

Biosketch

I am a Bilingual and Multiracial American. My mother is of East Indian descent and my father is of African descent. I was raised to understand and respect cultural differences. I completed medical school in Cuba and immersed myself in Latin American culture and through this experience understand the role that individual's race, language, and culture affects their treatment. This has empowered me to provide culturally adapted mental health services to this diverse and underserved population in both English and Spanish. By engaging with leaders that represent marginalized communities, we can develop policy with language that includes sensitivity to race, language, and culture. I am very involved with my local district branch of the APA, the Kansas Psychiatric Society, and I co-founded the resident chapter. I am also the recipient of a grant through KU and currently partnering with NAMI Wichita to train pastors in mental health.

Candidate Platform

Professional Development

Very few residency programs offer training in organizational issues, leadership or the business of medicine. The APA has many resources available to Resident and Early Career Psychiatrists. I will advocate for residency and fellowship programs to provide training outside of the core education track using these resources to better prepare us for entering the work environment after residency. I will engage the APA Leadership on ways in which to make resources available to all Resident Fellow Members.

Increase Access to Mentorship

I have learned the value of mentorship through experiences provided by the National Minority Mentor's Network and the APA Diversity Leadership Fellowship. All residents should have guidance from a mentor will streamline their experiences during residency and ensure that they are high yield and aligned with your professional goals. I will engage APA leadership to provide a structured mentorship experience for all Resident Fellow Members.

Trainee Work Life Balance

Resident Fellow Members are particularly susceptible to stress and burnout given the need to balance academic, clinical, and personal life demands during training. A study using the Maslach burnout inventory revealed a 40% burnout rate for Psychiatry residents.

In a 2015 ACGME survey on resident burnout showed 24.5% as compared to 15.9% of the general population. As a member of the board I will fully support initiatives that promote balancing work and personal life commitments as part of a wellness model.