



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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eSynapse

April 2016

Editor's Comments

James Flax, MD, MPH, DLFAPA

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

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 below.

In this issue 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. Please **come** to a meeting to appreciate the rich discussions. Our president has written about the need for psychiatrists at state hospitals. Dr. Paras is encouraging participation in the Out-Of-Network-Preservation-Committee. There is a report from the APA. Dr. Abdullah has again sent us a new article in his long line of erudite essays. Keep 'em comin', Dr. Abdullah. There is another anonymous poem. 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>.

Executive Council Meeting
Il Fresco Restaurant, Orangeburg, NY
Friday, April 22

Journal Club (15 minutes) PROMPTLY at 12:30 Followed immediately
by Business Agenda

Please contact Mona Begum, MD (drmonabegum@gmail.com) if you are
planning to attend.

IT'S A FREE LUNCH!

CORRESPONDENCE

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

Thomas Merton : On Learning To Love

Syed Abdullah, M.D.

Thomas Merton was no ordinary monk. He belonged to the Trappist order and lived in a hermitage outside the monastery of Our Lady of Gethsemani in Kentucky. He slept on a bed of straw and imposed on himself the strictest vow of poverty, solitude, and celibacy. Despite this rigorous life style he remained involved with the social issues of the time - including racial conflicts, the war in Vietnam, and the Arab-Israel conflict. A prolific writer, with a degree in journalism from Columbia University, he corresponded with many high profile persons belonging to different religious traditions world-wide. His thirst for knowing the styles and substance of a variety of religions and spiritual orders was insatiable. His interest was not in the theological controversies but in the core concepts and meditative practices in the quest of knowing God.

He studied Tibetan Tantra, Hindu Yoga, Zen, Taoism, Native American Shamanism, and Sufism. He developed sufficient expertise to give fellow monks discourses on these subjects and later wrote treatises on most of them, which are now available in a series of books. He also left behind many tapes of his talks and extensive entries in his diaries, some of which are now in print. Despite his vast expertise on the religions of the world, there was one aspect of his life that remained unfulfilled and about which he made entrees in his diaries. In January of 1965 he agonized about the lack of love that had been typical of his relations with women throughout adolescence and adulthood.

He became aware that the Sufis regarded the experience of painful, even unrequited human love, as particularly important for the heart-opening necessary to receive Divine Love. This was deemed necessary to transport the devotee to Divine union. Merton had been deficient in his realization of human love. Soon an opportunity arose to rectify this situation.

In March 1966 he was hospitalized in Louisville for back surgery. While he was in a rehabilitation program in the hospital a student nurse was assigned to him. To Merton she appeared as a beatific vision. She had black hair, pale complexion and striking, sharp features. She reminded him of a vision from the book of Proverbs in the Bible. Merton wrote that he felt “overwhelmingly the freshness, the youth, the wonder, the truth of her, her complete reality, more real than any other, yet unobtainable”.

Merton’s love manifestation represented oriental and ancient wisdom and gnosis. The time was ripe for this beloved to be manifested in living human form, so that his heart be torn open for receiving spiritual eros.

The nurse's name was Margie, she was well educated and highly efficient, besides being spiritually inclined. She had read Merton's book *The sign of Jonah*, and was therefore aware who her patient was. When she left for a weekend away, Merton was overcome with loneliness, lying awake nights tortured by the realization that they were in love and he did not know how he could live without her. He had discovered his true self in authentic love. She was one person with whom he could be himself without a facade.

In the words of one of his biographers, Forest, "For the first time in his remembered life, Merton felt he was wholly known not only by God but by another person. This is God's own love He makes in us..."

After a particularly blissful day spent with Margie, Merton wrote:

We rock and swim
In love's wordless pain. Halfway between Heaven and hell
Zion and the green river
We rock together
In that lovely desperate grip.

After much agonizing, he eventually resolved to continue on his celibate path. He wrote her a letter stating his monastic intention unequivocally, with the concomitant need to break off the relationship.

He envisioned her reading it in despair, and himself felt howls of pain "rending their way up out of the very ground of my being".

Forest concludes "In the end, Merton renewed his commitment to remain a monk and to persevere as a hermit, the most difficult choice of his life. His love for Margie had not ended. In his soul, and probably hers, there had been a kind of wedding. But the way had been prepared for a higher realization. "There is something deep, deep down inside us, darling, that tells us to let go completely," he had written in a letter to Margie that summer.... "Not just the letting go when the dress drops to the floor and bodies press together with nothing between, the far more thrilling surrender when our very being surrenders itself to the nakedness of love and to a union where there is no veil of illusion between us."

The veil of illusion that had been rent between two sincere and spiritually minded lovers prepared the way for the falling away of the very veil of illusion that stood between the devotee and the Divine, an event that had to occur in Asia in a process which flowed between the encounter with a Tibetan guru in the Himalayas, resonating with Merton's time with Sidi Abdesalam, the Sufi saint who had visited him in his hermitage, and his mysterious death by electrocution in Bangkok in 1968.

Another monk, Costello, writes about Merton's experience of love for Margie "An astonishing opening into a facet of God's love that he had never fully realized before. To be infatuated even for a little while is a true expression of a gift of God's love in an intense way. All of a sudden there was a richness in his experience of God's love that had not been there before."

Poetry

Anonymous

So I'm dying. Nu? I've been dying for the past two years.
Just enough time to face the destruction of dreams and the creation of tears
I don't want anyone to get close to me, yet I crave the attention of strangers and loves
I don't want to be held, yet handled with the proverbial kid gloves

The pain inside is so great another human being can't possibly imagine
searing, stabbing, scintillating, choraling under the breath of a bad seed dragon
And I chant while I can still breathe and cum, 18 more months, oh, please goddammit!
knowing very well that what will be will be; I'm just chasing my tail like a springtime
rabbit

So it's cancer again, third or 4th or 5th time. I've lost count as well as confidence.
I cannot dream this away anymore than I could before, just can't build that protective
fence
My insides are running black gelatinous poison through the very center of me
This time I understand the consequences though, the choice is not mine to let go and be
free

PRESIDENT'S COLUMN

Mona Begum, MD, DFAPA [drmonabegum@gmail.com]

Dear West Hudson Psychiatric Society Members, Colleagues and Friends:

During our March Executive Council [EC] Meeting, we had the pleasure of welcoming three first-year psychiatry residents along with their Residency Training Director, Dr. Ulrich Vieux and the newly hired Administrative Coordinator from the Orange Regional Medical Center [ORMC] in Orange County, NY. It was very exciting for us to hear the aspirations of these early career psychiatrists when they are trying to formulate in their mind what kind of fellowship they would like to enter at the completion of their residency. Our experienced and senior members had several suggestions, like, child and adolescent psychiatry, geriatric psychiatry, community psychiatry etc. The residents are all APA members and are encouraged to continue Membership in the future for many professional, career and personal growth opportunities. They will be our future leaders in the field of psychiatry and advocate for our mentally ill population. To improve the participation of our members in the district branch from the Orange, Sullivan and other Counties we decided to have the fall educational meeting in Orange County hosted by ORMC. I hope our Rockland members will travel a little distance to meet and network with our colleagues from elsewhere.

Out of several topics discussed in our March EC meeting I would like to write about one particular topic, which is very near, and dear to me. That is regarding "low salary leading to severe psychiatrist shortage in Rockland Psychiatric Center [RPC]." You might wonder why this topic is very dear to me. Because I worked there for thirty years, spent my whole professional career in this state hospital, treating the severely and persistently mentally ill population.

A letter sent by the Medical Staff Organization [MSO] of RPC reports that this shortage occurred within the past year due to several psychiatrists leaving RPC for other jobs where the pay difference is substantial.

This topic was discussed in the Public Psychiatry Committee Meeting of the New York State Psychiatric Association [NYSPA] held on March 12, 2016. Other related agenda items were excessive and abusive justice center investigations, increased pressure of admission from the prisons and courts, ever increasing form filling and training requirements, lack of well supervised residences. Due to conflict with our EC meeting, our EC members were unable to participate in the conference call on March 18 between RPC- MSO and Seth Stein, Esq, [Executive Director, NYSPA] to discuss this urgent issue facing RPC.

Looking into the larger picture, this critical shortage is connected to how the funding for mental health services are handled by the state and the national trend of deinstitutionalization for the last 50 years. Within that time span the number of psychiatric beds in the USA was reduced from 650,000 to 65,000; nearly the equivalent to the number of mentally ill who wound up in the prisons or on the street.

The report by Corey and colleagues published in Psychiatric Times [October, 2015 issue] “estimated 10% to 20% of state mental health funds are lost to fraud, waste and excess profits to for profit managed care companies. At one time state mental health authorities directly controlled almost all of the state mental health expenditures because the money was spent on state owned mental health centers. As recently as 1981, 63% of the state funds were still going to state hospitals. By 2009, however, the percent of state mental health funds going to state hospitals, and thus directly controlled by state, had decreased to 26% and in the intervening years it has continued to further decrease.”

In the same issue of Psychiatric times Dr. Allan Frances wrote, “ The deinstitutionalization was a noble idea badly tarnished by ignoble delivery. The money saved by closing hospitals was to be reallocated for community treatment and housing. Over time the states gradually began to cut costs by privatizing the community mental health centers, which in turn began to cherry pick their case mix--neglecting the expensive and difficult to treat severely ill who desperately need help and instead developing more lucrative programs for the near well. A profit motive does not mix well with social responsibility.”

In my opinion, the RPC psychiatrist shortage is connected to the above-mentioned changes in our mental health funding and delivery system. We psychiatrists are advocates for our vulnerable and severely mentally ill population. Shortage of well-trained Psychiatrists affects the quality of care of this population who cannot advocate for themselves. Until the reform happens, we urge the New York State Office of Mental Health to look into cutting ever mushrooming administrative costs in the state hospitals and reallocate funds to properly compensate psychiatrists.

Our Spring Educational Meeting will be held on the evening of May 6th. Please mark your calendar and I look forward to seeing you there. The topic is the bread and butter of our practice, “Treatment Refractory Depression” by renowned speaker, Dr. Jon Stewart.

As always, I welcome your ideas and exchanges. Our next Executive Council meeting is on April 22 at 12: 30 pm at the Il Fresco restaurant in Orangeburg.

Summary from Executive Council Meeting

Friday, March 18, 2016

Il Fresco, Orangeburg, NY

Attendees Present: Mona Begum, Nigel Bark, Jim Flax, Raj Mehta, Russ Tobe, Ulrick Vieux, Scott Wiener, Eric Benson, Eric Jarmon, Stephanie Kuntz, Tina Diaz and Liz Burnich.

Guests: Ulrick Vieux, DO (ORMC Residency Training Director); Eric Benson, DO (ORMC Resident); Eric Jarmon, DO (ORMC Resident); Stephanie Kuntz, DO (ORMC Resident) and Tina Diaz (ORMC Program Coordinator)

- Introductions and discussions about the ORMC Residency Program and West Hudson Psychiatric Society Executive Council programs and how we can work together to support the residents.

Veterans Mental Health Training:

- The Psychiatric Wounds of War: What Physicians and Providers Need to Know About Combat-Veterans' Mental Health Conditions & Military Culture
- Speaker: Richard Silverman, M.D., Consultant, VA Hudson Valley Health Care System, Montrose, New York
- Wednesday, April 6, 2016 – 7:00 PM at Tre Angelina Restaurant, 478 Mamaroneck Avenue, White Plains, NY – complimentary dinner will be served
- This event is co-sponsored by the New York State Psychiatric Association, West Hudson Psychiatric Society, Psychiatric Society of Westchester and Bronx Psychiatric Society
- Just awaiting CME approval on this event and we can start promoting (2 CMEs)

Spring 2016 Educational Meeting:

- Dr. Jon Stewart will be our speaker on the topic of Treatment Refractory Depression on Friday, May 6, 2016 at La Terrazza Restaurant, New City at 6pm.
- Russ will coordinate the details with the speaker to allow us to get the information needed for CME, etc.

Fall 2016 Educational Meeting:

- Jay Lombard from Genomind will be our speaker on the subject of mental health and genetic testing on Friday, October 4, 2016.
- ORMC would like to host this event at their location. Liz will coordinate the details.

NYSPA Update:

- NYSPA is still looking for cases where patients are being denied coverage or psychiatrists are being harassed by UHC insurance for the United Healthcare case they are currently working on.
- We discussed the letter that was forwarded to us from NYSPA regarding the staffing problem at RPC. NYSPA (Seth Stein) is having a conference call with RPC at the same time as our EC meeting but we offered our support and willingness to work with them. Seth will stress that APA membership is key to our ability to work with them moving forward.
 - Nigel reported that Ann Sullivan, MD, Commissioner of NYS Mental Health is working on increasing budget items for school loan repayment and other financial incentives to entice psychiatrists into the public sector.
- Nigel gave an update from the Public Psychiatry Committee meeting and the Justice Center presentation from the Area II meeting held on March 12 at the LaGuardia Marriott.
- Liz gave an update on the Membership Committee meeting on March 12th.
- NYSPA announces the importance of all members making PAC donations for 2016. Membership forms were distributed - see attached form.

Next Executive Council Meeting - Friday, April 22, 2016 at 12:30pm at Il Fresco, Orangeburg, NY.
Guest Speaker: Cesar Rojas, M.D., Orange Regional Medical Center

Recap of the NYSPA Membership Committee meeting
Saturday, March 12, 2016.

Liz Burnich, Executive Director, WHPS

1. District Branches present were West Hudson (me), Bronx, Westchester, Long Island, Queens and Brooklyn.
2. Current NYSPA membership is approx 4,300 members
3. NYSPA President Seeth Vivek urged all members to support the NYS-PAC - see attached form to join for 2016
4. We discussed trying to get at least one person from each NY DB to serve on this committee even if they are not able to attend the bi-annual meetings.
5. NYSPA received an Innovative Grant from the APA to hold an event or series of events for all the residency programs in New York State.
 - a. Grant Award \$7,500 to be used in calendar year 2016
 - b. May be able to supplement the grant \$ with additional financial assistance from malpractice insurers (APA, Inc.)
 - c. NYSPA Membership Committee members would like to visit all residency programs in NY to offer help and show benefits of APA Membership
 - i. Identify all NY residency programs
 - ii. Identify a contact person at each residency program
 - d. We discussed the pros and cons of having one event (and using the money to offset travel expenses) or setting up regional events across NY - luncheon or dinner
 - e. We need to reach out to Residency Training Directors to gauge interest and needs of the residency programs
 - i. some ideas are webinars or in-person training on risk management & billing/coding
 - ii. help out with board exams (review courses assistance)
 - iii. other
6. APA is starting a pilot program to offer membership discounts to groups who sign up to become APA members
 - a. we should identify people in NY state hospitals to gauge interest
 - b. if 5 people or more join from specific group, then APA will offer 10% discount but need to join as a group and remain as group entity
 - c. someone from group needs to coordinate as group must pay in one lump sum payment
 - d. This may be incentive to reach out to low membership groups such as state hospitals
7. APA is seriously considering funding a cloud based Registry
 - a. Registry would be a recording/reporting mechanism that physicians and patients can use to report treatment and medications to facilitate treatment
 - b. needs to be HIPAA compliant
 - c. may be able to use for Medicare reporting
 - d. most other specialities offer this service so psychiatry is behind on this technology
 - e. the only major downside to this is it is extremely expensive
 - f. only APA members and their patients would have access to this registry so this would be another member benefit

8. Next NYSPA membership meeting will take place in fall 2016

Lastly, the APA will be holding their bi-annual membership meeting in Atlanta on Tuesday, May 17 at 8:30am. I will be attending the Executive Director Conference on Sunday and Monday, May 15-16. The APA will cover the cost of my travel and 2 nights of hotel accommodations (Saturday and Sunday).

NEW YORK STATE PSYCHIATRIC POLITICAL ACTION COMMITTEE, INC.
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GARDEN CITY, NEW YORK 11530

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

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News and Notes for APA District Branches/State Associations

April 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 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

- **Jenji Kohan, Natasha Lyonne** and other stars from television's *Orange is the New Black* will join emcee **Cokie Roberts** for a discussion about the experiences and treatment of people with mental illness in America's prisons and jails at the APEX Awards on April 18. You can find more information on this orange-tie event [here](#).
- APA called on Georgia Gov. Nathan Deal to issue a veto on HB 757, a controversial piece of legislation that would have proven discriminatory to members of the LGBTQ community. The APA also joined Georgia Prospers, a coalition of more than 500 businesses opposed to HB 757. You can find APA's letter to Gov. Deal [here](#). The governor announced on March 28 that he will veto the bill.
- The Partnership for Workplace Mental Health has released its latest issue of *Mental Health Works*, a free monthly publication focused on mental health in the workplace. We encourage you to use this resource in your own newsletters and outreach efforts. You can subscribe to *Mental Health Works* [here](#).

Mark Your Calendar

- Alcohol Awareness Month (April)
- National Autism Awareness Month (April)
- National Stress Awareness Month (April)
- National Public Health Week (1st full week in April)

Briefs For Your Newsletter

April Course of the Month

The April Course of the Month is now available. This 30-minute course can be viewed over a lunch break to brush up on a trending topic.

**An Update on Neurocognitive Disorders for the General Psychiatrist:
An Approach to the Assessment and Management of Dementia in Psychiatric Practice**

Psychiatrists have an important role in the prevention, diagnosis, and management of dementia. The psychiatric patient population is at a high risk for the development of neurocognitive disorders. This course should help psychiatrists in general practice:

- *Describe the relationships between severe and persistent mental illness and dementia,*
- *List the impact of psychotropic medications on the cognitive functioning of older adults, and*
- *Describe preventative and treatment interventions for dementia in psychiatric practice.*

Learn more about the [Members' Course of the Month](#), including upcoming topics, and explore the other 200+ educational opportunities available at a discount for APA members through the new [Learning Center](#).

Residency Programs – Prepare Your Incoming Interns with the New *Resident's Guide to Surviving Psychiatric Training*

Now that the Match Day has passed, help your incoming residents prepare for the demands of training. Written by residents and fellows for their peers, the newly updated Residents Guide to Surviving Psychiatric Training provides tips and tools to excel on the day-to-day challenges of training. The guide offers practical advice on more than 50 topics – ranging from surviving on call and writing effective notes, to subspecialty training and negotiating for your first job. APA members can download this e-book for free at psychiatry.org/residents.

New Member Outreach Toolkit – A Helpful Aid in Conversations with Colleagues

As an APA member, you are uniquely positioned to communicate to your colleagues, institution, and community about the important work APA is doing to move psychiatry forward – as well as the valuable benefits available to members. To help you start the conversation, APA has developed resources specific to each member category, including:

- A template PowerPoint presentation you can use to present about the APA
- Talking points highlighting new initiatives and benefits to help facilitate the conversation
- A membership benefit handout outlining the value available through APA membership

You can find the toolkit under the My Benefits section of psychiatry.org (login required).

Ready to take the next step in your career?

Become a Fellow of the APA and earn the FAPA designation. Fellows are committed to psychiatry and the ongoing work of the APA. Be among the prestigious 25% of APA general membership. There are no additional fees or dues payments, just [complete the application](#).

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 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 in 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.

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.

Out-Of-Network-Preservation-Committee

Dear Colleagues,

We are in practice at a time when patients have a rapidly diminishing choice of which physicians they can see because of restrictions of their out of network benefits, increasing out of network deductibles, and co-insurances.

For the vast majority of our patients, getting reimbursement from their insurer is the only way they can afford to see the doctor of their choice.

Out of network reimbursement is important to our patients. It is also important to us as providers who wish to continue to provide a high level of care to our patients. It is imperative that we act now to preserve and improve out of network coverage in N.Y.

After reading about the "Out-Of-Network-Preservation-Committee" in the APA news, I participated in a teleconference December 11th. The OON Preservation Committee is a unified, coordinated group of physicians, of all disciplines, from all NY Organizations, societies, institutes and associations. They are committed to keeping patients and their physicians in charge of determining from whom they seek their medical treatment.

Currently there are 280 members; the group only formed 6 months ago. They are seeking new members in all fields of medical practice. I have volunteered to participate in recruiting. There is no formal application process to become a member. Now is the time to advocate and speak up in a loud unified voice to ensure patient choice. Please join and support their efforts. And please recruit any concerned colleagues in NY State (of any specialty) who might be interested in adding their voice to this effort. The email for this committee is einbinder@aol.com

Carol Paras, M.D., Pearl River, N.Y., drkarolparas@gmail.com

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.

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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.
