

# Combining Inspiration and Practical Tips to Help Mentees Find Their “Jack”

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**D**o you have a mentor? Do you want to be a mentor? This issue of *JAACAP Connect* inspires us to step into mentorship.

Having had mentors at many, but not all, stages of my career, it is almost impossible to imagine a successful career without mentorship. However, I spent most of my formative years, including medical school, not realizing what a mentor was or how they could be helpful. I thought mentorship was only for would-be researchers or the elite few. Now I know with certainty: mentorship is for everyone.

“Mentorship for everyone” has become a mantra in child and adolescent psychiatry (CAP), in no small part due to efforts such as the mentorship programs and career development fora (CDF) at American Academy of Child and Adolescent Psychiatry (AACAP) annual meetings. The AACAP mentorship program, first brought to us by Andrés Martin, MD, MPH, has been shown to increase mentees’ knowledge of and connectedness to the field of child and adolescent psychiatry,<sup>1-3</sup> and has touched the lives of thousands of participants, including me.

The spring 2016 issue of *JAACAP Connect* is dedicated to one of our most prolific AACAP mentors, John F. “Jack” McDermott Jr., MD, who died in December 2015. Jack’s mentoring legacy spans generations and continents. Jack was editor-in-chief of the *Journal of the American Academy of Child and Adolescent Psychiatry* (JAACAP) from 1988 to 1997 and, in conjunction with Dr. Martin, created the John F. McDermott Assistant Editor-in-Residence (EIR) mentorship program for JAACAP (from which *JAACAP Connect* was created). Indeed, if we were to create a “pedigree” of the ancestry and lineage of AACAP and JAACAP

mentorship programs, all lines would likely incorporate Dr. McDermott and Dr. Martin.



Dr. John F. McDermott, Jr.

In this issue, Dr. McDermott’s wisdom is imparted to the reader through the writings of multiple generations of his “mentorship descendants.” Part I of this issue focuses on more practical aspects of mentorship. First I discuss how to find and keep a good mentor, using a “how-to” format. Misty Richards, MD, *JAACAP Connect* deputy editor, continues with tender-hearted yet practical tips for maximizing the mentor-mentee relationship. Oliver Stroeh, MD, current EIR and *JAACAP Connect* associate editor, helps us overcome “energy barriers” in completing projects by reflecting on our knowledge, skills, and attitudes, building on the “Just Do It!” advice of Dr. Martin published in an early issue of *JAACAP Connect*.<sup>4</sup>

Part II of this issue focuses on inspiration, admiration, and tribute. Dr. Martin, *JAACAP* editor-in-chief, tells us where it all began—the mentor’s mentor, Cap’n Jack McDermott. Next, the inaugural John F. McDermott Assistant EIR and a current assistant editor of *JAACAP*, Schuyler W. Henderson, MD, MPH, takes us on a poetic journey of what it means to have known Jack as a mentor. When we think of Jack, we can’t help but think of Hawaii, the place he called home. Stacy S. Drury, MD, PhD, former EIR and current *JAACAP* editorial board member, guides us through mentorship and Jack’s contributions to CAP in Hawaii, explaining Jack’s HO’OHANO HANO that we strive to exhibit in our own lives (see Stacy’s story for translation). *JAACAP*’s Alyssa Murphy, MA, and Mary K. Billingsley, ELS, dip into Jack’s diverse scholarly activities by discussing his surprising expertise in Emily Dickinson.

Dr. McDermott embodied the most important attributes of a mentor: he was smart, reflective, accepting, and generous of time and spirit. So how does one find a “Jack”? Read through the articles to find tips and inspiration. Then get involved locally and nationally. Participate in the AACAP mentorship programs. Write for *JAACAP Connect*. Apply for JAACAP’s mentored editorial positions. Through these experiences, you, too, will become part of the ongoing legacy of Jack McDermott, MD.

### References

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3. Martin A. Ignition sequence: On mentorship. *Journal of the American Academy of Child and Adolescent Psychiatry*. 2005;44(12):1225-1229.
4. Martin A. Just do it! Pointers to get your work published in the academic literature (...and why you should, no pressure). *JAACAP Connect*. 2014;1(2):20-23.

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Editor-in-Chief Dr. Andrés Martin and Editor Emeritus John F. McDermott (second and third from left) with former John F. McDermott Assistant Editors-in-Residence (left to right): Drs. Stacy S. Drury, Michelle S. Horner, and Schuyler W. Henderson, at the 61st AACAP Annual Meeting in San Diego, California.