

Holding Complexity, Building Connection: A Psychiatrist's Reflection on ASD, Mental Health, and the Power of Interdisciplinary Care

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Dr. Kimothi Cain, MD, MPH, was born and raised on a cattle ranch in rural New Mexico. She is triple-board certified in general psychiatry, child and adolescent psychiatry, and consult-liaison psychiatry. Currently, Dr. Cain serves as the Program Director for the Child and Adolescent Psychiatry Fellowship and as the Medical Director for Child Psychiatry Outpatient Services at the University of New Mexico (UNM).

Dr. Cain has extensive clinical experience in perinatal, adolescent, and early childhood psychiatry, focusing primarily on children five years old and younger. She is dedicated to providing essential care to New Mexico's most vulnerable young children and their families, aiming to improve resilience, reduce intergenerational child abuse and trauma, and enhance outcomes for children.