



American Association of
**Directors of Psychiatric
Residency Training**

2016 Residency and Program Administrator Award Winners

Anne Alonso PhD Memorial Award

Chris Flinton, MD

Dr. Christopher Flinton is a third year resident physician in the psychiatry residency program at Walter Reed National Military Medical Center. Dr. Flinton earned his bachelor's degree at Boston College in Chestnut Hill, Massachusetts. After commissioning in the United States Army, he completed medical school at the F. Edward Hebert School of Medicine at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. He was selected as an American Psychoanalytic Association (APsaA) Fellow for 2016-2017. His current work includes projects in provider wellness, resident resiliency and process improvement. Dr. Flinton continues to pursue his interest in psychoanalysis and treating the sequelae of trauma.



George Ginsberg Fellowship Award

Chaitanya Pabbati, MD

Dr. Chaitanya Pabbati is a recent graduate of the UCSD Adult Psychiatry Residency Program at UC San Diego Medical Center in San Diego, CA. He was born in Tirupati, India, but moved to the United States in 1989. He graduated from the University of Washington with a Bachelors of Science in Biochemistry and Synthetic Chemistry and then subsequently completed his medical school training at Mayo Clinic College of Medicine where he received the Gloria Segal Award for Medical Student Contributions to Psychiatry, the American Psychiatric Institute for Research and Education's award for research and and training, and the Trachtenberg Award for



editorials about ethics in the patient-physician relationships. During residency Dr. Pabbati served as the representative for residents in the state of California for the APA, received the American Psychosomatic Society Resident Scholar Award, the John A. Majda Memorial Award for contributions to treatment and prevention of physician depression and suicide, and the APA Resident Scholar Award. Currently his academic interests include suicide epidemiology and the history of psychiatry.

Charmaine Patel, MD

Charmaine Patel is currently an inpatient physician at Acadia Hospital in Bangor, Maine, where she enjoys teaching medical students in the context of patient care. She served as the chief resident of University of Vermont Medical Center Psychiatry Residency Program from 2015-2016, and prior to residency attended the University of Vermont College of Medicine. Her academic interests include addiction psychiatry, medical education, and leadership. Her extracurricular interests include developing innovative methods to target learner mistreatment, and improving patient care by promoting a culture of respect in medicine. Her long term goal is to become a program director for a psychiatry residency training program.



Desiree Shapiro, MD

Dr. Desiree Shapiro serves as Executive Chief Fellow for the Child and Adolescent Psychiatry Fellowship at the University of California, San Diego (UCSD). Dr. Shapiro received her medical degree from UCSD School of Medicine and she completed her residency in adult psychiatry at UCSD. Prior to matriculating into medical school, Dr. Shapiro studied Biopsychology and English at the University of California, Santa Barbara. She was involved in research training programs at University of California, Los Angeles and University of California, San Francisco (UCSF) in the Departments of Neuroengineering and Psychiatry. Her research at UCSF focused on healthy behavior change with Dr. Judith Prochaska. While at UCSD, she continued her research and investigated physical activity levels in youth, which garnered national media attention.



Dr. Shapiro has been involved in organized medicine and advocacy through the APA and AACAP and recently served as President of the APA Leadership Fellowship. She has also been fortunate to learn from and work on projects with psychopharmacologist, Dr. Stephen Stahl. She Dr. Shapiro is passionate about child and adolescent psychiatry and feels incredibly fortunate to care for youth

and their families. She has many clinical and teaching interests, especially community psychiatry & systems of care, prevention & early intervention, collaborative care, and positive psychiatry. After her fellowship, she plans to stay on at UCSD/Rady Children's Hospital as a clinician educator working in the child and adolescent inpatient psychiatry unit, crisis stabilization unit, and in the emergency room.

Brian Skehan, MD, PhD

Brian Skehan, M.D.,Ph.D. is a second year fellow in Child and Adolescent Psychiatry at the University of Massachusetts Medical School in Worcester, MA. After completing his undergraduate degree in Biology at Sacred Heart University, he entered the combined MD/PhD program at the University of Massachusetts Medical School where he obtained a Ph.D. focusing on Molecular Genetics and Microbiology. While a graduate student, he received the first of two Medical Student Teaching Awards and served as the Membership Committee Vice Chair for the American Physician Scientist Association from 2009-2010. As a resident, Brian was named Ambulatory Psychiatry Chief Resident and was inducted into the Gold Humanism Honor Society in 2014. He now serves on the Medical Student and Resident Committee in AACAP. Professionally he has worked on developing new curriculum for training residents and fellows about transition age youth, on integrated primary care and mental health for residents in psychiatry and family medicine, and helped launch a Screening and Treatment of Early Psychosis (STEP) clinic at a community mental health center. He is most interested in pursuing a career in academic medicine that would combine teaching, research, and clinical work related to these interests.



Maja Skikic, MD

Dr. Maja Skikic is a fourth year adult psychiatry resident currently serving as Chief Resident of inpatient services at Vanderbilt University Medical Center. She completed her medical education at Vanderbilt University in Nashville, TN. During her residency training she was awarded the PGY1 Outstanding Resident Award for excellence in her clinical work and dedication to patient care. She has been highly involved in educational efforts throughout residency including developing and teaching a psychopharmacology course to third year Vanderbilt medical students as well as co-leading the Residents-As-Teachers program geared at advancing residents' aptitude and interest in teaching. For these efforts she was awarded the Alpha Omega Alpha award internally in 2014 as well as the Association for Academic Psychiatry Fellowship Award in 2015. Aside from a strong interest in education, Dr. Skikic is also greatly interested in advancing the current practice and treatment of



psychotic disorders at her institution. To this end, she was involved in several projects to optimize work up and treatment of first break psychosis patients as well as establishing and leading a recovery based group for this population. Following residency, she hopes to continue a career in academic psychiatry with psychotic disorders as her primary clinical focus.

Lucille Fusaro Meinsler Program Administrator Recognition Award

Alexandra Perez, BS

Alexandra Perez, the winner of the 2016 AADPRT Lucille Fusaro Meinsler Program Administrator Recognition Award, is the Program Manager for the Adult Psychiatry Residency Training Program at the New York Presbyterian Hospital-Columbia Campus/New York State Psychiatric Institute. Alex was born in New York, educated in the NYC public school system, and graduated from John Jay College of Criminal Justice. She began working at New York Presbyterian Hospital in the Department of Otolaryngology/Head and Neck Surgery, where she was quickly promoted from secretary to administrative assistant, and then from Residency Coordinator to Program Manager, ultimately seeing the program through two successful ACGME site visits, the shift from a single to a dual campus program with addition of many more residents, and the coming of a new department Chair. She was eagerly recruited to psychiatry in 2009 where she has brought many new initiatives online including the milestones, the APE, and CLER.



A perennial favorite among the residents, she is a natural educator who has co-lead a workshop at AADPRT and leads workshops at the NYP GMEC for fellow program administrators. Her training directors describe her as a “treasure” and could not imagine the residency without her. She is also the proud mother of twin boys, Humberto and Alejandro. Alex and her husband are raising their twin boys in Queens.

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

Awais Aftab, MD

Awais Aftab is currently a third year adult psychiatry resident and chief resident for education at University Hospitals Case Medical Center. He was born and raised in Pakistan and is in the USA for psychiatry training. During his residency he has won numerous awards at the



program, state, and national levels. Aside from the AADPRT IMG Fellowship, he has also been selected for the American Psychiatric Association Leadership Fellowship and the Association of Academic Psychiatry Fellowship Award. He is the founder and chief curator of the resident-led newsletter Research Watch, which has been featured by the Ohio Psychiatric Physicians Association. For his scholarly fellowship project for AADPRT, he has developed a didactic course on philosophy of psychiatry for psychiatry residents. He has numerous peer-reviewed publications, and has served as a reviewer for the journal Schizophrenia Research. He is interested in the intersection of neurobiology and philosophy in areas such as psychiatric nosology. He aspires to enter a research fellowship after residency despite the limitations of his visa status.

Elie Aoun, MD

Elie G. Aoun, M.D., is a PGY5 addiction psychiatry fellow at UCSF. He completed his general psychiatry residency at Brown University in Providence, RI and recently accepted a forensic psychiatry fellowship PGY6 position at Columbia. He is the trainee representative to the AAP board of directors. Dr. Aoun's interests include neuro-psycho-endocrinology of Alcohol Use Disorder as well as public policy and advocacy for issues pertaining to access to care for underprivileged and stigmatized populations including those with substance use disorders, LGBT and incarcerated individuals. He has authored several peer reviewed articles, book chapters, position statements and other policy papers and has presented talks at various national and local meetings. He has recently received a SAMHSA grant to develop a training curriculum for law enforcement officers on mental illness. He has also contributed to multiple clinical trials looking at treatments and hormonal specificities in Alcohol Use Disorders at the Center for Alcohol and Addiction studies at Brown University. Dr. Aoun is a fellow for the American Psychiatric Leadership fellowship, the Group for the Advancement of Psychiatry and for the APA/SAMHSA Substance Use program.



Prasad Joshi, MD, PhD

Dr. Prasad Joshi is currently a second year fellow (PGY3) in child and adolescent psychiatry at Drexel University School of Medicine. Prasad completed his undergraduate medical education from University of Mumbai. His early interest in basic research led to doctoral training in molecular neuropharmacology, where his research was instrumental in deciphering the molecular structure of the serotonin type 3 receptor's ligand binding site. Prasad followed up his PhD work with two postdoctoral fellowships at Neuropsychiatric Institute, University of California at Los Angeles. At UCLA, Prasad worked



extensively on deciphering neurocircuitry changes that underlie development of Huntington's disease, a devastating neurodegenerative disease with extensive psychiatric manifestations. During the course of his research career, Prasad has also worked on various aspects of development of novel neurological drugs, including a brief stint in pharmaceutical industry. In addition to his work in the area of new drug development, Dr. Joshi has also worked as a junior faculty member at school of pharmacy, where he taught neuropharmacology to undergraduate and graduate students. Prasad has numerous peer reviewed publications in reputed journals and has made presentations of his research at national and international conferences. His academic interests include neurobiological aspects of mental illness, neurodevelopmental disorders, and issues related to use of psychotropic medications in children. He also maintains great interest in clinical applications of various psychotherapies, and is particularly interested in learning nuances of psychodynamic psychotherapy. Prasad enjoys teaching, research and plans to pursue a career in academic psychiatry.

Caridad Ponce Martinez, MD

Dr. Caridad Ponce Martinez is currently an Assistant Professor in Psychiatry at the UMass School of Medicine, as well as an Assistant Professor Adjunct at the Yale University School of Medicine. She earned her undergraduate degree in Psychology at Tufts University and completed medical school at the Escuela Autónoma de Ciencias Médicas de Centro América in Costa Rica. Dr. Ponce Martinez completed her adult psychiatry residency training at the University of Virginia, where she served as a Chief Resident and had an integral role in the evaluation of the Psychiatry residency program and its academic curriculum, particularly as related to substance use disorders. She recently completed fellowship training in Addiction Psychiatry at Yale University. Her clinical and research interests include medical student and resident education in addiction psychiatry, the interface between chronic pain and addiction, and global mental health. She is currently developing a project to integrate psychiatry and primary care in her native country of Honduras in order to help address the country's vast mental health needs. Dr. Ponce Martinez has authored several articles in peer-reviewed journals and three book chapters, including one in the upcoming edition of Kaplan & Sadock's Comprehensive Textbook of Psychiatry.



Balwinder Singh, MD, MS

Balwinder is a Chief resident at the University of North Dakota School of Medicine and Health Sciences in Fargo, ND. Prior to joining residency, he completed a Master's degree in clinical and translational sciences at the Mayo



graduate school in Rochester, MN. As much as he loves the biology, he searches for practical solutions, appropriate use, and limitations of available treatment options via epidemiological and translational research methods. He is interested in evidence-based mental health, severe mental illness, the impact of psychiatric disorders on comorbidities and vice-versa, risk factors and predictors of psychiatric disorders. He has presented at various national and international conferences. He has multiple first authored publications and has published > 30 PubMed cited papers and various book chapters. He serves as an ad-hoc reviewer for various journals. His long-term goal is to be an academic researcher and educator in the field of Psychiatry and Psychopharmacology.

Balwinder is involved in the development of a clozapine clinic with his mentors. His current research involves evaluation of the use of clozapine among the schizophrenia spectrum disorders in a population-based sample. In addition, he is studying the usage, comfort level and barriers to the appropriate use of clozapine among psychiatric residents in the US. Data from these studies will provide valuable information regarding clozapine use pattern and lack of educational opportunities regarding clozapine use in residency programs. He was selected for the APA Research Colloquium for Junior Investigators Award in the component on Molecular, Translational, and Neuroscience Research. He has completed post-doctoral and research fellowships.

Professionally, he also serves on the residency and grand round committee and is also a resident fellow member of the North Dakota psychiatric society. He is actively involved in medical student and resident teachings and mentors medical students in various psychiatric rotations. In his spare time, he likes listening to music, outdoor sports, hiking, and learning how to ski.

Peter Henderson MD Memorial Award

Julio Cesar Monterrey, MD, MS

Dr. Monterrey is a second year resident in the adult psychiatry training program. He attended medical school at UC Irvine School of Medicine where he pursued a dual-degree MD-masters program (PRIME-LC, Program in Medical Education for the Latino Community). Through additional coursework in medical anthropology, PRIME-LC trains medical students in delivering culturally-aware medical services to underserved medical populations. He combined this interest with his interest in math, research, and population mental health to pursue a Master of Science in Epidemiology and Clinical Research from Stanford University. His thesis work was on neuroimaging in children with autism spectrum disorder, a project that



he continues to work on with his mentor and principal investigator Dr. Antonio Hardan. Dr. Monterrey is the recipient of the 2016 Peter Henderson M.D. Memorial Award for his research work in the area of child and adolescent psychiatry entitled “Incidental Brain Findings in Autism Using Comprehensive MRI Techniques in a Twin Control Model.” He strives to be a clinician-researcher and is currently part of the Stanford Psychiatry Residency Research Track. He is excited to continue this work and collaborate with dedicated clinicians and researchers, many of which he met at the AADPRT meeting. Dr. Monterrey reports he “had a blast” at the meeting and was humbled to receive this award and meet pioneering faculty from training programs all over the country.