



West Hudson Psychiatric Society
of the American Psychiatric Association
serving Rockland, Orange, Sullivan & Delaware Counties



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The address above has been changed to
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WestHudsonPsych.org

eSynapse

October 2014

Editor's Comments

James Flax, MD, MPH, DFAPA

“THANK YOU” to all those who have contributed to this issue of eSynapse! Please scroll through everything below as there are many items you will find interesting and useful throughout.

You will find below a synopsis of our meeting so all readers will have an idea of district branch business. But, it's only a synopsis. You have **got to come** to a meeting to appreciate the rich discussions. In keeping with our focus on available mental health services, we are inviting all Rockland County readers to participate in the following survey. Towards the goal of better understanding behavioral health needs of Rockland County, the County Executive's Commission on Community Behavioral Health has asked WHPS to obtain feedback from as many providers as possible by completing the attached survey. Responses are confidential and will assist in determining community needs. Rockland County Provider survey www.surveymonkey.com/s/RCCBHAP

We hope to have a presentation on Nyack Hospital services at our next Executive Council meeting on 10/31 and expect to publish a synopsis for the next eSynapse. Better yet, come to the meeting. If you are wondering about the available services in Rockland you can check out this website: <http://rocklandgov.com/departments/mental-health/provider-agency-links/>. We are hoping to have information that reviews the services in Orange, Sullivan and Delaware in future editions of eSynapse.

Dr. Abdullah has again sent us a new article in his long line of erudite essays and there's a moving poem about psychotherapy. There are ads that may interest you. Please scroll all the way to the end to see it all. And, if you are not receiving the MSSNY eNews, here's a link where you can read about issues of interest to all of medicine in New York State: <http://www.mssny.org>.

WEB SITE Your district branch is in the process of improving it's website. If you have expertise or ideas about web page design, please chime in. You can see the existing "under construction" site at WestHudsonPsych.org. I recently created a website for my private practice. JamesFlaxPsychiatry.com. I learned a great deal in preparing a concise presentation of what I do professionally. If anyone wants advice on how one can create their own (simple) website, I'm happy to discuss it. 845-362-2557 or DrFlax@aol.com.

PRIVATE PRACTICE: FEES Here is a link to a legal public site where you can look up fees for a given zipcode. <http://www.fairhealthconsumer.org/>

PRIOR AUTHORIZATIONS If you are frequently bothered with cumbersome and seemingly unnecessary requests for prior authorizations, the APA is eager to hear from you: Ellen Jaffe , Director, Practice Management HelpLine/Medicare Specialist, Office of Healthcare Systems and Financing, American Psychiatric Association, (703) 907-8591 ejaffe@psych.org Practice Management HelpLine (800-343-4671) - email at hsf@psych.org. Also, one of our members posted to an international list-serv with regard to any denial of benefit so I quote Dr. John Fogelman:

The URL below will direct you to a database for the regional CMS (Centers for Medicare and Medicaid Services) headquarters. The names of the regional Medical Directors are listed. When you call, hang in through all the options, and at the end type in the name of the medical director. You will get either the real live doc, an assistant, leave a message, or the name of someone to call for an emergency. It usually works.

http://www.cms.gov/Medicare/Medicare-Fee-for-Service-Payment/sharedsavingsprogram/Regional_Contacts.html

My experience has been that the higher you go in any organization (hospital, government, insurance companies), the closer you are to the decision maker, and the decision makers do not have to stay on the unvarying mindless script. They do not instruct you to have a good day, apologize for your inconvenience, thank you profusely and hear how they know how valuable your time is. They usually listen, and if you do not scream at them, a favorable result often follows.

PLEASE MAKE EVERY EFFORT TO RETURN PHONE CALLS. EVEN IF YOU HAVE NO ROOM IN YOUR SCHEDULE FOR NEW PATIENTS

We have frequently heard complaints about patients leaving voice mails with private offices and never getting a return phone call. If true, this reflects very poorly on our profession. Yes, I know how many people leave voice mail messages that I can't understand, even after playing it back 6 times with the volume turned up full. Even so, the number of complaints seems to exceed the number of complaints that could be excused due to poor communication. I screen callers with my greeting message that gives enough detail about my practice so many callers know immediately not to bother leaving a message because I don't take their insurance. This saves valuable time for all.

IT'S A FREE LUNCH!

**Next Executive Council Meeting
II Fresco Restaurant, Orangeburg, NY
Journal Club (15 minutes) PROMPTLY at 12 Noon
Followed immediately by Business Agenda
Friday, October 31st @ 12 Noon at II Fresco in Orangeburg, NY.**

Please contact Dr. Russell Tobe, MD (rtobe@NKI.RFMH.org) (845) 398-6556) if you are planning to attend.

If you speak to your colleagues who are not members of the APA, remind them to become members. If members, tell them you've received your eSynapse and ask if they received theirs. If not, tell them to email Liz Burnich at westhudsonpsych@gmail.com with their email address so they can be added to the list. While some have indicated it is too costly to join the APA, the link below will remind you of the many benefits. The West Hudson Psychiatric Society Membership is one of the least costly in the nation and we hope to keep it that way. The benefits are numerous.

<http://www.psychiatry.org/join-participate/member-benefits>

**SAVE THE DATE, MAKE YOUR RESERVATION FOR THE FALL WHPS
DINNER MEETING**

Mindfulness Meditation

West Hudson Psychiatric Society Fall Educational Dinner Meeting

Friday, October 17, 2014 at 6pm

La Terrazza Restaurant, New City

Speaker: **Pat Bloom, MD**

Meeting Objectives:

1. Understand the physiology of stress.
2. Discuss the impact of stress on physical and mental diseases.
3. Understand the evidence for the role of mindfulness in treating conditions relevant to psychiatry including depression, memory loss, chronic pain, agitation and PTSD.

PRESIDENT'S COLUMN

Russell Tobe MD (russell.tobe@gmail.com)

Dear West Hudson Psychiatric Society (WHPS) membership, colleagues, and friends:

I wanted to first thank Nigel Bark for his thoughtful guest column in last Synapse. For those of you who have yet to read, I recommend pulling it out of your inbox or finding it once it is uploaded to the website. It is a quite balanced perspective, at high altitude, spanning our current service landscape in the context of historical factors. While most directly related to changing systems in Rockland County, Nigel's points are broadly applicable and easily translatable to regions outside of Rockland County within WHPS.

I also wanted to make a special note of praise to Lois Kroplick. As a result of guest columns and summer break, I have not had an opportunity to personally congratulate her on receipt of the "Physician of the Year" award by the New York State Osteopathic Medical Society. She is the first psychiatrist to receive this award and was acknowledged in her significant contributions to mental health advocacy, illness education, and disaster relief. In addition to being a gracious and

generous colleague, Lois has also made innumerable contributions to the branch over many years, particularly fostering community partnerships and promoting policy. Congratulations!

In an attempt to better understand changes within the services landscape, Dr. Kouyoumdjian will be joining our next Executive Council meeting on October 31st. As many of you know, he directs the behavioral health unit at Nyack Hospital. It is my hope that use of Executive Council meetings as a platform will prompt accurate information about new regional services, dispel misinformation, and facilitate our membership in advising community members who are similarly navigating our complex regional systems. As always, all members are welcome to attend. For those of you in our membership who similarly hold leadership roles and would be willing to give service updates please contact me if you would like to specifically represent your service delivery site.

In information unrelated to our branch activities, I thought it would be fun to share an article that struck me as interesting in the September issue of *Nature Communications*. Though the science in and of itself is impressive, mostly in the scale and world-wide collaboration that took place in amassing a rare-instance patient database, the principle outlined is one that seems needed and appears to be catching on: determining risk factors for medication tolerability. Notably the study amassed a considerable sample (N=163) of individuals who had suffered clozapine-induced agranulocytosis (CIAG). The goal was to broadly evaluate for genetic loci associated with CIAG and two were ascertained (variants in HLA-B and HLA-DQB1). While the authors were quite balanced in not suggesting direct clinical applicability (less than 50% had either of these variants and the odds ratios associated with these variants were not substantial), identification of the risk variants can lead to understanding genetic and molecular pathways at play in addition to contributing some first steps in understanding factors that could assist in risk stratification of CIAG. The implications from understanding molecular factors associated with CIAG could help develop targeted interventions and/or identifying individuals at risk for CIAG. In a landscape where 5% of individuals with schizophrenia have a therapeutic trial of clozapine, access to this highly effective medication would certainly increase. However, it seems reasonable that these types of approaches will be increasingly investigated with other classes of side effects, both common and rare, amongst a variety of medication classes. While there are technical issues that are being refined, one can only imagine the broad implications if we could intervene in a targeted manner or better risk stratify instances such as hepatotoxicity with nefazodone, metabolic syndrome with anti-psychotics, or sexual side effects with SSRIs. While many of these investigations are warranted on medications off patent, it seems reasonable that drug developers should not only focus on developing new medications (for instance with clozapine efficacy but without agranulocytosis) but also investigate cellular, genetic, and molecular factors contributing to both response and tolerability.

Finally, I wanted to promote one last time, Pat Bloom MD. She will be speaking at our next educational event October 17th. Dr. Bloom is a highly regarded geriatrician with a special knowledge about Mindfulness Meditation, the topic of the event. As always, please stay connected and relay feedback about, or ideas for, branch activities to me. This week is Mental Health Awareness Week, so what better time to contribute?

Summary from Executive Council Meeting: Friday, Sep 12, 2013

Attendees Present: Russ Tobe, Raj Mehta, Jim Flax, Lois Kroplick, Mona Begum, Madhu Ahluwalia, Les Citrome, Laura Antar and Liz Burnich.

Spring 2015 Educational Meeting – We are pleased to report that Dr. Paul Summergrad will be the speaker at our Spring 2015 Educational Dinner Meeting. It is scheduled for Friday, May 1, 2015 at 6pm. Topic and location to be determined.

Fall 2014 Educational Meeting – Patricia Bloom, MD will be the speaker at our fall dinner meeting on the topic of Mindfulness Meditation on Friday, October 17 at 6pm at La Terrazza Restaurant in New City.

Mental Health Coalition Update – from Dr. Lois Kroplick

- The Annual Coalition Public Forum will take place on Oct 22 on the topic of Schizophrenia at Rockland Community College.
 - Lois advised that there is a need for psychiatrists to attend this event. Please email her at drkroplick@aol.com if you are able to help out that night.
- The Coalition and NAMI will also be running school educational presentations and there is a need for child and adolescent psychiatrists to speak at these schools. Please email Lois at drkroplick@aol.com if you are interested – it would only be a once a year commitment.
- Lois advised that the Coalition dues is now due. There was discussion about increasing our due level commitment for this worthwhile cause and all members present agreed that we will give \$500 this year. Liz will send the due to the Mental Health Coalition of Rockland County.
- We commented on the great article published in Psych News about Lois, the prestigious award that she won and her tremendous volunteer efforts in psychiatry.
 - It was nice to see one of our members published in this national publication.
 - If any of our members have noteworthy accomplishments, we could bring it to the attention of Jeff Borenstein, the Psych News contact.

Women's Group – The Women's Group continues to meet every month with approximately 12 attendees. The last meeting was at Tovah's on September 19th where PRMS will do a tele-presentation on Electronic Prescribing.

Miscellaneous Items:

- Dr. Madhu Ahluwalia advised that while she is moving her home to New York City, she will continue to run her psychiatric practice in Rockland County. While she transferred her membership from WHPS to NYC for the time being, she will also continue her involvement with West Hudson by attending events, etc.
- Dr. Les Citrome advised that he volunteers with the Mental Health Association, which provides mental health and recovery services for children and elderly. Please see the article below for details.
 - MHA runs a PROS Program (an alternative day treatment program).
 - MHA recently hired a medical director, Bill Greenburg, to bring changes to the organization.
 - We would like to invite Bill to an upcoming WHPS Executive Council Meeting to update us on the services and programs sponsored by the MHA.
- Discussion surrounding the Sunshine Act and the difficulties and frustrations members have had getting on to the website.
- We would also like to invite Dr. K from Nyack Hospital to an upcoming WHPS Executive

Council meeting. Lois will get in contact with him and extend the invitation.

Next Executive Council Meeting - Friday, October 31, 2014 at 12 noon at Il Fresco, Orangeburg, NY. Russ will present Journal Club.

The Mental Health Association of Rockland County

The Mental Health Association of Rockland County (MHA of Rockland) is a private, non-profit human services organization that began providing services to Rockland residents in 1951. The agency helps children, adults, and families living with mental illness and/or addiction to embrace life and redefine themselves. MHA's commitment is: to promote health and wellness; to facilitate the attainment of life roles in the areas of employment, housing, and social connectedness; to ensure access to helpful supports and services; to ensure satisfaction from the people who are served and their families; and to do so at sustainable costs.

The Mental Health Association of Rockland offers a deep menu of innovative services that are client centered, culturally sensitive and recovery oriented. Those services include the following:

Programs & Services for Adults

Community Support Services

Provide advocacy, education, recreation and social opportunities

ACCES-VR – job placement and support services for youth and adults with mental illness and other disabilities

Adult Care Management – serves adults (18 years old and older) who are diagnosed with a severe mental illness that interferes with their ability to function independently within the community and locate community resources

Assertive Community Treatment (ACT) – mobile, interdisciplinary team that provides intensive treatment to adults with serious mental illness

Compeer – volunteers providing supportive friendships for people receiving mental health services

Consumer/Family Outreach – supports and teaches coping skills to families and connects individuals to treatment services

Social Groups – safe, welcoming social environment and educational groups where people can develop new friendships – weekends and some weeknights

Friendship Club – provides socialization and recreation to adults with developmental disabilities

PROS – (Personalized Recovery Oriented Services) offers HOPE and RECOVERY to adults with mental illness through a wide array of customized treatment, rehabilitation, and clinical services

Reach One – connects people who have a psychiatric diagnosis and/or chemical addiction to those who have been successful in their own recoveries

SOS – a professionally facilitated group for those who have lost someone to suicide

Your Health Matters – helps you be as healthy as you can be, emotionally and physically. Advocacy, referral, and ongoing support for Medicaid recipients living with a major chronic medical condition and/or mental illness

Residential Services

Residences – The MHA operates three congregate treatment programs: Bernstein House, J. Martin Cornell Residence, and Nanuet House – providing individualized restorative services in a variety of therapeutic environments

Treatment Apartment Program – Transitional Rehabilitative Services with professional supports

Supported Housing Program – assists persons with mental illness in finding and maintaining permanent housing

Programs & Services for Children & Families

CASA – (Court Appointed Special Advocates) volunteers trained to work with children who are the subject of court cases related to abuse and neglect

Coordinated Children's Services Initiative – assists children, adolescents and their families with emotional, behavioral and learning challenges through a strengths-based and interdisciplinary approach

Children's Case Management – provides care coordination services, linkages, advocacy and recreational activities for children with serious emotional disturbances

Project In-Joy – recreational and social activities for youth (ages 5-21) who are developmentally disabled and their families

Rockland Success Team – youth development services to students in the areas of career exploration, substance abuse prevention, goal-setting and decision-making

School Based Integrated Services – consultation to local public school programs in the areas of substance abuse, addiction and mental health

Children’s Respite Services – provides respite services to families after their child (ages 5-17) has been seen in an emergency room or crisis center for emotional difficulties. Links to services as well as recreational

Addiction Services

Recovery Services – provides outpatient treatment services for children, teens, adults and families with their own chemical dependence and those of family members

Educational Services

In addition to an extensive video, information and literature library, the MHA presents workshops, seminars and training sessions throughout the year. We also provide personalized consultation, planning and program design services to interested organizations.

Workplace Wellness Programs – geared towards improving employee wellness and productivity

As a preeminent values-based community behavioral health agency, the MHA is committed to providing quality services with ease of access. In keeping with such, a full time staff member is dedicated to assisting community members and professionals learn more about MHA supports and services, as well as connecting individuals to resources, both internally and in the community. For more information about programs and services, please call the MHA Client & Family Advocate at (845) 267-2172 ex296. You may also explore our website at www.MHARockland.org

CORRESPONDENCE

(Editors note: I vowed when I started this publication to publish anything sent to me. Please send me announcements, news, notices, rumor, recipes, innuendo, ads etc).

Miracle in the Parking Lot

Syed Abdullah, MD

I stood outside the supermarket with a cart load of groceries. It was bitterly cold and a blustery wind was blowing. I held on to my hat with one hand and waited there before venturing toward my car parked a little distance away. Suddenly an elderly frail lady appeared on my side and said “Can I help you carry the groceries to your car.” Taken aback I responded “Thank you, but I think I can manage by myself.”

The stranger would not accept that, “I am a strong girl. I can carry your stuff”, she said. I noticed that she did not have any groceries of her own and did not carry any pocketbook or shoulder bag. She had tip toed to me without my awareness. I picked up the smallest and lightest bag and, trying to be polite, said “Here you take this, and let me carry the rest.”

She seemed mildly offended and started picking up all the bags in her two thin hands, letting me carry the small bag that I had offered her. “You just open the car door” she commanded. I was left with no choice but to open the sliding door with my remote key.

She briskly walked up to my car put the stuff inside and waited for me. As I bent down to put the small bag in my hand I could not help feeling that the lady’s face was somehow familiar. As I straightened out of the car I turned around to thank my benefactress but she had disappeared as fast as she had materialized. I looked around in the parking lot but there was no trace of her.

As I drove home I was struck by the realization that her face had a remarkable resemblance to the face of my spiritual master, who had passed away several years ago.

At home while sorting out the things that I brought in from the car, I was in for another surprise. The suit that I had intended to drop off to the Salvation Army but could not do so because of the windy conditions, was lying in the back seat of the car. Now casually going through the pockets of the jacket I found a bundle of US currency bills— more than two thousand dollars!

MY PERSPECTIVE ON PSYCHOTHERAPY

Cat/Katie

Somehow we bridge the differences in our backgrounds
Sometimes it's hit or miss as we go round and round
It's not simple for you and its not easy for me
as I present my case with its casualties

Somehow you keep me from leaping right off the edge
Sometimes it's with just one foot right off the ledge
It's not horrendous to say it's a live or die situation
as you juxtapose reality into my precarious position

Somehow we do this thing called psychotherapy
Sometimes we laugh, sometimes I cry, all with dignity
It's not wrong that you're important to me in all the right ways
Or that I follow your advice especially after I have strayed

Somehow we have managed to follow all the rules
sometimes its really difficult when I command a ship of fools
It's not bad that I still respect you after all of these years
as I wonder what happened to my needless, obsolete fears

Breaking the Silence: Living Life with Schizophrenia



A Public Forum

Wednesday Evening

October 22, 2014

**Rockland Community
College**

Cultural Arts Theatre

145 College Road, Suffern, NY

Registration: 6:00—7:00 pm

Program begins promptly at
7:00 pm

For tickets and information

Call NAMI-FAMILYA

**845-359-8787 or online at
www.namirockland.org**

ASL interpreters available upon request
to clarkj@co.rockland.ny.us

Suggested Donation:

\$15 per person

About The Presenters

Randy I. Pardell, MD, DFAPA established TMS Center of the Hudson Valley and Riverview Psychiatric Medicine, PC with the goal of providing innovative, compassionate and scientifically based psychiatric care. Dr. Pardell has educated fellow physicians and mental health clinicians on the latest pharmacologic and innovative treatments of psychiatric disorders.

Bill McPhee owned his own home, had a wide circle of friends and looked forward to developing his career. At age 24 he was spending his days curled up on his couch, unable to move, and using all his energy to keep his voices at bay. Bill will share his journey to wellness achieved with the help of medication, support, volunteerism and work. Today Bill's magazine *Schizophrenia Digest* has earned numerous awards and has a large circulation, but his greatest rewards are in helping others navigate the road to recovery.

Sponsored by

The Mental Health Coalition of Rockland County

NAMI-FAMILYA (National Alliance on Mental Illness of Rockland)

R-DBSA (Rockland County Depression and Bipolar Support Alliance)

Rockland County Department of Mental Health

Rockland Community College Student Development Center

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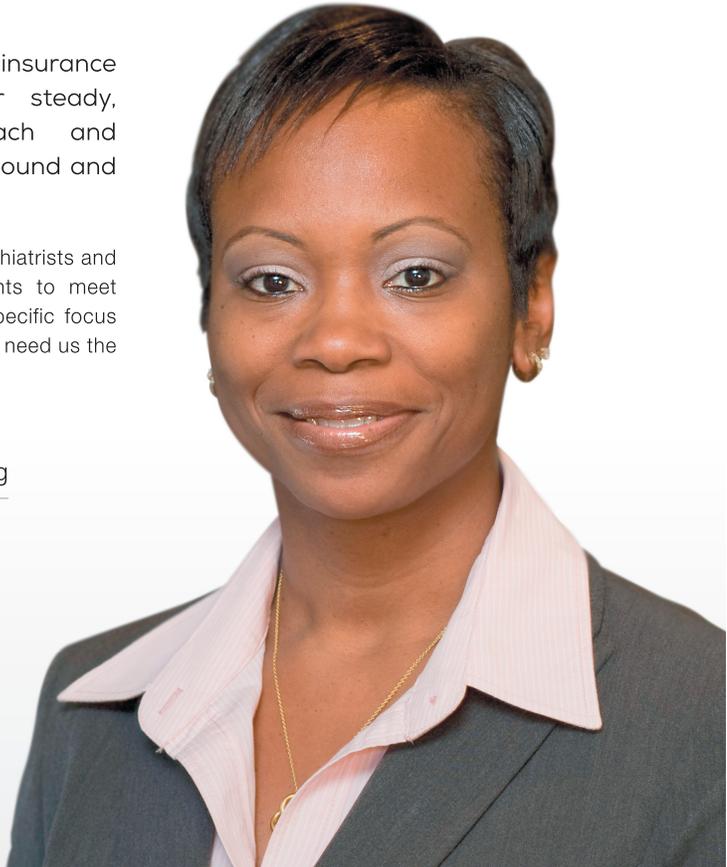
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Orange Regional Medical Center Department of Psychiatry is seeking a Child & Adolescent Psychiatrist, Full Time for our growing outpatient division. Above average pay and excellent benefits. Call Carlos Rueda, MD at 845-333-2240.

Psychiatry/Psychotherapy Office for Rent

Saturday all day, Sunday after 10:30

Route 45, Pomona

Shared Waiting Room, Wheelchair Accessible, Wall-to-Wall Windows,

Private Bath, Full Sound Insulation, Separate Entrance/Exit

Call Lorraine Schorr, MSW 354-5040

Depression Support Group

Depression support group meets 2 times a month in Pomona, NY. We are inviting new members at this time. We are moderated by a clinical social worker. This is not a therapy group but social support for people fighting depression. Call Kathy for more information (914) 714- 2837.

Rockland County Depression and Bipolar Support Alliance

peer-to-peer run support group for people with depression, bipolar disorder, anxiety disorder or any related mood disorder & their friends & family. The support group meets every Thursday night from 6:30 - 8:30 at St. John's Episcopal Church, located at 365 Strawtown Road in New City. Reservations are not required. There is no fee for attending the support group meetings. This is a very warm and welcoming group run by people who have been there and can help. Any questions please call Leslie or Leonard at 845-837-1182.



Psychiatrist – Outpatient Services - Part Time

Job Snapshot

Location : 25 Hemlock Dr, Congers, NY 10920
Employee Type : Part-Time
Industry : Not for Profit - Charitable
Manage Others : No
Job Type : Nonprofit Medical / Social Services
Education : Doctorate
Experience : 2 years
Post Date : 5-6-2014

Contact Information

Description

ARC Health Resources, a division of ARC of Rockland, provides primary care, mental health and long term therapies to individuals with developmental disabilities. Our mission is to make available to individuals with developmental disabilities, circumstances and opportunities that will lead to an ever improving quality of life which will allow them to participate fully in society's mainstream.

About the Opportunity:

We are currently seeking a part-time Psychiatrist for our outpatient clinic operation. The Psychiatrist will render psychiatric, medication management & coordination of care services. ARC HealthResources carries the professional malpractice insurance for our psychiatric providers.

Requirements:

The candidate will possess an M.D. degree from an accredited school of medicine, licensure from the New York State Department of Education & active DEA registration for prescribing psychotropic medications.

The successful candidate will have experience in an outpatient setting with the population served; have an excellent 'bedside manner'; capability of communicating effectively with the individual, staff and families; possess strong computer skills to facilitate use of an EMR for documentation, e-prescribing, etc.

Strong organizational and time management skills a plus.

Specific Tasks Include:

1. Deliver quality health care through proper diagnosis and treatment of patients.
2. Provide adequate and appropriate follow up, documentation and communication with patients, family members and support staff while complying with all State and Federal regulations.
3. Assist with development of an organizational and administrative structure that assures adequacy and quality of care.
4. Adhere to and enforce all, State and Federal guidelines related to patient care and corporate compliance.

Please send your resume in confidence to [\[Click Here to Email Your Resumé\]](#) or fax (845) 267-2364.

AN EQUAL OPPORTUNITY EMPLOYER

ARC of Rockland, *Creating a Lifetime of Abilities for People with Disabilities.*

For more information on ARC of Rockland, please visit our website at www.rocklandarc.org