st</sup>, 2025

Dear Drs. Benoit and Sholevar,

I would like to extend my deepest gratitude for your generous sponsorship of this year's Educational Outreach Program and for your continued support of this invaluable initiative. As a first-time attendee at a large conference, I was profoundly impressed by the diversity and breadth of educational experiences offered.

From thought-provoking clinical discussions, such as the use of ECT in a catatonic five-year-old, to explorations of the gut-brain connection, I encountered a remarkable range of sessions that both deepened my understanding and reignited my enthusiasm for a future in child and adolescent psychiatry. Each presentation reflected the field's depth, complexity, and spirit of discovery, leaving me inspired to continue my journey into child and adolescent psychiatry.

The Life Members Luncheon on Friday was a lovely culmination of an extraordinary week. The meal was delicious, and it was inspiring to hear about the incredible careers of the distinguished Life Members. It was an honor to engage with leaders whose dedication and legacy continue to shape and elevate our profession.

Thank you again for your enduring commitment to fostering the next generation of child and adolescent psychiatrists. Your support made this transformative experience possible, and I am deeply appreciative.

Sincerely

Molly D. Forlines, DO  
PGY3 General Psychiatry Resident  
Jefferson Einstein Philadelphia Hospital

Fernanda Gushken, MD, MS, MPH  
Department of Psychiatry  
University of Miami/Jackson Health System  
October 27, 2025

**AACAP Life Members Committee – EOP General Psychiatry Residents Program**

Attn: Marilyn B. Benoit, MD, and Ellen Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, D.C. 20016

Dear Dr. Benoit, Dr. Sholevar, and Members of the AACAP Life Members Committee,

I am writing to express my gratitude to the AACAP Life Members Committee for sponsoring this year's EOP General Psychiatry Residents Program. It was an honor to participate in the conference for the first time, and I am truly thankful for your support in making this opportunity possible.

As a first-year resident, attending the AACAP Annual Meeting was an incredibly formative experience. I made meaningful professional connections and attended many sessions that closely aligned with my research interests in behavioral addictions, particularly social media and internet gaming disorders among children, as well as substance use concerns such as vaping and hookah among adolescents and young adults. The insights I gained from these sessions deepened my understanding of these emerging challenges in youth mental health and inspired new ideas for my academic and clinical work.

This experience also strengthened my confidence in pursuing a Child and Adolescent Psychiatry fellowship. Seeing the breadth and impact of work being done in the field, and engaging with mentors and peers who share these interests, reinforced my commitment to this path even at this early stage in my training.

I was impressed by the organization and thoughtfulness of the entire event and left feeling energized to remain actively involved in AACAP. I plan to join committees related to technology and membership, and I look forward to contributing to the organization's mission in the years ahead. I am already excited for next year's meeting in Atlanta and anticipate that several of my co-residents will be joining as well.

Thank you again for your generous support and for your ongoing commitment to nurturing the next generation of child and adolescent psychiatrists through the EOP program.

Sincerely,

**Fernanda Gushken, MD, MS, MPH**  
General Psychiatry Resident  
University of Miami/Jackson Health System

AACAP Life Members Committee – EOP GEN LM  
Attn: Marilyn B. Benoit, MD and Ellen H. Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

11/06/2025

Dear Drs. Benoit and Sholevar,

My name is Dr. Sean Hollebeck and I'm a current PGY-2 at Hennepin County Medical Center-Regions Hospital in Minneapolis/St. Paul Minnesota. I had the honor and pleasure to attend the AACAP Annual meeting in Chicago this year. While I want to address this letter to both Dr. Benoit and Dr. Sholevar, I hope this letter will also reach other distinguished members of the Life Members Committee. My time at AACAP this year revitalized me and completely solidified my decision to pursue CAP fellowship training. Entering medical school, I initially intended to become a pediatrician, but ultimately chose psychiatry because of my love and fascination ~~with~~ of behavioral health. Now, my decision to pursue CAP training makes me feel like I've come full circle. As of this moment, my dream to become a mix between a consult-liaison psychiatrist and a psychodynamic practitioner was very much fueled by my experience at the AACAP annual conference. I want to extend my sincerest gratitude and appreciation for the scholarship/opportunity to attend the conference. I truly hope my generation can further carry on the torch of the incredible line of work. Our patients deserve the best we can give them.

Sincerely,  
  
Sean J Hollebeck, DO

**AACAP Life Members Committee – EOP General Psychiatry Residents Program**

**Attn:** Marilyn B. Benoit, MD and Ellen Sholevar, MD

3615 Wisconsin Avenue, NW

Washington, D.C. 20016

To the AACAP Life Members Committee,

Thank you for sponsoring this year's program and affording me the experience to liaison with some of the most distinguished and invaluable members of the world of child and adolescent mental health. It was a real gift to be able to share a few delicious meals while hearing stories behind the construction process of the institution I was able to enjoy and the incredible amount of hard work and years of dedication that have gone into AACAP.

Despite being so early in my career and training process, with dreams of breaking barriers and celebrating intersectionality, I was made to feel like a cherished colleague amidst experts in my field of choice. There is truly no better gift than to feel seen. As a queer Indian American psychiatrist-in-training, I was made to feel safe and applauded for using my cultural background to help others in need. In our current sociopolitical climate, this speaks volumes.

I hold the life members committee very close to my heart and the memories and conversations I have had will bring a smile to my face for many years to come. It is with the utmost confidence that I support the continuation of the EOP program. I look forward to working together and with luck, one day serving on the life members committee myself.

Warm regards,

**Vybhav Jagannath**

**PGY2 Psychiatry Resident**

**Meharry Medical College**

AACAP Life Members Committee – EOP GEN LM  
Attn: Marilyn B. Benoit, MD and Ellen H. Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

November 4, 2025

Dear Drs. Benoit and Sholevar,

I would like to express my sincere gratitude for selecting me as a recipient of the 2025 Educational Outreach Program award. It was an honor to be supported by a committee of child and adolescent psychiatrists who have dedicated their careers to advancing the field and mentoring future clinicians.

As a trainee living and training in Hawai'i, attending national conferences often comes with significant financial barriers. Thanks to the EOP award, I was able to attend the 2025 AACAP Annual Meeting, participate in mentorship and networking opportunities, and learn from leaders across the country. The highlight of my experience was the Life Members Luncheon. Being able to meet and learn directly from psychiatrists whose work shaped the field—and who continue to invest in the next generation—was deeply inspiring and reaffirmed my commitment to this career path.

The knowledge, mentorship, and sense of community I gained have already begun to influence my clinical and academic development, and I am grateful to bring those lessons home to better serve youth and families in Hawai'i.

Thank you for your generosity, your time, and your ongoing commitment to supporting trainees. I am truly grateful for this opportunity and look forward to carrying forward the values of AACAP throughout my training and future career.

Sincerely,

**Kyung Moo Kim, M.D.**

Psychiatry Resident, PGY-2  
Department of Psychiatry  
John A. Burns School of Medicine  
University of Hawai'i at Manoa  
Honolulu, Hawai'i

AACAP Life Members Committee – EOP GEN LM  
Attn: Marilyn B. Benoit, MD and Ellen H. Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

November 11, 2025

Dear Drs. Benoit and Sholevar,

Thank you so much for the incredible opportunity to attend AACAP through the Educational Outreach Program, supported by the Life Members Fund. It was a week filled with learning, mentorship, and inspiration, and each day I felt so lucky to be entering a field with some of the most creative, hardworking, kind, and passionate individuals I've ever met.

From hearing Bryan Stevenson speak (and getting my book signed!) to connecting with mentors at various meetings and the Life Members Luncheon, every moment was so meaningful. I loved attending sessions on topics ranging from school-based mental health and innovative care for eating disorders, to spirituality and discussions of suicidality across religions, to even analyzing movie clips to explore traumatic masculinity. I truly could not get enough of all the incredible opportunities we were given over the course of the week.

I was amazed at the amount of support attending psychiatrists provide in encouraging and sponsoring the next generation of child and adolescent psychiatrists, and feel incredibly privileged and honored to be a part of the group selected to attend the conference thanks to your generosity.

I even celebrated my 30th birthday during the conference! It was the best possible way to start a new decade! I look forward to attending many more Annual Meetings in the years to come and hope to one day give back even a fraction of what I've received from this amazing community.

Thank you again for everything!

Sincerely,  
Evelyn Lee, PGY-3, University of California, Irvine

AACAP Life Members Committee - EOP GEN LM  
Attn: Marilyn B. Benoit, MD and Ellen H. Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

Dear Dr. Benoit and Dr. Sholevar,

Thank you so much for the award to attend AACAP this year. It was my first AACAP meeting (my first conference ever actually!) and I would not have been able to attend the meeting without it. The meeting was truly inspiring – I learned so much and met so many wise and kind people at various levels of training. I was particularly struck by how open senior, tremendously accomplished child psychiatrists were in getting to know those of us who are at the very beginning of our training. They were generous in sharing about their careers and lives, and also eager to learn about us, too. I feel incredibly lucky to be entering a field with so many warm, intelligent, enthusiastic colleagues. I look forward to attending AACAP again in the future!

Thank you for all of the work that you do to support aspiring and current child psychiatrists. Your work is so meaningful.

Warmly,

Catherine Lowenthal, MD, PGY3

AACAP Life Members Committee - EOP GEN LM  
Attn: Marilyn B. Benoit, MD and Ellen H. Sholevar, MD  
3615 Wisconsin Avenue, NW  
Washington, DC 20016

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Thank you for all of the work that you do to support aspiring and current child psychiatrists. Your work is so meaningful.

Warmly,

Catherine Lowenthal, MD, PGY3

AACAP Life Members Committee - EOP General Psychiatry Residents Program

Attn: Marilyn B. Benoit, MD and Ellen Sholevar MD

3615 Wisconsin Avenue, NW

Washington, D.C. 20016

Dear AACAP Life Members Committee,

Thank you for sponsoring this year's Education Outreach Program (EOP). This award allowed me to attend my first ever annual AACAP conference in Chicago, IL. Thanks to your contributions I was able to connect with colleagues from all over the world and enrich my knowledge overall. I am currently a PGY3 at Case Western Reserve University and am excited to start my CAP fellowship next year at Rainbow Babies and Children's Hospital in Cleveland, OH. The EOP experience allowed me to network with medical students, residents, fellows, and attending physicians alike before my time as a CAP fellow starts providing me a unique advantage to succeed and advocate even further for my patients. I am grateful for the mentorship that was provided and the friendships I gained along the way during my time with the EOP.

It is my sincere hope the EOP program continues to thrive and support trainees in the future. For many, including myself, this program served as the only opportunity to attend the national conference and explore new horizons in the world of CAP. Whether I found myself at the Life Member Luncheon, or the medical student and resident mentoring sessions, I was inspired and able to engage in community. Perhaps this is the greatest gift of all, the gift of knowing many others are out there just like me, there are a bounty of trainees doing what they can to become better for our patients ahead. I found this inspiring. Combined with the advice provided by the Life Members I feel incredibly grateful to have been able to participate.

Thank you from the very bottom of my heart for your support and contributions along the way. I hope to engage with the Life Members again soon.

Thank you,

Joseph M. Piks, MD

PGY3 Adult Psychiatry

Case Western Reserve University (CWRU)/ University Hospitals

(440) 409-1564

[Joseph.piks2@uhhospitals.org](mailto:Joseph.piks2@uhhospitals.org)

## Thank You Letter

Dear Members of the AACAP Life Members Committee,

I want to express my sincere gratitude for selecting me as a recipient of the AACAP Educational Outreach Program for General Psychiatry Residents. I am truly honored to have been supported by the Life Members Fund and deeply appreciative of the opportunity to attend the Annual Meeting in Chicago.

The experience was meaningful in many ways. I participated in both parts of the MSR mentorship sessions, which gave me the chance to meet psychiatrists at different stages of their careers and have open conversations about training, clinical work, and long-term development in the field. I also attended a range of engaging sessions throughout the conference, including the sessions on transcultural adoption, treatment-resistant schizophrenia, and several case presentations. The awards breakfast was especially inspiring, and it was wonderful to meet the other EOP awardees and feel connected to a community of trainees from across the country.

The meeting also provided invaluable time to connect with friends and fellow residents, and it came at a perfect moment as I am currently applying to Child and Adolescent Psychiatry fellowship. Being able to meet training directors and current fellows in person helped me better understand different programs and solidified my enthusiasm for pursuing this path. I am so excited to join the field of Child and Adolescent Psychiatry!

Thank you again for your generosity and for creating opportunities that genuinely support residents in exploring and committing to the field of child and adolescent psychiatry. I am deeply grateful for the encouragement and for the experiences made possible through this award. I am already looking forward to AACAP 2026 in Atlanta.

Warmly,  
Abiba Salahou

Omolade Tunde-Alli  
1855 Lakeland Drive, Apt 415,  
Jackson MS 39216

10/28/2025.

AACAP Life Members Committee - EOP General Psychiatry Residents Program

Attn: Marilyn B. Benoit, MD and Ellen Sholevar MD

3615 Wisconsin Avenue, NW

Washington, D.C. 20016

Letter of Appreciation for Your Sponsorship of the Educational Outreach Program Award

Dear Members of the AACAP Life Members Committee,

I want to express my sincere gratitude for your sponsorship of this year's EOP Award, which I received as a general adult psychiatry resident. Your generosity made it possible for me to attend the 2025 AACAP Annual Meeting, as I would not have been able to attend this year's conference without the grant.

The conference provided a robust educational and informative experience, where I was able to make meaningful connections and significantly increased my knowledge in various aspects in the field of Child and Adolescent Psychiatry. The sessions were very enlightening, the environment warm and collegial, and the experience profoundly meaningful. It was particularly beautiful to meet with some life members at the luncheon and I left with a renewed sense of purpose and greater insight into the field and AACAP as an organization.

Your continued sponsorship not only provides financial assistance but also fosters the professional growth and inspiration of aspiring child and adolescent psychiatrists. I am deeply appreciative of the role your generosity has played in my learning, especially as I prepare to begin a fellowship in child and adolescent psychiatry in July 2026, a decision that I feel more certain about more than ever. Thank you all so much for your kindness and generosity towards investing in the future of AACAP.

Warm Regards,

Omolade Tunde-Alli