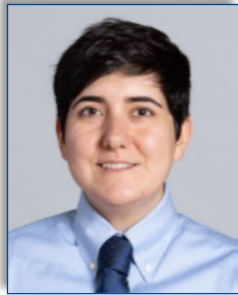


## CLINICAL PSYCHIATRY TRACK



### **Nicholas Athayde-Rizzaro, MD** (he/him)

MD: Icahn School of Medicine at Mount Sinai  
BA: Pontificia Universidade Catolica do Rio de Janeiro  
BA: University of Maryland, College Park

Nicholas' journey in healthcare has always been informed by a desire to provide care for underserved communities. He was born in New York and grew up in Rio de Janeiro, where he obtained a B.A. in Psychology. During his training at PUC-Rio, Nicholas completed an internship in community psychology where he facilitated group therapy for at-risk youth in Vidigal, conducted qualitative research on family systems, and wrote his final thesis dissertation on psychoanalysis, queer theory, and Brazilian trans identities. Nicholas later moved back to the U.S., where he decided to pursue a career in medicine. He attended the University of Maryland, where he completed his pre-medical courses and obtained a B.A. in Spanish Language, Literature and Cultures. During his time in the DMV, Nicholas worked as a PrEP Navigator at Whitman-Walker Health and volunteered as a trans peer support group facilitator as well as HIV counselor and tester. In medical school at Mount Sinai, Nicholas was part of the Primary Care Scholars Program, where he had the opportunity to provide care for undomiciled patients at the Broadway Community Clinic and for LGBTQ+ youth at Ali Forney Center. His research contributions in medical school include an independent project assessing the impact of the COVID-19 pandemic on access to care for the trans community, as well as working with the Fribourg-Casajuna lab investigating the role of TIP60 inhibitors on Foxp3 expression Treg differentiation. In his spare time, Nicholas enjoys spending time with his husband and his two cats, running, and exploring the NYC culinary scene.



### **Lucia Bederson, MD** (she/her)

MD: Icahn School of Medicine at Mount Sinai  
BA: New York University

Lucia grew up in New York, surrounded by a family immersed in medicine. After completing her undergraduate degrees in Psychology and Italian Literature, she worked in neuroscience labs at NYU and UCSF, focusing on neural correlates of addiction, depression, and anxiety. At Mount Sinai, Lucia engaged in clinical research with Helen Mayberg on deep brain stimulation in patients with treatment-resistant depression and obsessive-compulsive disorder, helping to map neural circuits using diffusion imaging tractography. She has published on DBS for depression in *Neurotherapeutics*, the neuroscience of inhibition and prediction of relapse in addiction, as well as book chapters on the role of neurosurgery in psychiatric diseases. During her scholarly year, she worked at AskTia, a women's health startup, where she designed clinical guidelines for managing depression and anxiety and integrated alternative medicine practices with traditional treatment models. Her work helped create clear outcome measurements for mental health programs, demonstrating her leadership in blending clinical innovation with patient-centered care. Lucia was Co-Chair of the IcahnBeWell program, organizing events and conducting research on wellness among medical students. A certified Reiki Master Practitioner and a 200-hour Yoga Alliance Registered teacher, Lucia co-founded the Yoga Bears program at Mount Sinai, providing weekly yoga classes for children aged 5-12. Her interests include sailing, gardening, textile arts, and outdoor activities like hiking and skiing.



**Kegan Dasher, MD** (he/him)

MD: George Washington University School of Medicine and Health Sciences  
BS: University of Pittsburgh

Kegan grew up in Fort Washington, Maryland and is deeply committed to serving marginalized and underserved communities. As a Community and Urban Health Scholar, he has worked as an HIV counselor at the Whitman-Walker Health Clinic and served as the president of the George Washington University White Coats for Black Lives chapter. In addition to his passion for social justice, Kegan has nurtured his love for the arts, and he is deeply engaged as a dancer and instructor, having performed and taught styles ranging from West African dance to jazz-funk. He was awarded the Joseph Collins Foundation Scholarship, which recognizes medical students who excel academically while maintaining a strong interest in the arts. Academically, Kegan has also been recognized with the Goddard Prize for Outstanding Achievement in Pharmacology and was elected to the Gold Humanism Honor Society. His interest in psychiatry grew throughout his training, particularly during his time at the NIH Clinical Electives Program, where he worked with patients experiencing complex psychiatric and medical conditions. His research includes work with the GW Vaccine Research Unit, where he contributed to trials on COVID-19 vaccines.



**Tanya Datta, MD** (she/her)

MD: David Geffen School of Medicine at UCLA  
BA: University of Pennsylvania

Tanya grew up in Syosset, New York and has always been deeply interested in the intersection of medicine, neuroscience, and integrative care. She graduated college with a degree in the Biological Basis of Behavior and went on to work at Massachusetts General Hospital, where she conducted research on the neuroscience of meditation and yoga. Her work culminated in multiple peer-reviewed publications, as well as teaching undergraduates at Harvard. In medical school, she found delight in integrative medicine by co-founding the "Mindful Living Program", a holistic well-being course for first-year medical students, and developed a highly rated wellness curriculum that became part of the medical school's orientation for incoming students. She was awarded the first-place prize at the Academy of Integrative Health and Medicine Annual Conference for her creation of a student-led 31-day meditation challenge, which was widely embraced across the UCLA community. Her work in integrative medicine continued with co-coordinating the national HEART-IM elective which focused on activism, reflective transformation, and integrative medicine for senior medical students across the country. Tanya's commitment to community is evidenced by her induction into the Gold Humanism Honor Society. In her free time, Tanya enjoys dancing (including Bollywood and Hip Hop), practicing mindfulness meditation, and learning new languages.



**Danielle Howell, MD** (she/her)

MD: Donald and Barbara Zucker School of Medicine at Hofstra/Northwell  
BA: Princeton University

Danielle grew up in Brooklyn and has been deeply committed to promoting mental health and health equity from an early age. At Princeton, she majored in Comparative Literature while working on global health initiatives in South Africa and Peru. Prior to medical school, she taught elementary school children art, literacy techniques, and STEM at Bushwick, Brooklyn, ultimately being appointed as Assistant Site Director responsible for leading team meetings, coordinating school-wide events, and writing grants and conducting research on educational outcomes. Bringing her educational endeavors to medical school, she has been active teaching peers about screening and advocacy, giving multiple annual educational talks to third year students, developing curricula for health policy electives, and furthering recognition of the need for humanist approaches by co-writing and directing a play, “*Caring for the Racist Patient*.” Working as a Research Fellow in Zucker’s Office of Diversity, Equity, and Inclusion, she developed, implemented, and is publishing curricula to educate medical students on screening for social determinants of health, specifically focusing on the impact of Adverse Childhood Experiences on mental health outcomes. She has also investigated and is publishing on race-based disparities in the frequency and duration of restraint use in inpatient psychiatry. Her dedication to health equity was recognized through the Advancing Women in Science and Medicine Emerging Scientist Award. Long committed to child and adolescent psychiatry, Danielle has worked extensively in underserved communities, addressing food insecurity, trauma, and legal needs affecting children’s mental health. Outside of medicine, she enjoys dancing, cooking new recipes (particularly Jamaican cuisine), and learning new languages.



**Kiara Kaylor, MD** (she/her)

MD: Weill Cornell Medical College  
BS: Johns Hopkins University

Born in San Diego and raised in New York by her Dominican mother, Kiara developed her passion for global health and health equity early in life. In college she studied Molecular and Cellular Biology, with a minor in Psychological and Brain Sciences. In medical school she served as an Executive Board Member of the Weill Cornell Wellness Council and a mentor in the POD Mentorship Program. With Cornell’s Anti-Racism Task Force, she has advocated for increased support for minority medical students and helped to develop an anti-racism and health equity curriculum. Kiara’s research spans multiple departments and includes the gender gap in Interventional Radiology, the long-term cardiovascular effects of COVID-19, and outcomes in pancreatic cancer patients undergoing stereotactic MRI-guided adaptive radiation therapy. Her work has been published and presented at national conferences. Her passion for psychiatry grew during her time at the Weill Cornell Center for Human Rights, where she conducted forensic evaluations for asylum seekers, combining her clinical skills with her dedication to social justice. Kiara was awarded the Distinction in Global Health and inducted into the Alpha Omega Alpha Honor Society, reflecting her academic excellence and dedication to service. In her free time, Kiara enjoys hiking, painting, and exploring different cuisines.



**Dayle Lapolla, MD** (she/her)

MD: Icahn School of Medicine at Mount Sinai

BS: Cornell University

From Katonah, New York, Dayle studied biology in college before beginning her career as a Research Program Specialist at Weill Cornell Medicine where she coordinated clinical trials for breast cancer, publishing in *NPJ Breast Cancer* and *Scientific Reports*. Shifting her focus to psychiatry in medical school, Dayle furthered her longstanding interest in working with vulnerable populations. She co-led an innovative elective aimed at dismantling ageist biases among medical students by pairing students with older adults to create legacy projects, presenting her work at the American Geriatrics Society. She also led the Palliative Care Interest Group focusing on end-of-life care. She has engaged in research investigating trauma and social cognition through the World Trade Center Mental Health Program, presenting her findings at the Society of Biological Psychiatry and the Anxiety and Depression Association of America. Dayle has been a Mental Health Clinic Teaching Senior at the student-directed free East Harlem Health Outreach Program. Outside of her clinical and academic pursuits, Dayle is a creative writer with a minor in English and enjoys film photography, literature, and the arts. She is conversant in Dutch.

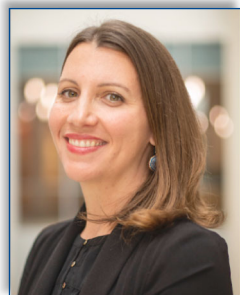


**Stellar Levy, MD** (she/her)

MD: Robert Larner, M.D., College of Medicine at the University of Vermont

BA: Wesleyan University

Stellar grew up in Islamorada in the Florida Keys. After high school she traveled to Kenya and parts of Southeast Asia over the course of one year before attending Wesleyan University. Earning dual degrees in Neuroscience and Dance at Wesleyan, she was selected to be a fellow for a New York City-based, professional dance company, Kyle Abraham/Abraham in Motion. After college, she spent several years working in lung cancer research at Yale and dancing professionally with the Elm City Dance Collective. During this time she also volunteered with the Elder Horizons program at Yale New Haven Hospital where she provided bedside interventions to prevent delirium in elderly patients, and at the HAVEN Free Clinic where she supported healthcare access for underserved populations. At the University of Vermont, Stellar worked on the Gender Equity Initiative, where she helped create a tool to assess and track gender equity efforts within academic medical institutions. Her work earned her the "Gender Equity Champion Award" in 2021. Stellar also organized Memory Cafés for people with memory loss and was as a mentor in the Big Sib/Little Sib program. Stellar has been inducted into the Gold Humanism Honor Society, reflecting her commitment to compassionate care and service. In her free time, she enjoys dance, yoga, and spending time by the water with friends and family.



**Elizabeth O'Connell, MD** (she/her)

MD: The Warren Alpert Medical School of Brown University  
BSN: State University of New York at Stony Brook

Lizzie's journey in medicine reflects her dedication to lifelong learning and advocacy for underserved communities. She began her career as a Registered Nurse and Sexual Assault Nurse Examiner at Mount Sinai Morningside, later relocating to Brazil with her family, where she trained as a Nurse Midwife and practiced in a public hospital on the outskirts of São Paulo. Her career has also taken her to Guatemala for community nursing, Zambia for HIV/AIDS care, and Denver for labor and delivery nursing. After more than a decade in nursing and midwifery, Lizzie entered Brown University's medical school, where she developed a strong commitment to supporting individuals with substance use disorders. During medical school, she worked with an addiction start-up, connecting with treatment centers nationwide to match patients and families with suitable care options. Although she is primarily clinically focused, her research has explored how psychedelics have been historically portrayed in the media and the unique mental health challenges faced by trans women sex workers in Brazil. Following her residency, Lizzie is excited to continue her work in public psychiatry and addiction medicine, to serve all New Yorkers.



**Janett Ordonez, MD** (she/her)

MD: University of Texas Southwestern Medical School  
BA: Rice University

Janett was a collegiate Scholar in the Rice Emerging Scholars Program and the Sustaining Excellence in Research program, graduating with a degree in Chemistry and co-authoring a publication in *ChemComm* on amino acid-based relay systems for protein labeling. Janett's path to medicine has been shaped by her experiences as a first-generation college student from a Mexican-Honduran family in Houston, leading to her deep commitment to compassionate, accessible healthcare for underserved communities. In medical school she co-lead the Joint Admission Medical Program, mentoring economically disadvantaged students and organizing events to support those pursuing careers in medicine. She also collaborated with the Paul Quinn Primary Care Project, conducting mental health evaluations and promoting early intervention at a local HBCU, and contributed to the development of educational exercises addressing racism, bias, and discrimination within medical education. She has been a Spanish interpreter at the Agape Dermatology Clinic and the Monday Clinic, ensuring language was not a barrier to care. In her editorial role in UT Southwestern's "What's Good?" mental health newsletter, she has produced articles that provide mental health resources and uplifting news for students, fostering a supportive community. Her medical school research has explored the intersections of schizophrenia, aging, and neurodegeneration, identifying molecular and structural brain changes as potential modifiable treatment targets. Additionally, her research experience spans multiple specialties: she presented on cystoscopy for recurrent urinary tract infections at national and international conferences and published first-author work in *Urology* and as a second author in *Pediatric Dermatology*.



**Brendan Ross, MD** (he/him)

MD: McGill University Faculty of Medicine

BA: Yale University

Born and raised in Iowa and Missouri, Brendan's path to psychiatry reflects his commitment to understanding the intersection of culture, geography, and mental health. After completing degrees in History and East Asian Studies at Yale, he worked as a Yale-China Teaching Fellow in Changsha, China, and as a clinical research coordinator at Brigham and Women's Hospital in Boston. As a Fulbright Fellow in Taiwan during medical school, Brendan conducted public health research on healthcare access in Taiwanese Aboriginal communities.

He has also been a Molina Fellow at McGill's Osler Library, where he led a humanities research project exploring Dr. Norman Bethune's medical legacy in China that was published in *The Journal of the History of Medicine and Allied Sciences*. Committed to community engagement, Brendan has been a Street Patrol member for the Native Friendship Centre of Montreal, where he supported Indigenous and non-Indigenous homeless individuals in need. He also served as Student President of the Maude Abbott Anatomy Museum, launching initiatives to engage students and support the museum's expansion. He has presented his other work—which spans diverse areas such as medication adherence in schizophrenia, mental health outcomes in HIV-positive populations, and psychosocial aspects of pediatric pain—in multiple venues. With experience as a Mandarin interpreter for patients, Brendan has worked to bridge cultural and linguistic barriers in clinical settings, and he is interested in a multi-disciplinary career in psychiatry, potentially in the fields of consultation-liaison, geriatrics, or palliative care. Outside of medicine, Brendan enjoys exploring old-growth forests, backcountry camping, and creating pen-and-ink drawings.



**Michelle Tong, MD, MS** (she/her)

MD: Icahn School of Medicine at Mount Sinai

MS: University of Wisconsin-Madison

BS: University of Wisconsin-Madison

Michelle attended the University of Wisconsin-Madison as a HAMP Foundation Scholar, where she majored in Biomedical Engineering and minored in Asian American Studies. During college, Michelle co-founded C.A.M.P. Bayview, a mentorship program for high school students from low-income immigrant and refugee families. She was also awarded the U.S. Department of State's Critical Language Scholarship to study abroad at the Dalian

University of Technology in Liaoning, China. As a medical student in the Primary Care Scholars Program, Michelle continued her dedication to community engagement by volunteering as a mentor for the LGBTQIA+ Young Queer Urban Teens for Healthcare (YQUTH) Pipeline Program, serving as a member of the Health Equity Taskforce on Segregated Care, and practicing as a senior clinician for the East Harlem Health Outreach Partnership (EHHOP) Mental Health Clinic. During this time, Michelle also merged her existing passion for creative writing with the medical humanities. Under the mentorship of Dr. Jacob Appel, she designed and taught an elective course on poetry, co-founded a student-run arts magazine, and published her own work in numerous literary journals. Michelle was awarded first prize in the national Michael E. DeBakey medical student poetry contest, inducted into the Gold Humanism Honor Society, and received the Leonard Tow Humanism in Medicine Award.



**Eun Jin (Gloria) Yu, MD** (she/her)

MD: David Geffen School of Medicine at UCLA

BA: Harvard University

Gloria was born in Seoul, South Korea, and raised between Seoul and Glen Rock, New Jersey. With an academic foundation in History of Science, she has focused on healthcare disparities and the sociocultural and interpersonal factors shaping the patient experience. At Boston Healthcare for the Homeless Program, she led a qualitative study identifying the unique barriers homeless families face in accessing opioid use disorder treatment. During her gap year at Boston Children's Hospital, she interviewed 80 families of different racial and socioeconomic backgrounds to better understand disparities in pediatric ambulatory care, which led to a manuscript published in *Pediatrics*. In medical school, she continued her efforts to understand nuanced narratives to improve patient care. Her essay on building rapport with a difficult patient through an appreciation of philosophy earned her second place in the Association for Academic Psychiatry's Essay Contest. Her award-winning manuscript, "Solving the Puzzle: The Medicalization of Postpartum Depression through *Our Bodies, Ourselves*," explored how women and patients spearheaded the recognition of postpartum depression as a diagnosis in the 1970s and 80s. As Vice President of Health Disparities for the Asian Pacific American Medical Students Association, she founded a COVID-19 wellness task force and hosted several conferences addressing stigma and mental health in the AAPI community.

## PGY-2 ENTRY



### **James Young, MD** (he/him)

MD: Icahn School of Medicine at Mount Sinai  
BA: Brown University & Rhode Island School of Design (Dual Degree Program)  
PRIOR RESIDENCY: UCLA Urology

From Shreveport, Louisiana, James became a nationally recognized painter in high school, which laid the foundation for his career in medicine and art and led him to pursuing a degree in Science and Society at Brown and Illustration at RISD through the Brown-RISD Dual Degree Program. In medical school James was a leader in the East Harlem Health Outreach Program (EHHOP), a student-run clinic serving uninsured patients, serving as a Senior Clinician in Primary Care, Chair of the Access to Care Team, and Education Chair for the Mental Health Clinic. Taking a scholarly year to focus on transgender healthcare, James developed an eLearning module for medical students that included over 50 original illustrations. This module, which is now part of Mount Sinai's curriculum, was presented at major conferences, including the American Urological Association and the World Professional Association for Transgender Health, and earned him the Institute for Medical Education Research Award. Working in clinical research in urology, he assisted in gender-affirming surgeries and created instructional videos on surgical techniques, which he presented at the AUA Annual Conference. He has published on prostate cancer in transgender women and cost analyses for surgical tools to improve budget-conscious care. Additionally, he contributed illustrations for Dr. Amy Moran-Thomas's book *Traveling with Sugar*, focused on global diabetes, and collaborated on cultural studies in health at MIT. James is interested in public psychiatry and mental healthcare for the LGBTQ community.



### **Arran Yip, MD** (he/him)

MD: Geisel School of Medicine at Dartmouth  
BS: Williams College  
PRIOR RESIDENCY: Mount Sinai Surgery

A first-generation college student, Arran graduated with dual degrees in Chemistry and Philosophy. At Dartmouth, Arran was selected for the Pano Rodis Fellowship in Compassionate Medicine, through which he undertook a year-long project where he interviewed patients with cancer, exploring their experiences with compassion in the healthcare system. His project culminated in a video and written compilation of insights, which he presented to the Patient Family Advisory Board at Dartmouth-Hitchcock Medical Center. As a Research Fellow in the Thoracic Surgery Department at Dartmouth-Hitchcock, he investigated the impact of travel distance and rurality on lung cancer patient outcomes, as well as the efficacy of intercostal nerve blocks compared to epidural analgesia in thoracic surgeries. His findings were presented at the Academic Surgical Congress and the American Association for Thoracic Surgery. Long interested in working with children, Arran was a counselor at Camp Jabberwocky for children with special needs, as well as working at the American College of Sofia in Bulgaria, where he mentored students as a Dormitory Activities Coordinator and coached junior varsity basketball and varsity tennis. In addition to playing varsity tennis at Williams, he was a member of the spoken-word poetry group and step dance team. In medical school, he continued to write poetry focused on patient experiences and was on the selection committee for the school's medical literature and art journal. Arran comes to us transferring from a residency in general surgery.



## ***PHYSICIAN-SCIENTIST RESEARCH TRACK***



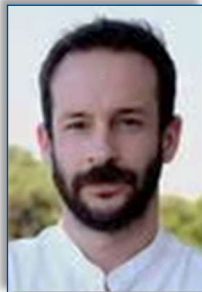
### **Jonathan Kanen, MD, PhD** (he/him)

MD: Cooper Medical School of Rowan University

PhD: University of Cambridge

BA: Vassar College

From New Jersey, Jon studied Psychology in college. He obtained his PhD from the University of Cambridge as a Gates Scholar, under the supervision of Trevor Robbins, who has been ranked one of the most influential brain scientists of the modern era. Before medical school Jon worked with Elizabeth Phelps at NYU, learning how animal studies of learning and memory can be translated to humans. Broadly, Jon is interested in how learned associations can become inflexible and how this could be remediated. His PhD dissertation focused on the role of serotonin in adjusting emotional reactions and learned behaviors to meet new environmental demands, and he uncovered different forms of inflexible actions in OCD and addiction. He is excited by clinical applications of memory reconsolidation research, whereby maladaptive associations, such as those leading to drug craving, might be diminished through revision of the memory trace. Jon was awarded the Angharad Dodds John Fellowship in Mental Health and Neuropsychiatry at the University of Cambridge and won the ACNP Travel Award. He was also a member of the Trinity College Postdoctoral Society at Cambridge. Jon has published 19 peer-reviewed articles, with nine as first author, in numerous high impact journals including *Proceedings of the National Academy of Sciences*, *Molecular Psychiatry*, *JAMA Network Open*, and the *Journal of Neuroscience*. His work has been presented at over 20 conferences and he has delivered lectures across nine countries. Jon is a saxophonist and among other credits was awarded the Reinstein Prize for Jazz at the University of Cambridge. In his spare time, he enjoys seeing shows at various NYC jazz clubs and comparing pastrami sandwiches across delis.



### **Gonzalo Martinez-Ales Garcia, MD, DPhil, PhD** (he/him)

MD/DPHIL: Universidad Autonoma de Madrid

PhD: Columbia University

PRIOR RESIDENT AND PSYCHIATRY ATTENDING: Hospital Universitario La Paz, Madrid

A psychiatrist-epidemiologist, Gonzalo was raised in Madrid and moved to New York in 2018. He obtained MD and first PhD degree from Universidad Autonoma de Madrid (with Enrique Baca-Garcia and Marife Bravo as mentors) before completing his psychiatry residency and working as an attending in Madrid. Between 2017-2021, he collaborated with the Psychiatric Epidemiology Unit at Columbia University under the mentorship of Ezra Susser and Kerry Keyes, receiving a second PhD in epidemiology with a focus on causal inference theory and methods. Following a period doing clinical and applied epidemiological work in Madrid during the initial pandemic outbreak, Gonzalo completed a postdoctoral fellowship at the CAUSALab (formerly Program on Causal Inference) at Harvard, under the mentorship of Miguel Hernan, where he helped build leading data science initiatives to elucidate optimal treatment strategies for first episode psychosis and suicide risk. He has also served as field epidemiologist in Matagalpa, Nicaragua and as NIH-Fogarty Scholar in Epidemiology at the University of Michigan. Gonzalo's doctoral studies were funded by a "la Caixa" International Fellowship, his work has been supported by competitive federal grants in Europe and by the Brain and Behavior Research Foundation in the US, and he has received several early investigator awards including Columbia's Sidney Kark Award to the commitment to global health and social justice in research, and the Don Quixote Award by the American Society of Hispanic Psychiatry. His work includes over 70 manuscripts (Google Scholar H-index 16) featured in the most relevant journals of psychiatry and epidemiology, including *JAMA Psychiatry*, *Lancet Psychiatry*, *Molecular Psychiatry*, *American Journal of Epidemiology*, *American Journal of Public Health*, and *Journal of Clinical Epidemiology*. He is an Associate Editor for the *European Journal of Psychiatry*. Gonzalo's work focuses causal inference theory and methods to examine the causes and outcomes of schizophrenia and suicidal behaviors and guide public health and clinical decision-making.