

**Indo-American Psychiatric Association
Information for newsletter and website
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**Sandra M. DeJong, MD, MSc
Candidate for APA Secretary 2019**

BIOSKETCH

Dr. DeJong (“DeYoung”) is a career psychiatric educator and nationally recognized administrator and leader. She joined APA leadership in 1999 as Member-in-Training Trustee, and then served on the board of *Mental Health Works* and several components, including the Councils on Children, Adolescents and their Families and Medical Education and Lifelong Learning. She has chaired committees at her DB and served in multiple allied organizations, including the Presidency of the American Association of Directors of Psychiatry Residency Training (AADPRT, 2017-18). From 2004-2018, she was a training director in the Child/Adolescent Training Program at Cambridge Health Alliance/Harvard Medical School where she is now Senior Consultant. She has a half-time private practice in general and child/adolescent psychotherapy and psychopharmacology.

As a training director, Dr. DeJong has mentored many URM trainees, including Indian-American. As AADPRT President, she participated in changing ACGME requirements so that institutions and programs must now demonstrate efforts to improve diversity.

STATEMENT

APA and IAPA must collaborate to address issues concerning the mental health of Indian-Americans; they are of vital importance to us all. Here are three examples I would champion as APA Secretary:

Suicide rates among Indian women: According to a recent *Lancet* study, nearly 2 out of 5 women in the world who kill themselves are Indian. While global psychiatrist Vikram Patel notes this rate is declining as gender roles liberalize, education and interventions are needed.

Stress and mental health concerns among South Asians, including Indians: Distress due to migration, acculturation pressures, and other factors must be addressed. Particular pressures on youth as they face academic competition and intergenerational tensions must be recognized. Working with parents, religious organizations, and agencies like Boston’s Center for Cross-Cultural and Emotional Wellness to educate and provide resources is key.

Hate crimes: These are divisive times. My residents tell stories of being harassed and family members targeted because of brown skin or immigrant status. We must unite to support diversity, equity, and inclusion and to fight xenophobic hate crimes and mistreatment of immigrants and minorities. Harnessing the energy of youth through community organizations such as SE Asian Americans Leading Together (SAALT) will be vital.