

NYCCAP News

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



Winter 2023

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New York Council on Child and Adolescent Psychiatry

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Editor-in-Chief

Jose Vito, MD

Editorial Board

Akeem Marsh, MD

Shervin Shadianloo, MD

Managing Editor

Earl Magee

New York Council on Child and Adolescent Psychiatry

141 Mulberry Street, Apt D1

New York, NY 10013

info@nyccap.org

www.nyccap.org

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President's Message



“The greatness of a community is most accurately measured by the compassionate actions of its members.” – Coretta Scott King

Dear NYCCAP Family,

It is with gratitude for President Zerrate's leadership through the most challenging of times for our community that I have started my presidency this fall. Furthermore, I appreciate our board members who found innovative ways to connect with our members through the pandemic, continue legislative advocacy, and sponsor educational content for our community. As we enter into 2023, our focus is on creating access and belonging in the NYCCAP community.

My own journey in NYCCAP has been one of generosity, mentorship, and shared values. Having come to New York from West Virginia, I found through NYCCAP a community who embraced making connection with other providers working with children and families, who championed advocacy as the local, state, and federal levels to impact policy making, and who looked to its members as experts for advancing the mission “to promote the healthy development of children, adolescents, and families through advocacy, education, and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers”. My commitment is to this mission and improving access to our community for those who come from nontraditional and socially disadvantaged paths.

In this issue of our newsletter, please enjoy the articles written by the extraordinary trainees who received travel grant awards to attend the AACAP Annual Meeting in Toronto this past fall. Our programming will continue to be hybrid with a combination of virtual and in person events, with the latter increasing in frequency. Our ECP committee has been busy creating Wellness Wednesdays every two weeks to help us with pausing and being in the moment so we can return refreshed to our patients and their families. Our in person events have included NYCCAP's Welcome Night and the Hulse Award and our board members have been able to represent our regional organization at the AACAP Fall Assembly. In the upcoming months, please keep tuned for our Career Night, Legislative Breakfast with the New York County Psychiatric Society and New York Medical Society, and the Hulse Award Lecture. We are looking forward to seeing you in person and connecting with your current thoughts and needs for NYCCAP.

Thank you for your compassionate actions and contributing to the vibrancy and diversity which is NYCCAP.

Maalobeeka “Molly” Gangopadhyay

Associate Professor of Psychiatry at CUIMC

Director of Acute Services, Child and Adolescent Psychiatry

NewYork-Presbyterian Morgan Stanley Children's Hospital

Co-Medical Director, Quality and Patient Safety NYP-Columbia, Department of Psychiatry

President, New York Council on Child and Adolescent Psychiatry

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NYCCAP 2022 Travel Awards

First Time's The Charm

by Sherina Langdon, PGY3

When I arrived at the airport after a short flight departing from New York City, it was my first time stepping foot in Toronto, Ontario. With the help of the NYCCAP Travel Grant Award, I was able to attend the AACAP Annual Meeting for the first time. I did not know what to expect; I was in uncharted territories and all I had was a registration ticket and a dream. When I walked through the doors of the Metro Toronto Convention Centre, I was overwhelmed by a welcoming environment, and multiple opportunities to broaden my knowledge in the field of child and adolescent psychiatry.

At the AACAP Annual Meeting, I attended a session that focused on how to promote the public understanding of mental health through publishing fiction, opinion writing, and social media. I found it extremely helpful as I am an interactive writer and an aspiring author. I also attended sessions on the role of genetic testing in clinical practice, rural perspectives on cannabis use in teens and cultural variability in autism spectrum disorder.

I had the pleasure of attending the Mentorship Program for Medical Students and Residents, where I was able to network, share ideas and receive advice on career development. I was very excited to meet my NYCCAP mentor, Dr. Shervin Shadianloo, at an AACAP reception. Dr. Shadianloo gave me valuable advice on applying for and thriving in child and adolescent psychiatry fellowship. We also spoke about different ways to get more involved in NYCCAP and AACAP.

Overall, I had a rewarding experience at the AACAP Annual Meeting and I am very grateful to NYCCAP for sponsoring my trip. This experience motivated me to be more involved in NYCCAP and to attend more AACAP meetings in the future.

Sherina Langdon, PGY-3 General Psychiatry Resident, Jamaica Hospital Medical Center

Extraordinary and Beyond

by Jaclyn L. Chen, PGY3

As I nestle back into normalcy, seeing patients from within my abode in NYC, I cannot help but breathe a sigh of exuberance. This past month, I had the opportunity to attend the AACAP/ CACAP 2022 Annual Meeting as a recipient of the NYCCAP Travel Grant, and it was extraordinary -- in every sense of the word!

As a first-time attendee of AACAP's annual meeting, I was delighted by the myriad opportunities to engage in collaborative wellness initiatives, learn about new breakthrough research via poster sessions, educate myself on current psycho-socio-political issues affecting mental health providers and their patients, discuss advocacy initiatives within the AAPI community, and witness an incredibly open, emotionally raw, spellbindingly creative spoken word through the lens of psychiatrists' open mic night. The poetic outlet of pain, laughter, growth, and vulnerability felt cathartic as I allowed the words of these courageous speakers to



seep through my empathetic soul. It was this characteristic mark of warmth, intimacy, and authenticity that permeated the entire conference, leaving me with enthusiasm to be joining the field of child and adolescent psychiatry as a soon-to-be fellow.

I have learned that while burnout amongst physicians is real, camaraderie and community are also very real, and palpable at the very least. Connecting with new mentors like Dr. Jose Vito over Canadian espresso, meeting with AACAP's very own President Dr. Warren Y.K. Ng at his welcome

reception, and reconnecting with former president Dr. Gayle Carlson for an evening wine gathering have reinvigorated my own passion for wellness through community building and mentorship.

AACAP/ CACAP's 2022 annual meeting was certainly one for the books – and I cannot wait to get the pages turning as I join this phenomenal community of psychiatrists in spearheading a legacy through clinical research, advocacy, wellness, and empowerment.

Jaclyn L. Chen, PGY-3 at Stony Brook Psychiatry Residency

A Breath of Fresh Air

by Michelle Urman, PGY4

This year's AACAP Annual Meeting in Toronto was a breath of fresh air for me in many ways. Not only was it my first in-person conference of residency, but it was also my first time back at AACAP since starting residency in 2019. As I perused the program, I remembered my fourth-year medical student self doing the same and trying to get a sense of what lay ahead of me as I embarked on my Triple Board journey.

My conference experience this time around, made possible through the NYCCAP Travel award, was a practice in gratitude and reflection on the parts of child psychiatry that bring me joy. I was able to attend talks and sessions about integrating mental health care into pediatric primary and specialty care settings, trans youth and gender affirming mental health care, trauma and resilience, infant psychiatry and parenting, and several other topics. I felt energized meeting early and later career psychiatrists who are actively building systems of care to best serve the evolving needs of children.

The most meaningful part of the conference, for me, was the ease of finding opportunities for mentorship and connection. I loved being able to reunite with my extended Triple Board family (through the Life After Combined Training Mentorship Breakfast), blasts from the past like my NYU professor Dr. Jess Shatkin (through the Life Members Mentorship program) and new mentors like titan in AACAP/NYCCAP and Mt. Sinai Triple Board graduate Dr. Melvin Oatis (my NYCCAP mentor match). It was invaluable

NYCCAP 2022 Travel Awards *(continued)*

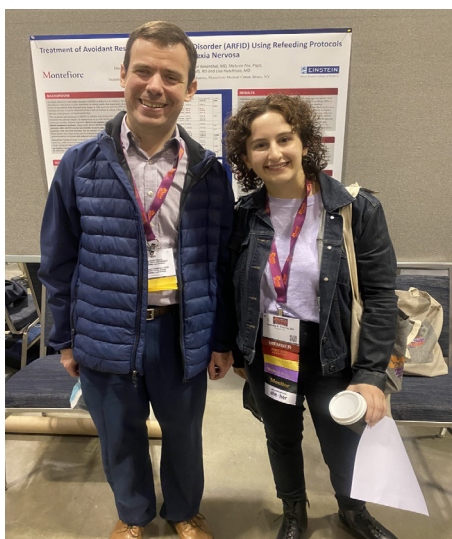
to receive practical advice on how to formulate my career goals and aspirations in a way that aligns with my values, and the overall experience helped me to see the possibilities that lay ahead as I near the end of my training.

Michelle Urman, Icahn School of Medicine at Mount Sinai, PGY-4 Triple Board Resident

Building Community

by Isabella Chirico

Having attended the virtual meeting in 2021, I was thrilled to be able to attend the AACAP's 69th Annual Meeting in person. With the support of NYCCAP I was able to attend several student-focused talks and activities throughout the week in addition to presenting two research projects. Particularly applicable was Filling the Pipeline: Supporting Child and Adolescent Psychiatry-Oriented Applicants in the Residency Match as the psychiatry residency interview season had just begun. The program provided an overview of the current application climate, how to have a successful interview, and encouraged students to consider the values and characteristics of their potential residency program. Both the Medical Student Meet and Greet and the Mentorship Program for Medical Students and Residents provided opportunities to



speaking directly with leaders in the field about my specific interests in neurodevelopmental disorders and access to mental health care for children and adolescents. I was also fortunate to meet with NYCCAP mentor Dr. Shaffer, who provided support and guidance throughout the meeting. Overall, these experiences reaffirmed my affinity for the

community of psychiatrists for its welcoming and supportive nature.

As a medical student, I found the AACAP Annual Meeting to be informative and encouraging. Many of the sessions provided information directly applicable to both my immediate interests as a residency applicant as well as my developing clinical practices. I look forward to seeing the acquaintances I made at subsequent meetings and NYCCAP events. With AACAP's 2023 meeting in New York City, I would encourage any student in our network with an interest in child psychiatry to attend!

Isabella Chirico, M.D. Candidate - Class of 2023, SUNY Downstate College of Medicine

Seeing Me

by Santiago Castaneda-Ramirez, MD

This year I had the opportunity to attend my first AACAP meeting and present a poster about "Randomized Controlled Trial of Regulation Focused Psychotherapy for Children (RFP-C): A Manualized Psychodynamic Treatment for Externalizing Behaviors". I also was a monitor and participated in the IMGs and Hispanic caucus. It was an impactful meeting with other Latin child and adolescent psychiatrists, including some from my home country of Colombia. It's inspiring to see the amount of Latin representation in our field and great to make connections with like-minded professionals.

I met with my mentor, Dr. Galanter, and we attended a few sessions together. We discussed the next career steps after my fellowship and how to best position myself for future opportunities, including working with global mental health, research, and J-1 waiver opportunities. Her insight was extremely helpful.

Without a doubt, I was impressed with the number of lectures and symposiums that were provided. The most challenging choice every day was deciding which one to attend.

Overall, the AACAP meeting exceeded my expectations. I made invaluable connections with many influential and renowned professionals in our field and learned much from all the presentations. I can't wait to attend the next one!

Santiago Castaneda-Ramirez, M.D. Child and Adolescent Psychiatry Fellow at Icahn School of Medicine- Mount Sinai Hospital

Taking It All In

by Parul Shanker, MD

Crisp air. View of the CN tower. Myriads of pharmaceutical booths. Smell of fresh coffee. Old friends and new acquaintances, gathering in conference rooms and common areas, greeting one another with warm eyes and masked faces. Although this was my first AACAP meeting, I could immediately sense the welcoming nature of the attendees and the unique family feel



to this conference. As a poster presenter, I saw enthusiasm and inspiration permeate the air, as young trainees and experienced clinicians discussed latest research in youth mental health and the overarching impact of the COVID-19 pandemic.

I was particularly drawn to the schedule of clinical perspective presentations, though I must admit it was hard to choose which to attend. As an aspiring child C/L psychiatrist, I found the talks on pediatric catatonia, autoimmune encephalitis, and COVID-19 sequelae to be informative and comprehensive. I have a new appreciation for the pediatric catatonia and Kanner rating scales given the distinction of age-specific symptoms of incontinence and acrocyanosis. Additionally, the intimate design of the clinical consultation breakfasts allowed for personalized recommendations from expert clinicians. With the help of Dr. Gangopadhyay and several other C/L psychiatrists from across the country, I was able to learn the benefits

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NYCCAP 2022 Travel Awards *(continued)*

Just Getting Started

by Carl Wang, MD



The American Academy of Child and Adolescent Psychiatry (AACAP) Annual Meeting 2022 was back this year in Toronto, Canada! As a resident-fellow member, I was very excited to finally

attend this conference and meet everyone in person. I got to experience the exhilarating atmosphere of the child and adolescent psychiatry (CAP) community from during the week of October 17 – 22. In addition, as a first year CAP fellow at NYU Langone, I was extremely honored to have won the New York Council on Child and Adolescent Psychiatry (NYCCAP) travel award this year. Thank you Dr. Cathryn Galanter, Dr. Oliver Stroeh, and the selection committee. This award provided me a wonderful opportunity to network and connect with clinicians and experts across the nation. At the NYU reception dinner, I met my new mentor, 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, to discuss my career goals. We conversed about my aspirations to become a well-rounded clinician and as a community leader serving patients mistreated by social and economic inequalities, especially those who too often suffer in silence. During the course of the conference, I also had the opportunity to present my poster titled “Impact of Mental Health Care Disparities on the Patterns of Pharmacotherapy and Psychotherapy Uses Among Young

Children: A Retrospective Examination.” I also attended several seminars including While You Were Sleeping, and How Social Media Impacts Mental Health, and What Clinicians Should Do About It, and the psychopharmacology update. These talks improved my knowledge base and broadened by scope as a newly-minted child psychiatrist.

Moving forward, I hope to become my involved with NYCCAP and participate in social events for career development and networking, etc. In addition, I wish to participate and help organize volunteering events at mental health clinics in the community. The NYCCAP travel grant and other promising future opportunities within the organization gave me the confidence to continue to hone my skills to become an effective team leader, researcher, and educator to advance the field of child and adolescent psychiatry. I will continue to devote myself to all my patients and their families as a compassionate and culturally responsive physician. I know I am just getting started on this humbling journey.

Chris Wang, MD is currently a first year child and adolescent psychiatry fellow at NYU Langone

Access To Psychotherapy and More

by Greg Gabrellas



This October I visited Toronto for an early burst of colored leaves, crisp air, and the first in-person meeting of the Academy since 2019. After the

hiatus on in-person meetings, I was excited to converse with, learn from, and feel inspired by colleagues and mentors from across the country again. The meeting was remarkably diverse in its program, a pleasure to participate in, and provided abundant opportunities for me to continue to grow as

a fellow. I renewed my participation in the psychotherapy committee, which had an ambitious agenda including strengthening education and training across all fellowship programs, deepening ties to academic research and family interventions, and improving access to care. The committee heard a fascinating presentation on psychotherapy advocacy by Dr. Renata Villela, a Canadian psychiatrist and past president of the Ontario Psychiatric Association, about her work leading a campaign to save public access to psychotherapy.

According to her, in 2018 the provincial government changed, and physicians in the single-payer system began to negotiate a collective bargaining agreement the following year; in the course of negotiations, the provincial leaders proposed decreasing the number of weeks for psychotherapy covered by insurance to twenty-four per year, a policy she recognized would hurt vulnerable people, including children, who rely on long-term psychotherapy for quality mental health

care. Dr. Villela brought psychiatrists and members of the community together in order to publicize research describing the benefits on long-term therapy and advocate for more as opposed to less as a public necessity. Her campaign was successful, demonstrating the importance of advocacy to maintaining quality in child/adolescent psychiatry. Hearing Dr. Villela’s experience as a leader and advocate for children was eye-opening. I was glad to have had the opportunity to learn about addressing access to psychotherapy among many other topics with colleagues and new mentors.

Greg Gabrellas, Clinical Fellow in Child & Adolescent Psychiatry, New York-Presbyterian



NYCCAP 2022 Travel Awards (continued)

A New Perspective

by *Alicia Leong, MS2*

I am immensely grateful for having received a NYCCAP Travel Award to attend the Annual Meeting. I felt like I finally found a welcoming community of members working towards goals similar to mine: providing evidence-based and holistic supports and services in collaboration with other stakeholders, serving as an advocate for children and families, and catalyzing family-driven improvements across systems.

A recurring theme I drew from conversations with my mentor, Dr. Vera Feuer, and attendees at the Medical Student and Resident Meet-and-Greet session, is child and adolescent psychiatry (CAP) as a systems-based practice. Hearing from attendees of all training levels express a shared desire to care for children at the intersection of multiple systems has reinforced my motivations for

pursuing a career in CAP. I aim to go beyond the more traditional mode of curative care and learn more about the education, juvenile justice, and other complex and continually evolving systems that serve children and families. With Dr. Feuer's encouragement, I attended the Health Promotion and Prevention Committee meeting, where we spoke about plans to incorporate physical activity into clinic visits and to partner with tech companies to address media-facilitated mental health contagion. The larger sessions also highlighted the systems-based nature of CAP, including a session on the interplay between acculturative/intergenerational cultural conflict and eating disorder behaviors among Asian American and Pacific Islander (AAPI) youth; one on father-child relationships around the world; and another on the use of digital media to bridge transgenerational cultural divides in mental health for adolescents and families.

The sessions were innovative yet intimate. For instance, my opinions felt heard and valued in AAPI advocacy sessions in which we reflected on experiences of internalized and institutionalized racism. Altogether these sessions have left me invigorated to help support the social-emotional needs of immigrant youth through a systems-based lens.

Alicia Leong, MS2 (Class of 2025), Icahn School of Medicine at Mount Sinai



Taking it All In

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of standardization of clinical pathways for management of pediatric delirium in the hospital.

As such, I am extremely thankful for this opportunity to attend the AACAP meeting so early in my career. It was an extraordinary experience to be surrounded by such likeminded people with a common passion for youth mental health, and I look forward to attend future meetings and NYCCAP events.

*Parul Shanker MD, PGY-3 Resident
Physician, Mount Sinai Beth Israel Mentor:
Dr. Gangopadhyay*

UPCOMING EVENTS

Trauma and Disaster in our Community

(virtual via Zoom)

Thursday, May 18, 2023 7:00 - 8:30 pm

TO REGISTER:

https://us02web.zoom.us/webinar/register/WN_dGHJ3i5GQYyP4VoqPXqJnA

NYCCAP End of the Year

Thursday, June 1, 2023 7:00 pm

Location: TBD

PHOTO GALLERY

