

NYCCAP News

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



Winter 2019

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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 Colleagues:

It has been a very exciting past 4 months since I started my 2 year term serving as the NYCCAP's President! I am humbled and inspired by the opportunity to lead this amazing and dedicated group of professionals. The NY Council has been my professional home since embarking on the journey of becoming a child psychiatrist as a member in training and I continue to be in awe of the amazing diversity, commitment and talent that our organization represents. The NYCCAP is the largest regional organization of AACAP with the highest number of trainees, early career psychiatrists and established experts anywhere in the country and this is well represented in our incredible programming.

We kicked off the year with the event ***Promoting awareness on suicide and depression through film***, where the audience had the opportunity to view the movie "Looking for Luke" with NBA star Jeremy Lin- followed by an inspiring discussion. We hosted multiple ***medical student events*** this fall with students from New York Medical College as well as at Weill Cornell, who had the opportunity to meet our established members and discuss career opportunities in child and adolescent psychiatry.

The fall continued with **AACAP's 65th Annual Meeting** in beautiful Seattle that was a great success! NYCCAP was well represented in the Assembly on many committees and through numerous presentations from our members! NYCCAP sponsored **4 trainee travel awards** and provided awardees with mentors to help support them to make the most of their annual meeting experience.

The **2018 Wilfred C. Hulse Award** was awarded to our past president Scott Palyo, MD, who gave a fantastic presentation along with colleagues from Safe Horizon on **"Working with Children with a History of Trauma."**

In early December, our Early Career Psychiatry Committee held its first **Early Career Psychiatrist Support Group: Meet & Greet** with the goal of establishing a peer support/supervision network.

We have more amazing programs coming up this year, so please visit our website www.nyccap.org for details and follow us on Facebook (@nyccap) and Twitter (@nyccapinfo). We are looking forward to having events in Westchester, Long Island, Bronx and Brooklyn this coming year to reach all of our members! We would also like to understand the needs and interests of our membership better and will be sending out a **needs assessment survey** in the coming weeks. We hope to hear from all of you!

Last, but not least, we hope everyone had a wonderful holiday season and best wishes for the coming year!

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

Looking For Luke with Jeremy Lin: Promoting awareness on suicide and depression through film

By Annie S. Li, MD



“My mother can teach a course on how to be a tiger mom.” The audience broke into laughter as NBA basketball player, Jeremy Lin, shared candidly of his upbringing, his

faith and his own personal struggles with anxiety on Sunday, September 16th at the NYU Medical Center Farkas Auditorium during the fireside chat portion of the screening of “Looking For Luke.” Co-produced by Juliana Chen, MD and Eugene Beresin, MD, both from the MGH - Clay Center for Young Healthy Minds and directed by Ed Lu, the short documentary follows the parents of Luke Tang (a sophomore at Harvard University who died by suicide) as they try to make sense of what lead their son to end his life. As they comb through Luke’s journals and talk with his

friends, they learn about their son’s depression and are now drawing on their experience to promote awareness on depression and suicide, particularly in the Asian-American community. With September being Suicide Awareness and Prevention Month, the New York Council for Child and Adolescent Psychiatry teamed up with multiple national and community organizations to co-sponsor this event.

With professionals seeing a rise in mental health needs among the transitional age youths, the film screening coincided with the start of the academic year as millions stepped onto college campuses for classes. Drawing attention to this topic is relevant especially with published data from the *National College Health Assessment* back in the Spring of 2018, highlighting trends in mental health for college students. According to the report, an estimated 40% of the respondents reported feeling “overwhelming anxiety” or “feeling sad” in the last 30 days, with 13.4 % having contemplated suicide and 4% having attempted suicide in the last 12 months. These statistics were also echoed in Sunday’s keynote address, where Dr. Christine Moutier, the Chief Medical Officer of the American Federation of Suicide Prevention AFSP, talked about suicide as a public health crisis and promoted AFSP’s campaign titled,

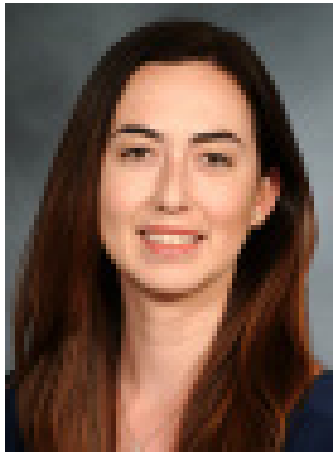
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“Looking for Luke” guest of honor, Jeremy Lin, and a very excited audience

Applying to Child and Adolescent Psychiatry Fellowship

By Colleen Turek



On November 13, the Membership - Training Subcommittee of the Training Education Committee of NYCCAP hosted our annual Applying in Child

Psychiatry Fellowship Night and it was another successful event. We invited current residents and child psychiatry fellows from around the tristate area to join us at Nick’s Pizza on the Upper East Side of Manhattan and we had an enthusiastic turnout!

Over a dinner of delicious family style Italian pizza, pasta and appetizers, a mix of current CAP fellows were joined by current and prospective future applicants and discussed the process of applying, interviewing and entering into child and adolescent psychiatry training. The group consisted of 16 attendees ranging from PGY1 residents through second year child fellows and consisted of attendees from 9 tristate programs. Speakers included child and adolescent fellows from Elmhurst, NYU, SUNY Downstate, New York Presbyterian, and Bronx-Care.

The night began with individual introductions, followed by 6 current child fellows each speaking for a few minutes about their experiences applying to child psychiatry fellowship, going through their application, interview and the match processes. Speakers covered general topics such as how many programs to apply to, how to go about getting letters of recommendation and interviewing, to more specifics such as how individuals made their rank lists. Following this, residents were able to ask more specific questions to compare and contrast programs and get to know each other in an informal setting. The

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Chronicles of AACAP in Seattle



Tzvi Furer, MD recognized for his two years of service as Assembly Resident Representative to AACAP's Assembly of Regional Organizations.

AACAP's Inaugural Asian Caucus Meeting in Seattle

By Annie S. Li, MD

Something new and exciting took place at AACAP's annual meeting in Seattle this past October and there was a selfie to document the historic moment!

The newly established AACAP Asian Caucus under the Diversity and Culture Committee had its inaugural meeting and over 40 members from across the country were in attendance. The two hour long meeting on Thursday evening, October 25, highlighted the need for an organized space and forum for child and adolescent psychiatrists from the Asian American community to address issues related to clinical practice, research and professional development.

The founding members--Jang (Jean) Cho MD, Annie Li MD, Neha Sharma DO and Steven Sust MD--led the caucus meeting and engaged members in a needs assessment exercise using polleverywhere.com to gauge member demographics and areas of interest. The goal

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NYCCAP Travel Grants: Supporting Fellows

Managed by the NYCCAP Training Committee co-chaired by Cathryn Galanter, M.D. and Oliver Stroeh, M.D.



The New York Council on Child and Adolescent Psychiatry (NYCCAP) was pleased to award travel grants to four child and adolescent psychiatry fellows to support their attendance at AACAP's 65th Annual Meeting in Seattle, Washington. Each awardee was paired with a mentor from the NYCCAP Board, with whom they met during the Annual Meeting. We look forward to the awardees' ongoing future involvement in NYCCAP.

Please join us in congratulating the awardees, **Drs. Lauren Antler, Allen Dsouza, Zeynep Ozinci and Lisa Roth**, and in thanking their mentors, **Drs. Cathryn Galanter, Molly Gangopadhyay, Scott Shaffer and Gabrielle Shapiro**.

NYCCAP awards travel grants annually to support trainee attendance at AACAP's annual meeting. Child and adolescent psychiatry fellows and triple-board residents enrolled in training programs in the New York metropolitan region (NYC, Westchester County, Rockland County, and Long Island) are eligible. Applicants with a history of participation in NYCCAP and AACAP are given preference. Next year, we anticipate expanding the pool of applicants given our plans to also award travel grants to one general psychiatry resident and one medical student interested in child and adolescent psychiatry. Trainees, we hope you will keep your eyes open for the invitation to apply in July 2019!

Travel Grant Award Fellows



Drs. Ranna Parekh, Gabrielle Shapiro, & Allen Dsouza

Allen Dsouza, MD

I am a first-year child and adolescent psychiatry fellow at Zucker School of Medicine at Hofstra/Northwell. This year I had the amazing opportunity to attend the AACAP's 65th annual meeting in Seattle, WA, sponsored by the NYCCAP travel grant. During previous AACAP meetings, I was amazed to see the vast

amount of opportunities that the meeting had to offer for child and adolescent psychiatry residents such as staying adept with new research in the field, attending committee meetings, meeting other colleagues and networking. This year was no different.

Of the many opportunities provided by NYCCAP, one with an assigned mentor is really helpful. Especially since the mentor is assigned based on a fellow's area of interest it really helps the fellow meet with the mentor and seek guidance. My area of interest being ADHD, I was fortunate to attend symposiums on new treatment modalities, one of them by Dr. Timothy Wilens. The meeting also offered me the chance to meet with eminent researchers and clinicians whose papers we often discuss during psychopharmacology lectures at my program. Being a child psychiatrist on a J1 visa, it was very encouraging for me, to meet

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with some of the employers at their respective booths and explore J1 waiver job opportunities for the future. This year was special as there were more sessions to help us learn details about telepsychiatry, the latest technology to help us connect with our patients. After attending the session ‘Resilience in Residency and beyond’, I learnt how wellness is often neglected by physicians which has lead to increased rates of depression and anxiety amongst physicians. This has directly or indirectly impacted patient care. This session was useful in enabling us to identify stressors that were unique to our specialty. Having a strong background in mindfulness and yoga since my days in India,

this session enhanced my existing knowledge on ways to prevent burnout.

Attending the meeting has taught me about ways to be involved in legislative and advocacy related work. I strongly feel that these opportunities would be vital to my growth and development as a child and adolescent psychiatrist and enable me to help my patients better and I am grateful to NYCCAP for providing me with this opportunity.

Dr. Dsouza is a first-year child and adolescent psychiatry fellow at Zucker School of Medicine at Hofstra/Northwell



Drs. Ozinci and Scott Shaffer

Zeynep Ozinci, MD

As a first time attendee to an AACAP meeting, I was very excited and looking forward to the meeting in Seattle. I was eager to meet with the pioneers of the child and adolescent psychiatry (CAP) field, and to update my knowledge with the latest trends and best practices. And yes, it was an amazing experience as I had expected. It was deeply impressive to feel the energy, power and passion of being a part of the CAP community and to see that I was not alone in wanting to contribute to children’s well-being, and make a difference at the global and national levels.

I have learned a lot from very informative sessions on novel strategies in intensive treatment of OCD, perinatal psychiatric treatment approaches, overlapping symptoms and shared biology of ASD and ADHD, family interventions in CAP and the popular topic of all of the meetings, which was “treating sleep problems.” Hearing about the eye-opening experiences of the presenters at the “Career Pathways for Women in Psychiatry” session was very useful. However, I have to admit that my most favorite part of the conference was the one-day institute on ASD and associated psychopathology. I have had the chance to meet with experts and like-minded professionals who have influenced me, and to get inspired with new ideas and approaches.

I liked watching the movie Florida Project and enjoyed the movie discussion with the attendees. Mentorship programs for trainees provided priceless guidance, insight and perspective on balancing personal and professional life while building our future.

During my two poster presentations, it was very valuable to receive brainstorming questions and feedback from many faculty, residents, fellows and students; and also to witness other presenters’ enthusiasm and



Drs. Cathryn Galanter and Lauren Antler, MD

Lauren Antler, MD

I was honored to have received the New York Council on Child and Adolescent Psychiatry’s Travel Grant. This grant afforded me the opportunity to attend AACAP’s 65th Annual Meeting in Seattle, WA. It was a truly an inspiring and rejuvenating week. I returned to work with a renewed sense of excitement and energy in my work as a child and adolescent psychiatry fellow.

One of the most inspiring aspects of attending AACAP was being exposed to, and feeling connected to, a broader community of child and adolescent psychiatrists. Being at AACAP allowed me to meet child and adolescent psychiatrists from both across New York City and across the country. I was struck by the warmth and excitement of everyone that I encountered at the meeting. The “esprit de corps” that pervaded the week was truly inspirational. As I embark on my final year of fellowship training, it was reassuring to recognize that lifelong learning opportunities to grow as a clinician, and as a field at large, can be fostered by ongoing participation in

future AACAP conferences.

Learning from leaders in the field of child and adolescent psychiatry on a wide array of topics was another tremendous benefit of attending the meeting. The range of talks that I attended was broad, including working with transitional-age youth; clinical decisions in consult-liaison psychiatry; updates on psychopharmacology and pathophysiology; career pathways for women in child and adolescent psychiatry; and challenges with adolescent internet use. These talks were both informative and thought provoking. Perhaps the biggest challenge of the week was choosing which talks to attend, when so many were of interest to me!

Lastly, the conference served as an excellent opportunity to broaden my professional network of colleagues and mentors, particularly as I begin to carve my early career path. The opportunity for formal mentorship that the NYCCAP travel grant offers was extremely valuable. I was so honored to have had to opportunity to have been paired with, and to meet with, NYCCAP Board Member and Co-Chair of the Training Committee, Cathryn Galanter, M.D.. I look forward to future opportunities for involvement with NYCCAP as a way to continue to foster the sense of excitement, community and energy I felt at AACAP in October.

Dr. Antler is Chief Resident of the Child and Adolescent Psychiatry Fellow Program at NewYork-Presbyterian Hospital Child and Adolescent Psychiatry Residency Training Program of Columbia and Cornell Universities.

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efforts. Attending networking hour at the Hard Rock Cafe and various receptions gave me the chance of making connections, forming new relationships, and strengthening existing ones with the attendees from around the world. In the exhibition center, becoming more familiar with new drugs and treatment modalities, exploring job positions, and meeting with the authors, were excellent opportunities.

I highly appreciated the opportunity of meeting with my NYCCAP Board member mentor Dr. Scott Shaffer and discussing how to get more involved in academic and social activities of AACAP and NYCAAP. Special thanks to NYCAAP training committee, for supporting and encouraging us as trainees to attend academic activities, social gatherings, and career development events, for organizing networking and professional development opportunities for trainees, and for playing a big role in my professional development.

Dr. Zeynep Ozinci is a 2nd year child and adolescent psychiatry fellow at Donald and Barbara Zucker School of Medicine at Hofstra/Northwell.

Lisa Roth, MD

I was honored to receive a travel grant from the NY Council on Child and Adolescent Psychiatry to attend the American Academy of Child and Adolescent Psychiatry's 65th annual meeting. AACAP was full of cutting-edge research and fascinating clinical perspectives. My favorite panels covered topics as diverse as infant attachment, peripartum mental health, complex trauma, disaster psychiatry, updates on pediatric psychopharmacology, treatment-resistant depression, prodromal bipolar disorder, and sleep disorders. I was pulled in many directions, wanting to soak up as much as I could.

Despite my general enthusiasm, I focused most on attending sessions relevant to my research on using psychodynamic psychotherapy to treat children with chronic medical illnesses. This topic is related to my path in medicine – I began residency in pediatrics at CHOP before completing psychiatry residency at Penn, and am currently both a child psychiatry fellow at Montefiore and a child and adolescent psychoanalytic candidate at the New York Psychoanalytic Society and Institute. I received the Blos Fellowship in adolescent

psychoanalysis to study how psychoanalytic conceptualizations of adolescent development can be used to treat teens with chronic physical illnesses who are non-adherent to medical treatment. Whereas CBT and DBT are often used to stamp out the behavior of non-adherence, my project will examine how psychodynamic psychotherapy can approach non-adherence by increasing insight into the conflicts leading teens to self-harm, validating the motivation to rebel against rules and norms in the context of normal adolescent development, and helping teens to channel these impulses in less dangerous ways.

AACAP was filled with panels on adolescence, psychotherapy, and medically complex youth. I attended “Championing Youth with Chronic Illness in the Transition to Adulthood,” where child psychiatrists discussed their experience treating adolescents with Adult-Onset Still's Disease and epilepsy who navigated through developmental transitions, mental and physical illness, and transitions of care. This panel emphasized the critical role of child psychiatrists not only in working with medically complex teens with problematic behaviors or mental illness, but also in ameliorating the challenges that medical illness poses to normal adolescent psychological development. I learned so much from a talk by my former program director at Penn, Dr. Anthony Rostain, on “Involving Parents and Family in Treatment During the Transition from Late Adolescence to Young Adulthood.” Dr. Rostain discussed the art of involving families in the treatment of teens and the importance of not treating 18 as an age of abrupt independence. I attended the Physically Ill Child Committee and the Psychotherapy Committee, where I learned about opportunities to become involved in leadership, activism, and national centers of expertise. Lastly, I was delighted that NYCCAP introduced me to Dr. Molly Gandopadhyay, who leads the pediatric consult-liason service at Columbia (which I happen to have rotated on in medical school). Dr. Gandopadhyay provided invaluable advice about working with medically ill teens with psychiatric co-morbidities, and I look forward her continued mentorship throughout my research and career.

Dr. Roth is a child psychiatry fellow at Montefiore and a child and adolescent psychoanalytic candidate at the New York Psychoanalytic Society and Institute.

AACAP Assembly of Regional Organizations of Child & Adolescent Psychiatry

The Assembly met on October 23, 2018 in Seattle, Washington.

Our regional organization, NYCCAP, was well-represented at the Assembly of Regional Organizations meeting during the annual AACAP meeting, in Seattle. We had 17 delegates (the most of any RO), including Drs. Pleak, Feuer, Oatis, O'Keefe, Shapiro, Ng, Zerrate, Shadianloo, Klagsburn, Stroeh, Gangopadhyay, Muir, Caraballo, Ivanov, Pham, Watkins, and Furer (one of the 2 resident reps on the Assembly's Executive Committee).

The Assembly agenda and actions included the following:

1. Review of AACAP bylaws
2. Networking with other ROs at the meeting
3. The Assembly approved a motion addressing the shortage of CAPs.
4. Appointment of two new task forces, one addressing the crisis in fellowship recruitment (chaired by Lisa Cullins) and a resource group on guns (chaired by Melvin Oatis).
5. The request for AACAP to sponsor ROS for CME credits to attendees of RO events was deemed not possible at this time due to the logistics and costs of offering CME. Other ways to obtain CME was discussed, and ways to do so through AACAP will be offered. Clinical assessments and an online review of the Hansen review course are 2 other ways to obtain CME.
6. The Assembly delegates elected 2 new representatives to the Assembly Executive Council, Pam Hoffman from Rhode Island (formerly a NY Council Board member) and Scott Palyo, a Board member of the NYCCAP.
7. President Wagner has visited a number of ROCAPS, including the NYCCAP end-of-the-year event last June. Her report highlighted that AACAP now has 9400 members, resident numbers continue to grow, she has started a task force on depression awareness and screening, and

Chronicles of AACAP in Seattle

AACAP is developing a policy on universal screening for depression.

8. A policy statement on separating children from their families at the border was released on June 24
9. A report on membership engagement was discussed, with improved reaching out to members, use of survey monkey, and planning programs that cater to our membership.
10. Dr. Tzvi was given an award (see photo) for his >2 years of serving on the Assembly's Executive Council.
11. Delegates reported from the floor about membership engagement, presentation of difficult cases, travel grants, and essays from high school students to get engaged.
12. The Assembly's Catcher in the Rye award was awarded to the Disaster and Trauma Issues Committee. The individual Catcher in the Rye award was given to Peter Metz. The Regional Organization Catcher in the Rye award went to the Oregon ROCAP for their youth suicide prevention program for which they received 12 different sponsors, and a grant to help their efforts from AACAP.
13. Aacap.org/pathways to access on-line services/benefits, journal courses are free.
14. MOC Requirements were addressed in his time of workforce shortage of Child & Adolescent Psychiatrists. ROCAPS reported that MOC requirements contribute

to burnout, have high costs in time and money, have no proof of improved quality of patient care. Therefore, the Assembly voted overwhelming to resolve that AACAP advocate through the appropriate AACAP components that ABPN MOC status not be a barrier to child and adolescents psychiatrists from practicing in their states, including the renewal of their license, obtaining hospital privileges, and enrollment in insurance panels.

15. Another resolution was passed, regarding state medical licensure requirements to disclose mental illness, to resolve that AACAP work with the appropriate AACAP components and other organizations to take action so that applicants on medical licensing applicants use the language recommended by the Federation of State Medical Boards (FSMB).
16. In the Assembly's Open Forum, a number of issues affecting AACAP members in regions brought up, including: custody of minors, the Indian Child Welfare Act of 1977 - to prevent children from being separated from their tribe, North Carolina comments about responding to the community after the most recent Hurricane, (e.g., those patients needing long acting injections, some schools still have not re-opened), the importance of being on APA & AMA committees where the CAP voice can be heard, CPT codes with perhaps another revision before CMS proposes other changes on behalf of AACAP for collapse of 99212-99215 into a single code with

concerns about the quality of care given upon collapse of these codes.

17. ECPs requested lower cost for membership for ECPs like some other associations have, how to maximize our efforts/influence for patients, how AACAP can maximize our efforts in the media (brand, how we differ from psychologists, scope of practice), how we are leaders and not following other organizations
18. A physician wellness discussion brought up issues such as pre-authorizations and interactions with insurance are stressful, our reviews on Yelp, systemic change of organizations, barriers to treatment of physicians because of checking boxes, decreasing burdens on trainees can increase the stress on attendings.
19. An update from the APA was given by Dr. Ng regarding development of position papers, collaboration with AAP, AAPL, APA, and access to care committee.
20. An update from the AMA assembly discussed medical students regarding gun violence, laws that hold adults accountable for children committing crimes with guns, DACA deferred action on dreamers in medical school, and MOC legislation.
21. A Physician Wellness presentation was given by Julie Chilton, promoting awareness of need to get treatment and for physicians to share any struggles and challenges (i.e., mistakes made when treating patients, our own therapy or problems faced to humanize treatment).



LOOK WHAT'S COMING UP NEXT . . .

Families in Crisis: Reports from the Frontline

Thursday January 10, 2019, 7:00 - 9:30 p.m.

Location: One Park Avenue, 7th Floor, New York, NY

AACAP 2019 Pediatric Psychopharmacology Update Institute

Early Treatment Intervention: When, What, and For How Long?

January 25-26, 2019

NYCPS, NYCMS, and NYCCAP: 2019 Legislative Breakfast

Sunday, January 27 2019, 9:30 a.m. to 12:00 p.m.

AACAP Legislative Conference, May 2-3, 2019

AACAP Spring Assembly of Regional Organizations, May 4, 2019

NYCCAP Theater Night: "To Kill a Mockingbird"

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



2018 Wilfred C. Hulse Award Lecture: Scott Palyo MD

By Victoria Pham, DO, MBA, FAPA, DFAACAP & Carolina Zerrate, MD, MHS



The Wilfred Hulse Award is given annually to a member of the New York Council on Child and Adolescent Psychiatry for outstanding contributions to the field of child and adolescent psychiatry. This year, Dr. Scott Palyo MD was honored with the award on November 14, 2018. Showcasing his tireless effort and

of trauma on children and their families, the need for multilevel treatment approaches, and the resilience and strengths of patients and providers. He emphasized the importance of screening for trauma in all settings, and especially those with history of foster care placement, multiple caretakers throughout childhood, or concerns for exposure to domestic violence, severe responses to enclosed settings, or poor/less common responses to appropriate treatments.

As part of Dr. Palyo's lecture, an incredible panel of speakers including, Victoria Dexter PhD, Sherri Papamihalis LCSW, Arisly Rodriguez LCSW, and Aisha Mabarak MA/MCH-LP from Safe Horizon Counseling Center and Brooklyn Child Advocacy Center presented on different aspects of trauma interventions, program development, medical-legal collaboration, and providers' self-care. They emphasized the importance of trauma prevention, early identification, co-morbidities, treatment for

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meaningful work with trauma patients at Safe Horizon Counseling Center, private practice and Emergency Department settings, Dr. Palyo's gave a lecture on, "Working with Children With a History of Trauma."

Dr. Palyo highlighted the enduring impact

NEW Early Career Psychiatry Support Group

By Jennifer O'Keeffe, MD



On December 6, Early Career Psychiatry members of NYCCAP's Board hosted the first "support group" in Greenwich Village in Manhattan at the office of Dr. Shervin Shadianloo. All Early

Career Psychiatrists (1-5 years post-training) were invited to attend with a goal to provide a supportive peer environment to discuss issues revolving around life after training. Various topics explored included self-care, private practice challenges, establishing a community after training, and maintaining wellness. With physician burnout on the rise, especially in early career physicians, the NYCCAP ECP Committee strives to offer different activities throughout the year to promote awareness, wellness, and resiliency. The support group plans to meet monthly and welcomes new attendees to its next event!

Medical Student Night at Weill Cornell

By Maria Minor

On November 1, the NYCCAP hosted an event with Weill Cornell medical students to share their careers and inspire interest in Child and Adolescent Psychiatry. About 20 medical students in their first, second and third years joined several NYCCAP Board members and Weill Cornell faculty for dinner at Patsy's Pizzeria in the Upper East Side. For several hours, the students and psychiatrists exchanged questions and stories over delicious food and drink at a large, long table. Dr. Rebecca Rendleman discussed her unconventional path into psychiatry and Dr. Sarah Klagsbrun told stories from inpatient wards. Student leaders of the Weill Qclinic for LGBT health talked with Dr. Beth Belkin about the opening of their mental health services. Dr. Turek discussed her training (?). It was a fantastic event, and the students were grateful to have had the opportunity to speak with psychiatrists at different places in their careers and with unique trajectories and perspectives of practice.

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Luking for Luke with Jeremy Lin

#Seizetheawkward, to enhance peer knowledge on suicide prevention.

The celebrity status of NBA basketball player Jeremy Lin attracted a large Asian American audience and the event was also featured in two leading Chinese newspapers the day after. This was particularly important as mental health carries a strong stigma in the Asian American communities, with Asian Americans the least likely to utilize mental health services despite high rates of depression, anxiety and suicide.

Following the fireside chat with Jeremy Lin, five panelists including Irene Chung LCSW, PhD President for the New York Coalition of Asian American Mental Health, Peter Ong, MA, Director of Church and Community Engagement for Hope for New York, Ellen Simpao, PhD, Clinical Psychologist and Adjunct Assistant Professor at Fashion Institute of Technology, Justin Chen, MD, MPH, Director of MGH Center for Cross-Cultural Student Emotional Wellness, and D who is a school psychologist at CUNY-Fashion Institute of Technology, Justin Chen, MD MPH Director and co-founder of the MGH-Center for Cross Cultural Student Emotional Wellness and Kelly Chia, PharmD, pharmacy intern and Bronx High School of Science (Class of 2011).

Many in the audience were moved and touched by the documentary. This was most felt when Dr. Julianna Chen, who moderated the screening, held a moment of silent reflection following the film's credits. Dr. Melvin Oatis, Treasurer of NYCCAP, was in attendance and shared, "What a pointed, brave and meaningful outreach of one family to anyone who will hear the sharing of one's experience, emotions and life journey following the tragic loss of a family's child. This short film is an educational experience for all participants."

Many special thanks to all those who attended and the New York Council on Child and

Adolescent Psychiatry would like to recognize the following organizations in partnering to make this event possible:

[The Clay Center for Young Healthy Minds](#)

[Chinese American Family Alliance for Mental Health](#)

[NYU Center for the Study of Asian American Health](#)

[NYU Langone Health](#)

[UA3](#)

[Jeremy Lin](#)

[American Foundation for Suicide Prevention](#)

Community Sponsors:

[New York Coalition for Asian American Mental Health](#)

[New York City Department of Health and Mental Hygiene Office of Consumer Affairs](#)
[Chinese-American Medical Society](#)

[Asian American Bar Association of New](#)

(continued from page 4)

Applying to Child and Adolescent Psychiatry Fellowship

diverse group of fellows was able to speak to a variety of different experience from traditional continuous paths from medical school into residency and fellowship and nontraditional paths with intervening practices or jobs prior to coming back to training. Additionally, due to diversity in experiences, fellows discussed the differences between applying through the match or those who applied outside the NBME match. though each child psychiatry fellow spoke to their unique experiences and priorities from location to populations they wanted to work with, we attempted to focus more generally on the process than on specifics regarding individual programs. Overall, it was a great night where current and prospective child psychiatry fellows were able to gain near peer experience, build contacts and a sense of community and collegiality within the local training programs!

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AACAP's Inaugural Asian Caucus

is to review the information gathered in order to better serve the needs of AACAP members. One immediate finding noted was the large number of members-in-training and early career psychiatrists at the meeting and a shared interest to seek mentorship and networking opportunities.

In attendance was Ranna Parekh, MD, MPH Deputy Medical Director and Director of Division of Diversity and Health Equity at the American Psychiatric Association (APA), who made remarks on the significance of the establishment of the Asian Caucus within AACAP and to encourage members in training to seek mentorship and apply for opportunities such as the APA SAMHSA-funded Minority Fellowship Program (MFP). AACAP President Karen Dineen Wagner, MD, MPH and AACAP Chair of the Assembly of Regional Organizations Debra E. Koss, MD also were present at the hallmark meeting.

NYCCAP members who were unable to attend the caucus meeting and are interested in joining the AACAP Asian caucus can email aapichildpsych@googlegroups.com and request membership to the listserv to be a part of the digital community and receive information on upcoming conference calls.

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Hulse Award Lecture

patients and families, community resources, legal system/Child Protective services, and equally important, provider burnout and compassion fatigue. The lecture portrayed the feasibility, challenges and effectiveness of treating and advocating for patients with a history of trauma.

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

PHOTO GALLERY



PHOTO GALLERY

