

AMERICAN
PSYCHIATRIC
ASSOCIATION



Medical leadership for mind, brain and body.

APA 2025

ELECTION GUIDE

to the CANDIDATES

psychiatry.org/election

TABLE

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CANDIDATES FOR

PRESIDENT-ELECT

CANDIDATE PLATFORM



RAHN BAILEY, M.D.

Public and community psychiatry were the foundation throughout my career, with a focus on addressing health disparities, equity, and improved access to care. As a loyal member of APA for 30 years, I feel strongly about finding strategies to form collaborations to expand access to care both here and abroad. My experiences with working within global mental health have elucidated the importance of innovative methods of psychiatric care delivery. This is particularly important given challenges of homelessness, chronic mental illness, social barriers to health, and environments with previous and ongoing trauma.

The basis of my vision for our APA is answering question: How can we as clinicians, researchers, and advocates expand and improve service delivery for vulnerable patient populations? Given the changing socio-political climates, I remain embolden to integrated behavioral health services. However, these treatment models that can be expanded into other environments with a “meet the people where they are” framework. Whether it requires collaborations for treatment within prison settings, adjusting mobile services needed for disasters, or telepsychiatry to assuage the burden of in-person visits, we must simply meet our patients where they are!

I value the APA functioning in both trade and advocacy roles. As a trade organization, we are responsible for protecting, enhancing, and defending the interests of our members and profession. Moreover, as an advocacy organization, our external role is to promote fairness, equity, and an informed, enlightened approach to mental illness. We need to combat stigma while fostering an environment conducive to quality care for the patients and psychiatrists.

Finally, no person or organization is above feedback. I would like to listen and hear about the needs and wants of the membership. I hope to better understand the desires of the members and to collaborate with you towards these goals for the APA.

QUESTIONS & ANSWERS

Tell us about your most important achievement.

My most important achievement has been as a mentor to multiple aspiring psychiatrists. That work has been seminal in both building their confidence, as well as in my own professional growth as a leader and listener.

One example was a young IMG physician experiencing difficulty securing a position in the Match. Through our research group, he further developed skills necessary for a psychiatrist, and was able to publish a peer-reviewed article. Subsequently, he was able to secure a psychiatry residency. He is now a successful, accomplished psychiatrist in Houston. His success led me to develop an academic program at my university of which over fifty (to date) similarly challenged individuals have been able to pursue productive careers within the field of psychiatry.

Where does the profession of psychiatry need to be in five years?

Our profession must be the primary home for intellectually-based, compassion-driven, patient-oriented, and accessible mental healthcare. Our patients experience the complexities of co-morbid medical/psychiatric illnesses. We must work to break the barriers of the Social Determinants of Health paradigm, in order to provide a just and equitable future for our patients.

Moreover, the significance of psychiatrist wellbeing must not be overlooked. We must preserve our wellness as we cannot give what we do not have. We must succeed now without sacrificing the future. This is where fundamental psychiatric mentorship must be further emphasized and supported. Our medical students and ECPs hold the key to producing a more cogent, informed, empathetic workforce; one brimming with the confidence and capacity required to meet the increasing challenges we face.

Tell us something about yourself that most people don't know.

Most people are not aware of how much I like to cook. As a young child, I was extremely fortunate to have been able to spend a great deal of time with my mother. Notably, she took it upon herself to ensure that I could prepare simple meals for myself and others.

As I entered college/graduate school/residency/fellowship, the time away from studying and the demanding workloads became a therapeutic intervention, even a form of meditation, for me. My recipes grew from famous Texas barbeque (where I grew up) to preparing balanced meals for my children. Now, with my concerns for climate change, I have started to expand my vegetarian and more plant-based recipes, which has become a favorite hobby and one I really enjoy!

CANDIDATE PLATFORM



MARK RAPAPORT, M.D.

Now is the time to change the dialogue about psychiatry and mental health. We are at a tipping point because the Covid pandemic increased public awareness of the mental health (inclusive of SUD) crisis. Simultaneously, advances in AI, big data, imaging, psychotherapies, pharmacology, genetics and somatic treatments (from r-TMS to lifestyle interventions) are leading to unprecedented progress in disentangling psychiatric syndromes and treatment development. Groundbreaking work monetizing the social impact of treatments, training, and research demonstrate the huge return on investment our field has for society, business, health systems, and individuals.

My goal as President of the APA will be to unite the strengths the APA (district branches, Assembly, Components, Caucuses, APAF, and APPI) with academics, clinicians, and entrepreneurs to focus on parity for our patients and ourselves. We need to build on the strengths of existing campaigns “Mental Health Works”, the Huntsman Mental Health Institute’s and the Ad Council’s “Love, Your Mind” and “Stop Stigma Together” to end the prejudice, ignorance, and guilt associated with psychiatry and demand parity. This initiative is particularly important for the most vulnerable in our society: the unhoused, under-represented minority members and the LGBTQ+ community.

I will work to form a consensus at the APA that parity is a strategic priority for the next decade. (Most Presidential meeting themes could fall under this rubric.) I will work with the assembly, DBs, state leadership, and our lobbying group to develop state and federal (legislative and administrative...e.g...the Centers for Medicare & Medicaid) strategies to eliminate stigma and gain parity. I propose using the convening power of the APA, and my existing relationships, to bring together leaders in policy, philanthropy, other mental health organizations, and business to create a common agenda around parity. Now is the time to achieve true parity.

QUESTIONS & ANSWERS

Tell us about your most important achievement.

My most important professional achievement has been my work mentoring and supporting colleagues. In 1992, as an Assistant Professor, there were few opportunities for young people to receive mentoring and so, with the support of Bob Prien PhD., I created the New Investigator Program for the NCEDU (now ASCP meeting). The New Investigator Program has mentored more than 400 people. In 2003, Debbie Hales and I created the journal "Focus" because we wanted to help psychiatrists stay current with clinically relevant advances in diagnosis and treatment. I have also had the honor of mentoring and facilitating the careers of my faculty and trainees for the last 21 years as a department chair.

Where does the profession of psychiatry need to be in five years?

In the next 5 years the profession of psychiatry needs to lead efforts for true parity for our patients and ourselves. We need to flip the dialogue about psychiatry by monetizing the social impact of our treatments and programs thus demonstrating that psychiatry is an investment not a cost. We need to lobby on a state and federal level to increase access to care and to increase reimbursement to match those of other medical professionals. The profession needs to create and lead clinical, research and policy coalitions that focus on major societal mental health challenges: suicide, why approximately 75% of mental disorders begin by age 24, substance use disorders, and how can we provide good mental healthcare for the unhoused.

Tell us something about yourself that most people don't know.

As an undergraduate at UCSD I was involved in a cooperative student government constituted by interested people and organizations rather than the typical elected associated student body government. I became an able-bodied member of the "Disabled Student Union" and helped put on the first UCSD "Disabled Person's Awareness Week". I also petitioned the Vice Chancellor of Student Affairs and was funded to write the first UC Systemwide report on the status of disabled person services. During this time, I worked closely with the first Director of the Women's Center at UCSD, Maria Del Drago. These experiences have helped shape my core belief that all people deserve to be treated with respect and dignity.

CANDIDATE PLATFORM



**HARSH K. TRIVEDI,
M.D., M.B.A.**

I am honored to be nominated for APA President-Elect. As President and CEO of Sheppard Pratt, the nation's largest private non-profit psychiatric provider, I understand firsthand the struggles of how difficult it is to build a sustainable medical practice with insufficient reimbursement rates and growing administrative burdens. I see how inadequate access to care and health disparities are impacting communities across our country.

The APA has been a formative influence throughout my career. From being the resident member of multiple committees, to my time as a Spurlock Congressional Fellow, to serving as chair of the Council on Healthcare Systems and Financing - I would not be where I am today without the opportunities APA has afforded me over the past 20 years. I want to ensure that the APA propels your success as well.

I have long championed making evidence-based best practices readily accessible for our field. I have served as the editor of the APA Textbook of Hospital Psychiatry, the Psychiatric Clinics of North America and the Child and Adolescent Psychiatric Clinics of North America. We need to provide members and district branches the tools to succeed now and into the future.

Through my breadth of experience, I am uniquely positioned to give back and lead: from representing psychiatry in the AMA house of delegates, to serving as the voice of psychiatry on the board of the American Hospital Association, to serving on the APA Presidential Taskforce for the Future. As a leader, I roll up my sleeves, understand challenges, collaborate, and build consensus to deliver transformative solutions. I humbly ask for your vote so that I may serve our APA.

QUESTIONS & ANSWERS

Tell us about your most important achievement.

I am honored to have served as APA's 2004 Jeanne Spurlock Congressional Fellow. Working as a healthcare legislative fellow in the US Senate, I helped draft the Garrett Lee Smith Memorial Act. It passed through both houses of Congress and was signed into law when I was still in my psychiatry residency. It has provided more than \$150 million to develop suicide prevention programs for youth and to expand mental health services on college campuses across all 50 U.S. states and nine tribal territories. The annual funding continues and impacts communities across the nation today.

Where does the profession of psychiatry need to be in five years?

Everyone knows someone struggling with their mental health. Our field must lead innovation, advance discovery, and improve treatment outcomes. Our work must include prevention, reduce global disease burden, address access for marginalized communities, and eliminate health disparities. We must ethically leverage tools, such as AI, to reduce administrative burden and enable more time to care for our patients. We must focus on physician well-being and support caring for our own mental health. This is our moment to make mental health mainstream. We need a strong voice, a clear message, and effective advocacy. We need to increase reimbursement rates, markedly grow federal funding for research and residency slots, and better meet the needs of our members at every stage in their careers.

Tell us something about yourself that most people don't know.

I immigrated to the United States when I was 5 years old. Growing up in New York City, I saw my father working three jobs to support our family despite having a master's degree from another country. I've seen adversity, and I know firsthand what lack of access to healthcare can mean for a family. I am a champion for access to high-quality care for all people and the need for health equity. I am where I am today because of incredible mentors during my own journey. A fundamental reason why I would be honored to serve as APA president-elect is so that I can pay this forward, helping to mentor and provide opportunities for the next generation of psychiatrists.

CANDIDATES FOR
SECRETARY

CANDIDATE PLATFORM



**GABRIELLE
SHAPIRO, M.D.**

“Progress is impossible without change, and those who cannot change their minds cannot change anything.” – George Bernard Shaw

Psychiatry faces unprecedented challenges: growing clinical demands, overwhelming administrative burdens, workforce shortages, and systemic inequities. These barriers hinder progress, but inaction is not an option. As ‘the member responsive’ APA Secretary, I have worked to confront these realities head-on. With your continued support, I will continue these efforts toward meaningful change.

Key priorities include promoting mental health parity and equity, fostering fairness across systems and powerful advocacy for our profession and our patients. Reforming post-graduate education and CME practices is critical to equipping clinicians and trainees with tools to thrive in a rapidly evolving field. Addressing the shortage of mental health providers also requires innovative recruitment strategies, expanded training opportunities, and interdisciplinary collaboration.

During my tenure, I have focused on eliminating “burden without benefit” processes, such as excessive maintenance of certification requirements. I am committed to integrating artificial intelligence into psychiatric practice to reduce administrative overhead and streamline tasks like prior authorizations, freeing up valuable time for patient care.

As a bilingual, community-based child and adolescent psychiatrist with over 30 years of APA membership, I bring a deep commitment to diversity and inclusion. I have mentored the next generation of psychiatrists, with a focus on supporting IMG, RFM, LGBTQ+, and BIPOC colleagues. Their voices and contributions are vital as we shape the future of our profession.

This is a pivotal moment for psychiatry and the APA. The challenges before us, like systemic inequities, climate change, and stigma, are formidable but not insurmountable. Together, we can craft collaborative solutions and enact transformative changes. With resilience, equity, and adaptability as guiding principles, we can ensure that psychiatry thrives in a rapidly changing world, safeguarding the well-being of both our profession and our patients.

QUESTIONS & ANSWERS

Tell us about your most important achievement.

I am proud of all my work, especially when I serve marginalized children, adults, and families as a bilingual (Spanish-speaking) psychiatrist. It is my privilege to work in Harlem, the Bronx, Indian reservations, and at border areas in New York and California. I am gratified by my pro bono assistance for immigrant families and youth seeking asylum after suffering unimaginable adversity. As a teacher and mentor, I have inspired several generations of Child, Adolescent and Adult Psychiatrists to join in this work as clinicians and scholars, while also being involved in organized medicine to support advocacy, and community service. I am proud of many years of APA service, including: Secretary, active member of the Executive Committee, and Chair, Council on Children, Adolescents, and their Families.

Where does the profession of psychiatry need to be in five years?

In five years, psychiatrists will be recognized by the public and healthcare systems as the medical experts in diagnosing and treating mental health disorders. As Secretary, I will help position the organization to lead this transformation by advancing innovative science, clinical care, and equitable policy. We will harness breakthroughs in genomics, AI, and telepsychiatry to enhance early identification, prevention, and intervention. To fulfill the promise of parity and equitable reimbursement, we will advocate for fair compensation. Addressing workforce shortages will be crucial, including expanding training positions and leadership opportunities for underrepresented communities. By fostering new collaborative care models, psychiatry will shape the future of public health, prevention, and early intervention, ensuring our role as indispensable physician partners in the general healthcare and mental health system.

Tell us something about yourself that most people don't know.

I am proud to be a bilingual (Spanish) child psychiatrist who was raised in a bilingual household.

While attending Vassar College, I did promotional work for A&M Records, including traveling with the rock band, "The Police."

As a teen, I studied at The Actor's Studio, was involved in musical theater, and sang in several bands. My love for all kinds of music and theatre has been incorporated into my clinical practice, as a school consultant, with inpatient therapy groups, and in Community Clinics, allowing me to connect with patients through my knowledge of lyrics and rap, in both Spanish and English.

I have had three generations of therapy pets that worked with me in inpatient units, assisting to reduce the use of seclusion and restraints.

CANDIDATE PLATFORM



ERIC WILLIAMS, M.D.

The duties of the Secretary of the APA are heavily focused on the operations of the organization and Board of Trustees. However, there are two responsibilities of the position that I believe require direct contact with the members to carry out the duties to the fullest:

Work with the President and APA Administration to prepare the agenda for the Board's meetings.

I believe items on the agenda of the Board meetings should reflect not only the functional needs of the organization, but also the issues that are most important to the organization's members. To that end, I pledge to continue to listen to questions, comments, and concerns about the areas in which the APA is excelling and the areas of challenge, because I don't want any member to feel as though they have no voice in our association. While there will be times that an issue may not be resolved quickly or in a manner seen as favorable, I want to be in a position to contribute to what gets discussed so that members feel they are heard.

Serve as sounding board for CEO between board meetings.

As the Dean of Student Affairs, I often have meetings with the Executive Dean who will ask me, "I'm thinking of doing X. How do you think that will go over with the students?" If I am confident in the answer I give, it is because I have talked directly with the students and have gotten their input on the topic at hand. If I am not confident, I tell the dean that I am not sure and will find out. That is the same approach I will take as Secretary.

I hope you will trust me with your vote and give me the opportunity to work for you.

Thank you!

QUESTIONS & ANSWERS

Tell us about your most important achievement.

My most important achievement was being honored with the Jeanne Spurlock Minority Fellowship Achievement Award at the 2024 APA Annual Meeting. Although I was not fortunate enough to have known Dr. Spurlock, I understand that one of her most powerful legacies was the time she gave and the energy and wisdom she poured into those behind her. I try to be an effective mentor, especially to medical students, residents, and fellows, and I hope that receiving that award is proof that I am on my way to successfully following in Dr. Spurlock's footsteps in that regard.

Where does the profession of psychiatry need to be in five years?

In five years, psychiatry needs to be in the position that the sentence, "I'm going to see my psychiatrist Monday" is said as nonchalantly as, "I picked up some toothpaste yesterday." Psychiatry needs to be seen legally, financially, politically, and socially as a part of routine healthcare. Psychiatry has been at the forefront for decades in making "mental health" simply, "health," but we still have a ways to go. In five years, depression should no longer be a major public health issue, not because people don't suffer from it, but because psychiatry, and we psychiatrists, have made such headway that people recognize it and get treated quickly without hesitation due to fear or shame.

Tell us something about yourself that most people don't know.

Many people know that I love taking cruises, but most people don't know that I'm an honest-to-goodness, card-carrying, certified cruise agent. When people ask me, "Why?," my answer is, "I love cruising and can talk about it all day. Why not?"

CANDIDATES FOR

**MINORITY/UNDERREPRESENTED
REPRESENTATIVE TRUSTEE**

CANDIDATE PLATFORM



**MANSOOR
MALIK, M.D., M.B.A.**

Data on US psychiatry physician work force indicates that only around 10 % of practicing psychiatrists identify as Black, Latino or Native American, compared with their share of 32.6 % of the US population. In addition, around 30 % of psychiatrists are international medical graduates and around 3 % identify as LGBTQ. Underrepresented and minoritized psychiatrists continue to face structural barriers in career progression, especially in research careers. The American Psychiatric Association has a unique role to play in maintaining diversity, equity and inclusion in the psychiatric work force, especially considering the recent DEI backlash in response to the supreme court decision against the affirmative action in higher education. M/UR psychiatrists face a myriad of challenges, such as financial pressures due to generational wealth gap, hidden curriculum during training, representation gap, stereotype threats, microaggression as well as structural racism.

My interest in M/UR issues goes back to my service as the psychiatry residency program director at Howard University Hospital, nation's premier HBCU institution. Subsequently my research career at Johns Hopkins University has been focused on healthcare workers' burnout and wellbeing, especially developing peer support programs for healthcare workers. Minority physicians and psychiatrists are more likely to express symptoms of burnout but are less likely to receive help. Through my research, I have been advocating for designing and implementing wellbeing interventions specifically geared towards M/UR workforce.

I am an IMG with South Asian background. I have been active in the APA through various roles. I view the role of M/UR trustee as an integral part of the mission and values of the APA in bringing the concerns of M/UR members to the APA Board and building a liaison with M/UR caucuses.

QUESTIONS & ANSWERS

Tell us about your most important achievement.

Professionally, I am most proud of training hundreds of minority residents, medical students, and other healthcare trainees, through my role as the residency program director at Howard University Hospital, nation's premier HBCU. Due to this experience, I have gained a deep understanding of the complex issues facing minority and under-represented healthcare workforce. I have developed a keen awareness of the structural racism that underpins all aspects of healthcare and is a predominant contributor of social determinants of mental health. It gives me immense joy to see my former trainees taking important leadership positions in clinical practice, academic psychiatry, and public health. Most importantly, I feel gratified that I have contributed to the sustainability of our profession.

Where does the profession of psychiatry need to be in five years?

With the new administration, next five years are likely to inflict massive psychological trauma to our patients and values, with promises of mass deportations, rollback of affordable care act and restriction of reproductive and LGBT healthcare rights. Psychiatry must take an active role on the national stage to protect the interests of our vulnerable patient populations and uphold our profession's humane and inclusive values. We must collaborate with other patient and professional advocacy groups to maximize our impact.

Tell us something about yourself that most people don't know.

I am an enthusiastic anti-war and climate change activist. I have advocated for divestment from weapons manufacturing and fossil fuel companies, especially for educational and medical professional organizations. I have been involved in WHO's Global Health and Peace Initiative through my work in refugee health and highlighting the negative impact of armed conflict on mental health. I have been horrified by the medical war crimes in the recent wars in Gaza and Ukraine and have been a vocal critic of the ongoing genocide and ethnic cleansing.

CANDIDATE PLATFORM



**KAMALIKA ROY,
M.D., M.C.R.**

I am honored and excited to run for the position of M/UR Trustee at the APA, the largest platform for advocacy, education, and service for psychiatrists nationwide.

During my time on the APA Board, I had the privilege of working alongside other leaders to advocate for reimbursement parity, safer scope expansion, and the safeguarding of equal rights for people from all backgrounds. As the chair of the APA Structural Racism Accountability Committee (SRAC), I led efforts to implement antiracism measures throughout the organization. SRAC also collaborated closely with the M/UR caucuses and the Assembly M/UR Committee to discuss the process for changing the M/UR name.

As advocacy, education, and service evolve with societal changes, I strongly believe in the need to continue and enhance my work, particularly in areas that affect early-career psychiatrists. The younger physician workforce faces many challenges, including lower reimbursement rates, which lead to reduced in-network services and increased financial burdens on patients. Additionally, issues such as gender-based pay inequality, burnout, ongoing nonclinical responsibilities, and unsafe expansions in the scope of practice must be addressed. We need to collectively identify measures that ensure safe outcomes in psychiatric care and study the effects of expanded scopes of practice on the safety of our vulnerable patients. Strengthening our voice in legislation is more important than ever to secure increased GME funding for residency programs in the context of scope expansion and access to care in underserved areas.

My priorities will include representing all minoritized groups of physicians and patients by advocating for gender pay equity, reimbursement parity for psychiatrists, the safe implementation of scope expansion, equitable opportunities for physicians and patients in underserved areas, the permanent expansion of telepsychiatry and psychiatric emergency services, and the preservation of women's fundamental rights in a changing sociopolitical landscape.

QUESTIONS & ANSWERS

Tell us about your most important achievement.

Professionally, I have led initiatives nationally in enhancing health equity, diversity in workforce, and implementing measures that mitigate structural and systemic racism. Most recently, I took up the role of an inaugural Thread (Curriculum) Director at Oregon Health & Science University School of Medicine (OHSU), where I have been a faculty for seven years. I am charged with designing, developing, and implementing a new thread focused on health equity, diversity, and structural competency across their learning span for all four years of medical school. As an IMG it is a humble reminder of my origin, strength, and a privilege to have the opportunity to design and build an education model for the hundreds of medical students who are the future leaders in our workforce.

Where does the profession of psychiatry need to be in five years?

By 2030, I envision the practice of psychiatry to be more aligned in serving underprivileged communities, bridging the gaps in a polarized society.

I envision augmented intelligence alleviating burnout in psychiatric practice by reducing administrative burden, with an equitable reimbursement and a permanent provision for telepsychiatry to expand the reach of psychiatry to every underserved corner of the country. I foresee our less-resourced patients having the same access to quality care, not based on their socio-economic status, but on the training and education needed to treat a complex problem. I foresee that psychiatrists are not facing gender biases in their paychecks, and our patients are not facing traumatic experiences to get the reproductive care they deserve. I envision our APA leading the charges, bringing psychiatry to all.

Tell us something about yourself that most people don't know.

Many might not know that landscape photography is my hobby. I am also an aspiring small-scale farm grower. I believe in the power of nature to nourish our souls and heal our bodies and mind. I grew up in a small town in eastern India, where I studied painting. Watercolor landscape painting was my favorite thing. I use my photography to encourage others to seek healing and harmony through a feeling of oneness with the land and nature.

Before transitioning to a CL Psychiatry and Psycho-oncology career, I trained in anesthesiology in India.

CANDIDATES FOR

AREA 3 TRUSTEE

CANDIDATE PLATFORM



KENNETH CERTA, M.D.

My reason for running for Area 3 Trustee is to bring my knowledge and experience to the decision-making processes of our organization. Many of our members are unaware of APA's governance structure, with the components (councils and committees) and the Assembly, all staffed by volunteer members, along with our 200+ employees under the direction of Dr. Markita Wills. District branches (geographically based, usually by state) are separate but linked organizations, since all APA members must belong to a district branch and vice versa. District branches give input to APA through the Assembly, as well as by electing a representative to the Board from groups of district branches. Area 3 trustee is elected by PA, NJ, MD, DE and DC.

I explain all of this since I know from experience and listservs that many members see the APA as remote and a bit of a black box. I get it when people wonder what the APA has done for them, since so much is behind the scenes. What is obvious are the pain points: expanding scope of practice for mid-level providers, inadequate reimbursement, prior authorization, and unenforced parity rules. What folks need to know is that APA is active in all these things: helping with state battles against psychology prescribing and independent mid-level practice; partnering with other specialties and the American Medical Association to roll back the Medicare physician payment cuts and standardize (or eliminate) the prior auth process, and lobbying Congress for more funds for state insurance commissioners to expose and sanction parity violations. Much is being done, but it is a complex system, without easy sound bites.

I have served on my state medical society board, APA district branch leadership, APA Assembly, AMA house of delegates representing APA, and APA board. I'd like to help get the message out.

QUESTIONS & ANSWERS

Tell us about your most important achievement.

Setting aside raising four wonderful children, I am proudest of the work that our APA delegation to the American Medical Association has done over the last twenty+ years I have been involved with it. We have a position of respect in the House of Delegates, and have had important policies developed, and psychiatrists elected to positions of influence. Through the work of our delegation, and psychiatrist members of AMA committees, we brought AMA on board with support for parity, helping make that happen. We passed policy that led to the Federation of State Medical Boards adopting neutral language when asking about psychiatric impairment on licensing applications, so medical students need not worry about seeking care. We have been an active part of health system redesign.

Where does the profession of psychiatry need to be in five years?

Increasing demand for mental health services will continue to outstrip the supply, unless the movement to physician-led team-based care expands. Our role as psychiatrists, the best-trained professionals with the broadest experience, will be to ensure that care is delivered effectively and efficiently. We will need to stand as guardians for quality. Our fight will be against corporate medicine and venture capitalists/private equity, which will continue to try to make health care a commodity, seeking to trivialize the patient-doctor relationship. Collaborative care partnerships will enable us to extend our expertise to enable our primary care colleagues to more effectively treat their patients. One-on-one treatment, including psychotherapy, will continue to be provided by psychiatrists for those in need. Overall health system change will dictate reimbursements.

Tell us something about yourself that most people don't know.

Every Sunday growing up, I spent the noonday meal with my father's family (where Italian was freely spoken) and the evening meal with my mother's family (where they spoke Slovak.) As a kid the main words I learned were the not-so-nice ones, but the exposure seems to have led to a facility with languages which I carried through to college. There I easily learned German, Spanish, Italian, French, ancient Greek, and Arabic, earning A's which helped me graduate magna cum laude. Unfortunately, much is lost, but still helps in travel and menus.

CANDIDATE PLATFORM



MANDAR JADHAV, M.D.

APA Area 3 is a high density region as pertains to the number of practicing psychiatrists and psychiatry training programs per square mile. It is imperative that your representative on the APA Board of Trustees be someone who has lived and worked for a number of years in the region and been involved in the national organization for a while as well. By that criteria alone, you have a good set of choices from which to choose when you cast your vote in January. So why should you pick me?

I aim to represent Area 3 psychiatrists with two differentiating factors to set myself apart-

Firstly, I would bring fresh perspectives on our profession informed by having trained in the new millennium and having worked alongside a wide range of health care stakeholders to inform the direction of our nation's mental health system.

Secondly, having grown up in New Jersey, and worked in Pennsylvania, Maryland and the District of Columbia, I would also be more likely to ensure that the different priorities of folks in each state that is part of Area 3 would be well-represented during APA Board meetings.

I hope you will give me a chance to represent you so I can prove your faith in me to be well-placed. Regardless of whom you choose, know that you will still have a friend who would be happy to help any way I can. Thank you for your consideration.

QUESTIONS & ANSWERS

Tell us about your most important achievement.

My most important achievement to date would be contributing meaningfully to the design of and facilitating the rapid passage of the Bipartisan Safer Communities Act. This landmark legislation directed unprecedented levels of federal funding toward expanding access to mental health care and school-based services. It also included the most significant gun safety reform enacted in decades. It is immensely satisfying to periodically hear stories of how people are maximizing the impact of these resources in their own communities.

Where does the profession of psychiatry need to be in five years?

In five years time, my hope is for psychiatry to be informed by more rigorous scientific evidence than ever before and to incorporate a greater understanding of the patient perspective than any other profession. We cannot afford to still be bogged down by fighting futile battles intended to strictly define how patients must access care or whom they can seek it from. Psychiatry can and should be respected and valued by all stakeholders in our health care system as a leader in innovation, quality, and efficiency.

Tell us something about yourself that most people don't know.

While I was still in school and college I briefly contemplated a career in the performing arts. I came to realize later that what drew me to psychiatry was the same interest in people's narratives and curiosity about what goes on behind-the-scenes to make them tick. That drive has also served me well in my current role in shaping federal policy, which relies first and foremost on building trusting relationships.

CANDIDATES FOR

AREA 6 TRUSTEE

CANDIDATE PLATFORM



**LAWRENCE
MALAK, M.D.**

My name is Larry Malak, and I have the honor to ask for your vote for Area 6 Trustee to the APA Board. The APA has been my professional home since residency, where I served in various roles including in the Assembly, the Assembly Executive Committee, the Annual Meeting Scientific Planning Committee, and as Chair of the Mental Health Services Conference. These experiences have shaped me as a leader, advocate, and educator, and I hope to bring that knowledge and dedication to the APA Board on your behalf.

Among the APA's stated goals is the aim to serve the needs of all members and to foster collaboration among all who are deeply invested with medical, psychological, socio-cultural and legal aspects of mental health and illness. Effective communication is key to achieving this effort. If elected, I will work with our new CEO-Medical Director, APA Staff and my fellow board members to establish frequent, transparent dialogues with local district branches, ensuring that their unique challenges and needs are heard at the national level. By fostering regular collaboration and feedback, we can better align our priorities and create actionable strategies that reflect the diverse experiences of our members. Additionally, empowering local leaders within district branches to take on prominent roles in APA initiatives will strengthen our collective voice, enhance advocacy, and improve overall leadership across the profession.

The next few years pose many opportunities in healthcare and mental health advocacy in this country. As we look forward, the profession must continue to push boundaries in research and treatment while ensuring we provide compassionate, effective care to all individuals in need. The APA has a critical role in these efforts to set the standard for psychiatric care in the coming years, and it can better do this with a strong and united front

QUESTIONS & ANSWERS

Tell us about your most important achievement.

Personally, my most important achievement is being a father to my incredible 7 year old daughter. Professionally, my biggest achievement has been the ability to mentor trainees and future leaders in psychiatry. Working with students, residents and allied professionals as a leader and educator is a rewarding privilege that keeps me hopeful for the future of mental health care in this country. I have strived to create inclusive learning environments both at UC San Diego and within the APA and I have been honored to receive multiple teaching awards and the Area 6 mentorship award for this work. I will continue to take advantage of opportunities to promote the principles of equity, collaboration and inclusion through education on the local and national stages.

Where does the profession of psychiatry need to be in five years?

In 2030, psychiatry needs to capitalize on the increased awareness, demand and appreciation of mental health that came out of the COVID era. This momentum and emphasis on the importance of mental health in society is a unique opportunity for the APA and psychiatry as a field to achieve parity and become more fully integrated with primary/physical health care, more focused on prevention and early intervention, and better equipped to use technology to deliver evidenced based care to more underserved populations. In 5 years, psychiatry also needs to have made progress in expanding the training pipeline for an inclusive workforce that can meet the needs of diverse populations by addressing social determinants of mental health, reducing stigma, and ensuring cultural informed care.

Tell us something about yourself that most people don't know.

Most people may not know that I played music throughout my childhood and into my time at the University of California Berkeley. My musical journey provided me with incredible opportunities, such as marching in the Rose Parade, playing at college bowl games and performing at Carnegie Hall. These experiences not only created lasting memories but also taught me the value of community, leadership and teamwork. I have many lifelong friends dating back 20 and 30 years from those times in marching band and symphony and I will always cherish those connections and the shared experiences that shaped who I am today.

CANDIDATE PLATFORM



ADAM NELSON, M.D.

The platform of my campaign for APA Area 6 Trustee is based on my previous experiences as a member of the Board of Trustees, on which I served when I was Speaker-Elect and then Speaker of the APA Assembly. All new Trustees receive orientation in which they are reminded that, while elected by the membership of our respective Areas or constituent groups, our fiduciary duty is to the APA organization. It is a distinction that suggests a potential conflict of interest for a Trustee, who must then favor of the APA. However, it strikes me as an unnecessary distinction in a well-run membership organization that prioritizes addressing the concerns of its members.

As your Trustee, I vow to ensure that the APA's North Star always equates prioritizing the needs of its membership as fulfilling the needs of the organization. I will work to help develop a more effective and transparent bidirectional communication between the Board and the members of APA. As a Past Speaker, I will urge my contacts within the Assembly to strengthen its role as a conduit between the Board and the membership of APA. I will push for greater accountability of the Board in both deliberating and then ensuring proper execution of its decisions, taking into account input and advice the Board obtains from the Components, the Assembly, and the membership. Finally, I will encourage the Board to become more proactive and strategic in seeking counsel and soliciting opinions and recommendations more actively from APA members, the Assembly, and other Components whenever possible before taking action and making important decisions that affect the APA and its members. I will fulfill my fiduciary duty as an APA Trustee and I will also remain readily available and accessible to APA member psychiatrists in California, Area 6.

QUESTIONS & ANSWERS

Tell us about your most important achievement.

My most important achievement in APA was the honor of being elected Speaker of the Assembly. Having served as Recorder and Speaker-Elect during the COVID-19 pandemic from 2020-2022, my greatest challenge was to shepherd the Assembly through some of its darkest times as more than 250 representatives struggled to conduct the business of the Assembly in an online-only video forum. As the Trustees wrestled with their budgetary woes, I resolved to do everything I could to bring the Assembly back to its former functional state by insisting on in-person meetings, which the Board finally authorized in 2023. As a result, the Assembly has resumed its former vitality as an essential part of APA governance.

Where does the profession of psychiatry need to be in five years?

In five years, psychiatry should be much further along the curve of redefining mental illness and mental health along the dimensions of both biological and social determinants. In addition, psychiatry should reclaim its leadership in the training and delivery of both physiologically- and psychologically-based treatments and preventive services. To do this would require a revision of the DSM and a revision of the training requirements of psychiatric residency and fellowship programs. Psychiatry needs to develop more effective ways of increasing access to best practices in delivering psychiatric services to those who are underserved. To do this would require a monumental advocacy effort to reform our current payer-driven systems of care.

Tell us something about yourself that most people don't know.

Most people do not know that I had never heard the term “psychiatrist” before I applied to Medical School. As a child, I underwent an experimental orthopedic procedure for which I went to a University Hospital weekly for X-rays and presentation to the residents. I decided to become an orthopedist. In college, I took a Psychology elective class and never looked back. My graduate student mentor suggested I might go to medical school to become a “psychiatrist” instead. The rest, as they say, is history.

CANDIDATES FOR

**RESIDENT-FELLOW MEMBER
TRUSTEE-ELECT**

CANDIDATE PLATFORM



CRAIG PERRY, M.D.

Psychiatry is forever evolving in response to mental health policies, societal needs and advances in neuroscience. Psychiatric care has shifted towards an integrative and collaborative care model approach, which can present as a challenge or opportunity for us as psychiatric trainees. I want to advocate for residents' and fellows and ensure they have a voice at the highest level of the APA.

QUESTIONS & ANSWERS

Tell us about your most important achievement.

My most important achievement is becoming the first physician in my family and having the opportunity to give back to my community.

Where does the profession of psychiatry need to be in five years?

I believe that psychiatry needs to be at the forefront of public health. Psychiatry should be leaders in setting the standard for clinical and community care. Psychiatry should also be trendsetters for providing a more streamline process for early career psychiatrists as well. With taking a leadership role in setting standards for clinical and community care, as well as supporting early career psychiatrists, psychiatry can become a beacon for innovation, inclusivity, and comprehensive, accessible mental health care for all.

Tell us something about yourself that most people don't know.

I enjoy cooking, trying different cuisines, outdoor activities and I am a huge Philadelphia sports fan.

CANDIDATE PLATFORM



TARIQ SALEM, M.D.

My name is Tariq Abdallah Salem, and I am very excited to be running for the role of Resident-Fellow Member (RFM) Trustee! I hope to create a safe, welcoming space for residents and fellows of all backgrounds. As medical trainees, our greatest strengths stem from our diversity and the creativity that follows. My primary goal as the RFM Trustee is to ensure all trainees have the opportunity to express their thoughts and insight. I promise to serve as a resource for residents and fellows, while uplifting our needs in the APA legislature.

I am hopeful that a dedicated space for collaboration amongst one another will serve as a springboard for new ideas, concepts, and ways to advance our communities. Together, we can go far.

QUESTIONS & ANSWERS

Tell us about your most important achievement.

By and far, I am most proud to have worked on the construction of numerous community food gardens, both in Arkansas and Colorado. It is a humbling experience, physically and mentally, and brought me close to people from all walks of life. These gardens continue to flourish, providing strawberries, blueberries, peppers, cucumbers, potatoes, carrots, and much more. The glowing smiles, happy bellies, and hands covered with dirt and ash are symbolic of the connection that is forged when people come together, for collective good. This experience has pushed me to say hello to neighbors, spread more kindness, and deeply consider how we can advance our local communities.

Where does the profession of psychiatry need to be in five years?

My hope for the future of psychiatry is that our focus shifts towards preventative medicine. As psychiatrists, we are deeply intertwined in the personal, social, economic, and cultural history of our patients, and I believe that these elements should rise to the top of our priority list. I also hope that the field of psychiatry continues to create academic and community-based opportunities for trainees of all levels – this may come in the form of fellowships, mentorship programs, local organizations, and much more. As we continue to connect and build one another up, I feel that the field of Psychiatry will be all the more equipped to address the growing mental health needs of our society

Tell us something about yourself that most people don't know.

I am a chef! I love to cook and have worked in kitchens throughout my undergraduate training and beyond. I live in Denver, CO and help lead pop-up dinners, fundraisers, and local farmer's market stands. I have the immense pleasure to work with chefs from Michoacan, Peru, India, Japan, Thailand, and have learned so much about culture, history, writings, and the impact that food has on our lives.

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