

NEWSLETTER

THE AMERICAN BOARD OF ADOLESCENT PSYCHIATRY
(HOSTED BY THE AMERICAN SOCIETY FOR
ADOLESCENT PSYCHIATRY)
JONATHAN BAUMAN, M.D., LFAPA, EDITOR

Certification Updates

CME

Essays and Reviews

FROM THE EDITOR

News of '22 In Review: The Good, The Bad, and the Ugly

Welcome, Readers, to Volume 2 of our Quarterly Newsletter, containing updates about our Board Certification Program, Continuing Education Updates, and other tidbits of news to keep you updated on what ABAP is doing and has planned. Inside I will review some of the issues and developments that have impacted our practices as adolescent and young adult psychiatrists over the past year. This will not be an exhaustive list and, undoubtedly, I will leave much out. But these are things that have grabbed my attention. Also, included in this edition, is a close-up interview with one of our newest ABAP Diplomates, Dana Hardin, M.D., who shares about her second career as an Adolescent Psychiatrist (the first being in Pediatric Endocrinology). So, read on!



Jonathan Bauman, M.D.



News of '22 In Review: The Good, The Bad, and the Ugly

With Jonathan Bauman, MD, LFAPA, Editor

*Sometimes I feel I gotta get away,
And I know if I don't I'll go out of my mind.
Better leave her behind with the kids...they're alright.
The kids are alright...the kids are alright.*

The Kids Are Alright, The Who, My Generation, 1965

*Jamie had a chance, she really did...instead she dropped out and had a couple a' kids.
Mark lives at home 'cause he's got no job...he just plays guitar and smokes a lot a' pot.
Jay committed suicide...Brandon OD'd and died. What the hell is going on?
The cruelest dream, reality...chances thrown, nothing's free.*

The Kids Aren't Alright, The Offspring, Americana, 1998

Though misogynistic and mistaken back in '65, the Who's lyrics were quaint compared to the Offspring's in '98. And compared to today, while the world has felt like it's crumbling, our adolescent and young adult patients have been telling us as much, directly and indirectly through their words and actions. When the grown-ups are fighting – politically and literally – and nastiness and threats are common discourse – what else can we expect from the kids? When unremitting gun violence permeates our society, what else can we expect from the kids? When restrictions and divisions engendered by a global pandemic render us fearful, helpless, isolated, and depressed, what else can we expect from the kids? When our society is increasingly divided between the 'haves' and 'have-nots', what else can we expect from the kids? When a worldwide environmental catastrophe makes parts of the world uninhabitable and endangers our future, what else can we expect from the kids? When a brutal, unnecessary war rages on with no end in sight and threatens Armageddon, what else can we expect from the kids?

Okay, do I have your attention? In the rest of this article I will review some of the issues and developments that have impacted our practices as adolescent and young adult psychiatrists over the past year. This will not be an exhaustive list and, undoubtedly, I will leave much out. But these are things that have grabbed my attention.

First the good news....

[Click here to read the rest of Dr. Bauman's end of the year essay](#)

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New Diplomat Spotlight



An Interview with 2022 ABAP Diplomate, Dana Hardin, M.D. With Jonathan Bauman, MD, LFAPA, Editor

Dr. B.: Dr. Hardin, congratulations on your recent certification by ABPN and ABAP. May we begin with my asking who or what inspired you to pursue a career in medicine, and, in particular, your first specialty, pediatric endocrinology? Where did you train?

Dr. H.: My mom left when I was 5 and my brother 4. We lived with our dad, who was a wonderful man. He encouraged our relationship with my mother's parents and took us to see them in the mountains near Prescott AZ where they lived in a small cabin. I loved spending time with my grandmother. While dad, my brother and grandpa went fishing, she and I hiked, read books and cooked. When I was 5, I witnessed her having a seizure. She told me that she was a type 1 diabetic and explained the disease to me. I wanted to learn more, so she let me help her test her blood sugar by dropping a tablet in her urine. Eventually she let me give her insulin injections. I declared before I was age 6 that I would become a doctor and take care of diabetes. Grandma and my dad always encouraged me.

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I was the first person in my family to go to college and my grandmother sent my SAT scores and transcripts to many colleges resulting in my accepting a great scholarship to attend Indiana University. Before I left home, Grandma wrote to one of her cousins and asked her to “keep an eye on my grand-daughter.” The cousin, Opal, and husband, Martin L., came to visit, which resulted in their offering me the opportunity to live with them and clean and cook for them in exchange for room and board. So I moved to Indiana to live with them and go to college. Opal was 80 and a retired home economics teacher, and Martin was a very gruff attorney who was still practicing law at age 82. They had never had children. My grandma died two weeks before I left for this new life.

I kept my scholarship for all 4 years of college, as it renewed based on GPA. I became close to Opal and Martin L., and learned a lot about toughening up from him. He died my senior year of college. I had planned to return home for medical school, but Opal said she had grown close to me and offered to pay my way in medical school if I would stay with her. She even waived the cooking and cleaning “so you have time to study.” So I went to medical school at IU.

I planned to do endocrinology the entire time I was in medical school; however, I said that I would never do pediatrics. I had loved babysitting and was very afraid that my heart would not be able to endure the loss of a child. That sentiment changed when I did my Pediatrics rotation in the ICU the final month of my junior year. There was just something so endearing about children, and I realized that good compassionate care was what was needed even in the face of death. I did not have to fear their death, just do my best. I decided to do pediatrics then pediatric endocrinology. I did my residency and fellowship at Riley Children’s Hospital in Indianapolis to be near Opal.

Dr. B.: Please tell us something about your practice of that specialty.

Dr. H.: I practiced pediatric endocrinology at major academic institutions. I was especially driven to take care of children with diabetes or growth problems who had other chronic illnesses such as cystic fibrosis, Crohn’s disease and cancer. I realized there were so many things that needed to be understood regarding the causes of diabetes and growth problems in children, along with other illnesses. I used my curiosity to develop questions that I sought to answer with clinical research. I was able to obtain multiple research grants and had a successful research and clinical career in pediatric endocrinology.

[Click here To read the remainder of Dr. Hardin's Interview](#)

UPDATE

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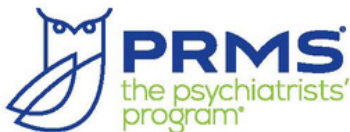


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