NYCCAPNews

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



Fall 2017



VYCCAP 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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Akeem Marsh, MD

Akeem Marsh, MD

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President's Column

Dear NYCCAP Family:



NYCCAP had a busy summer, exciting fall so far, and is looking forward to upcoming events! Since the End of the Year event in June, we've held many wonderful <u>events</u> for our members. We've tracked legislation and monitored issues affecting mental health particularly with regard to children and their families and we continue to encourage members to get involved and reach out to their members of Congress to express their concerns.

In July, NYCCAP held <u>Welcome Night 2017</u> in which we formally welcomed new residents to the NYCCAP family. The event was held on July 19 from 7:00-9:00 p.m. at Professor Thom's Bar & Restaurant. This annual event, which is organized by the MIT, is a wonderful opportunity for members and residents to come

together in fellowship and network. The turnout was excellent at 56 attendees including residents and members of the Board of Directors. Great job MIT committee!!! Also in July, the European Society for CAP held its 17th International Congress from July 9-11 in Geneva, Switzerland. Members gave presentations and attended the conference.

With love in our hearts, NYCCAP mourned the loss of John "Jack" O'Brien, MD who passed away on July 12. Many members attended the funeral mass on July 20 at Holy Cross Church. We plan continue to honor his legacy in the council. Please stay tuned.

NYCCAP also supported the Break the Cycle campaigned organized by our parent organization, AACAP. With children caught in a cycle of limited access to care, delayed treatment, and worsening illness, the goal as child & adolescent psychiatrists is to BREAK THE CYCLE by collaborating with mental health professionals and parent advocates, investing in research, helping children get treatment, increasing awareness, and ending the needless sense of isolation. That's why Andrés Martin, MD, MPH raised awareness of the challenges faced by children and adolescents with mental illness by leading a cross-country bike ride from Washington state to Washington, DC from August 17 – October 23. Dr. Martin is a child and adolescent psychiatrist in New Haven, CT. In August and October, NYCCAP members organized two Break the Cycle events to raise funds: NYCCAP's Breaking the Cycle Ride during Summer Streets and a Spin Class. The ride to raise funds was held on August 5 with members and their families biking all or part of the ride from the Brooklyn Bridge to Central Park with Andrés Martin, MD. We had many members volunteer along the route and set up a welcome area and picnic in Central Park. Our second Break the Cycle fundraiser was the NYCCAP Spin Class that was held on October 21 at a New York Sports Club location. With an instructor, members "spun" their hearts out to raise awareness! Thank you to all the board members who volunteered their time to raise awareness and some funds to Break the Cycle.

Our Medical Student Committee continues to be very active in reaching out to all medical schools in the New York City area to organize events that include medical students from our entire region, giving them an opportunity to meet, greet, and ask questions of our members about child and adolescent psychiatry. The committee organized NYCCAP's Medical Student Career Night in Long Island on October 9 at Bertucci's. The event was a big hit! Congratulations to Dr. Feuer, our President-Elect, and the committee for all their hard work in planning. With such overwhelming success, the committee has also planned a career night for New York University Medical Students in downtown Manhattan on November 28 and for Columbia University Medical Students in Uptown Manhattan on December 12. The committee is also planning career nights in Brooklyn and Westchester. Amazing work Medical Student Committee.

Finally, many of our members were active participants in AACAP's 64th Annual Meeting held at the Washington Marriott Wardman Park and the Omni Shoreham Hotel, Washington, DC from October 23-28, 2017. NYCCAP members presented and attended the AACAP Assembly and numerous committee meetings as well as many sessions offered during the week. On Monday, October 23, AACAP held a special Legislative Day in which members met with their representatives on Capitol Hill. Amongst the many activities during this meeting, AACAP honored new Distinguished Fellows. NYCCAP member who are now Distinguished Fellows include: Linda Freeman, MD; Scott Krakower, MD; Folake Oshodi, MD (now in California); Moira Rynn, MD (now in North Carolina); Oliver Stroeh, MD; and John Walkup, MD (now in Illinois).

The council has many other events and activities planned for the rest of this fiscal year including the Wilfred C. Hulse Award Lecture in January 2018 amongst others. Information about all events is posted on our website: http://www.nyccap.org. We encourage members to check our website regularly for updates and read all-member emails to stay informed. Members can provide feedback by contacting us at info@nyccap.org with your thoughts/questions.

Finally, we want to wish our members and their families a safe and wonderful holiday season. Thank you!!!

Angel Caraballo, MD NYCCAP President

John "Jack" O'Brien, MD: A Personalized Tribute

By Jennifer O'Keeffe, MD



Jack O'Brien, MD was a leader in the field of child and adolescent psychiatry. He was dedicated to his patients and to training new child psychiatrists at the lcahn School of Medicine at Mount Sinai. He created a movement, serving the needs of the community all while teaching and mentoring. It is with great sadness we acknowledge the loss of such a great man, doctor, and friend, but know in our hearts his legacy will continue.

In this edition of *NYCCAP News*, we wanted to honor Dr. O'Brien by sharing a few personal highlights from those who had the unique opportunity to learn from such a great physician-teacher. You will be missed, Dr. O'Brien, but we will never forget . . .

Jack O'Brien, among many other talents, had a calling to be a teacher and a mentor. He viewed us trainees as equals and colleagues who might be in need of guidance.

I started my fellowship the year Jack moved back to NYC from Kansas. At a summer get together he sat next to me and we spoke—for the first time ever—like friends who are simply catching up after a short separation. He wanted to know everything—where I was from, where I trained and when was my wife due. No doubt that was a start of a long professional and personal relationship.

At one of my very first attendances at the AACAP annual meeting Jack caught up with me during one of the breaks and said: "Let me introduce you to some people". I assumed we might be going to a meeting or something- but instead Jack just sat down in the middle of the hotel lobby and every few minutes there was someone who came to us with a big smile on their face wanting to chat. I think in the next hour or so I met some ex and future presidents of the academy. And this was not a show-off stunt - as many of you may know Jack kept close contact with his friends and was always eager to learn what has happened since the last time he met you. Him and my wife became "hip buddies" as they both had hip replacement surgery a few months apart and in his usual way Jack was an adviser and a supporter along this ordeal.

He also had a kin understanding of our conflicted human nature. At the last oral exam for the child and adolescent psychiatry Boards he presented all his examiners with a little souvenir that read "Number 1 team - classy, sassy and a little bit assy." He also kept these signs around his office and my favorite says: "Everyone brings joy to this office—some as they come, some as they leave."

Jack, you brought a lot of joy to this world to those who knew you and definitely took pieces of it when you left. For that reason I keep a picture of you attached at my work desk - your smile greets me each morning! — Iliyan Ivanov, M.D.

Jack O'Brien was one of the greats, and I feel lucky to have trained with him. He had a way of seeing patients that cut through the crap. His no-nonsense, high-energy approach seemed to disarm children who were sullen and recalcitrant with others. He fully expected them to answer his questions . . . and to their surprise, they almost always did. He brought the same style to his role as a mentor—he expected trainees to rise to the occasion, so we did. He was sometimes unorthodox, but he was confident in his unorthodoxy and, if you rolled with it, you learned something you likely wouldn't learn anywhere else. He was a brilliant clinician, a

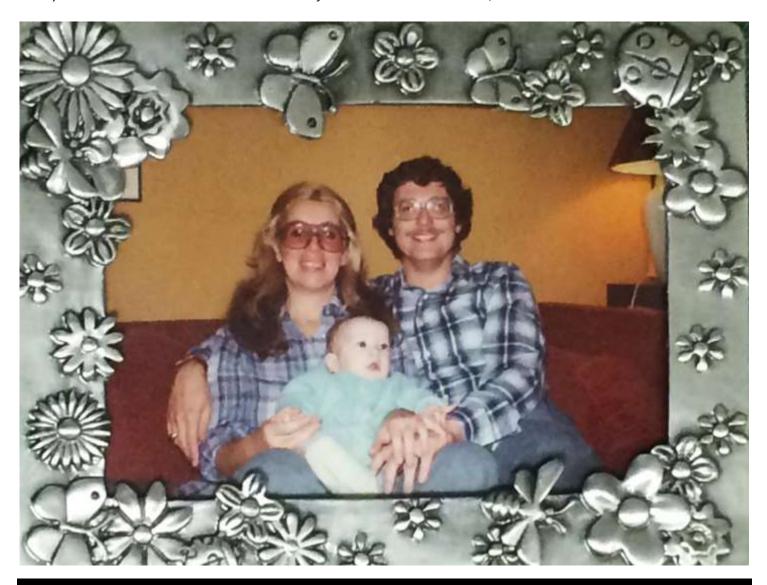
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wonderful mentor, and he was becoming a friend. I feel a bit cheated. I wish we could have had some time as colleagues, but I suspect he is enjoying some well-deserved rest (or more likely, fun!) on the other side .—Stacy McAlister, MD

The first time I met Dr. O'Brien was when he interviewed me for the Triple Board Residency at Sinai. He ushered me into an office, leaned back in his chair, put his feet up on the table, looked me square in the eye, and said 'ok darlin, let's hear it!'—Anne Bird, MD

Jack O'Brien taught me how important it was to always ask a child for their 3 wishes, and helped me appreciate how far simple curiosity could get you in learning about a child's world. –Amy Egolf, MD

"He was the penultimate mentor—wise motivating, supportive, and kind. So many of his hundreds of past trainees can point to many, many aspects of our practice that are 100% the result of his guidance. How very lucky we have been to have learned so much from him.—Susan Samuels, MD



Assembly of Regional Organizations

By Tzvi Furer, MD and Jennifer Cabrera, MD



As expected, NYCCAP had another eventful showing at the Fall Assembly of Regional Organizations that took place on October 24 at the Washington Marriott Wardman Park. The Fall Meeting featured 15 of our own NYCCAP Delegates, which remains the largest delegate group in the Assembly. NYCCAP continues to play a prominent role on the Assembly Executive Committee (AEC) with outgoing Secretary-Treasurer Melvin Oatis, MD, outgoing Early Career Psychiatrist (ECP) Representative Jennifer Cabrera, MD, and myself as the current Resident Representative.

The fall Assembly Meeting was reported as being ambitious straight from the onset, and it lived up to the hype! Following on the success of multiple presentations at the Spring Meeting, this meeting featured presentations on opiates (from the Substance Use Committee), opportunities for trainee recruitment from the National Council on

Behavioral Health, updates on CME, and overview of instrumental tools for comprehensive assessment from the Community—based Systems of Care Committee. As if that wasn't enough, additional presentations also included an update on immigration & refugee children, and the final results from AACAP's successful Break the Cycle campaign! Discussion throughout the day's open forums also spanned topics including the controversy surrounding psychologist-prescribing privileges, psychotherapy training, and the effect of cannabis legalization across the nation. There was also a touching tribute to John "Jack" O'Brien, MD, who had worked closely for many years with many trainees and child psychiatrists in the New York area. It was a day of spirited discussion, collaborative planning, and certainly continued the progress of the last several Assembly meetings.

The meeting also featured elections for the Assembly Executive Committee (AEC), of which New York also happened to have an impact as well. Our own Melvin Oatis, MD will be the incoming Vice Chair of the AEC! He will be joined by new representation including ECP Representative Shawn Sidhu, MD (New Mexico), Marian Swope, MD (Kentucky) as Secretary-Treasurer, and Debra Koss, MD (NJ) as Assembly Chair.

The spring Assembly Meeting will be held on Sunday, April 8, 2018, once again in Washington DC as part of AACAP's Legislative Conference! We look forward to once again seeing NYCCAP members at the Assembly, and we know that NY will continue to show outstanding representation at the national level. For any additional information about the Assembly of Regional Organizations, please reach out to NYCCAP Board at info@nyccap.org.

Fall 2017 AACAP Legislative Program

By the Advocacy Committee



In reinforcement of the Spring Legislative Conference, child psychiatrists from New York gathered again in Washington DC on October 23 to advocate for children's mental health. This was an exciting prelude to the AACAP 2017 Annual Meeting full of camaraderie, fresh air, and sprints for taxis. After a morning training session with Ronald Szabat, JD, LLM, the Director of Government Affairs & Clinical Practice, our state captains Drs. Shapiro and Gangopadhyay encouraged our practices in delivering an effective message. Although the day was overcast and cool, we had lively discussions and enlightenment from the staffers on Capitol Hill. After visiting the offices of

Senators Gillibrand and Schumer, we went to our respective Representatives' offices sharing stories about our work experience and the children and families we see. Our message was one of educating on the potential detrimental impact of CHIP not being reauthorized in September and encouragement to renew this at the

enhanced FMAP rate. We also advocated on supporting bills in the House and Senate that would expand loan forgiveness by the National Health Service Corps to our pediatric specialty and expressed how this expansion would help address some of the factors contributing to the workforce shortage of child and adolescent psychiatrists nationally. The power of our voices and experiences resonated with the staff whether from a fellow to an ECP to an expert clinician. Afterwards, our team came together to reflect on the day and plan ongoing efforts in New York to continue delivering the message. The NYCCAP 2017 Wilfred C. Hulse Award recipient, Gabrielle Shapiro, MD, will be presenting on January 17, 2018 on why being an advocate matters and why it should be an important part of our careers as physicians and psychiatrists. A Legislative Breakfast is being co-sponsored by NYCCAP, the New York County Psychiatric Society (NYCPS) and the New York County Medical Society (NYCMS) in February and AACAP's Legislative Conference will be held in April. We are always looking for more voices and advocates like you to join the discussion!



NYCCAP Breaking the Cycle

By Molly Gangopadhyay, MD



Andrés Martin, MD, a child and adolescent psychiatrist and a prominent member of AACAP, launched a campaign called Break the Cycle at the AACAP Annual Meeting in October 2016 to raise money and awareness for children's mental health. To support this cause and fundraising mission, the NYCCAP organized a bike ride during the NYC Summer Streets event on August 5 and a Spin Class on October 21. Dr. Martin joined our Board members Drs. Ng, Young, and Pham on Summer Streets bicycling from the Brooklyn Bridge to Central Park, promoting awareness, and enjoying the summer breeze. At Central Park, they were joined by youth, families, and other mental health professionals including NYCCAP President Angel Caraballo, MD and Drs. Li, Ivanov, Shapiro, Oatis, Watkins, Simberlund, Alex Kolevzon, and Jennifer Minami to celebrate their ride and the mission of collaborating with mental

health professionals and parent advocates, investing in research, and helping children get treatment. Drs. Oatis and Shapiro led a spinning class at New York Sports Club on October 21 to get hearts pumping and pockets open before Break the Cycle concluded with an event in Washington DC on October 22. We were able to contribute through our fundraising to the final tally of 207 pledges and over \$200,000 across the nation. Donations are still being accepted at http://breakthecycle.aacap.org/donate and will directly support AACAP's Campaign for America's Kids.

Welcome Night 2017

By Robert Dugger, MD



On July 27, NYCCAP's Training and Education Committee and the Members in Training (MIT) Subcommittee, chaired by Cathryn Galanter, MD; Akeem Marsh, MD; Robert Dugger, MD; and Jessica Simberlund, MD, sponsored Welcome Night 2017 at Professor Thom's Bar and Restaurant. There were 56 attendees, including trainees and Board members from training programs across the city. Angel Caraballo, MD provided introductions while Drs. Galanter and Marsh shared the tangible benefits of participating in NYCCAP. The diverse group enjoyed Child Psychiatrist Bingo as well as a raffle. Two general psychiatry residents won the opportunity to have their AACAP membership reimbursed by NYCCAP. Great drinks and food complimented an overall fantastic evening!







NYCCAP's Long Island Medical Student Career Night

By Vera Feuer, MD



NYCCAP's Medical Student Committee hosted a career night for 4th-year NYIT medical students. Vera Feuer, MD and Megan Lin organized this well-attended event. About 35 medical students from Zucker School of Medicine at Hofstra, NYIT College of Osteopathic Medicine, and Stony Brook School of Medicine and 8 faculty members from NYCCAP attended the Medical Student Career Night on October 10 at a restaurant in Long Island. This event carried the long standing tradition of NYCCAP, who has been hosting similar events for years for NY medical students to inspire and educate them about the many great aspects of the field of child and adolescent psychiatry. Our amazing child and adolescent psychiatry faculty each spoke about their career paths and varied backgrounds and highlighted unique features of their career and how they were drawn to working in this field. All attendees left the event more inspired and hopeful for our field

and the interest showed by the students, more eloquently described below by Megan Lin, one of our participants:

At NYCCAP's Medical Student Career Night, I was able to hear local child & adolescent psychiatrists speak about their unique career paths and their thoughts on the field. I was very glad to learn that the job opportunities are endless and most enjoy a good work-life balance. I have been aspiring to be a child & adolescent psychiatrist for a while, but felt like I was lacking mentorship and guidance. At this event, I was able to meet and connect with excellent role models, all of whom were very down-to-earth, relatable, and willing to help students. Attending this event affirmed even more that a career in child & adolescent psychiatry is the best fit for me.







Social Media

By Olga Leibu, MD and Owen Muir, MD



NYCCAP is proud to announce a re-imagining of our social media engagement focused on educating our members and sharing terrific resources, not to mention sharing a little bit of inspiration every now and then. Communication Committee Co-Chairs Owen Muir, MD and Olga Leibu, MD have been working diligently to prepare our ongoing social media strategy, focused on offering meaningful tools via Twitter, Facebook, and other avenues to child and adolescent psychiatrists in the New York city area. In addition to sharing breaking news, our new initiative will aim to share regular inspiration, NYCCAP events, online resources, educational



articles, breaking research, and information about how to best advocate for patients. Stay tuned, with a little bit of tech update and a lot of preplanning, NYCCAP is prepared to step up social media efforts, although humbled by the knowledge that our patients could probably do this in their sleep! Feel free to follow us on Facebook and Twitter, and share the posts we provide with your followers as well. We also welcome any feedback on how to make this a more helpful tool and mode of communication for all of us.

European Society for Child and Adolescent Psychiatry: 17th International Congress

By Scott Palyo, MD



Continuing with the Presidential Initiative of former AACAP President Paramjit Joshi, MD to engage further with international organizations regarding mental health, many NYCCAP members, including Board members, travelled to Geneva, Switzerland to participate in the 17th International Congress of the European Society for Child and Adolescent Psychiatry (ESCAP) held July 9-11, 2017. The conference was based near the United Nations building at the Centre International de Conférences Genève (CICG). This has been the third year in a row that our members participated in an international conference with encouragement for our regional organization. This was a great opportunity for many of us to present and later socialize together.

Below is a list of some of the presentations by our members and please enjoy event photographs (photographs (

Novel Therapeutic Approaches for Transitional Age Youth

Drs. Maalobeeka Gangopadhyay (New York Presbyterian-Columbia University), Adriana Rego, Alexandra Canetti, Pamela Hoffman and Carolina Zerrate

Creative Therapies for Early Adolescent Patients

Drs. Scott Palyo and Simret Nanda and Ms. Kristin Long and Katherine Deats

Culture and Access to Care

Drs. Scott Palyo, Melvin Oatis, Gabrielle Shapiro, and Iliyan Ivanov

Re-examining Conduct Disorder through the lens of Complex Trauma

Drs. Jennifer Cabrera, Jessica Linick, Lara Cox, and Akeem Marsh

Kids & Healthcare: Coverage Matters

By Akeem Marsh, MD



The Children's Health Insurance Program (CHIP) was established in 1997 as a supplement to Medicaid, the primary insurance program for the lowest income Americans. As the name implies, through a federal and state partnership the intention of CHIP is to address an unmet need for children's' health services. The program is specifically targeted to meet the needs of youth that are of lower income but do not meet the threshold for Medicaid. While there is some variation in the specific services covered as implementation is up to individual states, there are minimum comprehensive coverage standards set by the federal government. According to Healthcare.gov, minimum services covered include: routine checkups, immunizations, doctor visits, prescriptions, dental and vision care, inpatient and outpatient hospital care, laboratory and x-ray services, and emergency services. In

addition, through federal statutes including Mental Health Parity and Addiction Equity Act (MHPAEA), mental health and substance use treatment are required to be on par with other medical and surgical services. Therefore, CHIP ends up being directly relevant for mental health providers servicing these communities.

While there is certainly room for improvement, CHIP is credited with drastically reducing the uninsured rate of American children down to 4.5% in 2015 from 14% when it was initiated. It is estimated that there are up to nine million beneficiaries. Research into the effectiveness of the program has demonstrated improved rates of access to and utilization of primary care / preventive services. CHIP was up for renewal on September 30, 2017 and Congress has not acted on it as of that date. Through the Statement on Proposed Fiscal Year 2018 Budget: AACAP calls on Congress to reject these draconian cuts and instead make wise

investments in our nation's healthcare safety net programs and our federal agencies that work to protect our nation's most vulnerable children. Access to care is in jeopardy for these youth, many of which reside in New York and are serviced by NYCCAP members. The time to act is now to get our priorities in order to preserve our future.

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The tragedy of October 31 has been felt throughout NYC and the country.

NYCCAP sends its condolences to the families affected by this senseless act. We encourage our members to read AACAP's

"Issues to Consider When Engaging Muslim Youth in Psychiatric Care."



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Rescission of DACA and Potential Outcomes for Children

By Akeem Marsh, MD



Rosa Maria Hernandez was brought from Mexico by her family to Texas about three months after she was born. At ten years old after having dealt with Cerebral Palsy during her life, she had to have an emergency gallbladder removal. The surgery was a success but recovery has been somewhat different. Shortly after, Rosa Maria was apprehended by U.S. Immigration and Customs Enforcement (ICE) and has been there since awaiting deportation proceedings. She is unable to recover with the love and support of her family as one should be able to in those circumstances.

Viviana Andazola Marquez, a Yale University student accompanied her father to what she thought would be his final interview before obtaining permanent legal residency. It was set to be a huge milestone, marking the end of an era of living in constant fear of having the family separated. Her father had lived, worked, raised his

family for many years in Colorado and was able to manage due to programs like DACA. He currently is detained and awaiting deportation proceedings like Rosa Maria. One could imagine that if someone is in a situation in which their ability to live and livelihood is in jeopardy, that person could be expected to have heightened anxiety, stress, and/or depression related to it. Close relatives of that person, particularly dependents may share similar sentiments.

Deferred Action for Child Arrivals or "DACA" is a United States Federal government directive that dates back to June 2012. The rationale behind it was to provide opportunity, a sanctuary, to be allowed to live, work, and participate in the American dream for individuals that arrived to America as children through no choice of their own, provided that certain criteria were met. According to the United States Citizenship and Immigration Services (USCIS) qualifications included things such as the following, ". . . Came to the United States before reaching your 16th birthday...Are currently in school, have graduated or obtained a certificate of completion from high school, have obtained a general education development (GED) certificate...Have not been convicted of a felony, significant misdemeanor...and do not otherwise pose a threat to national security or public safety".

Research into the DACA recipients conducted by the National UnDACAmented Research Project (NURP) has shown the program to be an overall success in terms of education, employment, and overall contributing to society. Once implemented, while it did not provide absolute pathway to citizenship, a foundation was laid to provide some form of sanctuary for prosperity. DACA recipients are also referred to as 'dreamers.' This is an allusion to the DREAM Act—acronym for Development, Relief, and Education for Alien Minors Act. The DREAM

Act is proposed legislation that would in fact provide a pathway to citizenship for DACA youth; however it has been considered on multiple occasions by Congress and failed to pass thus far.

On September 5, 2017, a memorandum was issued by the current administration formally rescinding the original DACA order to be phased out over a six month period. The ongoing legal status of beneficiaries was put into jeopardy unless new corrective legislation such as the DREAM Act comes from Congress. AACAP expressed extreme disappointment with the decision as it was viewed in the interest of children and families' well-being. Rightfully so, as if children or caregivers are deported, this would in fact be a form of traumatic separation. Traumatic separation would lead to disrupted attachment, which is associated with a variety of adverse mental health effects. Indeed, as was the case of Mr. Phillip Clay who arrived in the United States from South Korea at age eight. This was the only country he knows but following a conviction he was deported back to his country of birth. With chronic mental health struggles and limited resources to get by, his life ended in a very tragic suicide.

New York City and the United States at large have historically been viewed as an international beacon of hope where people the world over can come to for safe haven. As such, many of our patients and families undoubtedly would be affected with changes to immigration policy. For the sake of our children, let us live up to the famous credo espoused by Lady Liberty—"Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore . . ."

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Photo Gallery



Gaye Carlson, MD and Angel Caraballo, MD End of the Year 2017



2017 Hulse Awardee Gabrielle Shapiro, MD and Angel Caraballo, MD



Gabrielle Shapiro, MD 2017 Hulse Award Recipient



Group Photo End of the Year 2017



The NYCCAP Gang's in Washington, DC AACAP Annual Meeting



NYCCAP President Angel Caraballo, MD surrounded by the gang!

AACAP Annual Meeting



Immed. Past President Scott Palyo, MD; President-Elect Vera Feuer, MD; & NYCCAP President Angel Caraballo, MD