GRADUATING RESIDENTS

Christina Judith Arredondo, MD
Kara Simone Bagot, MD
Noah Alexander Capurso, MD, MHS
Isaiah W. Chase, MD
Dianne C. Duffey, MD
Anna Fiskin, MD, MSc
Brady John Heward, MD
Pochu Ho, MD
Megan Elizabeth Janoff, MD
Ayana Martina Jordan, MD, PhD
Renz Jarrett Juaneza, MD, MRT (NM)
Benjamin Kelmendi, MD
Ruby E. Lekwauwa, MD
Teófilo Enrique Matos Santana, MD
Rebecca Ann Muhle, MD, PhD
Arjune Kumara Rama, MD
Amy West Stevens, MD, MBA
Guillermo Valdés Montemayor, MD, MBA
Christina Judith Arredondo, MD

Christina received her MD from the University of Washington School of Medicine. Christina has represented her class as a member of the Graduate Education Committee during her PGY-3 and PGY-4 years, and was secretary for the Psychiatry Residents’ Association. As a PGY-4 resident, Christina joined the Public Psychiatry Fellowship program, working and learning alongside the Fellows. She made excellent contributions to the program, including a project on psychiatric advanced directives.

Dr. Barkil-Oteo wrote:

"Christina is an excellent match for Public Psychiatry: dedicated, compassionate, and committed to the well-being of the people she serves. A strong advocate for vulnerable communities, Christina has emerged as a natural and empathic leader with unwavering enthusiasm for her chosen career path. I had the opportunity to work with her at the CMHC–Hispanic Clinic and in the Latino Mental Health Interest Group. In both roles, she impressed as a valued team player, who not only exhibited eagerness to learn, but also contributed to the training experience of her peers. As early as her PGY-1 year, Christina was recognized for a level of commitment to Public Psychiatry considered comparable to that seen among senior psychiatry residents."

Next year Christina will be an ACT Psychiatrist at COPE Community Services and an Attending Psychiatrist at Crisis Response Center in Tucson, AZ.
Kara Simone Bagot, MD

Kara received her MD from the University of Illinois at Chicago College of Medicine. During her tenure in our program, Kara served as Chief Resident of the Albert J. Solnit Integrated Adult and Child Adolescent Psychiatry Research Training Program. She has co-authored several publications, including: “Ethnic Differences In Adolescents’ Reasons for Seeking Cessation Treatment,” and “Adolescents With Conduct Disorder; Early Smoking and Treatment Requests.” Kara was the recipient of the American Psychiatric Association Research Award in 2015.

Dr. Janet Madigan wrote:

"Kara has moved through her residency with the strength and fortitude of an Olympian and the elegant grace of an Ailey dancer. She is a woman of keen intelligence and exceptional balance. Kara’s outer comportment contains within a spirit that is deeply sensitive, gentle and caring. Her patients benefit. While juggling the multitude of Solnit Fellowship responsibilities, papers in press, award level research and national presentations, Kara and Chris are raising Jaxon, their now 20-month-old son! Elevating the art of multitasking to new heights Kara helped lead one of the most successful Solnit Program recruiting years ever. With wisdom beyond her years, Kara is a privilege to know and a gift to our profession."

Next year Kara will be continuing in the Solnit Integrated Residency Program.
Noah received both his Master of Health Sciences (MHS) and his MD, *cum laude*, from the Yale School of Medicine. During his tenure in our program Noah has been the recipient of both the Resident Teaching Award and the Ira R. Levine Award – the latter awarded for demonstrating clinical excellence, breadth of learning, and devotion to care of patients with severe psychiatric illness. This year Noah was a Chief Resident for Education, assessing the utility of the inpatient psychiatric experience in the medical student psychiatric clerkship.

Dr. Richard Kravitz wrote:

"Noah’s background is in music and chemistry, so we might ask how a cellist is like a psychiatrist. He holds and supports in formal arrangement a human-like shape that without him is wooden and silent. In his expert hands, with apt combination of technique, ear, and sensitivity, he brings the instrument to life. From silence emerge deep sonorities, even playful clucks, sounds mournful and joyous. And the cellist sits behind with finely attuned attention, the picture not of the heroic, virtuosic musician, but rather of the caring, self-effacing physician. Dr. Capurso is that kind of young psychiatrist, bringing the best of our art and science to his patients. He’s needed these skills to conduct the Katzenjammer Kid Orchestra of 8 East in the storied VA concert hall of West Haven. Bravo!"

Next year Noah will be a Fellow in the Yale Addiction Psychiatry Program.
Isaiah received his MD from the University of Rochester School of Medicine and Dentistry. As a PGY-2, Isaiah was elected by his colleagues to serve as co-president of the Yale Psychiatry Residents’ Association, and this year Isaiah was a Program-Wide Chief Resident. He has a wealth of teaching experience, including having designed and taught sessions on cross-cultural perspectives on suicide based on his experience living in Japan. As a PGY-4, Isaiah served as Chief Resident for Education with clinical placement on the VA inpatient unit.

Dr. Robert Rohrbaugh wrote:

"After college Isaiah spent two years in Japan where I strongly suspect he became a bushi, or samurai. Nitobe Inazo, the renowned Japanese scholar, described seven virtues of the samurai code, all of which are embodied in Isaiah’s work as PRA Co-President and as Program Wide Chief Resident. Bushi are benevolent, respectful, and sincere, attributes Isaiah has shown time and again as he worked with residents to solve problems. Isaiah showed courage and righteousness as he worked to change the model of care in the CIU. Lastly, bushi demonstrate honor and loyalty, which explains why Isaiah has worked so tirelessly to improve our residency program. His is a noble legacy, worthy of a samurai."

Next year Isaiah will be a faculty member in the Department of Psychiatry at Columbia University College of Physicians and Surgeons. He will also be starting a part-time private practice.
Dianne C. Duffey, MD

Dianne received her MD from the University of North Carolina School of Medicine. As her interests changed, Dianne made a successful transition from being a program director of Otolaryngology at Yale to becoming an outstanding psychiatric resident. Dianne has been extensively involved in several research studies and has been a co-investigator on projects involving the enhancement of a high school based smoking cessation program, and a computer-based cognitive behavioral therapy for risky behaviors in opioid dependent patients.

Dr. Kathleen Carroll wrote:

"Dianne’s path to psychiatry has been unusual. Dianne was a successful Board Certified Head and Neck surgeon, trained at NIH, UCLA, Mt Sinai, and Yale, with a notable set of peer reviewed journal articles and funded research projects. When asked why she wanted to start working with us in the somewhat less glamorous world of the Division of Substance Use, Dianne explained that rather than continuing to repair the chronic damage done by addiction, she felt it was time to explore becoming involved in preventing and treating it. Thus, she started a Special Fellowship in Substance Abuse Treatment."

This summer Dianne will be writing up results from a research study and will spend time with her family as she pursues opportunities to treat patients with psychiatric and substance abuse disorders.
Anna Fiskin, MD, MSc

Anna received her MD from the Case Western Reserve University School of Medicine and her MSc in Medical Anthropology from the Institute of Social and Cultural Anthropology at the University of Oxford. Anna was a collaborator on a research project through the London School of Hygiene and Tropical Medicine in which she conducted interviews with Nepali health workers and community members. Her report is being used to develop a sustainable mental health plan for a community in Nepal. Anna also helped develop and co-facilitate a curriculum on health disparities and cultural sensitivity.

Dr. Robert Ostroff wrote:

"Anna Fiskin exemplifies character. Character isn’t innate but is built with effort, artistry and time. Character is the moral struggle we all wage in being human between the desire to excel and receive accolades and the moral imperative to be a flawed decent person who struggles to do well.

Anna is self-effacing and does not appear to be either self-concerned or self-promoting. I’ve never worked with a resident who seemed so unconcerned with impressing me and more focused on being helpful to others.

I believe that who we are as people is more important to being a good physician than what we know or what we have done. Working with Dr. Fiskin has solidified this belief."

Next year Anna will be a fellow in the Public Psychiatry Program at the University of California at San Francisco.
Brady received his MD from the Yale School of Medicine. In residency, Brady continued research he had begun in medical school to assess child discipline practices, definitions of child abuse and the interventions of medical professionals in child abuse in the US and China. Brady was the 2013 recipient of the Ira R. Levine Award for clinical excellence, breadth of learning, and devotion to the care of patients with serious mental illnesses. This year he has worked to help our Interns adjust to their new roles by leading the PGY-1 Roundtable.

Dr. Robert Rohrbaugh wrote:

"Earlier in his career Brady assessed the health of creatures great and small, from black bears to pygmy rabbits, living in challenging physical environments. During medical school and residency Brady focused on assessing the health of children living in challenging family environments in the US and China. Using his kind, empathic, and non-judgmental approach, Brady has studied important questions that make us uncomfortable, questions like how physicians assess the boundary between culturally normative physical child discipline and child abuse. As you might imagine, the wonderful personal qualities that facilitate his academic pursuits also are also highly valued by his many friends, colleagues, and students who are delighted he and his family will remain part of our community next year."

Next year Brady will be a Fellow in Public Psychiatry at Yale.
Pochu Ho, MD

Pochu received her MD from the University of Medicine and Dentistry of New Jersey. She was a successful board certified obstetrician and gynecologist before discovering her interest in women's mental health. This year Pochu was the Chief Resident on the Consultation Liaison Service at the West Haven VA. Faculty routinely note that Pochu has dedicated herself to providing outstanding care for patients and education to the many trainees who have had the privilege of working with such a fine physician and psychiatrist.

Dr. Catherine Chiles wrote:

"Dr. Pochu Ho applies her extensive medical knowledge to the integration of medicine and psychiatry. Her professional commitment this past year as Chief Resident in the VA Consultation-Liaison Service has been to the benefit of Veterans who honor her, fellows and residents who seek to emulate her, and everyone from students to faculty attendings who cherish her. I speak for many who have gratefully experienced her leadership of the education and clinical missions. Her work ethic is unmatched. Dr. Ho stands out for her kindness and humility, her joyful presence, and tireless devotion to others. She will be missed."

Next year Pochu will enter a Clinical Fellowship in Psychosomatic Medicine and Psycho-Oncology at Memorial Sloan Kettering Cancer Center.
Megan Elizabeth Janoff, MD

Megan received her MD from the State University of New York at Stony Brook School of Medicine where she received the Award for Excellence in Psychiatry. She has demonstrated outstanding clinical knowledge and judgment. Faculty have noted that she was a wonderful team member and shared her experience with younger trainees. Megan demonstrated an understanding and respect for problems of psychiatric patients, becoming their strong advocate.

Dr. Victor Altshul wrote:

"There are few things more joyous for a supervisor than to work with a resident who has all the right moves from the beginning—an intuitive understanding of people in depth; a fundamental grasp of how verbal discourse can transform troubled lives; a capacity for closely attentive listening; a gentle manner; and an overarching human decency and respect for people. When working with Megan, it was a delight for me not to have to start from the beginning—there was so much that she already knew. We had sophisticated conversations about her patients from our first supervisory session. To this list of extraordinary virtues I would add her courage and strength to push through adversity. I am in awe of Megan’s achievement, and I will miss her."

Next year Megan will be an outpatient psychiatrist at the Greater Bridgeport Mental Health Center.
Ayana received her MD and her PhD from the Albert Einstein College of Medicine. Ayana was elected by her colleagues in her PGY-2 year to serve as co-president of the Yale Psychiatry Residents’ Association. This year she has served as Program-Wide Chief Resident. Ayana co-founded the Yale Minority House Staff Organization, an organization committed to the advancement of underrepresented house staff in all fields of medicine. Ayana has also been extensively involved with the WellBody Alliance in Sierra Leone, working to identify the link between substance abuse, mental illness, and associated stigma within the community.

Dr. David Ross wrote:

"When we took our residents to the Immanuel Baptist homeless shelter—drab, dilapidated, and depressing—Ayana’s response was immediate: 'we need to do something about this.' Several months later, in collaboration with a local restaurant and high school, she had helped raise more than $1,200 for the shelter and created an enduring mentorship program with the students. This episode speaks to the essence of who she is: whatever problem she encounters, Ayana works towards the solution—from pioneering our diversity recruitment team to helping Sierra Leone respond to the Ebola crisis.

When she was choosing a residency program, Ayana worried about the local community. The solution, of course, lay within: wherever she goes Ayana creates community—and Yale has been so much the richer for her presence."

Next year Ayana will be a Fellow in the Yale Addiction Psychiatry Fellowship.
Renz Jarrett Juaneza, MD, MRT (NM)

Renz received his MD from St. Matthew’s University School of Medicine and began his residency training at West Virginia University before transferring to Yale as a PGY-4. During this year Renz has been described by his supervisors as having made a “really nice transition into our program.” He is a pleasure to work with and manages difficult patients with a mastery usually seen in clinicians with much more extensive experience.

Dr. Carl Edelen wrote:

"Renz quickly adapted to the Yale program, joining as a 4th year. He often would have a fresh perspective on patients, looking at clinical cases from a slightly different angle, or suggesting alternative treatments for patients that were ultimately effective—this was greatly appreciated! He is a superb and thoughtful clinician who provides excellent care for his patients. He is highly respectful of his patients, listening attentively to their stories and treating them with warmth and compassion. I am pleased that I will have the opportunity to work with him again next year."

Next year Renz will be a Fellow in Yale’s Geriatric Psychiatry Fellowship.
Benjamin Kelmendi, MD

Benjamin received his MD from the University of Vermont, College of Medicine. Ben is a member of the Neuroscience Research Training Program and this year served as Chief Resident of the Clinical Neuroscience Research Unit. He has co-authored several publications, including: "Clinical Treatment of Obsessive Compulsive Disorder, Glutamate Neurobiology in Mood Disorder," and "A Systematic Review: Antipsychotic Augmentation with Treatment Refractory Obsessive-Compulsive Disorder."

Dr. Chris Pittenger wrote:

"I have known and admired Ben for a decade. He and I learned about OCD together back in 2009, when I was a resident and he was a research assistant with Gerry Sanacora and Vlad Coric. Ben has great clinical instincts and a deep empathy for his patients. It has been a joy to watch these develop over the course of residency as he has blossomed as a clinician, a leader, and a researcher. As Chief Resident on the CNRU, he struggled with extraordinarily complicated patients, always searching for ways to find new hope for those others might give up on. He was masterful in his leadership of the Unit’s clinical staff, as well as in his interactions with patients and their families. His research career is already impressive; he has co-authored 16 published papers. Ben won the Department’s Detre Prize and a research fellowship from the APA."

Next Year Benjamin will be a Research Fellow in the PTSD Center at the West Haven VA Hospital.
Ruby received her MD and her BSc in psychology from Duke University. Ruby has been a very active member of the Yale community, having been a member of the Yale Diversity SWAT Team and a Health Wellness Ambassador for the Yale McDougal Graduate Student Association. During residency Ruby wrote a grant to support the creation of the Yale Global Mental Health Fellowship and spearheaded a post-interview diversity outreach initiative to all underrepresented minority and international applicants of the Yale Psychiatry Residency Program.

Dr. Neakya Sahay wrote:

"It has been a privilege to work closely with Dr. Ruby Lekwauwa these past three years. Underneath her initial shy, and quiet demeanor is an intense curiosity, deep caring, thoughtfulness, and a wicked sense of humor! We have spent many hours together laughing, learning, and exploring a vast range of topics. She has a terrific capacity to take in feedback and self-reflect. It has been a pleasure to witness her discovery of her own talents as a highly proficient, gifted, and compassionate therapist and clinician. Her patients are fortunate to have her as their physician and we are fortunate to have her as our colleague, and friend."

Next year Ruby will be a Fellow in Child and Adolescent Psychiatry at the Yale Child Study Center.
Teófilo Enrique Matos Santana, MD

Teófilo received his MD from the Universidad Iberoamericana where he graduated summa cum laude. During his tenure in our program He was the Chief Resident in Psychosomatic Medicine at YNHH. He has received rave reviews from the medical students he has mentored on the C/L service. Teófilo has also been involved in several research projects, including one study exploring chronic alcohol use, the stress inflammatory response, and relapse risk. Additionally, he has authored several publications including "Psychiatric Comorbidities in Breast Cancer and Gynecologic Malignancies, A Review."

Dr. Paul Desan wrote:

"When they asked for a description of Teo, I asked myself should I talk about the sophisticated technical knowledge of consult psychiatry and of psychopharmacology that he had developed. Or should I emphasize his warm empathic low-key manner, a manner that enabled him to work effectively with very difficult patients no one else could reach? Or should I talk about his incredible efficiency that produces multiple detailed evaluations, with all collateral collected and past records reviewed and all details handled, while never appearing anything other than tranquil and relaxed? Or what about his organizational skill at leading a team, keeping track of all tasks all over the hospital effortlessly, and what about all the positive feedback from medical students about his enthusiastic teaching? If I included our tremendous appreciation for the contribution he made to our service this year, I would exceed the 100 word limit."

Next year Teófilo will be a Fellow in Yale's Addiction Psychiatry Fellowship.
Rebecca received her MD and her PhD from the Albert Einstein College of Medicine. Rebecca served as Chief Resident of the Albert J. Solnit Integrated Adult and Child Adolescent Psychiatry Research Training Program. Rebecca received the American Academy of Child and Adolescent Psychiatry Educational Outreach Program Award for Child Psychiatry Fellows in 2014. She initiated and will continue a project researching the utilization of genome-wide chromatin immunoprecipitation studies in mouse and human model systems to examine the regulatory functions of genes implicated in the pathogenesis of autism.

Dr. Hanna Stevens wrote:

"There are so many things I could say about Rebecca. I could tell about when she interviewed, how we quickly realized how wonderful she was—a molecular biologist interested in child psychiatry from so many angles. I could tell about the stellar impression she leaves on everyone with whom she works. I could tell about my pleasure working with her as chief resident. She anticipated the needs of her fellow trainees, juggling those with her own training and with amazing dedication to her family. But what really matters is this: All too often in child psychiatry, our systems of care are imperfect. Rebecca recognizes this with the deep compassion she has for children and families. But she has never let this render her helpless. It is because of people with this unflappable compassion that our field’s future is as bright as Rebecca is."

Next year Rebecca will be continuing in the Solnit Integrated Residency Program.
Arjune received his MD from the American University of the Caribbean. Arjune received the Resident Teaching Award in both 2013 and 2014 for his work teaching our medical students. He was an Interview and Writing Tutor, teaching medical and physician assistant students to take comprehensive psychiatric histories and develop written summaries of psychiatric cases. He has been an active member of the Writers’ Workshop in the Department of Internal Medicine and authored several publications for professional and lay audiences.

Dr. Edward Ryan wrote:

"Arjune is a wonderful person—sensitive, compassionate, decent, smart, funny, devoted, and modest. He is naturally talented for psychiatric work, and he has enriched and refined his talent with dedication—to clinical work, to teaching, and to learning. His personal, creative, innovative clinical work with a wide range of patients over the course of his residency has been steeped in his care for and attention to these people, balanced with his immersion in, his love of, and his respect for the work of those who have contributed to our field before him. He is a person of enormous creative energy, and he certainly will go on to make a remarkable contribution himself."

Next year Arjune will be a staff psychiatrist in Counseling and Consultation Services at the University of Wisconsin.
Amy West Stevens, MD, MBA

Amy received her MD and MBA from Columbia University. During her PGY-4 year Amy was the Chief Resident for Quality and Safety. Amy has a unique background, having worked for such giants as Susquehanna Financial Group where she provided equity research to the investment community on healthcare companies; and Goldman Sachs where she was a Senior Analyst with a special emphasis on psychiatric medications.

Dr. Louis Trevisan wrote:

"After a career in private equity, Amy decided she might like a career in psychiatry. Dr. Ismene Petrakis helped her decide to apply for the Yale Psychiatry Residency. She matched and has become one of our strongest, most uniquely talented residents. Amy contacted me to see if we could craft a fourth year Chief Residency in Quality and Patient Safety. Her enthusiasm for quality management and patient safety, as well as skill with statistics and a mind for conceptualizing systems issues in mental health have helped us cement the Mental Health Systems Improvement Series as the backbone of Mental Health Quality Improvement at the VA and Yale. All the while, she has provided exemplary care for a caseload of veterans with complex mental health issues."

Next year Amy will be a Fellow in Quality and Safety at the VA Connecticut Healthcare System.
Guillermo Valdés Montemayor, MD, MBA

Guillermo earned his MD from the Escuela de Medicina Ignacio A. Santos. Guillermo has received the AACAP Educational Outreach Program Award for two consecutive years in 2013 and 2014. During his tenure in our program Guillermo has been involved in research, including a Partners in Health global mental health project where he created a psycho-educational course for the management of unipolar depression in rural, marginalized communities in Southern Mexico. This project included a needs analysis which prompted the creation of new programs to treat mental health disorders in the community.

Dr. Andres Martin wrote:

"I was born and raised in Mexico, and had been a Yale faculty member for over a decade when I was privileged to welcome the application of one Guillermo Valdés Montemayor from Monterrey—the one in Nuevo Leon, not in California. Guillermo’s entrepreneurial spirit came through right away, and has endured—did you know that he owns a transportation company in Mexico, and that he donates his policy and clinical work in Chiapas, one of Mexico’s poorest states? He is as much Quijote as he is Sancho. I will miss mi querido amigo as he goes to Niu Llor. Pero asi es la vida. You will be missed, paisano!"

Next Year Guillermo will be a Fellow in Child and Adolescent Psychiatry at New York University.