

Michael Mensah

Biosketch

I grew up a 1st generation Ghanaian American in Scranton, Pennsylvania. I graduated from Princeton University in 2010 with a degree in Philosophy and African American Studies. After working at a halfway house for the mentally ill, I enrolled in UCSF Medical School in 2012. I helped start UCSF's White Coats for Black Lives Chapter, and won Harvard University's Zuckerman Fellowship to study public health policy. I am at UCLA now, where I published on racial bias in JAMA Internal Medicine. I'm running for APA Resident Fellow Member Trustee. I love basketball, writing, working out, and dominos (with Domino's).

Platform:

I want to increase the accessibility of the APA to resident physicians in the IAPA. Accordingly, as Resident Fellow Member Trustee I will ask YOU about OUR priorities. These include:

Engaging Your Thoughts:

Problem: I want more residents from the IAPA engaged with the APA year round to grow the membership and strengthen psychiatry's influence industry-wide.

Action: decreasing membership fees, using surveys to engage residents, and publicizing notable resident work.

Financial Wellness:

Problem: Medical school financial burden limits post-residency career options due to heavy financial incentives, weakening the academic psychiatry pipeline. Psychiatrists carry the same debt burden as other residents, and improving financial wellness for psychiatric residents will improve patient access and psychiatrist satisfaction.

Action: Increase the salience of this issue through research and advocacy, using experience evidenced by my advocacy pieces in JGIM and JAMA Internal Medicine

Trainee Wellbeing:

Problem: According to a recent JAMA study, 42% of psychiatry residents in their second year of residency suffer from burnout. This rate is unacceptably high—especially for psychiatrists—and our APA Burnout Committee needs to take further action to make burnout a national training priority.

Action: Publishing about burnout vividly will bring even more attention to the problem.