



## Roadmap to making the most of your AADPRT Membership

1. **Introduction:** Welcome to the American Association of Directors of Psychiatric Residency Training (AADPRT)! This is a wonderful, supportive organization. We hope this document will help orient you as well as help you make the most of your membership, whether you are a new training director (TD)/associate training director (ATD) or have been one for many years.
  - a. **Who we are:** Founded in 1970, AADPRT is an association of psychiatric physicians, psychologists, and program administrators (coordinators) who work to maximize the potential of psychiatry residents and fellows.
  - b. **Our Mission:** To better meet the nation's mental healthcare needs, the mission of the AADPRT is to promote excellence in the education and training of future psychiatrists who are prepared to meet the needs of our patients and communities by fostering a transformative environment that embraces diversity, inclusion, equity, and justice.

AADPRT offers a variety of educational and networking opportunities for members. Below we highlight some member benefits.

2. **Highlights of member benefits:**
  - a. **Mentorship:** this key benefit is offered in a few different ways.
    - i. **Traditional Mentorship Program** is a one-year, 1:1 relationship for guidance on determined goals.
    - ii. **The Sibling Program** will match your residency program to another residency to achieve goals less likely to be realized by a single program
    - iii. **Consultations** offered by the Wellbeing and Burnout Committee -- one-off conversations to help with timely answers and advice.
  - b. **Virtual Training Office (VTO):** This database, accessed by logging into your AADPRT account, is a repository of residency and/or fellowship training materials and tools provided by members for your use. Sections include: annual meeting presentation materials, how-to & FAQs, virtual classroom, program administrative tools, VTO guide, and work of the organization. See section five (5) below.
  - c. **Friday Virtual Sessions:** These workshops and consultations occur multiple Fridays, 12-1p EST throughout the year. Webinars cover topics applicable to upcoming seasons or deadlines that will help TDs prepare in real time. Sessions are advertised in the AADPRT "In the (K)Now" e-newsletter emailed weekly. Session schedules are also available on the AADPRT calendar [here](#). Most sessions are recorded and can be viewed later in the VTO.
  - d. **Virtual Recruitment Fairs:** Each summer AADPRT hosts virtual recruitment fairs for residency programs. This is a great way to for students from all over the country to learn about your program. New in 2025 are Child & Adolescent Fellowship virtual recruitment fairs.



- e. **Regional Caucus Meetings:** The Regional Caucuses meet each year in person at the Annual Meeting, as well as twice virtually throughout the year. This can be a great place to meet or reconnect with other members in your region, get important AADPRT leadership updates, and bring up concerns you have. Joining your region listserv gives you access to the emails to register for these meetings.
  - f. **ACGME virtual curbside consultations:** Periodically, the ACGME offers virtual 15-minute consultations for both General and CAP programs. Sign up in the AADPRT e-newsletter.
  - g. **Listservs:** There are multiple listservs you can join. There is a general listserv for all AADPRT physician/psychologist members as well as listservs for each region and for various caucuses, including the PA caucus. Listservs are a great way to ask questions and get access to resources. You can also search the listserv archives to see if your question has been asked in the past. Information on how to join the listservs as well as listserv etiquette can be found [here](#).
  - h. **Academic Psychiatry Journal:** get access to the official journal of AADPRT and it's three co-sponsors; AAP, AACDP, and ADMSEP. AADPRT offers two complimentary subscriptions to each institution and charges just \$88 for each subsequent annual subscription. Members are encouraged to submit articles to Academic Psychiatry for publication consideration.
3. **What's on the AADPRT website and where to find it:** The [AADPRT website](http://www.aadprt.org) has a wealth of resources. (<http://www.aadprt.org>)
- a. **Strategic Plan:** AADPRT is dedicated to continuous improvement to maximize efficiency and efficacy of our mission. The [Strategic Plan](#) defines key priorities for the organization.
  - b. **History, Mission, Policies, and Procedures:** Want to learn how to chair a committee? Learn about our [history, mission, policies, and procedures](#).
  - c. **Leadership Progression:** AADPRT has a six-year [leadership progression](#) from program chair-elect to past president to best prepare leaders to be president and ensure institutional knowledge retention.
  - d. **Justice, Equity, Diversity, and Inclusion (J.E.D.I.):** AADPRT maintains a repository of resources on its website dedicated to J.E.D.I. as well as a document that tracks AADPRT's J.E.D.I. initiatives.
  - e. **Committees/Caucuses:** We enthusiastically invite all members to collaborate in their areas of interest. [Committees](#) are a great way to get started, network, and contribute to this community. Charges for each committee and caucus can be found [here](#) and described further below.
  - f. **Awards/Fellowships:** AADPRT offers a variety of awards/fellowships for training directors, program administrators and residents/fellows. Award descriptions, eligibility requirements, and nomination instructions can be found [here](#).



- g. **Annual Calendars:** The **annual calendars** help general, child/adolescent, and new TDs know what's upcoming so they can plan their year to help things go as smoothly as possible.
  - h. **New/Expanding Program guide:** **This guide** serves as a resource for program or fellowship directors or other psychiatry GME leaders who are interested in developing new residency programs or expanding existing programs.
  - i. **Virtual Training Office (VTO):** This database, accessed by logging into your AADPRT account, is a repository of residency and/or fellowship training materials and tools provided by members for your use. Sections include: annual meeting presentation materials, how-to & FAQs, virtual classroom, program administrative tools, VTO guide, and work of the organization.
- 4. **Opportunities to get involved:** Multiple opportunities to help with AADPRT's operation and development are available.
  - a. **Committees:** There are currently 19 committees led by chairs who are selected for a 3-year term. To share your interest in joining a committee, **complete this form**. Committee work is essential for the long-term functioning of the organization and committee chairs regularly report to the Executive Council on their committee's progress. When a committee chair position is to become available (near the end of the three-year term of current chair or due to unforeseen circumstances), the current chair sends a call for nominations to committee members, encouraging self-nominations in addition to peer nominations. After the nomination period (usually two weeks), the chair confers with the president or president-elect, and they select a replacement.
  - b. **Caucuses:** Caucuses are proposed by a group of 20 or more members with a shared interest who submit a proposal in writing to the president. The one-page proposal must include 1. a description of the shared interests/goals and 2. demonstrate that there will be sufficient member interest in the caucus. The President, at their discretion, can bring the proposal to the Executive Council to determine its outcome. If approved, the president will appoint a caucus chair for period of three years. There are currently 12 caucuses. To express interest in getting involved, **complete this form**.
  - c. **Regional Representatives:** AADPRT is divided into seven regions: New England and Eastern Canada (I), New York (II), Mid-Atlantic (III), Midwest (IV), Southeast (V), California (VI), and Far West and Western Canada (VII). Each region elects their regional representatives (TD or ATD), one from a general psychiatry program and one from child/adolescent psychiatry or other subspecialty program for a three-year term through a self/peer nomination process. The regional representatives communicate with the programs within their region through regional caucuses twice per year and through the region's listserv. They form a committee that meets several times per year to share their communications with



the regional representative chair, who is on the Executive Council (EC) and Steering Committee (SC), ensuring bidirectional sharing of information. Regional Representatives also facilitate information exchange within their regional caucuses held at the annual meeting each year with the EC and may be involved in projects throughout the year.

5. **Virtual Training Office:** Did you know that you have hundreds of psychiatry teaching and training materials at your fingertips? Check out the AADPRT's Virtual Training Office (VTO) to see these resources!
  - a. **How to access the VTO:** Log into your account, click Virtual Training Office.
  - b. **Having trouble finding something?**
    - i. In the VTO find the "search" bar to type in what you are looking for
    - ii. Need help narrowing your search? Under the "search" bar there is "keyword" and a downward arrow with the words "click to expand." Clicking this reveals multiple category buttons.
  - c. **What can I find in the VTO?**
    - i. Looking for materials from previous AADPRT annual meetings? Check out "Annual Meeting Materials" in the VTO to find information from workshops, posters, and plenary presentations including slides and handouts.
    - ii. Looking for administrative ideas to help your program? Check out "Program Administration Tools" for examples or copies of surveys, strategies, forms, and policies.
    - iii. Looking for ideas to shape program curriculum? Check out "Virtual Classroom" to see hundreds of documents on topics like neuroscience, psychotherapy, addiction, etc.
    - iv. Want to learn about AADPRT projects and meetings? Check out "Work of the Organization" and read Executive Council meeting minutes, strategic planning reports, etc.
    - v. Question about the listserv? Check out "How to and FAQs" to read listserv rules and etiquette.
    - vi. Thinking about submitting an abstract for a workshop or poster at the Annual Meeting, but not sure where to start? Check out [this](#) helpful video with tips on successful annual meeting submissions.
6. **How to make the most of the Annual Meeting:** The annual meeting is the highlight of the year for AADPRT members -- an opportunity to engage with peers who share the same joy and excitement for training, who want to learn from one another, and who understand the challenges that come with the job. Be sure to take advantage of this crucible of learning and unique opportunity to engage with colleagues from across the country who will become your friends and collaborators on projects.
  - a. The **First Time Attendee "Rookie" Reception** is a great way to introduce yourself and be welcomed.



- b. The **New Training Director Symposium** offers practical information (everything from explaining all the acronyms in GME, to understanding milestones and GME funding), and inspiring advice from experienced TDs (how to have fun and be effective in your role).
- c. The **ABPN and ACGME sessions** are worth your time, helping you understand how these national organizations conceptualize the learning process and requirements of residents/fellows and training programs [even if you feel like taking a break from the firehose of sessions and information, try to attend these]
- d. **Networking Dinners take place** on the first night of the conference. You can sign up to go to one of multiple restaurant options to join fellow conference attendees for a fun dinner together. Sign up early as spots fill quickly!
- e. **Regional Caucus Meetings** are a great way to meet other training directors in your region, get important updates from the Executive Committee, and give feedback on AADPRT priorities.
- f. **Attending a Committee or Caucus meeting** is a great way to get involved with AADPRT– most are open to all AADPRT members – check the Whova app for dates and times.
- g. **Academic Psychiatry Consultations:** Thinking about writing a paper on an educational project, but not sure where to start or what manuscript format it best fits? – Schedule a consultation with one of the editors of Academic Psychiatry.
- h. **Workshops:** With more than 60 workshops offered across six sessions, it can be a little overwhelming to decide which ones to attend. There are a few that are marked as “suggested for new training directors” that address core topics related to running a training program. Also, see what looks interesting or might address a current concern you are having in your program.
- i. **Whova** is the app used for the Annual Meeting. You can find the full schedule and your personal agenda based on your registration. You will get important announcements through the app about upcoming events or changes to the program. You also can use the community section to connect with other members for a variety of things such as airport ride shares, dinner meet ups, morning runs, or other sightseeing activities. You can also message other attendees through the app and share contact information. Be sure to follow the thread from the Membership Committee- they send helpful messages each day on sessions that are great for new training directors and associate training directors.