

INDO-AMERICAN PSYCHIATRIC NEWS

July 2021 Edition

INSIDE THIS ISSUE

1. President's Message
2. Nominations for Awards
3. Introduction to the team
4. Fall Meeting 2021
5. Message from PRMS
(Platinum Sponsor)
6. Mentorship Program

From the Editor:

Dear readers, welcome to the July 2021 edition of the IAPA newsletter! In this issue, we would like to introduce to you our new 2021-2023 IAPA executive team and we have a special message from the new IAPA President, Dr. Ranga Ram. Also included, is an announcement and save the date information for the upcoming fall meeting 2021 and a special mention of the Annual Award winners from the year 2020. We would like to congratulate all the awardees on their achievements and extend a warm welcome to our new office bearers! We are also soliciting nominees for our 2021 awards. Next, we have a message from the chair of the mentorship steering committee followed by a special message from our sponsors. We would like to thank each one of you for your participation and involvement in IAPA and encourage non-members to sign up at: <https://www.myiapa.org/membership-account/membership-levels/>.

Sincerely, Manan Shah, MD

From the Incoming Editor:

Hello and namaste! Beginning with the next newsletter, I will be your editor. Expect more frequent (at least quarterly) newsletters with a transition to a web-based format. I am so happy to be joining the illustrious IAPA team, and am grateful to Dr. Manan Shah for his wisdom and warm-handoff. I have some big ideas for the future. This is collaborative, so we welcome your submissions (chapter news, opinions, reactions) to include in future issues of the newsletter.

Onwards! Rahul Malhotra, MD

Disclaimer: The views expressed in the different articles are solely those of the authors based on literature review and their clinical experience and not necessarily those of the Indo-American Psychiatric Association.





President's message

Dear members, friends, and well-wishers,

Allow me to introduce myself. I am Ranganathan "Ranga" Ram. It is an honor and a privilege to take on the responsibility of being the President of the Indo-American Psychiatric Association (IAPA). Since its inception in 1979, IAPA advocated for Indian American psychiatrists, at that time estimated to be around 1,200 in the US. Today we are approximately 10% of the US workforce in medical psychiatry. From the outset, the organization's founders were prescient

and had envisioned providing opportunities for mentoring and had intended to leave a legacy for the future.

Our situation in the USA today is in stark contrast with that prevailing in India. Having visited India in March of this year, it has been gut-wrenching to see India going through the ravages of another wave of the spread of COVID-19. It was a reminder to me of the good fortune to call the United States my home. But it also reminded me of our responsibilities to those near and dear who are in India.

In the US, Indian immigrants, in general, are seen to have done very well. But all Indians in the US are not part of the demographic seen as one of the most prosperous communities. It is still vital, especially after COVID has ravaged the community, to recognize the uptick in mental health needs and even poverty in the Indian Americans in the US and American society at large. In times like these, we as clinicians have to answer the clarion call for action to address the pressing needs of the hour. The lawsuit against CISCO in California has exposed the possibility that divisions along caste lines may still exist in our community. There are divisions along religious and political lines that pose challenges to our integration and assimilation. Immigration to the US has not entirely erased these reminding us to work on diversity within our own. The recent wave of immigration has brought in large numbers of Indian immigrants on H visas in information technology. Young psychiatrists on J visas are experiencing the pressure of managing the arduous journey to migration by converting to H visas and are struggling with this new wave of competition. Our younger colleagues at the threshold of getting a foothold in the US are in dire need of our support and advocacy.

My focus is to appeal to and recruit US-born Indian and young immigrant psychiatrists as members during my presidency. In my involvement in the APA, I see the emergence of numerous young leaders of Indian origin who will be the future of American psychiatry. Contrary to popular belief, the US-born generation is not substantially different from the immigrant generation. To achieve this, I have put together a team of enthusiastic office bearers who will help me lead the organization into a period of growth with new energy. We have an innovative initiative on mentorship led by a steering committee (see article in this newsletter). Our efforts will focus on increasing existing chapter activities and creating new chapters around the country. We aim to work closely with the American Psychiatric Association as well as all other clinical societies. To accomplish this, we need the support and commitment from all of you, our members.

I look forward to hearing your thoughts, concerns, and, most importantly, your ideas for the betterment of IAPA.

Please communicate with me by email at President@myiapa.org.

Ranga N Ram, MD

Ranganathan “Ranga” Ram, MD considers advocating for patients and the profession as his passion during the past forty years in psychiatry. He currently is in part-time private practice in Delaware focused on treatment-resistant depression and splits his time between India and the United States. He has served the APA as a member of the assembly for the past twelve years and as the Chair of Caucus on Maintenance of Certification for the past three years.

Dr. Ram worked at Healthcare for the Homeless in Baltimore and had a joint faculty appointment at Johns Hopkins School of Medicine and the University of Maryland. Six years out of his residency training he was selected after a national search by the State of Delaware to head the newly created Division of Substance Abuse and Mental Health as its first medical director.

Dr. Ram obtained his medical degree and Indian psychiatric residency from Madurai Medical college in Tamil Nadu, where he trained under the renowned late Professor Venkoba Rao. In 1988, he moved to the United States to train in psychiatric epidemiology first at Johns Hopkins School of Public Health, and then in SUNY Stonybrook. He completed his US residency in general psychiatry from the University of Maryland in 1996.

Dr. Ram has over twenty-five articles in peer-reviewed journals and two book chapters. He was honored by NAMI National in 2013 with an Excellence in Psychiatry Award. He is a Distinguished Fellow of the APA.

2021 IAPA Outstanding Achievement Awards

Seeking nominations – Due August 21, 2021

Every year, IAPA honors outstanding Indian-American psychiatrists who are residing and practicing in the United States for their contributions to the mental health field.

Please check the following requirements and exclusion criteria and click the links to tell us about who you are nominating!

Requirements - The nominee should be:

- A life member or willing to join IAPA as a life member.
- A physician in good standing licensed to practice medicine in the United States.
- Willing to travel at their expense to attend the IAPA annual meeting where they will be nominated with a plaque. The Outstanding Academician awardee should also be willing to present at the scientific meeting.

Exclusion Criteria - Nominees should not be:

- A previous recipient of an IAPA award (except the outstanding resident award) There are so many outstanding IAPA members to whom we want to provide opportunities
- Part of the current leadership (that is a separate privilege)
- Nominated by the nominee themselves: IAPA awards are given to members recognized as 'outstanding' by their peers & colleagues.

Submissions:

1. Your name, email and phone
2. Nominee's name, address, email and phone, CV
3. Brief description of nominee and their outstanding work

Awards and Chairs:

Outstanding Academician Award: Chair – [Lalith Kumar Solai, MD](#)

Given to an IAPA life member who has made noteworthy academic contributions to the mental health field that is evident through research, teaching and administrative activities.

Outstanding Service Award: Chair – [Kalpana Prasad, MD](#)

Given to an IAPA life member who has made significant contributions to the growth and development of the national organization (IAPA) or a local chapter of IAPA.

Outstanding Public Sector Award: Chair – [Rahul Malhotra, MD](#).

Given to an IAPA life member who has made significant contributions as a psychiatrist towards the betterment of the community.

Outstanding Resident Award: Chair – [Tanuja Gandhi, MD](#)

A letter from program director or a faculty member at the resident's institution is required commenting on abilities of applicant in the following areas: Outstanding leadership skills; Professionalism; Heightened cultural awareness in mental health; Clinical/Psychiatric Knowledge; Strong role model and mentorship ability and Scholarly activity.

Outstanding Chapter Award: Chair – [Sachin Mehta, MD](#)

Given to a chapter based on the (a) number of meetings in a given year (b) initiatives and contributions in its respective region and (c) number of new members.

Introduction to the IAPA team

Executive Committee

Ranga Ram, MD
President
president@myiapa.org

Bhagirathy Sahasranaman, MD
President-Elect
sahasru@gmail.com

Tarak Vasavada, MD
Secretary
tarak@vasavada.us

Lily Arora, MD
Treasurer
lilyarora@gmail.com

Meena Ramani, MD
Immediate Past President
drmeenaramani@gmail.com

Extended EC

Manan Shah, MD (Councilor)
Rachna Raisinghani, MD (Councilor)
Tanuja Gandhi, MD (Councilor)
Karuna Poddar, MD (ECP REP)
Viral Goradia, MD (ECP REP)
Mandar Jadhav, MD (RFM REP)
Dhruv Gupta, MD (RFM REP)

Board of Trustees (BOT)

Vani Rao, MD (Chair)
Surinder Nand, MD
Ashwin Patkar, MD
Dilipkumar Patel, MD
Meena Ramani, MD

Corporate Liason

Sachin Mehta, MD

Newsletter Editor (incoming)

Rahul Malhotra, MD

SAVE THE DATE

IAPA Fall Meeting will be held virtually on
October 2, 2021

11 AM - 3 PM EDT

Keynote Speaker: Rebecca Brendel, MD, President-elect of the APA



Preparing for What's Next – To Do List

JULY 2021

NOTE: We are operating in uncharted territory and there are very few clear answers currently. This is a very fluid situation and the risk management recommendations below may change. This document will be updated on our FAQ page (www.PRMS.com/FAQ), and should be checked regularly. Nothing presented here is legal advice.

While we do not know exactly what will happen next in terms of the country re-emerging from the COVID-19 Public Health Emergency (PHE), psychiatrists should be prepared to address at least the following issues:

1. RE-OPENING YOUR PSYCHIATRIC OFFICE

In addition to your local community guidelines, review guidelines and best practices from the AMA, MGMA (Medical Group Management Association), CMS, and others.

Tip: Links to these resources are in our FAQs.

2. FOR PATIENTS THAT REMAINED LOCAL, DETERMINE WHETHER THEY NEED TO BE SEEN IN-PERSON, REMOTELY, OR A COMBINATION OF BOTH

This determination should be based on your assessment of the patients' clinical needs, not on the patients' preference for telepsychiatry.

3. FOR PATIENTS CURRENTLY OUT-OF-STATE, DETERMINE IF THEY HAVE IMMINENT PLANS TO RETURN TO YOUR AREA

Manage patient expectations – let them know that the rules may be changing soon and you may not be allowed by law to continue to treat remotely.

4. TRACK STATE LICENSURE WAIVERS IN YOUR PATIENTS' STATES

They may expire on specific dates, or be extended, or withdrawn at any point.

Tip: PRMS will continue to track these licensure waivers in our FAQs.

5. ONCE LICENSURE WAIVERS HAVE EXPIRED IN STATES WHERE YOUR PATIENTS ARE LOCATED, DETERMINE WHAT IS NEEDED TO CONTINUE TO TREAT YOUR PATIENT VIA TELEMEDICINE

States may require full licensure, a telemedicine registration, or there may be no requirements other than licensure in your own state to treat existing patients. PRMS will help our insureds find this information.

6. IF AFTER THE WAIVER ENDS, YOU ARE ALLOWED TO CONTINUE TO SEE THE OUT-OF-STATE PATIENT, DETERMINE AND FOLLOW THAT STATE'S STANDARD TELEMEDICINE RULES THAT WILL LIKELY BE BACK IN EFFECT

States can have laws addressing requirements for in-

person visits, informed consent, documentation, etc. If your patient's state does not have such laws, follow the telemedicine guidelines developed by the Federation of State Medical Boards.

PRMS will help our insureds find this state information.

7. IF AFTER THE WAIVER ENDS, YOU ARE NOT ABLE TO CONTINUE TREATING THE OUT-OF-STATE PATIENT (I.E. FULL LICENSURE IS REQUIRED), TERMINATE TREATMENT

Although this should be done quickly, do not abandon your patient– consider giving 30 days' notice.

8. IF AFTER THE WAIVER ENDS YOU WANT TO CONTINUE TREATING YOUR PATIENT REMOTELY AND HAVE DETERMINED THAT YOU ARE IN COMPLIANCE WITH LICENSING REQUIREMENTS, ENSURE YOU ARE ALSO IN COMPLIANCE WITH THE PATIENT'S STATE'S PRESCRIBING LAWS

There may be specific state laws, particularly for controlled substances.

You should also register with and use, to the extent possible, the state prescribing drug monitoring program.

9. IF YOU ARE PRESCRIBING CONTROLLED SUBSTANCES FOR OUT-OF-STATE PATIENTS, BE ALERT TO WHEN HHS DECLARES THE END TO THE PHE

The current federal COVID PHE is "likely" to be renewed every 90 days throughout 2021. We should get 60 days notice prior to its expiration.

Tip: PRMS will be tracking this in our FAQs.

When the PHE ends, two currently suspended federal requirements for prescribing controlled substances will likely go back into effect.

First, the requirement that there be an in-person visit prior to prescribing controlled substances will likely go back into effect. It is unclear whether the DEA will require those who began treating patients during the PHE to have an in-person visit after the PHE expires in order to continue prescribing controlled substances to these patients.

Second, the requirement to have a federal DEA registration in the patient's state (as well as in your state) will likely go back into effect.

10. WHEN THE PHE ENDS, EXPECT HHS TO REINSTATE THE REQUIREMENT THAT TELEMEDICINE MUST BE CONDUCTED VIA A HIPAA-COMPLIANT PLATFORM

This generally means that you will need a Business Associate Agreement (BAA) from the vendor.

For additional information, see our Telepsychiatry Checklist at PRMS.com/FAQ

Congratulations and welcome to the new IAPA team 2021-2023!

President-Elect:

Bhagirathy Sahasranaman, MD



Bhagi Sahasranaman, MD is president-elect and was president of the Florida chapter of IAPA from 2016 to 2019. She is currently medical director at Sunshine Health Plan, a subsidiary of Centene Corporation. She is board certified in general psychiatry and in child and adolescent psychiatry. She has served on various committees and panels at the district and state levels. She was a member of the expert panel for the Florida Medicaid Drug Therapy Management Program for Behavioral Health for several years, which developed best practice medication guidelines for treatment of various behavioral health conditions in children and adults. She is a member of the National Council for Behavioral Health, Medical Director's Institute.

Dr. Sahasranaman was at Henderson Behavioral Health, a large behavioral health organization in South Florida since 1991 where she was medical director for over seventeen years. She was Clinical Assistant Professor in the Department of Psychiatry at Nova Southeastern University College of Osteopathic Medicine and was also on the faculty of the Department of Psychiatry at Florida International University College of Medicine.

Dr. Sahasranaman has provided numerous presentations, workshops, and trainings and has received several awards and recognitions such as the EPIC award presented by the Mental Health Association of Southeast Florida, TIMES award presented by NAMI Broward County and the Greater Fort Lauderdale Chamber of Commerce Excellence in Individual Healthcare Professional Award. She is a Distinguished Life Fellow of the APA and a Distinguished Fellow of the American Academy of Child and Adolescent Psychiatry.

Secretary

Tarak Vasavada, MD



Tarak Vasavada, MD is currently Secretary for the IAPA. He is a Medical Director of Huntsville Hospital Behavior Health Services. He is a clinical professor of psychiatry at University of Alabama School of Medicine. He is a 15-year board member of Madison County Medical Society, and a board member for AAPI.

Dr. Vasavada's areas of interest include medical education, psychopharmacology, physician wellness, and positive psychiatry. He leads Madison County Medical Society's "Live Well" program, that provides free confidential counseling services and supports physician well-being, resilience, and growth.

Dr. Vasavada served as president of Alabama Psychiatric Physicians Association from 2016-2018. He was the president of the Alabama Association of Indian Physicians in 2009-2010. He obtained his MBBS and MD (Indian psychiatry residency) from Baroda Medical College, India, and his US psychiatry residency from SUNY Upstate Medical College Syracuse. He has won numerous teaching awards and is also a Distinguished Fellow of the APA.

Treasurer

Lily Arora, MD



Lily Arora, MD practices in Morristown, New Jersey and Manhattan, New York. She is a dedicated advocate of bringing awareness to the issue of addiction in our society and providing effective treatment for this population. She is both nationally and internationally recognized for her research and expertise in Administrative and Forensic Psychiatry. She enjoys teaching, speaking and writing about topics relevant to mental illness, cultural issues related to mental health and the treatment of addiction.

Dr. Arora has served on the board of the New Jersey Psychiatric Association. As assembly representative to the APA, she chaired the committee on Maintenance of Certification and served on a committee for Diversity and Health disparities. While there in March 2021, she received their Resident-Fellow Member Mentor Award (for the Outstanding Mentorship of Residents/Fellows and Medical Students in Psychiatry). She serves on the advisory board of the South Asian Mental Health Initiative Network of New Jersey.

Dr. Arora trained in Psychiatry at the Mount Sinai School of Medicine, subspecialized in Addiction Psychiatry at the Yale School of Medicine and in psychotherapy at the New York Psychoanalytic Society and Institute. She won an Excellence in Teaching Award for her course in Psychodynamic Psychotherapy and medication management as Associate Professor at Rutgers-New Jersey Medical School. She is a distinguished fellow of the American Psychiatric Association.

Corporate Liaison

Sachin Mehta, MD



Sachin Mehta, MD works as a psychiatrist in Philadelphia. He's the division chief for adult psychiatry and the medical director of TMS and outpatient services at the Belmont Behavioral Health system in Philadelphia. He is originally from Mumbai and did psychiatry residency at the Carilion-UVA Department of Psychiatry. He lives in Blue Bell, Pennsylvania.

Newsletter Editor (incoming) Rahul Malhotra, MD



Rahul Malhotra, MD is the incoming editor of the IAPA newsletter. He is a general adult outpatient psychiatrist in Summit, NJ in a group private practice with Mahamaya Malhotra, MD (his mother; both are so proud of each other). He is voluntary faculty at Overlook Hospital in Summit, NJ. He has been part of the APA's council on communication and assembly. There he served as early career psychiatrist representative for Area 3 (NJ/PA/DE/MD/DC), then as a New Jersey representative. He has served on the New Jersey Psychiatric Association in its board of trustees and various councils and committees. He is particularly interested in psychiatric history as well as climate psychiatry. He has begun working with the Climate Psychiatry Alliance's early career network. He did residency at Jefferson in Philadelphia where he won the Arnold P. Gold Award for Humanism and Excellence in Teaching. He has an MD from Tufts and a BS in Mathematics and Computer Science from Rutgers.

Councilor 1

Manan Shah, MD



Manan Shah, MD has served in various roles in IAPA since 2013 including national resident-fellow representative (then called member-in-training), Editor, Early Career Psychiatrist representative, Maryland-DC Chapter President, and currently as Councilor. He was instrumental in establishing IAPA's online presence, specifically on social media to recruit younger members. In 2014 he won the IAPA's Mentee-mentor award. He won an IAPA Mentee-Mentor Award in 2014 and an IAPA Outstanding Service Award in 2019. He also served as assistant editor and then co-editor for IAPA's quarterly newsletter publications and annual meeting brochures. In the following years he went on to serve as the Early Career Representative of IAPA and chapter president of the Maryland-DC Chapter of IAPA as Chapter president.

Dr. Shah is a child and adolescent psychiatrist at Sheppard Pratt Hospital in Towson, MD and serves as the medical director of the Child and Adolescent Day Hospital. He has been instrumental in providing mental health services to underserved areas of Virginia and Maryland with extreme shortages of mental health care. He currently provides tele-psychiatry services to rural counties on the eastern shore of Maryland. He has also been actively involved in psychopharmacological research and has authored peer reviewed publications. He takes an active role in resident and fellow education at the University of Maryland/Sheppard Pratt Training Program. Dr. Shah is double board-certified in general psychiatry and child and adolescent psychiatry; residency and fellowship both at University of Virginia. Dr. Shah earned his M.D. at Rajiv Gandhi Medical College in India.

Councilor 2

Rachna Raisinghani, MD



Rachna Raisinghani, MD has been volunteering for the IAPA since 2013, and has been part of the Extended Executive Committee since 2019 since she was appointed as a Councilor. She is currently working at the Sheppard Pratt Health System in Baltimore, where she serves as the Medical Director of the Division of Consultation-Liaison Psychiatry, as well as the chair of the Department of Psychiatry at the Greater Baltimore Medical Center. Dr. Raisinghani did a fellowship in consultation-liaison psychiatry at the Virginia Commonwealth University Health System. She completed her residency in general psychiatry from the University of Virginia Health System in 2012. She obtained her medical degree from Topiwala National Medical College in Mumbai in 2005.

Councilor 3

Tanuja Gandhi, MD



Tanuja Gandhi, MD has been a longstanding active member of the IAPA. Dr. Gandhi is an adult, child, adolescent, and forensic psychiatrist (residency at Einstein in Philadelphia and fellowships at Yale) with clinical and academic interests at the interface of psychiatry, ethics, and the law. She is actively involved in the APA and has served as a resident-fellow trustee on the APA board. She currently serves as an early career psychiatry deputy representative for Area 1 (northeastern states) and secretary/treasurer of the Rhode Island Psychiatric Society.

Early Career Psychiatrists

ECP Representative 1

Viral Goradia, MD

Viral Goradia, MD is an early-career psychiatry representative in IAPA. He is an assistant professor and associate residency training director in the Department of Psychiatry at Upstate Medical University in Syracuse, NY. He is also a staff psychiatrist in the



Comprehensive Psychiatry Emergency Program (CPEP) at UHS-Binghamton General Hospital. He is board certified in general psychiatry (residency at Upstate), addiction psychiatry (fellowship at Mount Sinai in New York City) and forensic psychiatry (fellowship at Upstate).

Resident-Fellow Members

RFM Representative 1

Dhruv Gupta, MD

Dhruv Gupta, MD, MS is a fourth-year Psychiatry resident at the Icahn School of Medicine at Mount Sinai/Elmhurst Hospital. After graduation, he will enter a forensic fellowship at University of Pennsylvania. He finished medical school



in Newcastle, England at St. George's University. He has an MS in psychology from Tulane. He finished college at Tulane University with majors in biology, psychology, and Spanish/Latin American Studies. He was born in Mumbai and grew up in eight countries. In his free time, he enjoys traveling, exploring NYC, and spending time with family and friends.

ECP Representative 2

Karuna Poddar, MD

Karuna Poddar, MD, MS is the Vice President of the South Jersey Chapter of New Jersey Psychiatric Association. She has been involved in local chapters of IAPA and American Academy of Child and Adolescent Psychiatry. She is a new member of the junior faculty at



Thomas Jefferson University Hospital in Philadelphia, PA (where she completed her child and adolescent fellowship). She completed her residency at Cooper University Hospital in Camden, NJ, received her medical degree from Grant Medical College in Mumbai and MS in medical informatics from Northwestern University in Illinois.

RFM Representative 2

Mandar Jadhav, MD

Mandar Jadhav, MD hopes to elevate the voices of Indo-American residents and fellows in IAPA this year. His professional interests include legislative advocacy, medical education, immigrant mental health, school-based services and



collaborative care. He will be learning more about the legislative process as an APA Jeanne Spurlock Congressional Fellow in a US Senator's office this year. Dr. Jadhav aims to disseminate this knowledge of how federal policy affects the practice of psychiatry and vice versa to other psychiatrists and trainees. Dr. Jadhav was chief fellow in child and adolescent psychiatry fellowship at Johns Hopkins. He completed residency at Penn State Health and attended medical school at Ross University. Dr. Jadhav grew up in Mumbai and moved to New Jersey for high school and college.



Mentorship Program - A Call to Action By Ranna Parekh, MD MPH

Historically, IAPA was to provide a professional network for psychiatrists of Indian origin. As we begin to see the “light” at the end of the long COVID 19 tunnel, this is more important than ever for existing and new members. We know that everyone is eager to reconnect.

Solidifying IAPA as a professional home and providing member value is at the top of mind for IAPA leadership. Hence, we are revitalizing the mentorship program started in 2013 under the leadership of President Vani Rao, MD. A Mentorship Program Committee has been formed (see the names listed below).

Mentorship Program Committee Members

Rohit Chandra, MD	Sejal Patel, MPH
Tanuja Gandhi, MD	Ashwin Patkar, MD
Dilip Jeste, MD	Rachna Raisinghani, MD
Rahul Malhotra, MD	Ranga Ram, MD
Ranna Parekh, MD, Chair	Vani Rao, MD

The group had its first meeting on 7/20/2021. The first iteration of the Mentorship Program will focus on mentoring trainees and early career psychiatrists. The goal is to guide their growth as psychiatrists and leaders. While there will be more details to follow in our next newsletter, we ask that you or someone you know might consider being a mentor or mentee. Please stay tuned for the formal request for mentors and mentees in the next few weeks. If you have any questions, you may reach out to me via email: rannaparekh@yahoo.com.

Ranna Parekh, MD, MPH joined the American College of Cardiology in July 2019 as the inaugural Chief Diversity and Inclusion Officer. Previously, Dr. Parekh was at the APA for almost five years as a Deputy Medical Director and the Director of the Division of Diversity and Health Equity. In this latter role, she was also Director of the APA and its foundation's (APA/APAF) eight fellowship programs and five medical student grants including the Minority Fellowship Program. Dr. Parekh is a child, adolescent and adult psychiatrist. Before joining APA, she practiced at the Massachusetts General Hospital (MGH) and McLean Hospital/Harvard Medical School and was the inaugural Director of the MGH Department of Psychiatry's Center for Diversity.

Dr. Parekh is co-author of the e-book *Overcoming Prejudice in the Workplace* (Harvard Health Publishers, 2012). She is also editor of the *MGH Textbook on Diversity and Cultural Sensitivity* (Springer Publishers, 2013) and co-editor of *Cultural Sensitivity in Child and Adolescent Mental Health* (MGH Academy Press, 2016), *Stigma and Prejudice: Touchstones in Understanding Diversity* (Springer Publishers, 2016), and *Cultural Psychiatry with Children, Adolescents and Families* (American Psychiatric Press, 2021).

Dr. Parekh has led trainings and lectured locally, nationally, and internationally on topics including diversity, health care disparities, microaggressions, cultural psychiatry, mediation, collaborative negotiations, child and adolescent psychiatry, addictions and psychopharmacology. She has lived, studied, and worked around the world including Japan, France, Poland, New Zealand and Australia. Dr. Parekh is a graduate of the Harvard School of Public Health (MPH), the adult psychiatry and child fellowship residency trainings programs at Massachusetts General Hospital and McLean Hospital/Harvard Medical School, and holds degrees from Wayne State University (MD, BSc in Biology, BA in Chemistry and co-major in Black Studies). Currently, Dr. Parekh holds academic appointments at the Massachusetts General Hospital, George Washington University Medical School and Morehouse School of Medicine.

GET INVOLVED!



We encourage our readers to join IAPA if they aren't members already and to spread the word amongst your colleagues to be a part of this growing organization!

Contact Us

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