

# NYCCAP News

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



Summer 2022

# NYCCAP News

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

New York Council  
on Child and Adolescent Psychiatry

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# President's Message



Dear NYCCAP family,

As I complete my term, I can only hope that over the past two years despite the physical distance in the virtual space all of you felt connected to this family, and that our programming offered meaningful support to you and the work that you do.

Closing these two years of virtual activities, we were able to provide opportunities for self-care, learning, networking and advocacy. In February, we hosted our second cooking class via zoom to break the online work routine, connect with each other, and treat ourselves to a delicious meal. Starting the spring, we offered all of our members free access to ACCAP's CME module on the updates in the treatment of anxiety disorders; and to truly bring together research findings to community practice we had a live Q&A session with nationwide experts in the field helping us translate outcomes from clinical studies to clinical practice. During autism awareness month in April, we offered med students an opportunity to advance their learning on the diagnosis and management of autism disorders in a friendly and accessible format with our child psych chats. To end the semester in June, we were honored to sponsor in collaboration with New York Foundling, a full day activity creating a space for providers, trainees, and community members to learn and experience together the power of Hip-hop beats and lyrics in the journey to wellness and recovery, particularly for those from marginalized communities. These are just some of the highlights from this year and a reflection of our board's thoughtful efforts and hard work to serve all of us.

I am deeply grateful to all of the NYCCAP board members whose drive, time and ingenuity make it possible to provide the membership experience that you all deserve. Moreover, I am beyond grateful to all of you whose membership keeps our regional organization diverse, strong, and relevant. All our individual and collective efforts count in the process towards a better system of care for the youth and families we serve and for all of us who provide this care. In the current political climate where gun rights are protected, women's rights are overturned, and systemic racism is still refuted by some; this system of care inevitable extends beyond mobilizing the healthcare system to respond to the present mental health crisis to building an accountable, equitable, and inclusive society. We are all part of this change and NYCCAP is committed to continue this journey supporting you.

It has been an honor to serve as your president. As a Latina, a woman, and international medical graduate I close this chapter with humility and joy from the experience I had, the things I learned, and most importantly the things I clearly need to continue learning about and advocating for. I am thrilled to continue this journey as part of the board and the team working with our new president Dr. Maalobeeka Gangopadhyay: an amazing human, leader, and child and adolescent psychiatrist who will without a doubt further elevate our ROCAP's mission and the membership experience.

Hope you all enjoy the rest of your summer, take good care of yourselves, and stay connected to our NYCCAP family. Please let us know how we can continue to improve. We are always excited to hear from you.

In solidarity,

M. Carolina Zerrate MD, MHS  
*NYCCAP President*

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# WILFRED C. HULSE AWARD

## End of Year Celebration with Hulse Awardee – Stewart Adelson, MD

by Scott M. Paylo, MD



On June 23, 2022, we hosted our End of Year event at the Watermark Bar @ Pier 15. This open air space allowed us to be able to connect in person with our colleagues. It was great to have

so many people attend and celebrate the end of the academic year and celebrate our 2022 Awardee, Stewart Adelson, M.D.

As many of you know, Dr. Adelson is a faculty member at both Columbia and Weill Cornell's medical schools, teaching, and supervising physicians in training since 1995. He also is a faculty member of the National LGBT Health Education Center of Fenway Institute. Dr. Adelson is a senior visiting fellow at Yale Law School, where he is Founding Director of the Global Health Justice Partnership's Youth Equity Science or "YES" Project. The YES Program is a collaboration between mental health experts and human

rights advocates that promotes US and international laws and policies that support lesbian, gay, bisexual, transgender, and queer or questioning (LGBTQ) youth equity and well-being to help decrease rates of victimization, suicide, and other physical and mental health problems. Dr. Adelson and YES are working tirelessly to positively impact the lives of innumerable LGBTQ youth and their families. His professional interests include care for LGBTQ+ and other under-served youth. He has served in various clinical leadership roles in public psychiatry-oriented clinical programs for youth affected by HIV/AIDS, immigrant and homeless youth, and youth in foster care. He is lead author and editor of several peer-reviewed papers, chapters, and volumes on sexual and gender development, including AACAP's "Practice Parameter on Gay, Lesbian or Bisexual Sexual Orientation, Gender-Nonconformity, and Gender Discordance in Children and Adolescents"—one of the most downloaded articles of JAACAP. He is a Distinguished Fellow of both the APA and AACAP, a past recipient of AACAP's Presidential Scholar Award, and a recipient of the Dennis Anderson award of the Lesbian and Gay Child and Adolescent Psychiatry Associ-

ation. Dr. Adelson and the YES Program were recognized with AACAP's 2021 Norbert and Charlotte Rieger Service Program Award for Excellence. Throughout the years Dr. Adelson has been involved in our Council.

We were able to present Dr. Adelson with his award and were grateful for him and his husband, Hal, for being able to attend our event. Many people at the party spoke about their connection to Dr. Adelson and we had Oliver Stroeh, M.D., and Jack Wilkinson, M.D. discuss their connection to Dr. Adelson and how his work has impacted so many of us in the field.

In addition to our Hulse presentation, our incoming President Molly Gangopadhyay, M.D. presented our outgoing President Carolina Zerrate, M.D. a plaque to honor her 2 years of service as our President throughout most of the pandemic. Dr. Zerrate has done an amazing job in this role and we look forward to her continued work with our Council as our Immediate Past President.

We are also looking forward to hosting many of you in the fall for the Hulse presentation by Dr. Adelson highlighting his work in our field.



*President Carolina Zerrate, MD and Stewart Adelson, MD, the 2022 Wilfred C Hulse Award Recipient*



# Career Night 2022

by Shaily Amin, MD



On March 22, 2022, NYCCAP's Member in Training Subcommittee hosted our annual virtual Career Night in Child and Adolescent Psychiatry. The

event was a successful and informative night filled with 60 medical students, residents and fellows who joined from a variety of programs from New York city and the greater New York area. Panelists included members from NYCCAP in various stages of their professional careers and differing

areas of interest and expertise as well as psychiatrists from the New York area who's specialties included community psychiatry, collaborative care, private practice, inpatient, CPEP, addiction psychiatry and forensics.

After introductions, our panelists were moved into breakout rooms where smaller groups of trainees could interact with rotating groups of panelists over three different sessions to discuss their respective career paths and offer advice regarding the transition to becoming an early career psychiatrist.

We would like to acknowledge our wonderful panelists, Drs. Colleen Turek, Katie Ort, Jose Vito, Amanda Wallace Sarah Klagsbrun,

Qortni Lang, Melissa Rooney, Scott Palyo, Kari Groff, Gabrielle Shapiro, Ruth Gerson as well as our NYCCAP board members who provided guidance and support throughout the planning process and contributed to the great success of the event.

Shaily Amin, originally from New York who completed her medical degree at the Medical University at of Silesia in Katowice, Poland. She is currently a PGY-5 Child and Adolescent Psychiatry Fellow and the academic chief at SUNY Downstate Medical Center. She is interested in advocacy, leadership, and building social networks for trainees in the New York area for those interested in Child and Adolescent Psychiatry. She is the co-chair of the Members in Training Committee at NYCCAP alongside Rakin Hoq, MD.

## Upcoming Events

### AACAP 2022 Annual Meeting

October 17-22, 2022

*Toronto, Ontario, Canada*

### AACAP Assembly of Regional Organizations

*Tuesday, October 18, 2022*

*8:30 am - 4:00 pm*

### Hulse Award Lecture 2022

*January 2023*

### Legislative Breakfast

*January 2023*



## Advocacy: A Bridge Between the Clinic and Children's Lives at Large

by Bekir B. Artukoglu, MD



American Academy of Child and Adolescent Psychiatry (AACAP) held their annual Legislative Conference virtually this year, starting with a three-hour training,

followed by Congressional meetings scheduled throughout the day on May 11, 2022. As a psychiatry resident, the conference was an opportunity for me to take my clinical experiences outside the hospital and guide legislative agencies to prevent and treat children's mental illness on a large scale.

Having finished my medical school training in Istanbul, where I was born and raised, I was drawn to the United States for psychiatry training and the promise of joining democratic forces towards social advancement and mental health promotion. The psychiatry training at SUNY Downstate is where the social determinants of mental illness have become palpable for me as essential components of understanding and treating patients of all ages.

The ongoing national emergency in children's mental health has also been clear during a year of emergency room calls in the Kings County Hospital. Just as the numbers suggested, I have often found myself providing psychiatric care to minority children and adolescents in crisis.

I had many meaningful realizations as a resident in Brooklyn, like learning to appreciate the importance of a child's zip code, their school, what their parents do for a living and what their parents know about mental health. I have also found social and economic hardships to be unfair, and even overwhelming as I continued to form therapeutic relationships that induced strong feelings from me. It was empowering and uplifting to find out about the legislative conference and the bills that we would be able to promote through video calls with Members of Congress and their legislative staff. I saw it as a way to transform the social determinants of mental illness into opportunities and actions to ensure that children and adolescents can flourish and reach their full potential. The AACAP leadership was so encouraging about trainee participation that with great excitement, I volunteered to speak about improving equity to access to child and adolescent psychiatry.

I was part of the group that met with Senator Schumer's office. As all other groups, we advocated for bills to address workforce shortage, need to improve access and equity to access to child and adolescent psychiatry. Later in the day, I had the opportunity to address the U.S. representative for New York's 3rd district, Thomas Suozzi's office regarding bill H.R. 1475: the Pursuing Equity in Mental Health Act. This congressional request was also presented to the Senate last year as bill S. 1795. If approved, this legislation will place multidisciplinary treatment teams in minority communities where they are needed the most. It will enable scholars to work with minority communities on issues that these communities care about the most. It will promote cultural competency in doctors, psychologists and social workers through core competencies in their training programs.

Participating in this year's legislative conference was a unique opportunity to take a well-rounded approach to children's mental wellness. I look forward to contributing to similar building blocks of intergenerational healing and public mental health.

*Dr. Bekir B. Artukoglu is a second-year general psychiatry resident at SUNY Downstate Health Sciences University.*

## An Early Career Child Psychiatrist & Advocate in the Washington Heights

by Victor Pereira-Sanchez, MD, PhD

*Fundación Alicia Koplowitz Fellow in Global Mental Health and Implementation Science, Department of Psychiatry, Columbia University, New York, NY*



The month of May, dedicated to Mental Health Awareness in the US since 1949, is now for me, since 2021, the month for advocacy in child and adolescent psychiatry.

These last two years I have had the opportunity to join a fabulous cast of colleagues from New York City and State at different levels of our profession - medical students, residents, fellows,

and early career and more experienced child and adolescent psychiatrists - during the American Academy of Child and Adolescent Psychiatry (AACAP) Annual Legislative Conference.

Once again this year I received the trust and encouragement of my colleagues to be the spokesperson to present one of the 'asks' at the legislators' offices: I repeated at my state Senator Schummer's, and made a debut at my district Representative Espallat's. I advocated for the 'Pursuing Equity in Mental Health Act', which had passed the House and was already being discussed at the Senate. This

bill aims at addressing the challenges and disparities in mental health care of racial and ethnic minority youth in the areas of clinical services, training, and research. Funds would be appropriated to expand community-based services for minorities, provide education in cultural competence for mental health providers, including the reauthorization of the SAMHSA Minority Fellowship Program, and promote high quality research in mental healthcare disparities. The Bill would also address the challenges posed by digital technologies and social media on youth's mental health.

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As a Spanish immigrant and a child and adolescent psychiatrist conducting community based global mental health research with Hispanics in the Washington Heights, the neighborhood in Manhattan where I live and work, it was very easy for me to identify myself personally and professionally with the aims of the bill I was advocating for. Sadly, many of my neighbors -including

fellow parishioners at church, public transportation commuters, and research partners and subjects - do not have prompt and affordable access to mental health systems of care, less to providers who look or speak like us or at least understand the culture and needs of the diverse Hispanic peoples in the area. This is a problem that other Hispanics and other racial and ethnic minorities in my neighborhood and across our diverse

New York City and State suffer from.

The legislators' staffers were very receptive to my words, and I hope this bill is made law soon. While I still struggle with public speaking uneasiness, the training and support received from the AACAP Advocacy team and from my New York peers made me feel comfortable in the advocacy waters. And yes, I would like to repeat!



## Improving Access to Children's Mental Health Care

*by Kandel Hagar, MD*

Access to mental health care is important when children have difficulty with emotions or behavior. It can be challenging for some families to get mental health care for their children. Nearly 1 in 5 children have a mental, emotional, or behavioral disorder. Unfortunately, only about 20% of children with mental, emotional, or behavioral disorders receive care from a specialized mental health care provider. In addition, many children with other types of developmental and learning disorders may also have difficulty with emotions or behavior and need treatment.

We can improve access to mental health care for children by Improving strategies to connect families to mental health care, understanding gaps in the mental health workforce serving children, investigating how funding policies affect mental health care, understanding social determinants of health that make it harder for some families to get access to mental health care, identifying children who need more support, and addressing concerns early and supporting the well-being of families.

As a second-year general psychiatry resident at SUNY Downstate, for the first time, I was amazed to see and work with other second third- and fourth-year psychiatry residents and

medical students to advocate for improving access to children's mental health care. My group asked for the support of [H.R. 7236, "Strengthen Kids' Mental Health Now Act."], which will Improve and target Medicaid payment for pediatric patients; expand and improve treatment access, such as through telehealth; ensure timely access to care, with a focus on provider capacity for children experiencing mental health crises as well as the regulatory and legal barriers which may impact the ability of children's hospitals and other providers to meet pediatric behavioral health needs in their communities; and require the Secretary of the Department of Health and Human Services to conduct annual reviews of the implementation of Medicaid's Early and Periodic Screening, Diagnostic and Treatment program for pediatric mental and behavioral health services.

It was an enriching experience. I learned how to advocate for children in our community and how to stand for them, to get the help they need to survive ongoing stressors on the individual, family, and community level. Looking forward to joining next year's AACAP Legislative conference, we need more advocates to ensure equal and equitable access to mental health

care and resources, and to help children in our community to overcome struggles and have a flourishing successful future.

I am a current third-year resident at SUNY Downstate Department of Psychiatry and Behavioral Health. My journey started in Egypt, where I was born, raised, completed medical school, and a combined Neurology and Psychiatry residency, and worked for 2 years as a child psychiatrist. I moved to NYC five years ago, and immediately I joined Rockefeller University, where I completed postdoc training for three years. Besides residency, Currently, I am a long-term trainee in the Leadership Education in Neurodevelopmental and other related Disabilities (LEND) program at SUNY Downstate, getting an advanced degree in public health, and participating in different research projects which include outreach projects for People of Color with Neurodevelopmental Disabilities and Impact of COVID-19 on Suicidal Ideation in Youth Presenting to the Psychiatric Emergency Room, among other projects. I am interested in a career serving individuals with disabilities, including a commitment to leadership, and improving systems of care for people with ASD and DD.



# Hip Hop & Mental Health Collide in NYC

by Akeem Marsh, MD



In the backdrop of the big weekend that included Father's Day and Juneteenth, the NYCCAP in collaboration with the New York Foundling co-hosted a virtual event: Learning to Walk Without Feet: A Colloquium on Hip-Hop, Healing, & Resilience. The title was inspired by a line in a poem written by late legendary rap star and actor Tupac Shakur, and the timing of was on heels of what would have been his 51st birthday on June 16. According to Wikipedia Tupac is "widely considered one of the most influential rappers of all time... among the best-selling music artists, having sold more than 75 million records worldwide...much of his music has been noted for addressing contemporary social issues that plagued inner cities, and he is considered a symbol of activism against inequality." That brings us to the parties involved as they have mutual interest in promoting wellness as it pertains to mental health and those of the speakers - have that plus the shared passion for the culture, namely hip hop and social justice.

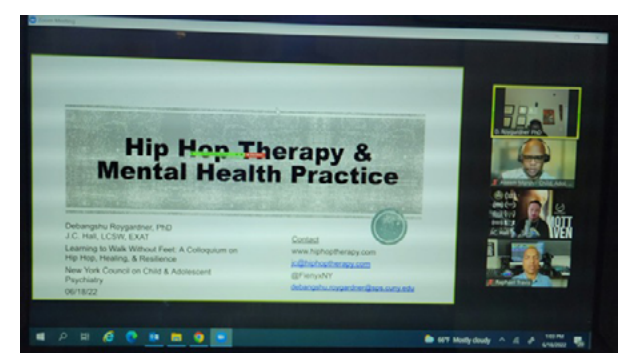
This program was years in the making, as I have had the blessed opportunity of connecting with all of the speakers in different ways over the years - Karinn Glover, MD, MPH, founder of Dr. Karinn, Health Equity and Workplace Mental Health Consulting

Firm; Nicole B. Washington, DO, MPH, founder and Chief Medical Officer, Elocin Psychiatric Services, PLLC; Byron Young, MD, Founder of Doing it Well - Emotional Wellness Program Developer, Consultant; Drs. Akeem Sule and Becky Inkster, co-founders of Hip Hop Psych; Debangshu Roygardner, PhD, Former Hip Hop artist and consortial Faculty in Psychology at the CUNY School of Professional Studies; J.C. Hall, LCSW, EXAT, Hip Hop Artist and Clinical Social Worker, Hip Hop Therapy Studio program at Mott Haven Community High School; and Dr. Raphael Travis, LCSW, Founder and Executive Director, FlowStory, PLLC. We also featured live slam poetry from the world renowned Roya Marsh, Founder of BlkJoy and Poet in Residence at Urban Word NYC, who also happens to be my sister!

We hit the ground running from 9:30am and kept that same energy through around 4:30pm when it ended. The best way to describe is that it was a combination of a mega concert with some didactics interspersed, We took a deep dive into history, explored different aspects of trauma, neuroscience, and got into various ways of incorporating hip-hop into therapy and clinical practice. With over thirty strong consistent in attendance throughout the course of the day, the audience was very diverse with representation from all over the world. We finished off with a panel discussion examining the different ways in which we could get this movement out to more folks. We fulfilled our goal of bringing

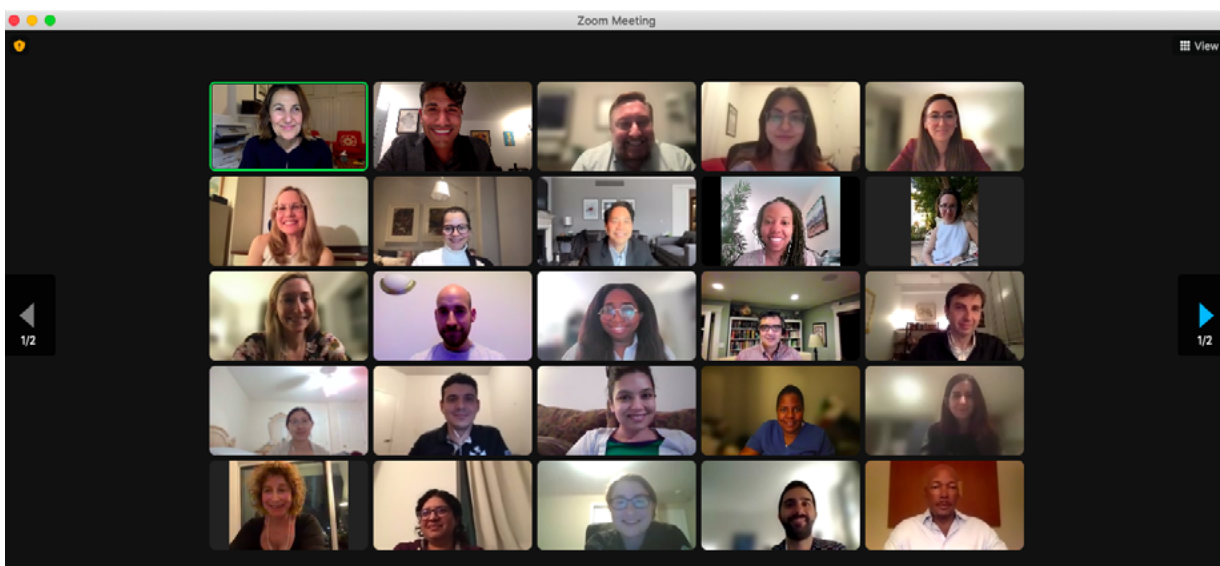
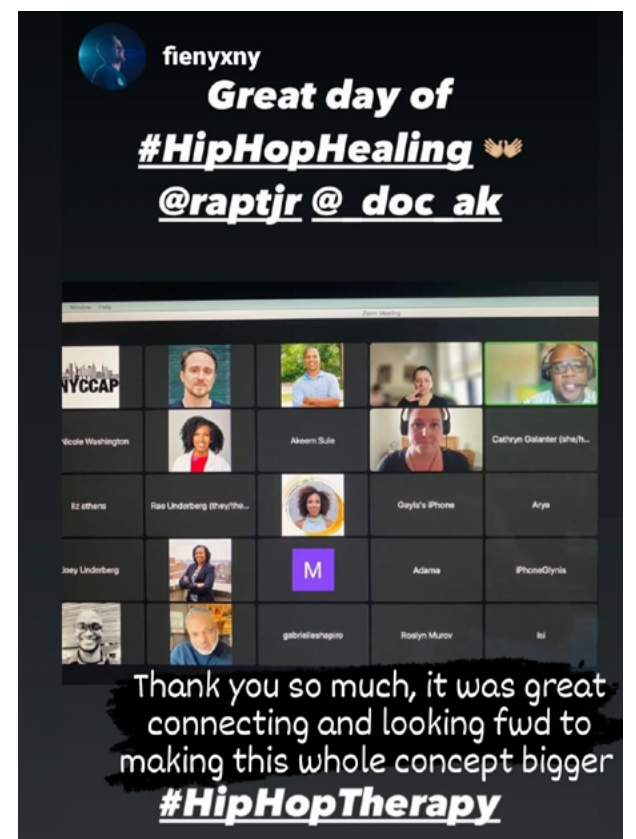
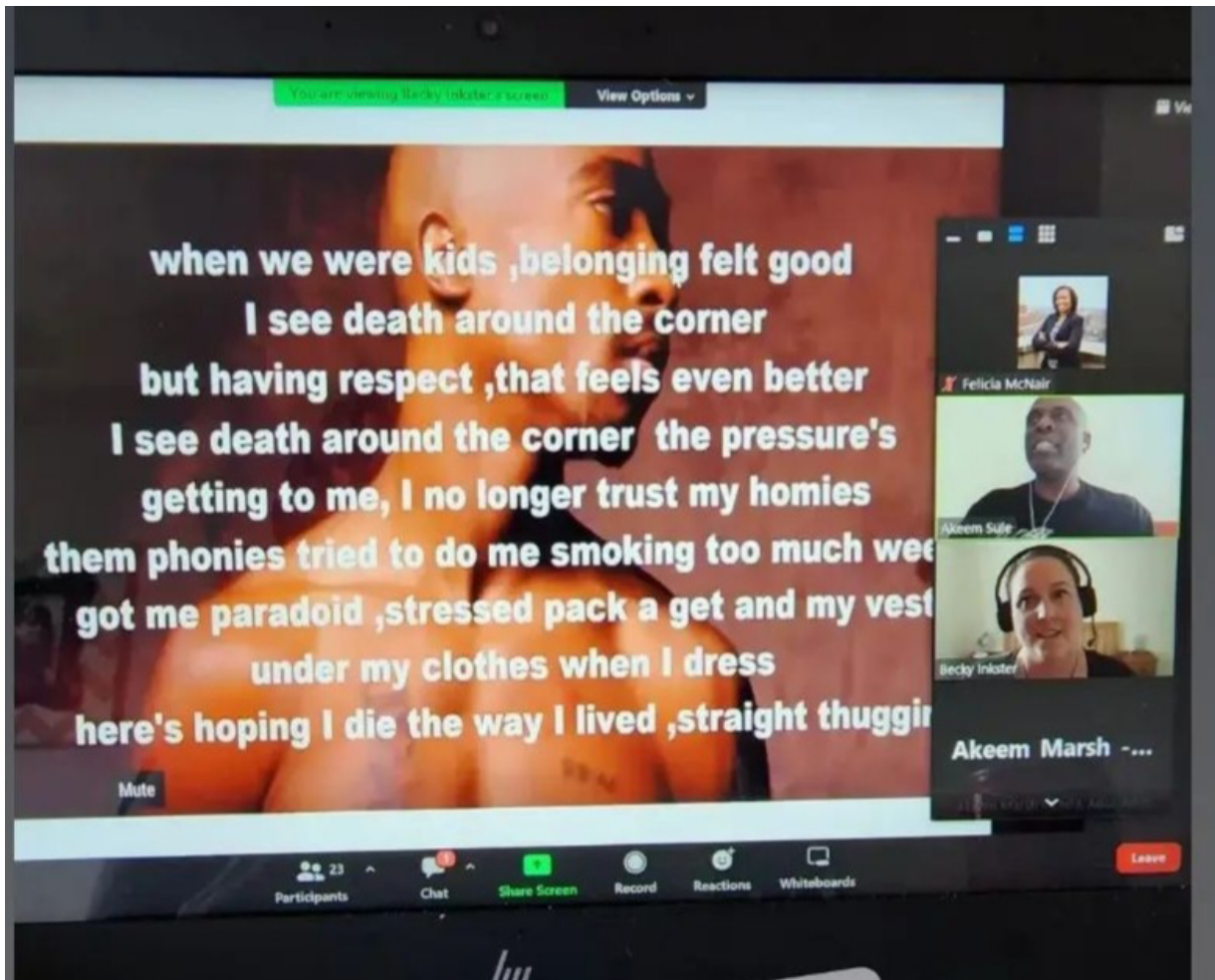
together clinicians and the community, while providing certificates of attendance, continuing education, and CME. The only thing that could have made it better would have been if it was live and in-person which is a goal at some point for after the Universal Hip Hop Museum opens in the Bronx in 2023.

I, Dr. Akeem Marsh, Medical Director of the Home of Integrated Behavioral Health at The New York Foundling and member of the NYCCAP Board of Directors member had a vision of this event that was a long time coming. Hip hop has been such a big part of my life having grown up in the Bronx, then becoming a psychiatrist with a deep interest in a model of care that is more culturally relevant, this colloquium was a perfect representation of that. Special thank you to the subgroups from the New York Foundling that supported this activity from the original idea – Mental Health DEI and Pride Committees along with Vincent J. Fontana Center for Child Protection. Further Special thanks extended to the committee that helped put this all together Debangshu Roygardner, PhD, Ruth Gerson, MD, Leslie Schmerler, and Earl Magee. Last, thank you to Roya Marsh for designing the flyer.





# PHOTO GALLERY





# PHOTO GALLERY

