



# Massachusetts Psychiatric Society

your information source for psychiatry in Massachusetts

Issue 262 May 2026  
[www.psychiatry-mps.org](http://www.psychiatry-mps.org)

## FROM THE PRESIDENT Anderson Chen, MD



### Advancing Our Mission, Strengthening Our Community

It is truly a privilege to stand before my esteemed colleagues today and to take the baton from Dr. Jhilam Biswas as President of the Massachusetts Psychiatric Society. I would also like to extend my sincere thanks to the members of our executive committee—including Dr. Nassir Ghaemi, our immediate past president; Dr. Cristina Montalvo, our secretary; Dr. Mark Hauser, our treasurer; and Dr. Adeliza Olivero, our Senior American Psychiatric Association representative—as well as our MPS Council, and to Debbie Brennan and Mayuri Patel. I would also like to thank Lisa Simonetti, our government affairs liaison, whose ongoing efforts help us maximize meaningful collaboration with our state government. Without everyone’s dedication and effort, we would not be the vibrant and supportive community that we are today.

Running this organization requires tremendous time, dedication, and a shared commitment to our mission: to further the profession of psychiatry by advancing mental health, de-stigmatizing psychiatric conditions, and advocating for access to equitable, evidence-based care. It is a mission that feels both urgent and deeply meaningful in the world we practice in today.

I would like to begin by reflecting briefly on my own journey with MPS. I first became involved during residency, participating in several interest groups. Over time, I had the opportunity to chair the Early Career Psychiatrist Committee, the Geriatric Psychiatry Committee, and the Annual Psychopharmacology Conference. Along the way, I found not only professional opportunities, but also mentorship and a true sense of community. Some of those mentors are people I still reach out to on weekends or exchange late-night emails with for guidance and collaboration. For me, MPS has truly been a home base—a place that has created immense personal and professional value, to the point where I never hesitate to maintain both my American Psychiatric Association and MPS memberships.

My goal as President of MPS is to help other psychiatrists experience MPS in the same way I have. For those who already do, I hope you will join me in encouraging others to take full advantage of what this remarkable organization has to offer. In many ways,

the strength of MPS lies not just in its structure, but in the willingness of its members to show up for one another—whether through mentorship, collaboration, or simply creating spaces where colleagues feel seen and supported.

Over the past year, I had the privilege of preparing for this role by shadowing Dr. Biswas in my capacity as President-Elect. During that time, I spent a great deal of time listening and reflecting. It became clear to me that there are many pathways to advancing our mission. These include working with legislators, supporting the many selfless members who dedicate their time to producing meaningful educational content, and engaging donors who can help expand our capacity to serve. I intend to actively support all of these efforts while also thinking about how we can build more sustainable structures for growth.

With the guidance that has been generously offered to me, I will continue to advocate for MPS as a trusted voice of evidence-based psychiatric expertise in the public sphere whenever that role is needed. At a time when misinformation can spread quickly, it is increasingly important that psychiatry remains grounded in science while also being accessible and understandable to the public. I also plan to deepen engagement with our members—fostering creativity, leveraging the tremendous expertise within our community, and continuing to create meaningful value for those who are part of this organization.

Equally important is how we tell our story. We need to clearly articulate what MPS offers—not only to our members, but also to the broader community and, ultimately, to the patients we serve. By telling that story well, I believe we will naturally find partners, supporters, and new members along the way. A clear and compelling narrative will also allow us to better advocate for resources, expand our educational reach, and build stronger connections across disciplines.

We also cannot ignore the rapidly evolving landscape of technology. Whether we are ready or not, our patients are already using artificial intelligence to better understand themselves and to guide

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## MASSACHUSETTS PSYCHIATRIC SOCIETY

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### EXECUTIVE COMMITTEE

Anderson Chen, MD  
President

Margaret Cheng Tuttle, MD, MS, MM, FAPA  
President-Elect

Jhilam Biswas, MD, DFAPA  
Immediate Past-President

Katiuska Ramirez, MD  
Secretary 2026 - 2028

Mark J. Hauser, MD, DLFAPA  
Treasurer 2025 - 2027

Olga Terechin, MD  
Sr. APA Representative - 2026-2029

### APA REPRESENTATIVES

Kevin P. Hill, MD, MHS, DFAPA  
APA Representative - 2026-2029

Sarah J. Palmer, MD  
APA Representative - 2024-2027

Cynthia S. Peng, MD  
APA Representative - 2025-2028

Adrienne D. Taylor, MD  
APA Representative - 2025-2028

### MPS COUNCILORS

Rachel K. Berlin, MD, MSCP  
2026-2029

Gabriel Felix, MD  
2024-2027

Siu Ping Chin Feman, MD, DFAPA  
2025-2028

Hannah Larsen MD  
2025-2028

Lily Millen, DO  
2024-2027

Ashwini Nadkarni, MD, FAPA  
2026-2029

### RESIDENT FELLOW MEMBERS

Amir Hassan, MD  
2026-2028

### SOUTHEASTERN MASS. CHAPTER

Christine Amis, MD  
President

### WESTERN MASS. CHAPTER

President  
TBD

### MPS STAFF

Debbie Brennan  
Administrative Director

Mayuri Patel  
Member Relations Coordinator

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aspects of their care. This reality underscores the importance of ensuring that our members are equipped with the most up-to-date knowledge to critically evaluate these tools. It also highlights the urgency of supporting our Artificial Intelligence Task Force as we identify opportunities to help our members not only adapt to these changes but benefit from them.

At the same time, we should be thoughtful about how technology can be leveraged to enhance care delivery. One example is the potential use of autonomous vehicles within our state to improve access to care for some of our most vulnerable patients. Expanding transportation options can make it easier for individuals to attend appointments reliably and on time, which is critical for effective treatment. In psychiatry, delays in care can allow symptoms to worsen unnecessarily. Reliable transportation may not only improve access, but also help prevent clinical deterioration, leading to better outcomes while reducing strain on an already burdened healthcare system. Many of our patients, particularly those from marginalized communities, face significant barriers related to transportation. The integration of autonomous vehicles could help address these challenges by improving both access to care and continuity of treatment—two essential components of effective mental health services. I look forward to sharing more updates on this and sim-

ilar initiatives in the months to come.

Members can also look forward to more opportunities to gather and connect. Fostering a sense of camaraderie and shared purpose remains a priority. With our membership committee now fully engaged, we will continue to identify ways to create spaces where our members can meet, celebrate achievements, collaborate, and continue pushing the field of psychiatry forward. These moments of connection are not just enjoyable—they are essential to sustaining us in a demanding profession.

If I do my job well, I hope that our members will come to see MPS as their home base—a place of collegiality, mentorship, and continuous growth. A place where psychiatrists can come together not only to advance their profession, but to support one another in meaningful and lasting ways.

Thank you.



Anderson Chen, MD  
President, Massachusetts Psychiatric Society

MPS extends its sincere appreciation to our departing Council and Executive Committee leaders for their dedication, service, and lasting contributions to the organization:

#### Immediate Past President

Nassir Ghaemi, MD, MPH, DLFAPA

#### Secretary

Cristina Montalvo, MD, MBA

#### APA Representative

Adeliza Olivero, MD, DFAPA

#### Councilor

Amam Saleh, MD

#### Resident Fellow Member

Alexa Hooberman, MD

#### Executive Committee- Advisors

Lisa M. Carbone MD

Rohn Friedman, MD, DLFAPA

Matcheri S. Keshavan, MD

Debra A. Pinals MD

David A. Silbersweig, MD

# MASSACHUSETTS PSYCHIATRIC SOCIETY ELECTION 2026/27 RESULTS



I certify that the following individuals were successfully elected to officer and committee positions in the recent MPS election, as noted below. Ballots closed on April 17, 2026.

**President-Elect:**

Margaret Cheng Tuttle, MD, MS, MM, FAPA

**Secretary:**

Katuska Ramirez, MD

**Councilors:**

Rachel K. Berlin, MD, MSCP

Ashwini Nadkarni, MD, FAPA

**APA Representative:**

Kevin P. Hill, MD, MHS, DFAPA

Olga Terechin, MD

**Resident Fellow Member**

Amir Hassan, MD

**Nominating Committee**

Kalyani Subramanyam, MD

David Silbersweig, MD

Respectfully Submitted,

Secretary

Cristina Montalvo, MD, MBA

## 2026 MPS OUTSTANDING PSYCHIATRIST AWARDS

### EDUCATION Lisa F. Price, MD



Dr. Lisa F. Price received her undergraduate degree in English Literature from Columbia University's Columbia College and her medical degree from the Yale School of Medicine. She completed both

her adult psychiatry residency and her child and adolescent psychiatry fellowship at the Massachusetts General Hospital (MGH)/McLean Adult Psychiatry Residency Training Program. For 22 years, her position as the Assistant Director of the MGH School Psychiatry Program in MGH's Division of Child and Adolescent Psychiatry has included her role as Co-Director of the MGH/McLean Child and Adolescent Psychiatry School Consultation rotation educating child fellows in school consultation at Greater Boston elementary, middle, and high schools. Initially as Co-Director and then as Director, she has also taught the required MGH/McLean Preschool Development course, an experiential class based in community preschools, in which fellows encounter the breadth of typical child mental,

emotional, and social development through direct play and supervision. Having trained in both adult and child and adolescent psychoanalysis at the Boston Psychoanalytic Society and Institute (BPSI), she is now a faculty member in both programs, where she directs the Child Program in Psychodynamics, chairs the Beata Rank Lecture, and oversees the MGH/McLean PIP, the Longwood PIP, and the Psychology and Social Work Travel Award Programs. Her decades of committee involvement at BPSI have included her active membership in the Diversity, Equity, and Inclusion Leadership Committee, the Committee on Gender and Sexuality, and the Justice, Equity, Diversity & Inclusion/Belonging Leadership Committee, reflecting her commitment to expand educational access to the full breadth of students and faculty.

Dr. Price has been particularly impactful in founding and directing the Child Program in Psychodynamics (Child PIP), a collaboration between five child psychiatry training programs (Boston Children's Hospital, Cambridge Health Alliance, Massachusetts General Hospital/McLean Hospital, Tufts Child and Adolescent Training Program, and Tufts Triple Board Program) together with BPSI. The Child PIP is acclaimed by Greater Boston training institutions for its excellence in providing psychodynamic psychotherapy training vital for the success of child and adolescent psychiatrists. Now in its 12th year and receiving national recognition, the program has been described by graduating fellows as a highlight of their training years. Intentionally designed as an inclusive forum for all fellows, trainees have described the program

as the most diverse educational forum of their medical careers to date, culturally, ethnically, religiously, socioeconomically, and regarding gender and sexuality.

One of her nominators wrote: "She is unfailingly supportive of young clinicians, actively encouraging them to present their work, speak at national meetings, and develop as future leaders. Her mentorship extends well beyond formal teaching; she takes genuine pleasure in the growth and success of those she teaches and remains invested in their professional development over time. As well, Dr. Price brings warmth, humor, ethical clarity, and impressive organizational skill to all of her work. Perhaps most striking is the palpable enthusiasm she carries for child psychiatry and for teaching. She consistently brings out the best in those around her, fostering both professional growth and a shared love of the work. Dr. Price's Program in Child Psychodynamics is a model in psychiatric education, that I hope can inspire other training directors.

Her contributions and their impact are profound for Child Psychiatry education in Boston, and recognition by the MPS would be deeply appreciated, and in turn, inspire other psychiatrist educators."

In recognition of her outstanding achievements and dedication to psychiatric education, the Massachusetts Psychiatric Society is proud to honor Dr. Lisa Price with the 2026 Outstanding Psychiatrist Award for Education.

### CLINICAL PSYCHIATRY Martin J. Pildis, MD



Martin J. Pildis, MD, graduated from Brandeis University in 1968 and the Albert Einstein College of Medicine in 1972. He completed his residency at the Massachusetts Mental Health Center, where he served as Chief Resident of

the Day Hospital. From the very beginning of his career, Dr. Pildis distinguished himself as a psychiatrist of exceptional breadth, humanity, and clinical depth.

Over nearly five decades of practice, Dr. Pildis has provided compassionate, thoughtful care to an extraordinarily diverse patient population: the very poor and the very wealthy, the severely mentally ill and the highly functional, victims and perpetrators of violence, incarcerated individuals and law enforcement officers, and patients from a wide range of cultural and ethnic communities. What unites his work across these settings is his consistent ability to recognize and engage the humanity of each pa-

tient while delivering rigorous, evidence-based psychiatric care.

Dr. Pildis's early work at the Brockton VA Hospital exemplifies his commitment to innovative and socially responsible clinical practice. There, he founded a Day Hospital program with the explicit mission of deinstitutionalizing veterans from Bridgewater State Hospital. Under his leadership, the program flourished, successfully reintegrating many patients into families, halfway houses, and the community—an early and prescient model of recovery-oriented care at the intersection of psychiatry and the correctional system.

His subsequent clinical leadership roles further reflect both vision and courage. During the AIDS epidemic, Dr. Pildis served as psychiatric consultant and later Medical Director of Mental Health at Fenway Health Center, where he helped develop pioneering programs addressing AIDS-related anxiety, care for patients living with HIV, transgender health, and gay and lesbian adoption—work that was both clinically sophisticated and morally grounded at a time of widespread stigma.

As a co-owner and later CEO of Bournewood Hospital, Dr. Pildis demonstrated that administrative leadership and humane care need not be in conflict. He developed one of the region's early dual-diagnosis units, integrating psycho-

therapy, psychopharmacology, relapse prevention, and peer recovery staff, with particular attention to underserved women. The program became a respected training site for residents from MMHC and Beth Israel, reflecting his enduring commitment to education and mentorship.

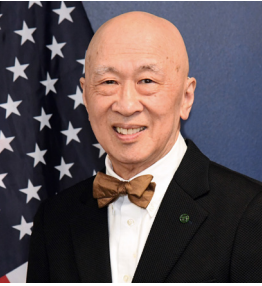
In later years, Dr. Pildis continued to focus on society's most vulnerable. As Medical Director at Tri-City Mental Health Center, he led statewide homeless outreach services across 32 shelters and street locations. At Dimock Health Center, he directed a PACT team serving 250 formerly incarcerated individuals with severe mental illness—over seven years, only one patient returned to prison. From 2018 to 2022, his consultation work with the Wampanoag Tribe addressed opioid misuse and suicide risk; among those treated at the Tribal Health Center, there were no suicides over nearly three years.

Dr. Pildis's career represents the highest ideals of clinical psychiatry: excellence, courage, compassion, and service. The Massachusetts Psychiatric Society is pleased to present Dr. Martin J. Pildis with the 2026 Outstanding Psychiatrist Award for Clinical Psychiatry.

## 2026 MPS OUTSTANDING PSYCHIATRIST AWARDS

### PUBLIC SECTOR

Alan Moy Sooho, MD, MBA, DLFAPA



Alan MOY SOOHO, MD, MBA, DLFAPA received his undergraduate degree from Lake Forest College with a major in Mathematics, minor in Sociology, and his medical degree from the

University of Nebraska College of Medicine. After a year of an internal medicine residency at Bridgeport (CT) Hospital, a Yale affiliate, he transferred to the University of Pennsylvania's psychiatry residency and was the Senior Resident for the Inpatient Service during his final year. Upon residency completion, he was named the first Veterans Affairs (VA)-Robert Wood Johnson Clinical Scholar at the University of Pennsylvania. In that capacity, he attended the Wharton School, University of Pennsylvania and received a Master's in Business Administration (MBA), focused on healthcare administration. This fellowship had no requirements for him to work for the VA upon completion. However, in gratitude, he decided to work for the VA for the first two years after

fellowship and continued to do so.

Dr. Sooho has worked for the Veterans Health Administration (VHA) for his entire career. He started off as a staff psychiatrist at the Brockton VA Medical Center and then served as Assistant Chief of Psychiatry, with major responsibility of preparing the service for the Joint Commission accreditation survey. After 12 years, he then moved to Knoxville VA Medical Center in Iowa where he became Chief of Psychiatry. As he was recognized for his leadership strengths, he was recruited to become Chief of Staff at the Battle Creek VA Medical Center in Michigan and was in this position for another 12 years. Throughout his VA career, he has led successful Joint Commission surveys, implemented the electronic medical record, and coordinated the opening of several outpatient clinics. He was Instructor in Psychiatry at Harvard Medical School and Clinical Instructor in Psychiatry at Boston University School of Medicine and taught psychiatry and occupational medicine residents. He has also mentored VA employees at the local and regional levels. One direct report became a VA Medical Center Director, and two other supervisees became regional network Directors.

He retired from the VA in 2009 and took a five-year hiatus but given his love for the profession, he returned as Staff Psychiatrist at the VA Boston Healthcare System, where he performs mental health disability examinations and veri-

fies results of employee drug tests. Dr. Sooho has worked with combat Veterans who have suffered moral injury throughout his career. Although not a Veteran himself, he appreciates the struggles they face. He strives to help them shed their shame and guilt through psychotherapy, medication, yoga and faith. Dr. Sooho has worked for the VA for 42 years and hopes to work for 50 years. He gets great satisfaction from his work at the VA.

Dr. Sooho is a Diplomate of the American Board of Psychiatry and Neurology, a 50-year member and Distinguished Life Fellow of the American Psychiatric Association, and a Fellow of the American College of Healthcare Executives. He continues to hold memberships in the Massachusetts Psychiatric Society, the Massachusetts Medical Society, the American Medical Association, and the American Association for Physician Leaders. He has co-chaired the Asian American Pacific Islander Committee and has worked on enhancing diversity initiatives at the Boston VA and other VAs as well. Outside of work, Dr. Sooho is an ordained deacon in the United Church of Christ. He is working on improving his preaching skills.

For his decades of dedication to Veterans as a direct care clinician and as an administrator, the Massachusetts Psychiatric Society honors Dr. Alan Moy Sooho with the 2026 Outstanding Public Sector Award.

### ADVANCEMENT OF THE PROFESSION

Albert Yeung, MD, ScD



Albert Yeung, MD, MS, Sc.D. is Associate Director of the Depression Clinical Research Program at Massachusetts General Hospital (MGH) and Professor (part-time) of Psychiatry at Harvard Medical School. Additionally, he is

Co-Medical Director of South Cove Community Health Center and Director of Educational Services, Benson Henry Institute-MGH- in China.

Dr. Yeung obtained his medical degree from National Taiwan University, a master's degree and a Doctor of Science degree with a major in epidemiology from Harvard School of Public Health. He completed his psychiatric residency training at MGH and a certificate in acupuncture from University of California (Los Angeles). His major research interests include integrating primary care and mental health services to improve treatment of depression, mental health issues of underserved populations, and

the use of complementary and alternative methods including acupuncture, tai chi, qigong, and mind body group intervention in treating anxiety and depressive disorders.

As a dedicated teacher within the training program for psychiatric residents and as a mentor of over 25 research investigators, Dr. Yeung's clinical and research activities have included the students and trainees within the Harvard Medical School, the Harvard School of Public Health, major academic centers throughout the United States, and the international medical communities.

Scholarly activities include author or co-author of over 200 original articles and chapters and a book on the self-management of depression and the science of stress. Additionally, Dr. Yeung has served as an Ad Hoc reviewer for over 40 journals, 5 editorial boards and in 2008 was designated a Permanent Reviewer for the National Institutes of Mental Health.

Dr. Yeung has received numerous honors throughout his career. They include the Kun-Po Soo Award (2017) for "Significant Contributions - in the understanding of the importance of Asian cultural heritage in areas relevant to psychiatry" American Psychiatric Association (APA); Award for Advancing Minority Mental Health (2018) APA Foundation, Distinguished Fellow (2019) APA; and World Expert in Exercise Movement Techniques (2021) ExpertscapeNews (in the top 0.1% of scholars writing about Exercise).

In recognition of his outstanding and sustained contributions to the profession in research, the Massachusetts Psychiatric Society is proud to honor Dr. Albert Yeung with the 2026 Outstanding Psychiatrist Award for Advancement of the Profession

## 2026 MPS OUTSTANDING PSYCHIATRIST AWARDS

### RESEARCH Alisa Busch, MD, MS



Dr. Alisa Busch completed her undergraduate education at New York University and her medical degree at Johns Hopkins School of Medicine. After obtaining psychiatry residency training at Johns Hopkins, she

moved to Boston where she received a Masters degree at the Harvard School of Public Health. Dr. Busch is board-certified in adult psychiatry and also in 2017 became board-certified by the American Board of Preventive Medicine in Clinical Informatics. She is an Associate Professor of Psychiatry at Harvard Medical School and has been a faculty member at McLean Hospital since 2000.

Throughout her career, Dr. Busch has worked as a psychiatrist, clinical informaticist, and substance use disorder and mental health (SUD/MH) policy and services researcher. She has over 10 years of experience as an attending psychiatrist at the McLean Hospital Alcohol and Drug Abuse Treatment Program. She is also Mass General Brigham's Chief Medical

Information Officer (CMIO) for McLean Hospital and Behavioral and Mental Health. Her primary research focus is measuring behavioral health treatment utilization and quality using large, often national, administrative data. This enables her to examine treatment quality for psychiatric disorders on the population level, and how large-scale changes such as federal or state healthcare policy, or exogenous events such as the COVID-19 pandemic, affect access to psychiatric care and treatment quality for those who access it. A recent focus of hers is the use of new technology, such as telemedicine and digital apps, for people with SUD/MH conditions. Dr. Busch has been extramurally funded for her research by the NIH, as well as by multiple other sources.

As one of her nominators wrote: "Dr. Busch is a psychiatrist who has a national and international reputation for her research on innovative approaches to using healthcare information technology, electronic health records and digital technologies to improve care for people with mental health and substance use disorders. Her research in these areas has had a positive impact on a range of clinical quality policy initiatives nationally. Her research innovations have resulted in her widespread influence on clinical care and policy through her peer reviewed publications, grant funding, and national service on government and professional national committees and advisory groups. She is the author of more than 140 peer reviewed publications. She has published in high-impact journals including

JAMA Network Open, British Medical Journal, the New England Journal of Medicine, Health Affairs, and Medical Care, among others. Dr. Busch has served on several important national committees related to her research including for the Institute of Medicine, SAMHSA, the Centers for Medicare and Medicaid Services (CMS), and the Agency for Health Care Research and Quality (AHRQ)."

In recognition of her outstanding achievements and dedication, the Massachusetts Psychiatric Society is proud to honor Dr. Alisa Busch with the 2026 Outstanding Psychiatrist Award for Research.

### EARLY CAREER PSYCHIATRY Brittany M. Gouse, MD, MPH



Brittany Gouse, M.D., M.P.H. is a physician-scientist, the Assistant Director of Boston Medical Center's Wellness and Recovery After Psychosis (WRAP) Program, and an Assistant Professor of Psychiatry

at the Boston University Chobanian & Avedisian School of Medicine (BU CAMEd). Dr. Gouse's academic journey began with a Tulane Presidential Scholar Award (2009-2013) where she earned a Bachelor of Science in Neuroscience, cum laude, from Tulane University in 2013. She then pursued medical and research training in the joint MD/MPH program at State University of New York (SUNY) Upstate Medical University and Syracuse University graduating in 2018. Following medical school, Dr. Gouse completed a residency in Adult Psychiatry at BU CAMEd, with a specialization in Medical Education and Global-Local Pathways. Further honing her expertise, Dr. Gouse pursued a fellowship in Public Psychiatry in her final year of residency. At graduation she re-

ceived several awards: 2022 Resident Research Award, Gennaro Acampora Junior Investigator Award, and Rising to the Occasion Award. Since completing residency and fellowship training, Dr. Gouse has specialized in schizophrenia with a research focus on improving access to evidence-based first episode psychosis (FEP) care.

Dr. Gouse's leadership within Boston Medical Center is reflected in her positions as the Assistant Director of the WRAP Program, Director of the Schizophrenia Research Fellowship, and Director of Advancing Coordinated Care through Epidemiologic Studies in Schizophrenia (ACCESS). As an Assistant Professor of Psychiatry, Dr. Gouse is a passionate educator, delivering lectures on psychosis, advanced psychopharmacology, and evidence-based prescribing to medical students, residents, and graduate students. Dr. Gouse contributes to international education, offering virtual lectures for the Liberia College of Physicians and Surgeons. Dr. Gouse's teaching pedagogy spans case-based discussions, seminars, and mentorship, supporting the next generation of clinicians and researchers. Dr. Gouse has mentored over 16 students and residents since she started residency helping them in academic pursuits by guiding their research projects, capstone experiences, and poster presentations. This mentorship highlights Dr. Gouse's generosity and commitment to fostering excellence and innovation within the psychiatric community and beyond.

Dr. Gouse received national recognition with APA's 2025 Kempf Fund Award for Outstanding Achievement in Schizophrenia Research. BU CAMEd/Boston Medical Center honored her with the 2025 Family Medicine/Psychiatry Teaching Award and the 2024 Be Exceptional Team Award. Dr. Gouse has nearly \$800,000 in research grant funding and is actively engaged in early psychosis research, community health worker engagement in early psychosis care, and the impact of injectable antipsychotics in early psychotic illness. She completed a Career Development K Award in 2025.

Outside of her leadership at BU CAMEd and BMC, Dr. Gouse is an active leader in the Massachusetts Psychiatric Society where she chaired the Public Sector Committee, serves on the APA's Research Council, is a member of the American Public Health Association and the Schizophrenia International Research Society, and is an ad hoc reviewer for Psychiatric Services, Psychiatry and Clinical Neurosciences, JAMA Open Network and Therapeutic Advances in Psychopharmacology.

Dr. Gouse is widely respected for her contributions to psychiatry in clinical practice, research, education, and leadership. Her career is marked by a deep commitment to advancing the care of individuals with psychosis, rigorous scientific inquiry, and mentorship of emerging professionals. Please congratulate Dr. Brittany Gouse on the MPS 2026 Outstanding Early Career Psychiatrist Award.

## 2026 MPS OUTSTANDING PSYCHIATRIST AWARDS

### LIFETIME ACHIEVEMENT Douglas G. Jacobs, MD



The Massachusetts Psychiatric Society proudly honors Douglas G. Jacobs, M.D. in recognition of a distinguished career dedicated to advancing the understanding, assessment, and

prevention of suicide and depression. Over more than five decades, Dr. Jacobs has made enduring contributions as a clinician, educator, scholar, and public health innovator whose work has profoundly influenced psychiatric practice and mental health awareness nationwide.

Dr. Jacobs received his undergraduate degree from Trinity College and his medical degree from the University of Pennsylvania School of Medicine. After completing his internship at the Hospital of the University of Pennsylvania, he trained in psychiatry at the Massachusetts Mental Health Center, a Harvard Medical School teaching hospital, where he served as Chief Resident. In 1972 he joined the Harvard Medical School faculty, beginning an academic career that would span more than fifty years and include the rank of Associate Professor of Psychiatry. Throughout that time, he has educated

generations of medical students, residents, and clinicians, sharing his expertise in the treatment and understanding of suicidal behavior.

Alongside his academic work, Dr. Jacobs maintained an active clinical practice for more than five decades, specializing in the care of patients experiencing suicidal crises and psychiatric emergencies. He served in leadership roles including Director of Psychiatric Emergency Services at The Cambridge Hospital and Acting Medical Director of Metropolitan State Hospital, and he held clinical appointments at institutions including McLean Hospital and Newton-Wellesley Hospital. His clinical insight and expertise have made him a trusted consultant to physicians and healthcare institutions confronting complex psychiatric cases.

Dr. Jacobs' scholarship has played an important role in shaping modern approaches to suicide assessment and treatment. He has authored numerous peer-reviewed publications and edited several influential books, including *The Harvard Medical School Guide to Suicide Assessment and Intervention*, a foundational resource for clinicians working with suicidal patients.

Perhaps his most far-reaching contribution has been his pioneering work in community mental health screening. In 1991 Dr. Jacobs founded **National Depression Screening Day**, the first nationwide program designed to identify individuals suffering from untreated depression through voluntary community-based screening. The success of this initiative led to the creation of additional programs—including National Alcohol Screening Day and the National Eating Disorders Screening Program—

and ultimately to the founding of the non-profit **Screening for Mental Health**. Among its most important initiatives is the **SOS (Signs of Suicide) Program**, now implemented in more than 10,000 schools and recognized as the only school-based program shown to reduce suicidal behavior among adolescents.

Dr. Jacobs has also shaped national standards of care. In 2003 he chaired the American Psychiatric Association workgroup that developed the *Practice Guideline for the Assessment and Treatment of Patients with Suicidal Behaviors*. In 2008 he introduced the **SAFE-T (Suicide Assessment Five-Step Evaluation and Triage)** protocol, now widely used across healthcare systems and integrated into major electronic medical record platforms.

His achievements have been recognized with numerous honors, including Distinguished Fellow of the American Psychiatric Association and multiple awards from the Massachusetts Psychiatric Society, culminating in the Society's **Lifetime Achievement Award**.

Through his leadership, scholarship, and dedication, Dr. Jacobs has transformed how clinicians understand and respond to suicide risk and has helped bring life-saving mental health awareness to communities across the nation.

## The Retirement Committee will meet Thursday, May 15 from 7:00 to 8:30 PM

Please join us for the next meeting of the MPS Retirement Committee meeting on Thursday, May 7th, from 7:00 PM to 8:30 PM.

We plan to have an open discussion of issues relating to retirement. We have attached a paper by Kirk Daffner on an "occupational living will." We will start the meeting talking about self-assessment of competence, but do not need to limit the discussion to that issue. We expect that we will end up having a wide-ranging discussion.

Please respond to this message to let us know if you plan to attend and if you have specific topics you would like to have addressed.

If you don't receive the meeting announcement email, let Mayuri Patel know at [mpatel@mms.org](mailto:mpatel@mms.org)

Joe McCabe, MD and Monty Stambler, MD cochairs

## 2025-2026 MPS TREASURER'S REPORT

This report focuses on the Society's financial performance for calendar year 2025, based on the completed CPA review, followed by the proposed 2026 budget and related financial considerations.

### 2025 Financial Results

The Society's 2025 financial statements, as reviewed by Kathleen M. Hughes, CPA, are presented in accordance with generally accepted accounting principles (GAAP). Under this framework, total support, including investment activity, exceeded expenses, resulting in an overall increase in net assets. However, this aggregate presentation includes approximately \$96,000 in investment gains, both realized and unrealized. These gains are market-driven and distinct from the Society's core operations. When isolating operating performance, we have income from membership dues, advertising, and meeting-related revenue. The total operating revenue falls substantially below total expenses. Based on this analysis, the Society's operating deficit for 2025 is estimated to be \$65,000. The alternative presentation of the financial data is important for understanding the Society's underlying financial condition, as it distinguishes recurring operational performance from investment-related gains that hide the operating deficit.

Operating Income		Operating Expenses	
Membership dues	\$230,836	Program services	\$130,466
Meetings and conferences	\$71,965	Management and general	\$269,990
Advertising and publication sales	\$30,970	Total	\$400,456
Other operating income	\$1,404		
Total:	\$335,175		
<b>Operating Deficit:</b>	<b>\$(65,281)</b>		

### Cash Flow and Financial Pressures

In order to maintain adequate operating cash flow, the Society drew \$70,000 from its investment funds during 2025. While this was a practical step to meet current obligations, it underscores the gap between operating income and expenses. At the same time, the Society continues to face several converging pressures, including gradual declines in membership, corresponding decreases in dues revenue, and increasing costs across multiple expense categories.

### Context from Prior Years

This pattern is not new. In 2024, a modest operating deficit was similarly offset by favorable investment performance. Taken together, these years suggest a transition from prior balance toward a recurring structural gap between operating revenue and expenses.

### 2026 Budget

The proposed 2026 budget reflects continued commitment to maintaining the Society's programs, services, and member benefits. Expenses remain largely unchanged in structure. A significant portion of expenditures are contractually obligated or treated as necessary ongoing costs, with relatively limited reduction in discretionary spending.

At the same time, projected revenue increases are modest and incremental. While these efforts are constructive, they do not materially alter the gap between recurring revenue and recurring expenses.

### Financial Interpretation

The current financial trajectory reflects a reliance on two factors: favorable investment performance and incremental revenue growth. To date, less emphasis has been placed on structural alignment of expenses with recurring operating income.

While this approach may be manageable in the short term, it introduces an ongoing structural risk, particularly in periods of market volatility or continued membership pressure.

### Investment Summary

The Society's investment funds are managed by Merrill Lynch. The current portfolio is diversified and reflects a moderate risk profile, with an approximate allocation of 65% equities and 35% fixed income and cash.

The investment balance remains a significant financial strength for the Society, supporting overall assets of approximately \$970,000. These reserves provide important flexibility, but they are not a substitute for sustainable operating performance and cannot be relied upon indefinitely to offset operating deficits. Our investment strategy continues to emphasize diversification, stability, and long-term growth.

### Moving Forward

Looking ahead, maintaining long-term financial stability will likely require a balanced approach that includes both continued efforts to support and grow revenue and careful prioritization and discipline in managing expenses.

The distinction between operating performance and investment results warrants continued attention as part of prudent financial stewardship.

### Acknowledgments

I would like to thank Michelle Arsenaault of Tankel Rosenberg & Co., PC, and Kathleen M. Hughes, CPA, for their work on behalf of the Society. I also extend appreciation to our investment advisors and to our staff, Debbie Brennan and Mayuri Patel, for their continued excellent work.

Respectfully submitted,  
Mark J. Hauser, M.D.  
Treasurer, Massachusetts Psychiatric Society

## 2025-2026 MPS SECRETARY'S REPORT

The Massachusetts Psychiatric Society (MPS) continues to uphold its mission to advance psychiatric care, education, and advocacy throughout the Commonwealth. Over the past year, the Society has demonstrated sustained dedication to promoting excellence in clinical practice, fostering professional development, and responding proactively to the evolving needs of patients and mental health professionals in Massachusetts.

### **Educational Leadership and Innovation**

MPS maintained its longstanding commitment to high-quality educational programming with the Thirty-Sixth Annual Psychopharmacology Update, convened in November 2025. The conference featured distinguished faculty presenting on treatment-resistant depression, novel therapeutic approaches to anxiety disorders, and advancements in neuromodulation technologies. A featured panel explored the integration of digital therapeutics and pharmacogenomic testing into psychiatric practice, underscoring the ongoing transformation of evidence-based care in the digital era.

In March 2026, MPS convened the Risk Avoidance and Risk Management Conference, with topics addressing major issues relevant to general risk management and fielding participant risk management questions; violence risk assessment and management in the psychiatric patient; implications of the American Law Institute's restatement for medical malpractice and general psychiatric practice; as well as guidance on issues facing our field in 2026 due to regulatory, economic, and political circumstances; There was also discussion relating to privacy, privilege and HIPAA as it pertains to psychiatric practice; the forensic and correction mental health system of the state and issues related to working with judicially and correctional system involved patients; vicarious trauma for clinicians and the importance of self-care; and review of an approach to collaborative safety planning for the suicidal and self-injurious patient. Lastly, there was a presentation on practical firearm safety for the mental health professional.

### **Advocacy and Legislative Engagement**

Under the guidance of Lisa Simonetti and the Executive Committee, MPS continues to advance meaningful advocacy initiatives. Over the past year, the Society has engaged with state policymakers and allied organizations to support legislation aimed at strengthening psychiatric workforce development, enforcing mental health parity, and enhancing integration of behavioral health services within MassHealth and commercial insurance systems.

MPS provided expert testimony on proposed reforms to the involuntary hospitalization process and contributed to discussions regarding the expansion of crisis stabilization services.

### **Membership Growth and Community Engagement**

The Society has continued to focus on membership growth, reflecting its commitment to inclusivity and professional development across all career stages. As part of our strategic vision, MPS has continued to focus on supporting emerging psychiatric leaders and encouraging engagement within our organization. As part of these efforts, the Membership Committee held a social event at Democracy Brewing in Boston on March 11. This event celebrated our early career members and was a wonderful opportunity to celebrate and network in person.

This year, MPS also expanded its outreach to partner organizations, community stakeholders, and interdisciplinary groups, reinforcing its position as a collaborative leader in mental health advocacy and education. These initiatives highlight the Society's ongoing efforts to cultivate a strong, dynamic, and cohesive professional community dedicated to advancing the field of psychiatry.

The Massachusetts Psychiatric Society remains a leader in psychiatric education, advocacy, and member engagement. Guided by its mission and sustained by the dedication of its members, MPS will continue to promote excellence in care and contribute meaningfully to the mental health and well-being of individuals across the Commonwealth.

At this time, I would like to acknowledge our outgoing officers and Council members.

Immediate Past-President – Nassir Ghaemi, MD

Sr. APA Representative – Adeliza Olivero, MD

Councilor – Amam Saleh, MD

And our Resident Fellow Member – Lexi Hooberman, MD

I also will be moving on as Secretary of MPS and a past Councilor.

I also want to acknowledge our Executive Committee Advisors – Drs. Lisa Carbone, Rohn Friedman, Matcheri Keshavan, Debra Pinals and David Silbersweig.

Our new leadership year begins at the close of our Annual Meeting. In addition to welcoming Dr. Anderson Chen, MD into his new role as President, please join me in congratulating our new leadership and Nominating Committee members:

President-Elect – Margaret C. Tuttle, MD

Secretary – Katuska Ramirez, MD

APA Representatives – Olga Terechin, who has been re-elected but now takes on the role as our Sr. APA Rep, and Dr. Kevin Hill.

Councilors – Dr. Rachel Berlin as well as Dr. Ashwini Nadkarni who has been re-elected.

Resident Fellow Member – Amir Hassan, MD, BA

Nominating Committee – David Silbersweig, MD and Kalyani Subramanyam, MD

Thank you all for your dedication to MPS.

Respectfully submitted,

Cristina Montalvo, MD, MBA

Secretary, Massachusetts Psychiatric Society



Are you  
eligible  
and interested  
in applying for  
Fellow  
or  
Distinguished  
Fellow Status?

Contact the MPS Office.

We would be glad to assist you  
in completing your application.

## The MPS staff

Congratulates all newly elected  
officers and looks forward to  
working with the Executive  
Committee, Council and all our  
members in the coming year!

### Congratulations to the following MPS members who have achieved Life Status

#### Advancement to Life Member

- Natalie Belkin MD
- Gary Chinman MD
- Jacqueline Lebel MD
- Sherri Mello, MD
- Alexandra Pinkerson, MD
- David Silbersweig MD

#### Advancement to Distinguished Life Fellow

- Sandra Dejong, MD, DLFAPA
- Daniel Morehead MD, DLFAPA



### Reminder.....

The MPS welcomes article submissions from its members!  
Your submission can be something you are passionate about and think members  
would like to read about. The deadline for submissions is the 10<sup>th</sup> of the month.

Reach out to Mayuri Patel at [mpatel@mms.org](mailto:mpatel@mms.org)  
for details to submit your article today!

## 2026 Presidential Awards

**Allison Baker, MD:**

Courageous Champion For Youth Mental Health

**Rebecca Brendel, MD, JD, DFAPA:**

Illuminating Psychiatry's Path to the Future

**Lisa A. Carbone, MD, FAPA:**

Devoted Physician Mentor and Compassionate Psychodynamic Guide

**David A. Silbersweig, MD:**

Advancing Psychiatry through Visionary Leadership and Inspiring Excellence

## MPS 2027 Awards for Outstanding Achievement in Psychiatry

The MPS Awards Committee will be meeting to consider nominations from MPS members for outstanding achievement in psychiatry in the following categories:

- Advancement of the Profession
- Clinical Psychiatry
- Early Career Psychiatry
- Lifetime Achievement
- Psychiatric Education
- Public Sector Service
- Research

If you have a nomination, please submit the name of the MPS member, with details of their achievements, and your reasons for nominating them. You should also include a CV summarizing their work. Send your nomination to the attention of the MPS Awards Committee by January 31, 2027.

You can submit this by email to: [mpatel@mms.org](mailto:mpatel@mms.org)

## APA 2026 DISTINGUISHED FELLOWS

### Jhilam Biswas, MD, DFAPA



I am honored to be recognized as a Distinguished Fellow of the American Psychiatric Association, and I am grateful to the Massachusetts Psychiatric Society for its nomination and steadfast support throughout my career.

Psychiatry was my last clinical rotation in the third year of medical school, and quite unexpectedly, I pivoted from imagining a future in family medicine or obstetrics and gynecology -fields I admired for their social significance and breadth- to psychiatry. During my fourth year at UMass Medical School, two elective psychiatry rotations changed the course of my career: one at Austen Riggs Center in Stockbridge, Massachusetts, and another at the San Francisco VA in the Richmond District. What struck me most was not only the complexity of psychiatric illness, but the extraordinary privilege of spending real time with patients on the questions and struggles that mattered most to them. I realized then that what I was looking for was not breadth, but depth: the opportunity to under-

stand patients' lives, not simply their symptoms. My professional path then took me through the Harvard Longwood Psychiatry Residency Program, a forensic fellowship at UMass Medical School, a six-year role on the maximum security units of Bridgewater State Hospital, and ultimately to Brigham and Women's Hospital, where I now direct the Psychiatry, Law and Society Program and co-direct the Harvard Mass General Brigham Forensic Psychiatry Fellowship. As an adult and forensic psychiatrist, I have been fortunate to build a career at the intersection of mental illness, law, and society. My work has included clinical care, teaching, scholarship, regularly testifying in the court room, research, and legislative advocacy on behalf of people with serious mental illness and for improving mental health systems.

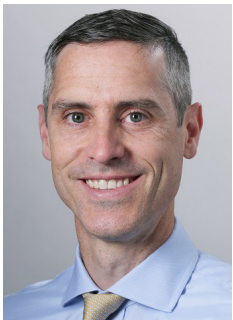
If there has been any coherence to my career, it is because mentors helped me see that psychiatry can and should extend beyond the clinic walls, that our responsibilities also include education, improving social systems, and advocacy for our sickest patients. Additionally, the Massachusetts Psychiatric Society has been my professional home this past decade. Serving as Councilor, Secretary, Chair of the Psychiatry and Law Committee, and now wrapping up my role as President has given me far more than leadership experience. MPS has given me a community. It connected me to mentors who generously shared their wisdom, to colleagues who became collaborators and friends, and to a tradition of service larger than any one career.

It has been the place where I learned that organized psychiatry can be not only intellectually meaningful, but also deeply humane in sharing our deepest purpose with other physicians.

Some of the work I am proudest of has come through collaboration. My work on untreated psychiatric illness, including research at Bridgewater State Hospital and advocacy at the Massachusetts State House, has been driven by a simple conviction: that our sickest patients deserve care and not the revolving door of hospitalization, homelessness, or incarceration. Jails are not hospitals, and community care requires the right resources, not platitudes. Whatever impact that work has had has depended on others: colleagues in organized psychiatry, my wonderful and inspiring trainees, lawmakers willing to listen, and patients and families whose experiences make clear how urgently our systems must adapt.

To early career psychiatrists, I would offer this: allow yourself to follow what genuinely moves you. Careers do not always unfold in a straight line; mine didn't. Some of the most meaningful work happens at the boundaries between disciplines, institutions, and roles. Psychiatry is a field broad enough to hold clinical care, scholarship, advocacy, and human connection together and yet deep enough to keep you interested forever. Trust your curiosity and let it guide you toward career fulfillment.

### Nicholas Carson, MD, DFAPA



I want to thank the Massachusetts Psychiatric Society for supporting my application for Distinguished Fellow with the American Psychiatric Association. I owe much to MPS and to my mentors who nominated me, Drs. Sandra DeJong, Lois Flaherty, and Cindy Telingator. Dr. Flaherty passed

away last year after a brilliant career in adolescent psychiatry and it's a special honor to remember her in this moment.

As the child of a journalist and an oncologist, it's perhaps no surprise that I chose a psychiatric path. I hoped psychiatry would be an opportunity to listen, to use narrative for diagnosis and healing, to learn how to bridge mind, brain, and culture. I found I was most fulfilled when working with immigrant families who, like myself, had come from another country and were learning how to make their way in America. I was very inspired by a social medicine elective in medical school, which brought me to Cambridge Hospital for the first time. That was the

hook; I was fortunate to join the child psychiatry fellowship program at Cambridge Health Alliance in 2004, and I continue there to this day. A career at CHA has been a perfect fit for working with under-served families, and I believe a community-oriented healthcare mission is more important now than ever. As a health services researcher, I've been part of the national effort to document persistent healthcare disparities. In my research on youth suicide prevention, I have been amazed at how quickly the field has been impacted by artificial intelligence using large EHR datasets. Although AI technologies present grim challenges to society, I'm optimistic we will use them to solve thorny treatment dilemmas and benefit our patients. More than ever, good science deserves strong support.

It was a typically chilly day in Central Square about thirteen years ago when one of my mentors asked me if I was interested in psychiatry leadership. I was unsure at the time, and many times since. Yet I credit her question, and the doors she and others opened, as the reason I found a path to psychiatric leadership. This took me from associate training director to service director to division chief at my organization, allowing me to support incredible colleagues and trainees to do invaluable work. Leading our outpatient service through COVID and supporting the successes of our 69 bed inpatient service at Somerville Hospital are career highlights (and explain many white hairs.) As always, I find listening to others and paying attention to culture are the keys to successful leadership. And, of

course, never worry alone!

Local psychiatric organizations like the Massachusetts Psychiatric Society and the New England Council of Child and Adolescent Psychiatry, as well as APA and AACAP nationally, are important communities for psychiatrists at every career stage. Their steady advocacy work allows Massachusetts to benefit from perhaps the most enlightened mental health care policies in the country. I've found our professional communities bring a connection and solidarity with like-minded peers who are just as deep in the work for our patients. To my early career colleagues, I hope you will look for opportunities to serve your field in the ways that make sense for you. It's worth the risk, and you might just surprise yourself!

## APA 2026 DISTINGUISHED FELLOWS

### Amy Harrington, MD, DFAPA



I am tremendously honored to have been selected as a Distinguished Fellow of the American Psychiatric Association. I am grateful to my mentor, Dr. Marie Hobart, who encouraged me to get more involved with the organization. Ma-

rie recruited me to work in a community mental health center and saw my passion for advocating for my patients. She made me realize that getting involved with the Massachusetts Psychiatric Society, particularly in a leadership role, would give me more opportunities to advocate for my patients on a much larger scale and in a more meaningful way.

I moved to Massachusetts in 2009 to train in the BU/Boston Medical Center Addiction Psychiatry fellowship. I did not expect to stay in the area, even signing an 11-month lease because I figured I'd be on my way out come the end of the academic year. I soon realized that Massachusetts is a wonderful place to have a medi-

cal career. Although we are far from perfect, I know that other states look to us to see what is at the forefront of progressive medical policy. I believe set a tone for other states and being able to advocate for the changes I want to see is potentially having a nationwide impact.

Thanks to my friend and colleague Siu Ping Chin Feman, I got involved with the Public Sector Committee. I have had several opportunities to represent MPS in front of the legislature, advocating for policies related to the opioid crisis, as well as topics like reducing the burden of prior authorizations for prescriptions. I think the person I have learned the most from is Lisa Simonetti. I am incredibly grateful for her knowledge and mentorship. The path to effecting legislative change can be more convoluted than we might like, and it is reassuring to have a mentor like Lisa helping us navigate the way.

At this stage of my career, I have a greater appreciation for the financial side of healthcare. I am grateful to Dr. Mark Hauser for his mentorship when I was elected as Treasurer of MPS. I am also looking forward to getting more involved with the Healthcare Systems and Finance Committee. As the saying goes, "no margin, no mission." As someone who cares deeply about the mission of serving some of the most vulnerable patients within the healthcare system, I realize that I need to be able to sit at the table with the people controlling the purse strings, and I need to be able to contribute the conversation in an informed and meaningful

way.

I believe my involvement in MPS has allowed me to have a more meaningful impact in my career. I came to the University of Massachusetts right out of training and have been here ever since. Working at a safety-net hospital can be stressful in difficult and unpredictable times like these. I am grateful for the collaboration and mentorship that MPS provides that will help me navigate my organization in a way that will help our patients the most.

More than anything, I am grateful for the friendships that I have made being a part of MPS. Thank you, again, for this incredible honor, and I am looking forward to socializing and being with you all at annual meetings and committees and advocacy for years to come!

### Nomi Levy-Carrick, MD, DFAPA



It is an honor to be recognized as a distinguished fellow of the APA: I am so grateful to Drs. Maurizio Fava, Sejal Shah and Florina Haimovici for their support of my nomination. My road to psychiatry was non-

linear, but the narrative threads are of consistent fascination with the human experience and to social justice. A series of mentors whose impact has been generous and varied have nurtured this trajectory: I appreciate this opportunity to highlight a few.

I started as a history major at Columbia University, and Professor Sir David Cannadine offered impactful modeling of how one can understand imagined and evolving communities through different lenses, recognizing that nuance and integration of these is key to recognizing a shared humanity amidst endlessly diverse experience. My interest in health as an arm of international relations prompted further studies in international relations at Cambridge University. While contemplating next steps, a series

of administrative roles at Cornell University Medical College lead to the Dean's office, where Dr. Robert Michels provided my first exposure to psychiatry, from psychoanalytic frameworks to neuroimaging insights. I left to work with Médecins Sans Frontières/Doctors Without Borders (MSF) in New York, taking this newfound appreciation for mental health and its role in population health with me. Site visits and special projects in Bosnia, Romania, Southeast Asia and South Africa provided a perspective on the ways in which systems sometimes needed circumventing, and other times leveraging. The central and fundamental role of the clinical act was writ large, and I eventually dove into the post-baccalaureate pre-med journey.

I started medical school in NYC weeks before 9/11: the helplessness post-collapse of the WTC Towers, the desire to find a role in response, focused my attention. Meanwhile, Dr. David Silbersweig's mentorship while at Cornell's medical school - understanding the mechanisms of PTSD and how that could be leveraged to inform treatment - and Dr. Asher Aladjem's mentorship at the Bellevue Program for Survivors of Torture during residency (trauma-informed before the term itself gained traction!) -- lead to a CL Fellowship at NYU School of Medicine. As a junior attending, newly in my role as Medical Director of the WTC Environmental Health Center, Dr. MaryAnne Badaracco's mentorship provided a model of how to translate systems thinking into complex medical systems. Dr. Dori B Reisman (RADM, U.S. Public Health Service,

ret.), the wise and impactful executive director of the WTC Health Program, encouraged me to sit at the Steering Committee table, and there was no looking back.

In an extraordinary twist, running into a colleague from MSF at Bellevue lead to recruitment with the Human Resources for Health program of the Rwandan Ministry of Health through Brigham and Women's Hospital, moving with my young family to Kigali. Dr. Silbersweig, who had since moved to Boston as Chair of BWH's Psychiatry Department, provided inspiring leadership as we returned Stateside. Drs. David Gitlin and Sejal Shah's mentorship on arrival and through my initial years on the inpatient service were invaluable. As the years accelerated and Dr. Hadine Joffe stepped into the BWH interim chair role, my clinical leadership responsibilities continued to grow, and her insight and mentorship proved timely, a model of strategic systems thinking paired with deep compassion.

There are so many more to recognize, within psychiatry and throughout the healthcare system: my abiding appreciation is for the opportunity to collaborate with amazing colleagues to develop programs that optimize long-term functional outcomes across the lifespan through integrated, trauma-informed, team-based approaches. I learn from my patients every day. And I am deeply grateful to my parents and husband for their constant support, alongside my children and brother for providing perspective, meaning, and humility every step of the way.

## APA 2026 DISTINGUISHED FELLOWS

### Caridad Ponce Martinez, MD, DFAPA



I am deeply honored to be selected as a Distinguished Fellow of the American Psychiatric Association. I am grateful to the many colleagues and mentors who have supported my professional journey. I would

especially like to thank Dr. Nitigna Desai, Dr. Sheldon Benjamin, Dr. Anthony Rothschild, and Dr. Siu Ping Chin Feman for their support of my nomination.

My path to medicine began in my home country of Honduras, where as a middle-school student I volunteered with medical brigades providing much-needed care, particularly in reconstructive surgery. After witnessing the reconstruction of a cleft lip and palate, I believed I had found my calling in surgery. During medical school training in Costa Rica, psychiatry initially remained an extracurricular interest while I focused on surgical electives. Yet through several meaningful and unexpected experiences during my final clinical years, I felt drawn toward the profound

interconnection between mental health and overall health. Ultimately, these experiences led me to choose psychiatry, where I found deep fulfillment in helping individuals restore their functioning in their personal lives and communities.

During my psychiatry residency training at the University of Virginia, one of my formative mentors, Dr. Nassima Ait-Daoud Tiourine, challenged me to think differently about substance use disorders (SUDs) and to understand addiction as a chronic medical illness. This ignited my interest in addiction psychiatry and ultimately led me to pursue fellowship training at Yale University. There, I had the privilege of learning from outstanding mentors, including Dr. Ismene Petrakis, Dr. Ellen Edens, Dr. Carla Marienfeld, Dr. Richard Schottenfeld, and many others. Fellowship also introduced me to the American Academy of Addiction Psychiatry, an organization with which I remain closely involved.

Much of my clinical, educational, and scholarly work has focused on expanding access to evidence-based treatment for SUDs across diverse clinical settings. In my clinical and administrative roles at UMass Memorial Health, this has included implementing a protocol for initiating treatment for opioid use disorder (OUD) in inpatient psychiatric units and developing a clinical practice guideline for the treatment of OUD throughout the hospital system. I have also worked to broaden the reach of addiction psychiatry through consultation in different settings, including a resi-

dential SUD program for Latino men (Hector Reyes House), a state psychiatric hospital, and a transplant clinic.

As Program Director of the UMass Chan Addiction Psychiatry Fellowship, I strive to share my passion for addiction psychiatry with our fellows and to model how meaningful and rewarding this work can be. With compassionate, evidence-based treatment, individuals with SUDs can recover, rebuild their lives, and make meaningful contributions to their families and communities. Advocacy remains an essential part of this work, and organizations like MPS and the APA provide vital opportunities to engage in local, state, and national advocacy for our patients and our profession.

To early career psychiatrists, my advice is to remain curious and intentionally seek out mentors and professional communities that align with both your values and your goals. Psychiatry offers extraordinary opportunities to make a meaningful impact—as clinicians, educators, researchers, and advocates. Engaging with colleagues and professional organizations early in one's career can cultivate these opportunities and help sustain the sense of purpose that draws many of us to this field.

Finally, I would like to thank my family for their unwavering support—my parents (Carlos and Mary), my siblings (Carlos, Fernando, and Mary), my husband (Sean), and our children. I remain deeply grateful to my trainees, patients, and colleagues, who continue to inspire and teach me every day.

### Stephen McDermott, MD, DLFAPA



I am honored to be selected by the Massachusetts Psychiatric Society as Distinguished Life Fellow of the American Psychiatric Association. I have always had difficulty understanding why

people receiving distinguished awards feel humble. Now, I know. I could not have received this award without the support of many wonderful people - we all share this honor.

I became interested in Psychology at Penn State University, where I was a double major in biology and psychology. At the University of Pennsylvania School of Medicine, I arranged with Aaron T Beck, MD to do some (well-supervised) clinical work at the Center for Cognitive Therapy (CT). During my two-month summer break, I became fascinated that Dr. Beck and his associates were building a whole new field of psychotherapy from the ground up, and I wanted to be part of it. Having attended the University of Pennsylvania Medical School, I was offered by Dr. Beck to train me in CT out-

side of my medical coursework. I accepted his offer and have specialized in CT ever since.

I started my Psychiatry Residency at Mass. General Hospital (MGH) after my one-year fellowship with Dr. Beck. Jonathan Boris, MD, our Training Director, had been advocating for residents to learn CT, and he offered me a position in the residency. I could not learn CT and Psychodynamic Psychotherapy (PP) simultaneously, however, so I put aside my CT for two years to learn the basics of PP and Psychopharmacology. It was time well-spent.

In the 1984 spring, I reengaged in the study of CT, meeting weekly with my senior supervisor at the Center. After finishing the residency, I joined the outpatient clinic at MGH. I started the Cognitive Therapy & Research Program in 1985, and in 1986, I started the Cognitive Therapy Institute, a 2-year, half-time fellowship for CT at MGH.

I also had the privilege to work with Drs. Biederman, Wilens and Spencer at MGH when I developed the first psychotherapy for adults with ADHD. It was based on Dr. Beck's CT with modifications for the interdependence between emotions and attention.

While I have truly enjoyed seeing patients and teaching CT at five Boston academic hospitals, there are rough times ahead for CT. The shortage of psychiatrists has been affecting all of medicine, but the deficit of CT-trained psychiatrists for supervision of residents predated the current crisis.

The structure of resident training can make CT

learning frustrating. For example, Beck's CT places an emphasis on belief change for long-term improvement. This requires two components: understanding the basic roles of beliefs in adaptive and maladaptive circumstances, and learning methods to help create more adaptive changes in current situations and the environment. Because of the rotational nature of resident's overnight coverage coupled with federal time limits for trainees, residents often miss at least one of the two critical classes and fall behind. Because of their grueling schedules, residents rarely review materials needed to catch up.

One option is a fellowship, which offers more advanced CT training. But the average resident has a very large education loan debt, and many work second jobs well into their postgrad period, making a fellowship with little income impractical. Some universities or states are trying to eliminate the debt obstructions by defraying some, or all, of the medical student debt of those entering into "primary care programs and psychiatry." It will be interesting to see how far this trend reaches.

Ultimately, it will take major effort over the coming decades to allow CT to expand its usefulness to our patients in many fields. While it admittedly exposes many challenges, it is well worth the efforts. I can't wait to be part of the next generation's experience in learning, practicing, and advancing CT.

I remain with tremendous gratitude for the journey, and optimism for the future.



## Psychiatric Care at Southcoast Health

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### Contact

#### **Grace Kooper, MD**

*Chair of Psychiatry Services*

Cell: 774-770-5201

Email: [kooperg@southcoast.org](mailto:kooperg@southcoast.org)

#### **Holly Lestage**

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## MPS Calendar of Events

SEMPS/WMPS	May 6 at 7:00 PM via Zoom	mpatel@mms.org
Disaster Readiness	May 7 at 4:30 PM via Zoom	dbrennan@mms.org
Retirement Committee	May 7 at 7:00 PM via Zoom	mpatel@mms.org
Healthcare Systems & Finance	May 19 at 7:00 PM via Zoom	dbrennan@mms.org
Women in Psychiatry	May 20 at 12:00 PM via Zoom	mpatel@mms.org
Public Sector	May 21 at 7:00 PM via Zoom	mpatel@mms.org
Child & Adolescent	May 27 at 7:00 PM via Zoom	dbrennan@mms.org