

NYCCAP News

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



Spring 2019

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New York Council on Child and Adolescent Psychiatry

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NYCCAP News Publication

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President's Message



Dear Colleagues:

It has been a very busy 2019 so far for NYCCAP! We kicked off the year with a fantastic and tremendously important event, “Families in Crisis: Reports from the Frontline,” where a distinguished panel of experts and mothers of immigrant children discussed issues around separation of minors and the traumatic impact on families. Later in January, we joined NYCPS and NYCMS in co-hosting the 2019 Legislative Breakfast, in which medical professionals and legislators gathered to discuss issues related to legalization of cannabis, psychology prescribing, parity, and the opioid epidemic.

Our February events included a session on *Psychiatry in the Age of Social Media* that discussed how it impacts our patients and our practices. We hosted our annual Career Night where trainees from our area residency and fellowship training programs had a chance to listen to the many faces of a career in child and adolescent psychiatry. This year’s Wellness Event took our participants into the deeply relaxing world of Yoga Nidra where participants learned about how to apply this practice themselves as well as how it may benefit children and adolescents.

NYCCAP has more amazing programs coming up this year, so please visit our website www.nyccap.org for details and follow us on [Facebook](#) and [Twitter](#). We are looking forward to our upcoming Long Island and Bronx events this Spring and excited to be reaching out to our members in all areas of NY! We would also like to understand the needs and interests of our membership better so please reply to our needs assessment survey that was sent out last month. As always feel free to email us and reach out with questions, concerns, requests!

We hope to hear from all of you!

Vera Feuer, MD
President
New York Council on Child and Adolescent Psychiatry

FAMILIES IN CRISIS: REPORTS FROM THE FRONTLINE

By Jessica Simberlund, MD

Edited by Molly Gangopadhyay, MD



The separation of families at the US border has become an increasingly common event and NYCCAP was eager to draw attention to the impact of current immigration policies on immigrant

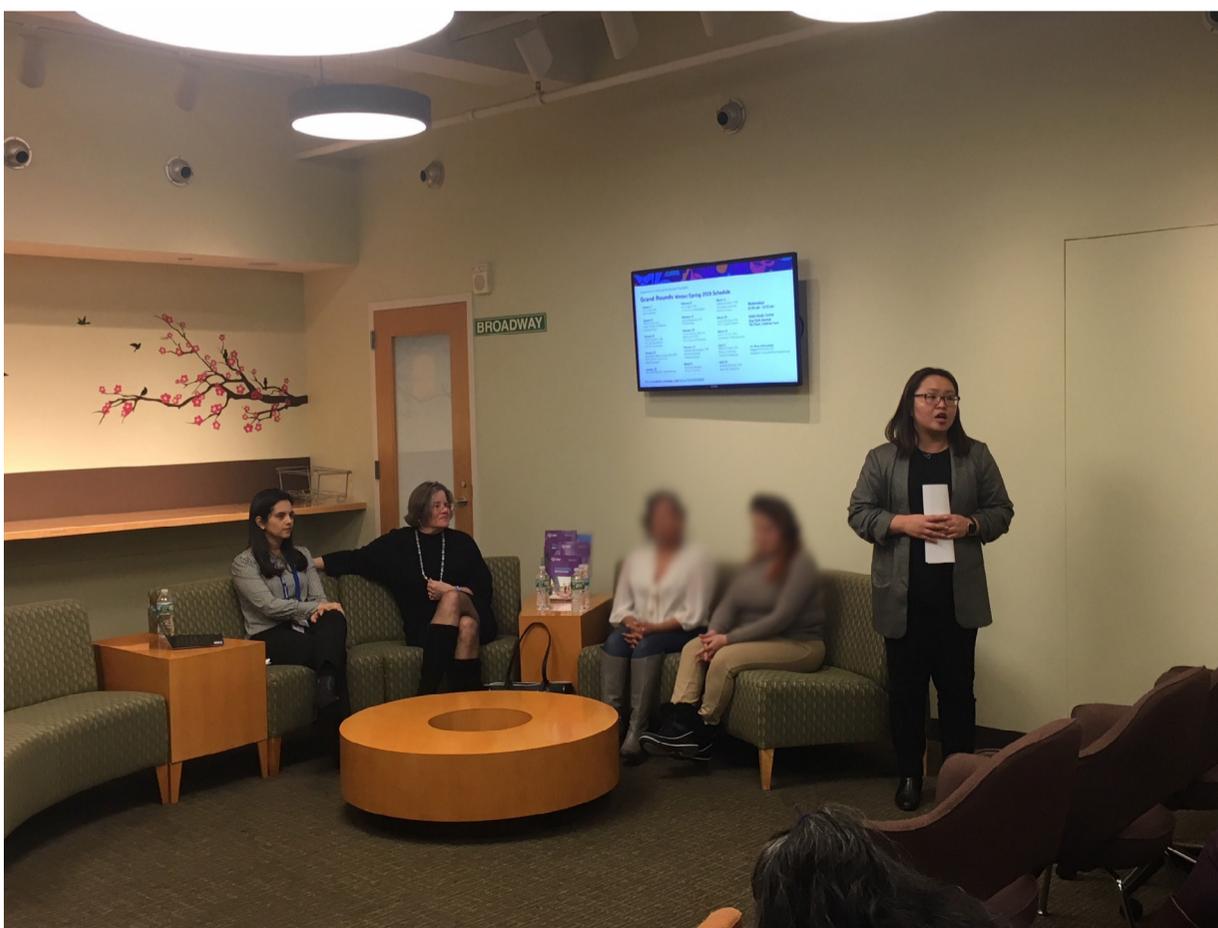
families. On Thursday, January 10th, the Collaborative Systems, Disaster & Trauma, and Advocacy Committees brought together a panel of experts and two immigrant mothers to address the challenges of families separated at the border and relocated to NYC.

The night began with Jennifer Havens, MD, a Professor in the Department of Psychiatry and Child and Adolescent Psychiatry at NYU Langone Health and Director of Child and Adolescent Behavioral Health for Health & Hospitals. She discussed her recognition of this crisis as significant numbers of unaccompanied immigrant children were presenting to Bellevue Hospital Center for medical and psychiatric

evaluations. Dr. Havens liaised with the Cayuga Center in Harlem, where these children are provided with housing and support, and she advocated for their access to mental health care. Dr. Havens recruited Dr. Maria Baez, a Clinical Assistant Professor in the Department of Child and Adolescent Psychiatry at NYU Langone Health and the Associate Director of the Child Psychiatry Outpatient Clinic at Bellevue Hospital, to help treat these children. Along with the support by NYC Health and Hospital, Dr. Baez is able to provide onsite consultation to mental health staff at the Cayuga Center and performs psychiatric evaluations of separated children and the treatment of reunited families at Bellevue.

Dr. Baez read the narratives of two immigrant mothers who graciously participated at the event. The mothers described their personal journeys from Central America. Both faced significant hardships in their home countries including violence, poverty and limited access to health care. Despite the risks, the mothers decided to pursue a better life in America. Their expeditions came with various challenges, including the devastating separation from their children. One mother was separated from her two boys for a total of three months; she said that “every day felt impossible.” The mothers did not know where or when or if they’d see their children again, and the uncertainty was distressing. Ultimately, the mothers were reunified and each expressed her gratitude to the support of volunteers and clinicians at Bellevue.

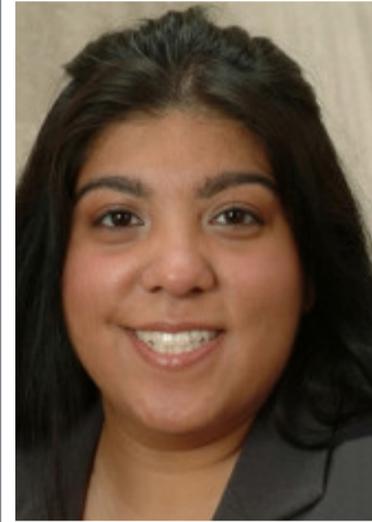
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2019 Legislative Breakfast: A Successful and Stimulating Collaboration

By Molly Gangopadhyay, MD

Edited by Gabrielle Shapiro, MD



In late January, we had a fantastic morning with local and state lawmakers discussing issues that impact our patients and our profession. The New York Council for Child and

Adolescent Psychiatry President Dr. Vera Feuer, New York County Psychiatric Society President Dr. Chabus and the New York County Medical Society President Dr. Naheed Van De Walle facilitated the event in the beautiful Academy of Medicine building on the Upper East Side. Amidst the coffee, bagels, and fruit, the eager advocates-trainees as well as learned clinicians-presented their views on NY Senate Bill 1429 and 409 as well as Senate Bill 787 and Assembly bill 576. Dr. Gabrielle Shapiro gracefully discussed how Assembly bill 576 criminalized physicians who are helping with gender reassignment as well as the need to pass Senate bill 787 which amends the correction law, in relation to limiting the segregated confinement of persons in a correctional facility with serious mental illness. Assembly Member Richard Gottfried, also Chair of the Assembly Health Committee, engaged the audience as he discussed his views against vertical integration and for mental health parity as parts of the NY Health Act. He commented on the Governor’s Cannabis package stating that physicians and nurse practitioners should indicate the use and that cannabis should not be a controlled substance. Assembly Member Harvey Epstein, who is on the Committee on Disabilities, discussed the expiration of rent law this year, the need to improve accessibility in buildings, and the limited number of substance abuse treatment facilities. When questioned by Dr. Kidd, an addiction psychiatry fellow, about expanding access for substance abuse treatment in the prison system, it was indicated that this is not a big ticket item currently in the Assembly. Senators Robert Jackson and Gustavo Rivera also graced the stage; the latter is the Chair of the New York Senate’s Health Committee and he presented his thoughts on cannabis

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Career Night 2019

By Colleen Turek, MD and
Jennifer Rahman, MD



On February 20, NYCCAP's Member-in-Training Subcommittee of the Training Education Committee hosted our annual Career Night in Child and Adolescent Psychiatry and it was another successful event! We invited current residents and child psychiatry fellows from around the tristate area to join us at Lenox Hill on the Upper East

Side of Manhattan and we had an enthusiastic turnout!

Over a dinner of delicious Cuban food (smorgasbord of sandwiches, rice & beans, chicken, and plantains), an illustrious panel of CAP attendings in different work settings with varying backgrounds of expertise spoke to an audience of current CAP fellows and general psychiatry residents to discuss experiences of going through Child and Adolescent Psychiatry training, types of jobs held after fellowship, as well as how life decisions led each individual down a certain path. The group consisted of 31 attendees ranging from PGY1 residents through second year child fellows from various tri-state area training programs. Speakers included Child and Adolescent attendings from NYU, Four Winds, Mt. Sinai, NYPSI, and LIJ MC-CCMC.

The night began with individual introductions, followed by each speaker addressing individual experiences during fellowship training, first jobs held, current occupations, and expounding on how to derive work-life balance. Speakers covered general topics of how to determine which setting and location is right for you, how at times first jobs held do not dictate entire career path, bridging to more specifics of each individual's personal life story influenced personal professional career goals. Following,

fellows and residents were able to ask more specific questions regarding each career path as well as how to emulate strong work ethic and commitment to education. The diverse group of attendings was able to speak to a range of practices from traditional job paths of staying within a health system of specific geographic location to non-traditional paths of multiple various adult attending jobs prior to settling in their current treatment modality and practice.

Dr. Feuer spoke about the IMG experience, initially working with the adult substance population and with traumatized children, the CL domain, and building a child ED program from scratch, as well as serving as AACAP emergency committee chair. Dr. Klagsbrun spoke of psychoanalytic training, interest in infancy and family therapy work as well as home visits; alongside familial connections to Four Winds and truly enjoying getting to know patients (debunking inpatient myths and that private practice is not as lonely as one makes it out to be). Audience questions fielded by the panel, included work life stability, weekend shift work, administration responsibilities, with advice given to shadow different types of practice during training. Dr. Janssen spoke of considering family medicine and pediatrics, working with HIV populations and disenfranchised youth, and eventually learning how to make partnerships for research and advocacy/policy. In an audience query of how to navigate diverse opportunities, Dr. Janssen suggested creating a five year plan for long term goals as a benchmark to measure

if current interests are aligning with future trajectories anticipated. Dr. Libow spoke of his psychoanalytic training, private practice, and maintaining clinical autonomy, treating acutely ill patients and complex family situations. Dr. Reliford spoke of initial interests in autism research and attachment theories, tele-psychiatry at Harlem, and working in administration and pursuing psychoanalytic training while working.

Additionally, due to diversity in experiences, attendings described different sources of satisfaction in managing diverse patient populations and how mentorship experiences guided and helped to solidify occupation choices. While the first part of the evening was filled with the panel of child psychiatry attendings speaking about various experiences in different locations and patient populations, small group sessions in the latter portion of the evening focused on giving residents and fellows a chance to branch out and ask more specific questions to speakers about certain settings (i.e. inpatient, private practice, advocacy). The night culminated with a raffle held for a free ticket to the acclaimed Broadway show *To Kill a Mockingbird* in the spring (hosted by NYCCAP) being given to a CAP fellow. Overall, it was a great night for current and prospective child psychiatry fellows and residents to gain more knowledge about diverse jobs within Child & Adolescent Psychiatry, build contacts, and establish a sense of community and collegiality within local training programs and attendings!



Medical Student Career Night at Westchester Medical Center

By Sarah Klagsbrun, MD



What's so great about being a child and adolescent psychiatrist? That was the question 31 Westchester Medical Center students came to find out the answer to on January 15 over pizza, lasagna

and salad at the Westchester Medical Center. Dr. Abe Bartell, Director, Child and Adolescent Psychiatry, Westchester Medical Health System; Dr. George Uy, Assistant Medical Director, Four Winds Hospital; and Dr. Sarah Klagsbrun, Medical Director of Four Winds Hospital and NYCCAP Board Member, hosted an evening to entice medical students into the field of child and adolescent psychiatry sponsored by NYCCAP's Medical Student Committee.

Dr. Bartell spoke about his experience in consultation liaison working with patients with both psychiatric and medical needs. Dr. Uy talked about his experience doing school consultations as well as his current interests in both inpatient and outpatient psychiatry. Dr. Klagsbrun shared her experiences in private practice, including home visits, before becoming Medical Director of Four Winds. She shared how shocked she was to discover that inpatient care is actually more fun and less stressful than private practice due to collaboration with a treatment team and only needing to be available during regular business hours. Dr. Klagsbrun discussed how working on an inpatient unit is exciting because no two days are ever the same. All the child and adolescent psychiatrists on the panel spoke of the importance of finding a fit within the field of child and adolescent psychiatry that suits one's personality. A predominant theme was the varied careers within the field and the multitude of options that exist in the field even within each subspecialty. Dr. Klagsbrun spoke about how even within inpatient work, there are so many options to choose from. For example, at Four Winds

Hospital, there are even different adolescent inpatient units with different patient populations such as adolescents with internalizing disorders, with externalizing disorders and with ASD/Intellectual Disabilities with treatment focused on Dialectical Behavior Therapy, Applied Behavioral Analysis or Collaborative Problem Solving depending on the patients' needs.

After the presentations, we had a Q & A session that lasted another hour. The medical students were super engaged and asked insightful questions such as tips for working with parents reluctant to medicate their children. Other questions raised were when, if ever, do you offer advice to family and friends who are not your patients and how do you leave your work at work? The evening could have continued for hours with all the energy in the air. The medical students left more interested in becoming child and adolescent psychiatrists, especially impressed with how high the level of job satisfaction is within the field. We all had an absolute blast!

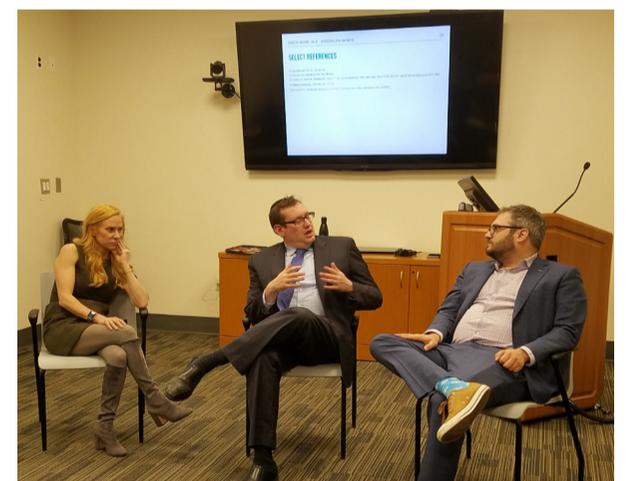
Psychiatry in the Age of Social Media Newsbite

By Olga Leib, MD and Owen Muir, MD



NYCCAP was very lucky to have Drs. Jodi Gold, Owen Muir, and Howard Forman join us as expert speakers for an exhilarating evening discussing the role of psychiatry in the age of social media. Through their wonderful talks, followed by a very generous hour-long open panel Q and A session, we were able to get a glimpse into the nuances of this important topic. Although unique and

diversified, the gestalt of all of their talks was that social media is here to stay, and that we, as human beings in general and psychiatrists in particular, are responsible for learning all we can about it and then educating our patients, colleagues, and peers about the risks, benefits, strengths, and limitations of its use. From Snapchat Streaks to Fortnite Friends to mutual Sharing of Selfies, our Gen Z and Young Millennial patients have a whole new and elaborate language and methods of communication. From search engine optimization to photographs from Facebook, the digital footprint's permanence can have lasting impact on professionalism. And although mistakes are made because after all we are human, recovery is real and possible just like in IRL ("In Real Life").



LOOK WHAT'S COMING UP NEXT . . .

Autism Awareness Month

April 2019

Private Practice Night 2019

Wednesday, April 24, 2019, 7:00 - 9:00 p.m.

Location: Arthur Avenue, Bronx, NY

AACAP Legislative Conference, May 2-3, 2019

AACAP Spring Assembly of Regional Organizations, May 4, 2019

NYCCAP Theater Night: "To Kill a Mockingbird"

Tuesday, May 7, 2019, Show Time: 7:00 p.m.

Wellness Event

By Jennifer O’Keeffe, MD and Jennifer Cabrera, MD



NYCCAP is making a sustained effort to advance the well-being of our physicians and leaders. On February 23, NYCCAP members had the opportunity to learn and practice Yoga Nidra, led by one of our very own members, Dr. Jennifer Cabrera. The 45-minute guided session curated learning, healing, and an awareness of the body and



mind of our members. We welcomed the group with refreshments. Protected time at the studio permitted networking and opportunity for attendees to share their personal experiences related to well-being and burnout.



Yoga Nidra has been described as the art of conscious relaxation and psychic sleeping. It was brought to the West by Swami Satyananda Saraswati, who described it as “... a systematic method of inducing complete physical, mental, and emotional relaxation” (Yoga Nidra, Yoga Publications Trust, 2002). Studies have shown improved outcomes in patients with hypertension, PTSD, depression, anxiety, and insomnia. For those new to Yoga Nidra, it is important to note that it is not an active practice, but rather, a practice in stillness and meditation. Ideally, it is practiced laying down in savasana (final rest pose), but can be practiced sitting up as well. The body goes to sleep but the mind remains fully awake and aware. Brainwaves slow to alpha and theta frequencies, states between waking and sleeping, similar to the

hypnagogic state. The mind is receptive, and the body restores itself even more efficiently than when the brain is in delta (deep sleep).

Dr. Cabrera recommends this practice especially in the busy NYC area, where most yoga practitioners are drawn to active/activating yoga styles, such as Hot Yoga, Power Yoga, and Vinyasa. Yoga Nidra is a mindfulness/meditation practice that you can add to your self-care routine and can be done in the convenience and comfort of your own home.

Attendees would like to thank Dr. Cabrera for her time and for sharing her art of yoga with the group.

Dr. Jennifer Cabrera is a Clinical Assistant Professor at NYU School of Medicine who works part-time in the Bellevue Child Comprehensive Psychiatric Emergency Program. She has worked with children and youth in the child welfare and juvenile justice systems, and has presented nationally and internationally about complex trauma, PTSD, resilience, and the juvenile justice system. She co-authored the chapter «Aggression» in the recently published book, *Beyond PTSD, Helping and Healing Teens Exposed to Trauma* (Gerson MD and Heppell PsyD, eds). She is also a Registered Yoga Teacher at the 200-hour level, and has another 225 hours of continuing education in Restorative Yoga, Yoga in Healthcare, and Yoga Nidra. She recently completed a 30-hour children’s yoga training and is working toward certification as a Registered Children’s Yoga Teacher at the 95 hour level.

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Legislative Breakfast

legalization in relation to restorative justice and elimination of the number of conditions to which medical use is confined. He was questioned by Dr. Brody regarding the cost of the NY Health Act and shared that the cost should be shared across all populations through a tax increase. City officials present were Manhattan Borough President Gale Brewer and NYC Council Member Dr. Mathieu Eugene. Ms. Brewer is currently pursuing efforts to expand mental health in public schools and Dr. Eugene who is the Chair of the Human Rights Committee is interested in stroke prevention. He was asked by Dr. Alaa Elnajjar a psychiatry resident,



about improving visa support for foreign medical graduates and physicians so that they would have more options of hospitals at which to train. Dr. Shapiro presented the challenges in protecting patients seeking mental health care when they do not have a protected status which leads to further barriers to access.

Christchurch, New Zealand: A Massacre that Shocked the World

By Akeem Marsh, MD



On March 15, 2019, the world stood at a standstill with a significant event that took place in Christchurch, New Zealand. Approximately 50 people died, with just as many injured at two separate Mosque attacks over a period of less than an hour. Without a doubt, this was one of the deadliest attacks in modern New Zealand history.

The impact was felt around the world. Here in the United States, however, the trauma was felt as we have a more regular occurrence of similar episodes - reword. Houses of worship are supposed to be sacred and safe spaces for people. To have any violated in this way is a serious threat to our general wellbeing and sends us into a very vulnerable place. Like the 2015 Charleston, South Carolina shooting at the Emanuel African Methodist Episcopal Church and the 2018 Pittsburgh, Pennsylvania shooting at Tree of Life – Or L'Simcha Congregation, what happened in New Zealand is something no one should have to go through, yet similar events happen recurrently.

Potential outcomes occur on different levels. Such events can trigger anxiety, mood, and most obviously trauma-related disorders. Unfortunately, another potential outcome, illustrated for example by two survivors of the Stoneman Douglas High School mass shooting of Parkland Florida, Calvin Desir (16), and Sidney Aiello (19), is death by suicide, which coincidentally happened within the same week in March 2019.

Sadly, this may be becoming a deeply entrenched part of the world's culture. Such violence is an unavoidable topic that must be addressed with our youth. One example on the national level is that set forth by New Zealand political leaders, which seeks to ban military-style assault rifles and semi-automatics. For children and families, AACAP also has a variety of resources as a starting point: 1) AACAP Facts for Families, "Firearms and Children", 2) AACAP Policy Statement, "Children and

Guns", 3) AACAP Facts for Families, "News and Children", 4) AACAP Facts for Families, "Grief and Children", and 5) AACAP Facts for Families, "Disaster: Helping Children Cope". In addition, there is no substitute for taking advantage of already established support networks, loved ones, and seeking professional help.

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Families in Crisis: Reports from the Frontline

Thereafter a panel gathered to provide education and discuss ways to endure and overcome this immigration crisis. Alan Shapiro, MD, an Assistant Clinical Professor in Pediatrics at Albert Einstein College of Medicine, serves as the Medical Director and co-founder of Terra Firma. Terra Firma is an organization that provides medical-legal care for over 500 unaccompanied immigrant children. Dr. Shapiro spoke about his recent visit to a detention center in Tijuana, Mexico, and advocated for better conditions, access to care, and reinforced the importance of keeping families together.

Linda Chokroverty, MD, a board certified Child and Adolescent Psychiatrist affiliated with Montefiore Medical Center, is the co-chair of the AACAP Disaster and Trauma Issues Committee. As part of this committee, Dr. Chokroverty has published multiple resources on helping children and families experiencing violence and disaster. She spoke about AACAP's current policy on "Separating Immigrant Children from their Families," as it is advocated that this practice be put to an end.

Ruth Gerson, MD, an Assistant Professor in the Department of Child and Adolescent Psychiatry at NYU Langone Health and Director of the Children's Comprehensive Psychiatric Emergency Program (CPEP) at Bellevue Hospital, has published on traumatic stress and the standards of psychiatric care for pediatric patients in the Emergency Room. She detailed her personal experiences in the CPEP, highlighting that each individual has their own story and to keep an open mind when considering what a child may or may not consider to be traumatic.

Sam Solomon, JD, the Director of Policy and Legislative Affairs for the NYC Mayor's Office of Immigrant Affairs, discussed immigration

legal services programs, and the Mayor's Task Force on Immigrant Health Care Access.

There was a compelling question and answer session during which individuals from a variety of backgrounds talked about advocacy and ways that clinicians can get involved, including joining the AACAP Disaster and Trauma Committee and participating in Physician for Humans Rights Trainings in NYC.

PHOTO GALLERY

Psychiatry in the Age of Social Media



Social Media & Device Use 2018



2019 Career Night



PHOTO GALLERY

