

Sarah Kauffman, MD
Candidate for Resident Fellow Member Trustee-Elect

I was born and raised in San Diego, California and received my undergraduate degrees in both Theater and Health Promotion from the University of Southern California. After college, I worked around the country on research projects in La Jolla, Houston, and Chicago before matriculating at the University of California, San Diego for medical school. During medical school, I was involved in leadership at our multi-site free clinic, our integrative and holistic medicine interest group, and on numerous outreach and advocacy projects. I also lobbied on behalf of the California Medical Association both locally and at the state level. I was honored to give the commencement speech at my medical school before moving to New York to join the psychiatry residency program at Columbia. At Columbia, I am the resident representative on several committees including the Resident Quality and Patient Safety Committee and the Comprehensive Psychiatric Emergency Room Committee.

Advocacy for patients with mental illness and their families is my passion as I experienced first hand the effect of a psychiatric diagnosis when my younger brother was diagnosed with schizophrenia. Through personal and professional experiences, I have learned how important it is to advocate for our patients and teach them how to be their own champions. I will use this position to teach my fellow trainees how to empower patients and their families to take charge of their recovery. I will also pursue advocacy for vulnerable populations, such as refugees, the incarcerated, and the homeless. **Specifically, I will expand our collective knowledge about the challenges faced by our most at-risk patients and work to enhance educational and advocacy opportunities while working with the IAPA to assist in providing advocacy for vulnerable multi-cultural patient populations as well. Finally, advocate for my fellow residents as their representative on several departmental committees at Columbia and I will work to provide a space within the APA for my fellow trainees to receive both the support they need to thrive and the resources they need to advocate for themselves. This will include working closely with the IAPA and similar organizations that provide mentorship and professional development programs.**