

IAPA Celebrates Young Psychiatrists

Kumar Budur, M.D.



Dr. Budur is an Associate Professor in Medicine, at Cleveland Clinic Lerner College of Medicine at Case Western Reserve University. He is Board certified in Psychiatry and

Sleep Medicine and holds a joint appointment in Psychiatry and the Sleep Disorders Center at Cleveland Clinic, Cleveland, OH.

Academically, Dr. Budur's has been involved in the education and training of medical students, residents, and fellows. His scholarly contributions include publishing 2 books, writing several book chapters, publishing 30 scientific articles and over 40 abstracts in peer reviewed journals. He has been the recipient of several awards including: Outstanding Resident Award at IAPA (2004); Teaching award at Cleveland Clinic (2003) and Innovations award at Cleveland Clinic (2007).

Dr. Budur's research interests include insomnia, circadian rhythm sleep disorders and sleep/psychiatry interface, including special focus in the areas of developing innovative treatments for insomnia, sleep disorders in patients with bipolar affective disorders and HomePAP study funded by American Sleep Medicine Foundation.

Umee A. Davaé, D.O.



Dr. Davaé is the Program Chief Resident at Chicago Medical School / Rosalind Franklin University of Medicine and Science. Dr. Davaé was

recently awarded the APA-GlaxoSmithKline Fellowship (2007-2009) which offers leadership, advocacy and team-building opportunities within the APA. As an APA Fellow, she is also a non-voting member in the APA's Committee for Gay, Lesbian and Bisexual Issues. Dr. Davaé recently visited Capitol Hill advocating for various mental health issues.

Dr. Davaé recounts a unique, diverse background that has shaped her outlook and goals for her career. She has channeled her experiences as an educator and advocate to bring awareness to the challenges facing all psychiatric patients and the profession, as well as help to improve psychiatric care for the unique psycho-social needs of the gay, lesbian, bisexual, and transgendered community.

Navdeep Dhaliwal, M.D.

Dr. Dhaliwal was one of nine residents nationwide, selected as an APA SAMHSA (Substance Abuse Mental Health Services Administration) Fellow in 2006. She is in-



terested in health disparities that exist among racial and ethnic minorities. Currently she is a clinical instructor of psychiatry for both George Washington University and Virginia Commonwealth University Schools of Medicine.

As a SAMSHA Fellow, she served on the Committee on AIDS and the Committee of Women. One of her interests is culturally competent care for women of color infected with HIV. She currently serves as a full member on the Committee of AIDS.

She completed her fellowship training in Consultation-Liaison Psychiatry/ Psychosomatic Medicine at George Washington University in June 2008. She is currently working at a community mental health clinic, with both HIV, underserved, and indigent patients. She plans to pursue her interest in palliative care, psycho-oncology, and be in private practice.

Renu Gupta, M.D.

Dr. Gupta is currently a third year psychiatry resident at the University of Illinois Chicago. Prior to medical school, she had been a doctoral student in psychology at Loyola University of Chicago.

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President's Message

Dear Friends,

Greetings from the IAPA!

You probably are surprised to receive this issue of our newsletter The FORUM because we usually have only two editions yearly. Let me explain.

IAPA is now over 25 years old. We owe a lot to its founders who started this organization to serve the Indo American community with its mental health needs, to establish a network for exchange of information, to mentor younger psychiatrists and to promote research in cross cultural psychiatry.

Many prominent psychiatrists of Indian descent in the USA have contributed significantly to the field of Psychiatry. To ensure that we continue to grow, serve our patients, conduct cutting edge research, advocate for our patients, we, the senior psychiatrists must mentor and nurture the younger psychiatrists i.e. the Early Career Psychiatrists and Residents. To celebrate their achievements, we have decided to profile them in this newsletter. There are many others who are excelling in what they are doing –the ones profiled here are just a very small sample. You will notice that some are deeply involved in research, while others are working on Public Policy. If one of them has starred in Off-Broadway plays, another is expressing his creativity in short films. One is raising awareness about LGBT issues; another worked on Capitol Hill and helped write the Garrett Lee Smith Memorial Act for suicide prevention.

You will notice that it is a diverse group—with one common feature –all of them are members of the Indo American Psychiatric Association. And we are very proud of them.

Please join me in celebrating their accomplishments. I hope that one day some of them will be leading our organization and this column will be penned by one of them in the not so distant future! I extend my gratitude to Drs. Anu Matorin and Vijay Chennamchetty, Co-Editors for this special issue of the newsletter-both are young IAPA members themselves.



Sincerely,

Surinder Sucha Nand M.D.

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Dr. Gupta was awarded the Surinder Nand Outstanding Resident Award in 2008 by the Illinois Chapter of IAPA. In the same year, she was nominated for the prestigious National Institute of Health's Outstanding Resident

Award. Her areas of professional and research interests include cultural psychiatry, medical education and women's mental health where she has made significant scientific contributions through her presentations, journal articles and book chapters that she has co-authored in recent years.

Dr. Gupta plans to pursue a fellowship in reproductive psychiatry and a masters degree in public health with a long term career goal focusing on women's mental health issues in an academic setting.

Arshdeep Jawandha, M.D.



Dr. Jawandha finished medical school in Jodhpur (Rajasthan), India and completed general psychiatry residency training at Northwestern University, Chicago in 2007. He is now training as a child & adolescent psychiatrist at Rush University Medical

Center in Chicago. He has been active in the APA, and recently presented a paper on, "Resident's experience of Patient Suicide" at APA annual meeting.

His primary area of interest is utilizing media, particularly the medium of film, to both educate the viewer and explore the nuances of human experience and emotion. His short films "Paradox Paradigm" and "Skylab is Falling!" have been officially selected at major American and Canadian Film Festivals. "Skylab is falling" was also chosen for presentation at IAPA's annual scientific session in Washington DC this year and the media evening of the Association of Academic Psychiatry's annual meeting at Santa Fe.

Vishal Madaan, M.D.

Dr. Madaan, originally from Rohtak, India, completed his medical school and psychiatry residency in India before joining the Department of Psychiatry at Mayo Clinic in Rochester as a visiting fellow in Psychogenomics. Subsequently, he joined residency training in an integrated track in



child, adolescent and adult psychiatry at Creighton University medical center.

He has received numerous national and international awards. In addition to scientific publications, Dr. Madaan has presented at national and international

meetings, including the APA, AACAP, AADPRT and the World Congress of Child psychiatry.

He also serves as an editor for the ASCP Model psychopharmacology curriculum and is on the editorial board for the APA FOCUS self assessment questions for recertification. Dr. Madaan plans to pursue an academic career in child and adolescent psychiatry, with a special interest in ADHD and pediatric bipolar disorder.

Shilpa Srinivasan, M.D.



Dr. Srinivasan is board certified in general and geriatric psychiatry. She is an assistant professor of clinical psychiatry and an assistant training director for geriatric psychiatry fellowship at the University of South Carolina, School of Medicine. She completed her residency in psychiatry at Tulane University School of Medicine and her fellowship in geriatric psychiatry at LSU Health Science Center in New Orleans, LA.

She has been a recipient of several teaching awards. She is actively involved in the AAGP, serving on the Teaching and Training Committee, and in the APA, serving as Secretary-Treasurer of her district branch-SCPA.

She has been a recipient of several teaching awards. She is actively involved in the AAGP, serving on the Teaching and Training Committee, and in the APA, serving as Secretary-Treasurer of her district branch-SCPA.

She has presented at local and national meetings, including APA, Institute on Psychiatric Services (IPS), and AAGP. Dr. Srinivasan has published in peer-reviewed journals including Annals of Long-Term Care and Aging, and also in the IAPA FORUM. Her clinical and research interests include depression in the elderly, cross-cultural issues and ethno-psychopharmacology.

Harsh K. Trivedi, MD

Dr. Trivedi, recipient of the 2003 IAPA Outstanding Resident Award, is currently the Director of Adolescent Services at Bradley Hospital and an Associate Training Director for the Child and



Adolescent Psychiatry Fellowship at Brown Medical School.

He completed residency training at the Albert Einstein College of Medicine / Hillside Hospital program with a

fellowship in child psychiatry at the Harvard Medical School / Children's Hospital Boston program. He has received numerous national awards from the AMA, APA, and AACAP. Of note, he was selected as the 2004 APA Congressional Fellow. While working in the Senate office of Jack Reed (D-RI), he helped to author the *Garrett Lee Smith Memorial Act*. It is one of the few mental health bills that has been signed into law recently and has provided over \$80 million for suicide prevention and college mental health programs.

He is the President of the Rhode Island Council for Child and Adolescent Psychiatry. He is the editor of the Child and Adolescent Psychiatric Clinics of North America as well as the author of an innovative book, *Practical Child and Adolescent Psychiatry for Pediatrics and Primary Care*.

Ipsit Vahia, M.D.



Dr. Vahia is currently a research fellow at the Stein Institute for Research on Aging at University of California, San Diego. He is a graduate of Grant Medical College (Mumbai, India). He completed residency training in psychiatry at

SUNY Downstate in 2007.

Dr. Vahia's research interests are in the areas of schizophrenia in late life and successful outcomes in elderly individuals. He has 15 papers and 6 book chapters either published or in press. He has been a guest co-editor of a special issue of the American Journal of Geriatric Psychiatry in December 2007, focusing on schizophrenia and psychoses in late-life.

Dr. Vahia has been a recipient of the Junior Investigator Award from the International Congress of Geriatric Psychoneuropharmacology, the Ginsberg Fellowship from the American Association of Directors of Psychiatric Residency Training (AADPRT) and the AAGP Fellowship from the AAGP.

Sudeepta Varma, M.D.



Dr. Varma is currently the Medical Director to the World Trade Center Mental Health Program at NYU Medical Center, where she is also Clinical Assistant Professor.

She is frequently called upon by the media, including interviews by 20/20, ABC News Medical Unit, and CBS News. As a writer, she has been honored by the Harvard Medical School's Book Publishing Contest, has written for the British Medical Journal on post-partum depression and has contributed 5 chapters in "On-Call Psychiatry".

Dr. Varma has organized mental health screenings for South Asian immigrants, worked with the Henry Street Settlement to empower victims of domestic violence as well as published an article on the role of Eastern religions on mental health.

She currently serves as consultant to the American Psychiatric Association's Committee of Women. She has also been active in the IAPA, presenting two workshops on South Asian mental health and serving as an ECP on the EC.

Dr. Varma's passion for the arts landed her a role in an off-Broadway performance as well as on Indian TV, and as an avid traveler, her explorations have led her to over fifty countries on five continents. Dr. Varma also maintains a private practice in Manhattan.

Nominations for IAPA Awards

1. Outstanding Academician Award

Nominee's CV and a recommendation letter highlighting reasons for nomination should be sent to the Chair of the award committee Dr Ashwin Patkar at ashwin.patkar@duke.edu no later than Nov 30, 2008

2. Outstanding Service Award

Nominee's CV and a letter highlighting either service to the IAPA or to the community at large should be sent to the Chair of Award Committee Dr Rudra Prakash rudraprakash1@yahoo.com no later than Nov 30, 2008

3. Exemplary Public Sector Psychiatrist Award

Nominee's CV and a recommendation letter highlighting service in the public psychiatry [State Hospital, VA Medical Center, Community Mental Health Center etc] should be sent to the Chair of this award committee Dr Antony Fernandez antony@medscape.com no later than Nov 30, 2008

Please note that for all three awards listed above, the nominees should be IAPA Life Members or should become one at the time of nomination, should not have received an award from the IAPA in past and should not be members of the IAPA Executive Committee

4. Outstanding Resident Award

Nominations are solicited from the Psychiatry Residency Training Directors for a PGY 3 resident of Indian descent who is a member of the Indo American Psychiatric Association. The nominee should have excelled in clinical, administrative, academic and community service areas. This nomination needs to be accompanied by the resident's CV, a personal statement from the resident and recommendation letter by a faculty member. Nominations must reach the Chair Dr. Iqbal Ahmed no later than Nov 30, 2008. The nominations can be sent electronically as email attachments as pdf documents to:

Regular mail:
Iqbal "Ike" Ahmed, M.D. FRCPsych (U.K.)
Chair, Outstanding Resident Award Committee
Indo-American Psychiatric Association
1356 Lusitana Street, 4th Floor
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