


CAP+ Updates!

Hello CAP+ members!

CAP+ Events

- Crafting Your Narrative: Tips for Residency & Other High Stake Interviews
 - Slide link:  CAP+ Interview Tips
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SPO Events

- TBD

Residency Fairs

Resources for MS4s:

- From our former CAP+ Co-President:
 - Hello everyone! For those who don't know me I'm Bladimir and I recently graduated from UTMB and matched at UT Southwestern for Psychiatry. This post is for those preparing to apply to psychiatry in the upcoming 2025 Match cycle. The NRMP just released their 2024 Program Director Survey results. This is a biannual survey sent to all program directors to see what they value when reviewing applications. I have done a breakdown of the psychiatry program director results in this YouTube video. If you have any questions, please feel free to reach out at isreal.munoz@utsouthwestern.edu!
 - https://youtu.be/MN9HrJ_x0MI?si=U9gYgqXVpPZUBjKH
- Check out Blad and Jasmine (our other amazing co-prez)'s residency application workshop here:
<https://www.youtube.com/watch?v=I9SHkymG03g>
- PsychSIGN Calendar Link
 - <https://www.psychsign.org/events/residency-open-house-calendar/>

Volunteer Opportunities:

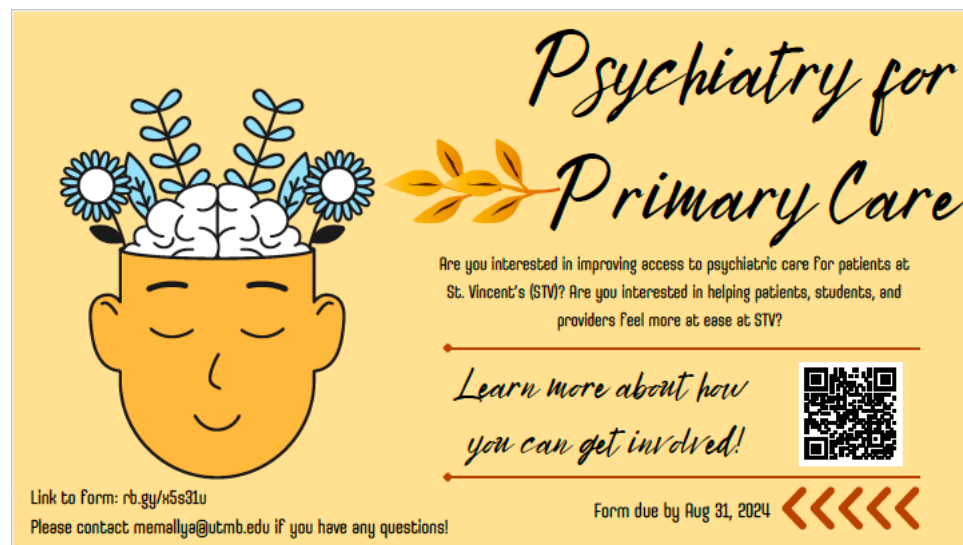
- The ACE Afterschool Program at Oppe Elementary:
 - Work directly with 3rd and 4th grade children, helping them improve social skills, reading, mathematics, and learning while fulfilling your service-learning requirements. By partnering with ACE, you'll play a key role in shaping young

learners' futures while gaining valuable experience for your medical career. This opportunity is a Child and Family Passion-Driven Service-learning Concentration.

- Opportunities are available Monday – Friday: 4:00-5:30pm, October 14th - December 19th & January 6th- May 16th with the exception of holidays/teacher workdays.
- UTMB students must commit to a minimum of 6 sessions over the academic year with the option to attend more.
- Please sign up here: <https://forms.office.com/r/PG04q1LXzL>

- **Psychiatry for Primary Care**

- Are you interested in improving access to psychiatric care in primary care? Want to learn skills you can implement immediately at STV or similar clinical settings? Check out Psychiatry for Primary Care, an organization dedicated to these efforts! Learn more about the organization and fill out an interest form [here](#); the deadline to sign up is on August 31, 2024. We will be in touch soon after to plan a meeting for early September!



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- **NICU Reading Program**

- Join the NICU Reading Program as a volunteer! The NICU Reading Program is open to all employees and students in the level IV Galveston NICU in John Sealy Hospital on Tues/Wed/Thurs at different times during the day with books available in each patient room. Volunteers will be asked to create an account through Volunteer Services (ptsrvol@utmb.edu) and fill out an attestation form prior to volunteering.

AACAP Events

1. Join our AACAP GroupMe if you are coming to Seattle this year!
 - a. https://groupme.com/join_group/103025942/CMFHKNPL
2. MSR Committee Monthly Meeting: 9/9/24 @ 8pm ET

- a. Join us for our open meeting, which we host on the second Monday of each month via Zoom. We encourage everyone to start getting involved in the best Committee of AACAP!
 - b. Register [HERE](#)
 - c. Check out last month's meeting minutes [HERE](#)
- 3. AACAP Diversity Component Meetings
 - a. Interested in being involved with our diversity components? Sign up for notifications [HERE](#) (all meetings @8PM ET)
- 4. Official MSR Calendar:

https://calendar.google.com/calendar/u/0/embed?src=aacapmsr@gmail.com&ctz=America/New_York&pli=1&utm_source=BenchmarkEmail&utm_campaign=2024_Spring%2fSummer_MSR_Newsletter&utm_medium=email

Research/Quality Improvement Opportunities

- 1. **Rath Lab- Student-led Psychiatry Research Group**
 - a. Rath Lab is a student-led psychiatric research group supervised by Dr. Navin Oorjitham. We engage in collaborative research initiated from student interests. Have an idea for psychiatric or interdisciplinary research and want a team to help you make your project a reality? Have no experience and want to help with an existing project? No matter your level of research experience, the Rath Lab has a place for you. Time commitment and in person/remote status depends on what project you work on.
 - b. Please fill out the below form if you are interested in joining, and the directors will reach out to schedule an interview: <https://forms.gle/r1ScDihKEuffowNV6>
- 2. Psychiatry Student Interest Group Network (PsychSIGN)
 - a.
- 3. Trauma Focused Cognitive Behavioral Therapy and Behavioral Activation programs
 - a. UTMB Department of Psychiatry and Behavioral Sciences are looking for volunteers to participate in free Trauma Focused Cognitive Behavioral Therapy and Behavioral Activation programs for people between the ages of 8-20 who are not currently dealing with a mental health emergency such as psychosis or immediately suicidal thoughts. If you know anyone who qualifies and would be interested, they can sign up online. A prior mental health diagnosis or any experience with mental health care provider is not required.
 - b. <https://www.utmb.edu/news/article/health-blog/2024/09/25/research-programs-provide-mental-health-resources-for-area-youth>
 - c. <https://www.utmb.edu/psychiatry/research-i>

Funding Opportunities

- 4. UTMB Psychiatry Travel Fund- rolling deadline
 - a. **eligibility criteria, qualities we are seeking:** Current UTMB medical students presenting on a topic with mental health as primary focus at a recognized, relevant professional organization. Limited to one award per conference

presented to the first author or primary presenter. The conference must occur while the student is enrolled at UTMB.

- To request details, please contact: Dr. Paymon Mosavi pbmosavi@utmb.edu or Dr. Mike Miller msmiller@utmb.edu

Upcoming Conferences & Abstract Submission Deadlines

1. APA Conference in Los Angeles, abstract deadline September 25
2. TSPP Conference- add info
3. World Congress Psychiatry- add info

Add AACAP Video

Ongoing AACAP Events

- **AACAP Medical Students/Residents Information**
 - https://www.aacap.org/AACAP/Medical_Students_and_Residents/Home.aspx
 - Link for MSR Facebook: <https://www.facebook.com/groups/childpsychiatrymedicalstudentsresidents>
 - Link for MSR twitter: https://twitter.com/cap_msr
 - Link for MSR instagram: https://www.instagram.com/cap_msr/
- **AACAP Caucuses**
 - AACAP's Caucus groups provide a forum for AACAP members within their own racial/ethnic groups and international medical graduates to network and collaborate on diversity, equity, and inclusion (DEI)-focused initiatives.
 - https://www.surveymonkey.com/r/CDRC_signup

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- **Advocacy Liaison Network**
- Monthly on the 1st Monday @ 8PM ET
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- **AACAP Alliance on Learning and Innovation**
- Every two months on the 3rd Tuesday @ 8PM ET
- Next meeting July 9th 8pm ET
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- **AACAP Diversity and Culture Committee**
- Monthly on the 4th Thursday @ 8PM EST
- Next meeting July 25th 8pm ET
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- *AACAP Diversity and Culture Committee Components include:*
- Latinx - July 17th at 8pm ET (every 2 months on third Wed)
- Asian - July 10th 8pm ET
- Black - August 13th 8pm ET (every 2 months on second Tues)
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