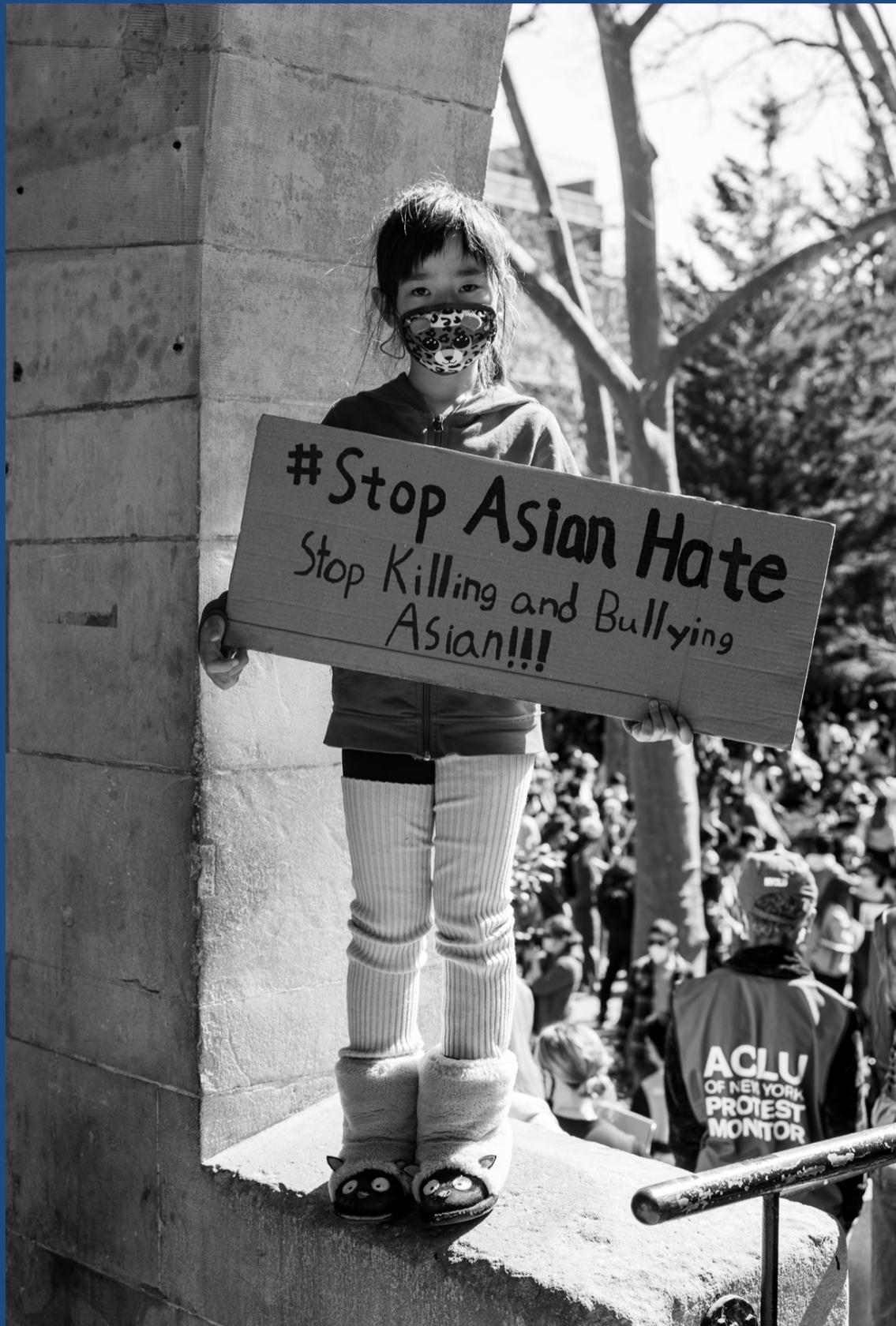


NYCCAP News

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



Summer 2021

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 Message



Dear NYCCAP family,

As we transition to the summer and conclude the academic year, I feel tremendous admiration for the amazing work you are all doing and proud of the council's work in supporting the work you do for the youth, and the families in NYC. After a year of the COVID 19 pandemic, vaccination and public health policies have allowed our communities to start transitioning to the "new normal". As child and adolescent psychiatrists our role in this recovery phase is more critical than ever as we are facing what some have labeled a mental health pandemic. Recognizing this tremendous need our programming over the past several months has provided guidance and support to medical students, trainees, early career psychiatrists, general members, other mental health providers and youth and families in our community by addressing topics such like suicide risk assessment and recognizing and coping with trauma, among others.

We also created and maintained spaces to address burnout and selfcare including the early career psychiatrists support group, and leisurely activities like a free online cooking class with a NYC chef.

Continuing to work on our commitment to be active contributors to the anti-racist transformation that is required in our society and given the unacceptable wave of Anti-Asian hate crimes experienced this past spring we called all of you to action. We provided resources for all of us to mobilize as allies in this fight, while our board members who champion these initiatives worked locally and nationally advocating and providing trainings in this topic. Needless to say, the fight against xenophobia, racism and discrimination is not unique to one group. We welcome all ideas and initiatives to address hate speech and crimes against marginalized communities as we work in alignment with AACAP on this endeavor.

Throughout this year our advocacy activities took place virtually. We participated locally in The New York County Medical Society Advocacy Hour , as well as the annual Albany Lobby Day with the Medical Society of the State of New York (MSSNY) to address issues related to telehealth, scope of practice, and parity, among others. We also joined AACAP members nationwide for Legislative conference in Capitol Hill and advocated in support of three congressional requests including increased access to Child and Adolescent Psychiatry given work force shortage, improved mental health for students on site, and providing equitable mental health care in marginalized communities.

These are just a few highlights of our activities so far in 2021. We are grateful to all of you who participated in the NYCCAP events this semester, as well as to our partners in social work, psychology and pediatrics among other fields who also generously shared their time and expertise. We look forward to seeing you virtually and hopefully in person soon, as we continue to work together to support all of you and the youth and families we serve.

In solidarity,

M. Carolina Zerrate MD, MHS
NYCCAP President

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Checkout our resources on [COVID-19](#) and [Racial Justice](#): website links!

RACISM

The Journey In Dismantling Structural Racism Starts with a Single Step: Us

by Michael Chung, MD



On a day that is known to all Star Wars fans and where people jokingly say, “May the fourth be with you,” fifty high-schoolers from Arthur Ashe Institute for Urban Health’s Health

Sciences Academy, a specialized STEM program, at SUNY Downstate joined me and my colleague, Dr. Nur Ul-Ein, on a virtual platform to speak about a sobering topic: long-standing racism in the United States. We were part of the lecture series that taught different medical topics from respiratory pathologies to COVID19’s effect on adolescents’ mental health.

Our topic was a discussion on racism’s traumatic effects on physical and mental health. Initially, I was afraid to speak up because I did not feel that I was well-equipped to talk about how pervasive racism was in our society. While I knew of my upbringing, privilege I had as a cis-male, and luck I had growing up in an upper-middle class community, I thought to myself, Was I qualified or even to be taken seriously if I were to share my experience? Despite my inner dialogue doing its best to sabotage, I was able to press on recalling the repeated racism I endured growing up--whether it was a classmate in the seventh grade flatly stating, “you, Oriental” or microaggressions such as, “you’re good-looking for an Asian dude.”

The goal for the lecture was to unite the high schoolers and to have them share what racism meant to them, how they responded when it reared its ugly head, and how it affected them. In the beginning, there was not much interaction--not surprising as we are in the

age of “Zoom Fatigue”--some of the cameras were pointed towards the ceiling or were positioned so that only the foreheads were visible. I knew that it was not going to be easy to build rapport on a virtual platform, but I saw it as an exciting challenge. As an aspiring child and adolescent psychiatrist, I was determined to see what could nudge engagement and spark conversation. I decided to share how my friends would jokingly say, “Chinese, Japanese, Korean-ese, stinky cheese” and how I would also join in--merely wanting to fit in with my peers. I also spoke about the “wear-and-tear” phenomenon commonly seen in recipients of racism and how negative cognition and depressed mood can linger and never fully recover. One example I starkly remember was when I had asked my friend to be roommates with me on a class trip and when we were about to hang up the phone, I overheard his mother jokingly make fun of my mother’s accent. Unfortunately, this was not the only time I experienced this vicarious trauma. I would get looks of contempt and understated annoyance when my mother asked questions about specific products at department stores.

One of the students, “A,” was a Black girl who planned to be a physician. She shared her stories of racism and recalled many incidents where she was followed throughout the grocery store or the beauty shop for suspicion of shoplifting. When I asked how that made her feel, she answered, “It’s so normal that I am desensitized to it; I know that’s not okay, but what can you do?” When asked how she processed the event, she replied, “I tell myself that they’re being ignorant, and I try to move on. I learned that from my mom.” When “A” spoke, her words evoked feelings of “learned helplessness”, which was too familiar for me and reminded me of my mother saying to me, “You’re not white; you’re yellow. Remember that, so, you will have to work twice as hard

than Paul [a close childhood friend who was White].” Though it may be somber advice to give to a ten-year-old, I realized its reality while I was growing up. I had to work twice as hard to feel as if my achievements were mine, not because I grew up Asian. But when “A” shared that her peers were always motivated to help educate others if they heard racist remarks or microaggressions, she sounded hopeful. We began to speak about incidents where this worked, and she mentioned that her non-BIPOC classmates were genuinely curious and asked questions. “When this happens, I’m pleased that they want to learn. it shows a lot of maturity to declare ignorance.” We further discussed ways to be anti-racist and how to educate their friends and family members without being accusatory.

I felt energized when “A” told me her experience as a Generation Z and partly wished that this had been the case with my experience growing up in suburban Georgia. Past traumas are interesting because no matter how minute they appear on the surface we feel this emotional scar for the rest of our lives. It manifests, sometimes, randomly and without precipitation. I could not help but feel angry towards people who had intentionally and unintentionally inflicted racist acts and microaggressive remarks towards me. I wish I had such a vocal allyship growing up like how “A” had it. During March 2020, I was working in the inpatient wards, I quickly saw my census include “COVID+” from a handful of patients to the majority of my patients. In the midst of this pandemic, I felt another pandemic concurrently happening: racism towards Asian-Americans. I could not help but feel relieved that I was wearing scrubs going to the hospital. Although these were my own projection towards other strangers, I could not help but think that they saw my skin color as the scapegoat for lockdowns and deaths observed throughout the world.

Continued on page 11

Suicidality of Adolescents during the COVID Pandemic: A Child Psych Chat

by Gabriel Davis and Shubhi Singh



The Medical Student Committee of the NYCCAP launched their Child Psych Chat series Tuesday night, May 10th. Designed as an informal environment to foster both learning and connection, trainees from several medical schools across New York State, including SUNY Downstate, Columbia, Cornell, Einstein, NYU, NYMC, Stony Brook, Zucker SOM at Hofstra/Northwell, and the CUNY School of Medicine participated in the online event. A broad, diverse group of primarily medical students at all levels with some residents engaged in both small and large group discussions over Zoom with practicing Child and Adolescent Psychiatrists and faculty regarding a case addressing the suicidality of adolescents during the COVID19 pandemic. NYCCAP board members in attendance included Scott Shaffer, MD, who led the session, Carolina Zerrate, MD, Akeem Marsh, MD, Cathryn Galanter, MD, Sarah Klagsbrun, MD, Oliver Stroeh, MD, Gabrielle Shapiro, MD, and Jose Vito, MD.

Throughout the discussions, practicing psychiatrists shared their perspectives on the case and promoted students' clinical intuition within topics such as holding uncomfortable conversations, assessing suicidality, determining whether to hospitalize, and the varied impact of the COVID-19 pandemic on adolescents' mental health. Several of the clinicians drew parallels to similar cases seen in their practices. With so much discussion being generated, the hour-long event seemed to pass by in a flash. The event served as a great hub for both student education on an important and under-discussed topic, as well as networking. There were even Grubhub gift cards shared with all participants in lieu of food and drink that would normally be served at similar in-person events. The conversations were highly engaging, and many students strongly expressed that they were looking forward to future events as the series continues to unfold.



Suicidality of Adolescents during the COVID Pandemic: A Child Psych Chat (virtual), May 10, 2021, 7:00 - 8:30 pm

Young Children's Exposure to Trauma and What to Do

by Scott Palyo, MD

In 2020, the New York Council achieved to donate funds to well deserving community programs significantly affected by the pandemic and who engage in direct patient care. One of the donations went to Safe Horizon Counseling Center, a program that is dedicated to working exclusively with patients who are victims of crime and experiencing PTSD symptoms. The vast majority of the patients served at Safe Horizon are women and children in the BIPOC community. During our conversation with Safe Horizon's Vice President of Mental Health Treatment, Victoria Dexter, L.C.S.W/PhD., we decided to explore a collaboration between our organizations.

On May 12, the New York Council hosted, in collaboration with Safe Horizon, a program aimed at educating the community about children's exposure to trauma and how to assist in helping these children. This was one of our first events that was open to the community and we invited educators, social workers, pediatricians, and family members to attend and participate.



Our speakers for the evening were: Sherri Papamihalis, L.C.S.W., Isabel Barata, M.D., and our Council member, Akeem Marsh, M.D. Their impressive biographies are:

Ms. Papamihalis serves as the Clinic Director at Safe Horizon Counseling Center, which is the only outpatient mental health clinic in New York State that focuses exclusively on providing trauma focused treatment for child and adult survivors of crime and interpersonal violence. She has worked with the most vulnerable populations for nearly 35 years.



Dr Barata is a Professor of Pediatrics and Emergency Medicine at the Donald and Barbara Zucker School of Medicine Hofstra/Northwell. She is the Pediatric Emergency Medicine Quality Director, for the Emergency Medicine and Pediatrics service lines. She has dedicated her career to improving the care of children in the emergency department through her extensive work in research, committee participation and speaking engagements at the local, regional, national, and international level.

Having dedicated his career to working with children and families of medically underserved communities, Dr. Marsh is a Child and Adolescent Psychiatrist that serves as the Assistant Medical Director of the New York Foundling's Harlem based mental health clinic. He

Continued on page 11

EVENTS

Career Night 2021

by Amanda Wallace, MD



On February 23, NYCCAP's Member-Training Subcommittee hosted our annual Career Night in Child and Adolescent Psychiatry and it was another successful virtual

event! Twenty medical students, residents and fellows joined from a variety of programs from New York city and the greater New York area. All attendees received a Seamless gift card for their attendance and were provided with themed cocktail beverage suggestions to create at home.

Panelists included twenty NYCCAP members in various stages of their professional careers and differing areas of interest and expertise. The evening started out with general introductions by the panelists and then moved into breakout rooms where smaller groups of trainees could interact with rotating groups of panelists over three different sessions. Sessions focused on topics including choosing your career path in child psychiatry, applying for your first job and maintaining work-life balance. Despite concerns of zoom fatigue, the event was a success with several participants remarking that the event had a fun, collegial atmosphere similar to an in-person event. Zara Habib, a PGY-1 psychiatry resident at St. Barnabas commented "I really enjoyed tonight's discussion and thought it was a wonderful opportunity to help gain insight into the world of Child and Adolescent Psychiatry." Trainees also had the opportunity to exchange contact information with panelists and were also given information on how to find job postings on the NYCCAP webpage.

We would like to acknowledge our wonderful panelists, Drs. Jennifer O'Keefe, Tzvi Furer, Colleen Turek, Jessica Simberlund, Richard Pleak, Vera Feuer, Sarah Klagsbrun, Gabrielle Shapiro, Warren Ng, Carolina Zerrate, Melvin Oatis, Ilyian Ivanov, Justin Mohatt, Oliver Stroeh, Angel Caraballo, Cathryn Galanter, Scott Palyo, Maalobeeka Gangopadhyay, Richard Pleak and Scott Shaffer. Thank you for taking the time to share your wisdom and words of advice.

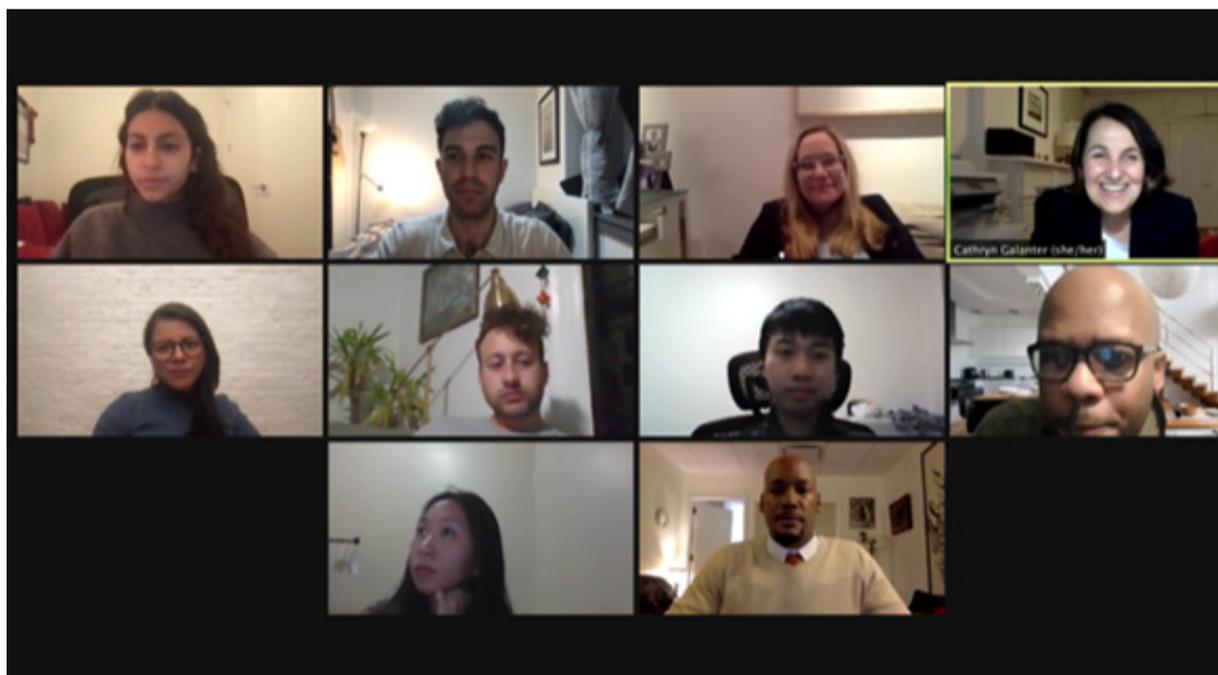
NYCCAP Hosts Child and Adolescent Psychiatry Interest Meeting with SUNY Downstate College of Medicine

by Gabriel Davis, Fourth Year Medical Student and President of SUNY Downstate's Psychiatry Student Interest Group



On Wednesday, April 21, NYCCAP hosted a Child and Adolescent Psychiatry Interest Meeting for medical students from SUNY Downstate College of Medicine via Zoom. The event was designed for medical students with interest in the field to hear from attending physicians and fellows about their careers, training paths, and early-career opportunities, as well as to give them a forum to ask questions. The meeting was a big success, with nearly 15 Downstate students, ranging from MS1-MS3, joining to hear from five of NYCCAP's board members, including Carolina Zerrate, MD, Cathryn Galanter, MD, Melvin Oatis, MD, Sarah Klagsbrun, MD, Akeem Marsh, MD, and Fellow Member Shaily Amin, MD.

Topics discussed included: the qualities of the specialty that drew the panelists to the field, the trajectories their careers have taken, paths to becoming a certified a Child and Adolescent Psychiatrist, and opportunities that exist for medical students to get involved, including joining AACAP and NYCCAP. Many laughs were shared as the NYCCAP members recounted stories from their training and careers and provided great insight into why they love their profession. It was also wonderful to see so many enthusiastic students from SUNY Downstate, as their questions demonstrated serious interest in the specialty. Questions covered topics like how to get involved in research, what is it like to work with families, and how to hone their diverse interests throughout their careers. Despite the distance imposed by Zoom, the event was warm and highly informative, as students and physicians alike enjoyed connecting and hearing from one another.



ADVOCACY

The Season for Advocacy

by Colleen Turek, MD



The last year has brought to the forefront for many the vital role of Child and Adolescent Psychiatrist in supporting children’s mental health. With the impact of the traumas of the COVID-19 pandemic, the current political climate, and a movement of social reckoning with systemic racial injustice have had on children and teens, our advocacy efforts this spring have been even more important.

We started our spring with an Advocacy Hour on February 4, 2021 where NYCCAP joined by fellow New York physician groups including NYCPS and NYCMS to meet with local and state representatives to discuss important issues that impact our New York City community of practitioners and patients. The virtual world of 2020/2021 brought with it a new opportunity for a virtual forum where we were able to speak directly regarding issues such as scope of practice, health disparities as well budget allocation.

Just a few weeks later New York City Child Psychiatrists joined with MSSNY to participate in virtual visits to Albany where we joined with our fellow physicians to discuss important topics including physician mental health and the role of mental health with the impact of the pandemic response of patients. Our

Virtual Advocacy Day was successful and seamless!

There was an intimacy in meeting staffers that we never experienced in our in-person visits; they seemed to be listening more and all our participants could have a voice. ww

Finally, lastly, we were able to take our efforts to the national scene where over 30 child psychiatrists in the region participated in the Annual AACAP Legislative Conference in 2021 virtual format. After a missed year in 2020, we had impressive participation on May 18th from across the region, state and country, many of our groups including first-time attendees who were able to participate with ease from the comfort of their own homes and offices. Participants ranged from trainees to seasoned veterans of advocacy, and after some preparatory training on the issues to discuss, we were prepared to advocacy for the important topics of workforce shortage, school mental health and increasing BIPOC mental health equity. Through personal stories many of our members were able to speak to House and Senate representatives—across the day members were met by staffers who were not only interested in hearing our important messages and were actively working on legislation to support many of the needs we discussed.

With the momentum of the last few months and the ever-growing need for mental health services for our nation’s youth, our New York Council Advocacy Committee looks forward to planning future advocacy events so that members can continue to share our expertise to give a voice to New York’s children and adolescents.



Wilfred C. Hulse MD Lecture
November 2021

Career Night 2022
February 2022

Bake bread, Break Bread: A Night of Cooking & Connecting--Creativity in a Pandemic

Virtual Event Hosted by the Early Career Psychiatry Committee

by Jennifer O'Keeffe, MD



As the COVID-19 pandemic continued to bring dark, isolated days for many, the Early Career Psychiatry (ECP) committee of NYCCAP (co-chaired by Marc Halperin, Olga Leibu, Veena Muthusamy, Jennifer O'Keeffe and Colleen Turek)

hosted a virtual interactive cooking night to help lift spirits and bring members of the child psychiatry community together (on Zoom). The event took place on Saturday, February 20th. The term "zoom burnout" has become a new phenomenon during the pandemic, therefore the committee wanted to host an event that could bring together all members of the household, enhance creativity, provide a chance to learn new skills, and selfishly satisfy our bellies. Learning how to cook simple, healthy meals is especially essential during a pandemic as it provides safety and comfort from the home, a mind nourishing activity, and a chance to get a "mindful break" from daily challenges.



The committee found superstar chef, Sarah Steinhorn, a top graduate from the French Culinary Institute in NYC who has experience working at various NYC-based restaurants such as Root & Bone and The Chocolate Room. Chef Steinhorn hosted cooking classes for children during the pandemic and is in pursuit of her Master's in Speech-Language Pathology, making her an excellent choice to bond with a group of child and adolescent psychiatrists. The committee asked Sarah to create a menu with a healthy main (chili is packed with fiber, protein, and lots of vitamins) and an antioxidant-rich dessert (both berries and dark chocolate are known to be an excellent source of flavonoids). In addition to the health benefits, the recipes are easy to make, include low-cost ingredients, and are satisfying to many palates. The event was well received and feedback on the recipes included "outstanding chili" and "scrumptious, mouthwatering cookies." Chef Steinhorn generously allowed for us to share her recipes with the larger NYCCAP community. Please see below for easy-to-follow recipes that can

be enjoyed by vegetarians and meat lovers alike. Enjoy--stay healthy & safe!



Hearty Chili, Vegetarian (Optional)

Ingredients:

- 1 medium yellow onion, chopped
- 3 cloves garlic, minced
- ¼ Cup vegetable oil (approximately)
- 3 red bell peppers, halved
- 3-5 chilies in adobo (you may include more, or fewer depending on desired spice level)
- 2 T tomato paste
- White button mushrooms (about ½ lb for chili with meat, about 1lb for vegetarian chili)
- 1 14oz can diced tomatoes and their juices
- 1 can canned kidney beans
- 2 teaspoons dried oregano
- 1 Tablespoon apple cider vinegar
- OPTIONAL 1 Cup walnut pieces, soaked in water for at least 12hrs
- OPTIONAL 1 lb ground meat, your choice

- OPTIONAL 2 Cup butternut squash or sweet potato
- OPTIONAL 1 handful of tortilla chips
- Salt, to taste

Instructions:

• At least 12 hours before you start your chili, set your walnut halves and pieces to soak in water. This gets rid of their astringency and leaves behind only their sweet, nutty flavor, which is a nice compliment to an otherwise very savory dish. These are an entirely optional component, but they add some nice texture. Drain and rinse the walnuts before adding them to the recipe.

• Turn your oven on to broil with the top rack adjusted to be in the upper half of the oven, but not so close to the broiler flame that it will catch anything on fire.

• Cut your bell peppers in half, removing the seeds and stems. Lightly oil some foil on a baking sheet, then place your peppers, cut side down, onto the foil and into the oven. Leave your peppers in the oven until the skins have blackened, about 10-15 minutes. Remove the peppers from the oven and place them in a large bowl. Cover the bowl (you may use another bowl, a plate, sheet of foil, lid, or anything else that will trap steam in the bowl) and let the peppers sit for a little while.

• While the peppers are broiling and steaming, prep the rest of your ingredients. Chop the onions and garlic, peel and cube your squash or sweet potato (if you are using this ingredient), and clean and crumble your mushrooms with your hands.

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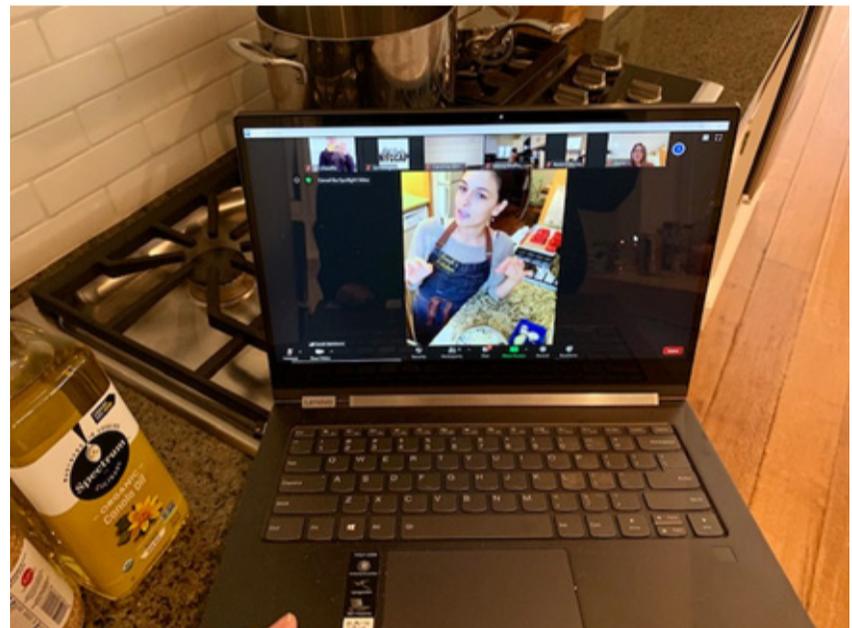


- **FOR THOSE USING SQUASH OR SWEET POTATO:** turn your oven to bake at 425°F and lower the top rack to the middle of the oven. Toss the cubed vegetable in oil, salt and pepper, and place in the oven to roast until tender, about 25-30 min. You may use the same piece of foil for this as you used for the peppers.
- Remove your peppers from their steam chamber, then peel off the skins using a paper towel. Place them in a blender with the chipotle peppers and blend to a smooth consistency.
- Add about a ¼ cup of vegetable oil to a pot over medium-high heat. Add in your chopped onion and crumbled mushrooms, season with salt, and cook until the onions are translucent, and the mushrooms have softened. Add in the garlic and cook until it releases its aroma.
- **FOR THOSE USING GROUND MEAT:** once you have completed the onions, garlic, and mushrooms step, crumble your ground meat into the pot, using a fork, and season with salt. Stir until the meat has just lost its pink, raw color. Add in the tomato paste, and cook for just a few minutes until it becomes aromatic.
- Stir the blended pepper mixture into your pot and reduce the heat to medium. Add the tomatoes and their juices. Add in your beans with some of their canning liquid. This liquid has a lot of good seasoning, so be cautious not to add too much of it. Add the dried oregano and apple cider vinegar. You may adjust these quantities to according to your personal taste.
- Crumble in a handful of tortilla chips, if you would like a thicker chili than what you have. Stir in the walnuts, if you are using them. Allow the chili to cook for another 10-15 minutes, season to taste, and then it's ready to eat!
- If you are using squash, stir this in after you have finished cooking the chili, so the pieces don't just disintegrate in the soup.

Black Forest Cookies

Ingredients:

- 3 Cup All-Purpose Flour
- ½ Cup cocoa powder
- 1 teaspoon baking soda
- 2 sticks unsalted butter, room temp
- 1 ½ Cup loosely packed brown sugar
- 1 ¼ Cup white sugar
- ½ teaspoon salt
- 2 teaspoon vanilla extract
- 4 eggs
- 2 Cup dark chocolate chips
- 1 Cup dried cherries, roughly chopped



Instructions:

- In a large mixing bowl, using a paddle attachment or hand mixer, beat together the butter and sugars until they have come together in a smooth, fluffy consistency.
- Add in the eggs and mix until they are fully incorporated.
- Add in the dry ingredients in 2 additions, mixing thoroughly and scraping the sides of the bowl between additions.
- Add in the chocolate chips and dried cherries and mix just to incorporate. • Scoop out cookie dough into 2oz balls and spread out with at least 2 inches between each ball on a baking sheet.
- Bake in a 350 oven (325 if you're using convection) for about 10 minutes, or until they appear dry on top. Note that these cookies will be gooey in the center when hot, so let them cool on the tray for a few minutes before removing them to a cooling rack.

2021 END OF THE YEAR EVENT

Ending the Year on a High Note

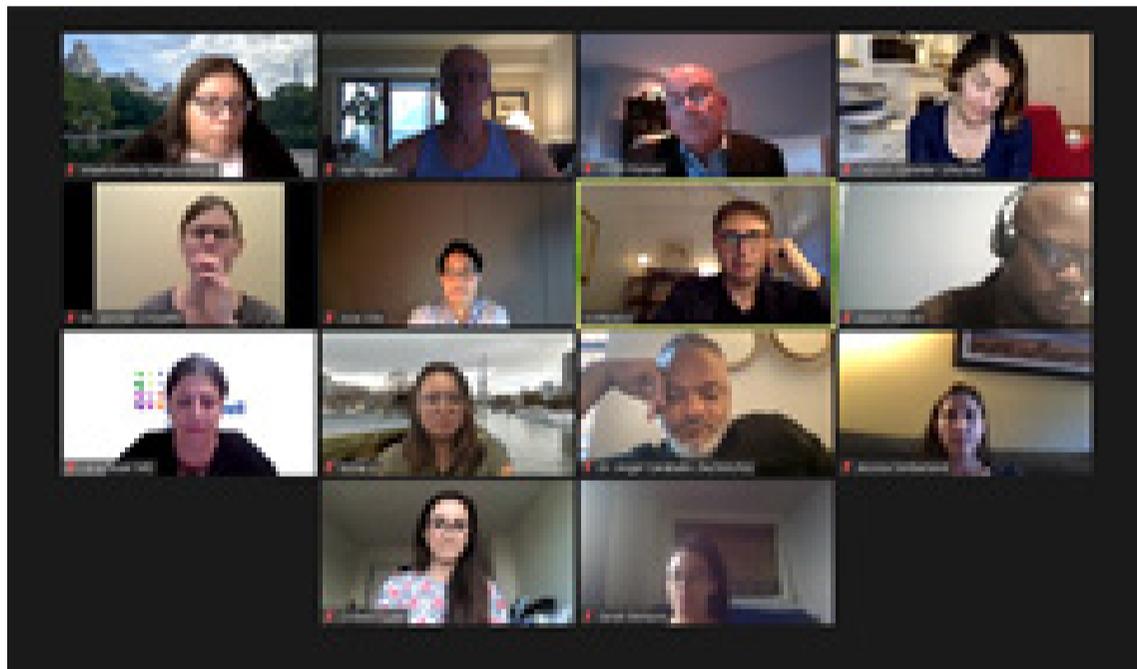
by Scott Palyo, MD



On Monday, June 21, the New York Council hosted our End of the Year event virtually. At this event, we were able to honor Vera Feuer, MD as the 2021 Wilfred C. Hulse recipient.

The evening's emcee was Molly Gangopadhyay, MD, NYCCAP's newly elected President-Elect. After an initial icebreaker group of questions, we began our event with announcing Dr. Feuer as the next Hulse recipient. As many people know, Dr. Feuer is the Council's Immediate Past President and has been extremely involved locally for child and adolescent psychiatry throughout the pandemic. In addition, her work at Northwell regarding child and adolescent psychiatry in the emergency rooms and in schools as well as through her involvement in AACAP committees made her a natural choice for this award. In addition to her speech, we were able to have two of her mentors, Victor Fornari, M.D. and Jennifer Havens, M.D. speak about Dr. Feuer and her illustrious career. Later this year, Dr. Feuer will present a portion of her research in child and adolescent psychiatry to our members during the Wilfred C. Hulse MD Award Lecture.

Following these warm wishes to Dr. Feuer, we had discussions led by some of our committees including advocacy, training and disaster and trauma. It was very exciting to see so many people's passions expressed and brainstorm about ideas for next year. We are very lucky to be part of such a large, diverse and active regional organization and continue to encourage others to become involved at the local level.



The Wilfred C. Hulse, M.D. Award

was presented to

VERA FEUER, M.D.

In recognition of your outstanding contributions to the field of child and adolescent psychiatry.

M. Carolina Zerrate, M.D.

President

June 21, 2021



Dismantling Structural Racism

When the attacks of Asian-Americans began, I was following many social media accounts that incessantly showed attacks on Asian-Americans and elders. Most recently, the recent spa shooting of six Asian-American women in Atlanta sent shockwaves through me and the Asian community. I began feeling more vigilant while riding the subway or walking in the streets and worried about my sister and my parents whenever there was a free moment at work; eventually, I had to mute or unfollow these accounts. At one point, the bouts of anxiety were so severe that I would take a cab. Even though attacks on Asian-Americans increased 150%, there was no news coverage until prominent Asian-American actors like Daniel Dae Kim and renowned reporter like Lisa Ling posted outcries on their social media accounts. Not surprisingly, after a brief stint of being in the limelight, the news began covering the Oscars and Gates' divorce.

As a society, we still have a significant amount to do in terms of anti-racism and dismantling structural racism. Unfortunately, we are not immune in psychiatry. "Drapetomania", a term that would explain why enslaved Africans or African Americans would flee, was considered a mental illness. High socioeconomic status (SES) individuals generally have more resources to see psychiatrists who are considered "cream of the crop" while low SES individuals need to wait months to see one. Furthermore, 65% of psychiatrists are White, 20% are Asian, and only 5% are Black. The APA did address structural racism this year at the annual meeting with the theme being equity and invited Isabel Wilkerson for the opening session. I believe this is the step in the right direction, but rather than one-time events, we must work towards expanding psychiatry to reach all parts of society high SES or not.

As a future child and adolescent psychiatrist, I know there are still implicit biases that I must unlearn, more education of being anti-racist, and more dialogue needed to

be done between me and my BIPOC peers. Even though dismantling structural racism feels overwhelmingly impossible, I know the first step starts within me. In addition to educating myself, I have taken steps to partake in advocacy work with AACAP in which I was recently involved with speaking to representatives of Senator Gillibrand about the H.R. 1331 bill for BIPOC communities. I thought it was crucial for us to promote equity in healthcare by speaking about the need for more funding and support in the BIPOC communities.

All in all, I feel hopeful. The allyship observed from the talk with the high schoolers and inpatient adolescent unit makes me believe that there are seeds for more fruitful discussion for understanding with the next generation. I believe that as child and adolescent psychiatrists we have an enormous responsibility to safeguard the mental health of BIPOC children and adolescents that can seem daunting; however, we also have the ability to mold the minds of the next generation and help navigate them through difficult situations that they may not completely comprehend. When I imagine myself having a child and adolescent psychiatrist, the benefits are endless. As I go forward with more training, I realize there are other male, female and non-binary "Michaels" who would benefit enormously from child and adolescent psychiatrists, and it reinstates a sense of fiery motivation to continue my journey to become an astute, culturally-competent child and adolescent psychiatrist.



Exposure to Trauma

maintains an academic appointment as Clinical Assistant Professor of Child and Adolescent Psychiatry at NYU Grossman School of Medicine, and has been an active member of the New York Council on Child and Adolescent Psychiatry co-chairing the NYCCAP News. He is also the co-editor of forthcoming book "Not Just Bad Kids: The Adversity and Disruptive Behavior Link".

The event consisted of presentations by each of these amazing speakers and then an open forum that involved questions from the audience. It was quite impressive to hear about how clinicians in an emergency room, trauma clinic and foster care agency discussed this important issue. Our open forum involved questions from our audience that involved issues relating to access to care, impact on the BIPOC community, and physician wellness and vicarious trauma. All of these panelists were extremely interactive and impressive. Very appropriately, we closed with a meditation led by Ms. Papamihalis. As a follow up we are very much hoping to continue a collaboration with Safe Horizon as well as with other organizations and have more events open to the community.

