



# The Todd Ouida Clinical Scholars Award and Annual Lecture

*Created by a Loving Family to Support Research and  
Disseminate Knowledge on Childhood Anxiety and Depression*



Todd Joseph Ouida

IN HIS APPLICATION TO U-M,  
*Todd openly addressed his  
childhood experience with  
panic attacks:*

"I realized that the time a person  
wants to give up is the time when  
it is imperative for that person  
to fight the hardest."

"I learned that with family,  
a person can overcome anything."

# Remembering Todd:

## The Ouida Family's Lasting Legacy

**TODD JOSEPH OUIDA**, just beginning his professional career as a foreign currency options trader with Cantor Fitzgerald, died at the age of 25, one of many whose time on earth ended far too prematurely as the result of the tragic events of September 11, 2001. Todd was working on the 105th floor of One World Trade Center as the building was struck and collapsed into rubble and flames. His father, Herb Ouida, who worked on a lower floor of the same building as the executive vice president of the World Trade Centers Association, managed to make it out alive.

In the context of many Americans who perished in the terrorist attacks on the World Trade Center, the story of the end of Todd's life is perhaps not so unique. What does make Todd's story exceptional is the series of challenges he had successfully overcome to build a life that was brimming over with optimism, spirit, and promise. In elementary school, debilitating anxiety and panic attacks had so overwhelmed Todd that he was forced to withdraw from classes. With effective therapy and the strength of his family behind him, Todd triumphed over this adversity, going on to enjoy a successful secondary school experience and earn a degree in psychology from the University of Michigan in 1998. At the time of his death, Todd had just bought his first car, was preparing to find a place of his own, and was eagerly pursuing his new career and all that it might offer.

After Todd's death, his family established the Todd Ouida Children's Foundation in his memory. One of the foundation's first gifts was an endowed fund at the University of Michigan Depression Center. The Todd Ouida Clinical Scholars Award and Annual Lecture in Childhood Anxiety and Depression, now marking its 18th year, celebrates the vitality and hope that Todd's life embodied. This program will spur research related to childhood anxiety and depression far into the future, while helping children confronting similar challenges to those Todd faced and conquered.



Todd's parents, Herb and Andrea Ouida

## With Gratitude

All of us at the University of Michigan Depression Center extend our heartfelt appreciation to Herb and Andrea Ouida and their family. Over the past 18 years, they have become important and revered members of our Michigan family. They are inspirational to all of us in finding hope and purpose in tragedy and helping children live better lives. We thank them for their generosity and partnership in supporting research and education in childhood anxiety and depression and creating such a meaningful legacy for Todd at the University of Michigan.

# Helping Early Career Investigators Launch Their Careers

The Todd Ouida Clinical Scholar Awards are designed to further the work of outstanding researchers for whom private resources are essential in the early years of their careers. Such funds provide powerful leverage, helping young investigators achieve successes that will enable them to become eligible for later funding from public entities such as the National Institutes of Health. The Ouida awardees to date are listed below.



## **2003: Kate Fitzgerald, M.D.**

*Associate Professor of Psychiatry*

Dr. Fitzgerald's research focuses on mapping the neurodevelopment of anxiety disorders. She leads a cross-sectional fMRI study of atypically developing brain networks for cognitive control in patients with pediatric

obsessive compulsive disorder (OCD). She is also working with electrophysiologic data to identify predictors of developing anxiety and depression in children with depressed mothers. Dr. Fitzgerald's clinical expertise is in the evaluation and management of childhood anxiety.



## **2004: Michelle Kees, Ph.D.**

*Assistant Professor of Psychiatry*

Dr. Kees' research interests center on risk and resiliency in military families, parenting during adverse circumstances, intervention development and evaluation, and community dissemination of effective treatments

for children and families. Clinically, she specializes in women's adjustment and coping, children with anxiety and trauma, and positive co-parenting.



## **2005: Maria Muzik, M.D.**

*Assistant Professor of Psychiatry and Research Assistant Professor of Human Growth and Development*

Dr. Muzik's work is devoted to using knowledge gained through research to inform and improve clinical practice. She

is currently designing and developing a number of community programs and resources focused on helping women and infants at high risk of experiencing negative outcomes from depression and stress. Many of her programs support strengthening parent-child relationships and attachments, and helping mothers develop coping and parenting skills.



## **2006: Rich Dopp, M.D.**

*Clinical Assistant Professor of Psychiatry*

Dr. Dopp is a clinical assistant professor in the Child and Adolescent Section of the Department of Psychiatry. He is the medical director of the University Center for the Child and Family (UCCF) and the University Psychological Clinics

within the U-M Mary A. Rackham Institute. Dr. Dopp's research focuses on the effects of physical activity and exercise for youth with psychiatric disorders, focusing on depressive disorders, autism spectrum disorders, sleep and metabolism



## **2007: Cindy Ewell Foster, Ph.D.**

*Assistant Professor of Psychiatry and Director, University Center for the Child and Family*

Dr. Ewell Foster's research interests are in the area of youth depression awareness and suicide prevention. She is particularly interested in pursuing

university-community partnerships to increase awareness about children's mental health needs, decrease stigma about mental health and its treatment, and increase mental health service utilization. Dr. Foster is a clinical child and adolescent psychologist with expertise in a variety of evidence-based psychotherapies for children and adolescents and she directs the University Center for the Child and Family, which provides counseling, therapy, and mental health services to children and families in the community.



## **2008: Julie Kaplow, Ph.D.**

*Assistant Professor of Psychiatry, University of Texas (Formerly U-M Assistant Professor of Psychiatry)*

While at U-M, Dr. Kaplow's research interests focused on how children cope with traumatic life events, especially the death of a loved one. She led the CIRCLE

(Coping In Response to Childhood Loss Experiences) Project, an ongoing longitudinal study of parentally-bereaved children that examines biological, psychological, and environmental risk and protective factors associated with maladaptive grief reactions in youth. Findings from this study are being used to inform the adaptation of an evidence-based group treatment for at-risk bereaved children.

**2009: Kate Rosenblum, Ph.D.**

*Clinical Associate Professor of Psychiatry and Associate Research Scientist of Human Growth and Development*

Dr. Rosenblum is a clinical and developmental psychologist with expertise in parenting, early emotional development, and the intergenerational

transmission of risk. Her research and clinical work focus on trauma and relationship disruptions in early childhood, interventions to enhance parent-child relationships, and the special needs of young children in the context of military families, adoption and foster care, and parental psychiatric illness.

**2012: Erika Bocknek, Ph.D.**

*Assistant Professor of Early Childhood Education, Wayne State University*

*(Formerly U-M Assistant Professor of Psychiatry and Research Assistant Professor of Human Growth and Development)*

While at U-M, Dr. Bocknek's research focused on emotion regulation in

toddlerhood, an important early precursor of later mental health problems, in the context of trauma and disruptions in primary relationships, particularly among multi-stressed families. She was currently involved in a project to build effective outreach and support for military families with young children following deployment.

**2010: James Swain, M.D., Ph.D., F.R.C.P.C.**

*Assistant Professor of Psychiatry, Stony Brook School of Medicine*

*(Formerly U-M Assistant Professor of Psychiatry and Research Assistant Professor of Human Growth and Development)*

While at U-M, Dr. Swain studied the thoughts, behaviors and brain physiology involved with human attachment, especially the parent-infant bond. His clinical work dovetailed with his research, focusing on infant psychiatry and women's mental health around childbirth.

**2013: Ellen Barrett-Becker, Ph.D.**

*Associate/Training Director of CAPS, Wayne State University*

*(Formerly U-M Postdoctoral Fellow, Department of Psychiatry)*

While at U-M, Dr. Barrett-Becker's research focused on how children and parents process and make meaning of traumatic events, and associations between processing strategies and psychological symptoms. Dr. Barrett-Becker was particularly interested in how parents' use of dissociative and disorganized processing strategies can be maladaptive in recovering from child maltreatment or loss. Dr. Barrett-Becker collaborated with two research groups at U-M: one working on a longitudinal investigation of maternal functioning during the postpartum period and the associated outcomes for young children, and one on a longitudinal investigation of grief reactions and trauma symptoms in children following the death of a primary caregiver or cancer diagnosis of a primary caregiver.

**2011: Polly Gipson, Ph.D.**

*Clinical Assistant Professor of Psychiatry*

Dr. Gipson is a licensed clinical psychologist and clinical assistant professor in the Department of Psychiatry, Child and Adolescent Section. She serves as the director of the Trauma and Grief Clinic and of the

Frankel Integrated Behavioral Health Care Program. She is a member of the Youth Depression and Suicide Prevention Research Program. Dr. Gipson's expertise is in evidence-based clinical practices; trauma- and bereavement-informed assessment and intervention; suicide risk assessment and intervention; and community-based participatory research. Dr. Gipson is the principal investigator for a Robert Wood Johnson Foundation grant, studying the association between youth mentoring relationship qualities and mental health/adaptive outcomes. Dr. Gipson's line of research will continue to focus on community-based positive youth development strategies for underserved youth at elevated risk for suicide and other adverse psychological outcomes.

**2014: Elizabeth Koschmann, Ph.D.**

*Research Investigator, Department of Psychiatry*

Dr. Koschmann has collaborated with faculty across multiple U-M departments to develop TRAILS: Transforming Research into Action to Improve the

Lives of Students, a program with the mission of improving access to evidence-based mental health care for school-age youth. TRAILS works to increase the capacity of schools to support their students with mental illnesses by providing school professionals with clinical training in core mental health care techniques and post-training coaching within the school setting. TRAILS is currently building a statewide network of mental health coaches, positioned to partner with local schools in every county in Michigan.





### **2015: Jacek Debiec, M.D., Ph.D.**

*Assistant Professor of Psychiatry  
Research Assistant Professor, Molecular  
& Behavioral Neuroscience Institute*

Dr. Debiec's research is focused on understanding the developmental neurobiology of emotions with a special focus on anxiety, fear, trauma and

attachment learning. His research projects include basic and clinical studies. Dr. Debiec's long-term goal is to develop the neuroscience-informed early preventive and therapeutic interventions aimed at helping young patients and their families who struggle with maladaptive anxiety, depression and emotional trauma.



### **2016: Wael Shamseddeen, M.D., M.P.H.**

*Assistant Professor of Psychiatry*

Dr. Shamseddeen's research interest is treatment and prevention of relapse of depression among adolescents. He is also interested in the impact of trauma and grief on the mental health

of children and adolescents, and in particular, on response to treatment to depression. Some of his published work focuses on the impact of school stress and history of abuse on response to treatment of resistant depression in adolescents. Although the relationship between childhood abuse and risk for depression or other mental disorders is well-established, few studies have examined whether a history of abuse may affect response to treatment, especially among adolescents.



### **2017: Emily Bilek, Ph.D.**

*Assistant Professor of Psychiatry*  
Dr. Bilek is a Clinical Assistant Professor at the University of Michigan. She has a Ph.D. in Clinical Psychology from the University of Miami. Her graduate training focused on the development and examination of transdiagnostic

treatments for youth anxiety and depressive disorders. She completed her internship and postdoctoral training at the University of Michigan where she strengthened her clinical expertise in treating anxiety and depression across the lifespan. Since joining faculty at Michigan, she has been intimately involved in research related to youth internalizing symptoms and disorders, acting as a supervisor or co-investigator on research examining CBT in schools and research examining neuro-behavioral predictors of CBT outcomes for youth. She is also developing an independent program of research examining predictors of CBT outcomes.



### **2018: Ewa Czyz, Ph.D.**

*Research Assistant Professor of Psychiatry*

Dr. Czyz obtained her doctorate and completed her post-doctoral training at U-M's Department of Psychiatry. As a member of both the Youth and Young Adult Depression and Suicide

Prevention Program and the Data Science for Dynamic Intervention Decision-Making Lab at U-M's Institute for Social Research, she is focusing on finding better ways to identify and intervene with youth at risk for suicidal behavior. Dr. Czyz received a Career Development Award from the National Institute of Mental Health and is leading a study to develop a technology-augmented adaptive intervention for youth at risk for suicide, particularly to provide psychiatric support following their transition from acute care. Her research also looks at measurement approaches to detect dynamic changes in suicide risk to prevent suicidal behavior and other adverse outcomes.



### **2019: Julie E. Premo, Ph.D.**

*Research Fellow, Department of Psychiatry*

Dr. Premo is a passionate clinical psychologist and research scientist native to the Chicago suburbs. Her research focuses on improving the lives of young children and families affected by anxiety

and depression, with the goal of preventing impairment later in life. She aims to improve the effectiveness of existing treatments, and help create new treatments by identifying new brain-based targets of intervention. By understanding how families respond to and cope with their child's anxiety, she strives to help these young children recover and thrive.



### **2020: Megan M. Julian, Ph.D.**

*Clinical Lecturer, Department of Psychiatry*

Dr. Julian is a clinical lecturer of psychiatry at Michigan Medicine. Her research and clinical expertise are in the areas of early childhood mental health, parent-child relationships, and

trauma. She is interested in how early relational care affects the course of development and how relationships can be enhanced to support children's development. She also studies the psychological and biological processes that drive parenting behavior, and how parent- and child-level contextual factors facilitate or impede these processes. She completed her doctoral degree in clinical and developmental psychology at the University of Pittsburgh and conducted her postdoctoral training at the Yale Child Study Center and University of Michigan Center for Human Growth and Development.

# Creating the Opportunity to Learn from Leading Scholars

The Todd Ouida Annual Lecture provides a wonderful opportunity for University of Michigan faculty, fellows, students and the community to hear about the latest advances in the field of childhood anxiety and depression from a notable national leader in the field. The lecture takes place each fall at the University of Michigan Depression Center. This chance to learn from leading scholars in person is inspirational to early career researchers and allows faculty and others to gain in-depth understanding of new developments and data, share insights and explore new ideas.

The following is a list of eminent scholars who have been honored to date as Todd Ouida lecturers.

**2003: Karen Dineen Wagner, M.D., Ph.D.,  
University of Texas Medical Branch in Galveston**

*"Major Depression and Anxiety in Children and Adolescents: the Need to Detect and Treat Early"*

**2004: John March, M.D., M.P.H.,  
Duke University Medical Center**

*"Treatment for Adolescents with Depression Study (TADS)"*

**2005: Daniel Pine, M.D.,  
National Institute of Mental Health**

*"Developmental Perspectives on Anxiety: An Update from the NIH"*

**2006: Research presentations by Ouida Scholar Award winners**

**2007: John Walkup, M.D.,  
Johns Hopkins**

*"Treatment of Anxiety Disorders in Children: Update on the Child/Adolescent Anxiety Multimodal Study (CAMS)"*

**2008: John Piacentini, Ph.D., ABPP,  
University of California, Los Angeles**

*"Multimodal Treatment of Childhood Anxiety Disorders"*

**2009: Joan Asarnow, Ph.D.,  
University of California, Los Angeles**

*"Pediatric Depression: Strategies for Improving Treatment and Youth Outcomes"*

**2010: Anne Marie Albano, Ph.D., ABPP,  
Columbia University**

*"Adolescents, Anxiety, and Development: Treatment During the Stage of Storm and Stress"*

**2011: David Brent, M.D.,  
University of Pittsburgh**

*"Assistance for Treatment Resistance in Adolescent Depression: Lesson from the TORDIA Study"*

**2012: Mary Fristad, Ph.D., ABPP,  
Ohio State University**

*"Nonpharmacologic Adjunctive Interventions for Childhood Mood Disorders"*

**2013: Jay N. Giedd, M.D.,  
University of San Diego, California**

*"The Teen Brain: Insights from Neuroimaging"*

**2014: Melissa DelBello, M.D.,  
University of Cincinnati**

*"Treatment of Bipolar Disorder in Children and Adolescents"*

**2015: Eric Storch, Ph.D.,  
University of South Florida**

*"D-Cycloserine Augmentation of Cognitive Behavioral Therapy in Pediatric Obsessive-compulsive Disorder"*

**2016: Jim Hudziak, M.D.,  
University of Vermont**

*"Why Child Psychiatry Should Be the Centerpiece of Health Care Reform: The Science Behind the Argument"*

**2017: Cheryl King, Ph.D.,  
University of Michigan**

*"A Broad Perspective on Youth Suicide Prevention: What Can We Do?"*

**2018: Research presentations by Ouida Scholar Award winners**

**2019: Joan Luby, M.D., Washington University  
School of Medicine in St. Louis**

*"Early Childhood Depression: Parent-Child Psychotherapy Targeting Emotion Development"*

**2020: Jean A. Frazier, M.D., UMass Medical  
School and UMass Memorial Medical Center**

*"Mood and Anxiety Disorders in Preterm Born Children and Adolescents"*

# Todd Ouida Children's Foundation

The Todd Ouida Children's Foundation was established by Todd's family to create a meaningful legacy for Todd. Born out of Todd's own successful struggle with childhood anxiety, the mission of the foundation is to:

- Financially support psychological services for children of families in need and promote mental health initiatives for all children;
- Raise awareness and reduce the stigma of anxiety and depression disorders in children, recognizing the need for early intervention;
- Provide contact information for those seeking help.

Since 2002, the foundation held festive events around Todd's birthday to remember him and raise funds to help children in his memory. Over \$1.3 million has been raised and distributed to charities that help children lead happier lives. In 2012, the foundation moved in a new direction to co-sponsor the Todd Ouida Children's Foundation Annual Conference to provide education about children's mental health. The inaugural conference, co-sponsored by Montclair State University Center for Autism and Early Childhood Mental Health, Children's Aid and Family Services, and West Bergen Mental Healthcare, was held on May 16, 2012, and was titled, Enriching the "Everyday Leaders" Who Support the Mental Health and Well-Being of Infants, Children and Families.



To learn more about the Todd Ouida Children's Foundation, please visit [www.mybuddytodd.org](http://www.mybuddytodd.org).

