

CLINICAL PSYCHIATRY TRACK



Boma Afonya, MD

MD: University of Cincinnati College of Medicine
BS: University of North Dakota

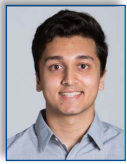
Born and raised in Nigeria and witness to the deep stigma attached to mental illness, Boma immigrated to Minnesota as a young teen, where she again noticed profound inequity in the lives of those who are psychiatrically ill. Driven by this injustice, in college she began work as a Certified Nursing Assistant and Mental Health Technician in a psychiatric center and a nursing home, activities which fueled her ambition for medical school and psychiatry. Her mindedness and drive for equity has also extended to supporting her peers. Throughout her academic career, Boma has served as a tutor, writing teacher, and mentor. As an SNMA Executive Board Member, Boma chaired Cincinnati's Black History Month events and helped plan the Regional Medical Education Conference for hundreds of students across the region. Boma takes great pride in her identity as a Nigerian and Black woman in psychiatry. Her academic interests include psychodynamics, global mental health, the church as a source of mental health support, and mentorship. Outside of medicine she enjoys traveling, spending time with family and friends, dancing to Afrobeats, and baking.



Pawan Angara, MD

MD: New York University Grossman School of Medicine
BS: Cornell University

From the Hudson Valley, Pawan joined Rotary International as a youth and realized early that he wanted a service-oriented career. Studying Computational Biology and the genomes of agriculturally important viruses, Pawan put his knowledge and skills into community action, outreaching and developing a climate change website to connect local farmers with resources. His long record of service includes helping develop the Ithaca Suicide Prevention and Crisis Service, transforming the Cornell Rotaract group, fundraising for a student-run nonprofit that supports elementary education in rural China, and working as Senior Manager of Cornell's Community Center Programs where he facilitated community-building within the student body. After college, he worked as a Clinical Information Manager at MidHudson Regional Hospital, where he encountered the toll of unmet mental health needs in his community, leading him toward a career in psychiatry. In medical school and inspired by events in 2020, Pawan published on the ethical considerations surrounding the Goldwater Rule and psychopathology among American presidents, in addition to researching mental illness stigma among medical students. Pawan plays the mandolin.



Imaz Athar, MD

MD: Icahn School of Medicine at Mount Sinai
BA: University of Pittsburgh

Though born in Brooklyn, Imaz moved around quite a bit, landing in New Mexico, Kentucky, and Pennsylvania before finally coming back to NYC for medical school. Exposure to different people and cultures, coupled with a keen interest in science, inspired Imaz to pursue a career in psychiatry. At Pitt Imaz studied neuroscience, researching the relationships between socioeconomic status, subgenual anterior cingulate cortex activity, and antisocial behavior. Also focusing on sociology, he received awards for his work on barriers to mental health services in Allegheny County. Imaz also explored his interests in writing and podcasting as he helped create the university's only health and science magazine, The Pitt Pulse. In medical school he worked with both the Mount Sinai Human Rights Program, connecting participants to social services and medical care, and the Social Justice Program, studying communication barriers between community health workers and medical center clinicians. Continuing his focus on sociological influences on mental illness and care, he explored how the legal status of the World Trade Center Program's Latinx patients affected their mental health. He has presided over the psychiatry student interest group, highlighting mentorship and a focus on advocacy and psychiatric care for underserved populations. Imaz has started his own podcast and enjoys drawing and writing.



Raia Blum, MD, MS

MD: Icahn School of Medicine at Mount Sinai
MSW: Columbia University School of Social Work
BA: McGill University

After studying sociology in college in Canada, Raia became a high school special education teacher in San Francisco and was promoted to Department Head after just her first year, allowing her to implement a novel system to ensure students with special needs were receiving the services to which they were entitled. Through her work as a teacher confronted with the critical shortage of mental health services, Raia pursued social work training at Columbia. In her internship at Weill Cornell, she worked in the psychiatric emergency room, provided individual psychotherapy for individuals in the Employee Assistance Program of NYP, and led group therapy sessions for substance use at the Midtown Center for Treatment and Research. She was later employed as an inpatient psychiatric social worker at Bellevue Hospital. Deciding to transition to a career in medicine, she completed a post-bac at Columbia, where she published on the socioeconomic status of patients with left ventricular assist devices. In medical school, she has been a senior clinician in the free clinic and student founder of Mount Sinai's COVID-19 resource navigation phone line, supporting many hospital employees and trainees. Throughout most of medical school, Raia researched the psychosocial outcomes of anti-NMDA-receptor encephalitis, leading to several publications.



Enzo Fantin-Yusta, MD

MD: Columbia University Vagelos College of Physicians and Surgeons
BA: University of Michigan

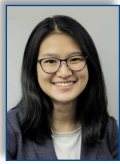
Born in Detroit, Enzo spent his early childhood in Santiago, Chile. Studying neuroscience, he explored the role of glycoproteins in the remodeling and fibrosis of adipose tissue in transgenic mouse models under a high-fat diet, including their role in the development of obesity and diabetes. In college he volunteered in the spinal cord injury unit, where he grew curious about the lived experience of patients and the psychological transition into new-onset disabilities. As Professional Development Chair and Vice President of the Multicultural Association of Pre-Medical Students at University of Michigan, he worked to increase the exposure and career options for students from groups historically underrepresented in medicine. In medical school Enzo was President of the Latino Medical Student Association chapter of the Black & Latino Students Organization and a member of its Executive Board. He served as a senior clinician in Columbia's free clinic and worked the COVID-19 Student Service Corps Community hotline. His research in medical school focused on developing a longitudinal staging framework for the progression of anorexia nervosa, and on the acceptability of monitoring in binge eating disorder. One of Enzo's key interests is drug-mediated and psychedelic-assisted psychotherapies.



Jordyn Feingold, MD, MSCR, MAPP

MD/MSCR: Icahn School of Medicine at Mount Sinai
BA/MAPP: University of Pennsylvania

Concentrating in Environment & Health at Penn, Jordyn set the stage for an already quite productive career in these intersecting realms. Following with a Masters in Applied Positive Psychology under Martin Seligman, she has become a tireless advocate for bringing well-being into everyday life, particularly among medical students and physicians. At Mount Sinai she co-developed PEERS—a student wellness program recognized by national awards from the APA and ACGME—designed courses in positive medicine for physicians, students, and allied professionals, and published and presented her work nationally. She is a member of the National Academy of Medicine's Action Collaborative on Establishing Clinician Well-Being & Resilience. She has been on the Student Council Executive Steering Committee and represented her class throughout medical school. During her scholarly year completing a Masters in Clinical Research, Jordyn focused on transitions from pediatric to adult care in adolescents with inflammatory bowel diseases and also led a team of 14 researchers studying the psychological impact of COVID-19 on frontline health care. She has been the education co-chair and a senior clinician in the free clinic.



Joyce Huang, MD

MD: State University of New York Downstate Medical Center College of Medicine
BA: Williams College

Joyce studied Comparative Literature and Biology at Williams, where she imbibed the spirit of “uncomfortable learning,” including living with a refugee community in Maine and working with a parents’ advocacy group for mental health in juvenile justice. Joyce has long been interested in education and working with children and adolescents. During an AmeriCorps year, she taught 10th grade English Language Arts in the Bronx, which furthered her appreciation of the holistic approach necessary in healthcare. At Downstate, Joyce was part of the Medical Educator Pathway, where she focused on curriculum development and conducted research on giving feedback. She coordinated and reworked the curriculum for a peer mentoring and teaching program for MS2s. For years Joyce has been active in her faith community, organizing youth conferences, leading weekly sessions, most recently as President of the Downstate Christian Fellowship in which she has connected with local community health clinics. Joyce has compiled her own sketching/oil painting portfolio and arranged a gallery for an inaugural conference on Asian American identity and expression at Williams. Her other hobbies include badminton, succulents, anime, jigsaw puzzles, and applying literary analysis to pop culture.



Halley Kaye-Kauderer, MD

MD: Icahn School of Medicine at Mount Sinai
BS: Yale University

Halley’s longstanding interest in psychiatry and global mental health began at Yale, where she majored in Cognitive Science, focusing on the intersections of cognition, culture, and morality. She was the assistant editor of the Yale Review of Undergraduate Research and President of Berkeley College. After graduation she spent a year backpacking through Asia and South America before returning to New York, where she was born and raised. In medical school Halley further cultivated her interest in global mental health by studying disaster psychiatry, where she focused on posttraumatic stress, growth, and resilience in the aftermath of large-scale disasters, including the 3/11 Triple Disaster in Japan and the COVID-19 pandemic. She conducted research at Fukushima Medical University before pursuing a dual-fellowship-funded scholarly year in the Department of Psychiatry at Tohoku University School of Medicine in Sendai, Japan, where she designed and distributed a new scale of behavioral resilience. Upon returning home from a foreshortened year due to the pandemic, she was a pivotal member of the COVID-19 Psychological Impact Team examining the effect on frontline providers at The Mount Sinai Hospital. At the same time, she helped develop a pilot program to provide healthcare workers with an outlet for artistic expression during the pandemic. The program connects healthcare workers and professional artists (improvisational comedians, musicians, etc.) with a goal to mitigate negative psychological outcomes by creating a shared space to bolster creativity, social support, and new coping strategies. She has worked with the Mount Sinai PEERS wellness program since its establishment and helped translate the program for elderly and isolated individuals in Sendai, Japan.



Harper Kibler, MD

MD: Icahn School of Medicine at Mount Sinai
BS: Hamilton College

Harper was born and raised in NYC, where the diverse population inspired her to pursue degrees in Foreign Languages and Anthropology. Following college, she tried her hand at several different careers, including architecture and museum exhibit design, television production, food writing, digital marketing, and volunteer coordination. As a design intern for an architectural firm, she incorporated scientific findings into a museum Health & Wellness exhibit focused on how to be happy. At AmeriCorps in South Carolina, she organized volunteers and fundraised to rebuild homes destroyed by natural disasters. At Memorial Sloan-Kettering, she researched the impact of breast cancer treatment on employment. In medical school she has been a member of the core leadership team of the successful PEERS wellness program, as well as the Committee Leader of the Virtual Memorial Wall honoring Mount Sinai employees lost to COVID-19. She also produced and directed videos aimed at connecting the hospital community despite social distancing, in addition to creating content to help people address anxiety using CBT principles. Harper also has long competed in Ultimate Frisbee tournaments.



Emily Phelps, MD, MS

MD: Rush Medical College
MS: Boston University
BS: University of Alabama

A University Fellow and Presidential Scholar throughout college, Emily has a rich background of leadership, service delivery, social justice, and mentoring. Among her most meaningful endeavors is her work with persons with dementia through community-based art therapy in rural Alabama. She has written broadly about her formative experiences and published program findings in *Alzheimer's & Dementia*. Emily's graduate school thesis was in psychosocial and familial factors of pediatric pain at Boston Children's Hospital (published in *Pain*). A year hiatus from school brought her to New York, where she worked as a barista, ED scribe, and dog walker. In medical school she invested deeply in community partnerships on Chicago's West side, launching a program to screen for social determinants of health and facilitating a free clinic for rehabilitating adults. With funding through her Dean's Award, she developed a protocol for a Virtual Reality dementia simulation to foster empathy and combat ageism in medical education. Her study was featured by the AMA, AMWA, the Village, and VR Voice, and published in the *International Journal of Academic Medicine*. Emily's community, research, and teaching endeavors converged on focus group facilitation, culminating in a Restorative Justice Med-Ed model she and peers showcased in a national AAMC workshop. Interested in nutrition as a patient-centric tool to promote brain health, Emily authored commentaries on nutritional psychiatry through the *AJP Residents' Journal* and the American Association of Addiction Psychiatry. Emily earned national honors through the AAGP Scholars Program and the AAAP John Renner Award for her emerging advocacy in geriatric and addiction psychiatry. Emily was a four-year elected representative of her class student council. Upon graduation she received the Leonard Tow Humanism in Medicine Award and the William Harrison Award for institutional impact. Emily has been inducted into the Gold Humanism Honor Society.



Margot Quinn, MD

MD: George Washington University School of Medicine and Health Sciences
BA: George Washington University

Since her first psychology class in college, Margot has had a fascination with the mind. She started her journey into a career in mental health at a clinical psychology lab at GW, in a study assessing motivation to exercise and resulting exercise activity. She later moved to the National Institute of Child Health and Human Development, where she joined a lab examining the relationship between binge eating behaviors and development of pre-diabetes in adolescents. After college she spent several years working as a research coordinator in a clinical lab at the Boston VA Medical Center, where she facilitated multiple cardiovascular clinical trials including contrast induced kidney injury, heart failure interventions, stent efficacy, and long-term effects of Gulf War Veterans Illness. In medical school Margot narrowed her focus to psychiatry and was awarded the GW SMHS Health Services Scholarship, which allowed her to work in a lab exploring the role of the RAAS pathway in fear memory acquisition and the use of ARBs in PTSD. She led medical students in screening undergraduates for depression and suicidality. Margot has contributed much time volunteering with survivors of rape and sexual assault, patients in hospice, veterans recovering from spinal injuries, and patients at the UMass Memorial Hospital psychiatric emergency department, in addition to HIV testing and sexual health counseling. At the outset of the COVID pandemic, she helped to establish a COVID testing site, while leading volunteer recruitment in a local community health clinic. She founded and was the co-captain of the George Squashington Squash Club, and she has worked at one of the most Open Table-reserved restaurants in the country.



Stephanie Schonholz, MD

MD: Icahn School of Medicine at Mount Sinai
BA: St. Lawrence College

Originally from the suburbs of Massachusetts, Stephanie attended college in upstate NY, where she earned a degree in Performance & Communication Arts with a focus in Rhetoric and Communication. Following graduation, she moved to Phnom Penh, Cambodia and worked as a Pre-K/Kindergarten ESL teacher. After traveling in Southeast Asia and South America while intermittently working as a bartender to fund her excursions, she returned to the US and began work in social media marketing. After spending a little under a year in her new role, Stephanie made the decision to pursue a career in medicine, leaving her job and enrolling in Harvard's post-bac program. She concurrently worked as a research assistant at Dana-Farber Cancer Institute on a study examining communication, health services, and caregiving among advanced cancer patients nearing the end of life. Her interest in creating spaces for people to share their stories continued to drive her pursuits in medical school, where she helped develop and lead the Mount Sinai Human Rights Program, a student-faculty hybrid program that provides physical and mental health evaluations and written legal affidavits to support asylum seekers' applications to the US. She is interested in exploring Forensic Psychiatry and working with law advocacy groups to improve solitary confinement practices for people with mental illness in the NY state prison system. In her free time, Stephanie enjoys exploring the city, especially Central Park, and spending as much time as possible with her Chihuahua-Terrier-Shih Tzu mix dog, Dori.



Onyemaechi Uzosike, MD

MD: Stanford University School of Medicine
BA: Princeton University

Maechi majored in Ecology and Evolutionary Biology and minored in Neuroscience with a focus on animal behavior, conducting thesis research on gecko cognition and habitat restoration in Australia. While employed throughout most of college, Maechi also was vice president and choreographer of diSiac, a 50-member student dance company. During medical school he continued to engage in dance both on and off campus, including as choreographer and dancer in the Dear Future Doctor Stanford video. Relatively undifferentiated in his clinical interests early in medical school, he initially joined Stanford's Department of Pediatric Orthopedics, where he worked part time as a research assistant for 3 years and where he completed his Scholarly Concentration in Clinical Research. His work has included examining rates of Achilles tenotomy under local or general anesthesia in clubfoot patients, how day of week of surgery affects time to discharge for patients with adolescent idiopathic scoliosis, the effect of Pavlik harness use for the treatment of developmental hip dysplasia on age of achievement of motor milestones, and a 6-month-funded project studying the use of novel juvenile chondrocyte factors in promoting mesenchymal stem cell expansion in osteoarthritis. He received the Orthopedics journal Blue Ribbon. However, he found that he began to gravitate toward projects that related in some way to the mind, such as projects examining pediatric orthopedic surgeons' decision-making rationale in an outpatient setting, and how to incentivize kids to wear their scoliosis braces. Maechi has been an officer in SNMA for 3 years.



Laura van Dyck, MD

MD: Yale School of Medicine
BS: Brown University

Informed by her early interest in the brain and human behavior, Laura studied neuroscience at Brown. Her senior undergraduate thesis focused on adapting novel imaging techniques to map out the ascending pain pathway. She went on to conduct research utilizing patient induced pluripotent stem cells to study neurodevelopmental insults occurring in Christianson syndrome. Early in medical school, she was elected by classmates as a Peer Advocate, where she provided social, emotional, and academic support to the medical student community and worked closely with the Associate Dean of Student Affairs. After discovering her interests in geriatric psychiatry, she became president of the Geriatric Interest Group and developed a medical education curriculum to foster interest in geriatric subspecialties. During the early months of the pandemic, she founded two programs serving isolated older adults. In her Telephone Outreach in the COVID-19 Outbreak Program, student volunteers developed longitudinal relationships with isolated nursing home residents for weekly phone calls. The other, the Social Connections for Seniors during COVID-19 (SCSC) Program involved weekly virtual group discussions geared toward older adults. In parallel, she conducted research on the relationship between patient understanding of life-sustaining interventions, outcome priorities, and end-of-life decision-making. Laura has also conducted research examining structural differences in the paracingulate sulcus (PCS) in schizophrenia patients and healthy subjects with auditory hallucinations, as well as a project using transcranial magnetic stimulation to manipulate brain circuits involved in detecting cognitive errors in patients with auditory hallucinations. She has published in *Schizophrenia Bulletin*, *American Journal of Geriatric Psychiatry*, *Journal of the American Geriatric Society*, *Current Opinion in Neurology*, *Journal of Pain Symptom Management*, *Bipolar Disorders*, and *Science Translational Medicine*. Laura also enjoys hiking, making homemade ice cream, and reading about planetary geology.

PHYSICIAN-SCIENTIST RESEARCH TRACK



Ehsan Moazen Zadeh MD, MSc

MD: Iran University of Medical Sciences
MSc: University of British Columbia

Ehsan was born and raised in Kerman, Southern Iran. He moved to Tehran for medical school in 2008, where he began working in research, initially on the genetics of bipolar disorder and later on the treatment of pain and depression in fibromyalgia. His passion for psychiatry developed as he learned about psychodynamic psychotherapy and subsequently founded a free discussion group for medical students. After medical school, he collaborated on a number of large-scale epidemiologic studies of mental health disparities among racial groups in the US while completing a postdoctoral fellowship in psychopharmacology at Tehran University, where he focused on RCTs of novel therapeutics for major psychiatric disorders. In 2018, Ehsan moved to the University of British Columbia in Canada for graduate studies on substance use disorders before joining a Neuroimaging lab at Columbia University in 2019. In 2020, he moved to Mount Sinai for a postdoctoral fellowship at Yasmin Hurd's laboratory. Ehsan has multiple publications to date, including two in *The Lancet Psychiatry*. He is passionate about photography and adventures in nature.



Mina Rizk, MBBCH, MSc

MD: Minia University
Prior Residency: Minia University, Neurology and Psychiatry

Mina was born and raised in Egypt, where he earned his medical degree and completed a prior residency training and Masters in Neurology and Psychiatry. He then joined the Department of Psychiatry at Columbia University in 2016 as first a visiting research scholar, then as a postdoctoral research scientist, where his work focused on the neurobiology of suicidal ideation and behavior. Using different brain imaging modalities (i.e., diffusion tensor imaging, voxel-based morphometry and resting-state functional MRI) and stress response paradigms, he worked on projects delineating the neurobiological underpinnings of distinct subtypes of suicidal individuals. In 2019, Mina received the Paul Janssen Fellowship in Translational Neuroscience Research and the NARSAD Young Investigator Award to study the anti-suicidal effects of buprenorphine, and the potential role of its kappa opioid receptor antagonism properties in this context. Using a task-based functional MRI paradigm, he plans to investigate if the anti-suicidal ideation effects of buprenorphine correlate with changes in brain responses to negative emotions, a proxy measure of the kappa opioid system function. He has obtained FDA approval to test the putative effects of low-dose buprenorphine on suicidal ideation among depressed opioid naïve persons and is currently conducting his project at The Mount Sinai Hospital and New York State Psychiatric Institute. Mina has published 14 papers, including 8 first-author publications, and has been featured in the *American Journal of Psychiatry*. He also co-authored the Suicide Prevention chapter in the new edition of the *APA Textbook of Mood Disorders*. In his spare time, Mina loves to watch soccer (Liverpool!!) and spend time with his family.