

## *CLINICAL PSYCHIATRY TRACK*



### **Darrius Chambers, MD**

MD: Rush Medical College of Rush University Medical Center  
BS: University of Wisconsin - Madison

Born and raised in Racine, Wisconsin, Darrius' interest in medicine began in high school when he served as president of his local Health Occupations Students of America chapter before working as a nursing assistant through the Health Youth Apprenticeship program. He went on to become the first in his family to attend college, receiving the Chancellor's Scholarship to the University of Wisconsin, majoring in Neurobiology. During his time in Madison, he was heavily involved in Humorology – one of the largest student-led philanthropic organizations in Wisconsin – where he served on the Executive Board as well as Co-Director of Choreography for the musical and variety shows. After college he worked in the University of Wisconsin - Madison Office of Admissions and Recruitment. Continuing this interest in mentorship and recruitment, in medical school Darrius became an active member of the Student National Medical Association (SNMA), serving in leadership positions at the local (VP of Undergraduate Recruitment) and regional (Parliamentarian) levels, while sitting on the medical school Admissions Selection Committee. Darrius also participated in the Rush Community Service Initiatives Program, working to bridge healthcare inequities on Chicago's West Side. He was also an inaugural member of the longitudinal Health Equity and Social Justice Leadership Elective, which explored the many social determinants of health in the surrounding West Side Chicago community. Darrius hopes to continue his interest in mentorship and recruitment of underrepresented students during his time in residency and beyond.



### **Mimi Chen, MD, MPH**

MD: Tulane University School of Medicine  
MPH: Tulane University School of Public Health and Tropical Medicine  
BS: Tulane University

Mimi was born in China, spent her childhood in various towns of southeastern Australia, and lost her Aussie accent growing up in Issaquah, WA. While studying Neuroscience and Philosophy at Tulane, she developed a love for the intersection of humanities and science. Employed throughout much of college, she graduated with honors, completing her senior thesis on the pathogenesis of aneurysms. She received the Neuroscience Faculty Award as well as the Tulane Leaders in Service Award, the latter recognizing her work as President and Chair of various community service programs. In medical school she was Managing Editor of the Lagniappe Literature and Arts Magazine, Lead Coordinator for Clear Answers to Louisiana Mental Health (an organization centered around destigmatizing mental illness and helping NOLA communities better understand psychosis), and President of the Tulane Klingenstein Child and Adolescent Psychiatry Fellowship, where she studied child maltreatment and neglect during the pandemic. During the peak of COVID-19, she worked with a team of doctors and lawyers to write compassionate release letters for inmates of the Louisiana State Penitentiary. Mimi remained actively involved in outreach with the greater New Orleans community through local nonprofit work providing shelter and basic needs for at-risk youths experiencing homelessness, supporting victims of sexual assault and domestic violence at the New Orleans Family Justice Center, and volunteering with memory care aid at nursing homes and leading chair yoga for seniors. Mimi was awarded Best Creative Anthology Submission at the University of Iowa KTGF national conference, received the John J. Walsh, MD Award for Outstanding Students in the MD/MPH Program, and was inducted into the Gold Humanism Honor Society.



**Jarrett Fastman, MD, MSCR**

MD/MSCR: Icahn School of Medicine at Mount Sinai  
BA: Oberlin College

At Oberlin, Jarrett conducted research on the neurobiology of autism spectrum disorder and founded a program to provide academic and social support to students with disabilities. After graduating he completed a research fellowship at the NIMH, where he investigated the role of oxytocin and vasopressin in social behaviors and presented his work at the Society for Neuroscience annual meeting. Using optogenetics to target specific receptor subtypes, he demonstrated how these hormones interact with the hippocampus to modulate social memory, mating, and aggression in mice. He also performed research in Mount Sinai's Department of Anesthesiology, where he ran simulated surgical cases with residents and attendings investigating how exposure to incivility hinders clinical performance in a simulated operative crisis, publishing in *BMJ Quality & Safety*. In his first year of medical school, Jarrett took on the role of directing the Mount Sinai Adolescent Health Center tutoring and mentorship program, coordinating between the AHC and sites in the community to connect local middle and high school students in need with free resources while personally working with a number of students. He was accepted into the Mount Sinai Patient-Oriented Research Training and Leadership (PORTAL) MD/MSCR dual degree program, where he spent his research year working on clinical trials at the Seaver Autism Center for Research and Treatment. He investigated the efficacy of intranasal oxytocin on behavioral symptoms of autism in children with Phelan-McDermid Syndrome and produced a first-author publication in *Molecular Autism*. He has also published in *Epilepsia* and *Biological Psychiatry*. Jarrett received Mount Sinai's Dr. M. Ralph Kaufman Psychiatry prize for outstanding achievement in psychiatry as a medical student. He is an avid drum player.



**Ben Geselowitz, MD**

MD: Washington University in St. Louis School of Medicine  
BA: Swarthmore College

Growing up in Pennsylvania, Ben graduated with honors from Swarthmore where he majored in Mathematics, with minors in Physics and Political Science. His physics research focused on using gamma ray burst data to set bounds on Lorentz violations of special relativity. After college, Ben spent a year as a service-learning fellow through the Yahel Social Change Program, working as an English teacher in an Ethiopian-Israeli community in Rishon LeZion, Israel. He later worked with Americorps/City Year teaching at a North Philadelphia middle school before completing a post-bac at the University of Pennsylvania. In medical school at Wash U he conducted research with Joan Luby on the preschool predictors of adolescent borderline personality symptoms, publishing his work as a first author in the *Journal of the American Academy of Child and Adolescent Psychiatry*. He then co-developed a follow-up project to look at how developmental trajectories of dysregulated anger and sadness in childhood differentially predict later borderline symptoms, presenting his work at the AACAP annual meeting and having a second-author paper currently in review. Ben's interests in psychiatry include psychodynamics and psychedelic-assisted psychotherapy. In his free time, Ben enjoys reading, cooking vegetarian Indian food, and exploring.



**Kate Mitchell, MD**

MD: Albert Einstein College of Medicine  
BA: University of Southern California, Film Production

Kate was born and raised in Los Angeles, where her early passion for storytelling and the arts led her to pursue a degree in Film Production at USC, receiving the Film Director's Scholarship throughout college. Kate directed and produced several films, including her senior thesis film, *The Fantasy*, which earned awards at the First Look Film Festival, Bel Air Film Festival, and HollyShorts Film Festival. After years of working in the film and television industry as a writer, director, and producer, Kate decided to pivot toward medicine, driven by a desire to have a direct, tangible impact on people's lives. In medical school Kate distinguished herself through creativity and a commitment to integrating the arts into medical training. She co-created and led "Yog anatomy," a yoga-based seminar focused on anatomy and wellness for first-year medical students. Her interest in psychiatry inspired her to create the documentary *Covid Brain*, exploring the impacts of COVID-19 on mental health. Outside of medicine Kate enjoys acrylic pour painting, yoga, and improvisational comedy, which she previously studied at the Upright Citizens Brigade Theater in Los Angeles.



**Ryan Powers, MD**

MD: Geisel School of Medicine at Dartmouth  
BA: University of Pennsylvania

In college at Penn, Ryan pursued both academic and artistic pursuits. He tested the ability of a novel therapeutic to act as an insulin sensitizing agent in adipocytes, and he was a member of both the Penn Glee Club and the Pennchants a cappella group. After graduating with honors in biology, he worked for several years at the UCSF Memory and Aging Center, coordinating clinical trials for Alzheimer's Disease and other tauopathies. In the course of this work, he developed a strong interest in neuroscience, with work published in *JAMA Neurology*. Outside of work, Ryan volunteered at the San Francisco Suicide Prevention telephone hotline, providing emotional support as well as STI screening and treatment information to Bay Area residents. Across the coast in medical school, Ryan's interest in neuroscience deepened as he conducted neuroimaging research analyzing differences in the surface morphologies of the brains of patients with treatment-resistant vs. treatment-responsive depression. Ryan scratched his creative itch by writing and producing satirical, medical school-themed skits as well as singing in Dartmouth's Dermatones a capella group. Ryan has a strong interest in health care policy and reimbursement, and he led the Dartmouth chapter of Students for a National Health Plan (SNaHP), where he forged connections between Geisel and the lobbyist for the NH Medical Society to facilitate student advocacy at the state level. In his last year of medical school, he developed a particular interest in psychodynamic psychotherapy and created a psychodynamic elective in collaboration with the Boston Psychoanalytic Society. His professional interests include psychotherapy in psychosis and psychedelic-assisted therapy.



**Cassandra Pruitt, MD**

MD: Icahn School of Medicine at Mount Sinai  
BA: Williams College

Cassandra graduated summa cum laude from Williams with a degree in Classics, where she earned a full-tuition Tyng Scholarship as well as fellowships for the study of Greek, Latin, and Hebrew. Always drawn to an interdisciplinary approach to science and medicine, she spent a year abroad at Oxford University, studying philosophy and medical ethics. As a medical student at Mount Sinai, she spent much of her time working to expand access to mental health care for marginalized and uninsured East Harlem residents through the East Harlem Health Outreach Project, where she worked as a student psychotherapist, mental health clinician, and Student Director of the Cognitive-Behavioral Therapy Program. In the latter role, she expanded the clinic's unique CBT training program, launched a novel CBT for Diabetes program, and secured a \$160,000 Ira W. DeCamp Grant to help fund EHHOP's mental health program. Cassandra also worked to advocate for marginalized communities through her work with the Mount Sinai Human Right Program, where she worked with physicians and lawyers to provide forensic evaluations of human rights abuses to asylum-seekers. She graduated from Mount Sinai with Distinction in Research; her projects included work on compassion fatigue and burnout, the impact of mindfulness meditation on patients undergoing radiation therapy, and the long-term effects of neonatal kidney disease. Outside of medicine, Cassandra is an accomplished flutist, in addition to practicing Krav Maga and meditation.



**Sydnee Rausch, MD**

MD: University of Wisconsin School of Medicine and Public Health  
BS: University of Wisconsin-Milwaukee

Sydnee grew up in Appleton, Wisconsin, where she early on developed an interest in mental health. In college at UW-Milwaukee, she studied Biochemistry, and through a fellowship from the National Science Foundation, she researched nitrogen-fixing bacteria, publishing in *Environmental Microbiology Reports*. Her academic success earned her Phi Beta Kappa honors and numerous presentation awards at research symposia. Prior to medical school, she worked for four years in two healthcare systems, first as a rehabilitation aide and then as a clinical research coordinator. During medical school Sydnee became increasingly involved in psychiatry and public health initiatives. Sydnee co-led a medical mission to Guatemala, where she helped organize mobile health clinics and treated patients in rural communities. She also worked at student-run free clinics, helped establish a mentorship program for first-year medical students, and at the Rainbow Project helped create educational materials on stress management for parents affected by the COVID-19 pandemic. Sydnee has been inducted into the Gold Humanism Honor Society. Sydnee is an outdoor enthusiast who enjoys hiking, camping, and exploring national parks. She is also passionate about cooking, particularly learning Korean cuisine from her grandmother.



**Alexandra Saali, MD**

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

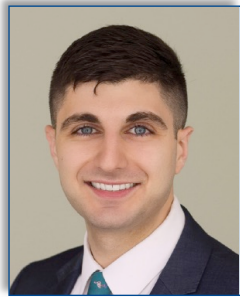
Alexandra aspires to work at the intersection of activism, business, and academic medicine. Completing an honors thesis on retinal ganglion cells, she graduated Brown with highest honors in Neuroscience. In medical school and responding to inequalities in health, Alexandra devoted herself to the East Harlem Health Outreach Partnership (EHHOP), Mount Sinai's free clinic. Her unique experiences as a consultant in healthcare strategy working at McKinsey and founder of a United Nations' non-governmental organization, positioned Alexandra to help lead the clinic through the COVID-19 pandemic. She guided EHHOP's specialty mental health clinic (MHC) to pilot tele-health as early as March 2020. The MHC also expanded its diverse suite of services to include CBT as well as psychodynamic psychotherapy by launching novel training programs for medical students. The meticulous data the MHC collected and published as part of their quality and improvement projects was recognized by the American Psychiatric Association with the 2020 Award for Advancing Minority Mental Health. Alexandra and her MHC colleagues also advanced to the semi-finals of the American Medical Association's 2021 Research Challenge and authored a textbook chapter on the psychiatric burden of COVID-19 for Springer Nature. She is constantly in awe of her Mount Sinai peers and a fierce advocate for trainee mental health. To this end she works closely with the Office of Wellbeing and Resilience. Alexandra is the recipient of the student council's 2021 Excellence in Mentorship award and a member of the Gold Humanism Honor Society.



**Adam Sahlstrom, MD, MEd**

MD: Yale School of Medicine  
MEd: Fordham University, Science Education  
BA: Concordia College, Chemistry

Adam grew up in rural Minnesota and began his journey into healthcare early, joining the Minnesota Army National Guard as a medic after high school. After returning home to complete his undergraduate studies in Chemistry, Adam pursued a master's in science education at Fordham, where he taught high school science and designed a physics curriculum for ESL students in the Bronx. While teaching, Adam continued his military duties, first as a Medical Operations Officer and later acting Brigade Surgeon in the New York Army National Guard where he managed medical logistics for a brigade of 2,400 soldiers. During his service, Adam implemented and led a CBT-based resiliency program, emphasizing mental health care as a top priority. In medical school Adam's research experiences also reflected his diverse skill set, as he studied the mechanical properties of a novel surgical approach for fixing fibular fractures in the Department of Orthopedics. Adam is an advocate for mental health awareness, especially for underserved populations such as veterans and rural communities. Outside of medicine, Adam is an avid reader, enjoys playing guitar, and takes pride in maintaining his houseplant garden.



**Peter Sayde, MD, MPH**

MD: Tulane University School of Medicine

MPH: Tulane University School of Public Health and Tropical Medicine

BA: Swarthmore College

Peter was born in New Jersey but spent much of his childhood living by the beaches of St. Simon's Island, Georgia, before moving to Wyomissing, Pennsylvania. Concentrating in neuroscience at Swarthmore, Peter served as captain of the varsity Track and Field team, developed a specific interest in studying animal behavior, was selected as a biology teaching associate, and completed his senior thesis studying exposure therapy models for PTSD. After college, he worked for a year at U Penn Perelman School of Medicine studying auditory processing and colony dynamics in marmoset monkeys. In medical school Peter simultaneously completed his MPH with a specific focus in global and community health and behavioral sciences. Peter was selected as leader of the student-run mobile health clinic, served on the admissions interview committee, volunteered as a medical advocate for survivors of trauma at New Orleans' public hospital, was part of the executive board of Tulane Klingenstein Child and Adolescent Psychiatry Fellowship, and helped develop a social media campaign aimed at addressing the stigma of mental health. Peter was also involved in research projects studying post-ICU syndrome and helped develop a post-ICU clinic at the VA hospital in New Orleans. As the son of Lebanese immigrants, he was particularly impacted by the Port of Beirut Explosion in August 2020, and he quickly developed a fundraiser that raised over \$20,000 for those most affected by the blast. Peter also joined a research project at The University of Beirut aimed at further understanding the psychological impacts of the explosion. Outside of medicine, Peter enjoys running, bird watching, and experimenting with Lebanese cuisine from his mother's family recipes.

## *PHYSICIAN-SCIENTIST RESEARCH TRACK*



### **Deepak Kaji, MD, PhD**

MD/PhD: Icahn School of Medicine at Mount Sinai  
BA: Cornell University

Deepak was born in New York and went to Cornell University, where he double majored in Economics and Biology and began studying developmental and stem cell biology. He completed an honors thesis in cardiac development before coming to Mount Sinai for his MD/PhD. He completed the PhD training area in the “Developmental and Stem Cell Biology” track. His dissertation was mentored by Dr. Alice Huang and focused on mechanisms of tendon regeneration and molecular control over the tendon cell fate. During this time, Deepak developed novel engineering strategies for driving stem cells towards the tendon and fibrocartilage fates. This work resulted in inventors status on a patent, an R01 supplement, and an NIH NIAMS F31 fellowship. Outside of his dissertation laboratory, Deepak leveraged the statistical education he got during his economics degree to deploy artificial intelligence on a variety of clinical problems. His work in artificial intelligence resulted in being Co-Investigator on an NIH K12 Clinical Scientist Award and a Mount Sinai 4D Technology Award. Toward the end of his PhD, he began published on the use of artificial intelligence to understand the relative prognostic values of genetic and clinical data in schizophrenia. He finished his PhD with over 15 publications and an h-index of 12. In his spare time, Deepak loves eating his way through NYC in search of its best pizza and ice cream.



### **Eric Sanford, MD, PhD**

MD/PHD: University of Pennsylvania Perelman School of Medicine  
BS: Brown University

Eric grew up in Felton, a census-designated place in the Santa Cruz Mountains of California. He went to San Lorenzo Valley public schools for his education through high school, where he graduated as co-valedictorian. After that, he went to Brown University where he concentrated in Neuroscience (completing an Honors thesis in Thomas Serre's lab) while exploring other interests in computer science, music, and writing. After college he worked in the computational biology group at Foundation Medicine, where he co-authored several publications in cancer genomics under the mentorship of Siraj Ali, Garrett Frampton, and James Sun. He then enrolled in the MD/PhD program at the University of Pennsylvania, originally thinking he would pursue a career in cancer research. He earned his PhD in Genomics and Computational Biology in Arjun Raj's lab, completing an interdisciplinary project that combined molecular biology, mathematical modeling, and genomics methods to characterize how genes combine the transcriptional effects of interacting input signals. He found that in gene regulation appeared to have a preference for the operations of either addition or multiplication when combining the effects of two cell signals. Eric became increasingly interested in psychiatry throughout his MD/PhD training and chose to pursue it as his primary clinical and research career mid-way through his PhD. Clinically, he is interested in adult psychotherapy, and he plans to participate in a supplemental psychoanalytic training program during residency. For research, he is interested in pursuing interdisciplinary projects that may include computational correlates to psychotherapy response, psychedelic-assisted psychotherapy, and facial image analysis.