



West Hudson Psychiatric Society

Serving Rockland, Orange, Sullivan & Delaware Counties

10 Flitt Street, West Nyack, NY 10994 | P: (845) 893-1920

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eSynapse

April 2017

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. She concludes her comments by noting the impact of ACA repeal. (As you probably know by now, the effort to repeal and replace the ACA has ended. The ACA continues as the law of the land, for now.) Dr. Abdullah has again sent us a new article in his long line of erudite essays. There is the regular communiqué from the APA including an email about MOC, a very controversial requirement of board certification.

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, April 21st 2017
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

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

❖ In conjunction with ROCKLAND PSYCHIATRIC CENTER ❖

THE WEST HUDSON PSYCHIATRIC SOCIETY

Presents

THE 2017 SPRING EDUCATIONAL MEETING

Guest Speaker:

Katherine Shear, M.D.

Director, The Center for Complicated Grief

Presenting the topic:

Complicated Grief and Its Treatment

- Understand the CGT model of grief: acute, integrated and complicated
 - Describe how to recognize and assess for CG
- Summarize the overall objectives and structure of complicated grief treatment

Meeting Date: Friday, April 28, 2017

Time: 6 – 9:00 PM

Arrival at 6pm

West Hudson Briefing at 6:15pm

Dinner & presentation by Katherine Shear, M.D. at 6:30pm

Location: La Terrazza Restaurant, 291 South Main Street, New City, NY 10956 (845) 638-0757

Directions:

Take NYS Thruway to Exit 13N (Palisades Parkway – PIP) and proceed to Exit 10 (Nanuet/New City). Off exit 10, turn LEFT at traffic light. Proceed to next traffic light and turn RIGHT onto Little Tor Road. Go approximately one mile on Little Tor Road to third traffic light and turn RIGHT on Collyer Avenue (Route 76). Proceed to traffic light (road ends) and turn LEFT onto Main Street. La Terrazza is on LEFT across from the A&P.

There will be a charge of \$20 per member and \$30 per non-member.

Please RSVP by April 15 by sending payment to **Liz Burnich, West Hudson Psychiatric Society, 10 Flitt Street, West Nyack, NY 10994**

Checks (payable to *West Hudson Psychiatric Society* or *WHPS*) must be received by April 15, 2017 to reserve your place.

**** SPACE IS LIMITED – PLEASE SEND IN PAYMENT ASAP to guarantee your spot ****

Any Questions?...Contact Liz Burnich at (845) 893-1920 or email Liz at westhudsonpsych@gmail.com

Please note: Attendees will receive 2.0 CME Credit Hours **

** The NYU Post-Graduate Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor medical education for physicians. The NYU Post-Graduate Medical School designates this continuing education activity for 2.0 credit hours in Category 1 of the Physicians Recognition Award of the American Medical Association. The NYU Post-Graduate Medical School adheres to ACCME standards regarding commercial support of continuing medical education. Disclosure of any commercial relationships as well as off-label investigational use of any drug, device or procedure by the faculty will be made known at the time of the lecture.

PRESIDENT'S COLUMN – MARCH 2017

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

Dear West Hudson Psychiatric Society Members, Colleagues and Friends:

As an ongoing commitment to keep our members abreast of the psychiatric resources available in our community, we had Dr. Mark Scher, M.D. join our March Executive council meeting as a guest. Mark is the Director of Psychiatry at Nyack Hospital. There are twenty-six adult and geriatric psychiatry inpatient beds at Nyack Hospital with average two weeks of stay. When at full capacity and there is critical need, they are able to hold three to four patients in other units of the hospital until a bed becomes available. In addition to Mark, there are two other full time Locum psychiatrists and one part time nurse practitioner for the weekend. For detailed information, I encourage you to read the meeting minutes in this issue of eSynapse.

In my last column, I have reported that we matched eight Orange Regional Medical Center [ORMC] psychiatry residents with mentors who are our Executive Council members. The matching was done according to the expressed interests of residents with the expertise, skill and experience of the mentors. The mentorship program is currently in full swing with some mentees already taking full advantage of the program and others are trying to coordinate with their mentors. Special thanks to all the members who have volunteered. In the future, we would need more mentors since ORMC will have four new residents each year. I would like to again urge our district branch members to volunteer so that we can continue this mentorship program.

I am very happy to announce our Spring Educational meeting date is Friday, April 28 at La Terrazza restaurant in New City. The topic is “Complicated Grief” presented by Katherine Shear, MD. Please mark your calendar and make every effort to attend this very interesting topic. Invitation letters will be mailed soon.

There are forty plus WHPS members who are eligible to become a Distinguished Fellow of the APA. The application process can be completed online and should not be time consuming. I would like to strongly encourage our members to complete the process, and if necessary get in touch with WHPS Executive Director, Liz Burnich, for any assistance we can provide. To be a Distinguished Fellow is a prestigious title and privilege to attain, so please take advantage of this opportunity.

On a national level, I am thrilled to see that Altha Stewart, M.D. is chosen APA's next President Elect. Currently we have a woman president, Maria Oquendo, M.D., and President Elect is Anita Everett, MD. In three consecutive years, there are three women psychiatrists chosen to lead our professional organization. As a woman psychiatrist myself, I feel proud to be an APA member. On March 8th, we celebrated the International Women's Day and I know that we came a long way from the days of the suffrage movement and the fight for voting rights for women. However, we still need to be vigilant because despite growing numbers of female doctors and lawyers, women's pay still lags behind. Income of female physicians is less than male physicians. These differences are largely explained by individual choices, including women taking time off to raise children, or opting for less demanding career tracks or positions that pay less. Discrimination could also be a factor, though it is not clear how much.

In regards to the future of the Affordable Care Act [ACA] and how its repeal will affect our patient population remains to be seen. APA's position is *"whatever changes are made to the health and mental health system by current administration, APA will remain faithful to its mission and its goal. APA needs to be at the table in order for our voice to be heard, both for our patients and our psychiatrists. But APA will not be silent if our mission to protect equitable, high quality mental health care is compromised."*

As always, I welcome your ideas and exchanges. Our next meeting is on April 21st 2017 at 12:30 pm in Il Fresco restaurant in Orangeburg.

**Summary from Executive Council Meeting
Friday, March 10, 2017
Il Fresco, Orangeburg, NY**

Attendees Present: Mona Begum, M.D., Nigel Bark, M.D., Leslie Citrome, M.D., Raj Mehta, M.D., Lois Kroplick, D.O., Russell Tobe, M.D., Laura Antar, M.D., John Fogelman, M.D. and Liz Burnich

Community Mental Health Guest Presentation: (Mark Scher, M.D.)

- Dr. Mark Scher serves as Director of Psychiatry and is also clinically active in the Nyack Hospital Behavioral Health Unit.
 - Nyack Hospital mental health services includes recovery center – full service detox, in-patient and out-patient rehabilitation center (mostly run by counselors and chemical dependency nursing staff).
 - Acute behavioral health unit – average stay is 2 weeks – have patients who stay longer but try to send onto Rockland Psych or another long term care if they can't be treated short term.
 - 26 bed in-patient adult unit (over 18 – includes some geriatric patients)
 - Very busy ER – holds 4 psych patients but if space is needed, overflow are put into burn and peds areas.
 - ER is supported by social workers who screen patients and take collateral history – perform assessment – they contact psychiatrist on call if admission is needed.
 - In-patient service only has 2 psychiatrists (Dr. Scher and Dr. Levy) but ideally, there should be a 3rd psychiatrist on staff. There is a person who covers Sundays only.
 - Have been able to stabilize patients who are fairly ill and are able to find after care residency (ie. if they come in homeless and help them find placement)
 - Social workers handle the managed care with insurance
 - Behavioral health unit has strong activities program – try to keep patients busy with scheduled structured routine.
 - Outstanding activities director – gets patients excited to go to activities
 - Nursing - 12 hr shifts
 - Social workers stay on until mid-night so can handle psych admissions up until midnight. Not much activity after mid-night until 6am. If patient needs admission after mid-night, usually held in the ER until the social workers arrive to handle the admissions. ER will call to on-call psychiatrist to

- discuss how to manage the patient until he/she can be admitted.
- Do get some adolescents and after psych consult, if hospitalization is determined necessary, social workers will help get them a bed in an adolescent facility. If bed in a facility is not available, will not keep them in the ER but move them to a medical bed with goal of transferring them within 3 days.
- Behavioral health unit is on average full 90% of the time.
- Psychiatry department is overseen by Horizon from an administrative standpoint but not clinically.
- Future plans include separate Psychiatric ER wing with 10 beds and medical students from Touro Medical College.

Upcoming Meetings:

- NYSPA/Area II Council meeting at the LaGuardia Marriott
 - Saturday, March 25, 2017 – committee meetings start at 9:30am
 - Committees are *Addiction; Child & Adolescent Psychiatry; Executive Committee; Economic Affairs; ECPs; Legislation; Membership; Presidents/Presidents-Elect; Psych & the Law; Public Affairs; Public Psychiatry; RFMs*
 - Luncheon and Council meeting follow the committees
 - All members are welcome and encouraged to attend
- WHPS Educational Dinner Meeting
 - Speaker: Dr. Katherine Shear
 - Topic: Complicated Grief
 - Date: Friday, April 28, 2017 at 6PM
 - Location: La Terrazza – smaller front room
 - Flyers will be emailed and mailed in March
- APA Annual Meeting – May 20-24, San Diego, CA
 - The board approved Liz to attend
 - Nigel will attend the Assembly Meeting
 - Les will also be presenting at the annual meeting

WHPS Psychiatry Mentorship Program Update:

- All Mentors have made contact with their mentees from the ORMC Residency Program.
- Some have met for dinner while others have had phone conversations and scheduled telephone conference calls.
- After the initial contact, the residents are responsible to reach out to their mentors on a regular basis for support. So far, some are doing this more regularly than others.

Open Board Positions in May 2017:

- **Assembly Representative** – if no one is interested in taking on this role, Nigel will continue as our Assembly Rep.
- **President-Elect** – A nomination committee was formed and includes:
 - **Mona Begum** – current President
 - **Nigel Bark** – current President-Elect
 - **Russ Tobe** – previous President

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

- Dr. Mona Begun advised that the next Women's Meeting will take place on March 24th at Laura Antar's office.
- Dr. Lois Kroplick advised that the Coalition is holding the next Public Forum on the topic Eating Disorders on October 18, 2017 at RCC. Lois also advised that this will be the final Public Forum as the Coalition is retiring as a group after 21 years.

Miscellaneous Business Items:

- Overview of phone conference with the APA by Nigel and Liz that addressed the relationship with the endorsed carrier APA, Inc. and discussion around future sponsorship relationships with PRMS and APA, Inc.
- PRMS Partnership Proposal was presented by Liz and will be revisited at the next EC meeting.
- Discussion around the APA Drop List for members who have not paid their 2017 dues. Liz will send an email to all members on the list and follow up with a phone call.
- Distinguished Fellow Recruitment – 40+ WHPS members are eligible for Distinguished Fellow.
 - APA has a new online process that is supposed to make the application much easier and streamlined.
 - Executive Directors are being encouraged to promote this to eligible members.
 - Liz will email the list of eligible members to the board to begin the recruitment process.

Next Executive Council Meeting - Friday, April 21, 2017 at 12:30pm at Il Fresco, Orangeburg, NY. Russ will invite Dan Iosifescu, M.D., NKI Depression Researcher as our Community Mental Health Guest Presenter.

CORRESPONDENCE

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

The Presidential Libido

Syed Abdullah, M.D.

In the animal kingdom the mating act and acts of aggression are so intertwined that it is sometimes difficult for an observer to decipher what is the intent of the dominant male. Is he trying to establish his authority over the helpless female or just being sexually playful? Those who watch the Discovery Channel have witnessed this angry assertion of the male's dominance. With the exception of the Black Widow spider the aggressor is almost always the male animal. Human beings have incorporated into their behavior these animal traits at various levels of

sophistication. Those in high public offices often struggle with the impulse to act out sexually, sometimes taking great risks of exposure to public ridicule and censure. In the last 100 plus years the American Presidents have struggled hard with their sexuality, albeit not always successfully.

In the year 1884 Mr. Grover Cleveland was a presidential hopeful, when the news about his having had a son out of wedlock with Maria Halpin, was leaked to the press! On July 21 the Buffalo Evening Telegraph had this banner headline: A Terrible Tale: A Dark Chapter In A Public Man's History. The 'Pitiful' Story of Maria Halpin and the Presidential candidate, was flashed from coast to coast in all the Newspapers. Cleveland's friends were in a state of shock.

Cleveland admitted that the story was true and advised his associates: "Above all, tell the truth."

The Democrats took the position that the real issue at stake was public integrity and not private misconduct. But the opposition took a different view of things and Charles Dana wrote in New York Sun, "The American people will not knowingly elect to the presidency a coarse debauchee who would bring his harlots with him to Washington." Others called the candidate: "rake," "libertine," "father of a bastard," "a gross and licentious man," "a moral leper," "a man stained with disgusting infamy," "worse in moral quality than a pickpocket, a sneak thief, or a Cheery Street debauchee, a wretch unworthy of respect or confidence."

But Cleveland had a few defenders too. E.L. Godkin wrote in The Nation that Cleveland was talented although wayward and compared him to Benjamin Franklin and Alexander Hamilton. The Republican's chanted "Ma! Ma! Where is my Pa?"

After the elections the Democrats roared: "Gone to the White House. Ha! Ha! Ha!"

Warren Harding's affairs came to light very slowly due to the care Mrs. Harding took in burning his letters and files after his death. In 1927, however, Nan Britton published a book: *The President's Daughter*, about the child Nan bore during a long-standing affair with Warren Harding.

In 1963 many of the letters of that era surfaced which reveal the risks the President took in pursuing his sex drives while in office. He made every effort to continue his amorous activities in the midst of his Presidential duties. He would take such extreme measures as posting the Secret Service agents outside the Oval office with instruction that no one was to disturb him while he was with one of his lady visitors. The most frequent was Nan Britton, 30 years younger than him. Once his wife got the sense of what was going on in the Presidential Office. She came storming, angrily demanding that she be allowed in. The faithful Secret Service agents would not let her in, citing the President's orders. As she went around to enter through the garden entrance to the office, one of the officers went inside to knock vigorously at the closet door in which the President was busy with his tryst. The President quickly made himself decent and sat behind his desk busying himself with the state papers that were piled up in front of him. Nan Britton was quickly spirited away. All was clear as Florence Harding finally found her way into the office. Harding wrote detailed love letters to his paramours. Most of them were hidden from public scrutiny by the efforts of his wife.

Eleanor and Franklin Roosevelt had forged an unshakeable political relationship. Despite this, their marriage was forever plagued by Franklin's open affair with Lucy Mercer that lasted for years. The press remained uncharacteristically circumspect about the affair. Roosevelt went on to win the unprecedented third term in office. Lucy was with FDR when he died in 1945.

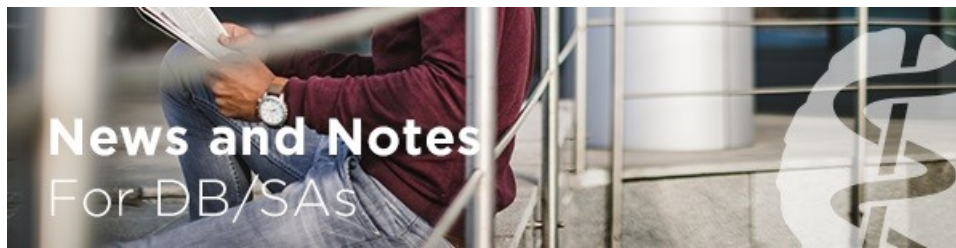
Ike's frustrated romance with his attractive Irish driver, Kay Summersby, was described in a book by her, published after both of them had died. It happened in the midst of World War II.

John F. Kennedy did little to hide his insatiable appetite for having affairs right through his brief presidential term. During a summit conference in 1962 with Prime Minister Harold Macmillan and his Foreign Minister, R.A.B. Butler, he embarrassed these proper Englishmen with his comments about the cluster of young women that always seemed to surround him. Suddenly he made the remark "You know, it's funny, but if I go too long without a woman, I get a headache, quite bad ones, isn't that strange?" Mac and Butler looked like they were hit by a baseball bat between the eyes. Mac pretended that he did not hear anything and Butler started to cough. JFK went on to point at one of the young ladies saying: "Lord, isn't she gorgeous?" At that Macmillan and Butler quickly scuttled off.

The President took precautions never to get caught with a headache on any of his trips. There were always numerous pools of secretaries whenever he traveled on campaign trail or official business. It has been said that many of the secretaries in the pools were among the world's worst typists, with shorthand that was virtually nonexistent. The secretaries were described as attractive, scrubbed, charming, and very virtuous-looking. He had a brief fling with Marilyn Monroe who, when asked about her first encounter with the President, told a friend: "I made his back feel a lot better." Openly flaunting his affairs did not seem to hurt Kennedy's political fortune. He was well on his way to win his second term when an assassin's bullet put an end to his political carrier. Kennedy was able to use his reckless masculinity to his political advantage, as if it was a welcome trait in a world leader, who had to make risky decisions every day.

The socialite Barbara Howar in her book *Laughing All The Way* has written this about Lyndon Johnson: "I came to enjoy Johnson's electric personality, and if his amorous gestures toward me were disconcerting, they were also flattering. Mine became the dilemma of befriending a First Lady and her daughters while simultaneously fending off the advances of the man most important in their lives.....while I am not suggesting that the thirty-sixth President of the United States was a dirty old man, I would not bet the rent money that he was not."

Bill Clinton had it seems, carried on this hundred plus years' tradition of the philandering Presidents of the USA. Did it hurt his popularity? Not with the public, who were much more accepting of his "character defects." But the opposition took full advantage of his indiscretions, a special counsel was appointed and he almost got impeached. His affair with Monica Lewinsky quickly became the focus of attention that the media blew way out of proportion. Many people were unaware that President Clinton's affair with Monica was *not* a first, but merely a repetition of history.



News and Notes for APA District Branches/State Associations

April 2017

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

1. APA's Mental Health Parity Poster has been updated to reflect personnel changes in the new Presidential administration. You can view APA's parity page [here](#) and download a hi-res version of the updated Parity Poster [here](#).
2. The APA Ethics Committee issued an opinion clarifying the Goldwater Rule. The new opinion clarifies that all professional opinions are subject to the rule and responds to questions that have been posed recently about the Goldwater Rule. You can read more [here](#).
3. APA sent a letter to Congressional leaders voicing its opposition to the American Health Care Act (AHCA), the House bill that would in large part repeal and replace the Affordable Care Act (ACA). APA opposes the bill because it would strip insurance coverage from millions of Americans and would eliminate essential health benefits, including mental health and substance use treatment. You can read the letter [here](#).

Mark Your Calendar

1. National Autism Awareness Month (April)
2. World Autism Awareness Day (Apr. 2)
3. National Public Health Week (Apr. 3-9)
4. Sleep Awareness Week (Apr. 23-29)

Briefs For Your Newsletter

MindGames Competition Results Announced

MindGames, the APA's national residency team competition, has concluded its online qualifying exam. A total of 127 teams participated in this year's competition. Visit the APA [website](#) to see the top three teams advancing to the final round of MindGames as well as the overall top ten teams. The final live round of MindGames will be on Tuesday, May 23, at 5:15 p.m. in the San Diego Convention Center. Please direct any questions to mindgames@psych.org.

April Course of the Month

Each month, members have free access to an online CME course on a trending topic. The April course, “**Managing the Side Effects of Psychotropic Medications**”, features Joseph F. Goldberg, M.D. from the Icahn School of Medicine at Mount Sinai, who provides viewers with an overview of systematic assessment approaches to suspected adverse drug effects.

[Access the course](#)

Have you explored the new [Psychiatry.org](#)?

APA is improving its online experience for members. Your new [psychiatry.org account](#) will enable you to quickly pay your dues online, complete your profile to enjoy a more personalized membership experience, update your email communication preferences, and enroll in more than 90 CME activities free to members in the APA Learning Center. If you haven't already, you will need to reset your password the first time you log in. You can do so by selecting “Forgot Password?” on the account log in page or by calling APA customer service at 703-907-7300.

APA Advocates for Psychiatrists on MOC

APA is working on behalf of members to reform Maintenance of Certification (MOC) requirements and ensure a fair process for psychiatrists. The APA has established a standing committee of the APA Assembly and an MOC caucus to critically evaluate MOC and will continue to participate in and provide feedback at ABPN meetings, including the ABPN's annual Critical Issues Forum. The APA encourages members to submit feedback and, if interested, join the MOC caucus by selecting it within their [Member Profile](#). Read more about APA's work on MOC [here](#).

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March 2017

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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

4. Altha J. Stewart, M.D. will serve as the next President-Elect of the American Psychiatric Association. Dr. Stewart will be the first African-American President in APA history. Results for the 2017 APA National Election were announced on Feb. 14. These results are not official until approved by the Board of Trustees at its March 4-5, 2017 meeting. You can view the full results of the 2017 APA National Election [here](#).
5. Two prestigious institutions have [recognized the American Journal of Psychiatry](#) (AJP) for publication of outstanding research that informs and improves clinicians' practice of psychiatry by enhancing assessment of patients or improving treatment options. Studies regarding the treatment of patients with bipolar disorder, schizophrenia, and depression were among those highlighted for their

impact on the field.

Mark Your Calendar

5. Brain Injury Awareness Month
6. National Nutrition Month
7. Red Cross Month
8. National Sleep Awareness Week (Mar. 2-9)

Distinguished Fellow Nominations Now Open

APA Distinguished Fellowship is awarded to outstanding psychiatrists who have made significant contributions to the psychiatric profession. It is the highest membership honor the APA bestows upon its members. Be recognized for your accomplishments, and submit your nomination by April 1, 2017. Contact your District Branch for more information.

APA Annual Meeting Resident and Early-Career Psychiatrist Leadership Track Announced

As residents transition into their early career, few have any formal training in organizational issues, teaching, or leadership. This track aims to train and guide the participants to become future leaders in the field of psychiatry. Sessions are open to all Annual Meeting attendees, and RFMs and ECPs are encouraged to pop into one or all of the activities. [Register for the Annual Meeting.](#)

March Course of the Month

Each month, members have free access to an online CME course on a trending topic. The March course reviews the latest evidence on the detection and prevention of cognitive decline and strategies for maintaining both physical and mental exercise and proper nutrition. Access the March Course of the Month [here](#).

WPA World Congress of Psychiatry, Messe Berlin, Germany

The upcoming [World Psychiatric Association \(WPA\) World Congress of Psychiatry](#), scheduled to take place Oct. 8-12, 2017 in Messe Berlin, Germany, will focus on "Psychiatry of the 21st Century: Context, Controversies and Commitment." The meeting will feature speakers from around the world covering topics of comorbidity of mental and physical diseases, psychiatry and society, the prevention of mental illnesses, and the promotion of mental health. Research poster submissions are open until March 27. For more information, go to www.wpaberlin2017.com.

From: Stephanie Auditore <sauditore@PSYCH.ORG>

Subject: APA and MOC Reform

Date: February 8, 2017 at 11:00:52 AM EST

To: DBEXECS@LISTS.PSYCH.ORG

Reply-To: Stephanie Auditore <sauditore@PSYCH.ORG>

Hi DB/SA Executives,

We've been hearing more frequently from members, "What are you doing to represent my interests on MOC?" and "The APA isn't doing enough to counter increasing MOC requirements." To help educate members, we've created a webpage <http://psychiatry.org/psychiatrists/education/certification-and-licensure> that outlines the APA's role in MOC and the actions we've taken, and creates an opportunity to provide feedback. I've found it to be a helpful tool when responding to members who reach out with these concerns, and wanted to share it with you all.

In addition to MOC advocacy, we're also producing and constantly updating resources to help members meet MOC requirements, including:

6. A webpage dedicated to [meeting MOC requirements](#)
7. A Psychiatrist's Guide to MOC which is available [online](#) and was also sent in January as a mailer to ECPs and general members within 2 years of needing to recertify. Those exempt from continuous MOC were excluded from the mailing.

Of course, ECPs also receive a free online subscription to *FOCUS: The Journal for Lifelong Learning in Psychiatry*, which meets many of the requirements of MOC. They just need to call 888-357-7924 each year to subscribe.

If you hear about these concerns, please let us know. We certainly want to keep a finger on the pulse of this issue.

Thank you!

Stephanie Auditore

Director, Membership and Member Engagement

American Psychiatric Association

Desk: (703) 907-7833

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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

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

ANNOUNCEMENTS AND ADS

If you missed the 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/ullqriwoa37njz/Genomind%20presentation.pptx?dl=0>

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.

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

Route 45, Pomona

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

Private Bath, Full Sound Insulation, Separate Entrance/Exit

Call James Flax, MD 845-362-2557

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

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

_____	General Member	\$100.00
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