



AMERICAN  
**PSYCHIATRIC**  
ASSOCIATION

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## **2023 Election**

**President-Elect**

**Secretary**

**Minority/**

**Underrepresented**

**Representative (M/UR)**

**Trustee**

**Area 2 Trustee**

**Area 5 Trustee**

**Resident-Fellow Member**

**Trustee-Elect (RFMTE)**

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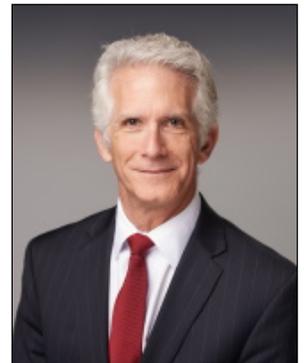
# 2023 APA ELECTION

## President-Elect

### Candidate for President-Elect

#### Robert Lee Trestman, PhD, MD, LFAPA

- Professor and Chair of Psychiatry and Behavioral Medicine at Carilion Clinic and Virginia Tech (2017-present)
- Chair, APA Council on Healthcare Systems and Financing (2020-present)
- Chair, APA Presidential Workgroup on the Future of Psychiatry (2022-2023)
- Chair, American Association of Chairs of Departments of Psychiatry Clinical Enterprise Committee (2019-present)
- Chair, American Hospital Association Behavioral Health Committee (2020-2021)



I am honored and excited to stand as a candidate for President-Elect of the APA. This opportunity comes at a time when our nation faces an acknowledged mental illness and addiction crisis. It comes at a time when our nation is now openly talking about mental illness and addiction and starting to invest in much needed care. It comes as technology is profoundly disrupting traditional care delivery. Therefore, this moment presents an opportunity to transform a system long neglected.

Psychiatry as a field, and the APA as its professional voice, must be leaders shaping the needed changes. My experience working with legislatures, leading the APA Council on Healthcare Systems and Financing, and chairing the American Hospital Association's Behavioral Health Committee teaches me about the need to bring solutions to the conversation. At the APA, we can bring solutions. We can demonstrate the benefits of psychiatric care, the need to enhance funding for the care we deliver as physicians, and the need to reduce the administrative burdens for our services that will allow more of us to provide care equitably to all of those in need.

If elected, I propose to focus on:

- Financing models that will allow for equitable access to care
- Expanding our efforts to improve diversity and inclusion within the APA
- Supporting psychiatrist wellbeing through enhancing education and practice support, and addressing maintenance of certification challenges
- Evolving our treatment guidelines to set psychiatric standards for scope of practice
- Shaping a DSM-6 that links our growing knowledge to the realities of clinical decision making

I believe that together we can shape our future as psychiatrists to better meet the needs of our patients and the hopes of their families. This is why I now seek your support and your vote to become the next President-Elect of the APA.

### Professional Activities

100%: Chair of Psychiatry and Behavioral Medicine at Carilion Clinic and Virginia Tech Carilion School of Medicine  
10% clinical  
20% research  
70% administrative

## Professional Income

100% Carilion Clinic

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## Candidate for President-Elect

### Ramaswamy Viswanathan, MD, DrMedSc, DLFAPA

- APA Assembly Representative, 1996-2017, 2019-present
- APA Board of Trustees, MUR Trustee, 2017-2019
- Secretary, New York State Psychiatric Association, 2016-2018
- Chair, Committee on CL Psychiatry, Group for the Advancement of Psychiatry, 2014-present
- Professor, Interim Chair, Psychiatry; Director, CL Psychiatry and Fellowship; Core Faculty, Geriatric Psychiatry, General Psychiatry; Co-Chair, Faculty Wellness Committee; SUNY Downstate Health Sciences University



My contributions at both grass roots and leadership levels are well-known including federal and state legislative advocacy, e.g. for parity. I received the Ronald Shellow Award for outstanding service to APA Assembly, APA George Tarjan Award, and SUNY Chancellor's Award for Faculty Service Excellence. In 2002, I passed an Assembly action paper that APA promote telehealth to enhance access to care and ward off psychologists' seeking prescription privileges. I collected about 800 signatures and placed on the 2011 APA ballot a referendum against burdensome MOC requirements. It was supported by 80% of the voters. I founded APA Caucus on MOC to continue efforts to reduce financial and unnecessary burdens associated with board certification. I have been at the vanguard of promoting residents' and ECPs' scholarly development and wellness, receiving awards for this. From the beginning of the COVID pandemic, I pioneered support groups for physicians and nurses and published on this topic. I provided post-tsunami disaster relief in India. My research has been in physician communication, ethics, innovations in psychotherapy and pharmacotherapy, treatment adherence in gynecologic cancers, children's sickle cell disease, HIV, and substance use. I practice both public and private psychiatry.

I am Board Certified in Psychiatry, Internal Medicine, Consultation-Liaison, Geriatric, Addiction and Forensic Psychiatry, and am active in all these fields.

I will lead our APA to:

- Enhance the quality of care our patients receive, and fight inadequately qualified people encroaching into psychiatric practice.
- Augment psychiatry workforce.
- Increase funding for mental health research and services, including for substance use disorders, climate psychiatry, and children's mental health.
- Ensure satisfactory clinical work conditions and adequate reimbursement. Reduce third party-imposed burdens on public and private psychiatric practice.
- Promote psychiatrists' well-being.
- Promote diversity, equity, inclusion.
- Empower minorities and women.
- Address social determinants of health.
- Foster trainees' and early career psychiatrists' professional development.

## Professional Activities

SUNY Downstate Health Sciences University  
35% Leadership, Administration, University Service  
20% Education  
20% Clinical Service  
10% Research  
15% Faculty Practice

**Professional Income**

85% SUNY Downstate Health Sciences University (including University Hospital)  
15% Practice (University Physicians of Brooklyn)



# 2023 APA ELECTION

## Secretary

### Candidate for Secretary

#### Jenny L. Boyer, M.D., Ph.D., J.D.

- Psychiatrist, Psychologist, Attorney
- Current: Psychiatrist, West Texas VAMC and private practice
- Volunteer Faculty, Texas Tech University
- Past Speaker APA Assembly, Board of Trustees (BOT), Area 5 Trustee
- Past: Faculty, Department of Psychiatry, University of Oklahoma Health Sciences Center



I am an MD, PhD, JD from Oklahoma, where 1/4 of the population is indigenous. I appreciate that among the APA's strengths and weaknesses, our greatest strength is our intellectual product, which supports the whole structure of mental health treatment. But we still need to improve the ways we communicate with our members.

Our role is changing. It still includes plenty of direct patient care, but now is emphasizing consulting, treating medically complicated populations, and collaborating with other mental health professionals. We need to use technology more so that people in underserved areas can get the care they need. We must be able to use outcome data to demonstrate our value.

I have had on-the-job training at APA, where I've served on the Board of Trustees and on its Executive Committee. I served on the Joint Reference Committee when I was Speaker of the Assembly. I chaired the Governance Task Force for the Board. I served on the Council on Advocacy and Legislative Affairs, where I helped with a pay increase for VA psychiatrists. My legal education enables me to offer a more complex perspective.

I currently work full-time as a Veterans Administration tele-psychiatrist. I have retired from the faculty of the University of Oklahoma. I was an administrator for nine years, so I understand systems. I have worked in community mental health. I was in private practice and experienced pre-authorization and reimbursement problems. I chair a Task Force on the 988 emergency line for my state.

I've shared the experiences of most of our members and believe that I can do a lot to help.

### Professional Activities

Veterans Affairs Clinician, APA VA Caucus > 95%  
AMA Governance Council, Senior Section; Past President, Tulsa County Medical Society; BOT, APA; BOT, Oklahoma State Medical Association < 5%

### Professional Income

Full-time VAMC clinician > 95%  
Private Practice < 5%

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## Candidate for Secretary

### C. Freeman, MD, MBA

- APA Investment Oversight Committee, Member 2018-2024
- APA Assembly Area 6 Rep. 2021-2024 & Rules Committee Member 2021-2023
- APA Board of Trustees Parliamentarian 2021-2022
- APA President-elect Advisory Group Member & Population Variables Subgroup Chair Presidential Taskforce on Assessment of Psychiatric Bed Needs, 2020-2021.
- Trustee, California Medical Association, 2015-2021



My diverse background in business, academia, administration, and entertainment as well as documented effectiveness as a strategic change agent in private and professional organizations equips me with the insights into governance and administrative issues that can serve the APA. My ongoing training in climate change and functional/intergrative psychiatry as well as personal experience of marginalization also provide me with the understanding of current social health issues and challenges that trainees and patients encounter.

The role of secretary and member of the executive committee is to support the organization's strategic plan, work cohesively with leadership and communicate with the membership in a clear, transparent, and comprehensible way. The challenges that we face in psychiatry include workforce demands, difficulty providing services in the face of regulatory restrictions, and positioning the APA to deal with social determinants of health and the organization's evolution to meet the diverse needs of members. When elected as your secretary, I will be the thread of continuity for our work together elevating the APA to be recognized as the highest voice of mental health expertise. For these reasons, with your vote, I can best serve the APA.

### Professional Activities

100 % Private Practice

### Professional Income

67% Private Practice

33% Consultant, community mental health center

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## Candidate for Secretary

### Gabrielle Shapiro, M.D., DLFAPA, DFAACAP

- Clinical Professor of Psychiatry, Icahn School of Medicine at Mount Sinai
- Secretary, American Psychiatric Association Foundation Board of Directors
- Chair, Council on Children, Adolescents and Their Families, 2018-2022
- Woman's Caucus Delegate to The APA Assembly
- Member, APA and AACAP PAC Boards



“Not everything that is faced can be changed, but nothing can be changed until it is faced.”

James Baldwin

Psychiatrists often bemoan our fate in health care and political systems that are unresponsive to our needs, and those of our patients. We are overwhelmed with clinical demands and bureaucracy that are getting worse. It is time to face this reality and make changes. That is why I ask for your support, as I seek to become APA Secretary. I aspire to be an APA leader who is fearlessly committed to change for us and our patients, in high priority areas, such as parity, equity, fairness, and stigma. We must also consider necessary changes in post-graduate education and CME practices, while also addressing the daunting challenges related to the limited numbers of mental health service providers, and how we collaborate with them.

I wish to be not just the Secretary but, rather, the “member responsive” Secretary on the Board of Trustees, where I will identify and eliminate APA and community processes that create “burden without benefit,” for us and our patients, including the onerous maintenance of certification, and the growing amount of paperwork, including prior authorizations.

I am a bilingual, community-based child and adolescent psychiatrist, I have been an active APA member for more than 30 years. I look forward to continuing my work to improve psychiatry, including mentoring the next generation of junior colleagues, especially BIPOC, LGBTQ+, and IMG members, as they navigate their careers and assume leadership positions themselves.

It is a time for change, but not change just for the sake of change. As your Secretary, I will work with you to identify challenges we must face together, and then help lead the APA to make these necessary changes for you and the field of psychiatry.

### **Professional Activities**

Clinical Professor of Psychiatry, Icahn School of Medicine at Mount Sinai

5% Teaching/Supervision

Supervising Child, Adolescent and Adult Psychiatrist-Union Settlement Association/Heritage Health Care

85% Clinical Care

5% Administrative

### **Professional Income**

95%- Union Settlement Association

5% -Heritage Health Care Center



# 2023 APA ELECTION

## Minority/Underrepresented Representative (M/UR) Trustee

### Candidate for Minority/Underrepresented Representative (M/UR) Trustee

#### Kamalika Roy M.D., M.C.R.

- Assistant Professor, Department of Psychiatry, Oregon Health & Science University, Portland, OR
- Program Director, Consultation-Liaison Psychiatry Fellowship, Oregon Health & Science University, Portland, OR
- President, APA Women's Caucus
- Immediate Past Chair, International Medical Graduates Section, American Medical Association
- Councilor, Oregon Psychiatric Physicians Association



It is a distinct honor for me to run for the position of M/UR Trustee at our APA, the largest platform for psychiatrists in the nation.

In the past few years, the landscape of psychiatric practice has evolved. As we incorporated the much-needed equity and inclusion lens in our processes, we also observed the growing concerns about preserving the fundamental rights of women, autonomy in patient-doctor communications, and the safety of our vulnerable patients in the context of scope-of-practice expansion. We, psychiatrists, are needed to make our voices heard at the legislative level to have the desired impact on our patients and the larger society we serve.

Our APA is the platform to put in that effort towards the changes we want to happen, including:

- A safer physician-led team-based treatment model collaborating with our partners to ensure the safety of our vulnerable patients, and advocacy for a reliable and consistent reimbursement strategy for such models
- Stronger advocacy to increase GME funding for more psychiatry training positions and equitable geographical distribution of the existing workforce
- Efforts to reduce practice barriers, including monopolized board certification system, physician burn-out, and reimbursement parity
- Effective implementation of equity and inclusion initiatives within APA and at our workplaces, including gender-parity in pay
- Leadership and mentorship for early-career psychiatrists in organized medicine with a focus on addressing implicit biases to ensure a meaningful engagement from the minoritized physicians

With my experience in academic psychiatry as a training director and a mentor to many younger colleagues, I am equipped to strategize meaningful and effective ways to nurture and support our psychiatry community. With my track record in leadership in organized medicine, I bring the necessary qualities of efficiency, experience, and enthusiasm to implement changes. Your vote for me is a voice on the table for every minoritized physician.

#### Professional Activities

80%- Clinical at Unity Center for Behavioral Health, Oregon Health & Science University  
20%- Administrative and teaching as a program director

#### Professional Income

## Candidate for Minority/Underrepresented Representative (M/UR) Trustee

### Dora-Linda Wang, MD, MA, FAPA

- President, APA Caucus of Asian American Psychiatrists, 2017-;
- Co-Chair, Yale Alumni in Medicine Communications Committee, 2018-;
- Psychiatrist, Traditions Behavioral Health, 2018-;
- Former Associate Professor, Chief of Consultation-Liaison Psychiatry and Historian, University of New Mexico School of Medicine, 1999-2018;
- Riverhead - Penguin author, *The Kitchen Shrink: A Psychiatrist's Reflections on Healing in a Changing World* (2010)



As President of the APA Caucus of Asian American Psychiatrists for two terms and six years, I hope to expand my service to the APA and to you, my fellow psychiatrists, as a trustee.

An emergency is also a time for opportunity, according to a Chinese proverb. Our Caucus of Asian American Psychiatrists actually became more active during the COVID-19 pandemic. When in-person meetings were cancelled due to the pandemic, we responded by holding quarterly meetings by Zoom, a new technology to most of us. We hosted Congresswoman Grace Meng for a meeting. We blogged and published about the rise in anti-Asian hate. We became one of APA's most active groups.

I have no industry affiliations to disclose.

My disclosure is that I am running for the "Minority/Underrepresented" trustee position, but I don't view myself as marginalized. My demographic as a woman of Chinese descent, is a dominant demographic, globally. This 21st century viewpoint is much needed for a 21st century APA. I also belong to several cultural communities. Due to the US Chinese Exclusion Act, my family left war torn China and immigrated to Brazil, my birthplace. I also served as Treasurer of the Hellenic American Psychiatric Association for a decade.

I am a devoted clinical psychiatrist, but I also have a diversity of professional experience. As a medical historian, I have researched and written a history of how our medical profession evolved from a noble, charitable occupation into the profit-driven industry we know today. This history is published in the form of a medical memoir, *The Kitchen Shrink: A Psychiatrist's Reflections on Healing in a Changing World* (Riverhead - Penguin, 2010).

As the APA steers our beloved profession of psychiatry into the future, it is important to remember our history, as well as to envision our multicultural future.

### Professional Activities

- 75% - Staff Psychiatrist, Traditions Behavioral Health
  - 100% Clinical Care
- 25% - Author
  - Represented by Inkwell Management
  - Published by Riverhead - Penguin

### Professional Income

- 100% - Staff Psychiatrist, Traditions Behavioral Health
  - Santa Rosa Behavioral Healthcare Hospital
  - Contra Costa Regional Medical Center



# 2023 APA ELECTION

## Area 2 Trustee

### Candidate for Area 2 Trustee

#### **Kenneth Ashley, MD, DLFAPA**

- Assembly Representative, APA, 2009-
- Member, APA Council of Consultation-Liaison Psychiatry, 2021-
- Member, APAPAC Board, 2022-
- Associate Professor of Psychiatry, Icahn School of Medicine at Mount Sinai, 2019-
- President, AGLP: The Association of LGBTQ+ Psychiatrists, 2011-4



I am grateful to be nominated to serve on the APA Board of Trustees. My platform for the APA Board of Trustees is to advance the great work that the APA has done over my decades of participation.

The APA will continue to provide advocacy for our patients and the profession, ensuring equitable access to high quality care. The APA must continue to work on the enforcement of parity legislation to provide for access to care. With the ever increasing need for mental health services it is critical that we as psychiatrists, and our profession, continue to advocate to secure adequate funding for mental health research to allow for advances in treatment. We need to continue to provide support and guidance for training/education such that we nurture a diverse, well-trained work force that reflects the diverse populations that we serve.

To ensure high quality equitable care the APA must continue to focus on both education and mentorship. Clinically useful and appropriate lifelong learning will play a key role in maintaining excellent care for patients and the APA should maintain a role in offering the most up-to-date learning experiences.

The APA needs to continue working both internally and externally to address inequities and issues of bias for both our patients and our members. The organization must remain relevant and engaging to its members, being creative in ways of offering the benefit of membership.

To remain viable the APA must maintain a fiscally responsible approach.

Having these among my goals, I hope that you will consider my candidacy for a position on the APA Board of Trustees.

#### **Professional Activities:**

100% - Staff psychiatrist Mount Sinai Health System

- 80% - Clinical Care
- 15% - Teaching/mentoring
- 5% - Administration

#### **Professional Income**

100% - Mount Sinai Health System

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## Candidate for Area 2 Trustee

### Glenn A Martin, MD DLFAPA



- APA Area 2 Trustee 2020 -
- Associate Professor of Psychiatry and Senior Associate Dean for Human Subjects Research, Icahn School of Medicine at Mt. Sinai, Executive Director, Program for the Protection of Human Subjects 2016-
- APA Finance and Budget Committee 2015-17, 2020-
- APA Assembly Speaker (2015-2016)
- New York State Psychiatric Association, President (2010-2014)

During my successful Area Trustee campaign 3 years ago I wrote...

“The APA is the home and voice of American psychiatry. We need experienced, skilled leaders to continue to resist those forces that intrude on the doctor-patient relationship, needlessly limit our therapeutic options, and increase our time spent on administrative and clerical tasks.”

It is three years later and no matter what I or others might have thought the APA should have been working on, reality had a way of intruding. The APA had to address the impact of the pandemic and long simmering tensions around racism, diversity and equity within the APA and the impact on our profession and patients. The BOT had to adjust to the fiscal realities of remote meetings, inflation, stock market reversals and economic uncertainty, all while the board transitioned to and from remote meetings. I was able to contribute actively to solutions, especially as I sit on the finance and budget committee and was a part of the board’s Structural Racism Accountability Committee.

As an active and vocal member, I welcome the board’s reinvigorated effort to become more strategic in our thinking and prepare for the inevitable changes the future will bring. I continue to believe support for our patients has to define our actions, all the while keeping the focus of the APA on its members. The robust functioning of the DBs and Area/ State Associations remains vital to our organization and national support and smoother coordination of efforts are needed. Honoring and promoting the diversity of our membership will be key to our success. I believe my tenure has demonstrated that I do have the skills needed to be an effective Board member, and I ask for your support.

### Professional activities

90% Icahn School of Medicine at Mount Sinai  
80% Administration  
5% Resident supervision, education  
5% Research  
10% Private Practice

### Professional Income

95% Icahn School of Medicine  
5% Private Practice



# 2023 APA ELECTION

## Area 5 Trustee

### Candidate for Area 5 Trustee

#### Heather Hauck, MD, FAPA

- Department Head/Medical Director, US Navy 2018-present
- Associate Specialty Leader for Addiction Psychiatry, US Navy 2017-present
- Chair, Assembly Committee for the *Diagnostic and Statistical Manual*, APA 2019-2022
- Assembly Representative, Society of Uniformed Services Psychiatrists, APA 2017-present
- Assistant Professor, Uniformed Services University, 2016-present



I am very honored to be nominated for Area 5 Trustee. I have spent the last 6 years as a member of Area 5 Assembly Council representing the Society of Uniformed Services Psychiatrists. In that role, I have worked diligently to learn about this organization and grow in my advocacy for our profession and patients. I believe that I have more to offer APA and Area 5 as a Trustee. Our Area is the largest in APA and represents a tremendous number of psychiatrists and patients. We are a diverse group working for a very diverse patient population as well. I will not take representing you for granted or lightly. I have worked in the Assembly on multiple action papers fighting scope of practice, for education of residents, and for increasing awareness of military patient needs. I will continue to bring the passion that I have for these topics. Scope of practice and ensuring that the general public is well educated on why psychiatrists are vital in the care of our patients is a priority for me as it has been for Area 5 which is clear in ongoing legislative actions in many States. I will seek to enhance communication between the District Branches and the Board bidirectionally. I look forward to serving you as your Area 5 Trustee.

#### Professional Activities:

95%-Staff psychiatrist at Naval Hospital Rota, Spain  
65%-Clinical Care  
30%-Administrative  
5%-Psychiatrist at American Analytical Medical Services

#### Professional Income:

95%-US Navy  
5%-American Analytical Medical Services

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### Candidate for Area 5 Trustee

#### Sudhakar Madakasira, MD, DLFAPA

- Mississippi Representative to the APA Assembly 2012-Current
- President, Mississippi Psychiatric Association, 2001-2002
- Chief of Psychiatry, Dayton VA Medical Center, 1986-1990
- Professor of Psychiatry and Clinical Vice Chair, University of Mississippi, 1990-1996
- Chief Executive Officer, Pyscamore Psychiatric Programs, 2000-Current



These are some qualities I bring as a Trustee candidate:

1. **Leadership:** I served as president of the Mississippi psychiatric Association (MPA), APA Assembly Representative, chief of psychiatry at a VA Medical Center and Clinical Vicechair of psychiatry at University of Mississippi. I now manage three partial hospital programs (PHP).
2. **Innovation:** The PHP I founded serves high functioning and working adults and uniquely does not utilize government insurance.
3. **Passion:** I was ridiculed for choosing psychiatry and discriminated as an IMG but adjusted and succeeded. I also became passionate for the mentally ill who are likewise discriminated. I fought on their behalf when a deeply prejudiced coastal town in Mississippi turned down my PHP and got their rights to access care restored through the court system and the US Department of Justice.

### **My vision for the APA: A Different DSM**

APA is well known for the **DSM**, i.e., the Diagnostic and Statistical Manual, but it should be known for a different DSM, i.e., **Diverse, Strong and Meaningful**. APA has welcomed antiracism and **diversity** but these need to be so widely incorporated that “no psychiatrist will be judged by the color of their skin or country of origin.” APA is financially sound but it can benefit from investing in or endorsing alternative board certifications and non-pharma therapeutic products. A financially **strong** APA may be able to reduce membership fees for better retention and recruitment. Psychiatry has a huge image problem among the public and fellow medical professionals who do not seem to grasp what we do and what our worth is. It is time for the APA to invest in a campaign to build a respectable image for our profession. This in turn will increase the **meaning** and value of the organization to the membership.

### **Professional Activities:**

- 40% - Administration and supervision
- 40% - Patient care
- 10% - Consultations
- 10% - Organizational and scholarly work

### **Professional Income:**

- 80% - CEO, Pyscamore Psychiatric Programs
- 20% - Private practice



# 2023 APA ELECTION

## Resident-Fellow Member Trustee-Elect (RFMTE)

### Candidate for Resident-Fellow Member Trustee-Elect (RFMTE)

#### Sarah El Halabi, MD, MS

- Editor, Tendon Magazine-John Hopkin's Journal for the Medical Humanities, 4/22-present
- Program committee member, Society for The Study of Culture and Psychiatry, 1/2022-present
- Member, organizer, coordinator, World Network of Psychiatric Trainees, 2019-present
- Post-doctoral fellow, Clinical Ethics and Professionalism, American University of Beirut, 2019-2020
- Elected representative to the national board of Lebanese medical students (LEMSIC), 2015-2016



My strategy in complex situations is to try to look at situations both more simply and more intricately. My guiding moral values are kindness and a deep consideration for other people's humanity. My plan this election cycle is the union of my views and values. I want to advocate for increased support for patients in the community and advocate for residents and fellows who are at the forefront of psychiatric care. My goal is making the spaces through which we give and receive care, more inclusive, kind, and humane by paying closer attention to the people in these spaces.

#### A. The clinic as portal

The goal is to increase support for patients in the community by transforming clinics into an interdisciplinary collaboration where patients can receive many facets of care in one place before gravitating towards crisis. To attain this, the clinic could, for instance, provide primary care services, psychiatric services, access to food if needed, access to shelter and housing applications and/or job training. The clinic would also have solid connections with places of support and healing in the community to increase awareness about its services.

#### B. Trainees are people

Residents and fellows are people with personal goals, social and cultural ties, and the right to craft their own future. With this determination, comes the unequivocal right to conditions that respect their humanity. I want to advocate for universal access to mental health support and treatment for residents and fellows. I also want to advocate for resident and fellow involvement in structuring and determining both their educational and clinical needs including, for example, staffing and promoting initiatives like the clinic as portal. My continuous question will be: what do residents and fellows feel is necessary for them to grow and learn while maintaining personal and professional meaning in doing so?

#### Professional Activities

- 100 % resident at Westchester Medical Center
- 75 % Clinical care
- 20 % Teaching and interdisciplinary collaborations

5 % Editorial and writing

## Professional income

100 % from Westchester Medical Center/New York Medical College

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## Candidate for Resident-Fellow Member Trustee-Elect (RFMTE)

### Sarah Friedrich DO, MBA, MS

- Chief Resident, Einstein Psychiatry Residency, 2022-present
- Resident Representative, Philadelphia Chapter Executive Council, Pennsylvania Psychiatric Society, 2021-present
- Resident Representative, American Osteopathic Association, Bureau of International Osteopathic Medicine, 2020-2021
- Region 6 Legislative and Advocacy Chair/Delegate, American Medical Association – Medical Student Section, 2019-2020
- Member of Board of Trustees, Student Osteopathic Medical Association (SOMA), 2017-2019



My candidate platform is focused on two primary areas: Increasing resident and fellow engagement in advocacy with respect to growing mental health needs and predicted physician shortages, and the expansion of understanding the impact that telehealth services have on providing access to care in rural and underserved areas.

A report prepared for the AAMC estimates that within the next decade 2 of every 5 physicians will be older than 65 years. This combined with the anticipated shortage of nearly 14,000 psychiatrists, creates a unique challenge for our profession.

As the future of psychiatry, we are in a position to guide and shape it into a profession we are proud of: a desirable specialty for students to pursue and one which is invaluable to patients in areas of need. Many of us underestimate the impact our voices as residents and fellows can have in situations like this. If elected, I would address this by coordinating with the Assembly Committee of Area Residents and Fellows and any other residents and fellows passionate about advocacy to begin identifying changes we would like to see in the profession, and fostering advocacy on a national level to bring greater awareness to the needs we recognize in our patient populations - to give residents and fellows a more accessible voice in our future.

Additionally, with the end of the Covid-19 Public Health Emergency, Telehealth restrictions that were relaxed will be reinstated. These will largely impact patients in rural and underserved areas who may now be forced to travel extended distances for care or even be unable to access care in their areas. If elected, I will strive to increase awareness of these disparities and the impacts they will have on our patients and providers while providing support for advocacy and policy changes to address these concerns.

### Professional Activities

100% Resident Psychiatrist at Albert Einstein Medical Center

-30% - Chief/Administrative duties

-70% - Clinical care

### Professional income

-80% - resident salary

-20% - moonlighting in Albert Einstein Medical Center's Crisis Response Center

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## Candidate for Resident-Fellow Member Trustee-Elect (RFMTE)

### Sarin H. Pakhdikian, DO



- PGY-1, Kirk Kerkorian School of Medicine, University of Nevada, Las Vegas Psychiatry Residency Program
- President, APA's National Psychiatry Student Interest Group Network (2022-19)
- Provost's Award for Excellence in Medical Student Research, Western University of Health Sciences (2022)
- Psychiatry Clinical Specialty Award, Western University of Health Sciences (2022)
- Sexual Assault Counselor, Project Sister Family Services (2020-19)

I would be honored to be a representative for the residents and fellows in the field of psychiatry.

Having been the President, President-Elect, and Region 6 Chair for the APA's National Psychiatry Student Interest Group Network (PsychSIGN), I supported a community of medical students across the United States who share the vision of advancing mental health care. With this experience, I represented their needs with networking events, research and career development opportunities, and mentorship programs.

Now, as a resident in psychiatry, I would like to continue this work by advocating for early-career psychiatrists.

I plan to focus on improving psychiatry by addressing the shortage of psychiatrists and the quality of resident training.

#### **Shortage of Psychiatrists**

The shortage of psychiatry training programs has inadvertently led to a shortage of psychiatrists. If elected, I will work with the APA to leverage their knowledge, leadership, and experience to increase training programs. I plan to be actively involved in policies and initiatives that can be implemented to fill the gap in psychiatry. This will ultimately improve access to mental health care services for those in need.

#### **Quality Improvement in Psychiatric Training**

Although psychiatry itself is not a field that is black and white, there is value in the standardization of training. As Resident-Fellow Member Trustee Elect, I will call for open forums for global partnership amongst psychiatry residents to address the pros and cons of their training thus far. I hope to establish a consensus on ways to advance the future of psychiatric training by incorporating feedback from current trainees.

#### **Professional Activities**

100% - Resident Physician, Kirk Kerkorian School of Medicine, University of Nevada, Las Vegas

#### **Professional Income**

100% - Resident Salary, Kirk Kerkorian School of Medicine, University of Nevada, Las Vegas