

# NYCCAP News

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



## Winter 2020

# 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 Colleagues:

**HAPPY NEW YEAR!** NYCCAP wishes everyone a happy and prosperous new year and looks forward to offering an excellent lineup of events in 2020. We hope everyone continues to visit our website, <http://www.nyccap.org/home.aspx>, and attends events as we continue to grow and offer activities of interest to our membership. My 2020 goal is to increase attendance at all our events so please forward announcements to your colleagues. If you have any specific interests

The MIT Subcommittee of the Training and Education Committee sponsored the **Fellowship & Applicant Dinner** event on October 2 at Nick's Pizza. What a great opportunity for residents currently applying or considering future applications to receive advice from CAP fellows on navigating the application process, ranking programs, and compare interview experiences, not to mention network!

Many members attended **AACAP's 66th Annual Meeting**, October 14-19, at the Hyatt Regency Chicago, IL. I would like to thank everyone who attended our open Board meeting on October 15. Our committees explained their roles in NYCCAP and provided updates on past/upcoming activities. We had great representation from our membership and it we hope to repeat this event at next year's Annual Meeting! Please see our Board Members articles in this Newsletter about advocacy, the Assembly Passport Program experience, a resident's perspective of the Annual Meeting as well as the experiences of 5 trainees who received a NYCCAP travel award.

Dr. Ilyan Ivanov, NYCCAP's recipient of the **2019 Wilfred C. Hulse MD Award Lecture** presented *One Step at the Time: Understanding and Treating Adolescent Substance Use Disorders* on November 21 at Lenox Hill Hospital. Congratulations, Dr. Ivanov, on receiving the award in May and for an excellent lecture in November! The NYCCAP Collaborative Systems Committee, facilitated by Annie Li, MD and Jessica Simberlund, MD, sponsored **Telepsychiatry in Collaborative Systems: Working Across Time and Space** on December 12 at The Lesbian, Gay, Bisexual and Transgender Community Center that featured Jose Vito, MD; Erica G. Lo Re, DO; and Wendy Wasserman, Esq. Speakers shared their telepsychiatry expertise in a two-hour session that broached topics like the specific legal considerations for telepsychiatry within New York state, Medicare legislation, technical nuances, and more. The panel discussion was followed by a tour of the Northwell Emergency Telepsychiatry Hub.

**WHAT ARE WE PLANNING FOR EARLY-2020?** [AACAP's 2020 Pediatric Psychopharmacology Update Institute](#) will be held at the Westin Long Beach in sunny California from January 31 – February 1. On January 26, the 2020 Joint Legislative Breakfast, hosted by NYCCAP, NYCPS, and NYCMS, will be held at the New York Academy of Medicine (NYAM) and will feature various NY legislators who will discuss important issues regarding their initiatives. In February we will host a Wellness event with a drawing class and in March NYCCAP will host its annual Career Night. In April, NYCCAP will continue its promotion of Autism Awareness Month. Don't forget that April 2-3 is AACAP's Legislative Conference in Washington, DC. It's an excellent opportunity for members to visit their Congressional representatives and advocate for your patients, their families, and the field of child and adolescent psychiatry. Travel awards for trainees are available! On May 6, we will host our Theater Night with Jagged Little Pill. In June, NYCCAP will host its 2020 End of the Year Event and, in July, our annual Welcome Night.

This promises be a fun and interesting year ahead, so please join us and one of these events!

Vera Feuer MD

President

New York Council on Child and Adolescent Psychiatry



# New York State Guidelines for Clinical Review for Mental Health Services

by Scott Palyo, MD



The New York Council's Advocacy committee is always appreciative of AACAP's grassroots program that helps us stay informed and advocate with us for statewide initiatives. We are

very excited to announce that there are new provisions in the 2020 New York State Enacted Budget require insurers to utilize evidence-based and peer reviewed clinical review criteria that has been approved by the Office of Mental Health (OMH) when making any determinations for treatment.

As part of the initiative OMH finalized the "Guiding Principles for the Review and Approval of Clinical Review Criteria for Mental Health Services". This sets the standards for what OMH will use to determine if the insurer's criteria for treatment approval is appropriate. It's a very good read and below is the link to the guidelines: [https://www.omh.ny.gov/omhweb/bho/omh\\_mnc\\_guiding\\_principles.pdf](https://www.omh.ny.gov/omhweb/bho/omh_mnc_guiding_principles.pdf).

We are very pleased with another win in mental

health parity! Some highlights of the new criteria state that there can not be prior authorization for inpatient mental health services if there are no prior authorizations for other health services as well as forbidding a requirement that the person must present in imminent danger in order to be allowed to be admitted. Regular inpatient reviews are also forbidden in mental health services if this is not required for other medical units. In addition the guidelines require that insurers take into account quality-related triggers that would impact functioning, such as: housing instability; criminal justice; substance use; other medical conditions; or multiple prior inpatient services. The state will not allow insurers to have criteria that only take into account current symptoms and situations. For children and adolescents, criteria to consider are: risk of harm; functional status; co-morbidity; environment stressors and supports; resiliency and treatment; and acceptance and engagement in treatment for the child AND the caregiver.

We are very hopeful that this is a large step in the right direction and encourage all of you to continue to be involved in advocacy. Each day we, as child and adolescent psychiatrists, in some way have to advocate for our patients, their families and our professions. Advocacy is a long term, slow process that takes a lot of patience. It's always wonderful to share a big win for our field but we are all aware that there is lots more to do. We invite as many of you to attend AACAP's

Legislative Conference in Washington, DC on April 2-3, 2020. It's a fun and helpful event to help us all learn a little bit more on how to be a more effective advocate (<https://www.aacap.org/legislativeconference>).

New provisions included in the 2020 New York State Enacted Budget require insurers to use evidence-based and peer reviewed clinical review criteria that is appropriate to the age of the patient and which has been approved by the Office of Mental Health when making coverage determinations for mental health treatment. Insurers must submit their clinical review criteria to OMH for approval, who will consult with Department of Financial Services (DFS) and the Department of Health (DOH).

As part of the implementation of these provisions, OMH drafted and finalized the Guiding Principles for the Review and Approval of Clinical Review Criteria for Mental Health Services (Guiding Principles) which outlines the standards OMH will use to assess the adequacy of an insurer's clinical review criteria for the treatment of mental health conditions.

## My Experience at the NYCCAP Sponsored Transgender Event

by Allen Dsouza, MD

I had the opportunity to attend the Understanding Transgender Persons and Legal Issues, a presentation co-sponsored by New York Council on Child and Adolescent Psychiatry. This was a unique presentation because it addressed health and legal issues specific to the transgender community. The first part of the session was by Dr. Richard Pleak (NYCCAP Board Member), who presented on the topic Clinical Strategies to Address Health Care of Transgender People. This session was enlightening as it gave me insights into the various terms relating to the topic and has enhanced my knowledge about the subject. It will help me help my transgender patients better. The second part of the session was a presentation by Carlos M, Santiago, Jr., who is a federal criminal defense attorney. It was helpful to learn about the issues transgender clients face in detention or in jails. His experiences while he was working with victims of hate crimes targeted towards the trans community sheds more light on the stigma faced by transgender people. The presentation not only increases our understanding of the suffering faced by trans people but also encourages physicians to advocate for their health and well being.

## My experience at the AACAP Assembly Passport Program

by Allen Dsouza, MD



I had the amazing opportunity to attend the AACAP Assembly as part of the Residency/Fellowship passport program. It was a great learning experience to say

the least! The program gave me good insights into issues being discussed at the Assembly. The special topic lectures on CBD and Gender

Non-binary youth issues was enlightening. The event was a very good opportunity to witness the various regional organizations discussing issues specific to each region and ways to resolve them. The passport program will definitely help me enhance my involvement in advocacy in the future. After graduating from fellowship, I plan to join the regional organization where I will be located and perhaps become a delegate.

*Dr. Dsouza is a 2nd-year Fellow in Child and Adolescent Psychiatry Program at the Zucker School of Medicine at Hofstra/Northwell.*

## A Warm Welcome: The NYCCAP 2019 Board Meeting

by Alex El Sehamy, MD



On October 15, 2019, NYCCAP convened for a board meeting open to all members. As a PGY-2 resident this was my first experience with NYCCAP, and I'm happy to say it was a pleasant one. Judging by the reactions on

some of the board members' faces, it appears that the turn-out exceeded expectations. I was present with a few of my fellow residents, and several fellows were in attendance along with a couple of medical students. I had felt strongly welcomed to NYCCAP and child and adolescent psychiatry in general for some time by a particular board member from my institution, however, the atmosphere on this particular day in the Columbus H Room of the Hyatt Regency Chicago felt particularly warm and collegial.

As each committee announced new business, there was almost always opportunities for residents to become involved. The advocacy committee was particularly welcoming, encouraging trainees to attend AACAP's Legislative Conference in Washington, DC in order to understand how to impact policy. There was a strong emphasis on mentoring, with many experienced board members emphasizing the importance of mentoring even at their stage. A variety of events are regularly held to encourage and facilitate early career psychiatrists, fellows, residents, and medical students alike to seek out mentors, including the most recent event held at the Albert Einstein College of Medicine. Additionally, to that end, a precocious medical student from St. George's University inquired about activities specifically for students from Caribbean medical schools, as many of them often rotate through New York area hospitals during their clinical training. Members of the board welcomed this idea, happy to include a larger population of students in their efforts to gain more interest in the field of child and adolescent psychiatry.

Upcoming events include a telepsychiatry panel, a wellness event, and an event for early career psychiatrists. With so much on the horizon, it appears that well attended board meetings with such passionate and laborious board members are an integral part of such a successful organization.

## 2019 Wilfred C. Hulse Award Lecture: *One Step at the Time*

by Iliyan Ivanov, MD



Iliyan Ivanov MD, an Associate Professor at the Department of Psychiatry at the Icahn School of Medicine at Mount Sinai presented the 2019 Hulse

Award Special Lecture for the members of the New York Council on Child and Adolescent Psychiatry (NYCCAP) on November 21 2019. In his talk entitled "One Step at the Time – Understanding and Treating Adolescents with Substance Use Disorders" Dr. Ivanov presented some historic perspective on the challenges for clinicians and researchers in the field of adolescent substance use and discussed initiatives like the K-12 program sponsored by the National Institute on Drug Abuse (NIDA) and the American Academy of Child and Adolescent Psychiatry (AACAP) which is designed to support child psychiatrists develop careers in clinical and neuroscience research in adolescent substance use. He also presented data from his work as a recipient of the NIDA/AACAP K-12 grant and of his latest research on the topics of sensitization effects in adolescents at high risk for substance use disorders as well as investigations from big datasets looking into possible markers of risk for substance use disorders. These points were illustrated by clinical vignettes from his work as Medical Director at the Comprehensive Adolescent Rehabilitation and

Education Services (CARES) and the Family and Teen Recovery Services (FuTuReS) programs at Mount Sinai St Luke's.

The Hulse Award is presented annually by NYCCAP for outstanding contributions to the field of child and adolescent psychiatry. The Award is named after Dr. Wilfred Hulse, who was one of the founders of the New York Council and served as its president. Dr. Hulse was born in Germany in 1900 and received his medical degree at Breslau University, where he trained under Emil Kraepelin and graduated Magna cum Laude in 1924. After the rise of the Nazi regime in Germany Dr. Hulse travel to Tunisia and then came to New York in 1935, where he joined the staff of the Mount Sinai Hospital. He published extensively on topics of general and child psychiatry, and group psychotherapy. He was a founder of the German periodical "Aufbau" and in addition to his clinical practice worked tirelessly to rescue many compatriots from the Nazi menace. He passed suddenly on January 9, 1962 while he was the active president of the NYCCAP.

Dr. Ivanov was presented with the Hulse Award by the current president Dr. Vera Feuer on June 26th 2019 at the Annual End of Year Meeting of the NYCCAP. Drs. Gabrielle Shapiro and Jeffrey Newcorn spoke to the audience about Dr. Ivanov's achievements in education, clinical practice and research as a graduate of the Mount Sinai fellowship in Child and Adolescent Psychiatry in

*Continued on page 10*

### About the Wilfred C. Hulse Award

*The Wilfred Hulse Award is presented to a member for his/her outstanding contributions to the field of child and adolescent psychiatry.*

Wilfred C. Hulse, M.D. was born in Germany in 1900 and received his medical degree at Breslau University, magna cum laude, in 1924. He trained in psychiatry and pediatrics. His first teacher in psychiatry was Emil Kraepelin. When Hitler came into power, Dr. Hulse left Berlin, where he was practicing, spent a year in Tunis, and then came to New York in 1935. He then joined the staff of the Mount Sinai Hospital. He published extensively in general psychiatry, child psychiatry, and group psychotherapy. He helped found Aufbau, the German language periodical, and worked to rescue many compatriots from the Nazi menace. While serving as President of the New York Council on Child Psychiatry, he died suddenly on January 9, 1962.



# NYCCAP 2019 Travel Awards

## Honored

by Christy Duan, MD



I was honored to receive the New York Council on Child and Adolescent Psychiatry (NYCCAP) travel award to attend the American Academy of Child and Adolescent Psychiatry's 66th Annual Meeting in Chicago, IL. I also

was supported by the Dennis Anderson, MD travel award from PrideCAPA, an AACAP affiliate organization dedicated to the mental health needs of sexual minority youth.

I attended my first AACAP Annual Meeting when I was a first-year general psychiatry resident at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. That experience allowed me to find a supportive network of colleagues that has nurtured my professional growth over the years. It was exciting to see how my path has come full circle when I was able to attend the 2019 conference as a first-year child and adolescent psychiatry fellow from the same institution.

In addition to my role as a child and adolescent psychiatry fellow, I am starting to become more involved in AACAP, both in New York's regional organization, NYCCAP, and at the national level. I'm the NYCCAP Communications Committee Co-Chair and have been working with our committee to reach out to members in the New York area through Twitter, Facebook and Instagram. I am also an incoming trainee/resident of AACAP's Consumer Issues Committee (CIC).

At this year's Annual Meeting, I attended several committee meetings, which are open to all members, including the Sexual Orientation and Gender Identity Committee, PrideCAPA, Adoption and Foster Care Committee, and CIC. At the close of the Annual Meeting, I began my two-year appointment as trainee/resident of CIC, where my focus will be to educate consumers and further develop AACAP's Facts for Families. In doing this work, I hope to play a role in optimizing the health and development of youth and their families.

As I've progressed in my training, I've wondered how I could give back to such an

essential community. Luckily, Melvin Oatis, MD was the mentor with whom I was paired, and he had some invaluable advice. He shared some of his experiences as Chair of AACAP's Assembly of Regional Organizations of Child and Adolescent Psychiatry, and as a Clinical Assistant Professor of Child and Adolescent Psychiatry at New York University's Child Study Center. Dr. Oatis reminded me that patience and persistence are key.

I look forward to his mentorship throughout my career and am grateful to NYCCAP for providing me with this opportunity.

*Dr. Duan is a first-year child and adolescent psychiatry fellow at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. She's also Co-Chair of NYCCAP's Communications Committee. You can connect with NYCCAP at <https://www.nyccap.org> or through Facebook via the "New York Council on Child and Adolescent Psychiatry" page, Twitter @nyccapinfo, and Instagram @nyccapmedia.*

## Crafting My Niche

by Vandana Kumar, MD



When I first attended the AACAP Annual Meeting as a fourth-year medical student in 2017, I was impressed by the breadth of topics covered in the panels, poster presentations, and symposia. This

year, as a PGY-2 general psychiatry resident, I was honored to receive the NYCCAP Travel Award and enjoyed once again participating in sessions brimming with novel insights into the lives of children and adolescents. I relished the numerous opportunities to meet leaders in the field, from program directors to eminent researchers to published authors. My time at AACAP this year allowed me to step back from the minutiae of residency training and refocus on my passion for the mental wellbeing of our most vulnerable youth.

Perhaps my greatest takeaway from the conference was the ease with which many psychiatrists I met infused their practice and daily life with creative, self-fulfilling activities. Growing up, I spent a lot of time writing

creatively, but unfortunately set this passion aside shortly after I entered medical school. At AACAP, I attended a Member Services Forum called "The Pen and the Psychiatrist," which outlined ways that psychiatrists could express themselves through writing or otherwise engaging with the media. The presenters discussed how to craft pitch letters for opinion pieces, write letters to the editor, start your own blog, and more. I later flexed my own creative writing muscles during a wellness workshop led by psychiatrist and novelist Dr. Jennifer Yen, who led attendees through imaginative prompts that we could even use to better understand our patients. Together, these sessions reignited my love for writing and provided me with some direction should I want to pursue specific projects.

Because I have a strong interest in trauma and resilience, I chose to attend sessions that addressed how to work with youth from vulnerable populations, who are often survivors of different kinds of trauma. The most impactful of these, for me, was the discussion of the documentary California's Forgotten Children, which highlighted the stories of five women and one man who, as teenagers, had been exploited by sex traffickers. Through the discussion, led by experts in this work, including one of the individuals featured in the film, I learned about ways to sensitively screen for youth who may have been sexually exploited. I also attended interesting presentations on adverse childhood experiences, addressing trauma in LGBTQ youth, and a novel therapeutic modality for youth who self-harm.

Finally, I had the great fortune of being paired with NYCCAP Board Member Dr. Tzvi Furer, a graduate of my residency program (SUNY Downstate), for the travel award's mentorship requirement. Dr. Furer and I discussed ways to get involved in AACAP and NYCCAP through the many committees and advocacy opportunities and how to expand the content of the newsletter, which he helps to edit. AACAP has introduced me to a variety of paths to becoming a leader in child and adolescent psychiatry, and I am grateful to NYCCAP for providing me with the means to attend this amazing conference.

*Vandana Kumar, M.D. is a PGY-2, General Psychiatry Fellow at SUNY Downstate Medical Center.*

# NYCCAP 2019 Travel Awards

## An AACAP Meeting to Remember

*by Tacina Outram, MD*

A series of fortunate events led me to attend my first American Academy of Child and Adolescent Psychiatry (AACAP) Annual Meeting in October 2019. It started when a wise mentor encouraged a fellow resident and me to submit a poster on a mentorship program we had helped develop for our fellowship program. I had never attended a professional meeting before. They always seemed overwhelming, but when our poster was accepted, I prepared to take on the challenge to present our project, a topic of great importance to me.

Before the meeting, I learned of the New York Council on Child and Adolescent Psychiatry (NYCCAP) Travel Award. This award emphasizes mentorship and community building in child psychiatry. Given the connection with our mentorship project, this seemed like a wonderful opportunity to expand on my interest and get involved. I was inspired to apply by past recipients of the award. To my surprise, I was selected and I am very grateful.

It was also my first trip to Chicago. I landed in this wonderful city on the morning of my poster session and, fortunately, made it to the presentation, after getting lost in the exhibit section. The city and the AACAP Meeting were better than I expected. It was absolutely great! Although the meeting seemed very large, it was manageable. Everyone was friendly, welcoming and helpful when I needed guidance.

There were many terrific presentations, seemingly all happening simultaneously. It was difficult for me to decide which to attend. I was grateful to serve as a monitor for the Career Development forum, as the decision was made for me. I was inspired during this forum to find a group of family therapy experts, who helped to reaffirm my appreciation that family therapy is vitally important to child psychiatry. It was a nice feeling to be connected to other psychiatrists who feel just as strongly about family work.

In addition, I spent time with one of my former mentors from residency, who served as a great role model and helped shape my interest in child psychiatry. I also met my new mentor through the NYCCAP Travel Award

program and learned that we have a great deal in common in our paths to medicine. I was inspired to hear about his journey and insights acquired along the way.

Although we are often reminded of the lack of child psychiatrists, it was gratifying to see how many of us there are and how we can work to further build interconnectivity and inspire others to enter into this field. I was happy to see a medical student with whom I worked during my pediatric consultation/liaison rotation and whom I think would make a wonderful child psychiatrist. The meeting reaffirmed my feelings about our mentorship project and why I applied for the NYCCAP award. I left the meeting feeling inspired and hopeful for the future of child psychiatry, as both a recipient of great mentorship, an advocate for future mentorship, and with goals of contributing as a mentor.

## On the Count of One

*by Joseph Wise, MD*



have provided my account of some of the highlights below.

The Annual Meeting remains a great event to experience so much. The learning included a large range, such as, the latest information regarding clinical practice, new frontiers of research, advocacy for child and adolescent mental health, participating in the organizational work of the Academy, networking with colleagues one-on-one, and just having fun.

I had the pleasure of attending the opening ceremonies where NYCCAP member Gabrielle Carlson, MD, was installed as President, and discussed her interest in emotional dysregulation.

In AACAP organizational work, as the Fellow representative on the Psychotherapy Committee, I attended its

two official committee meetings. We had a chance to hear updates regarding the Committee's psychotherapy mentorship program (to assist Fellowship programs in preparing faculty to teach and supervise psychodynamic psychotherapy), discuss the role of psychotherapy in upcoming practice parameters, and talk about psychotherapy workshops for next year.

Relatedly, the Psychotherapy Committee selects one paper for the Rieger Psychodynamic Psychotherapy Award winner, and I attended the presentation by Susan Donner, MD, a child psychiatrist and child analyst from Los Angeles. In her moving account, she described the psychotherapy of a young child with development delays. She noted how a child psychiatrist can uniquely become the one team leader who integrates developmental services into play therapy, parent work, and the consideration of psychiatry medication.

Having the financial support of the Travel Award allowed me to attend events that I would not have otherwise. Specifically, I was able to take the course on Medical Hypnosis from local child and adolescent psychiatrist Daniel Williams, MD. His approach honed over years with Dr Herb Spiegel and colleagues at Columbia University facilitates the patient using self-hypnosis with the memorable induction: "On the count of one, do one thing (roll eyes up). On the count of two, do two things (close eye lids and take deep breath). On the count of three, do three things (exhale; relax eyes; and let the body float)."

As part of the Travel Award, the NYCCAP Member-in-Training Committee arranged for a mentorship meeting for me with Board member Scott Palyo, MD. We were able to step back and reflect on my experiences in Fellowship and how that might apply upon completion, including continued work with NYCCAP.

Lastly, seeing colleagues in the collegial setting of the Annual meeting, either at meal or grabbing a coffee, provided a way to stay connected to old friends and make new ones. If there is one thing, I would advise other trainees, it would be to take advantage of this great opportunity with NYCCAP.



# NYCCAP 2019 Travel Awards

## Grateful for the Opportunity

by Michael Zingman, MD



As a 4th-year medical student currently applying to psychiatry residency, I feel incredibly grateful for the opportunity to attend the 2019 AACAP Annual Meeting with a NYCCAP Travel Award. My

experiences at this conference exceeded my expectations in many ways, further highlighting the immensely satisfying and impactful career I can have in child & adolescent psychiatry.

I started the conference with an all-day Institute on Advanced Psychopharmacology, learning about the use, mechanisms, and evidence-based practices for numerous treatments for pediatric depression, bipolar disorder, anxiety, ADHD and eating disorders. One presenter memorably noted that it is best for the field moving forward to refer to medications by their mechanism of action (e.g. dopamine blockers) rather than what they treat (e.g. antipsychotics), as many medications are now used for different neuropsychiatric disorders. The institute was followed by a musical chairs-style mentorship session with Life Member Mentors and other medical students, residents and fellows. I was fortunate to meet with long-time child psychiatrists and leaders in the field. Finally, the day ended with a NYCCAP board meeting in which I was able to learn about the different NYCCAP committees and goals for near future. I was excited to see many familiar and new faces, and look forward to continuing to increase my involvement in advocacy and medical student engagement with NYCCAP.

Wednesday's highlights included sessions on deprescribing, progress and priorities in child & adolescent mental health research with Dr. Josh Gordon from the NIMH, and funding models to enable implementation of innovative interventions (e.g. first-episode psychosis programs like OnTrackNY, which I am currently focusing my 4th-year research on). I was also fascinated by a panel on models for school-based mental health clinics, which highlighted the importance of meeting students "where they are at," increasing access to

mental health services, decreasing stigma and promoting early intervention.

Thursday and Friday were notable for an amazing medical student/resident breakfast with Drs. Shawn Sidhu, Sansea Jacobson and Jeffrey Hunt, as well as two other medical student/resident mentorship events. Other highlights included a thorough debate on cannabis legalization efforts, a talk on the teen vaping boom and prevention efforts, and a TED-talk style session on clinical perspectives. I also attended all of the research poster sessions, which I found to be a wonderful experience for meeting people, learning about exciting new research, and having deeper discussions about changes in the field of child & adolescent psychiatry.

I was also fortunate to have the opportunities to meet with Dr. Gabrielle Shapiro through NYCCAP's mentorship program. It was very useful to speak to her, as well as other NYCCAP members, about my experiences at the conference and my goals moving forward.

My attendance of AACAP 2019 was a memorable experience that has confirmed my interest in pursuing a career in child & adolescent psychiatry. I am excited to be more involved with NYCCAP as a medical student and look for other opportunities to attend AACAP conferences and learn about the field of child & adolescent psychiatry during residency.

## Fellowship Applicant Night

by Marc Halperin, MD and Joseph Wise, MD



The Members-in-Training (MIT) committee hosted its annual Applicant Night on Wednesday evening, October 2, 2019. Always a warm and collegial event, Applicant Night is a NYCCAP-sponsored evening for current and

prospective applicants to child and adolescent psychiatry fellowship to meet child and adolescent psychiatry fellows in New York during the application season and have all of their questions answered and concerns addressed. As in recent years, the group met at Nick's Pizzeria on the Upper East Side for an informal family-style Italian dinner, mingling/networking, and a question-and-answer session. There were twelve attendees from residency and fellowship programs in and around the NYC area, including NYU, SUNY Downstate, Bronx Lebanon, Nassau University Medical Center, and Lincoln Hospital Center. Don't forget to mark your calendars for the next event "Career Night," tentatively on Wednesday evening, February 26 in Manhattan.





# NYCCAP Collaborative Systems Committee Explores Telepsychiatry Across Systems in Patient Care

by Annie S. Li, MD



With telepsychiatry becoming an integral modality in the practice of child and adolescent psychiatry, the New York Council Child and Adolescent Psychiatry (NYCCAP)

Collaborative Systems Committee hosted a roundtable discussion titled “Telepsychiatry in Collaborative Systems - Working Across Time and Space” on Thursday, December 12th at The Center--The Lesbian, Gay, Bisexual, and Transgender Community Center in Greenwich village. Attendees of the event had the opportunity to learn from the experiences of Dr. Jose Vito, former NYCCAP president who provides telepsychiatry service for the New York State correctional facilities, and Dr. Erica Lo Re, who heads the pediatric telepsychiatry program at Northwell Health system. Also present to impart legal expertise related to telepsychiatry was Wendy Wasserman, Esq, who serves as the Associate General Counsel for the Northwell Health system.

The two hour event, structured in a question and answer interview facilitated by the co- chair of the NYCCAP Collaborative Systems Committee, Dr. Annie Li, covered a multitude of topics. From how telepsychiatry came about within the New York State Office of Mental Health (NYS - OMH) Correctional Facilities system to the OMH/ Northwell pilot program, the audience was able to learn how telepsychiatry transformed care access and delivery. “When you enter a correctional facility and surrender all of your belongings, it doesn’t make it a welcoming place for psychiatrists to work there,” commented Dr. Jose Vito, who cited the challenges of recruiting psychiatrists to provide mental health care for inmates. Dr. Lo Re also cited that limited access to child psychiatrists among the Northwell Health regional hospitals throughout Nassau and Suffolk counties prompted the evolution of telepsychiatry within Northwell. Telehealth

allowed youths to be evaluated at their local community hospitals without traveling to the main pediatric psychiatry hub at Cohen’s Children Hospital in New Hyde Park.

Discussions on the realities of technical nuances such as lost internet connectivity to more systemic issues such as lack of parity for telepsychiatry services were explored. Audience was also given primers on staffing structure for successful delivery of patient care through telehealth. There was an emphasis on the need for competent staffing at the patient care site, which is referenced as the “originating” site (the telepsychiatrist site is referred to as the “distant” site). It is important to ensure that at the originating site there is a dedicated private room available to conduct the assessment as well as nurses, nursing assistants, and non-psychiatric physicians available to assist in coordinating care. Before the evaluation starts, there needs to be a designated personnel to set up the camera and facilitate moving the patient into the room. Once the telepsychiatrist is off-screen, action items such as writing orders for medications and communicating with the patients and parents on dispositions need to be carried out at the originating site.

One area that engaged the speakers and the audience with great depth was the specific legal considerations for telepsychiatry within New York state. Ms. Wasserman imparted salient key points to the audience including: 1) All applications and telehealth platforms need to be HIPAA compliant 2) Psychiatrists need to be licensed in the state where the patient is physically located. 3) Patients can decline to be seen via telehealth in NY. 4) Telepsychiatry in New York cannot be used to initiate restraints or seclusion. Ms. Wasserman also discussed how psychiatrists should be aware of Medicare legislation, OASAS, DOH, and OMH practice guidelines to determine who can deliver mental health care and where by tele-delivery.

Child and adolescent psychiatrists interested in telepsychiatry also had an opportunity to hear about how they can best prepare for a career in this field. Dr. Lo Re mentioned how important it is to

shadow someone, and engage in “behind the camera” training. “Before I signed on to become a telepsychiatrist for OMH, I spent three days shadowing someone at Sing Sing Correctional Facility” commented Dr. Vito. Audience members with experience providing care via telehealth also shared their thoughts and experiences from their respective New York psychiatry programs.

Dr. Warren Ng, the current President Elect for AACAP, was in attendance and reminded the audience that AACAP’s website also has a resourceful toolkit for members interested in expanding their telepsychiatry practice in children and adolescents. This toolkit can be accessed at: [https://www.aacap.org/AACAP/Clinical\\_Practice\\_Center/Business\\_of\\_Practice/Telepsychiatry/toolkit\\_videos.aspx](https://www.aacap.org/AACAP/Clinical_Practice_Center/Business_of_Practice/Telepsychiatry/toolkit_videos.aspx).

The evening culminated with a unique opportunity to participate in a guided tour of the telepsychiatry hub at the Northwell - Lenox Hill Greenwich Village center. Led by Dr. Jonathan Merson, Medical Director of Behavioral Telehealth at Northwell Health, and by Dr. Sarvaiya, Assistant Professor of Psychiatry at Northwell Health, participants were able to appreciate the operations aspect of telepsychiatry first hand and learn more about the Northwell Telepsychiatry program and their pilot work with OMH. Met with positive feedback, the NYCCAP Collaborative Systems Committee hopes to continue to offer informative programs to its members in the future.

# Hulse Award

*(continued from page 5)*

2003. Dr. Shapiro shared her experience in working with Dr. Ivanov on number of symposia presentations at national and international meetings and about his dedication as a mentor for trainees and early career psychiatrists, for which he received the Mount Sinai Excellence in Teaching Award in 2009. Dr. Newcorn, who was Dr. Ivanov's mentor for his K-12 career development grant and is current Co-PI with Dr. Ivanov on two NIDA sponsored research grants, spoke about Dr. Ivanov's work as a researcher and collaborator on various topics of child psychopathology, including the

identification of biological markers of risk for substance use disorders, childhood trauma and aggressive behaviors as well as investigations on the effects of pharmacological agents on brain morphology, connectivity and functions with the use of different neuroimaging modalities in experimental studies as well as using big data sets. Dr. Warren Ng, the current president-elect of AACAP, spoke about Dr. Ivanov's contribution to the NYCCAP as an active member of the Board of Directors since 2003 and past president from 2012 to 2014. Dr. Ivanov has also been

an active member of AACAP both as an assembly delegate since 2013 and member of the Adolescent Substance Abuse Committee, which received the Catcher in the Rye Component Award in 2015. Dr. Ivanov was nominated and accepted as Distinguished Fellow of AACAP in 2015. In the past he has received the NCDEU New Investigator Award, the AACAP Outstanding Mentor Award and the National Institute on Research and Education Young Investigators Colloquium Award among others. He is the forth Mount Sinai faculty member to receive the Hulse Award along with Drs. Gabrielle Shapiro, Jeffrey Newcorn and John O'Brien.



## LOOK WHAT'S COMING UP NEXT . . .

**AACAP's Pediatric Psychopharmacology Update Institute**

*January 31 - February 1, 2020*

*Westin Long beach, Long Beach, CA*

**2020 Joint Legislative Breakfast**

*Sponsored by NYCCAP, NYCPS, & NYCMS*

*January 26, 2020*

**Career Night 2020**

*March 11, 2020*

**AACAP's 2020 Legislative Conference**

**Assembly of Regional Organizations**

*April 2 - 4, 2020*

*Hyatt Regency Washington on Capital Hill*

**NYCCAP's Theatre Night: *Jagged Little Pill***

*May 6, 2020*



# PHOTO GALLERY

