

## PGY-5 Chief Residents



**Melissa Kelley, MD**

Melissa was born and raised in Las Vegas, Nevada and moved up to Reno, Nevada for all her schooling. She began her habit of studying things in threes during undergrad at the University of Nevada, Reno by majoring in Neuroscience, English Literature, and International Affairs. She took a year off after graduating and moved to Queenstown, New Zealand where she used a working holiday visa to become a waitress/bartender at a local restaurant.

During medical school at the University of Nevada School of Medicine, Melissa completed research on the role of prenatal care status on postpartum depression development as well as served as the Women's Clinic Manager and Addiction and Behavior Change Group Manager at the Student Outreach Clinic, a student-run clinic providing free care to the uninsured and underinsured. She also developed a strong interest in global health as fostered by her time living in Prague, Tokyo, and Queenstown. She completed a global health scholarly concentration, worked at a clinic in Nicaragua for two weeks, and spent one month in Tokyo, Japan for a medical rotation. Melissa initially entered medical school interested in OBGYN but found herself drawn to both pediatrics and psychiatry during clinical rotations. After being introduced to Triple Board by a mentor, she became fascinated with the field. Her decision to pursue Triple Board was motivated by her interest in working with medically complex children with psychiatric conditions, being an advocate for mental health, and providing comprehensive care to underserved populations. Her interests outside of medicine include travel, crafting/sewing, video games, board games, Zumba, and trying not to fall during aerial silks.

**Why Triple Board?** I spent a lot of my third year of medical school very confused as to what to do for residency. I developed a passion for general pediatrics but felt uncomfortable not addressing psychiatric conditions, a major source of harm and distress in this population. I found it difficult to separate the fields in my mind and wanted to be trained to address all aspects of my pediatric patient's care and educate on the interplay of mental and psychical health. Thankfully I had a mentor who suggested Triple Board and I felt relieved to find a program that fit my interests. Completing an away rotation at Brown cemented my decision to pursue the field.

**Advice for Applicants:** Like many others have said, think about what you can gain from a Triple Board program that you otherwise would not obtain from general pediatrics or CAP. Post-pediatric Portal Program is another avenue to look into if you are more interested in general pediatrics. You don't have to have a set plan for your career, but you should think about which avenues interest you and how TB can help you reach your goals. If you hail from a school without a program like I did, I strongly advise you complete an away rotation in Triple Board to get a better sense of the program and meet residents. When interviewing, focus on finding a program that seems to be the best fit for you!



### **Michelle Urman, MD**

Michelle was born and raised in Brooklyn, NY by hilarious Russian-Ukrainian immigrant parents – frolicking between boroughs partially to attend school, but mainly to have all the snacks. She attended NYU for college where she studied psychology and mathematics. After college, she took two years off to work as a clinical research coordinator for the Mount Sinai Brain Injury Research Center and was involved in research studying the late effects of traumatic brain injury and interventions to improve targets such as emotion regulation and fatigue.

She then moved to upstate NY to attend Albany Medical College, where she was shocked at the low price she could get a one-bedroom for. There she co-founded the Capital District Asylum Collaborative (a student run asylum clinic providing pro-bono medical and psychological evaluations in support of asylum seekers escaping persecution and extreme violence). She additionally co-led the LGBTQ People in Medicine group, which hosted events and trainings to promote awareness and competency in queer and trans health care related topics. Throughout her time in medical school, she was also committed to service learning and worked as a family advocate and health education advocate for refugee/immigrant and Muslim communities in Albany. Her work with youth and families with limited access to quality care and exposure to complex trauma re-affirmed her desire to attain the training needed to address both physical and mental wellbeing. She graduated from Albany Medical College as a member of the Gold Humanism Honor Society.

She is excited to be back to her home city for residency and in her free time, she can be found out trying any new food she can, exploring cool hiking spots around the city, painting, reading, dancing, and snuggling on the couch with her girlfriend watching Bob's Burgers over dinner.

**Why Triple Board?** Working with kids always brought out the very best part of me and I wanted to be able to be a pediatric provider that had expertise in both physical and mental health for kids, ranging from infants to adolescents. In the end, doing anything else other than triple board felt like denying a part of my future doctor self that wanted to grow and flourish!

**Advice for Applicants:** Don't worry if you have not done away rotations or fully know where you belong, or that you found out about Triple Board late. Just talk to as many people as you can adjacent to triple board and try to look deep and see what it is you can't live without as you picture yourself as the doctor you want to be. Things will come together and you will become who you were meant to become!

## **PGY-4**



### **Divya Hoon, MD**

Divya was born and raised in the Tristate Area. She attended Bowdoin College in Maine where she majored in biochemistry and minored in Spanish. She then moved to New York and spent two years pursuing cancer drug development research at Mount Sinai. She went on to attend medical school at Rutgers Robert Wood Johnson where she spent four years researching pediatric off-label drug use in children, completing a Distinction in Research and publishing in *Pediatrics*. In her free time, she enjoys spending time with her dog (or any dog) and sampling the limitless restaurant options in NYC.

**Why Triple Board?** I entered medical school expecting to go into adult medicine, but during my third year pediatrics and psychiatry rotations, I came into the hospital each day excited to learn and left feeling happy and fulfilled. I realized I loved working with medically and psychiatrically complex children. I also would frequently become frustrated by the lack of services available for these children, not to mention the fact that these illnesses were so closely intertwined, but more often than not, treated in silos. When I learned about Triple Board towards the end of my third year of medical school, everything

seemed to click. I was drawn to this type of training because it gave me the ability to work with a child and their family holistically.

**Advice for Applicants:** Not knowing what you want to pursue is okay and normal! Talk to people who have done the different types of training you're considering. Think about how your career path would differ with triple boarding vs pursuing pediatrics or psychiatry alone. We are all always happy to chat. Whatever your career goals are, you can find a way to get there!



**Lillian Jin, MD MPH**

Lillian grew up in the suburbs of Philadelphia and moved to New York City for college and medical school. She studied English and Comparative Literature at Columbia University. After college, she spent a year with Baylor International Pediatric AIDS Initiative in Lesotho as a Princeton in Africa Fellow and went on to complete her Master's in Public Health at University College Dublin as a Mitchell Scholar. She returned to New York City to complete medical school at Mount Sinai, where she was a Human Rights and Social Justice Scholar and was inducted into the Gold Humanism Honor Society. She completed two years of pediatrics residency at the Children's Hospital of Philadelphia before returning to Mount

Sinai to complete her training with the Triple Board Program. In her free time, she loves exploring new restaurants, reading, exploring the great outdoors, lounging with her cats Cheez-It and Nemo, and reveling in all the magic of New York City.

**Why Triple Board?** I have always loved working with children and am passionate about advocating for all aspects of their well-being. Throughout my clinical experiences, I've seen repeatedly how inextricable physical health and mental health are and how profoundly behavioral health concerns affect the lives of my pediatric patients and their families. I chose Triple Board because Triple Board offered me the training to care for and to advocate for my patients in the holistic and integrated way I find meaningful.

**Advice for Applicants:** Think about the times you felt the most energized and passionate about your work and use those reflections to guide you towards the clinical training that will feel like the best fit for you. I'd also recommend talking to as many different people as you can to learn more about their career paths in pediatrics, Triple Board, or child psychiatry and see what sounds most aligned with your values and life goals. Finally, as someone who's taken a non-traditional route to an already non-traditional residency, I can promise you there are always many ways to craft a fulfilling career, and you will find your way!

### PGY-3



**Melanie Edwards, MD**

Born and raised in Orange County, California, Melanie had the pleasure of growing up so close to Disneyland that the park practically became her second home. Melanie attended Stanford University and majored in Human Biology with a concentration in Child and Adolescent Development. She spent several years during undergrad teaching at a play-based, psychology-research-focused nursery school where she approached every conflict through the lens of a "marriage counselor" and talked 3 to 5-year-olds through their issues so they could devise their own solutions. This experience taught her to truly trust and understand children of all ages which laid the groundwork for future pursuits. Melanie also spent her time volunteering at Lucile Packard Children's Hospital, various tutoring programs, mentorship opportunities,

and research involving children's understanding of their own internal physiological cues. Always interested and passionate about the intersection among education, mental health, and theater, Melanie used college as an opportunity to research the effects of Drama Therapy on hospitalized children and adolescents. She became the Outreach Coordinator for the Stanford Shakespeare Company and expanded the program from solely high school-based lessons to include workshops for local

elementary schools and the College for the Adaptive Arts. She then moved to New York and spent the year between undergrad and medical school at NYU Langone doing research on improving uptake of smoking cessation services among New Yorkers, focused narrowly on healthcare disparities and Medicaid Managed Care Plan coverage of various smoking cessation aids. Melanie attended medical school at Mount Sinai, and over the next four years, she continued to pursue her passions, designing and implementing a course for medical students entitled “Theater and Medicine: Increasing Empathy in Medical Students” and leading cooking demonstrations in a pediatric private practice. She also became a student leader of Story Time/Teen Talk and emphasized the importance, especially in Teen Talk, of creating a safe space to discuss a variety of topics from silly to serious: everything from television shows and video games to relationships, sexual education, and drug use. She also spent time as a Student Ambassador Coach at a high school in East Harlem, focused on leading four high school students on a project increasing HPV vaccination rates at their school-based health center through numerous methods, such as videos, blog posts, and an annual dodgeball tournament. She also researched how utilization of the Adolescent Health Center shifted in response to the COVID-19 pandemic as well as reviewed the relationships between adolescent and young adult e-cigarette use and mental health comorbidities. Her research has been published and presented at several national conferences.

In her free time, Melanie loves to attend Broadway and Off-Broadway shows, sing, bake s’mores bars, and write stories!

**Why Triple Board?** I didn’t know that Triple Board existed until I attended medical school at Mount Sinai, even though my whole life has revolved around my love for children and child development. For that reason, I thought I would end up going into pediatrics, but my third year psychiatry clerkship in the inpatient child and adolescent psychiatry unit ignited a spark within me that I knew I couldn’t let fizzle. My experience on the clerkship was made so much better by my knowledge and passion for adolescent health. I had the opportunity to candidly discuss medical issues like contraception with the patients in an informed way that furthered their care. And the same was true for the reverse—I found myself discussing mental health much more with children and adolescents in both the inpatient and outpatient pediatrics setting because of my experiences in my psychiatry clerkship. I came to realize that the intersection between these two fields was exactly where my passion reached its pinnacle. Cue career crisis where I went back and forth over which field of medicine to pursue until I remembered hearing about Triple Board and decided to do more research. The second I let myself do the research and read the description of the program, I automatically knew that it was a perfect fit. Being a pediatrician will make me the best possible child and adolescent psychiatrist I could be and vice versa. Triple Board will prepare me to treat the whole child and to spend the rest of my life understanding and listening to them in the best way I can.

**Advice for Applicants:** You definitely don’t need to know exactly what you want to do once you are Triple Boarded, but it’s helpful to have a sense of your ideal future career—spend some time thinking about what you want your total pie-in-the-sky dream career to look like and really analyze whether a pediatrics, psychiatry, or Triple Board residency can get you there! It also helped me immensely to talk to Triple Board residents and everyone was so open and welcoming; they answered all of my questions in the kindest ways. Please reach out to anybody to learn more!



**Emily Janhofer, MD**

Emily grew up in Germany until she was six, when her family moved to New Jersey. She had the unique experience of having very young siblings (now ten and two), which made her interested in early childhood development and pediatrics at a young age. She attended Georgetown University where she majored in Psychology and minored in Biology and English. She loved learning about many different subjects and using different parts of her brain.

While at Georgetown, she worked as a research assistant in an early childhood development research lab, contributing to many different projects ranging from improving parent-child relationships with incarcerated teen parents to studying imitation in children with autism.

Emily went on to attend medical school at Rutgers Robert Wood Johnson, knowing that her main interests were psychiatry and pediatrics. Throughout medical school Emily continued to pursue her interest in early childhood development research, as well as leading a mind-body medicine elective for students that focused on mindfulness and wellness. During medical school, Emily chose to move home with her family so that she could spend more time with her little siblings and help take care of them. She spends most of her free time with them but also loves to bike, hike, camp, cook, and explore NYC.

**Why Triple Board?** Within medicine, I have always been most interested in the relationship between physical and mental health and how they impact each other. I came to medical school knowing that I was most interested in psychiatry and pediatrics, specifically interested in working with children with developmental disabilities, community mental health, and global health. I realized that having training in both psychiatry and pediatrics would make me far better equipped to be the best provider I can be in any of these fields. I wanted to become the best patient advocate possible for my patients, as children and adolescents with physical or mental health conditions may often not be able to advocate strongly for themselves, and I believe that triple board training is the best way to do that.

**Advice for Applicants:** If you think you might be interested in triple board training, I highly recommend speaking to current triple board residents and alumni! It was during my conversations with current residents that I realized how much I wanted to be a part of this family. Hearing about all of the unique and incredible ways people use their triple board training inspired me and showed me what a career could actually look like. It's ok not to know exactly what you want to do down the road, that's normal! But talk to as many people as you can and start to imagine that future for yourself.



## PGY-2



**Chloe Kim, MD**

Chloe is a proud double Bruin who attended University of California, Los Angeles (UCLA), where she earned her undergraduate degree in psychobiology and her MD. After finishing her undergraduate studies, she spent a few months in Peru, where she worked with HOOP, a local NGO that provides free social, financial, educational, and psychological services to low-income families. In medical school, she reaffirmed her passion of engaging in community-based health outreach to reach patients who have complex social needs that may hinder their access to conventional forms of medical care. She served as a vice president of community health in the UCLA Asian Pacific American Medical Student Association to organize free health fairs to provide basic health screenings, encourage positive lifestyle changes, and provide referrals for free or low-cost clinics in API communities. In her involvement with the Los Angeles Human Rights Initiative, she worked with psychiatrists to provide pro bono forensic psychiatric evaluation and write affidavits for asylum seekers. She was also elected by the student body to serve as a well-being representative in the Medical Student Council to liaise with the Dean's office and advocate on behalf of the students to improve mental health on campus. She

contributed to multiple research projects, one of which aimed to increase breastfeeding initiation rates of women without insurance or with Medicaid. For her outstanding public engagement, Chloe was chosen to be the recipient of the 2020 Excellence in Community Service Scholarship by UCLA Asian Pacific Alumni. Outside of medicine, she enjoys being in nature, spending time with her loved ones, and crafting.

**Why Triple Board?** After immigrating to the United States, my siblings and I could not afford to see pediatricians regularly. I did not even know I was supposed to see a doctor every year until I started college. This sparked my interest in preventative health, pediatrics, and improving access to health care in underserved communities. Then during my fourth year, I also discovered my love for child and adolescent psychiatry. I was fascinated by the breadth of practice and multifaceted approach to treatment. When I found out about Triple Board, it just felt right to me. Equipped with the knowledge of psychiatry and pediatrics, I can provide holistic pediatric care that addresses the interplay of socioeconomic factors, culture, and family dynamics. It will also give me a unique perspective to collaborate with pediatricians and bridge the gap in access to pediatric psychiatry by increasing primary care pediatricians' comfort with psychiatric care. As a Triple Board physician, I look forward to increasing access to pediatric psychiatric care in every setting – from pediatric primary care physician's office to inpatient psychiatric hospital.

**Advice for Applicants:** Coming from California, where we do not have a Triple Board program, many people told me not to pursue Triple Board and instead choose between pediatrics or psychiatry. I had not even seen a TB-trained physician until I started interviewing. I still applied and meeting other TB physicians and learning about their careers only made me want to pursue TB more. Ultimately, I am so glad I am here, and I feel like I made the right decision. So, my only advice for you is to follow your heart (I know it sounds cheesy). If that one specialty or that one program feels right for you, lean into it no matter what other people say.



**Sivan Shahar, MD**

Born and raised in New York, Sivan attended Yeshiva University for undergrad, where she started a youth mentorship program at a public school near her school's Washington Heights campus. Knowing she was interested in the intersection of pediatrics and psychiatry; she completed her medical education at New York Medical College. During her time in medical school, Sivan was awarded a spot in the Sidney Frank Fellowship in Psychiatry, which was her first real introduction to Child & Adolescent Psychiatry. Sivan was also involved in multiple research projects with the Westchester Medical Center Behavioral Health Center – including a longitudinal study on the long-term neuropsychiatric effects of COVID-19. At the end of her third year of medical school, Sivan was inducted into the Gold Humanism Honor Society. When not in school/at work, Sivan

loves to spend time with friends and family (especially her newborn baby!), spend time outdoors, and discover new hidden gems in NYC.

**Why Triple Board?** Having gone into medical school knowing that my primary interests were pediatrics and psychiatry, I really had a hard time grappling with the idea that I had to choose one at the expense of the other. I had not even heard of Triple Board until I worked with a wonderful Triple Boarded attending during my Child Psych C/L rotation – and after working with him and seeing how his approach to his patients was more integrated and holistic, I was immediately intrigued! I couldn't be happier to be here – and cannot wait for a fulfilling career at the intersection of these wonderful specialties!

**Advice for Applicants:** It is not only ok but encouraged to speak to people and ask questions! Because I did not go to a medical school with a TB program, I really did not know much about it other than what I could find out online. Thankfully, everyone I met was so approachable and kind and made themselves available to answer any of my questions. Take advantage of that and really feel free to reach out! That's what we're here for!

## PGY-1



**Parnaz Daghighi, MD MPH**

Parnaz was born in Houston, Texas and raised in the surrounding suburbs. She had an interesting dual perspective growing up as a young child of relative wealth and privilege and later a high school student who worked two jobs to help support her family—an introduction to the world's disparate structure that would shape her future. She completed her Bachelor of Arts in Medical Humanities at the University of Texas at San Antonio and popped back over to Houston to attend McGovern medical school and the UT School of Public Health to complete her masters. Her passions centered around volunteering with the refugee and homeless population, qualitative/clinical research into medial bias and segregation's impact on health outcomes, and learning about philosophical and psychological principles as they relate to everyday life. She made her first big move to New York City with her partner who is also in medicine. On an off day, Parnaz will either be looking for a thrift or vintage store to shop in, wandering towards whatever nature she can find (ideally a nice tree to sit under and read), or doing yoga.

**Why triple board?** As a firm believer and forever student of the complexity of human life, Parnaz was always passionate about practicing a kind of medicine that would dignify this truth. A triple board residency training allows one to learn about wellness in a holistic manner. It was always unsettling to see certain aspects of a patient's life ignored or underestimated because the provider did not feel comfortable addressing it, or could not appreciate how it relates to health decisions and outcomes. Triple board is empowering because it provides the skills, knowledge, and appreciation to practice in a way that fully integrates the mind and body. As a lover of advocacy, Parnaz also felt that being Triple Board trained would give her the credibility and expertise to advocate for the well-being of children and families in a profound way. She envisions herself in a leadership role, either as a program director or a medical director. She appreciates the art of thinking in systems and advocating for change at the fundamental level of medical education, clinical practice, or residency structure. A recent love of psychiatry for medically complex patients has also emerged since starting residency.

**Advice for applicants:** It is totally okay to not have your entire career trajectory figured out, but I would encourage you to think deeply and with intention about why you want to pursue a triple board residency. Why does it make sense for you? It is a niche program that can provide a lot of creative and profound opportunities—so how could you capitalize on that? I would encourage substantial exposure to both fields and mentorship can be really helpful (even if it's not with another triple boarder). I'll end with advice that I try to remind myself every day—be open to growth and change and always honor your authenticity! It will take you a long way. Best of luck!



**Christina Cheung, MD**

Christina was born and raised in Pittsburgh, PA. She went away to college in Ithaca, NY at Cornell University where she studied Human Development in the College of Human Ecology. As much as she loved her time at Cornell (taking fun courses counting towards graduation including Wines, Fashion, and a nutrition cooking class), she decided to graduate a semester early and work at an escape room, while finishing applications for medical school. She ended up returning back to her hometown for medical school at the University of Pittsburgh. While she had a feeling she was going to do something pediatrics related in the future, the feelings were reaffirmed throughout her medical school journey. She enjoyed being coordinator of OPALS (arranging for herself and others to play with children/assist families in the oncology unit at the Children's Hospital), loved playing piano and singing for children and families at the hospital with MusiCare, and always had a blast playing tennis with children with Autism through ACEing Autism. She was also VP of Education for her medical school's Asian Pacific American Medical Student Association (APAMSA), where she helped to

organize safe spaces for discussions surrounding Asian American racism and xenophobia throughout the pandemic. While she loved being close to her family and loves the city of Pittsburgh, she knew it was time to experience a new city and is ecstatic to be living in NYC for the first time. While she is still getting used to the cost of living in NYC, she is loving all the places to explore, eat, and hang out with friends. When she's not working, you can probably find her at one of the several street food fairs, at a bar doing trivia, or walking around Central Park.

**Why Triple Board?** She has always loved working with children and became interested in pediatrics from a young age, likely also in part due to her mother being a pediatrician. However, as much as she viewed her mom as her role model, she knew she did not want to be exactly like her either. After going through her clerkships, she realized that she not only loved working with kids, but also loved the mental and behavioral health aspect of medicine. She loved her experience working in the inpatient unit for children with autism on her psych clerkship, and when on her Triple Board Sub-I, she realized that she loved all the various ways mental health care could be incorporated into general pediatric care. While she's not 100% sure what she wants to do in the future, she hopes to work with children with neurodevelopmental disabilities, as well as integrate mental health care into various pediatric clinics to increase mental health care to more children in need.

**Advice for Applicants:** The idea of interviews with programs always scared me. However, I realized on my interview trail that while they do serve as a chance to let the program know more about you and your aspirations, they also are in place heavily to tell YOU more about the program to see if it fits what YOU are looking for. I found that it helped going into interviews with the mindset of wanting to learn more about the program to see if it has everything I'm looking for, rather than putting pressure on myself that I need to be perfect in every little thing I do and say. Ask any and all questions you have, and enjoy the interview season! Also, definitely enjoy your fourth and final year of medical school! ☺