

NYCCAP News

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



Spring 2018

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New York Council on Child and Adolescent Psychiatry

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Dear NYCCAP Family:



Last fall, the NYCCAP Board reviewed past events to and discussed potential activities for the 2017-2018 year that would be pertinent for our membership. Since the AACAP's Annual Meeting in Washington, DC, we've held [events](#) for medical students, residents, and our entire membership. We've tracked legislation and monitored issues affecting mental health particularly with regard to gun violence and children and their families. We encourage members to get involved and reach out to their members of Congress to express their concerns.

In December, NYCCAP held [Prepping for Presentations and Publications: How to Tell Your Story in Child Psychiatry](#) on December 7 at Weill Cornell Medical College. The event's purpose is to help trainees learn more about how to prepare an abstract for a presentation, how to increase their chances of getting it accepted, and how to get it published. The event was sponsored by the Collaborative Systems Committee, the MIT Subcommittee of the Training and Education Committee, and panelists Drs. Oliver Stroeh, Molly Gangopadhyay, Jessica Simberlund, Robert Dugger, and myself. The many attendees provided lively discussions.

The 2017 Wilfred C. Hulse Award went to **Gabrielle Shapiro, MD** in May and, as part of the award, Dr. Shapiro selected a topic near and dear to her heart—advocacy. The [Wilfred C. Hulse Award Lecture](#) was held on January 17 at Lenox Hill Hospital. Dr. Shapiro invited Drs. Steve Auerbach, Farzon Nahvi, and Scott Palyo to accompany her on topics such as current politics, making a difference, reasons to get involved in advocacy/political action, career satisfaction, and avoiding burnout.

Once again, New York hosted [AACAP's 2018 Pediatric Psychopharmacology Update Institute](#) at the New York Marriott, January 26-27. The theme, Cutting-Edge Psychopharmacology: Fads vs. Facts?, was chaired by NYCCAP Members Laurence Greenhill, MD and Jeremy Veenstra-VanderWeele, MD. The event was nearly sold out and was highly informative with many NYCCAP members in attendance.

On January 28, NYCCAP, NYCPS, and NYCMS held its annual joint [2018 Legislative Breakfast](#) at the New York Academy of Medicine. This event provided an opportunity for members to interact with legislators and discuss important issues.

Our annual [Career Night 2018](#), held on February 21 at the Lesbian, Gay, Bisexual & transgender Community Center, provided residents and members an opportunity to meet a diverse panel of child and adolescent psychiatrists from the New York area who spoke about their career paths. Areas of interest discussed included: academia, private practice, telepsychiatry, advocacy, school-based psychiatry, and work-home integration. Panelists answered questions and held small group. This event was open to everyone and had an excellent turnout!

The Medical Students Committee has been vigilantly on holding events for medical students throughout the New York area. In November, it held Medical Student Night with New York University and Medical Student Night with Columbia University on December 12. Medical Student Night at CUNY was held on February 22 and, on March 13, the Medical Student Night at NY Medical College, Westchester County. It is planning to hold events at New York Medical College, Westchester County, and Weill Cornell Medical College.

On March 11, NYCCAP organized a special event for its members: ***Discovering Your Own Wellness-Mindfulness and Meet & Greet*** at New York City's premier meditation studio, MNDFL, a non-profit center whose goal is for all participants to live more productive, peaceful lives, and become a new generation of open-hearted and compassionate human beings.

April is **Autism Awareness Month** and our Collaborative Systems and Communications Committees are collaborating on disseminating information about autism on our website that will reach larger audience than a single activity. It will incorporate facts, links to online resources, and advocacy.

NYCCAP has planned an array of events and wants to make members aware of other upcoming happenings: ***Advocating and Clinically Caring for Transgender and Gender Non-Conforming Youth*** on April 17 at the Center for Transgender Care at Endocrinology Clinic, 110 E. 59th Street, 8th Floor/Suite 8B New York, NY 10022; **Theatre Night: Mean Girls** on May 2 at the August Wilson Theatre on Broadway; **2018 End of the Year Event** on June 14 that features **Drs. Karen Dineen Wagner and Gabrielle Carlson**; **23rd World Congress of the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP)** from July 23 – 27 in Prague, Czech Republic. For a full listing of [events](#) and [related events](#), please visit 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.

Angel Caraballo, MD
NYCCAP President

Fadi Haddad, MD: A Personalized Tribute

Written by Vera Feurer, MD per website article by Ruth Gerson, MD



Fadi Haddad, MD passed away in peace and surrounded by loved ones on November 29, 2017 after a brief and courageous battle with cancer. A memorial service will be held Saturday, April 14, 2018 at 3:00 p.m. at the Schwartz Lecture Hall E of NYU Langone Medical Center, 550 First Avenue, New York, NY 10016 (please confirm attendance at <https://www.eventbee.com/v/fadi-memorial-celebration#/rsvp>).

Dr. Haddad, child, adolescent, and adult psychiatrist, educator, advocate, brought to his clinical work an unusual mix of academic and practical experience in diagnostics, crisis intervention, and therapeutic techniques. His approach reflected years of work in emergency rooms and the insights of highly respected teacher of clinical methods.

He attended medical school at Rappaport Medical School-Technion, Haifa in Israel and trained in adult psychiatry at Beth Israel Medical Center (New York), in child and adolescent psychiatry at Yale Child Study Center (Connecticut), and in pediatrics at Bnai Zion Medical Center, Haifa, Israel. Additionally, he was certified in Attachment-Focused Therapy (New York).

Dr. Haddad was a Clinical Assistant Professor of Child and Adolescent Psychiatry and Psychiatry at the NYU School of Medicine. There, he taught and supervised adult psychiatry residents as well as child psychiatry fellows. Additionally, he provided clinical care in multiple emergency settings. Dr. Haddad is also one of the founders and the first director of the only Children Comprehensive Psychiatric Emergency Program in NY state. He had a special interest in working with adoptive children and their parents. He assisted in the launch of the New York branch of the Center for Family Development where he is currently acting as Medical Director. The mission of the Center is to provide attachment-focused treatment for adopted children and their families.



Photo: Worldwide Orphans, Vietnam

He held many positions including the Medical Director of The Center for Family Development (NYC Division); Director of Child Psychiatric Emergency Services at Bellevue Hospital Center; and private practice child and adult psychiatrist. In addition to his many presentations and publications, he maintained memberships in the American Psychiatric Association and the American Academy of Child and Adolescent Psychiatry.

The family of Dr. Haddad is grateful for the outpouring of love and support during this difficult time. It has established "[The Fadi Haddad Memorial Fund](#)" to continue Dr. Haddad's legacy of supporting organizations that work with vulnerable children worldwide. The family plans to facilitate the education and resources for the next generation of Fadi Haddads, healers that work and care for this special group of young people.



Photo: Worldwide Orphans, Vietnam



Photo: The Meeting House



Photo: Worldwide Orphans, Vietnam

Wilfred C. Hulse Award Lecture: Dr. Gabrielle Shapiro, MD & Advocacy

By Victoria Pham, DO, MBA, FAPA



Gabrielle Shapiro MD, DFAACAP, DFAPA was honored at the Hulse Award Night on January 17, 2018. She talked about her life long career in adult, child and adolescent psychiatry. She emphasized the importance of advocacy in her life and medical practice. Even as a student, she participated and led initiatives to influence changes in mental health services and patient cares. Advocacy is in her DNA and she encourages everyone to be part of the conversation and to be at the table.

As part of the panel of discussion, Drs. Steve Auerbach, Farzon Nahvi, Scott Palyo, and David Roane talked about their personal experience with advocacy. Many started out in advocacy by speaking up about issues in which they are passionate. Others started writing articles for newspapers and talked about issues on social media. Meanwhile, others lobbied for changes through city, state and federal government.

The evening was packed with delicious foods, interesting conversations and good companies.





Learning The Latest: 2018 AACAP Psychopharmacology Update Institute

By Tzvi Furor, MD



On January 26-27, 2018, AACAP's popular Psychopharmacology Update Institute returned to New York after a one-year absence. And based on the turnout and the content of the lectures, it looks like the conference didn't lose a step!

The Psychopharmacology Update Institute is a two-day forum for practitioners to learn the latest effective and safe treatments for a variety of psychiatric disorders in children and adolescents. What makes this conference unique from other symposiums is the ability of the speakers at this Institute to discuss less-established yet promising treatments that may prove efficacy for various disorders in the years to

come. The conference tackled a number of relevant disorders including ADHD, ASD, Depression, Bipolar Disorder, Disruptive Behavior Disorders with Aggression, Tics, Tourette's, and Substance Use Disorders. As an attendee of this conference, I can say that those present were enriched with various tools and techniques to handle even the most difficult of cases. And unique to this year's conference, one lecture even focused on Genetic Testing and pharmacogenomics, including indications and suggestions about this growing field that is increasing in visibility.

As expected, the Psychopharmacology Update Institute featured numerous master clinicians who are either currently practicing or were previously active in the New York area. On the first day of the conference, incoming AACAP President Gabrielle A. Carlson, MD spoke about updates for Bipolar Disorder vs. Disruptive Mood Dysregulation Disorder, while previous AACAP Past President and NYCCAP Member Laurence L. Greenhill, MD spoke about promising treatment strategies for ADHD. Rounding out the day were several prominent clinicians from across the country: Dr. Timothy E. Wilens provided a very informative lecture on treatment for substance use disorders, while Dr. Robert L. Findling discussed viable treatment strategies for aggression and disruptive behavior—many of which do not involve the use of medicine! On Saturday, New York's own Dr. Jeremy Veenstra-VanderWeele discussed Autism Spectrum Disorder in relation to various



behavioral and medication strategies. Dr. Barbara Coffey, affiliated with both Mt. Sinai NY as well as the University of Miami, spoke in length about the Tics, Tourettes, and OCD, including interesting links with neuropsychiatric disorders. Well known to NY, Dr. John T. Walkup (now of Northwestern University) dissected anxiety disorders, and provided numerous avenues for clinicians to approach treatment in a thorough yet straightforward manner. Also on Saturday, an intriguing talk on pharmacogenomics by Dr. Erika L. Nurmi educated numerous people on the practice of genetic testing in regard to specific prescribing, and provided clear indications for pursuing testing.

Overall, it was a jam-packed agenda, and one that was well-received by attendees and staff alike. New York looks forward to welcoming back the Psychopharmacology Update Institute to Brooklyn in January 2019, and we hope to see you there!

Career Night 2018

By Jessica Simberlund, MD



On February 21, 2018, the Training and Education Committee and the Members in Training (MIT) Subcommittee, chaired and hosted by Drs. Cathryn Galanter, Oliver Stroeh, Jessica Simberlund, and Robert Dugger, sponsored NYCCAP's annual Career Night 2018 for trainees who are interested in child and adolescent Psychiatry. The event was held at the Lesbian, Gay, Bisexual & Transgender Community Center in Chelsea. There were a total of 45 attendees, including medical students, psychiatry residents and attendings, from across the New York area, including Westchester, Long Island, Brooklyn, Bronx and Manhattan.

The event hosted a panel of five child and adolescent psychiatrists who spoke about their career paths. Dr. Jodi Gold focused on her experiences in private practice, Dr. Tresha Gibbs spoke about advocacy and academia, Dr. Jennifer O'Keeffe shared her experiences as an early career psychiatrist and new position in telepsychiatry, Dr. Lisa Hutchison spoke about school-based mental health services, and Dr. Scott Falkowitz relayed his involvement in collaborative care and the CAP-PC program. Trainees were invited to participate in small group discussions with the panelists and other established child and adolescent psychiatrists to facilitate more intimate conversations about career development.

At the end of the night, two trainees were raffle winners! One winner was granted a free ticket to *Mean Girls* on Broadway as part of the NYCCAP sponsored Theatre Night, the other winner is eligible for an AACAP membership. By the end of the event, trainees remarked that, in addition to enjoying delicious Cuban fare, they learned a great deal about the field of child and adolescent psychiatry and had the opportunity to network with a variety of professionals.

The MIT Subcommittee looks forward to hosting more events later this year including Private Practice Night and Welcome Night.



THE RESIDENT PERSPECTIVE

Robert Dugger, II, MD, MPH



My name is Robert Dugger and I am a second-year child psychiatry fellow at Bronx Lebanon hospital. In my fourth year of medical school I had exposure to multiple child and adolescent cases. I was impressed with the incredible resilience these children displayed. I was also quite impressed with the commitment and optimism of the child psychiatry physicians and staff. Inspired, I signed up to attend a psychiatry interest presentation. At this presentation I was moved by the accomplishments in the field of child and adolescent psychiatry. For instance, a physician named José Vito described how for a long time psychiatrists were not paid equal to what other medical providers were, even when they were providing the same services. He explained how through advocacy, psychiatrists were finally achieving parity in those reimbursements. I found that I shared deep interests with physicians like José Vito.

One example of pursuing these interests has been the great pleasure of attending the American Academy of Child and Adolescent Psychiatry's annual meeting. There, I was honored to be able to present

James Lubin, MD



My name is James Lubin, and I am a first year child and adolescent psychiatry fellow at SUNY Downstate. This year I had the wonderful opportunity to attend AACAP's 64th annual meeting, sponsored by the NYCAAP travel grant. AACAP's annual meetings are an exciting time for me and other trainees. It is a time removed from clinical responsibility to bask in a buffet of knowledge, discuss issues in child and adolescent psychiatry that are dear to our hearts, and help foster our leadership skills while enjoying the company of our peers and colleagues. This year was no different. There were several symposia on current events which have recently plagued our patients and their families. One symposium in particular, "Containing Contagion: Perspectives on 13 Reasons Why," chaired by Sansea Jacobson, MD, was particularly timely. I have evaluated many children in the CPEP (Comprehensive Psychiatric Emergency Program) and having experienced this symposium I was better prepared to address the issue of suicide in children and adolescents as it pertains to this

Colleen Turek, MD



From the first time I attended AACAP as a second year resident for the first time in San Antonio, I was hooked! For me, attending AACAP allowed me to see my future as a child psychiatrist and be surrounded by people that loved working with kids as much as me, and subsequently I couldn't wait to attend every year. This time set a goal to attend one activity a day on a topic I didn't know much to broaden my experience as a trainee. While there were numerous informative events that I attended this year, two left a lasting impression as I left the conference.

In college I had participated in a child advocacy program and this was what ultimately led to me going into child psychiatry and working with underserved communities. Through out residency and first year of fellowship I couldn't help but notice the disparity in care of the children and adolescents in foster care, a majority of them with significant trauma history. Over and over again I worked with these kids in the foster care system on an inpatient psychiatry unit and

an abstract poster presentation. My colleagues and I conducted research which suggests that intelligence quotient (IQ) in inpatient children does not actually predict the length of stay. It further showed how low IQ children are at risk for sexual exploitation.

Presenting on this topic, I had the opportunity to discuss with various professionals who serve children and adolescents in multiple fields and from all over the country. It was in this wonderful environment of engaging discourse that I had the pleasure to have lunch with child psychiatrists Margaret Thompsett and Diane Shrier. More than their many accomplishments, I found in them an infectious energy—a glow that seemed to come from each having approximately 40 years of practice in child and adolescent psychiatry.

At the event, I further enjoyed basic training in Mentalization-based-therapy and enjoyed many of the social events where I caught up with friends and colleagues who further espoused the same energy and optimism so prevalent in our field.

Providing trainee exposure to the empowering experiences such as those above, I find, is key to enhancing trainee involvement. The mentorship that I have received has come from those who have:

- 1) been willing to provide guidance and
- 2) provided an example for other physicians.

I believe that through providing

film. This symposium brought insightful conversations and useful tips in responding to this epidemic-like issue in the child and adolescent community.

This year, I was also appointed to serve as a fellow member of the Consumer Issues Committee, CIC. My official term on CIC started at the close of AACAP's 64th annual meeting but I was fortunate to attend their meeting at AACAP. The main responsibility of the CIC is to increase public awareness about all issues pertaining to the field and children's mental health, including providing easy to read, yet comprehensive resources to AACAP members that they can give to their patients and families. Think about how difficult it is to explain Pediatric Acute-onset Neuropsychiatric Syndrome (PANS) or Somatic Symptoms and Related Disorders in a concise and easy to understand form. The CIC's update of "Facts for Families" provides comprehensive and up-to-date information on issues that affect children, teenagers, and their families, in language that is palatable to people from all different backgrounds. I was reminded of how commonplace medical jargon is, how confusing it can be for our patients and their families, and how important it is to be mindful of that when communicating with them. Most committees meet at AACAP's Annual Meeting and are open to members. Attending is a great way to find out more about AACAP and how to get involved.

In addition to learning from highly respected clinicians and

didn't often understand the legal system. As a result, I attended a symposium on child psychiatry and attorney collaboration in advocacy and learned not only about the legal system, but listened to a number of speakers who spoke about being a consultant to lawyers who function as guardian ad litem. I found this fascinating as it incorporated many of the things I found interesting including advocacy and working with underserved populations by providing psychoeducation to lawyers about diagnoses and medications in order to help advocate for appropriate mental health care. While I had previously been interested in collaborative care and working with in systems, this was a career path I hadn't previously explored but am interested in looking into it more.

The other event was Dr. Hudziak's lecture on building health brains, particularly when he discussed prescribing wellness. As a first year CAP fellow who fast tracked, I had recently completed a year of outpatient psychiatry I found myself reflecting on how much "wellness" I had prescribed. I had advised my patients regarding healthy lifestyle, and discussed the risks of metabolic syndrome on antipsychotics, but I couldn't say I routinely prescribed wellness. As a psychiatrist we are taught to think about the psychopharmacologic and psychological interventions we will recommend, but often other interventions were an after thought. What I took away was the importance of setting the expectation that all patients, regardless of level or diagnosis,

diverse and novel opportunities for trainees to engage with such individuals we can then further enrich and empower our field and our patients.

researchers in the field and exercising my leadership skills, I genuinely enjoyed the company of my peers and colleagues. Dare I say it, AACAP's annual meetings are fun. My friends and I loved visiting the different tables and learning about all things from malpractice insurance to new technologies to interface with our patients. We get the chance to dream with one another and share how we hope to affect the field and provide the best care to our patient, whether it will be in the private sector, public sector, academia, research or a mixture of everything.

should be expected to participate in these interventions. After this lecture I found myself thinking about how to implement these ideas into my future practice and how to talk to children and families about wellness.

Through my attendance at AACAP this year I have learned about other ways to incorporate interests in ways I hadn't previously considered, and I am grateful to the NY Council for the travel grant that supported my attendance this year.

Living by the Gun

By Akeem Marsh, MD



As the expression goes, “you live by the gun, you die by the gun”. It is believed that this is a variation of the proverb “you live by the sword, you die by the sword” – meaning you reap what you sow. Since the founding of this country, The United States of America, guns have been very much intertwined with the history and culture. Gun ownership is considered one of the most important considered rights. With that comes a high availability and accessibility of guns. The issue has recently hit national spotlight because of the tragedy that took place in Stoneman Douglas High School of Parkland, Florida. It is considered one of the deadliest mass shootings as seventeen people were murdered and several others were injured. While mass shootings and other forms of gun violence have been somewhat routine, something unique stood out about this case that captured the nation's sustained attention. Perhaps it was because the student victims organized themselves into an advocacy group, Never Again MSD, and have been able to garner a broad range of support.

The issue of mental illness often comes up in the context of these events. Many people will argue that it is the primary underlying factor, including many political figures and pundits. Although our society as a whole is in need of a more robust mental health system, scientific research does not support this claim. In fact, people with mental illness are much more likely to be victimized than to be victimizers themselves. The root causes are always complex and multi-factorial.

Mass shootings draw a lot of attention because of the immediate shock and vulnerability felt. However, they are not as common as other forms of gun violence. Between suicide and other forms of homicide, America is leading the industrialized world in related adverse harm as thousands of deaths annually and over ten thousand related injuries. In 2013 following the Sandy Hook Elementary School of Newtown, Connecticut

massacre, a consortium of over fifty medical organizations including AMA, APA, AACAP, etc. representing the overwhelming majority of physicians pledged readiness to work with the President and Congress to “make progress protecting our communities...” regarding the issues of gun safety and violence. Unfortunately it seems as though in 2018 our communities remain in dire need of protection.

According to the policy statement on Children and Guns, AACAP “believes that the most effective measure to help prevent firearm-related deaths and injuries to children and adolescents is to reduce the presence of guns in homes and communities”. Research into this topic could inform politicians to establish best practices while the physician groups and other organizations advocate for increased violence prevention. A recent report from JAMA Internal Medicine suggests that strengthening state firearm laws could contribute to reduction of this burden.

Discovering Your Own Wellness: Mindfulness and Meet & Greet

By Jennifer O’Keeffe, MD

It's no secret that physician burnout is on the rise. NYCCAP started to tackle this epidemic by hosting a Wellness-themed event for members. On March 11, 2018 NYCCAP members were invited to participate in an instructor-led mindfulness session at MNDFL studio in Greenwich Village, Manhattan. The course demonstrated how meditation can provide a space to welcome intention, self-compassion, and awareness, skills necessary for self-care. The instructor, Scott Tusa, had greater than 10 years of experience in Buddhist Monk philosophy and provided great insight on how physicians, particularly psychiatrists, can use these skills to stay grounded during sessions with patients. The hour of wellness included a meet-and-greet in the sanctuary-like community space at the studio where members could connect while sipping on herbal teas to deepen their emotional awareness and relaxation.





Joint 2018 Legislative Breakfast

By Gabrielle Shapiro, MD



The 2018 Legislative Breakfast, co-sponsored by NYCCAP, NYCPS, and NYCMS, was held on January 28 at the National Academy of Medicine. With over 50 attendees, including medical students and trainees, this year's collaborative effort focused on the challenges we face in our state facing federal cuts for healthcare despite increasing needs for funding, Mental Health and Parity enforcement and Compliance, prohibition of Conversion Therapy and support of the "raise the age law" for criminal responsibility as well as concerns about our ongoing opiate crisis. Thankfully one of our primary concerns—CHIP funding—was resolved around the time of the meeting. Legislators discussed topics such as mental health and healthcare disparities with NYCCAP President Angel Caraballo, MD

taking the lead as one of the masters of ceremonies. Senator Gustavo Rivera, Assembly members Richard Gottfried, Carmen de la Rosa and Carolyn Maloney along with staff members from other legislators were present to hear our concerns and answer our questions. It was a very successful meeting that continued to foster collaborative efforts with like-minded physician groups for our advocacy efforts, as well as forging and solidifying relationships with our local legislators. We are stronger together! Please join us for the AACAP Legislative Conference in Washington DC on April 8-9, 2018.





Are you coming? MARK YOUR CALENDAR!

Autism Awareness Month: Community for Autism Youth	April 2018 Disseminating information about autism incorporating facts, links to online resources, and advocacy.
Advocating and Clinically Caring for Transgender and Gender Non-Conforming Youth	Tuesday, April 17, 2018, 7:00 - 9:30 p.m. Location: Gerald J. Friedman Transgender Health & Wellness Program, 110 East 59th Street, Suite 8B, New York, NY 10022 Presenters: <i>Drs. Leonid Poretsky, Richard Pleak, Yeouching Hsu, Shervin Shadianloo</i> In this presentation, you will hear about the latest clinical approaches to caring for transgender and gender non-conforming youth and how to advocate for them beyond basics of clinical care. We will be talking about children and adolescents and the developmental differences in regards to their presentations as well as local and federal laws impacting their care.
Theatre Night: <i>Mean Girls</i>	Wednesday, May 2, 2018, 8:00 p.m. Location: August Wilson Theatre, 245 West 52nd Street, New York, NY
2018 End of the Year Event	Thursday, June 14, 2018 Location: TBD Featuring Karen Dineen Wagner, MD, PhD and Gabrielle Carlson, MD and presentation of the 2018 Wilfred C. Hulse Award
23rd World Congress of the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP)	July 23 – 27, 2018 Location: Prague Congress Centre, Prague, Czech Republic
Welcome Night 2018	July 2018 Location: TBD