



American Association of Directors of Psychiatric Residency Training

2019 Resident and Program Administrator Award Winners

George Ginsberg Fellowship Award

Michael DeGroot, MD

Dr. Michael DeGroot is currently chief resident at UC San Diego on the inpatient psychiatric services unit. He obtained a BA in psychology and modern languages at Knox College before attending medical school at UC San Diego. He is passionate about medical education and providing excellent psychiatric care to underserved and disadvantaged patient populations. He is the recipient of the PRITE, APA Leadership, and Association for Academic Psychiatry Fellowships. He was also awarded the Arnold P. Gold Foundation Award for Humanism and Excellence in Teaching. Dr. DeGroot founded a trauma screening and treatment program for undocumented immigrants living in San Diego County, where he currently supervises medical students and junior residents as they provide trauma-informed care to this at risk population. He plans to pursue a career in academic psychiatry. In his free time, Dr. DeGroot enjoys camping in Joshua Tree and travelling as often as his schedule permits.



Linda Drozdowicz, MD

Dr. Linda Drozdowicz was raised in Connecticut and graduated from the University of Connecticut *summa cum laude with a* B.S. in Molecular and Cell Biology. She went on to Mayo Clinic School of Medicine, where she proudly survived -30 degree winters and also delivered the commencement address at graduation. She completed residency training in general psychiatry at Mount Sinai Hospital, serving as Chief Resident in her final year. She is now a fellow in Child and Adolescent Psychiatry at Yale Child Study Center in the New Haven track.



Dr. Drozdowicz has interests in leadership and administration, and she has previously been selected as an American Psychiatric Association Leadership Fellow as well as the American Board of Psychiatry and Neurology Senior Resident Administrative Fellow. She plans to pursue a career as a clinician educator. She lives in Norwalk, CT with her husband, infant son, and two elderly rescue dogs.

Samaiya Mushtaq, MD

Dr. Samaiya Mushtaq is PGY-4 resident psychiatrist at UT Southwestern Medical Center on the clinician-educator track. She studied chemistry and women's studies as a President's Scholar at Southern Methodist University, from where she graduated summa cum laude, and completed medical school at Vanderbilt University. During medical school and residency, Samaiya has designed and taught curricula integrating Islamic spirituality with wellness topics such as mindfulness and compassion to college Muslim Student Association chapters, young professional Muslim groups, and community mosques.



She has conducted research on the impact of psycho-educational interventions on help-seeking and stigma in the Muslim community. Samaiya also has an interest in physician wellness, having started a cross-department network supporting and connecting Muslim house staff at UT Southwestern and co-authoring a chapter on Islamophobia experienced by clinicians in the forthcoming book, *Islamophobia and Psychiatry*. Next year, Samaiya will stay on as part-time teaching faculty at UT Southwestern working in the psychiatric emergency room and full-time as a management consultant at Boston Consulting Group, where she hopes to learn skills in corporate development and organizational behavior.

Laura Pientka, DO

Dr. Laura Pientka is a PGY-5 Geriatric Psychiatry Fellow at the University of Minnesota. She completed her undergraduate degree in Biology with minors in Spanish and Asian Literature and Languages at the University of Minnesota. Dr. Pientka completed medical school at Des Moines University College of Osteopathic Medicine. She completed her adult residency training at the University of Minnesota and served as the program's Chief Resident during the 2017-2018 academic year.



While in residency, Dr. Pientka received the University of Minnesota Psychiatry Department's Harold Lawn Resident Teacher of the Year Award, selected annually by medical students completing their psychiatric clerkship. She also received the Association of Academic Psychiatry Residents' Psychiatric Educator Award. Dr. Pientka was selected for the American Psychiatric Association's Leadership Fellowship and served on the Council of Medical Education and Lifelong Learning. She has a strong passion for improving the quality of resident educational and training experiences. She recently completed a three-part project aimed at identifying, preventing, and managing resident maltreatment. This poster received Honorable Mention at the 2017 Association for Academic Psychiatry Conference. She is currently working to expand the existing Geriatric Psychiatry didactics and clinical experiences for medical students and residents at the University of Minnesota.

After fellowship, she is excited to continue her career in academic psychiatry. She will work as a geriatric psychiatrist at the Minneapolis VA Healthcare System and as Residency Site Director for educational activities in partnership with the University of Minnesota Medical School.

Meredith Spada, MD

Dr. Meredith Spada was born and raised in Pittsburgh, PA. She attended college at Vanderbilt University where she majored in Neuroscience. Following college, she taught high school biology and physical science with Teach For America in inner-city Philadelphia and earned her master's degree in Secondary Education from the University of Pennsylvania. Thereafter, she attended medical school at the Penn State University College of Medicine. She completed her adult psychiatry training at UPMC Western Psychiatric Hospital. During this time, she served in various leadership positions, including house staff PGY-1 representative, house staff vice-president, co-chair of the residency program's Clinical Case Conference, and resident co-leader of the program's Women's Mental Health Area of Concentration. Currently, Dr. Spada is a PGY-5 Child Psychiatry Fellow at UPMC Western Psychiatric Hospital. This year, she is the chief resident for education and chair of her residency program's academic administrator, clinician educator track. She is also serving as a member of the UPMC GME Professional Development Subcommittee. She was additionally recognized by the American College of Psychiatrists as a Laughlin Fellow for 2019.



Dr. Spada has published on, and presented nationally on, topics including medical education, perinatal psychiatry, and medically complicated patients with psychiatric comorbidities. Her clinical interests include child and adolescent psychiatry, women's mental health, and consultation-liaison psychiatry.

Nyapati Rao and Francis Lu International Medical Graduate (IMG) Fellowship Awardees

Gustavo Costa-Meideros, MD

I was born in Maceió, Brazil, and I graduated from the University of São Paulo Medical School. I came to the United States in 2015 to do research at the University of Chicago. I was so fascinated with the educational and academic possibilities in the United States that I decided to do my residency here. In my residency at UT Southwestern, I quickly became involved with educational improvements in our rotations, didactics and wellness. I also have a very substantial interest in research, particularly mood disorders and addictions. I have been working with Professors Madhukar Trivedi and John Rush. We have been investigating the reward system and mental disorders associated with dysfunctional reward process. I am particularly interested in developing educational systems that combine evidence-based techniques and enhanced subjective experiences. The ultimate goal is to develop effective and enjoyable teaching methods. I believe that successful education awakens the internal world of the individual (thoughts, feelings, curiosity) and motivates him/her to have a proactive learning process.



Tanuja Gandhi, MD

Dr. Tanuja Gandhi is a second-year child psychiatry fellow at the Yale Child Study Center. She completed her medical education in India and moved to the United States for residency training. She completed her psychiatry residency training at the Einstein Medical Center in Philadelphia. Following residency training she completed a Forensic Psychiatry Fellowship at Yale and is currently a Child Psychiatry fellow at Yale.



Vikas Gupta, MD, MPH

Dr. Vikas Gupta is a Co-Chief Fellow in Child and Adolescent Psychiatry at Vidant Medical Center/The Brody School of Medicine at East Carolina University. He graduated from Government Medical College, Amritsar and pursued his MPH at University of Texas, Houston where he received the Susan Sampson Scholarship. He attained research experience while working at MD Anderson Cancer Center and was a member of the Texas Regional Psychiatry and Psychology Mentee-Mentor Network where his research project involved studying the efficacious of mental health in religious settings. Dr. Gupta has been a finalist on the Indian version of “Who wants to be a millionaire” and worked with the University of Texas, Houston psychiatry residency team which won the American Psychiatric Association Mind Games competition (a jeopardy style competition for psychiatry residents on psychiatric knowledge) in 2012 and 2013. He was selected as the captain of the East Carolina University psychiatry residency team which was a finalist in the Mind Games 2018.



He completed his Adult Psychiatry Residency training at the University of Wisconsin, Madison during which he was a class representative to the Program Evaluation Committee. He presented posters at several national and international meetings including American Psychiatric Association and the Institute on Psychiatric Services. Dr. Gupta chaired a workshop at the APA Annual Meeting in 2018 on “International Medical Graduates-Training Director and Resident Perspectives” and will be chairing a session on “Frontiers in rural mental health: the intersection of place and regional culture in the cultural competence landscape” at the APA Annual meeting in 2019. He has taught over twenty seminars to psychiatry residents and presented a CME on personality disorders at his medical school alumni annual meeting at Chicago. Dr. Gupta has also been a recipient of the Educational Outreach Program award of the AACAP.

He currently serves as a 2nd year CHILD PRITE Fellow of the American College of Psychiatrists and is a member of the CME committee of AACAP and the CME/Meeting Committee of ASCP. He is interested in novel strategies in psychiatry education and upon completion of fellowship, plans to pursue a career in academic psychiatry.

Meghana Medavaram, MD

My name is Meghana and I am currently a PGY4 Resident at the University of Toledo Medical Center Department of Psychiatry. I was born in Chicago and grew up in Springfield, IL. I developed interest in medicine at a young age due to having family members who are physicians. I decided to attend medical school in India -- JSS Medical College in Mysore, KA. During medical school, I volunteered with local group to promote health and hygiene in young children in the community. I became interested in psychiatry because of Dr. TSS Rao - Head of the Department of Psychiatry. He showed us that psychiatric issues are pervasive in all types of populations. I passed medical school with honors in second and fourth years. I then completed my medical internship at JSS Medical School and Hospital during which I worked in rural areas in India and provided health checkups to school aged children. I then began my residency at the University of Toledo. During residency training I was recognized by other departments including neurology and internal medicine for excellence while working with them. I worked with a multidisciplinary team on a QI project that reduced falls in the hospital significantly and also won the research award that year for internal medicine. Taking inspiration from my program director, I became heavily involved in advocacy in the local chapter of OPPA (Ohio Psychiatric Physician Association) and NWOPPA (Northwest Ohio Psychiatric Physician Association), eventually becoming the secretary/treasurer of NWOPPA 2017-2019. I am the current Chair of the Resident-Fellow Committee of OPPA, representing psychiatric residents and fellows. I have also attended annual advocacy days at the Ohio state legislature to advocate on behalf of our profession and patients.



My passion for teaching has allowed me to give many lectures to internal medicine -- both formal and informal. I am the current liaison with medical students and their psychiatry interest group and help them with applications and the pursuit of psychiatry residency.

I was awarded the William J. Lenz Award for Excellence in Psychiatry in 2018 by the Department of Psychiatry. I have applied for Consultation Liaison Fellowship programs and am awaiting match results in January, 2019.

I also moonlight at a Community Mental Health Center weekly getting more exposure to community psychiatry and available resources. My goal is to pursue CL and perhaps an academic position to continue to be an educator for both residents and medical students.

Daniela Rakocevic, MD, MSc

Dr. Daniela Rakocevic is a Fellow in Addiction Psychiatry at Mayo Clinic, where she completed her psychiatry residency, serving as Administrative Chief Resident from 2017-2018. During her PGY4 year she was appointed an Instructor in Psychiatry at Mayo Clinic School of Medicine, and currently serves on the School of Medicine's Admissions Committee and the Grand Rounds Committee for Psychiatry. She is passionate about medical student education and residency curriculum development with an emphasis on the successful



transition from medical school to the first few months of residency. Her clinical research projects concentrate on the overlap between consultation liaison and addiction psychiatry.

Recognized for excellence in teaching medical students, Dr. Rakocevic was awarded Mayo Clinic School of Medicine's highest honor as Resident Educator of 2017 - the Golden Stethoscope Award. She also received the Mayo Clinic Howard P. Rome Award for best Psychiatry Grand Rounds presentation of 2017-2018 and she has recently won several national awards, including the 2018 Association for Academic Psychiatry's AAP Resident Psychiatric Educator Award and the 2018 American Academy of Addiction Psychiatry AAAP Fellow Travel Award Scholarship.

Dr. Rakocevic graduated with highest honors from the University of Belgrade, where she received both her medical degree and Master of Science in Psychiatry. She completed the Adult Psychiatry Residency Program at the University of Belgrade's Clinical Center of Serbia and was recruited to remain on staff practicing for 5 years as an Attending predominantly treating medically complex patients. Her love of teaching students and residents started in Europe and now continues at Mayo Clinic where she is immensely grateful for all the support her mentors and colleagues have shown her.

Lucille Fusaro Meinsler Program Administrator Award

I'm honored to be nominated for the 2019 AADPRT's Lucille Fusaro Meinsler Program Administrator Award by my Program Director for my contributions to the UVM Medical Center's Psychiatry Residency Program.



I'm grateful to have the opportunity to use my energy, my love for people and my belief in the program to help create a strong reputation for our program. When I started, there were morale issues with only matching 1 of 4 positions. I knew we had to make changes in our recruitment of applicants and was able to seek help/ideas from seasoned administrators on the listserv and at AADPRT meetings as well as learning to market the program through medical school fairs. Drawing on my past work experiences, I learned to better market our program, to deal with difficult people/sensitive issues effectively, to manage systems and busy people, and to stay organized. It takes initiative, an ability to adapt to change, and the ability to problem solve.

In my first year of recruitment, I created significant changes to the structure of the interview day and started welcoming applicants at the hotel. Recently, I introduced our google drive folder for applicants on all the information about our program and the area. I spent countless hours preparing for 3 site visits and 3 internal reviews which were successful including our last site visit where we received 5 years accreditation with commendation. I co-presented to the Executive Council of AADPRT when we requested formalizing the coordinators group into a caucus. As Chair of the Information Committee I worked to help improve the AADPRT website and enjoyed my work as Coordinator Representative on the AADPRT Information Management Committee. I was voted in by my peers as a voting member of the GMEC at my hospital to represent administrators and their interests for a 2-year term.

I helped to be a sounding board for residents and faculty when a resident graduate died suddenly. In honor of that resident, I helped to create the Trevor Melamed MD Resident Support and Appreciation Fund that is funded by Trevor's family, faculty and resident alumni that helps to fund resident wellness/morale boosting initiatives brought forward by the residents.

Many people have told me that my strength is my intuition with people who I work closely with. That gift has helped me to keep an eye on the residents, foreseeing issues that could come up so we can tackle them before they grow. This also helps the program as a whole by modeling for the residents the integrity, professionalism, compassion, and understanding with patients and colleagues that we want them to develop.

Although this profession certainly deals with a lot of stress, constant change, an overload of tracking/administrative deadlines, and sometimes heartbreak, our career as Program Administrators continues to change and evolve into a special field of work. I am excited to see where it continues to lead and am happy to be a part of its evolution. After many years in this position, one thing is for sure: this is the single best career move I've ever made. I continue to look forward to managing this program and giving back to others who are starting on that journey by teaching them what I have learned along the way. To be recognized with this national award by my Program Director is the greatest honor.