

From recipients of the Daniel Schumaker, MD Memorial Endowed Scholarship:

I was honored to have been in the inaugural recipient of the Shumaker Scholarship. I was about to take the Step 1 board exam, and heard from my administrator this scholarship was being instituted, and that there would be a celebration in the near future. I still remember where I was when received the phone call – standing in my Grand Rapids kitchen, making a modest meal of tofu and vegetables I could eat for the week.

My first emotion was relief. It was an honor, and a great help to receive financial assistance during this time, when money was tight, and my student loans were accruing rapidly (to reach a final, merciless \$356,500). However, the reprieve was most notably from the confines of my burgeoning belief, growing faster than my debt, that the medical community, especially attending physicians, did not care about physician, resident, and student wellness. The further I got into my training, the more it felt I was meant to be indoctrinated into a field that was provided for by capitalistic forces, the culture of which was built around the bottom line. No one seemed to want to talk about my concerns about how we could see the ethos of our classmates changing before our eyes. My peers would call me with their psychiatric symptoms, concerned with their waning interest in medicine, moral injury, and at times thoughts about ending their training or their lives.

So while I steamed my broccoli, I was delighted to feel a force behind me; a group of practicing physicians who cared that I cared about where this field is headed, and what we might be able to do to right the ship, with our individual contributions. I had been in a paddle boat, and the group behind this scholarship gave me some sails. I was much more inclined after this to be open about my quest to improve wellness, targeting students and residents for now, and working on systemic levels to do whatever I can.

Since then I have graduated from medical school as a member of the AOA and GHS, started residency at the University of Michigan in psychiatry, and just last week matched into our child and adolescent psychiatry fellowship program. While here, I made sure we have mentorship programs in place, that our big/little sib program continues on, have offered wellness and planning sessions for incoming classes, been part of our social committee to foster wellness, and most recently have been on our union's contract negotiations team to ensure we are adequately compensated, and that our health and wellbeing is protected. I am also on a quest to make sure the psychiatry residents in our program have access to confidential care, as the rest of the house officers and students do.

I now and then connect with Dr. Coiner and Mrs. Shumaker, which has been delightful. I once again get to remember that we are all in this together; helping prepare budding physicians – as well as seasoned ones – to contribute to a brand new way we can take care of patients: from a place of our own health, equanimity, and community.

Jamarie Geller, MD, MA 1/18/23