

# NYCCAP News

*A publication of the New York Council on Child and Adolescent Psychiatry*



Fall 2016

*Child and Adolescent Psychiatry*

# **Career Night 2017**

*Food and beverages will be served. This event is open to everyone.*

*NYU Child Study Center*

*1 Park Avenue*

*Central Park Room*

*New York, NY 10016*



# NYCCAP News

A publication of the New York Council on Child and Adolescent Psychiatry

## New York Council on Child and Adolescent Psychiatry

### 2016-2017 NYCCAP Board

#### Officers

**President**, Angel Caraballo, MD

**Treasurer**, Melvin Oatis, MD

**Immediate Past President**, Scott Palyo, MD

#### Board Members

Beth Belkin, MD

Khadijah Booth-Watkins, MD

Jennifer Cabrera, MD

Vera Feuer, MD

Tzvi Furer, MD

Cathryn Galanter, MD

Molly Gangopadhyay, MD

Larry Greenhill, MD

Iliyan Ivanov, MD

Olga Leibu, MD

Denise Leung, MD

Annie Li, MD

Akeem Marsh, MD

Uri Meller, MD

Owen Muir, MD

Yiu Kee Warren Ng, MD

Jennifer O'Keefe, MD

Folake Oshodi, M.D.

Victoria Pham, MD

Richard Pleak, M.D.

Shervin Shadianloo, MD

Scott Shaffer, MD

Gabrielle Shapiro, MD

Jessica Simberlund, MD

Oliver Stroeh, MD

Jose Vito, M.D.

Meredith Weiss, MD

Susan Yeung, MD

Bryon Young, MD

Carolina Zerrate, MD

## Inside this issue:

<b>President's Column</b> .....	<b>4</b>
<i>Angel Caraballo, MD</i>	
<b>Immediate Past President Thank You</b> .....	<b>5</b>
<i>Scott Palyo, MD</i>	
<b>2016 Annual Meeting and NYCCAP Local Arrangements Committee</b> .....	<b>8</b>
<i>Scott Palyo, MD and Larry Greenhill, MD</i>	
<b>Assembly Meeting: October 2016</b> .....	<b>10</b>
<i>Jennifer Cabrera, MD</i>	
<b>NYCCAP Resident Representative Perspective</b> .....	<b>11</b>
<i>Tzvi Furer, MD</i>	
<b>Early Career Psychiatry (ECP)</b> .....	<b>11</b>
<i>Scott Shaffer, MD</i>	
<b>Wilfred C. Hulse Award Lecture Featuring Victor Fornari, MD</b> .....	<b>12</b>
<i>Akeem Marsh, MD</i>	
<b>Advocacy</b> .....	<b>13</b>
<i>Molly Gangopadhyay, MD</i>	
<b>Bridging the Workforce Shortage: Psychiatric Nurse Practitioners in Clinical Practice</b> .....	<b>13</b>
<i>Annie Li, MD</i>	
<b>MIT Subcommittee Report</b> .....	<b>14</b>
<i>Jennifer O'Keefe, MD</i>	

### NYCCAP News Publication

#### Editor-in-Chief

Jose Vito, MD

#### Editorial Board

Akeem Marsh, MD

Shervin Shadianloo, MD

If you would like to submit an article for publication in our next newsletter, please contact us [info@nyccap.org](mailto:info@nyccap.org).

Classified ads are FREE for NYCCAP members. For non-members or advertisers, please contact us at [info@nyccap.org](mailto:info@nyccap.org) for rates and guidelines.

**New York Council on Child and Adolescent Psychiatry**

141 Mulberry Street, Apt D1

New York, NY 10013

[info@nyccap.org](mailto:info@nyccap.org)

[www.nyccap.org](http://www.nyccap.org)

## President's Column



Dear NYCCAP Family:

With great pleasure, I greet you as President of the New York Council on Child and Adolescent Psychiatry (NYCCAP). I hope everyone enjoyed this wonderful summer and fall as much as I did. I was thrilled to see many of our members during AACAP's Annual Meeting in NYC and the many events by NYCCAP this year.

This year's annual meeting in October was indeed a huge success thanks, in part, to the top-notch Local arrangements Committee (LAC). The meeting had more attendees than ever and received great reviews. I want to express my sincere gratitude to the leadership of the LAC, Drs. Greenhill and Palvo, and all the members of the committee for their hard work and dedication. Congratulations on a job well done!

In September, the Collaborative Care Committee hosted a wonderful event, "Bridging the Workforce Shortage: Psychiatric Nurse Practitioners in Clinical Practice" that brought together child and adolescent psychiatrists, pediatricians, and psychiatric nurse practitioners.

Victor Fornari, MD, who received the 2017 Wilfred C. Hulse Award, recently lectured on "Increasing Access to Children's Mental Health Care." He reviewed the history of Project TEACH (Training and Education for the Advancement of Children's Health) also known as CAP PC, a New York State Office of Mental Health funded Initiative that he helped to develop and nurture over the past six years.

Looking ahead to 2017, NYCCA's Board will welcome, with open arms, new members who join our family and will always strive to better serve our members. Our website is an effective and efficient way to inform members about news and events and to further increase ways to disseminate information. We are constantly updating our website ([www.nyccap.org](http://www.nyccap.org)) that is the internet home of our organization. You'll find membership information, events, advocacy, job postings, office space and much more. We have revamped our newsletter under the leadership of Jose Vito, MD and the assistance of our wonderful Earl Magee. Our members will receive NYCCAP News via email at least semi-annually. Feel free to provide feedback on our website and newsletter to make them even better resources.

NYCCAP plans to promote child and adolescent psychiatry to medical students by expanding the efforts of our Medical Student Committee who will be reaching out to all medical schools in our region. We also plan to continue attending and participating in international conferences related to the mental health of children. Additionally, we will continue our many advocacy efforts and collaborate with AACAP and other organizations to promote mental health awareness and fight against stigma.

We are extremely proud of our members' outstanding achievements and look forward to their continuous success. We will persistently look for opportunities to advocate for the mental health of our patients and for our field. As part of our mission, we will be connecting members with professionals worldwide who share our common interests.

I am excited about the opportunity to serve the NYCCAP in this capacity and am eager to see everyone in our upcoming functions and events. Be sure to mark your calendar for our upcoming Career Night (January 18) and the Joint Legislative Breakfast (January 29).

Thank you!

Angel Caraballo, MD  
NYCCAP President 2016-2018

## Immediate Past President's Thank You



I wanted to thank each of you for the opportunity of serving as your president for the past two years. The experience has been rewarding and has encouraged me to be even more involved with advocacy, collaboration and AACAP. We are very fortunate to have a board of over 30 passionate members who tirelessly organize so many events and expand the role of child psychiatrists in New York as well as nationally. In order to credit the committees and their chairs for all the work they have done, I would like to highlight each committee and all of the many accomplishments as well thank the officers—Iliyan Ivanov (Past President), Angel Caraballo (President Elect), Melvin Oatis (Treasurer) and Denise Leung (Secretary) and our dedicated staff—Vivian Catanaccio and Earl Magee.

### **Communications/Newsletter**

*Drs. Denise Leung (Secretary), Jose Vito, Folake Oshodi, Owen Muir, and Shivana Naidoo*

Two years ago, the Communications Committee presented the goals of creating and maintaining an active website as well as achieving expedited methods of communications. After extensive interviews with many website designers, they selected Earl Magee, formerly of AACAP, to create and maintain our website. Earl has moved to not only create our website and maintain it, he created a Facebook and Twitter account for us as well as overhauling our monthly meeting minutes. With this significant improvement with communication between members and our board members, we are able to inform members more quickly about upcoming events and posting information of interest to our members on the website. If you have not gotten a chance to review our site, please take a look at [www.NYCCAP.org](http://www.NYCCAP.org). We are very proud of our website and appreciate that it includes up to date information about our events, related events for CAPs, information about awards and CAP training as well as general updates from our members.

### **Advocacy**

*Drs. Gabrielle Shapiro, Warren Ng, Shervin Shadianloo, and Khadijah Booth Watkins*

The past two years have seen our Advocacy team grow and diversify. With the movement of legislation involving such topics as I-STOP, e-prescribing, and scope of practice, we are extremely grateful for our Advocacy team's dedication to staying up to date and collaborating with AACAP nationally as well as other regional medical organizations. We appreciate the committee's work with the delay of e-prescribing implementation until more training could be completed and that no scope of practice bill has been voted on in either house to date. In 2014, we hosted a large collaborative advocacy training event with AAP, APA, and MSSNY then this year was asked to cosponsor the NYC Advocacy Breakfast with the regional MSSNY and APA groups. Both of these events have helped bridge collaboration and we have continued to grow our yearly attendance to AACAP's Legislative Conference. In 2016, we had over 25 members travel to Washington to participate. As we continue to support advocacy for our families, our communities and our field, members of NYCCAP have expanded our methods of contributing and currently we have three of our members—Warren Ng, Gabrielle Shapiro and myself—serving in the inaugural board for the American Association of Child and Adolescent Psychiatry.

### **Collaborative Care**

*Drs. George Alvarado, Annie Li, Meredith Weiss, Susan Yeung and Ruth Gerson*

In conjunction with Dr. Greg Fritz's integrated care initiative, the Collaborative Care committee has grown to include some of the Council's most well attended events. We had over 100 responses to attend our fall school refusal event, "Approaches to School Refusal" with Drs. John Walkup, Steven Donovan and Samantha Morrison and drew a large crowd this spring with "Collaborative Approaches to Care for Unaccompanied Youth" (Speakers: Cristina Muniz de la Pena, PhD and Brett Stark, Esq). Last year, our team helped create dialogue between child psychiatrists in emergency rooms, the department of education and the department of health. This dialogue helped lay the groundwork for productive collaboration and a panel event.

## **Membership**

*Drs. Caroline Zerrate, Larry Greenhill, Victoria Pham, Warren Ng, and Chinedu Onyedike*

The Membership Committee has grown in numbers and activities. Membership now has an official welcome letter to all new members of NYCCAP, actively promotes nominations of Distinguished Fellows (NYCCAP had 7 of the 44 recipients in 2015), and oversees the nominations of our prestigious Wilfred C. Hulse Award and awardee presentation. In 2014, Dr. Jose Vito was our recipient and presented his research with adolescent and drug use, while Dr. Cathryn Galanter, our 2015 recipient, discussed her work with mood disorders including DMDD. Both award presentations were well attended by former Hulse awardees and our members.

## **Assembly**

*Drs. Richard Pleak, Jennifer Cabrera, and Richa Maheshwari*

Given our enormous growth, the Council was able to recalculate our number of delegates (now at 15) and each meeting we have had nearly 100% (14 or 15 delegates) at each of the fall and spring Assembly meetings, New York played an integral part of the Assembly meetings, and we are very lucky to have such active members be part of the current or most recent past Assembly Executive Committee: Warren Ng (Immediate Past Chair), Melvin Oatis (Treasurer), Jose Vito (Representative), Jennifer Cabrera (ECP Representative to the Assembly), Richa Maheshwari (Resident Representative to the Assembly) and myself (inaugural ECP Representative to the Assembly).

## **Training/Members-in-Training Subcommittee**

*Drs. Cathryn Galanter and Akeem Marsh. Trainees: Drs. Olga Leib, Susan Yeung, Owen Muir, Jennifer O'Keeffe, Chinedu Onyedike, Shivana Naidoo, and Aaron Roberto*

The Training Committee is extremely active and involved, and we are very thankful to have such a large and enthusiastic group of trainees. Drs. Galanter and Marsh are fantastic in mentoring New York's future CAPs and through this mentorship has come some fantastic events. Each July we have a well-attended Welcome Night for first year trainees then, in late winter, we have a casual and information filled Career Night for all the future graduates. Because of the input from the trainees our Career Night is very interactive and exciting for trainees. Our subcommittee includes many trainees from almost every training program and continues to have regular meetings hosted and attended by trainees. Through our Training Committee, we support and sponsor travel scholarships to AACAP's annual meeting and Legislative Conference. During the Annual Meeting event, each recipient receives not only funding but a connection to a conference mentor and meet with the mentor throughout the conference with the hope that further meetings and correspondence when they return to New York.

## **Medical Students**

*Drs. Beth Belkin and Jennifer Cabrera. Medical Student-John Dillon*

The Medical Student Committee hosts events throughout the year at different medical schools in order to promote interest in our field and helps foster involvement in NYCCAP by the medical schools. During these past two years, we have reached out to PsychSigns and attended speaking engagements hosted by medical organizations.

## **Early Career Psychiatrist (ECP)**

*Drs Scott Shaffer , Oliver Stroeh, Molly Gangopadhyay, Angel Caraballo (President –Elect), Vera Feuer and William Yu*

In addition to the regular networking events, the ECP Committee hosted its first annual family picnic event last September in Fort Tyron Park. The ECP Committee has come up with so many creative ideas that many of its events are attended by non-ECPs. In January, they hosted "CAP-Related DSM5 Diagnoses" with Drs. Gabrielle Carlson, Richard Pleak and Jeremy Veenstra-VanderWeele and last year organized an e-prescribing event. Last summer, we hosted a movie night and discussion with over 40 CAPs attending a viewing of "Inside Out." Through our ECPs, we have begun a yearly Broadway event in which NYCCAP sells tickets at a discount with a

portion of the fee going to a charity of our choice then the Council has paid for a private talkback with actors and staff. In 2015, over 80 people attended. The Curious Incident of the Dog in the Night and, this year, a large number attended Fun Home. This Broadway event has been so successful that AACAP is asking us to create an event like this for the annual meeting.

### **International**

*Drs. Angel Caraballo (President-Elect), Vera Feuer, Khadijah Booth Watkins, Iliyan Ivanov (Past President), and Olga Leibu*

In order to support Dr. Paramjit Joshi's Presidential Initiative, our board voted to create an International Committee with goals to support more international collaboration and connect with CAPs in New York who have international backgrounds and education. In 2015, 8 board members traveled to Madrid to present three symposia at the European Society on Child and Adolescent Psychiatry's biannual conference. Following this, our committee hosted a panel and discussion entitled, "Global Speaking," to encourage more participation internationally for CAPs. This year, we have helped recruit and encourage our members to attend the first AACAP joint venture with Spain's major CAP organization, Asociación Española de Psiquiatría del Niño y el Adolescente (AEPNYA) in San Sebastian. We had over 25 of our members attend the conference. This year we were very excited to host an event exclusively for CAPs regarding work visas. This was very well attended and we hope to expand this dialogue for our members in the coming year.

### **Finance**

*Dr. Melvin Oatis*

We have saved and diversified our savings to now include higher interest accounts. We are proud of the frugality of our financial team, which had allowed us to provide important scholarship opportunities for trainees, educational and networking events in our area and create a regional organization that is stellar among ROCAPs.

As our ROCAP continues to evolve, I am pleased to continue to be involved and hope that our members have appreciated the Council's hard work and dedication to our field. Larry Greenhill and myself are co-chairing the local arrangements for the annual meeting in New York. This year we have 18 committee members (many from our Council) participating to ensure a successful and rewarding conference for our members. Potential highlights include multiple clinical/research practica; a Broadway event; and a larger inclusion of pediatrician and nurse practitioners.

Our board meetings are open to all members, and are generally held on the third Monday of the month at the Child Mind Institute. We appreciate the generosity of Dr. Harold Koplewicz and the Child Mind Institute for allowing us to use their space. I encourage anyone interested to contact one of our fantastic committee chairs or myself about any interest in participating in NYCCAP.

---

## **2017 UPCOMING EVENTS**

Career Night	January 18
Joint Legislative Breakfast	January 29
Ed Hornick Memorial Award Lecture	February 1
<i>Dear Evan Hansen</i> (Broadway)	April
AACAP Legislative Conference	May 11-12
AACAP Assembly Meeting	May 13
End of the Year Party	June
Welcome Night	July

## 2016 Annual Meeting and NYCCAP Local Arrangements Committee



AACAP's 63rd Annual Meeting, a HUGE success and the largest in AACAP's history with over 5,400 attendees! What a wonderful time to be in New York! This year saw many firsts and NYCCAP is so happy to have hosted this historic event. Thank you to everyone who helped make the meeting a big success especially our top-notch Local Arrangements Committee, chaired by Scott Palyo, MD and Larry Greenhill, MD. They

include: Beth Belkin, MD; Khadijah Booth-Watkins, MD; Jennifer Cabrera, MD; Angel Carballo, MD; Vera Feuer, MD; Iliyan Ivanov, MD; Cathryn Galanter, MD; Molly Gangopadhyay, MD; Olga Leibu, MD; Denise Leung, MD; Susan Leung, MD; Annie Li, MD; Akeem Marsh, MD; Owen Muir, MD; Warren Ng, MD; Melvin Oatis, MD; Jennifer O'Keeffe, MD; Folake Oshodi, MD; Victoria Pham, MD; Richard Pleak, MD; Shervin Shadianloo, MD; Scott Shaffer, MD; Gabrielle Shapiro, MD; Oliver Stroeh, MD; Jose Vito, MD; Meredith Weiss, MD; and Carolina Zerrate, MD.

The Hospitality Desk looked amazing and in true New York style! NYCCAP would like to thank all the incredible volunteers who gave of their time to help the Hospitality Desk and Monitors Office. The candy, Hospitality Guides (Entertainment and Restaurant), and stickers were a big hit and very much appreciated by attendees.

The Monitors Office operations ran beautifully thanks to the efforts of many volunteers who helped coordinate the multitude of monitors that provided AACAP with so much support throughout the meeting.

Congratulations to Gaye Carlson, MD who received the Virginia Q. Anthony Outstanding Woman Leader Award. David Shaffer, MD--the Irving Phillips Professor of Child Psychiatry, Professor of Pediatrics, and served as the Chief of Child and Adolescent Psychiatry at Columbia University--was honored at a symposium, A Multi-Faceted Approach to Evidence-Based Developmental Psychopathology.



On October 25, AACAP's Assembly of Regional Organizations brought over 110 Delegates from around the U.S. together to discuss key issues. Susan McDaniel, PhD, President of the American Psychological Association, spoke to the group about the importance of mental health and how child and adolescent psychiatrists and psychologists can collaborate on integrated care. Angel Carballo, MD and Susan Yeung, MD reported on NYCCAP during the open forum.

The Karl Menninger, MD Plenary featured Former Congressman Patrick Kennedy, one of the world's leading innovators on the prevention and treatment of mental illness. Lisa Yang received AACAP's Catchers in the Rye Humanitarian Award for her work mental health advocacy and people with disabilities. Kelly J. Kelleher, MD, the keynote speaker at the Lawrence A. Stone, MD Plenary, spoke on Child Psychiatry: Population Health's Reluctant Driver.

Visit our home page, <http://www.nyccap.org>, or our Facebook page, <https://www.facebook.com/NYCCAP>, to view photos from the meeting.

# Glimpses from the meeting . . .



## ASSEMBLY OF REGIONAL ORGANIZATIONS

*By Jennifer Cabrera, MD*



The New York Council's (NYCCAP) presence in the Assembly of Regional Organizations continues to impress! We had 15 delegates representing our regional organization, which is the maximum number of delegates for our Council, and is also the largest delegate group within the national organization. NYCCAP has representation on the Assembly Executive Committee (AEC), including Secretary Melvin Oatis, Early Career Psychiatrist (ECP) Representative Jennifer Cabrera, outgoing Resident Representative Richa Maheshwari, and outgoing Representative to Council Jose Vito. Additionally, former AEC chair Warren Ng now serves as the Secretary of the AACAP Council. The membership of NYCCAP continues to grow, and we are proud to have such strong representation in order to advocate for the needs of our members on both the regional and national levels.

During the Assembly, it was announced that the AACAP Council approved an increase in funding to the Assembly, which ensured that the cost of attendance for delegates would not increase. American Psychological Association (APA) president Susan McDaniel presented on the APA's integrated model of care, which aligns with President Greg Fritz's initiative. APA and AACAP were among the 82 leaders from 23 organizations at this year's Integrated Primary Care Alliance meeting. Held in April, the meeting demonstrates that child health, and mental health, are growing priorities in both nationally and globally. Not surprisingly, the hot topic of psychologist prescribing was at the forefront of delegate's minds, especially since May of this year, when Iowa joined Illinois, Louisiana and New Mexico as the fourth state in which psychologists can obtain prescribing privileges. Though Dr. McDaniel's presentation was not focused on it, she was clear in saying that most psychologists nation-wide are not primarily interested in prescribing.



The spring Assembly will be held on Saturday May 13, 2017 in Washington, DC, right after the annual Legislative Conference. We are happy to announce that Tzvi Furer, first year child and adolescent psychiatry fellow at New York University School of Medicine, will be joining the AEC as the new Resident Representative. He will be joined by Karen Pierce of the Illinois Council, and the Michigan Council's Manal Assi as the new AEC Representatives to Council.

We look forward to seeing NYCCAP members at the May Assembly. For more information about the Assembly of Regional Organizations, please reach out to NYCCAP board members at [info@nyccap.org](mailto:info@nyccap.org).

# AACAP Assembly Resident Representative Perspective

By Tzvi Furer, MD



Hi, my name is Tzvi Furer and it's my honor to be the recently appointed Resident Representative for AACAP's Assembly Executive Committee and the Assembly of Regional Organizations. I began my position following this past October's exciting AACAP Annual Meeting and

will be in this position until October 2018.

I was offered the opportunity to write a few words about my transition into this new role, and also about future plans that I had for the next two years. As a current trainee in a Child & Adolescent Psychiatry fellowship in NYC, I think that my proximity and participation in such a pivotal regional organization such as ours allows me a great platform for approaching residents and trainees of all different diverse backgrounds. And having been a lifelong New Yorker, well that only means I've been enmeshed in this busy but wonderful melting pot of people, ideas, and creativity.

Having freshly participated in the Assembly of Regional Organizations, I was able to get a small glimpse into the participation of residents / trainees. The Assembly Passport program, initiated in recent years, again allowed residents from different programs across the country to participate in the Assembly for a brief time period (two hours) and also participate during a lunch session open-forum discussion about Residents in particular. Having seen some trainees take advantage of this great opportunity, it's clear to me that this opportunity could be further advertised and dissemin-

ated so that the future of child psychiatry could participate in this important day of meetings. One of my initiatives in my role as Assembly Resident Representative is that I would like greater participation from residents in many activities and sessions, especially those in conjunction with other groups within AACAP including Early Career Psychiatrists, International CAPs, and child psychiatrists of all levels of experience. As part of my new role, I have also been named as an Ex-Officio on the Committee on Medical Students and Residents. I plan to use this role as well to reach out to trainees of all types, and work closely with various form of leadership to effectively get the message across to various trainees.

As part of this initiative, I'd encourage any trainee / resident members to consider attending the AACAP Legislative Conference in Washington, D.C. on May 11 and 12, 2017. This important meeting will teach all those who attend, of ANY experience level, how to advocate important child and adolescent psychiatry issues such as mental health reform and increasing access for services. There will be explanatory sessions for all participants, but we are also in the planning stages for specific bridging sessions for residents present. I will definitely plan on attending, and I hope to see many trainees there advocating for the great work that all of us does each day.

Again, I'm extremely honored to be in this role, and I'm also open to any feedback or suggestions for these coming next two years. Please feel free to contact me by email (Tzvi.Furer@Gmail.com), and hope to see many of you soon!

## Early Career Psychiatry (ECP)

By Scott Shaffer, MD



The ECP Committee is excited to plan two major events for this year. In April, we will be organizing our 3<sup>rd</sup> annual Broadway show and talkback. In 2017, we will be seeing the new musical "Dear Evan Hansen" that addresses several themes including suicide and the challenges of adolescence. Our past Broadway shows have been well attended and have been opportunities for NYCCAP members to spend a night out at the theatre and then have the opportunity for cast members and production staff to answer questions during a private talkback. This event will be one you do not want to miss! In June, we are planning to have a networking event co-sponsored by the district branch of the APA. This will provide ECPs an opportunity to network over food and drinks.

Stay tuned for more details about our upcoming events!

## Wilfred C. Hulse Award Lecture featuring Victor Fornari, MD

By Akeem Marsh, MD



On a brisk winter night, relatively warm for what is expected this time of year, the New York Council on Child and Adolescent Psychiatry hosted the 2016 Hulse Award Lecture Presentation at New York Presbyterian Hospital Cornell Campus. The Hulse Award, named after former NY Council president and child psychiatry pioneer Dr. Wilfred Hulse, is for

an outstanding contribution to the field of child and adolescent psychiatry. Over fifty people were in attendance to celebrate and learn with the honoree Dr. Victor Fornari, the Chief of the Division of Child and Adolescent Psychiatry at Northwell Health and Professor of Psychiatry & Pediatrics at Hofstra Northwell School of Medicine.

Dr. Fornari is anationally recognized expert with a long and distinguished focus in education/training, trauma, and eating disorders. As of 2010, after realizing an opportunity to address the dearth of children's mental health services across New York State, Dr. Fornari joined with Dr. David Kaye of University of Buffalo to start what would become the Child & Adolescent Psychiatry for Primary Care (CAP-PC) program. Funded by the New York State Office of Mental Health, the initiative grew to eventually include five major academic center Departments of Psychiatry – University of Rochester, Columbia University/New York State Psychiatric Institute, and SUNY Upstate, Hofstra Northwell School of Medicine, and University of Buffalo. This broad catchment area allows for over 90% of the state's children to be covered. The New York State American Academy of Pediatrics, New York State Academy of Family Physicians, and the REACH Institute all serve as partners as well.

Centering on themes of building relationships and collaboration, his talk was entitled, "Increasing Access to Children's Mental Health Care". He reviewed his role in helping to develop and nurture CAP-PC over the past six years to where it is today. Currently, the main components of the program are: 1) access to consultation from child and adolescent psychiatrists, 2) access to education and training, and 3) access to referral and linkage services for their child and adolescent patients. Providers can receive direct training in the form of a 28 hour CME program (referred to as "mini fellowship") to enhance their

clinical skills for a relatively nominal fee that is subsidized by the grant. Providers of health care to children – pediatricians, nurse practitioners, and family medicine physicians have telephone access to child and adolescent psychiatrists for clinical questions and guidance. For more complicated cases, direct consultations can be provided by child and adolescent psychiatrists for free of charge. CAP-PC has encouraged increased collaboration between pediatrics and child and adolescent psychiatry departments at respective institutions, has a well-resourced comprehensive website, and individual institutions provide related electives for child and adolescent psychiatry residents.



After Dr. Fornari's formal presentation, he welcomed Dr. Diane Bloomfield to share her CAP-PC experience with the audience. Dr. Bloomfield is an Attending Pediatrician at The Children's Hospital at Montefiore and Assistant Professor at Albert Einstein College of Medicine. Following her recognition and appreciation of the need for improved access to quality mental health services, she went through the CAP-PC training and began to utilize their services regularly. She shared personal success stories that came about as a result of her involvement. Feeling empowered by this overall experience, Dr. Bloomfield applied for and was recently accepted to become a trainer/educator in the program.

On behalf of the New York Council on Child and Adolescent Psychiatry, I would like to congratulate Dr. Fornari again for the well-deserved award. As a former trainee who is now a colleague and friend, I would like to personally thank him for continuing to serve as an extraordinary inspiration. Special thanks to Drs. Victoria Pham, Carolina Zerrate, and Larry Greenhill of the Membership Committee that ensured the event was a well-executed success.

## ADVOCACY UPDATE

By Molly Gangopadhyay, MD



Advocacy in New York has seen an exciting year under the leadership of Gabrielle Shapiro, Warren Ng, and Shervin Shadianloo! We had the fortune to receive the AACAP Advocacy and Collaboration Grant and kicked off the year with a Legislative Breakfast at the New York Academy of Medicine in February. We partnered with NYCPS and NYCMS to host multiple legislators to discuss important issues related to children's mental health, including workforce concerns, loan forgiveness, scope of practice, and collaborative care. This prepared us for our collaborative trip to Albany with Gabrielle Shapiro and Jose Vito educating our Senators and Congresswoman and men. Our efforts to advocate for mental health reform for children, adolescents, and families continued at AACAP's Legislative Conference in April 14-16 where a strong contingent of NY Council Board members and trainees visited the offices of Senators Charles Schumer and Kristin Gillebrand as well as Representatives Charles Rangel, Carolyn Maloney, and Jerrold Nadler. Through the year, we have participated in monthly Advocacy Liaison calls with other child psychiatrists nationally to share advocacy strategy and policy topics in each our states. In the spirit of collaboration, we have planned a collaborative legislative breakfast tentatively set for February 12, 2017 at The NY Academy of Medicine, legislative visits to Albany this winter and a meeting for our membership to discuss how to cope and work with the new incoming administration and its impact on children's mental health.

## "Bridging the Workforce Shortage"

By Annie Li, MD



The Collaborative Committee's event titled "Bridging the Workforce Shortage: Psychiatric Nurse Practitioners in Clinical Practice" held at Uris Auditorium at Weill Cornell Medical College on September 28, 2016 brought together psychiatrists, psychiatric nurse practitioners, and pediatricians for an intimate presentation and discussion about the changing landscape of mental health care delivery for children and adolescents. The event highlighted Penelope Buschman, MS, RN, PMHCNS-BC, FAAN, Director of the Psychiatric Mental Health Nurse Practitioner Program at Columbia University School of Nursing, imparting to the audience her own personal experience in becoming a psychiatric nurse practitioner when the field was at its infancy and the current NYS legislations governing the scope of training and practice for psychiatric nurse practitioners. Latisha Hanson, DNP, PMHNP-BC and Beth Maletz, FPMHNP both shared their individual experiences on becoming psychiatric nurse practitioners. Ms. Maletz spoke in detail about the rewards and challenges of working as the psychiatric provider in a pediatric primary care clinic in the Integrative Mental Health Program located at the Washington Heights Family Health Center, which is a part of NYPH-Columbia campus. Ms. Hanson spoke about her experience working at Riverdale Mental Health Association and the network of collaborators she has built for herself to confidently serve the high risk, complex patient population in her clinical setting. Cori Green, MD, who is an Assistant Professor of Pediatrics at Weill Cornell Medical College and Associate Director of Undergraduate Medical Education, presented her work in advancing mental health training in pediatric residency, the work she has done with CAP-PC (Child and Adolescent Psychiatry for Primary Care) and the Integrated Mental Health Program she has helped incorporate in the pediatric residency clinic at Cornell with psychiatric NP Matt Tirelli. It was an informative night with a productive exchange of ideas on how best to continue to promote the relevance and importance of collaborative and integrative care in child and adolescent psychiatry.

# MIT Subcommittee of the Training Committee

By Jennifer O'Keefe, MD



The MIT (Members-in-Training) Subcommittee of the Training Committee, ran by CAP trainee co-chairs Drs. Owen Muir, Jennifer O'Keefe and Jessica Simberlund, and supervised by Drs. Cathryn Galanter and Akeem Marsh, has been very active this year!

The kickoff event of the new academic year was Welcome Night, hosted at Professor Thom's Bar & Restaurant in East Village, on July 27, 2016. Over 60 trainees and child psychiatrists from a variety of institutions around the NYC area, including the NYCCAP Board members, attended the event. Throughout the night there was food, drink, and mingling, which was further facilitated by a very interactive ice breaker game, the winner of which was granted a \$75 voucher towards a ticketed event

at the AACAP Annual Meeting held in NYC October 2016. Dr. Akeem Marsh spoke about NYCCAP, upcoming events, and ways to become more involved in the local chapter, and Dr. Angel Caraballo introduced himself to the attendees as the new NYCCAP President.

The MIT Subcommittee kept the trainee networking rolling with an MIT meet-and-greet dinner on August 22, hosted at Lantern Thai in the East Village, which also served as the site for the MIT committee's most recent event, Applicant Night. Hosted on November 17, general psychiatry residents and medical students from across NYC were invited to meet with current CAP fellows for a casual dinner to discuss considering a career in child and adolescent psychiatry and how to navigate the application process.

The MIT Subcommittee is looking forward to its next events including Career Night in January 2017 and Private Practice Night in the spring of 2017!



# Have a voice in the future of Healthcare in NYC!

*Come to our collaborative legislative breakfast and meet your legislators in a small setting.*



## 2017 LEGISLATIVE BREAKFAST

*Sponsored by NYCPS, NYCMS, and NYCCAP*

**Sunday, January 29, 2017**

**9:30 a.m. – 12:00 p.m. (tentative)**

*New York Academy of Medicine  
1216 Fifth Avenue (at 103rd Street)  
New York, NY 10029*



*Join us for a dynamic morning of conversation where elected representatives and physician leaders will discuss major health care questions here in New York.*

*For more information, please contact [info@nyccap.org](mailto:info@nyccap.org).*