



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



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# eSynapse

August 2013

## 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 a synopsis of our meetings 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. **PLEASE JOIN US September 27<sup>th</sup> @ 12 Noon**. See below. Dr. Tobe has written of state and nationwide issues and Dr. Abdullah has again sent us a new article in his long line of historical articles and erudite observations on aging. Many of you likely worked with Peter Ferber until he and his wife, Gloria, "retired" to work in and near Northampton, MA. Peter passed away in July and I have reprinted his obituary below.

There are ads for jobs, offices for rent in Rockland, Depression Support Groups, research subjects at NKI, and malpractice insurance 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>.

## **LIST-SERV**

I have written in previous issues about the creation of a **list-serv** where a member can notify the entire list of a patient needing care, their requirements (location, insurance, expertise, etc) and any one who is a member of the list can reply (on or off list) if they have an opening. Ivan Goldberg, MD (of Psycho-Pharm listserv fame) graciously agreed to host this list at Psycho-pharm.com and we are going to try it out but need enough of our clinicians (private practice and clinics) to participate to make it work. This list-serv could work for other communication as well. So far 12 have indicated an interest. We don't have a "critical mass" for this list-serv to work well. If you want to be included in this listserv and keep this project alive, please email me at [drflax@aol.com](mailto:drflax@aol.com).

## **IT'S A FREE LUNCH!**

**Next Executive Council Meeting  
Il Fresco Restaurant, Orangeburg, NY  
Journal Club (15 minutes) PROMPTLY at 12 Noon  
Followed immediately by Business Agenda  
Friday, September 27<sup>th</sup>, 2013 @ 12 Noon at Il Fresco in Orangeburg, NY.**

**Please contact Dr. Russell Tobe, MD ([rtobe@NKI.RFMH.org](mailto: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](mailto: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>.

## **PRESIDENT'S COLUMN**

Russell H. Tobe, [Russell.Tobe@gmail.com](mailto:Russell.Tobe@gmail.com)

Dear West Hudson Psychiatric Society (WHPS) membership, colleagues, and friends:  
I want to remind everyone that the I-STOP implementation deadline is August 27. Procedures for navigating the registry and recommendations on documentation of compliance can be found on the NYSPA site. Though our website is still under development, it can now be visited at [westhudsonpsych.org](http://westhudsonpsych.org).

Our first DSM training session occurred on 7/10 at the Rockland Psychiatric Center to an excellent crowd of clinicians, led by Nigel Bark and myself. The event was special for two reasons beyond being a well-attended event with numerous stimulating questions and moments of levity in the context of changes that seem thoughtful scientifically but challenging in pragmatic implementation. First, it was a pleasure to meet many colleagues active in public psychiatry who often find it pragmatically challenging to attend WHPS events, particularly the Friday lunch meetings. Secondly, as an early career psychiatrist, it was frankly wonderful to see senior colleagues (whose paths may not intersect consistently in present day) reconnect during this educational forum. We are in the process of arranging further trainings and have received (since our last eSynapse publication) competitive funding to do so. Because there is much to potentially cover in future trainings, WHPS is exceedingly welcoming of recommendations from members interested in establishing additional training sessions regionally on needed DSM-5 training topics. Please contact [westhudsonpsych@gmail.com](mailto:westhudsonpsych@gmail.com) with requests.

Now that business is out of the way, I thought I would take a moment to discuss an interesting report I reviewed by chance recently about changes in how private industry may be approaching

drug development. With all of their downsides including concerns around conflicts of interest, industry-sponsored treatment development is a primary pathway to bring new treatments to our patients. However it seems industry may be restructuring their approach to drug development and others may be pulling out completely with several prominent pharmaceutical companies closing entire neuroscience divisions, as outlined in the journal *Nature* (480: 161-162, 2011). So why is this happening in the context of mental illness collectively creating the largest disease burden worldwide (*Nature*, 478, 15; 2011)? Answer: Money, of course. Not to say industry is only interested in money, but industry will certainly only assume risk in drug development if the potential financial benefits are worth the risks. So the real question is: Why or how has this risk analysis changed? There are probably several compelling arguments, of which I list three. First, significant generic competition exists in the market with most major classes of psychiatric medication. 'Me-too' pharmaceutical treatments, whereby a company develops a new medication that only differs subtly in treatment efficacy, biochemical activity, and side effect profile, are now unlikely to take with insurance panels and patients opting for one of a myriad of generic alternatives that are cheaper due to being off patent. This makes the cost of bringing a new medication to market, at approximately \$1,300,000,000 (Forbes. Feb 10, 2012), more daunting. Second, there remain few biological indicators (or markers) of illness and we often lack a pragmatic understanding of underlying neurobiology for a disorder to the point of being able to direct drug development. As such, targeted drug development is challenging, with some notable results in a select few disorders (*Annu Rev Med.* 2011 February 18; 62: 411–429). Finally, the waxing and waning aspects of many psychiatric disorders coupled to high placebo response rates which are increasing for complex and somewhat unknown reasons, make detection of differences (particularly between treatments) challenging compared to other medical fields.

So where does this leave us? There are probably several implications. First, several private pharmaceutical companies will pull out of neuroscience completely, limiting resources and energies towards helping those suffering with mental illness. Secondly, other companies will capitalize on limited competition, restructure neuroscience divisions, and focus on elucidating underlying genetic and biochemical contributions to illness towards the goal of developing treatments. Finally, the National Institutes of Health and other public entities will likely support, with heightened intensity, investigations into elucidating mechanisms for neuropsychiatric illness, specifically in identifying biological markers for both shared traits in health and those that are unique to illness.

As a clinician/scientist, I believe strongly that science is how we come to new treatment discovery and how we optimize our current treatments. Of course, individual response is not always captured in these investigations and there is certainly an inherent skill set to the way in which we provide treatments (for many of us developed over decades of experience). However, the verdict will remain as to whether these changes in industry culture (if they continue to progress) will lead to an accelerated pace of discovery or stagnation in treatment development.

## **Summary from Executive Council Meeting Friday, July 26, 2013**

**Attendees Present:** Mary Mavromatis, Raj Mehta, Nigel Bark, Mona Begum, Jim Flax, John Fogelman and Liz Burnich (plus Russ Tobe via phone).

**Journal Club** – Dr. Mary Mavromatis presented a recap of an article on Major Depressive Disorder and the “Bereavement Exclusion”.

**2014 APA/WHPS Dues** – We need to let the APA know our plans for 2014 membership dues. We reviewed the current dues and discussed what to do for 2014. Mary proposed that we keep the 2014 dues the same as 2013, Jim seconded the motion and all present unanimously agreed that the dues will stay the same for 2014.

**DSM-5 Workshop/RPC Ground Rounds** – All present agreed that the DSM-5 workshop at RPC in July was a great success. We estimate that the room was filled to “over-capacity” with approximately 60-70 attendees – standing room only. Raj would like to see us do yearly presentations at RPC. One psychiatrist spoke with both Mary and Liz about re-joining APA/WHPS. She is particularly interested in re-joining for 2014 because the APA Annual Meeting will be in NYC in 2014.

**Additional DSM-5 Trainings / possible Orange County meeting** – We were just notified by the APA that we will receive a \$2,500 grant to be put towards additional DSM-5 trainings that must be used in 2013. We would like to be able to do an event in Orange County. Liz informed everyone that she has had several conversations with the Program Coordinator) at Orange Regional Medical Center (ORMC) about ways we can become more visible in Orange County. Some ideas discussed were:

- Host Grand Rounds at ORMC – next opening is May 2014. We will discuss this further at a future meeting.
- Join ORMC Psychiatric Department for one of their upcoming monthly meetings to introduce ourselves and possibly speak briefly about DSM-5 – meetings usually take place on the 3<sup>rd</sup> Friday of each month. We discussed that some of our Executive Council would like to attend their September meeting (Sept 20?). Jim, Dom, Nigel and Russ all expressed interest in going up to ORMC. Liz will coordinate with Program Coordinator (Chris) at ORMC to see if we can join them for their September monthly meeting and offer to treat them to lunch (at their facility or at a near-by restaurant - Jim mentioned Glenmere Mansion as possible venue).
- Invite Chris (ORMC Program Coordinator), Dr. Rueda (head of Psychiatry at ORMC) and anyone else interested to attend our next Executive Council Meeting at Il Fresco – next one is scheduled for Sept 27. Liz will call to extend the invitation.
- ORMC said that they are exploring the idea of a residency program in Orange County and welcomed our input. We can discuss this with them when we meet.
- Lastly, the head of psychiatry at ORMC (Dr. Rueda) is also head of psychiatry at Catskill Regional Medical Center so we hope to be able to open the door to more psychiatrists in Sullivan County as well.
- Liz will also reach out to Dr. Jeff Newton from Orange County to see if he would like to attend one of more of the above mentioned meetings.

**Fall Educational Meeting** – Bennett Leventhal confirmed that he will speak at our Fall Educational Meeting on the topic of Autism on Friday, November 1, 2013. La Terrazza is booked and paperwork for CME will be completed shortly. We discussed whether or not we will make this meeting complimentary to members because of the APA grants that we received this year. We also discussed what to charge non-members who want to attend. It was decided that this topic will be revisited at the September Executive Council meeting where a final decision will be made. Flyers will go out after our September meeting but Liz will start mentioning the date/topic in emails to our members

now.

**Spring Educational Meeting** – We discussed possible speakers for our Spring 2014 meeting. Nigel suggested that we should see if the new Commissioner at OMH would be interested in speaking at our spring meeting. Raj agreed that having her as a speaker might draw more interest from public psychiatrists. All agreed that she would be a great speaker. Nigel will reach out to Dr. Ann Sullivan and invite her to speak at our Spring meeting.

**Depression Screening Day** – We have registered with Screening for Mental Health, Inc. to receive their Depression Screening Kit. We will hold our Depression Screening Day at the Nyack Street Fair on Sunday, October 13. Mary mentioned that she spoke with Danny Hirsch from the Depression & Bipolar Support Alliance in Rockland County and they are interested in partnering with us for our Depression Screening Event. Mary will put them in touch with the Nyack Street Fair Coordinator and will request that we get adjacent tables at this event.

**Public Forum** – will take place on Oct 16 from 7-9pm on the topic of Depression.

Flyers and brochures will go out in the beginning of September. Three great speakers:

- Dr. James Murrough – psychiatrist doing research on Ketamine at Mt. Sinai.
- Dr. Jeff Rudolph – psychologist will speak on cognitive therapy.
- Jim Rye – consumer will speak on his recovery from depression.

**Women's Group** – Dr. Mona Begum advised that the next Women's Group will take place on August 2<sup>nd</sup> at Jane Kelman's office.

**Website** – Liz passed around print-outs from our website developer of what he has done so far. The print-outs were not an accurate reflection of what a user actually views on the screen so she will ask the developer if she can forward links to the temporary site for review and input.

**Innovative Grant Proposal** – The deadline to apply for an Innovative Grant is July 31, 2013. APA awards money to district branches to put innovative ideas into action that other DBs can also use. Mary previously mentioned that we should add Depression Screening to our website through the Depression Screening Module available for purchase from Screening for Mental Health, Inc. This would be a membership benefit – if a consumer screens positive, they would then be directed to a list of member mental health providers on our website. Liz will prepare the proposal to the APA. We also discussed future innovative ideas to consider for our district branch. John suggested that we put together Peer Support and Supervision programs (similar to the Women's Group) and Jim also discussed ways to make our list serv more active. We will revisit this topic at a future date.

**eSynapse Newsletter** - Jim noted that Dr. Peter Ferber recently passed away. He was a former member of WHPS and had a practice in Rockland for many years. Jim will reach out to Dr. Ferber's wife, Gloria for her input on a notice in eSynapse beyond the obituary. We also discussed making a donation in his memory to the Alzheimer's Association. Liz will send a \$50 donation to Jim who will in turn forward it to the family.

**2014 Frank J. Menolascino Award for Psychiatric Services for persons with Intellectual and Developmental Disabilities** – it was discussed that we will nominate Mary for this award. Jim volunteered to write the endorsement letter on behalf of WHPS. Liz will work with Mary on preparing the rest of the award nomination materials. Deadline for the application is August 9.

**Next Executive Council Meeting** - Friday, September 27, 2013 at 12 noon at Il Fresco, Orangeburg, NY. Dr. Raj Mehta will present for our Journal Club.

## **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).*

### **The Rivulet**

Syed Abdullah, M.D.

I was a small rivulet that had split away from the roaring mighty river to find my way to the ocean. I had an independent mind of my own that made me determined to navigate the path through the vast desert to reach the ocean, which I knew to be my primordial abode. I was excited at the prospect of traversing the vast unknown all alone.

Initially I made some modest progress but after the passage of time, I could go no farther. But I did not give up and kept on trying hard. The grains of sand that surrounded me whispered “There is no use trying, the harder you try the deeper you will sink.”

I dismissed their banter as the counsel of the weak and renewed my effort to forge ahead. They repeated “We have witnessed many streams and creeks try to meander their way to the ocean, but they all failed.”

The call of the ocean was strong in my soul, therefore I ignored their words.

The yonder hills picked up the litany of defeat saying “How do you propose to go through my barrier which even the mighty river fails to do?”

I muttered in my heart “I will cross the mountain when I get to it.”

Then it was the turn of the high and mighty clouds to laugh at my efforts to reach the ocean. They thundered, “We have been around for eons and have watched from up high the foolish little brooks and creeks attempting the same journey you have undertaken. They all failed. So give up and accept defeat.”

I disregarded their discouraging words and continued my efforts to go farther to reach the ocean

which I knew was somewhere beyond the horizon. I was growing weaker but was still determined to achieve the goal I had set for myself when I had separated from the river.

Finally I heard the gentle breeze whisper “You cannot do it on your own. Accept the reality and surrender. Stop trying to achieve the impossible all by yourself. Submit and seek help. Give up the arrogance, but retain your quest.”

I listened attentively, wizened by my long and futile effort to forge ahead despite all odds. After mulling over the words of the wind I cried out in desperation, “What am I to do? How do I accomplish my quest to get to the sea? Please explain. Help!”

The wind proposed tenderly and ever so kindly “Let me carry you in my arms. I will take you across the desert and over the mountains with ease and in comfort. Then I will release you, drop by drop, over the ocean. You will thus reach your destination and become a part of the ocean from where you originated.”

Once I decided to surrender and submit I was relieved of the burden of my false pride. I accepted the offer of the wind as it swooped down to lovingly collect me in its wings and in no time delivered me to my destination. I lost my false identity, I was no longer a rivulet that imagined itself to be the mighty river. I merged with the ocean and assumed a much grander identity. Perhaps immortality.

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## **Peter H. Ferber, MD**

Ferber, Dr. Peter H. FLORENCE, Mass. Dr. Peter H. Ferber, a beloved and well-respected psychiatrist who practiced most recently in Northampton, Mass., passed away peacefully on Thursday, July 11, 2013 at Brigham and Women's Hospital in Boston, surrounded by loved ones. He was 81. Peter Ferber was born on April 19, 1932 in Albany, the son of the late Haskel S. Ferber and Adaline (Gertskin) Ferber. He graduated from Albany Academy, then [Harvard University](#). After his first year at [New York University](#) School of Medicine as a counselor at a summer camp for underprivileged children, he met the love of his life, Gloria Pearlman. The couple married on August 24, 1958 in the Bronx, N.Y. Dr. Ferber, a child and adolescent psychiatrist, served two years as a U.S. [Army](#) captain at Aberdeen Proving Grounds in Maryland. Then he ran a private psychiatric practice for 49 years - four years in Great Neck, N.Y.; 38 years in Rockland County, N.Y., then seven years near Northampton. He helped countless people live happier and healthier lives. Throughout his life, Dr. Ferber championed the well-being of society's most vulnerable members, serving as consulting psychiatrist or board member to several leading community mental health services. He and Gloria Ferber, a learning disabilities specialist and psychologist, co founded the Center for Learning and Development, a multidisciplinary treatment center for learning-disabled youth in New City, N.Y. Dr. Ferber pursued his avocations with great zest, including gardening, sailing, cooking and the arts. He and Gloria traveled to the Great Wall of China, Alaska, and Turkey, and other far-flung destinations, where Dr. Ferber took evocative photographs of architecture and landscapes. Later, at a lifelong learning institute, he joined or led seminars on Jane Austen, personal writing, water resources, and more. Dr. Ferber leaves behind his wife, Gloria Ferber; his son, Dan Ferber of Brookline, Mass.; his daughter, Judy Ferber, of Florence, Mass.; his son, Ben Ferber, of Arlington, Mass., and several nieces and nephews. He was predeceased by his only sibling, Caryl Conner of Washington, D.C. Memorial contributions may be made to the [Alzheimer's Association](#) , 480 Pleasant Street, Watertown, MA 02472, or online at [www.alz.org/join\\_the\\_causedonate.asp](http://www.alz.org/join_the_causedonate.asp)



NEWS FROM THE APA

July 2013



## Mark Your Calendar for Thursday, September 12<sup>th</sup> APA Physician Payment Sunshine Act **Webinar**

In general, you WILL be publicly reported if after July 31<sup>st</sup> you accept any of the following paid for directly or *indirectly* by a pharmaceutical or medical device manufacturer:

- A meal
- A book or publication
- Other things of value

While these transactions are not illegal, the Physician Payment Sunshine Act (PPSA) requires the pharmaceutical or medical device manufacturer to report any physician who receives these or other items of value after **July 31, 2013** to CMS so that CMS can post the physicians' names and their acceptance of a gift public on a CMS website. Regulations implementing the PPSA are complex, and the APA encourages members to:

- Register with CMS's Open Payments website at <https://go.cms.gov/openpayments> in early August, so they can receive timely notifications of reports in which they're mentioned, following manufacturers' submission of reports to CMS. Being registered with "Open Payments" will also allow physicians to timely dispute any erroneous information contained within manufacturers' submitted PPSA reports.
- Attend APA's webinar **Thursday, September 12, 2013 at 12:00 EST or 12:00 PST** in which APA's General Counsel and Deputy Director of Regulatory Affairs will explain the PPSA, including the law's exceptions and consequences. There will be an opportunity for Q&A as well. **Registration details will be forthcoming.**
- Ask before taking a meal, book, gift, or other thing of value whether this is a "reportable" transaction.



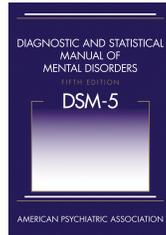
### **Advance Registration is Available for the Institute on Psychiatric Services!**

The **Institute on Psychiatric Services (IPS)** held in Philadelphia, PA is scheduled, October 10 -13, 2013 and it will offer attendees the following opportunities:

- More than 100 expertly led and clinically focused sessions,

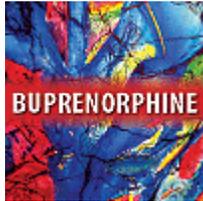
- The latest updates on CPT coding and *DSM-5*,
- Networking and exhibit hall product demonstrations and,
- The opportunity to earn CME credit (CEU accreditation pending with Drexel University)

Don't miss this remarkable learning and networking opportunity. Go [here](#) to register today!



### **NEW! DSM-5: What You Need to Know**

Missed the [DSM-5: What You Need to Know](#) Master Course at the 2013 APA Annual Meeting in San Francisco? It's not too late to take the course. [Register now](#) for the online version complete with slide handouts and DSM-5 fact sheets. Earn up to 6 *AMA PRA Category 1 CME Credits*<sup>™</sup> for Physicians or Certificate of Attendance. **NOW AVAILABLE!** For psychologists, social workers, certified counselors, addiction counselors and registered nurses - Earn 6 CE credits.



### **Buprenorphine Training**

This [course](#) is designed to provide 8-hour training for physicians to complete the training requirement for CSAT certification to prescribe buprenorphine in office-based treatment of opiate dependent patients as established by the Drug Addiction Treatment Act of 2000.

## **Valley Behavioral Medicine**

We are seeking a BC/BE part-time Psychiatrist to join our established group practice as an independent contractor. Excellent financial opportunity. Our facility is located in Goshen, Orange County, New York. Interested candidates should fax their C.V. to 845-294-3785

### **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.

# Please Join Us

Rockland Jewish Family Service and State Senator David Carlucci present a screening of **"Someday Melissa,"** a documentary about a young woman and her struggles with an eating disorder. The event will begin with remarks by Judy Avrin, Melissa's mother. Panel discussion to follow.



**Tuesday, October 22 at 6:30 PM**

SUNY Rockland Community College • Student Union Multipurpose Room

145 College Road, Suffern, NY 10901 • Suggested donation: \$5

All are welcome.

Register online:  
[www.rjfs.org/melissa](http://www.rjfs.org/melissa)



845-354-2121 • [www.rjfs.org](http://www.rjfs.org)

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Santha Vaidian 845-398-6573  
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