



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



10 Flitt Street, West Nyack, NY 10994, [westhudsonpsych@gmail.com](mailto:westhudsonpsych@gmail.com), [WestHudsonPsych.org](http://WestHudsonPsych.org)

---

# eSynapse

December 2016

## Editor's Comments

James Flax, MD, MPH, DLFAPA

In this issue of eSynapse you will find a synopsis of our Executive Council meeting so all readers will have an idea of district branch business. But, it's only a synopsis. Please **come** to a meeting to appreciate the rich discussions. There are comments by our President. Dr. Abdullah has again sent us a new article in his long line of erudite essays. Dr. Kroplick has sent a description of the annual Breaking The Silence Forum, this year on Mood Disorders. Great work Dr. Kroplick!

Dr. Bark will be starting as President of West Hudson Psychiatric Society in May so will be vacating his role as Assembly Representative. WHPS is eagerly looking for a replacement Assembly Representative. Please speak with Mona Begum if you might be interested in this interesting position.

If you missed the informative and exciting dinner meeting on genetic testing for psychiatrists, here is a link to the slides from the talk by Jay Lombard, MD, the founder of Genomind.

<https://www.dropbox.com/s/ullqriwoa37nj kz/Genomind%20presentation.pptx?dl=0>

There are ads and announcements that may interest you, including from my malpractice insurer, PRMS. 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>.

I want to underline the importance of the APA PAC. However much we may dislike it, this is the way American politics works. **More important than the amount of money contributed is the number and percentage of members who contribute.** Politicians want to know how many people feel strongly enough about the issue to give to the PAC. If you haven't contributed, please consider doing so. Even \$1 adds your name to the list and number of donors. See the form appended to the last page of eSynapse. I make a point of giving every year because it is the APA PAC that advocates for my interests as a psychiatrist better than any other organization.

---

**Executive Council Meeting**  
**Il Fresco Restaurant, Orangeburg, NY**  
**Friday, January 20<sup>th</sup>**  
**Journal Club (15 minutes) PROMPTLY at 12:30**  
**Followed immediately by Business Agenda**  
**Please contact Mona Begum, MD ([drmonabegum@gmail.com](mailto:drmonabegum@gmail.com)) if you are**  
**planning to attend.**  
**IT'S A FREE LUNCH!**

---

Please join APA's New **FREE** 'Find a Psychiatrist' Database by clicking  
<http://www.psychiatry.org/psychiatrists/search-directories-databases>.

---

## **PRESIDENT'S COLUMN – NOVEMBER 2016**

November 2016

Mona Begum, MD, DLFAPA [[drmonabegum@gmail.com](mailto:drmonabegum@gmail.com)]

I hope you have all recovered from the stressful presidential campaign jitters, no matter whether you are happy or unhappy with the outcome. Being psychiatrists, we all know that it's always best to accept the final outcome, deal with our emotions and move forward.

On a separate note, I am very happy to report that the Fall Educational Dinner Meeting was the most attended meeting in years. We had fifty-six attendees including eight residents and eight medical students. This is very exciting because being a small district branch we are always hoping to expand our membership. This kind of exposure of early career psychiatrists to our seasoned membership might be stimulating and rewarding. We hope that they will eventually become APA members and future leaders in the field of psychiatry. I am also very excited to report that we received overwhelmingly positive responses from the senior members offering their time to the mentorship program to the residents. I am positive that the mentorship experience will be as fulfilling for the mentor as the mentee.

In my last Presidential Column, I wrote about the very exciting news for our field of psychiatry is that in June, the House of Representatives voted to pass the Comprehensive Mental Health System Reform legislation. Now we are hoping the senate will act on similar legislation before the end of the year. A companion bill, the Mental Health Reform Act of 2016 [S2680] has been introduced in the Senate. I would like to again request our district branch members to contact our senators and urge them to bring the bill to the senate and vote in favor of this legislation. Members can contact the senators through APA's Advocacy Action Center on the [psychiatry.org](http://psychiatry.org) website by entering their zip code. It's even better to call your Senator's offices and talk to their staff about the bill [S2680]. Phone numbers can be accessed in the APA Action Advocacy Center. (editor's note – this was just passed by the US Senate and signed by President Obama)

In one of my past columns, I wrote about the tragedy our nation faces with gun violence. On the contrary, I would like to report how hopeful I felt when I read an article in October Psychiatry News titled "Group Unveils Strategy for Reducing Suicide Rate by 20 Percent by 2025." According to this article written by Aaron Levin, "The American Foundation for Suicide Prevention [AFSP] wants to take the most promising interventions and programs and apply them widely to save the most lives.

Every year 42,000 people die by suicide in the USA and half of them use firearms. The AFSP will ally with the National Shooting Sports Foundation, a firearm trade group, to work with gun retailers, shooting ranges and gun owners. The partnership will develop educational programs and materials to inform the firearm community about suicide prevention. Screening this population may help identify those who are suffering in silence before they harm themselves.

A second prevention strategy aims to identify people at risk of suicide who visit large health care centers but remain undetected. AFSP will provide training and information to health care systems to help health care workers detect patients at risk of suicide, provide short term interventions, and connect at-risk patients with better long term follow up care. A third target of project 2025's agenda is emergency departments. About 39 percent of people who die by suicide have been seen in an emergency department but presented with non-psychiatric and non-suicidal symptoms. A better job can be done by short-term interventions as well as better transition and follow up care.

AFSP sees itself as a catalyst and work with other collaborators like professional associations, accrediting bodies and others. Everything we have done so far has been on individual risk factors. Now we need more powerful ways to identify patterns by being aggressive in our thinking and combining modern analytic tools and the scientific data we have collected."

As always, I welcome your ideas and exchanges. Have a wonderful holiday season.

Our next meeting is on January 20<sup>th</sup> 2017 at 12: 30 pm in Il Fresco Restaurant in Orangeburg.

---

## **PUBLIC FORUM 2016**

# **BREAKING THE SILENCE - THE UPS AND DOWNS OF MOOD DISORDERS**

Lois Kroplick, DO, Founder of the Mental Health Coalition

This years' public forum held on October 5, 2016 at RCC was a great success! Over 400 people were present to witness one of the Coalition's best forums.

The Mental Health Coalition of Rockland County in collaboration with NAMI Rockland, R-DBSA, Rockland County Department of Mental Health and Rockland Community College sponsored this program for the 21th year.

The audience was composed of psychology and nursing students from all local colleges in addition to consumers, family members and mental health professionals. What is unique about the Public Forum is that the whole mental health community in Rockland County along with college students and general public come together to hear inspirational stories of hope and recovery.

Dr. Joseph Goldberg, Clinical Professor of Psychiatry, Icahn School of Medicine at Mt. Sinai in NYC and a leading expert on mood disorders addressed the symptoms, diagnosis and treatment approaches. His candid and human approach made him interesting and fun to listen to.

A special thank you to Leslie and Leonard Davis, who courageously told their personal stories.

Leslie Davis, is a former management professional who transformed her personal struggle with a mood disorder into a major movement with the founding of the Rockland County Depression and Bipolar Disorder Alliance (DBSA) in 2006. She served as President of RC-DBSA for 7 years and was recognized by the National DBSA in 2014 with the Outstanding Leadership Award. In addition, she served as Co-President of the Mental Health Coalition of Rockland County for 3 years. Leslie spoke eloquently about her struggles and triumphs in her journey with depression. She has inspired and helped hundreds of people by starting the DBSA group in Rockland County. Her story gives hope to all those who are still suffering from depression.

Leonard Davis' presentation highlighted the struggles that many family members go through. Leonard is a chemist by profession, who also served as a support group leader, meeting facilitator and Co-President of RC-DBSA. He has played a vital role in his wife's journey to recovery.

This was the first time the Coalition had a husband and wife team speak at the Forum. For both Leslie and Leonard, a big part of their recovery was starting and actively participating in DBSA.

This was the first year that we had the privilege of having psychiatric residents from Orange Regional Hospital volunteer at the Public Forum.

A special thank you to the Public Forum committee who worked all summer to organize this great event.

Thank you to everyone who helped to make this year's Public Forum a great success!

The message of the Public Forum is that mental illnesses are medical illnesses, like diabetes and heart disease. One in four adults in the USA will experience a mental illness during their life. The good news is that treatment does work and recovery is possible. There is always hope.

The next Mental Health Coalition meeting is 12pm-1pm January 5, 2016 at Robert Yeager Health Center Building F conference room. We welcome new members! Please call me (845) 641-1770 if you have any questions!





---

## Summary from Executive Council Meeting Friday, November 18, 2016 Il Fresco, Orangeburg, NY

**Attendees Present:** Mona Begum, M.D., Nigel Bark, M.D., Lois Kroplick, D.O., Dominic Ferro, M.D., James Flax, M.D., Russell Tobe, M.D., Scott Wiener, M.D., Eric Jarmon, D.O., Christopher Walfall, D.O and Liz Burnich.

### **Journal Club: (Scott Wiener, M.D.)**

- Dr. Scott Wiener, as a follow up to our Fall Educational Dinner Meeting, gave a passionate and informative lecture on genetic testing and treatment of patients.
- Genetics is the future of all medicine and will greatly impact the future of mental health treatment in the years to come.

### **Fall 2016 Educational Meeting Recap:**

- Dr. Jay Lombard from Genomind spoke on the subject of mental health and genetic testing on Friday, October 14, 2016 at the Orange Regional Medical Center Conference Center.
- Our first educational meeting in Orange County in many years was very well attended with 56 attendees including 8 residents and 8 medical students.
- The feedback on the evaluations was positive.
- We look forward to doing more meetings in Orange County.

### **Future Educational Meetings:**

- Raj asked former APA President Dr. Renee Binder if she would be willing to speak at our Spring 2017 Educational Meeting. Her schedule is still being finalized for 2017 – she should be able to let us know by the end of the year.
- If Dr. Binder is unable, Raj will ask Dr. Jeff Lieberman, another former APA President or Dr. Katherine Shear, a bereavement expert to be our speaker.

### **Orange Regional Medical Center Update: (Eric Jarmon, D.O.)**

- ORMC was recently visited by the AOA for their Residency Program accreditation review and it went well.
- Is hoping to get confirmation in February for ACGME accreditation.
- Just completed interviewing over 190 candidates for the 4 psychiatric residents slots for 2017.
- Planning their 1<sup>st</sup> Annual Fall Retreat for West Point football game on Saturday, November 19. Hope to continue to hold a fall team bonding activity on an annual basis moving forward.

### **WHPS Psychiatry Mentoring Program:**

- Liz is still trying to recruit more Orange County members to serve as mentors for our Residency Mentoring Program with ORMC.

### **Committee Updates: (Mona Begun, M.D. & Lois Kroplick, D.O.)**

- Dr. Mona Begun advised that the next Women's Meeting will take place on December 9 at her office.
- Dr. Lois Kroplick advised that the Coalition is brainstorming ideas for next years Public Forum.
  - Autism was suggested as one of the topics.
  - Lois would appreciate recommendations of other topics and speakers as they start to plan for next year's meeting.
- Lois also advised that the next Coalition meeting is schedule for January 5 at 12 noon, Building F at the Robert Yeager Health Center.

### **APA/NYSPA Updates: (Nigel Bark, M.D.)**

- Dr. Nigel Bark attended the APA Assembly meeting this fall in DC.
  - APA finances are strong and membership numbers are up for the 1<sup>st</sup> time in years under the leadership of Saul Levin.
  - The APA will also be moving to a new building from Arlington, VA into DC in the coming year.
- Nigel advised that the APA is gearing up to work with Trump and is recommending psychiatrists for the numerous executive appointments in government as the new administration is being formed.
- Nigel also advised that the APA is continuing to work with Congress on supporting mental health legislation.
  - The APA is urging all psychiatrists to contact their members of Congress to express support for mental health reform via Twitter, email or phone.
  - If you want more information about contacting your local government officials, please email Liz Burnich at [westhudsonpsych@gmail.com](mailto:westhudsonpsych@gmail.com).
- Nigel advised that both the APA and NYSPA urge all members to consider PAC donations at both the state and federal level.
- Nigel also attended the Fall Area 2 meeting and attended the Public Psychiatry Committee meeting and Lois attended the Public Affairs Committee meeting.
  - All members are welcome to attend the bi-annual NYSPA meetings as well as the numerous committee meetings.
- Nigel reminds everyone that Seth Stein at NYSPA will help members with parity issues you may have with your patients.

- NYSPA will also be holding educational sessions on MACRA – keep an eye out for emails with information on registering for the webinars.

### **Upcoming Events:**

- Nigel advised that on Saturdays at 9:30am on Channel 21, Dr. Jeffrey Borenstein presents a television series called Healthy Minds for anyone interested in tuning in on Saturday mornings.
- At the conclusion of the APA Annual meeting in May 2017, Nigel will take on the role of President of West Hudson Psychiatric Society and will be vacating the role of our Assembly Representative. He would like West Hudson members to consider taking on this role and he would be happy to answer any questions about what is required to fill this position.

### **Miscellaneous Business Items:**

- We ran out of time to discuss the West Hudson logo and website. Liz will work with Jim and present some recommendations to the Executive Council via email.
- We ran out of time to discuss the PRMS Partnership Agreement. Liz will email the proposal to the Executive Council for review and discussion.

**Next Executive Council Meeting** - Friday, January 20, 2016 at 12:30pm at Il Fresco, Orangeburg, NY. Liz will invite Dr. Mark Scher, the Director of Psychiatry at Nyack Hospital to be our guest presenter if he is available.

## **CORRESPONDENCE**

*(Editors note: I vowed when I started this publication to publish anything sent to me by our members. Please do so.)*

---

### **The Trail Of The “Tainted” Genes**

Syed Abdullah, M.D.

The study of the function and behavior of genes constitutes the science of genetics. Genetics over the millennia has had a checkered history. For at least 10,000 years humans had noted that characteristic traits of animals, plants and humans were transmitted to their offspring. The Greeks, around the 4<sup>th</sup> century BC, postulated how this transmission of traits took place from generation to generation. This theory, called pangenesis, proposed that there were minute particles, named gemmules, that resided in the organs of the body and received the imprints of any acquired changes that occurred during the life time of the individual. These gemmules then moved into the reproductive organs of the person, from where they were passed on to the next generation. For example, if a man developed his muscles by exercise and diet, these invisible gemmules would form in his muscles. Later these would find their way into the reproductive organs of the man and would be passed on to his offspring! The most notable proponent of this theory was Aristotle himself; and when he spoke, Europeans listened. The result was that this theory of pangenesis persisted right until the middle of the 19<sup>th</sup> century. In 1809 Jean-Baptiste Lamarck formalized the theory of acquired traits being passed on to the next generation. Stated simply, Lamarck proposed that the alterations in the environment caused changes in the organisms that were passed on to subsequent generations as inherited traits. This remained the

dominant theory of heredity for many decades.

An unexpected supporter of this theory was the British naturalist Charles Robert Darwin. Despite this mistaken belief, Darwin had an enormous impact on man's understanding of heredity. At about the middle of the 19<sup>th</sup> century Darwin and another British naturalist, Alfred Wallace, independently formulated the theory of natural selection. Darwin's publication *On the Origin Of Species* (1859) was enormously popular and controversial, although the mystery of how traits were transferred or new ones acquired remained an enigma.

At about the time that Darwin was riding high in popularity, a little known man, Gregor Mendel, a reclusive Austrian monk, was conducting a series of experiments and observations on pea plants during the 1850s and 1860s. Mendel published his findings in 1866 but the scientific community, engrossed in the Darwinian phenomenon, almost totally ignored his momentous work. Decades later, in the year 1900, Dutch botanist Hugo Marie deVries, German botanist Karel Correns, and Austrian botanist Erich Tschermak independently rediscovered the obscure monk's work and verified his conclusions. Mendelian laws of inheritance, despite their 'low- tech' origins, have survived, with some modifications, and were reinforced by later findings about the structure and function of the cells. The modern science of genetics is heavily indebted to the Mendelian observations and findings.

Mendel had proposed that traits are transmitted in discrete units. For example, the smoothness of the peas and the height of the plants that bore them were passed on to the next generation separately. He is credited with defining the terms "dominant" and "recessive" traits. He also stated, based on his meticulous observations, that one trait did not appear to influence another and occurred independently of one another. He laid the foundation of the experimental method in genetics.

Sir Francis Galton, British scientist, mathematician, and a cousin of Darwin was an advocate of applying the findings of Darwin for the improvement of the human race. He coined the word eugenics in 1883, to designate the 'scientific' methods for increasing the proportion of persons of superior genetic endowments. This was to be achieved through selective mating of individuals with desirable characteristics. One of his propositions was that mental and physical features were equally inherited. In his book *Hereditary Genius* (1869) he proposed that a system of arranged marriages between men of distinction and women of wealth, would eventually result in a gifted race. Galton's *Inquiries into Human Faculty* (1883), consisting of about 40 essays written between 1869 and 1883, summarizes his views with clarity and brevity. He remained an advocate of his brand of eugenics until his death in 1911. Under the terms of his will a eugenics chair was established at the University of London.

The American Eugenics Society, founded in 1926, supported the proposition that the wealth and social position of the upper classes were an indication of their superior genetic endowment. They advocated restrictions on immigration from nations with 'inferior' gene stocks. American eugenicists argued for the sterilization of insane, retarded, and epileptic individuals to prevent the perpetuation of their 'tainted' genes in the general population. As a result of their efforts and campaign on pseudo-scientific evidence, sterilization laws were passed in more than half of the states in the USA. These laws remained on the books in some states until as recently as the 70s.

On January 30<sup>th</sup> 1933 Adolph Hitler became the Chancellor of the 3<sup>rd</sup> Reich. Dr. Ernst Rudin, professor of Psychiatry and head of the division of genetic studies at the Kaiser Wilhelm Institute of Psychiatric Research, celebrated the occasion in these words: "...it is thanks to him (Hitler) that the dream we have cherished for more than 30 years of seeing racial hygiene converted into action has become reality". Events moved very fast to make this 'dream' unfold into the ghastly nightmare of the years to come. On July 14, 1933 Hitler put into law the Nazi Act for Averting Descendants Afflicted

with Hereditary Disease. This was based on Harry H. Laughlin's US Model Eugenical Sterilization Law of 1922. Laughlin received an honorary degree, for his contribution to eugenics, from a German University, which was a major Nazi research center for race purification.

Harry H. Laughlin and Frederick Osborn played a leading role in the American eugenics movement and openly supported the Nazi racial policies as 'humane and scientific'. They founded the Pioneer Fund, the primary benefactor of which was textile magnate Wickliffe Draper. The Fund's purposes included encouraging, among other things, increased reproduction on the part of "white persons who settled in the original thirteen colonies" and research on 'race betterment'.

Dr. Fritz Lenz, the Nazi race hygienist at the University of Munich expressed similar opinions in 1933 in these words "As things are now, it is only a minority of our fellow citizens who are so endowed that their unrestricted procreation is good for the race". He also recommended sterilization of people with only slight symptoms of mental disease. His friend and associate, Martin Borman, stated in a directive that the person's moral and political behavior be taken into account when determining whether sterilization should take place.

In 1935 the SS Race and Settlement Bureau was given the authority to control the marriages of the entire German civilian population. Cohabitation of Aryans and Non-Aryans was banned and made punishable by law. The children born of such unions were to be sterilized to stem the tide of 'tainted' genes from pervading the mainstream of German society. Abortion was to be performed, voluntarily or involuntarily, if pregnancy were detected. Amongst the candidates for sterilization were included those suffering from: Congenital Feeble-mindedness, Schizophrenia, Manic Depressive illness, Epilepsy, Hereditary blindness, Hereditary deafness, Gross bodily malformation, Hereditary alcoholism, Parkinsonism etc.

Close to the middle of the 20<sup>th</sup> century some Soviet scientists, complying with the political thinking of the state, revived a modified version of the Lamarckian theory. Trofim Denisovich Lysenko was their leading geneticist who proposed that acquired traits can become hereditary. For example, the development of intellectual and ethical excellence in the Soviet children would lead to the emergence, in future generations, of superior humans endowed with these acquired traits. This was in accordance with Lenin's dream of the creation of the 'Soviet man' as an exemplary human being. Under Stalin, Lysenko became director of the powerful Institute of Genetics of the Academy of Agricultural Sciences of the USSR. By 1948 education and research in standard genetics were virtually outlawed in the USSR. Some dissenting geneticists were arrested and died of undisclosed causes. Though highly acclaimed and honored for being 'politically correct' in his country, Lysenko's findings were never duplicated elsewhere. His genetic recommendations resulted in disastrous crop failures in the USSR and ultimately he was totally discredited in the national and international scientific circles.

While these political exploitations of the science of genetics, based on insufficient or erroneous information, were taking place, serious investigators were busy with their research to unravel the mysteries of the mechanism of sex linkages, gene location and transportation within the chromosomes. American geneticists Harriet Creighton and Barbara McClintock established the phenomenon of gene exchanges between chromosomes. McClintock established that large gene segments moved within chromosome as well as between chromosomes. Her research in these aspects of genetic studies won her the Noble Prize in 1983.

The pivotal role of DNA as the factor in genetic transformation was established in 1944 by American researchers Oswald Avery, Colin MacLeod, and Maclyn McCarty. They demonstrated that DNA could transform harmless bacteria into deadly killers. Most scientists at the time had theorized that the

transforming factor was a protein.

American geneticists Alfred Hershey and Martha Chase showed that when a virus entered a bacteria, it was the DNA of the virus, and not its protein, that triggered the viral replication within the bacteria. This experiment, duplicated by many others, established DNA as the molecule of heredity, but many questions about the structure and mechanisms of DNA remained unanswered. In the 1950s X-ray diffraction was used increasingly to define the structure of this elusive molecule. British physical chemist Rosalind Franklin and British biophysicist Maurice Wilkins used X-ray diffraction to obtain accurate DNA images.

The exact three-dimensional structure of DNA, however, awaited the groundbreaking work of American biochemist James Watson and British biophysicist Francis Crick. In 1953 the two proposed a Double Helix model formed by two chains, each composed of alternating sugar and phosphate groups, connected by nitrogenous bases. Watson and Crick, along with Wilkins, were awarded the Nobel Prize in 1962. Unfortunately Rosalind Franklin died young, before the Nobel Prize was awarded. After the unraveling of the structure and replication mechanism of DNA, many thought that the major discoveries of genetic research were over. But during the study of gene function, powerful new molecular techniques were developed, which resulted in unprecedented speed and precision in gene manipulation. In the 1960s and 70s distinct fragments of DNA were isolated and enzymes were identified that could act as molecular scissors to cut DNA. In the 70s and 80s were developed the techniques of determining the nucleotide sequence of the genetic material. The new techniques transformed DNA sequencing into a speedy, routine laboratory procedure. Many of these techniques have been put into practical use in the fields of genetic engineering and the fingerprinting of an individual's unique DNA pattern. This has branched out in such fields as crime detection, gene therapy (still in its infancy), and alteration of defective genes into healthy ones, treatments for hitherto incurable conditions like Alzheimer's Disease, Diabetes, Tay- Sachs' disease, Parkinsonism and some Mental Illnesses.

Modern genetics is poised to radically change the practice of medicine and biotechnology. It is a far cry from the era when the powerful political forces were passing laws to eliminate those who were supposed to harbor 'tainted' genes, to the brave new world of those who are devising ways of fixing the defective genes. The decoding of the human genome, the methods of DNA cloning, and stem cell research are the frontiers of modern bio-medical research. These are such powerful tools that they can not be left in the hands of the researchers, without some degree of watchdog governmental control and accountability. This is especially true about the application of genetic interventions in agriculture and cattle breeding, thus jeopardizing the genetic diversity in the interest of the financial gains of the giant food producers. The dangers of run-away mutated forms of virulent viruses is a real one.

## News & Notes for APA District Branches/State Associations December 2016

*This monthly newsletter is prepared by APA's Communications Team as a benefit for our District Branches and State Associations. Feel free to share the articles below in your own newsletter. If you have any questions, please contact James Carty at [jcarty@psych.org](mailto:jcarty@psych.org) or 703-907-8693. Want to keep up with APA in between newsletters? Connect with us on [Facebook](#), [Twitter](#) (@APAPsychiatric) and [LinkedIn](#) for the latest news and updates.*

### What's New at the APA

- APA announced their new Mental Health Registry PsychPRO. PsychPRO will help psychiatrists deliver high quality care and meet new MACRA quality reporting requirements by the Centers for Medicare and Medicaid Services, (CMS). It will also serve to spur future medical research and the development of better treatment and prevention methods for mental illness. You can read more about PsychPRO [here](#).
- APA applauded a report from Surgeon General Vivek Murthy about the public health crisis of drug and alcohol abuse and calls for collected coordinated action to address the problems. APA is an active participant in TurnTheTideRX, the Surgeon General's campaign to address the prescription opioid epidemic, and pledged to continue collaborative efforts to combat the crisis. You can read more about the Surgeon General's report [here](#).

**Mark Your Calendar** • World AIDS Day (Dec 1)

### December Course of the Month

Each month, members have access to an online course on a trending topic. The December course is *Early Detection and Intervention for Adolescents with Early Psychosis*, Steven Adelsheim, M.D., Stanford University School of Medicine. This course discusses U.S. and international efforts in early intervention for young people with early psychosis and focuses on some of the critical components necessary to build on the existing models of early psychosis. [Access the course here](#).

### **The 100% Club deadline has been extended!**

Residency-training programs now have until **December 31, 2016** to achieve 100% Club status. **We need your help** recruiting residents and fellows at your residency training programs. Please encourage your new residents to join online at [www.psychiatry.org/join](http://www.psychiatry.org/join), and remind current members to pay their dues online at [www.psychiatry.org/paydues](http://www.psychiatry.org/paydues). Email [cvanwagner@psych.org](mailto:cvanwagner@psych.org) to request your residency program's membership status.

Resident Benefits	Program Director Benefits	100% Community Benefits
SET for Success – featuring more than 60 free courses on the APA Learning Center	Access to SET for Success courses (including free CME credit)	Recognition in <i>Psychiatric News</i>

A special <b>practice resource gift</b>	A special <b>practice resource gift</b>	<b>Recognition Certificate</b> for the Residency Program
Priority access to <b>new learning formats on the APA Learning Center</b>	<b>Welcome kits</b> for your incoming chief residents (includes a Handbook of Career Development valued at \$69)	Opportunity to <b>showcase</b> program highlights in <i>Psychiatric News</i>
Priority access to moderator positions at the <b>Annual Meeting and IPS: The Mental Health Services Conference (includes reimbursement for meeting registration)</b>	<b>Exclusive to Platinum Level:</b> On-site Grand Rounds with an APA leader/expert	<b>Access to opportunities and events</b> to engage with other programs

### Now Accepting Applications for APA/APAF Fellowships

APA/APAF Fellowships allow residents and fellows to expand their skills and explore interests while completing their regular training program. Many come with funding for projects or research and provide an excellent opportunity to connect with colleagues from across the country. Applications are due January 30, 2017. [Explore the fellowships today.](#)

### Time to Renew for 2017!

Renewing your APA Membership is a great way to maintain your commitment to psychiatry, and reap the benefits of available to APA members. Follow this link to [Renew Your Membership.](#)

**ANNONCEMENTS AND ADS CONTINUED BELOW**

# ONE POLICY. ONE DECISION.



## WE PROTECT YOU

PRMS' comprehensive program is designed to adapt to the changing stages of your career. We protect you with a robust policy, outstanding customer service and a team of experts who truly understand psychiatric risk.



**JACKIE PALUMBO**  
CHIEF UNDERWRITING OFFICER

Full-career protection is just one component of our comprehensive professional liability program.

When selecting a partner to protect you and your practice, consider the program that puts psychiatrists first. Contact us today.

More than an insurance policy

(800) 245-3333 | [PsychProgram.com/Dedicated](http://PsychProgram.com/Dedicated) | [TheProgram@prms.com](mailto:TheProgram@prms.com)



Actual terms, coverages, conditions and exclusions may vary by state. Unlimited consent to settle does not extend to sexual misconduct.

Insurance coverage provided by Fair American Insurance and Reinsurance Company (NAIC 35157). FAIRCO is an authorized carrier in California, ID number 3175-7, [www.fairco.com](http://www.fairco.com)

In California, d/b/a Transatlantic Professional Risk Management and Insurance Services.

**PRIVATE PRACTICE: FEES** Here is a link to a legal public site where you can look up fees for a given zip code. <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](mailto:ejaffe@psych.org) Practice Management HelpLine (800-343-4671) - email at [hsf@psych.org](mailto: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 in an emergency. It usually works.

[http://www.cms.gov/Medicare/Medicare-Fee-for-Service-Payment/sharedsavingsprogram/Regional\\_Contacts.html](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.

**PARITY ENFORCEMENT FROM NYSPA:** If you missed the NYSPA Webinar on parity I strongly suggest you listen to it; accessible on the NYSPA website. Seth Stein and Rachel Fernbach have presented a packet of wonderful new tools that potentially will allow us to better manage and respond aggressively to insurance company efforts to restrict care.

**PLEASE MAKE EVERY EFFORT TO RETURN PHONE CALLS. EVEN IF YOU HAVE NO ROOM IN YOUR SCHEDULE FOR NEW PATIENTS:** I have frequently heard complaints about patients leaving voice mails with psychiatrist's offices and never getting a return phone call. If true, this reflects very poorly on our profession.

---

## ***CHOICES***

*Laura N. Antar, M.D., Ph.D., and Carol A. Paras, M.D., are happy to announce their collaborative venture, an eating disorders program, Choices. This program for adults will focus on compulsive eating disorders, including food addiction, binge eating disorders and emotional eating issues. Referrals for our initial group are now being accepted. Typical patients may be those who have failed in more conventional diet programs, have lost weight only to regain it many times, or have not succeeded in individual therapy or nutritional counseling.*

*Additionally, this group is appropriate treatment for those hoping to avoid bariatric surgery, as well as those who are post- surgery needing guidance to succeed in reaching and maintaining their goals.*

*Before group entry, a comprehensive evaluation will be completed with each patient. Those patients not appropriate for group therapy will be referred to individual treatment with Drs. Antar or Paras, or elsewhere.*

*Dr. Paras completed a fellowship at the Cornell-Westchester Hospital- Eating Disorders Unit, under the guidance of Dr. Katherine Halmi. Dr. Paras has been treating eating disorder patients for over 30 years.*

*Dr. Antar completed her Ph.D. in neurosciences and a research fellowship with Dr. Eric Hollander in his Obsessive - Compulsive Spectrum Program. She additionally served as Co-Editor for the Impulse Control Disorders Section of Gabbard's Treatment of Psychiatric Disorders- 5th Edition.*

*Their collaboration will integrate proven psychotherapeutic modalities to achieve success for these difficult psychological and medical problems.*

*We welcome your inquiries and referrals.:*

*Dr. Antar : 845-367-4800*

*Dr. Paras: 845-735-4700*

*Patients can call Maria Larino, Office Manager at 845-367-4800*

---

## **Refuah Health Center**

Seeking Board- certified or Board-eligible psychiatrist for full- or part-time position at Federally Qualified Health Center in Rockland County, NY. NYS license required.  
Experience preferred; Flexible hours and competitive salary offered.  
Please contact M. Pagliocca, Human Resources at (845) 354- 9300.

---

## **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 Jawonio, inc. 775 N Main St. New Hempstead. 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.

NEW YORK STATE PSYCHIATRIC POLITICAL ACTION COMMITTEE, INC.  
400 GARDEN CITY PLAZA, SUITE 202  
GARDEN CITY, NEW YORK 11530

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Tel. No.: \_\_\_\_\_

I hereby join as a member of the NYSP-PAC for 2016 and enclose my payment in the following amount:

_____	General Member	\$100.00
_____	Contributing Member	\$150.00
_____	Supporting Member	\$200.00
_____	Sustaining Member	\$250.00 or more
_____	Other amount	

Circle one:

VISA      MASTERCARD      AMEX      DISCOVER

I hereby authorize the charging of my credit card.

Account #: \_\_\_\_\_

Three or four digit number following account number that appears on signature bar on reverse side of credit card:

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Please make checks payable to NYSP-PAC.**

Checks can be mailed to:  
NYS-PAC, 400 Garden City Plaza, Ste. 202, Garden City, NY 11530