

NYCCAP News

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



Summer 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:

NYCCAP has had a terrific year! We continue to grow and offer activities to keep our members informed. My hope is that more members will turnout for these amazing events. In fact, we're currently conducting a membership needs survey to learn from our members what THEY want! If you haven't completed the survey, please [click here](#) to begin the brief questionnaire. We want to hear YOUR voice!

April is **Autism Awareness Month!** The Collaborative Systems Committee, co-chaired by Annie Li, MD, Molly Gangopadhyay, MD, and Jessica Simberlund, MD, and the Communications Committee, co-chaired by Robert Dugger, MD and Christy Duan, MD, developed bullet points on autism that were tweeted and posted on the internet.

May is **Mental Health Awareness Month (MHAM)**! The Communications Committee powered up our social media presence by developing a live document that Board members can post daily messages and upcoming activities. It started with MHAM but is an ongoing tool for Board members/committee chairs. Thanks, Rob and Christy!

We kicked off spring with a delegation attending **AACAP Legislative Conference and Assembly** meeting from May 2-4, 2019 at the Hyatt Regency Hotel, Washington, DC. The NYCCAP delegation visited the offices of Senators Kirsten Gillibrand and Chuck Schumer as well as Representatives Paul Tonko, Jerrold Nadler, Nydia Velazquez and Carolyn Maloney.

On May 7, a group of NYCCAP members attended Theatre Night to see [To Kill a Mockingbird](#) at the Shubert Theatre. What an exciting classic!

[Is it safe to return? – Threat Assessments in School-Aged Children](#) was held on June 6 at the Zucker Hillside Hospital, Sloman Auditorium. The event had a great turnout with excellent speakers: George L. Alvarado, MD; Deborah M. Weisbrot, MD; and Rachel A. Fernbach, Esq. who spoke about assessing school threats, legal implications and clinical impact.

NYCCAP hosted its annual [End of the Year Event](#) on June 26 at the Rio II Gallery. We honored Iliyan Ivanov, MD with the 2019 Wilfred C. Hulse Award. Dr. Ivanov will lecture on a topic of his choice later this year. Several members spoke about Dr. Ivanov's contributions to the field of child and adolescent psychiatry including Drs. Warren Ng, Gabrielle Shapiro, and Jeffrey Newcorn.

[Welcome Night 2019](#), in which NYCCAP welcomes new trainees to the child and adolescent psychiatry community, was held on July 31 at Professor Thom's Bar & Restaurant. All members were invited to this event that had an excellent turnout. The event is co-sponsored by the Training and Education Committee co-chaired by Cathryn Galanter, MD and Oliver Stroeh, MD and the MIT Subcommittee co-chaired by Robert Dugger, MD, Marc Halperin, MD; and Joe Wise, MD

WHAT'S COMING? [AACAP's 2019 Annual Meeting](#) will be held October 14-19, 2019 at the Hyatt Regency Chicago. [Registration](#) is open! The Hulse Lecture featuring Dr. Ivanov will be held in November/December. And, next year, [AACAP's 2020 Pediatric Psychopharmacology Update Institute](#) will be held January 31 – February 1, 2020 at the Westin Long Beach, Long Beach, CA. The 2020 Legislative Breakfast co-sponsored by NYCCAP, NYCPS, and NYCMS will be held in January; NYCCAP's Career Night 2020 in February; AACAP's Legislative Conference and Assembly meeting (April 2-4, 2020); and, of course, Theatre Night.

I hope everyone is having an enjoyable summer! Stay Cool!

Vera Feuer, MD

President

New York Council on Child and Adolescent Psychiatry

AACAP Update: 2019 Legislative Conference

by Scott Palyo, MD



On April 2, many of us travelled to Washington D.C. to participate in AACAP's Legislative Conference (formerly known as Advocacy Day). I was told this was our 14th

year and many of the New York Council's members have been attending since the first one. We were very lucky to have a very large presence (second only to CAP's in Maryland) and this included many special attendees including Dr Gabrielle Carlson, AACAP's President Elect, and a young woman named who is an 18 years old and spoke so eloquently of her mental health symptoms and difficulty with obtaining appropriate care. Dr Gabrielle Shapiro brought this young woman with her and we thank her for all of her own advocacy work and recruitment of so many mental health advocates. In addition, we had a large representation of child psychiatry fellows, psychiatry residents and medical students

from Manhattan, Brooklyn, the Bronx, Long Island, Westchester and Upstate New York.

AACAP did an exceptional job at training each of us prior to our big day on The Hill. The specific topics that we spoke about included the child psychiatry shortage, loan repayment options for physicians and supporting the Dream Act. We met with staff from both Senators Schumer and Gillibrand's offices plus 8 Congressional offices. It's an exciting experience and many of us who attend once, will return again and again.

A few years ago we changed the name from Advocacy Day to Legislative Conference in order to highlight that what we do in Washington DC every year is special and unique but we should be advocating more than once a year. As our dedicated staff from AACAP say, "Every day should be advocacy day!" With that in mind, we encourage all of you to be involved with regular calls and emails to your Congressmen and Senators, attend community events and be involved with the New York Council's regular Advocacy Events. We received an Advocacy And Collaboration Grant from AACAP's Assembly this year and we are actively involved in creating a few events this year with this support. In addition we will likely have some local meetings with Congressional offices when they are back in New York on summer recess.



Is it Safe to Return? Threat Assessments in School Age Children

by Barbara Cohen, PhD, JD, RN



School shootings may appear to be a recent and increasingly common phenomenon, however the first school shooting in America by a Kentucky student took place in 1853.

Over the years, students have carried out multiple, well-planned, deadly shootings, leaving in their wake an increasing number

of dead or traumatized children and adults. The rising number of shootings has increased evaluation referrals by schools and other concerned parties to emergency rooms, clinics, consultants and therapists.

On Thursday evening, June 6, 2019, NYCCAP members joined a distinguished medical-legal panel to discuss possible case presentations, hone assessment techniques and explore prevention strategies. A discussion of larger local, state and national advocacy efforts was had. Current statutory requirements addressed to mental health professionals faced with

threatening situations were reviewed.

Dr. George Alvarado, the Medical Director of the Northwell Health Home and Associate Director of Integrated Behavioral Health at Northwell Health Solutions, with an expertise in children's systems of care, particularly mental health in schools, opened the evening's discussion. His unfolding clinical case scenario provided the audience with possible clinical presentation variations and assessment considerations, revealing the interplay amongst students of interest, their families, their school communities and social settings.

Is it Safe to Return?

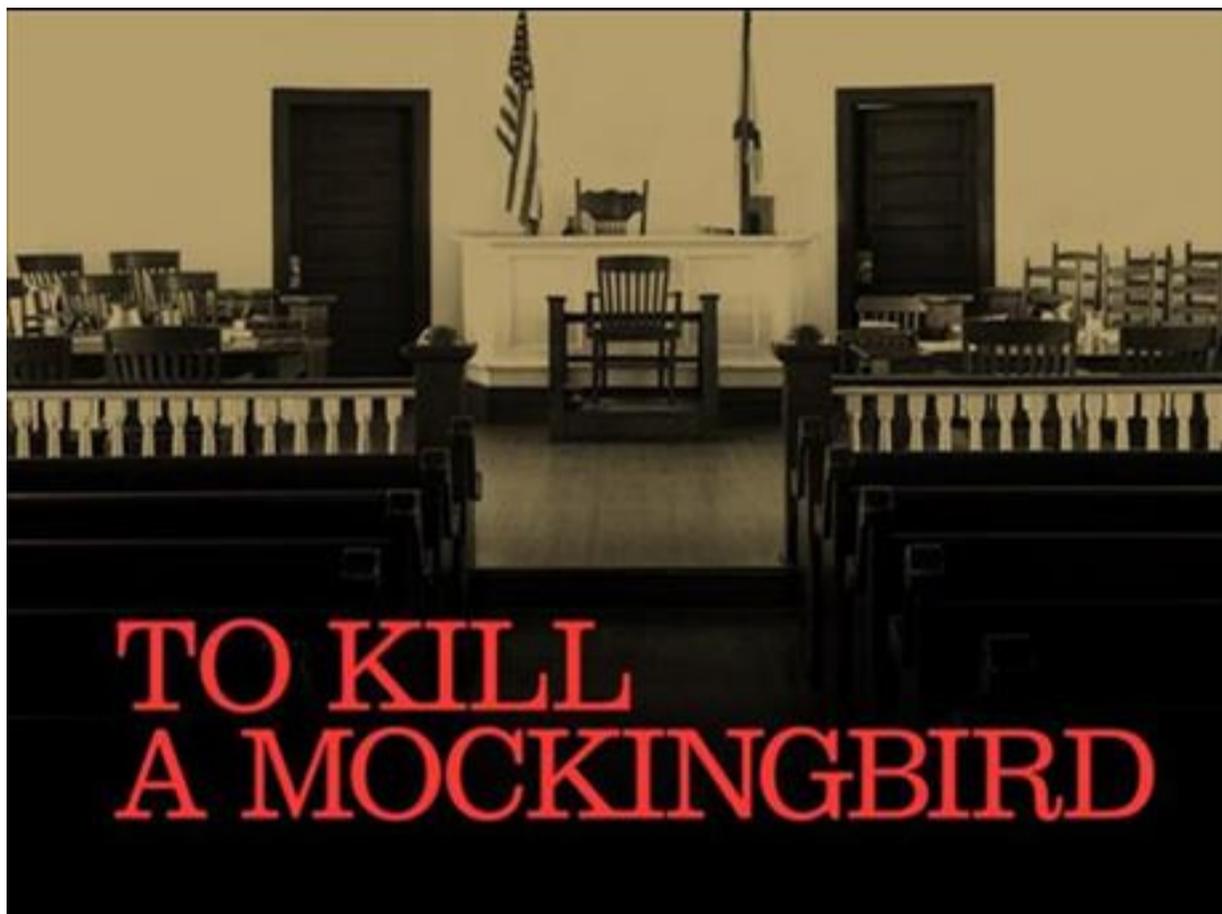
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Following Dr. Alvarado's setting of the clinical stage, Dr. Deborah Weisbrot, Clinical Professor of Psychiatry at Stony Brook University Medical Center, a Distinguished Fellow of the American Academy of Child and Adolescent Psychiatry, consultant in therapeutic school settings and, a nationally known expert on the critical issue of school threat assessments presented her research findings and clinical practice assessment strategies and advice. Significant take-aways from Dr. Weisbrot's presentation addressed avoiding unfounded stereotypes of school shooters as being loners or having autism. The need to be aware of Twitter, Snapchat, webpostings and other social media as strong sources of clues tipping off others about shootings in the planning stages was stressed. The use of videos made by prior shooters as rehearsal material was highlighted. Drawings, journals and diaries can provide a window into the level of threat posed by a student suspected of planning a school terror attacks. Clinicians must include all relevant parties to maximize evaluation of risk.

The final panelist was Rachel Fernbach, Esq, the Deputy Director and Assistant General Counsel of the New York State Psychiatric Association. Ms. Fernbach provided legal and policy guidance to member psychiatrists on federal and state statutory and regulatory requirements addressing, inter alia, coding and billing issues, mental health parity issues and other issues of importance to psychiatrists and their patients. An important take-away from Ms. Fernbach's most helpful review concerned the making of SAFE reports, options for reporting threats and/or warning potential victims. Mental Hygiene Law section 33.13 was reviewed in detail including the practitioner's option of reporting threats to an endangered individual and law enforcement agencies based upon serious and imminent threats. The need for thorough, contemporaneous documentation in threat assessment was stressed.

The evening concluded with an invitation to view the website of Doctors4gunsafety.org, a not for profit organization aimed at "advocating education, research and advocacy as methods to achieve safe and responsible gun ownership and use" as well as an invitation to the end of the year event to take place on Wednesday, June 26, 2019 at Rio II Gallery in Manhattan.

THEATRE NIGHT



Scott Shaffer, MD

The Early Career Psychiatrist Committee was excited to sponsor our annual Theatre Night this year to see the incredibly moving and powerful production of "To Kill a Mockingbird" on Broadway. 74 child and adolescent psychiatrists and their guests were blown away by the performance. Aaron Sorkin adapted the classic 1960 novel by Harper Lee into a beautiful production that resonated very strongly given our country's current struggles with racism, inequality, and injustice. Every year the ECP committee strives to choose a Broadway show which will have particular relevance to the field of child and adolescent psychiatry. Told from the viewpoint of Atticus Finch's children Scout and Jem, the play effectively demonstrated the impact of prejudice and trauma on children. NYCCAP members appreciated the opportunity to come together outside work and share this theatrical experience together. About 10 attendees gathered afterwards over food and drinks reflecting on how thought provoking and emotional the experience was. We look forward to planning our next Theatre Night and continuing this tradition for years to come!

NYCCAP 2019 End of Year Event and Wilfred C. Hulse Award Ceremony

By Barbara Cohen, PhD, JD, RN



On June 26, 2019, several dozen NYCCAP members joined together at RIO II Gallery, at Riverside Drive and 135th Street, to celebrate a year of extraordinary learning and fellowship. Dr. Angel Caraballo, past NYCCAP President, was instrumental in arranging for this location. Dr. Vera Feuer, current NYCCAP President, Director of Emergency Services at Cohen Children's Hospital and Assistant Professor, Donald and Barbara Zucker School of Medicine at Hofstra/Northwell, facilitated the evening and awards ceremony.

The evening was replete with camaraderie and networking held against a backdrop of stunning Hudson River sunset views, delicious food and marvelous music. This unique setting also houses a variety of paintings, sketches, and, a remarkable quilt designed and executed by the famous African American artist, Faith Ringgold (<https://www.faithringgold.com/videos-media/>) aptly portraying a post-storm resurrection of families alongside fabric based photos of the children of a local after school program. Dr. Illyan Ivanov, an Associate Professor of Psychiatry at the Icahn School of Medicine, was honored as the 2019 Hulse Award recipient. His mentor, Dr. Jeffrey Newcorn, the Director, Division of ADHD and Learning Disorders and Professor, Psychiatry and Pediatrics at Mount Sinai Medical Center, paid tribute to Dr. Ivanov's dedication to the profession of child and adolescent psychiatry, his pioneering work in the field of substance use disorders in this population and, his skill and visionary approaches to grant writing.

Dr. Warren Ng, NYCCAP's past President as well as AACAP's 2019-2021 President-Elect as well as the Medical Director Outpatient Behavior Health, Director, Clinical Services, Division of Child and

Adolescent Psychiatry; and Associate Professor of Psychiatry at CUMC, next paid tribute to Dr. Ivanov through an overview of his accomplishments and through a poem Dr. Ng had authored capturing Dr. Ivanov's essence as a true Renaissance man including the abilities to forge ahead in new directions even under the most challenging circumstances.

The final awards ceremony speaker was Dr. Gabrielle Shapiro, the 2017 Hulse Award recipient, Clinical Professor, Psychiatry, Icahn School of Medicine at Mt Sinai; Collaborative Care Program Director, The Boriken/East Harlem Health Council; and Consulting Psychiatrist at Union Settlement. Dr. Shapiro spoke of Dr. Ivanov's talents as a renown conference speaker and a devoted friend, husband and father.

Both Drs. Newcorn and Shapiro made note of the deep ongoing appreciation Dr. Ivanov has for the opportunity to have become an American citizen and to donate his life in service to patients, academic research and teaching. Also noted was America's good fortune to have had Dr. Ivanov and his family to emigrate here from their native Bulgaria.

Dr. Ivanov brought the ceremony to a close by expressing his thanks, first to his wife Donna and his son Max, both of whom were enjoying the evening and, by thanking those who have supported him to this day and to his band, all of whom are fellow psychiatrists. Dessert, further mingling and photos of past Hulse award winners concluded the evening.

The nearly 900 NYCCAP members are encouraged to attend events in the year to come. All events provide an intimate opportunity for medical students, residents and fellows to meet some of the most outstanding practitioners in the New York area in a relaxed setting. The meetings provide opportunities for established psychiatrists to network, renew friendships and keep up with new developments and possibilities. The Board members look forward to seeing as many members as possible in the upcoming year.

Private Practice Night

By Steven Asbaghi, MD & Marc Halperin, MD



This year's Members-In-Training (MIT) Subcommittee of the New York Council on Child and Adolescent Psychiatry (NYCCAP) hosted another successful evening dedicated to careers in private practice. On April 24, 2019, trainees representing a wide breadth of the New York area's child and adolescent fellowship programs gathered in The Bronx for a lovely meal at Enzo's to hear from our guest panel featuring Drs. Seth Berger, Angel

Caraballo, Jennifer O'Keeffe, Melvin Oatis, and Scott Palyo.

The collegial atmosphere afforded a candid look at the diverse pathways to private practice while encouraging participation and questions from the trainees in attendance. From starting a private practice while in fellowship training to transitioning an academic career into full-time private practice to maintaining both simultaneously, participants heard valuable perspectives on entering the field at different career stages. Practical considerations for starting a practice were woven throughout, focusing on up-front costs and overhead, the art of choosing a location, electronic medical record options, and building a sustainable caseload. As the discussion progressed, panelists offered pearls and subtleties from their years of experience, including preferences for modes of communication with patients, renting versus buying office space, care in choosing malpractice insurance, perspectives on setting rates, and innovative sources of referral.

By the end of the night, the NYCCAP MIT Subcommittee and panelists—generous in their time, experience, and efforts—produced an outstanding forum for sharing not only a delicious meal but an exciting, practical, diverse survey of careers in private practice

(continued on page 7)

Welcome Night 2019

By Robert Dugger, MD



On July 31, 2019, the Training and Education Committee and the Members-in-Training (MIT) Subcommittee of NYCCAP sponsored a Welcome Night event at Professor Thom's Bar and Restaurant, hosted by Drs. Joe Wise, Robert

Dugger, Marc Halperin, Cathryn Galanter, and Oliver Stroeh. There were almost 50 attendees this year, including medical students, general psychiatry residents, and child and adolescent psychiatry fellows. Trainees from 9 different training programs across the New York area were present. Drs. Joe Wise and Marc Halperin provided introductions, and Board members shared fun personal facts and spoke to the great benefits of participating in NYCCAP and AACAP. Two trainees won a raffle competition and will have the costs of their AACAP memberships covered by NYCCAP. Great drinks and food complimented an overall fantastic evening! Special thanks to Drs. Christy Duan, Kathy Liwski and Vanessa Cutler, who helped make the evening possible.



Private Practice Night

(continued from page 6)

child and adolescent psychiatry in New York.

Trainees, we will have multiple events sponsored by the MIT Subcommittee in this new 2019-2020 academic year, including the upcoming annual Applicant Night, which provides an opportunity for prospective and current CAP fellowship applicants to enjoy a family-style meal in a relaxed, casual setting and ask current fellows in New York area fellowship programs about their CAP training experiences. This will take place in Fall 2019, and specifics, including location and dates, are TBD. Please stay tuned!

LOOK WHAT'S COMING UP NEXT . . .

Fellowship Applicant Dinner

October 2, 2019, 7:30 p.m.
Nick's Pizza (1814 Second Avenue)

AACAP 2019 Annual Meeting

October 14 - 19, 2019
Assembly of Regional Organizations
October 15, 2019
Hyatt Regency Chicago

Hulse Lecture featuring Iliyan Ivanov, MD

November 2019

AACAP's 2020 Pediatric Psychopharmacology Update Institute

January 31 - February 1, 2020
Westin Long beach, Long Beach, CA

2020 Legislative Breakfast

Sponsored by NYCCAP, NYCPS, & NYCMS
January 2020

Career Night 2020

February 2020

AACAP's 2020 Legislative Conference Assembly of Regional Organizations

April 2 - 4, 2020
Hyatt Regency Washington on Capital Hill

NYCCAP's Theatre Night

May 2020

PHOTO GALLERY

2019 Legislative Conference



Board Dinner



Long Island: Is it safe to return?

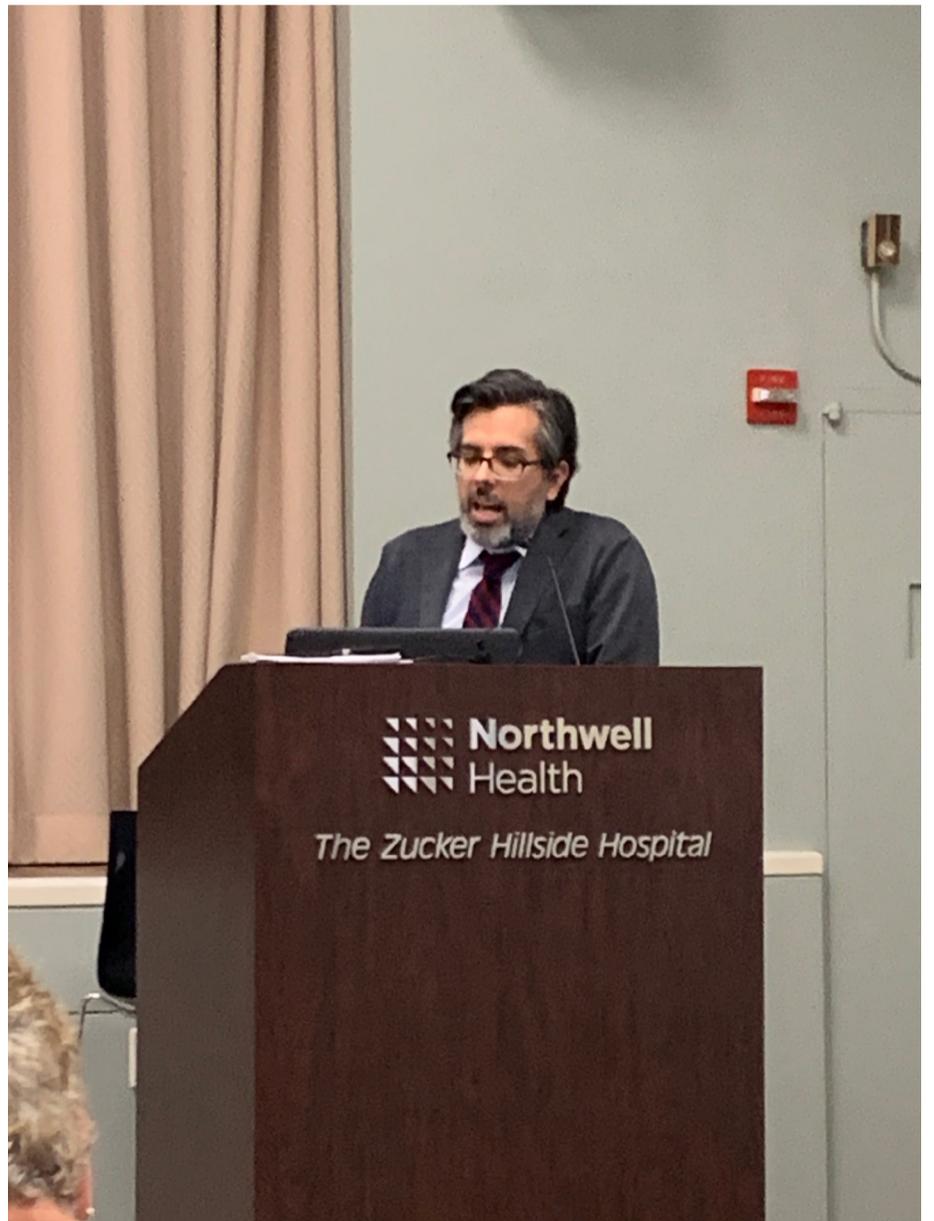
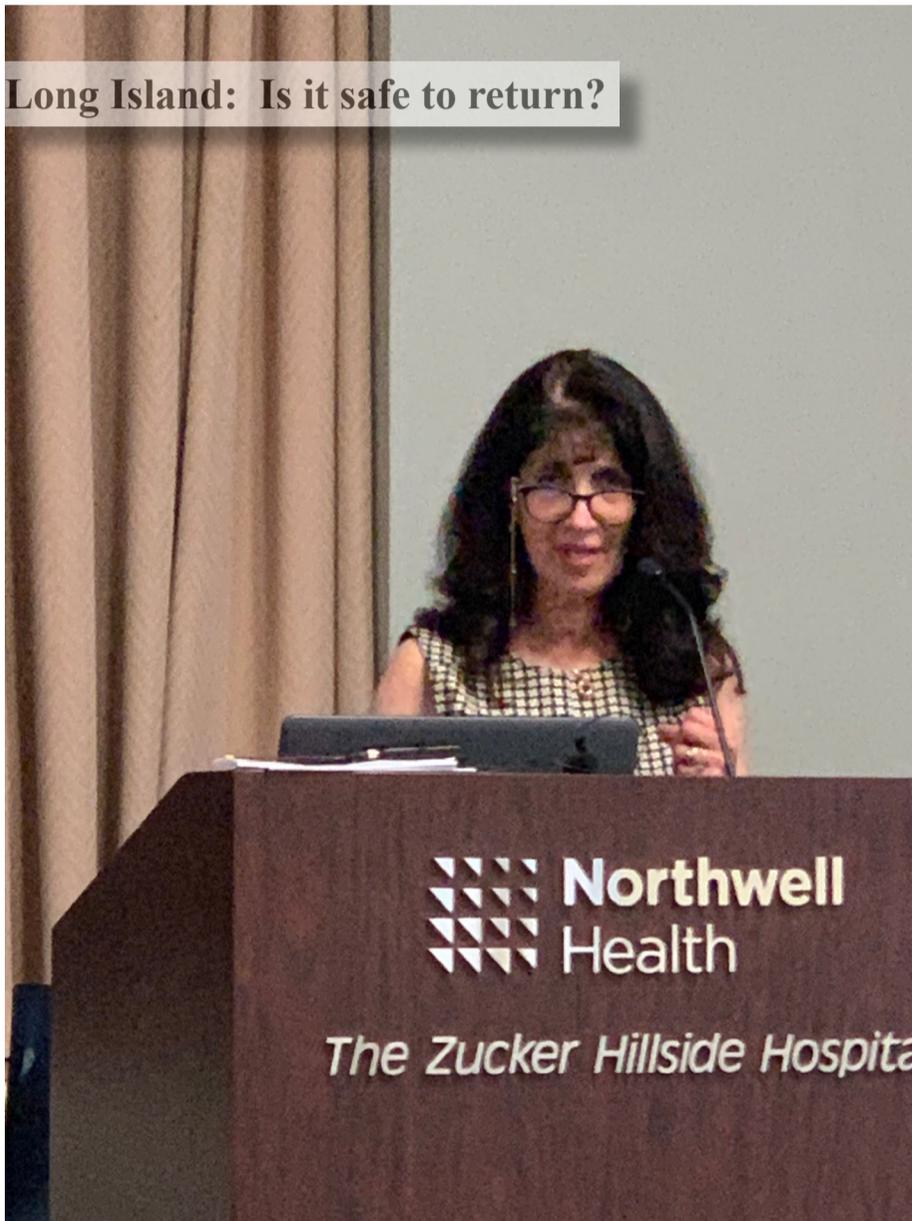


PHOTO GALLERY

2019 Welcome Night



2019 End of the Year



PHOTO GALLERY

