



West Hudson Psychiatric Society

Serving Rockland, Orange, Sullivan & Delaware Counties

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eSynapse

June 2018

Editor's Comments

James Flax, MD, MPH, DLFAPA

In this issue of eSynapse you will find comments by our President, Dr. Nigel Bark. Dr. Abdullah has again sent us a new article in his long line of erudite essays, this time a humorous reminder about documentation. Dr. Jarmon, one of our active residents, has sent an article on the fellowship process.

At the spring dinner meeting Dan Iosifescu presented a comprehensive review and discussion of therapeutic strategies for treatment resistant depression. A copy of his slides is available here: <https://www.dropbox.com/s/qbp3bwczqti8dqq/WHPS%2C%20Iosifescu%204.20.18.pdf?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 invite all readers to submit anything they'd like published – professional opinion, recipes, personal announcements, travelogues, etc.

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 the number of donors. **See the form appended to the last page of this 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.

Our website is now operational. The content will be updated over the next few months, thanks to the efforts of Liz Burnich. We prominently include a link to the APA “**Find A Psychiatrist**” database. (<http://finder.psychiatry.org>). This is a wonderful public service and can provide a source of referrals to your practice. Please join APA's **FREE** “Find a Psychiatrist” Database by signing in to psychiatry.org, under the Psychiatrist menu go to Search Directories and Databases, scroll down to Find a Psychiatrist Database and “opt-in”.

Mental Health Works is an interesting APA publication addressing mental health and the workplace. If you don't get it, I suggest you find it at the following website and see what you think.
<http://www.workplacemantalhealth.org>

In this issue of eSynapse you will find a summary of our Executive Council meeting so all readers will have an idea of district branch business. But, it's only a summary. Please **come** to one of our friendly meetings to appreciate the rich discussions and enjoy a tasty lunch at Il Fresco Restaurant in Orangeburg. In the image below you can see some of our executive council members enjoying the discussion of district branch business.



**Executive Council Meeting
Il Fresco Restaurant, Orangeburg, NY
Friday, July 27th, 2018**

Friday, September 21st, 2018

PROMPTLY at 12:30

**Guest Presentation by Dr. Karl Kessler, President of the Psychiatric Society of Westchester
followed immediately by Business Agenda**

Please contact Liz Burnich (westhudsonpsych@gmail.com) if you are planning to attend.

IT'S A FREE LUNCH

President's Column

Hope for the World!?

Nigel Bark, MD

I started this column basking in the beauty and joy of the Royal Wedding and, realistically or not, feeling that it gave hope to Britain and the world, and was a direct rebuke to those who voted for Brexit, to Theresa May the British Prime Minister particularly her actions as Home Secretary in charge of immigration, and to President Trump. For this was a celebration not just of an African-American joining the Royal Family but of inclusiveness, of accepting and celebrating our differences: look at the guests, the policemen facing the crowds and the ceremonial guards – who had seen service in Iraq and Afghanistan; and look at the charities that Harry and Meghan support.

By coincidence I had just got two books (that I haven't yet read but have skimmed) that demonstrate very clearly that we, the human race, is doing better than ever before in every way. This includes the treatment of women, minorities, gays and the poor, which gives me hope that the mean spirited, nasty treatment of all these groups by President Trump and his administration will be merely a blip in the progress of humanity.

The books are: "Factfulness: Ten Reasons We're Wrong About the World – and Why Things are better than you think" by Hans Rosling (and his daughter and son-in-law); and "Enlightenment now: the case for reason, science, humanism and progress" by Steven Pinker. It is in the latter book in the chapter on The Future of Progress that the progress that Trump is trying to reverse is documented: not long ago half the countries had laws that discriminated against racial minorities; today more countries have laws that favor their minorities. In 1900 women could vote in only one country; now they can vote in all but one. Laws against homosexuality are continuously being stricken down and gay marriage is being increasingly legalized. Tolerance is increasing and hate crimes, violence against women, victimization of children are all decreasing. These attitudes, which are generally enshrined in the enlightenment inspired Constitution and Bill of Rights, are bolstered by, for example, the United Nations Universal Declaration of Human Rights and the Millennium Developmental Goals.

These two books demonstrate with endless facts and figures that despite what we read in the paper every day everything has got better: health, including in developing countries; wealth, including of the poor; life expectancy; literacy (from 12% 200 years ago to 83% now and it will soon be universal). Our mean IQ has increased 30 points in that time! War is getting less, murders and accidents enormously decreased. This is the safest time in history. Famine is almost gone, the world can be fed. The environment is getting cleaner. More people have time to enjoy life, culture, nature. Retirement did not exist a hundred years ago.

Pinker says all this is due to reason, science and humanism and he is right. Of course just because we have progressed does not mean we will continue to do so and there are plenty of problems still to be solved but they can be, with reason and science.

Hans Rosling was a doctor, global health expert, founder of the Swedish Doctors Without Borders. His book covers much of the same ground with hundreds of graphs, diagrams and picture series to illustrate the facts. He demonstrates that everyone, including academics, even those attending the World Economic Forum in Davos, do much worse than chance in answering simple questions about the state of the world. So his additional aim is to explain why we are so wrong (the evolution of a protective dramatic interpretation of the world, he says) in our view of the world and to teach us to see it as it really is.

I used to say to myself, and even to patients, that you had to be delusional or in denial not to be depressed these days given the state of the world. Now I see that if you look beyond the headlines at the actual state of the world and the progress that has been made you should be elated, not depressed! And that there is reality in my feelings and thoughts about the Royal Wedding.

Minutes

WHPS Executive Council Meeting

Friday, May 18, 2018

12:30pm - Il Fresco

Attendees Present: Nigel Bark, Raj Mehta, Ulrick Vieux, Mona Begum, Russ Tobe and Liz Burnich

1. Spring 2018 Educational Meeting Recap:
 - a. Speaker Dan Iosifescu, MD presented on the topic of Novel Therapeutic Strategies for Treatment-Resistant Depression.
 - b. This was a last minute meeting that we scheduled because our March meeting fell through so we are incredibly grateful to Dr. Iosifescu for clearing his schedule on a Friday evening with such short notice.
 - c. We had 26 attendees and all of the feedback was overwhelmingly positive.
 - d. We discussed offering an honorarium in the future and that at the very least, we should offer to reimburse our speakers for their travel expenses.
2. Fall 2018 Educational Meeting Planning:
 - a. Nigel will reach out to Dr. Altha Stewart, current APA President, to see if she would be interested in presenting to our group this fall.
 - b. If she is not available, Raj will see who is available from Columbia.
 - c. The topic of Physician Burnout was also discussed as well as getting the head of the APA Foundation to speak to our group this fall as alternatives if Dr. Stewart is unable to come.
 - d. We will re-address this topic at our next council meeting.
3. Recap on the Meeting with Senator Carlucci:

- a. Attendees were Russ Tobe, Laura Antar, Mona Begum, Dom Ferro and Liz Burnich.
 - b. We discussed legislative items we supported (Parity enforcements and prohibiting conversion therapy for minors) and opposed (psychologist prescribing) while elaborating on our own challenges that we face in our practices and on behalf of our patients.
 - c. We discussed having him attend an EC luncheon in the fall which we would open up to members
 - d. We discussed forming a reciprocal relationship where in addition to asking for his support on mental health issues, he will reach out to us for guidance and expertise on the mental health front.
 - e. He asked us to get back to him with regard to parity issues – what are key things that NY can do to establish better parity and prioritize our concerns. We will ask Richard Gallo and Jamie P for help with this.
 - f. He said that he runs a Community Health Fair in August for seniors and asked if we would like to be represented. The initial consensus is that this would be a great opportunity for us to re-establish Mental Health Screening.
 - g. Meeting attendees each sent Senator Carlucci a thank you letter and Liz will follow up with a letter in June to coordinate the Community Health Fair/Mental Health Screenings event.
 - i. We used to have a banner but Jim reported that it got destroyed in storage so we will need to have a new, sturdier one made up. Liz will coordinate with our printer.
 - ii. We can purchase the same kit we used to use from Screening for Mental Health. Raj also suggested using PHQ-9 Depression Questionnaire Test and doing some sort of memory evaluation since this is an event attended by seniors.
4. Committee Updates:
- a. Public Forum – scheduled for Oct 24 at RCC on the topic of Anxiety. Still looking for speakers. The next planning meeting is scheduled for June 7.
 - b. Newsletter - please get all articles to Jim as soon as possible so that the next issue of eSynapse can go out in early June.
 - c. Women’s Meeting - the next meeting will take place on Friday, June 1, 2018 at 12:30pm at Mona Begum’s office.
 - d. Legislative Committee – see above on meeting with Senator Carlucci
 - e. ORMC Residency Program – Ulrick will work with Liz to coordinate the 1st Annual Psychiatry Meet & Greet Luncheon as part of orientation with our residents.
5. APA Annual Meeting Update:
- a. Laura, Ulrick and Liz accepted the Best Practice Award at the Assembly meeting on Sunday, May 6. We all wished that Nigel could have been there to join us in accepting this award. Laura will bring the award to our next meeting so that we can take a group photo.
 - b. Ulrick reported that he attended his first Assembly meeting at the APA Annual Meeting in May in NYC. He thanked Nigel for his tremendous time and dedication serving on the Assembly over the past years and for helping to make the

transition into this role so smoothly. Ulrick will prepare an update for the next newsletter.

- c. Liz reported that changes to the Rule of 95 were approved at the Annual Meeting. The changes were deemed necessary in order for the APA to remain sustainable and not saddle the younger psychiatrists with unreasonable dues increases. The changes will go into effect in 2021 and a roll out plan will be developed shortly.
6. West Hudson Executive Committee Review:
 - a. Every May, we have to report to the APA on our Executive Council Members. It was discussed and agreed upon that we would ask the following members to serve on our board:
 - i. Nicholas Batson – move from ECP Rep to Legislative Co-Chair (for Orange and Sullivan County legislative issues)
 - ii. Ingrid Montgomery – new ECP Rep
 - b. Liz will reach out to these members to see if they are interested in more formal roles in our Executive Committee.
 7. Upcoming NYSPA/Area 2 meeting:
 - a. Saturday, October 13, 2018 LaGuardia Plaza Hotel, 104-04 Ditmars Blvd., East Elmhurst, NY
 8. NEXT EC MEETINGS:
 - a. Friday, July 27, 2018 at 12:30 at Il Fresco, Orangeburg with guest presentation by Karl Kessler, MD, President of the Psychiatric Society of Westchester.
 - b. Friday, September 21, 2018 at 12:30 at Il Fresco, Orangeburg
 - c. We will try to plan our Executive Council Meetings a little further into the future for now on to allow more committee members the opportunity to clear their schedules to attend.
 - d. We will invite Senator Carlucci to attend our September 21st meeting.

CORRESPONDENCE

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

I received the following from **Syed Abdullah, MD**. For decades Dr. Abdullah has been sending Synapse articles of interest to our local psychiatrists. Thank you, Syed, for **all** your contributions. J Flax, MD.

Archie and Edith

Syed Abdullah, MD

After years of working two jobs Archie finally retired ten years ago. His loving wife, Edith, was the faithful companion remaining at home. Gloria, their only child and her husband, Michael, along with their baby Joey, had left to live in their own home across town. Initially Archie was happy to have the entire house to himself and his dear wife, but soon a gnawing emptiness started taking toll. Archie missed his daily confrontations with his son-in-law who was so removed from Archie's world of conservative values and old fashioned ways. Gone also were Gloria's screaming battles to bring peace and quiet to the household. Their departure left a gaping hole in Archie and Edith's lives. Just as Archie was getting attached to his grandson, he was gone, depriving Archie and Edith the joys of being surrounded by his innocent pranks.

But more than all, with these changes in their lives, the aging couple were struggling with inner mental deterioration that set in imperceptibly, but unmistakably. The cognitive decline was first just an annoyance but soon became frighteningly real. They could not remember names and often got lost while driving. Their doctor, suspecting the onset of Alzheimer's Disease, started them on Aricept. They were advised to write down, as memory-aids, things they needed to do and places to go.

But there were difficulties with this too. First of all the medicine was expensive, and secondly it caused a number of annoying side effects. They would often forget to take the pills and were especially discouraged when their prescription plans were drastically curtailed. Archie gave up driving, following a number of minor accidents on the road. This resulted in further reduction in their excursions beyond the immediate neighborhood.

Another change that became evident was the reversal of roles between Archie and his wife. He no longer had the fiery temperament for which he was well known. Edith on the other hand, became more assertive in their relationship. Now it was her turn to rule & command and Archie gradually accepted his status as the weaker of the two, fulfilling her every wish as well as he could. The following scenario is indicative of their new relationship:

Edith: "Archie could you get me a bowl of ice cream from the freezer?"

As Archie proceeded to go to the kitchen, she reminded him "Archie Write it down, or you will forget."

Archie responded with a slight annoyance in his voice "I am not going to forget this simple thing *ice cream*."

I would also like some whipped cream on top of the ice cream, now write that down. "Ice cream with whipped cream is easy to remember."

After about fifteen minutes Archie emerged from the kitchen with jelly on toast.

Edith screamed in her shrill voice "where is the bacon and egg I wanted?"

2018 Fellowship & Career Night

Eric Jarmon, DO PGY-3
Associate Chief

Running a few minutes late, I hurried through the heavy glass doorway at the medical outpatient clinic in Union Square. After asking for directions to the conference room, I strode up the stairway, too impatient and anxious to wait for the elevator. Arriving at the conference room, a little short of breath, I asked if I was at the right place. Staring down

across the folding table of name tags and folders at the three young ladies, they paused for a moment appearing more confused than I. I stated my name, and two of the women fumbled through the arrangement of name tags without success. I then said, "I'm just a resident." All three women sighed in relief, one of them stating, "you looked so distinguished. We thought you were someone important." I replied, "I know that's just a kind way of saying I look old." Then all four of us laughed, probably because my statement hit the mark.

It's just after 7:30PM on May 22nd, and I'm at the 2018 Fellowship and Career Night - an event hosted by the APA for residents to meet with psychiatry fellowship directors based in New York City. To be honest, I was a little bit nervous about attending. A few short years ago during interview season for psychiatry residency, interviewer after interviewer told me that fellowship was "over-rated" and primarily for those residents who were either interested in research or weren't ready to cut the cord from graduate medical education. So as a fourth year medical student, I had my doubts about fellowship.

Fast forward to intern year of psychiatry residency at Orange Regional Medical Center; my program director, BHU director, and various attendings all sung the praises of doing fellowship. Not only did fellowship provide training in a subspecialty in psychiatry, it made one more marketable. Then in second year of residency, I heard more of the same on my outside rotations. One conversation stood out. I was told by an attending who didn't complete fellowship that, "whatever you do, do a fellowship. Two of my classmates did fellowship in child and adolescent psychiatry. They hate kids. Haven't worked with them a day since fellowship, but now they have more opportunity than I will ever have because they did a fellowship. So do a fellowship!"

Now as I third year resident, I have some idea of what fellowship(s) appeal to me most. Making the rounds among the folding tables and fellowship directors in that conference room, I soon realized that I was among kindred spirits - the friendliness, the warm smiles, the eagerness to establish rapport. Clearly this group knew their craft. And I felt the camaraderie. After a few conversations, I felt that fellowship was right for me. I could see myself doing the extra year of training after residency. Amidst the discussions, I bumped into a resident who had taken an intro to psychoanalysis course with me this past year, and I also saw a new acquaintance I had made just a few weeks early at the APA Annual meeting. Both instances reminded me of just how small the world of psychiatrists is. I had absolutely come to the right place.

ANNOUNCEMENTS AND ADS

The Orange Regional Medical Center (ORMC) GME program is growing exponentially. They anticipate that starting July 1 they will have 73 residents in their 6 GME programs. As a result, the need to be able to refer at risk residents to effective, empathic mental health professionals is great. Due to confidentiality issues many residents may not feel comfortable receiving treatment at Orange Regional Medical Center. ORMC would like a list of therapists that would be willing to see residents as needed. The director of the psychiatric residency program

would like to get a list of members of the West Hudson Psychiatric Society that would be willing to see ORMC residents in their private practices. Insurance is Blue Cross/Blue Shield of NY, with varying levels of reimbursement depending on which plan the resident chooses. Please contact:

Ulrick Vieux DO, MS
Psychiatry Residency Program Director/ORMC
Cell #: 845-741-4990/Office #: 845-333-1763

APA NEWS & NOTES FOR DB/SAs



News and Notes for APA District Branches/State Associations

June 2018

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

- Dr. Altha Stewart took office as APA President at the conclusion of the 2018 Annual Meeting, and Dr. Bruce Schwartz began his term as President-Elect. Dr. Stewart is the first African-American and fourth consecutive woman to lead the APA. Read more about Dr. Stewart [here](#).
- Dr. James “Bob” Batterson assumed the position of Speaker of the APA Assembly. Dr. Batterson is a board-certified psychiatrist in Kansas City, Missouri, and has been a member of the APA Assembly since 1999. You can read more about Dr. Batterson [here](#).
- During the Annual Meeting, APA released the results of a national public opinion poll conducted online. The poll queried Americans across the country on issues such as [anxiety](#), [gun control](#), and the [opioid crisis](#). You can see the full results of the poll [here](#).

Mark Your Calendar

- Alzheimer’s and Brain Awareness Month (June)
- Men’s Health Month (June)
- PTSD Awareness Month (June)
- Migraine & Headache Awareness Month (June)

June Course of the Month: Evaluating Adverse Drug Effects

Psychiatrists are increasingly called upon to evaluate somatic and psychiatric symptoms and differentiate them from possible iatrogenic effects of psychotropic medications. This presentation focuses on anticipating, recognizing, and distinguishing adverse drug effects and detecting risk factors that increase propensity for adverse effects. Presented by Joseph Goldberg, MD, of the Icahn School of Medicine. Accessible at Psych.org.

Action Required: Time to Advance your APA Membership

As residents prepare to graduate from your training programs, complete your APA [membership advancement](#). This lets us know if you are continuing in a fellowship or advancing to practice in 2019 and ensures you maintain access to your benefits, including [resources](#) to assist you in your early career.

The [form](#) takes less than five minutes to complete, and you'll receive a **\$5 Amazon gift card** by email if you complete it by **June 30, 2018**. Accessible at [Psych.org](#).

Psychiatry Online Has a New Home

American Psychiatric Publishing has a new look online. [Psychiatry Online](#) includes digital versions of the DSM-5, the American Journal of Psychiatry, [Psychiatric News](#), Psychiatric Services and other APA journals. Users can also access APA's library of educational programs for [CME opportunities](#). Take advantage of these resources today accessible at [Psych.org](#).



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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>

USEFUL INFORMATION RESOURCES: Dr. Ferro recently advised me of a useful electronic publication of psychiatric advice – SimpleandPractical.com. This prompted me to think of all the publications I use to keep up to date. I do not use UpToDate.com though I understand it is very useful. I do use the APA publications, including Focus. I am a member of the listservs of Columbia University and multiple PsychoPharm listservs. I receive Amadeo on 4 different topics <http://m.amedeo.com> and Evidence Alerts <http://plus.mcmaster.ca/EvidenceAlerts/> for reviews of recent articles. I pay for The Medical Letter. I read APA News, Psychiatric Times and Clinical Psychiatry News. I sometimes will read Psychiatric Annals as well. I use Epocrates, Google, Wikipedia, WebMD and others daily. As a result of our modern digital resources, I'm thinking of throwing out all the ancient textbooks taking up space on my shelves. I'd be interested in hearing from others about what resources you rely on to keep up to date.

GoodRx – a plug for this service I have found useful for patients whose medications are not well covered by their insurance. Sometimes it provides very beneficial coupons and lists the least expensive retail source for a medication.

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.

THIS IS IMPORTANT! NYSPA is soliciting detailed information on insurance reimbursements to identify fee and reimbursement discrimination in the payment for outpatient mental health services. **The NYSPA Parity Enforcement Project (PEP)**

NYSPA is rolling out its newest Parity Enforcement Project initiative to identify fee and reimbursement discrimination in the payment for outpatient mental health services. NYSPA has prepared two Request Forms - one for in-network services and one for out-of-network services - and a set of instructions for using the Request Forms. You will note that the instructions have been prepared for use for non-psychiatrists because these forms can be used by anyone who has health insurance through a job, through ACA or a Medicare or Medicaid managed care plan. We urge every psychiatrist who has health insurance coverage to submit either an in-network form or both forms (if you have out-of-network coverage). Anyone with health insurance can submit the forms regardless of whether they have received, are receiving or expect to receive treatment for mental illness. The forms do not require the disclosure of any individual medical information and the responses will not include any medical information. These forms can be widely disseminated to individuals receiving treatment and support groups for patients. The key is that NYSPA needs to review the responses in order to identify evidence of discriminatory coverage. The forms can be downloaded from the NYSPA website by [clicking here](#). Please join us in participating in this effort to identify and root out reimbursement discrimination in the treatment of mental illness.

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.

Mandatory Prescriber Education in NY after 7/1/17

Prescribers licensed in New York to treat humans and who have a DEA registration number to prescribe controlled substances, as well as medical residents who prescribe controlled substances under a facility DEA registration number, must complete at least three (3) hours of course work or training in pain management, palliative care, and addiction by July 1, 2017.

Practitioners must notify the Department of Health that they have completed the educational requirements by submitting an attestation online.

Click on the following links for more information and guidance.

- [Mandatory Prescriber Education Guidance](#) (PDF)
- [Frequently Asked Questions - Updated June 2017](#) (PDF)
- [Attestation Process](#)
- Prescribers can access three hours of free course work covering the eight required topic areas, sponsored by NYSDOH, from the University of Buffalo* at [Opioid Prescriber Training Program](#).

Medical Director and Psychiatrist(s) (PT/FT)

- The Mental Health Association of Rockland County, Inc. (MHA) was founded by a group of concerned citizens in 1951 to advocate for the development of public mental health services in Rockland County. Currently we are accepting resumes for the positions of a Medical Director and Psychiatrist(s) (PT/FT) to provide mental health and addiction services to the residents in Rockland County in our busy nonprofit agency.

- The Medical Director will supervise medical staff; provide psychiatric services; prescribe drugs and diagnostic tests; participate in treatment planning and goal setting; assist in the dev of support services and emergency coverage; and maintain case records.
- The Psychiatrist(s) performs diagnostic assessments to evaluate medication and overall mental health needs of clients in a busy and culturally diverse recovery program; prescribes medication; conducts group and family therapy sessions, monitors clients for side effects of medications; participates in treatment planning meetings and meets with other clinical and treatment staff for case review and input. Some programs include field work.
- Completion in an approved resident training and NYS license to practice psychiatric medicine and experience in a mental health, clinic or related program. Open to obtaining a federal DATA 2000 waiver (buprenorphine-certified.) Must be able to apply for Medicaid/Medicare reimbursement services. Must have or be able to obtain a board certification in addiction psychiatry or the equiv. If interested, send resume including salary requirements and availability to: MHA of Rockland, Att: HR, 140 Rte 303, Valley Cottage, NY 10989, Fax #:845-267-2169, or email: dejesust@mharockland.org. [For additional information, including benefits please visit our website www.mharockland.org](http://www.mharockland.org).

• EOE

Weekend 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 Lorraine Schorr (845) 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.

Rockland County Department of Mental Health (RCDMH) is seeking to contract with psychiatrists to provide child custody evaluations referred to RCDMH by Family Court. Flexible time and competitive terms. Please contact Salina Williams at 845 364-2391.



PSYCHIATRIST, OUT-PATIENT HEALTH CENTER (INDEPENDENT CONTRACTOR)

Location: New City, NY 10956
Division: Health Center
Status: Independent Contractor

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As a **Psychiatrist** (Independent Contractor), you will provide diagnoses and treat individuals in our outpatient Health Center located in New City (Rockland County), NY. We are seeking a part-time NYS board certified Psychiatrist to work with adults and or children/adolescents with Behavioral Health and adults or children/adolescents with Developmental Disabilities in our outpatient health center which operates 8:00am – 5:00pm Monday through Friday; very flexible hours available. The qualified candidate will work with an integrated treatment team consisting of other Psychiatrists, Psychologist, LCSWs, LPNs, MD, Patient Services Representatives, Schedulers and a Coding and Compliance Specialist. Jawonio will provide administrative support and office space.

How to Apply:

Please sent Resumes to:
Jawonio Inc
Human Resources Department
260 N. Little Tor Road
New City, NY 10956

Or by Fax to (845) 639-3530
Or by E-Mail to jobs@jawonio.org

We encourage all qualified applicants to apply.

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The Clinical Research Division (CRD, Director: Dan V. Iosifescu, MD, MSc) at the Nathan Kline Institute is pleased to announce we are starting several clinical trials in patients with major depressive disorder (MDD). We plan to evaluate novel potential treatments, including devices and pharmacological agents.

Our first study is testing transcranial laser therapy (TLT) in addition to antidepressants for MDD subjects who have failed to improve with antidepressants alone.

You can find more information about the study in the following summary description:
<https://clinicaltrials.gov/ct2/show/NCT02959307>

Interested patients should contact Dr. Karen Nolan at 845-398-6572. The study PI, Dr. Dan Iosifescu, will be happy to answer your questions (845-398-6568), or Dan.Iosifescu@nki.rfmh.org

Have you been feeling sad, blue, or down in the dumps?

Have you lost interest in the things you used to enjoy?

Are you looking for help?

If so, you may be eligible to participate in a research study using Transcranial LED Therapy (TLT) to treat depression that is being conducted at the Nathan Kline Institute in Orangeburg, NY.

TLT involves a non-invasive and invisible beam of light that increases energy metabolism in the brain, and some of this increased brain activity may help people with depression. This treatment is not the same as electroconvulsive therapy (ECT).

All TLT sessions will take place at the Nathan Kline Institute. The visits include 1 initial screening visit, 24 TLT sessions, and 1 follow-up visit making for a total of 26 visits to our program. Those who qualify will receive the experimental treatment, study-related, medical exams, and laboratory tests at no cost. Study participants will be compensated \$50 per study visit.

If you are between 18 and 70 years old and would like more information please contact

Karen Nolan at 845-398-6572 or email nolan@nki.rfmh.org



NEW YORK STATE PSYCHIATRIC POLITICAL ACTION COMMITTEE, INC.
400 GARDEN CITY PLAZA, SUITE 202
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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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| _____ | Sustaining Member | \$250.00 or more |
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