

NYCCAP News

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



Spring 2017



Professor Thom's, 219 2nd Avenue, New York, NY 10003 (near corner of 14th St. and 2nd Ave)



NYCCAP's Welcome Night 2017

Wednesday, July 19, 2017 7:00-9:00 p.m.

Co-Sponsored by the Training and Education Committee

Co-Chaired by Cathryn Galanter, MD and Akeem Marsh, MD

and the MIT Subcommittee

Co-Chaired by Jessica Simberlund, MD, Robert Dugger, MD and Jennifer O'Keeffe, MD

NYCCAP News

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

New York Council on Child and Adolescent Psychiatry

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President's Column

Dear NYCCAP Family:



What an exciting time to be a member of NYCCAP! We've had [events](#) happening every month that were diverse and pertinent to all levels of membership including ECPs, residents, and, medical students. We've stepped up advocacy efforts and responded to alarming federal budget cuts. More members are getting involved in legislative conferences and advocacy/physician days locally and in Albany. We are strongly encouraging all members to get involved and reach out to your members of Congress to express your concern.

In January, the MIT (Members-in-Training) Committee hosted [Career Night 2017](#) at the New York Child Study Center with a great line-up of speakers who spoke about their experiences in child and adolescent psychiatry. Attendees learned how to balance work life after residency and fellowship as well as ask questions of our panel of experts. Also, NYCCAP, the New York County Psychiatric Society (NCPS), and the New York County Medical Society (NYCMS) held its annual [Legislative Breakfast](#) on January 29 at the New York Academy of

Medicine to discuss major health care questions in New York with NY State Legislators.

In February, we co-sponsored the [Ed Hornick Memorial Award Lecture](#) along with the NY Academy of Medicine and the Society for Adolescent Psychiatry. The recipient was Dr. Helen Egger who gave a talk, "*Seeing the Lion: Global Developmental Epidemiology in a Digital Age.*" Dr. Egger gave a dynamic talk about the prevalence of pre-school aged disorders, when to worry platform and aggressive vs. non-aggressive tantrums and how they are predictors of higher anxiety and medical rates later in school aged and adolescent children. She also discussed the use of an app to conduct research studies. The app is a research kit from Apple called Autism and Beyond.

In March, the International Committee hosted an event, "[Immigration and Human Rights](#)," that was highly informative and included an extraordinary group of multidisciplinary professionals who have dedicated their lives to humanitarian work. We felt this event too important to miss so we broadened our invitation list to include relevant professions and organizations including NY First Lady Chirlane McCray. A large number of child and adolescent psychiatrists and medical professionals turned out to hear the panel of speakers, learn about immigration, and learn what they could do about it.

A large group of members attended [Dear Evan Hansen](#), the Broadway show, in April that included a talkback session with the majority of the cast, who were just as excited to talk to us as we were to them. This was an opportunity for our members to have a discussion with actors about a show that addresses the impact of mental health on those suffering from it and those around them.

In our continuing effort to inform and recruit members, we've been reaching out to all medical schools in the New York City area to set up events that give medical students an opportunity to meet, greet, and ask questions of our members about child and adolescent psychiatry. These events have become increasingly popular. The Medical Student Committee coordinates this initiative and has reached out to each medical school to organize events, build a contact list, and has organized four events this spring. We had our first medical student event at Albert Einstein Medical College in early May. This was a huge success! The students along with several members of our Board watched and discussed the movie, *Boys n the Hood*, and its relevance to the field of child and adolescent psychiatry.

Over 40 members of NYCCAP participated in AACAP's Legislative Conference and 18 Delegates attended the Assembly meeting in Washington, DC in May. Members lobbied on Capitol Hill for mental health care for our patients, families, and the field of child and adolescent psychiatry. This month, the ECP Committee hosted a joint [ECP mixer](#) with NYCPS (APA's local branch) to facilitate networking and comradery. Over 60 members of both organizations turned out to the Frying Pan in NYC.

NYCCAP finished its year with our annual [End of the Year](#) event that included honoring the 2017 Wilfred C. Hulse Award recipient, Gabrielle Shapiro, MD, as well as NYCCAP members who ran in AACAP's 2017 election: Gaye Carlson, MD (President-Elect); Victor Fornari, MD (Councilor-at-Large); John Walkup, MD (Councilor-at-Large); and Richard Pleak, MD (Nominating Committee member). Congratulations to Drs. Carlson and Walkup!

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Wilfred C. Hulse Award: Gabrielle Shapiro, MD



I am deeply honored to receive this award and to have my name associated with Dr. Wilfred Hulse, a remarkable human being who is a role model for us. He was a brave man who was committed to serving those in need. Born in Europe at the turn of the 20th Century, after training in pediatrics and psychiatry his first mentor was Emil Kraepelin. He escaped Nazi Germany, first to Tunis and then to New York where he joined the Mount Sinai faculty. He reinvented himself as a child and general psychiatrist and in group psychotherapy. He was an early student of the treatment of PTSD; he developed group psychotherapy for soldiers with “combat fatigue” who were unable to return to the front after the Battle of the Bulge. He also worked to rescue compatriots from the Nazi atrocities. After the war, Dr. Hulse was a clinician, educator, and scholar who was deeply committed to his patients but also to serving NYCCAP. Sadly, he died unexpectedly in 1962 while serving as the NYCCAP President. The Hulse award is dedicated to his memory and his lifelong dedication to making a difference for others.

I have been thinking about how to use this brief moment. I had many ideas but they all fell by the wayside after I attended training by Physicians for Human Rights on Evaluating Immigrant Survivors of Torture and Trauma. The horrors faced by our fellow residents of this planet are forever etched in my mind, not unlike the scars of genital mutilation still experienced by girls around the world and the use of rape as a weapon of war and humiliation by using knife cuts to tattoo the inner thighs and chests of victims so that they are forever scarred visibly and psychologically. It is almost as if the loss of one’s home, country, family and friends is not enough. The images from this course are forever seared in my mind.

Sadly, trauma is not restricted to the families and youth in the developing world; we have different problems, perhaps on a different scale, that are facing the youth in this country, some not but a few blocks from where we now stand. There is violence that makes homicide and suicide among the top three causes of death in our youth; let’s not forget bullying and its consequences. And, walking home tonight will you see a victim of trafficking, drug addiction or poverty? Each leaves a scar on our youth – our future.

I could go on about the bad news, and there is so much these days. But, we cannot despair. We are fortunate to be in a profession that seeks, observes and fosters resilience in our youth. Resilience is “the capacity to recover quickly from difficulties.” And, for those who cannot recover quickly, we offer evolving treatments for PTSD and other conditions related to adversity and trauma. Remarkably, despite their scars many find their way to hope and recovery. We are horrified by the adverse childhood experiences, now known as ACE’s, experienced by our youth. We are also in awe of the power and hope of human development and honored by the opportunity to participate in shaping it.

While we have much to offer our patients, recently, medicine has been faced with myriad challenges and obstacles. We may be disheartened and long for “the good ol’ days” when we could practice medicine and heal our patients without the burden of EMR’s, 15-minute med checks, insurance company dictates, and prior authorizations. Together, we have demonstrated resilience and flexibility as we address the challenges that face us and our patients today. We must not hesitate to keep child and adolescent psychiatry an integral part of modern medicine.

What about the future? While forced migration is not in the experience of most of us, it should be. Why aren’t we accepting these victims of war, drought, and famine? We live in a place and time when our government has abandoned our credo to: “Give us your tired and your poor” and when the narcissism of “America First” suggests abandoning charity and integrity in favor of endorsing xenophobia and hate-mongering. This is bad for our own souls and worse for the children and families who depend upon us. To this end, I hope you will join me in a re-commitment to advocacy. This means advocacy for our individual patients as well as all children and all that is essential for their healthy growth and development. This means that we cannot compromise about access to comprehensive healthcare, safe drinking water, healthy food and sound nutrition, excellent education and a safe

environment in which to play and explore this magnificent world.

Call me a dreamer or an idealist! But our choices are few. We, as experts in child and adolescent development, must speak loudly and clearly both separately and together. We must stand with families being destroyed by vicious attempts at deportation. We must lobby for quality healthcare that is child friendly. We must demand on good schools, safe communities, WIC, and other nutritional supports. We must block attacks on science. And, we must participate in the larger world. What is good for the world is good for America.

Some 50 years ago, NYCCAP decided to recognize our obligations for service and advocacy by creating the Hulse Award. I am but one of 50 recipients, most far more distinguished than am I. But, fame and distinction are not really the meaning of this award. This award is a reminder:

It reminds us of our obligations.

It reminds us of the work to be done to improve opportunities for children and families and the future of our world.

It is a reminder that action must be our mantra.

It is a reminder that trust and justice is an important part of the care we provide.

It is a reminder that each and every one of us has a role to play.

It is a reminder that there was never a more important time than today for each of you to be active and play your role.

Consider yourself reminded.





Highlights of End of the Year 2017





Career Night 2017

By the Jennifer O’Keeffe, MD, MIT (Members-in-Training) Committee



On January 18 at the New York Child Study Center, over 50 attendees, including trainees and Board Members, gathered to welcome four guest panelists, Drs. Jessica Stack, Sarah Fitzgerald, Matthew Lorber, and Scott Krakower as they shared their current careers, a day-in-the-life, and the pros/cons of their job choices. After the panelist discussion, the crowd broke into groups to discuss various topics such as private practice, work-life balance, academia, public psychiatry, and early career. Delicious Cuban food complimented an overall successful evening!

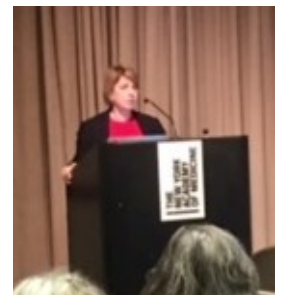
Ed Hornick Memorial Award Lecture 2017

By Angel Caraballo, MD



On February 1, NYCCAP co-sponsored the [Ed Hornick Memorial Award Lecture](#) with the NY Academy of Medicine and The Society for Adolescent Psychiatry. The recipient of the distinguished award this year was Dr. Helen Egger who gave the talk, “*Seeing the Lion: Global Developmental Epidemiology in a Digital Age.*” Dr. Egger gave a dynamic talk about the prevalence of pre-school aged psychiatric disorders, when to worry platform, and aggressive vs. non-aggressive tantrums and how they are predictors of higher anxiety and other medical disorder rates later in school-aged children and adolescents.

Dr. Egger also discussed the app Autism and Beyond. This app is part of Apple’s ResearchKit and it’s used to conduct research studies. The specific study that she discussed tests new video technology where by recording facial expressions of the child participant her team can analyze a child’s emotion and behavior. The results are interpreted then used to identify differences between autistic children and controls. The goal is that this technology will be used one day to screen young children in their homes for autism and other mental health disorders. Dr. Egger emphasized the severe need for child psychiatrists worldwide and how these apps can bridge gaps. She concluded by discussing a photograph of the flag on the ferry to Robben Island during one of her trips, where Nelson Mandela was imprisoned for many years. If you look at the picture closely you would be able to see the shape of a lion formed by the images on the flag. She used this image to liken to the challenges currently being faced in the field of child and adolescent psychiatry.



Immigration and Human Rights--What Mental Health Providers Need to Know About Working with Immigrant Children and Their Families--Experiences from 4 NYC Perspectives

By Olga Liebu, MD, International Committee



On a cold, March 16 night at New York Presbyterian Hospital-Weill Cornell Medical College, following a mini NYC blizzard that put some breaks on the intensity of the city, the intensity of the attendees of “Immigration and Human Rights,” was unstoppable. Forty attendees--Board members, panelists, and audience—participated in the event from various walks of the human services fields (i.e. social workers, psychologists, psychiatrists, pediatricians, and lawyers). The goal was to learn as much as possible about immigrant children, in particular unaccompanied minors and refugees and to see how we could collaborate and help them in this time of heated sociopolitical struggles that has created even greater hurdles to an already highly traumatized and marginalized population. We were exceptionally lucky to have a phenomenal group of diverse panelists on board with some expertise in this area, and the night started off with their presentations. We learned about several incredible organizations including Terra Firma and the Human Rights Clinic at Health Right International and their tireless work with these vulnerable populations. Terra Firma’s marvel—the medical-legal, patient-centered home—allows unaccompanied minors to get help with legal status and their entire, comprehensive medical and mental health treatment in one place. The Health-First model-training volunteer physicians and mental health providers presented on how to provide and write evaluations that play a largely important role in helping them get their legal status through the immigration courts. An immigration lawyer from Staten Island Legal Services, Ms. Lorilei Williams, described the nuts and bolts of writing legal status letters and advocating for this population in court,

experience in an immigration process from the pre-immigration steps to the adjustment period, and how developmental phases could make the experience more or less traumatic based on the individual stories of the patients. He also discussed his work with United Nations NGO on Mental Health and how it inspired his curiosity in migration/immigration studies that led to a recent book chapter publication. After this, a lively question and answer session with the audience brought in case examples, legal questions, and philosophical quandaries from the audience that lasted for a good hour and continued after the end of the event with individual meetings with audience members and the panelists.

Panelists emphasized the bigger picture of how mental health practitioners can help this population:

1. Get your organizations, like AACAP, involved in making public statements, hosting events like this one, creating immigration tool-kits, etc. (following the steps of the American Academy of Pediatrics).
2. Get clinicians to inquire about volunteer opportunities through organizations like Health Right to help evaluate these patients PRO BONO and write letters to the court in support of appropriate legal status/rights provisions.
3. Continue trying to collaborate and make connections with agencies as the ones represented at this event, to build networks that provide safety and openness to these types of populations.

Speakers: Lorilei A. Williams; Alexander D. Kalogerakis, MD; Cristina Muniz de la Pena, PhD; Brett Stark, ESQ; Alan Shapiro, MD; and Lauren Pessa, LMSW, MPA

Dear Evan Hansen

By Scott Shaffer, MD



On April 5, 73 child and adolescent psychiatrists and their guests attended NYCCAP's 3rd annual Theatre Night to see the Tony nominated Broadway musical, [Dear Evan Hansen](#), at Music Box Theatre. This event was sponsored and developed by the Early Career Psychiatrist (ECP) Committee as an opportunity for members to come together to see a theatrical production that has a theme relevant to child and adolescent psychiatry. The night started with a happy hour where attendees enjoyed food, drinks, and great company. *Dear Evan Hansen* is a compelling story about a 17 year old boy with severe anxiety who feels alone and disconnected. This musical beautifully touched on themes including the need to connect with others, the impact of social media, suicide, and grief and loss. The attendees were then treated to an exclusive talkback with many members of the cast. There was universal praise for this musical and attendees were already asking about what is in store for theatre night next year.

2017 AACAP Legislative Conference

By the Advocacy Committee



New York once again had the largest representation at this year's AACAP Legislative Conference with more than 40 representatives statewide comprised of physicians from all areas of child and adolescent psychiatry, including many residents and fellows. We were joined by the members of the American Association of Directors of Child and Adolescent Psychiatry (AADCAP) and had a wonderful youth and family member with us who advocated for legislation supporting child mental health and the profession of child and adolescent psychiatry. It was the largest and most successful conference thus far with legislative staff being welcoming of our visits and curious of the state of child mental health. Representative Adriano Espaillat's office expressed interest in bringing the story of our family to the House floor to share the impact the current AHCA bill would have on them.

AACAP's primary asks were: to maintain benefits for children and families in any changes made to the Affordable Care Act, to continue to support parity laws providing funding for mental health and substance abuse treatment, to continue CHIP funding, and to address the child and adolescent psychiatry workforce shortage with loan forgiveness.

We urge you to get involved in NYCCAP advocacy efforts and join us in our visits to legislators locally when they are back in their home offices. **Your Voice Matters! Join us!**

Glimpses from the conference . . .



NYCCAP-NYCPS ECP Mixer

By Oliver Stroeh, MD, ECP Committee



On the evening of June 6, the Early Career Psychiatry (ECP) Committee of both NYCCAP and the New York County Psychiatric Society (NYCPS) co-hosted a mixer for ECPs and graduating general psychiatry and child and adolescent psychiatry (CAP) residents. The event was held at the Frying Pan, a boat docked at Pier 66 in Chelsea. Despite rains earlier in the day and somewhat unseasonably cool temperatures, approximately 60 individuals from New York City and the surrounding areas joined the event. The attendees reflected the breadth and variety within our fields of CAP and general psychiatry, representing a number of different clinical settings and organizations (e.g., hospital-based psychiatry, community-based psychiatry, private practice, college mental health, academia, etc.).

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Assembly of Regional Organizations

By Tzvi Furer, MD



NYCCAP continues to make a large impact in the Assembly of Regional Organizations at its spring meeting on May 13 in Washington, DC. The spring meeting, which usually follows AACAP's Legislative Conference, featured 15 NYCCAP Delegates, the largest delegate group within the Assembly. NYCCAP continues to have prominent representation on the Assembly Executive Committee (AEC) including Secretary-Treasurer Melvin Oatis, MD; Early Career Psychiatrist (ECP) Representative Jennifer Cabrera, MD, and myself as its Resident Representative.

This year's spring meeting was touted as having a jam-packed agenda with crucial presentations covering medical cannabis use, immigration and refugee children, and even CME. Feedback for the presentations was so overwhelmingly positive that there were even standing ovations! The Assembly was joined by AACAP's Executive Committee who answered questions about a number of topics including statements on immigration policy, the role of psychologists in our organization with more topics rolling into the open forum periods. Other presentations and topics covered during the day included the incorporation of a Legislative Day this fall during AACAP's Annual Meeting, the increasing controversy of Netflix's "13 Reasons Why," the relationship of AACAP to other organizations in relation to public statements, an update from [Break The Cycle](#) that had most members reaching for their wallets, an update about integration of electronic prescribing, and national updates from regional organizations about a number of specific topics and interventions. As if that wasn't enough, we even squeezed in more discussion during lunch with conversations that made the hour fly by! It was an extremely productive day, to say the least.

The Fall Assembly will be held on Tuesday, October 24 in Washington, DC during AACAP's Annual Meeting. We look forward to seeing NYCCAP members at the Assembly, and we know that NYCCAP will continue to have a prominent voice on the national level! For more information about the Assembly of Regional Organizations, please reach out to NYCCAP Board Members at info@nyccap.org.

Medical Student Perspective

By Yunan Nie



As a medical student, one of the most common questions that we are asked is "What are you thinking about going into?" For some, it's an easy question to answer, having had their sights set on a specific field since before they came to medical school or discovered early on a specialty that captured their interest. For others, it's a question that is often answered with, "I'm open to everything!" or "I honestly have no idea yet." An incredibly important part of figuring out just what we're interested in pursuing is having mentors and role models who are in those fields and are open to talking candidly about what it really is like to be in that specialty. AACAP has reached out to medical students, from first years just starting their preclinical years to fourth years preparing to leave the medical school environment, to provide that incredibly necessary perspective early in our careers.

Events this year have included a dinner at Patsy's Pizzeria where medical students from nearby Weill Cornell Medical College had the chance to talk to child and adolescent psychiatrists in an informal setting and a screening of clips from the movie *Boys n the Hood* and a discussion about them in the context of becoming and working as a child psychiatrist at Albert Einstein College of Medicine. Students had the opportunity to ask questions and find out firsthand from AACAP members just what it means to be a child and adolescent psychiatrist, hear about the training path, and what the day-to-day life looks like. This opportunity was invaluable in that we were able to ask our questions in an informal setting, with one-to-one or two-to-one interactions and no formal proctor, as we rarely are able to in our classes. We were able to get a sense of how flexible the field can be, with options to treat a wide range of ages and be involved in many different levels of care. We also had the chance to hear about how much of a positive difference a child psychiatrist can make by being involved in a child or adolescent's mental health early on in his or her life. While we would have eventually learned about the different "specialties within specialties," that may be years in the future and we might have missed opportunities to explore or

volunteer in those fields along the way. The effort that AACAP puts into promoting awareness of the field of child and adolescent psychiatry has been incredibly important in educating medical students about both child and adolescent psychiatry, as well as psychiatry in general, and encouraging interest in this essential specialty.

*Weill Cornell Medical College
Dinner Attendees*



Private Practice Night

By Robert Dugger, MD, MPH



On May 2, the Members in Training (MIT) Subcommittee of the Training and Education Committee sponsored Private Practice Night at the Brooklyn Minds practice. The 12 ambitious attendees included trainees and Board members from six different training programs. Drs. Carlene MacMillan and Beata Bliss Lewis shared their current careers, the pros/cons of their job choices and the basics of starting a private practice. Dr. MacMillan presented a metaphorical assembly kit that the group eagerly engaged with. Dr. Lewis contributed to this, described the tangible benefits of private practice, and further elaborated on the joy of child and adolescent psychiatry. After the presentation, Brooklyn Minds showcased its TMS treatment suite and further discussion of frontiers psychiatry ensued. Delicious Italian food complimented an overall successful evening!

Albert Einstein College of Medicine Students Career Night

By Uri Meller, MD



In collaboration with the psychiatry and pediatric interest student group, NYCCAP's Medical Student Committee organized a child and adolescent psychiatry career evening on May 9.

Twenty-five people registered and 17 people attended. We screened chapters from the film, *Boyhood*, that shows the coming of age of an 8 year old boy over the course of 10 years. Since the movie was filmed over the course of 10 years, it gives a stimulating portrayal of development and the various issues that come up in child and adolescent psychiatry.

After 45 minutes of watching the film, students asked questions regarding working with children and adolescents. The film was used to demonstrate both the rewarding and challenges of our profession. Dr. Meller gave some clinical vignettes from his private practice and academic affiliation.

Overall, it was a great evening. Dr. Meller suggested NYCCAP have electronic fliers about our organization to distribute at events like these for students interested in our events.

New York State Raises the Age: A Primer for Psychiatrists

By Akeem Marsh, MD and Benjamin Dominguez, BS

Through long overdue landmark legislation, New York State leaves behind North Carolina as the only state in the nation that still automatically processes 16 and 17 year olds as adults. While generally considered a beacon of hope and progress, the state has fallen short on this particular issue. As a result, many youth have suffered unnecessarily. With higher rates of injury, abuse, and acute mental health issues amongst youth within the adult prison system, otherwise avoidable physical, psychological, and emotional scars plague these individuals for years. With so-called “Raise the Age,” this recent directive lays the groundwork for a brighter future for New York’s justice involved youth.

The tragic life of Kalief Browder is an often cited example highlighting different types of injustice alleged youthful offenders have historically faced within the criminal justice system. Detained initially at the age of 16 in 2010, Browder went on to spend a total of three years at Riker’s Island, with almost two of those in solitary confinement. His case was ultimately dismissed and he was released but he would later commit suicide at the age of 22. In 2015, President Obama referenced the case in association with his executive order banning the use of solitary confinement of juveniles in the federal prison system. As the case of Mr. Browder relates to “Raise the Age,” many activists believe that had he been processed through the juvenile system, his life could have turned out very differently.

With the current system in place, youth accused of their first offence prior to the age of sixteen generally have their cases processed through Family Court. This distinction means that if detained, they would be placed in the custody of the Administration for Children’s Services Division of Youth and Family Justice with other similar aged youth. For youth alleged to have committed their first offense after their sixteenth birthday, they are processed automatically through “Supreme” or “Criminal” court. These individuals, if detained, would be placed in the custody of the Department of Corrections, among a primarily adult population. Key differences exist between the philosophies of two systems as adults are treated more punitively while the youth system is focused more on rehabilitation. Also, upon release from the adult system, 16+ individuals do not have the same access to routine community oriented resources including preventive, placement, and alternative to detention programs that are available through the Family Court system.

Notable changes to expect with the ‘Raise the Age’ law include shifting the majority of cases for 16 and 17 year olds into the Family Court system. This will give individuals increased rights and privileges, such as specially tailored developmentally appropriate processing and expected parental involvement. All non-violent felonies will be handled in Family Court while violent felonies will have an option to be in Family Court as opposed to automatic ‘Supreme’ or ‘Criminal’ Court. There will furthermore be an elimination of housing any youth within adult facilities and it will be possible for youth convicted of offenses in adult courts to have records sealed by adulthood if certain criteria is met. The tentative time frame for this mandate to be in full effect for 16-year olds is as early as October 2018 and one year later for 17-year olds. A governor appointed task force will oversee the entire endeavor.

As staunch supporters for improving children's mental well-being, it is our duty as child and adolescent psychiatrists to promote enhancements for this at risk population subset. This measure is very much in line with AACAP’s mission, as it directly relates to three of the nine juvenile justice related policy statements: 1. Policy Statement on the Jurisdiction of the Juvenile Court System; 2. Direct File of Juveniles, and 3. Interviewing and Interrogating Juvenile Suspects. Although a step in the right direction, much work remains to be done. A thorough investigation of our national system could establish “best practices” to better prevent tragic situations such as Kalief Browder and others like him. “Raise the Age” is an essential foundation to begin change but it is up to us to continue advocacy efforts to positively affect the lives of those most vulnerable.

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NYCPS, NYCMS, and NYCCAP: 2017 Legislative Breakfast

By Molly Gangopadhyay, MD, Advocacy Committee



A beautiful sunny Sunday morning, when you least expect the discourse of physicians and legislators on matters of state, the Legislative Breakfast took place in the beautiful New York Academy of Medicine and has been happening annually in New York City as a part of the advocacy efforts sponsored by NYCCAP, New York County Psychiatric Society (NYCPS), and New York County Medical Society (NYCMS). Given the political events of this past year and the current U.S. President's expressed intention to repeal Obamacare, the Legislative Breakfast was crucial in sharing with our state representatives. Physicians were able to share their experiences of practicing pre- and post-Obamacare and the ongoing challenges for physicians trying to protect their patients' health care and understand the impact on their own career in the midst of such transition.

Over 70 physicians from diverse specialties, in various stages of their profession from trainee to professor, and from a variety of practice settings, academic and private, attended the breakfast. Psychiatry and child and adolescent psychiatry had a prominent presence in the meeting.

Dr. Goldstein, NYCMS President, moderated the session and opened the forum with the current ongoing agendas related to doctors in New York. One area of focus was the expansion of medical care, prescribing and procedure to non-physicians and its impact on health of patients. We were honored to have Assembly member Richard Gottfried and Senator Bill Perkins presenting their views and answering questions from participants. Mr. Gottfried talked about implications of possible Obamacare repeal and how it would impact New York State funding and what the New York State laws are to protect the ones that would lose their insurance, should the ACA be repealed. Single payer insurance was also discussed. Mr. Perkins appreciated Mr. Gottfried's support in the Assembly, talked about the need to inform legislators about medical issues, and encouraged physicians to advocate, contact and participate in legislations and with legislators. Participants brought up questions related to insurance coverage, carving out benefits, psychologist prescribing and more. The session concluded with encouragement from the legislators to continue to communicate with their offices regarding these matters and sponsoring town halls to educate and facilitate community discussion.

2017-18 UPCOMING EVENTS

Welcome Night	July 19
Break the Cycle Ride at Summer Streets	August 5
AACAP Annual Meeting	October 23-28
Wilfred C. Hulse Award Lecture	November

NYCCAP-NYCPS ECP Mixer

By Oliver Stroeh, MD, ECP Committee



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Also included among those who attended were many graduating residents, who, in a matter of days, will be finishing their training in their current programs and are headed either into additional residencies/fellowships or out into various positions of employment. Throughout the evening and while enjoying drinks and delicious food, attendees mingled and socialized, exchanging introductions, conversation, and referral information and business cards. NYCCAP and NYCPS' ECP committees are incredibly grateful for all who attended and contributed to the success of this event that underscored the power of collaboration within

and across our professional organizations. We look forward to similar such opportunities in the future.

President's Column (continued from page 4)

What's coming up? NYCCAP will hold its annual [Welcome Night](#) on July 19 to welcome new residents to the NYCCAP family. All members are invited.

Andres Martin, MD, MPH is leading [Break the Cycle](#), a cross-country bike ride from Washington state to Washington, DC to raise awareness of the challenges faced by children with mental illnesses. NYCCAP is planning an array of events including a ride during Summer Streets on August 5 that will end with a picnic in either Central Park or a location near the route. Break the Cycle's purpose is to raise awareness and fund new research initiatives, increase the number of child and adolescent psychiatrists, and help ensure that children suffering in silence get the treatment they need. All members are invited to attend.

AACAP will hold its 64th Annual Meeting at the Washington Marriott Wardman Park and the Omni Shoreham Hotel, Washington, DC from October 23-28, 2017. The Wilfred C. Hulse Award Lecture will be held in the fall. These events and more are posted regularly on our website: <http://www.nyccap.org>. We encourage members to check our website regularly for updates and hope members take the time to read all-member emails to stay informed. Member feedback is always appreciated; please contact us at info@nyccap.org with your thoughts/questions.

Thank you!

Angel Caraballo, MD
NYCCAP President 2016-2018

Resources

Website: <http://www.nyccap.org/home.aspx>

Events: <http://www.nyccap.org/events.aspx>

Resources: <http://www.nyccap.org/resources.aspx>

NYCCAP News/Recent Events: <http://www.nyccap.org/newsletters.aspx>

Journal of the American Academy of Child and Adolescent Psychiatry: <http://jaacap.com>

Photo Gallery: http://www.nyccap.org/photo_gallery.aspx

Facebook: <https://www.facebook.com/NYCCAP>

Twitter: <https://twitter.com/nyccapinfo>

LinkedIn: <https://www.linkedin.com/in/nyccap>