



American Association of Directors of Psychiatric Residency Training

Peter Henderson, MD Memorial Award

The late Peter Henderson, MD served as an active member on numerous AADPRT committees and was the first child and adolescent psychiatrist to serve as President of AADPRT (1983-1984). Dr. Henderson was specifically interested in nurturing and developing an effective link between child psychiatry and general psychiatry. Thanks to initiatives developed by Dr. Henderson, the vast majority of child and adolescent psychiatry programs are now represented in AADPRT, enhancing and expanding the areas of interest within graduate psychiatric education.

2026

Committee Chair: Julia Sadhu, MD

Sezai Ustun Aydin, MD

Paper Title: *Evaluation of a Pilot Medical Student-Resident Liaison Program in Psychiatry*

Sezai Ustun Aydin is a Child and Adolescent Psychiatry Fellow at Rutgers Robert Wood Johnson Medical School. Dr. Aydin completed his general psychiatry residency at Rutgers New Jersey Medical School and previously trained in child and adolescent psychiatry in Turkey.



Dr. Aydin's clinical and academic work focuses on the developmental, neurobiological, and psychosocial aspects of child and adolescent psychiatric disorders. His scholarly contributions include multiple peer-reviewed publications and a book chapter. His research has examined biological markers and molecular mechanisms in youth with attention-deficit/hyperactivity disorder and obsessive-compulsive disorder, as well as innovations in psychiatric education. In parallel with his research and clinical training, Dr. Aydin has demonstrated a strong commitment to medical education. He has served in multiple roles supporting medical student education at Rutgers.

Currently, Dr. Aydin is pursuing advanced training in psychoanalytic psychotherapy. His professional goals include integrating clinical care, education, and research to advance the understanding and treatment of psychiatric disorders in children and adolescents.

Training Director: Shawen Ilaria, BS, MD

2024

Committee Chair: Oliver Stroeh, MD

Mitchell Bayne, MD, MPH
Co-Author

Paper Title: *Impact of Illness Severity Tools on Adolescent Psychiatric Managed Care in California*

Mitchell Bayne, MD MPH is a first year Psychiatry Resident at SUNY Downstate Health Sciences University in Brooklyn, NY. He fell in love with the brain while studying neuroscience at the University of Pittsburgh. There, he also began his journey as a health equity advocate while participating in medical relief clinics, sustainable development programs and studying the work of Paul Farmer. After, he moved to New York City and had the privilege of conducting basic neuroscience research at Icahn School of Medicine at Mount Sinai. Simultaneously, he pursued an MPH at Sinai studying epidemiology and graduated as a member of the Delta Omega Honorary Society. He also deepened his commitment to underserved populations as an advocacy team member of the Mount Sinai Human Rights Program where he published work on the use of telephonic asylum evaluations. Mitchell then enrolled at Downstate Health Sciences University for medical school where he continued his asylum work by building capacity for the newly established Downstate Asylum Clinic. Through all of his projects and work, Mitchell has remained committed to the human dimension of disease. Dr. Bayne's research entitled, "Impact of Illness Severity Tools on Adolescent Psychiatric Managed Care in California," published in Administration and Policy in Mental Health, reflects his commitment to transform the healthcare system and achieve mental health parity. His future plans include a Child and Adolescent Psychiatry fellowship and devoting his career to creating an equitable healthcare system that cares for the most vulnerable in our society.



Isabella Chirico, MD
Co-Author

Paper Title: *Impact of Illness Severity Tools on Adolescent Psychiatric Managed Care in California*

Isabella Chirico is currently a psychiatry intern at Mount Sinai Morningside West, and a recent graduate from the SUNY Downstate College of Medicine. During medical school, she and her co-authors were interested in better understanding the barriers to psychiatric care often encountered by their patient population. She has also researched the impacts of mothers' childhood maltreatment experiences and perinatal substance use on mother-infant relationships. Presently her clinical interests within psychiatry include the lifelong effects of mother-infant attachment styles, interdisciplinary management of autism spectrum disorders, and systemic biases which impact connection with psychiatric services.

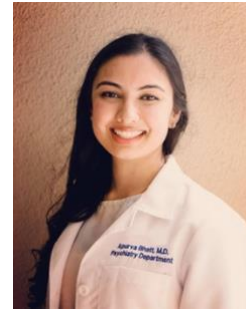


Training Director: Scot G. McAfee, MD

2023

Apurva Bhatt, MD

Paper Title: *Association of Changes in Missouri Firearm Laws with Adolescent and Young Adult Suicides by Firearms*



Apurva Bhatt, M.D. is a second year Child and Adolescent Psychiatry Fellow at the University of California, Davis in Sacramento, CA. She graduated from the 6-year combined BA/MD program at the University of Missouri-Kansas City where she was recognized for her leadership and commitment towards the medical school's student-run free health clinic, the Sojourner Health Clinic. As Executive Director of the clinic, she developed a novel interprofessional program integrating physician assistant students to work alongside medical students and participated in quality improvement research. During medical school, she was a recipient of the American Psychiatric Association's Summer Mentor Fellowship Award and volunteered as a Bridge Advocate, offering support and advocating for victims of domestic violence presenting to local emergency departments. As a medical student, Dr. Bhatt frequently witnessed the physical and mental impacts of gun violence on Missouri children and adults. Dr. Bhatt went on to complete her Adult Psychiatry Residency training at the University of Missouri-Kansas City/Center for Behavioral Medicine, and during residency, she studied trends in Missouri youth suicide by firearms following sequential weakening of Missouri firearm laws. Her research poster on this topic won first place at the American Psychiatric Association Annual Meeting and was recognized by the Missouri Psychiatric Physicians Association. During fellowship, Dr. Bhatt has had the incredible opportunity to work at the UC Davis EDAPT clinic which has furthered her interest in pediatric psychosis. Dr. Bhatt is a member of the American Academy of Child and Adolescent Psychiatry Adolescent Psychiatry Committee and is co-chair of the AACAP Early Psychosis work group. She recently received the UC Davis Tupin Resident Research Scholars award for a systematic review project on pediatric psychosis measurement instruments.

Dr. Bhatt's research paper titled "Association of Changes in Missouri Firearm Laws with Adolescent and Young Adult Suicides by Firearms" published in JAMA Network Open is the recipient of the 2023 Peter Henderson M.D. Memorial Award for the best published work in child and adolescent psychiatry. Dr. Bhatt is incredibly proud of the team of individuals that worked on this paper and recognizes its importance in legislative advocacy; this paper has been used by several advocacy groups for gun safety and youth suicide prevention around the nation. She hopes this work will improve the lives and safety of young Missourians.

Dr. Bhatt's future plans include working with youth with psychosis and their families. She is interested in pursuing a career in academic medicine that would combine her interest in teaching, clinical, and research interests. She feels incredibly grateful to have a supportive family and husband who have always encouraged her to reach her full potential.

Training Director: Anne McBride, MD

2022

Linda Drozdowicz, MD

Paper Title: *Sexual Health in Child and Adolescent Psychiatry: Multi-Site Implementation Through Synchronized Videoconferencing of an Educational Resource Using Standardized Patients*



Dr. Drozdowicz graduated summa cum laude from the University of Connecticut with a B.S. in Molecular and Cell Biology and earned her M.D. from the Mayo Clinic School of Medicine. She completed residency training in general psychiatry at Mount Sinai Hospital, where she served as Chief Resident. She completed fellowship training in child and adolescent psychiatry at Yale Child Study Center, where she has stayed on as an Assistant Clinical Professor. She practices consultation liaison psychiatry at Blythedale Children's Hospital and also has a private practice. Dr. Drozdowicz has interests in leadership and medical education outside of her clinical work. She was an American Psychiatric Association Leadership Fellow, the American Board of Psychiatry and Neurology Senior Resident Administrative Fellow, and she was awarded the George Ginsberg Fellowship from the American Association of Directors of Psychiatric Residency Training, recognizing her work in medical education. She lives in CT with her husband and two children.

Training Director: Dorothy Stubbe, MD

2021

Sara VanBronkhorst, MD

Paper Title: *Suicidality Among Psychiatrically Hospitalized LGBTQ Youth: Risk and Protective Factors*



Sara VanBronkhorst is a recent graduate from NewYork-Presbyterian Hospital Child and Adolescent Psychiatry Training Program where she served as a Chief Resident. She completed medical school and her master's in public health at Michigan State University College of Human Medicine, and her adult psychiatry training at Michigan State University College of Human Medicine/Pine Rest Christian Mental Health Services. She is currently a post-doctoral fellow in the NIMH T32 Child Psychiatric Disorders Fellowship at Columbia University Division of Child & Adolescent Psychiatry. She has researched characteristics of children and adolescents prescribed antipsychotics, and suicidality among psychiatrically hospitalized LGBTQ youth. Her current research focus is on parent-child relationships and the intergenerational transmission of the effects of trauma.

Training Director: Xiaoyi (Sherry) Yao, MD

2020

Allen Dsouza, MD

Paper Title: *Legalization of Marijuana and its Impact on Attitude Among Youth Towards Use*

Dr. Allen Dsouza is a PGY-5 Child and Adolescent Psychiatry fellow at the Zucker School of Medicine at Hofstra/Northwell, NY. He completed his general psychiatry training at Rutgers New Jersey Medical School, NJ. Allen graduated from medical school in India. His areas of specific interest are substance use in adolescents, ADHD, LGBTQ, psychiatry, autism, advocacy and resident wellness. He has served as the member-in-training committee representative at the New York Council on Child and Adolescent Psychiatry and as resident representative at the New Jersey Psychiatric Association. He has published and presented various peer reviewed papers at many national conferences. Outside of work he enjoys learning new languages, watching soccer and ballroom dancing.



Training Director: Richard Pleak, MD

2017

Kristen Eckstrand, MD, PhD

Paper Title: *Heightened Activity in Social Reward Networks is Associated with Adolescents' Risky Sexual Behaviors*



Kristen L. Eckstrand gained an M.D. and a Ph.D. in neuroscience from Vanderbilt University, and is currently a resident in Psychiatry at the Western Psychiatric Institute and Clinic of the University of Pittsburgh Medical Center. Her current research in the labs of Mary Phillips, MD and Erika Forbes, PhD broadly examines the development of risk behaviors and affective psychopathology in adolescents and young adults with a focus on the specific impact of trauma. She is also nationally known for her work in promoting health care for lesbian, gay, bisexual, and transgender (LGBT) communities, publishing multiple books and peer-reviewed articles on the topic. Dr. Eckstrand has been recognized for her research and commitment to diversity through numerous awards from the American Medical Association, American Medical Student Association, the Association of American Medical Colleges, and the Tennessee Medical Association.

Training Director: Michael Travis, MD

2016

Julio Cesar Monterrey, MD, MS

Paper Title: *Incidental Brain Findings in Autism using Comprehensive MRI Techniques in a Twin Control Model*



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.

2015

Aaron J. Hauptman, MD

PGY 3

University of Texas,

Austin, TX

Training Director: Emily Doyle, MD

Paper Title: "The Differential Diagnosis and Treatment of Catatonia in Children and Adolescents"

OBJECTIVE: Catatonia has been associated with a wide range of medical and psychiatric conditions in children and adolescents. Mortality risk is high and proper treatment can be life-saving. Catatonia, well known in adults, is increasingly recognized in pediatric populations, in which 20% of cases are related to an underlying medical condition. To minimize morbidity, clinicians must rule out underlying conditions and simultaneously initiate symptom-targeted treatment as well as treatment for the underlying condition. Management of catatonia sequelae may require ICU-level of care. In this paper we review the pediatric catatonia literature to enable clinicians to make rapid evidence-based diagnostic and therapeutic decisions.

METHODS: A PubMed search using MeSH terms related to pediatric catatonia yielded 355 citations, 230 of which were in English, including 35 review articles, 103 case reports, and 19 clinical trials, two of which were controlled trials. Subsequent PubMed and Google Scholar searches were done for pertinent sub-topics.

RESULTS: The literature on epidemiologic, etiologic and pathophysiologic aspects of catatonia is reviewed with a focus on emergent conditions requiring immediate management. Information on a wide range of conditions associated with pediatric catatonia, including developmental, acquired, idiopathic and iatrogenic etiologies is included. Finally, we consider available treatments, including electroconvulsive therapy, benzodiazepines and other pharmacotherapies in the context of pediatric evidence as well as important medicolegal considerations.

CONCLUSION: Pediatric catatonia is a frequently occurring and high morbidity condition requiring rapid diagnosis and therapeutic intervention to minimize risk to patients.
