



West Hudson Psychiatric Society

Serving Rockland, Orange, Sullivan & Delaware Counties

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

www.westhudsonpsych.org | westhudsonpsych@gmail.com

eSynapse

July 2019

Editor's Comments

James Flax, MD, MPH, DLFAPA

In this issue of eSynapse you will find a multitude of announcements and tidbits of useful local information. There is the first what we hope to be many contributions in the “resident’s column” from ORMC and an introduction by your new WHPS president, Laura Antar, MD, PhD. 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>. (If the links in eSynapse don’t work, copy and paste into your browser).

FIND A PSYCHIATRIST is a wonderful public service and can be a source of referrals to your practice. I recently checked and there are only 4 or 5 psychiatrists listed in Rockland County, 3 within 20 miles of Middletown and none within 20 miles of Liberty. This level of participation makes the list virtually useless for patients searching for care. **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”. Doing so could be of benefit to your practice and will be of benefit to prospective patients searching for care.

As I’ve said and written many times, I **will** publish anything you’d like published. I’ll add a caveat to this longstanding invitation - **if** it’s suitable for the eSynapse newsletter and of relevance to our profession, our patients or about a member’s life, such as – professional opinion, recipes, personal announcements, travelogues, etc.

I want to underline the importance of the NYState Psychiatric 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 NYSPA 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>).

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.

**Executive Council Meeting
Il Fresco Restaurant, Orangeburg, NY**

Friday, July 19, 2019

PROMPTLY at 12:30

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

IT'S A FREE LUNCH



Nigel Bark, MD

The WHPS probably does more for its members and for psychiatry, proportionately (considering the number of members), than any other district branch, as was recognized by the APA in awarding it the Best Practice Award in 2018. **For our members:** twice yearly educational dinner meetings with high quality speakers; open executive committee meetings that all members can attend with a journal club or presentation from local leaders of psychiatric services or organizations; a mentoring program for residents at Orange Regional Medical Center; a women's group of female psychiatrists that meets every six weeks. For psychiatry and the community: the Mental Health Coalition of Rockland County organized by Lois Kroplick 22 years ago, with about 20 local mental health organizations, has been perhaps the most active and successful undertaking by WHPS, with its highly successful annual Forum, attended by 500 or so people, its educational programs in local Colleges, elementary schools, high schools, its presentations to groups of clergy, police, Rotary clubs, PTAs; many members have been involved in these programs. eSynapse, (with news of psychiatric and WHPS activities in our area, a summary of the executive committee meeting, original articles, advertisements for jobs and offices etc) has been recognized with awards by the APA for its quality and interest. Of course if you don't read it you wouldn't know and you may not know what the WHPS does. We are involved with representing our members and patients at NYSPA and its committees and the APA on the Assembly and its committees. If you don't think we are doing enough, please join us and contribute.

President's Column

Identity, Meaning and Happiness in our WHPS Community

Laura Antar, MD, PhD

I am grateful for the opportunity to be the new president of WHPS for the next two years, and try my hand at serving our members, our profession, our community, now and beyond my tenure as president.

In my early fifties, I ask myself what I want to accomplish, not only as a WHPS member but also as a psychiatrist, a former neuroscientist, a wife, a daughter, a friend and a mother of two. I attempt to distill meaning in my life, and glean happiness from good deeds and expanded understanding. I try to use my experiences and our scientific evidence base to these endeavors. This is the art and science of our field. Let me start with a brief telling of my tale, and see if this can inspire a future telling of our mutual story.

I was born and raised in a rent-controlled apartment in mid-town Manhattan. In college, I became an English and anthropology major and, went on to the University of Chicago graduate program in anthropology. I was doing preliminary fieldwork in Greece as a graduate student when the first Gulf War broke out. I went to the Red Cross to volunteer; they asked me what I could do. I told them I could write. This was not needed in the moment. While my friends, future husband and I satisfied ourselves by organizing airdrops of food, clothes and medicine to the refugees, I was offered by some Kurds to go to the mountains to write their ethnography. I realized that writing must not be my only contribution; I must not only be an observer. I wanted to make a hands-on difference to people in need. I recall watching my Kurdish classmates in Greek language school, huge men with large moustaches (some Kurdish freedom fighters), cry as we watched on television Kurdish children's bodies being cleaned on the mountainside by grieving mothers. From Greece, I applied to a post baccalaureate training program and then started my journey to medical school. To support myself through training, I worked in a research lab and got undergraduate grants to support me and fund my research in my mentor's lab. Because neuroscience research hooked me early on, I applied to Medical Scientist Training Programs, and went to Albert Einstein College of Medicine where I got my MD, and PhD. My thesis was on an mRNA binding protein FMRP that, when missing, causes the most commonly known form of autism, and one of the most common forms of intellectual disability, Fragile X Syndrome. In medical school, every rotation advisor guided me toward psychiatry. What a perfect juncture for practice of the analysis from English literature, the participant observation of anthropology and the evidence-based inquiry of neuroscience and medicine. I feel privileged to be credentialed to practice our profession and to have transcended into being a psychiatrist.

Psychiatry is a kind of practical philosophy where I call on cerebral mentors in our profession like Freud, Beck, Yalom, and transubstantial fathers from the West, like Aristotle, Zeno or Marcus Aurelias to help me answer the important questions of meaning in my life, and from whom I try to draw wisdom to help my patients answer this question in their lives. I help them to identify and develop their own voices by seeing through a variety of lenses. For systems and social issues, I call on what I have learned from the stories of men and women of the Mundaraku, the Mbuti and the Yanamamo cultures I studied. In addition to the thinking of writers, philosophers and cultures that we can bring to our depressed, anxious and more seriously ill patients, we can also bring medicine and neuroscience. Researchers are attempting to demonstrate through genetic analysis why learning from our philosophers and practicing what they teach may have been so therapeutic for so long.

At the juncture of philosophy and science, we begin by dividing happiness into two parts, separating the hedonistic approach to happiness, which can be defined as "pleasure attainment and pain avoidance" from the eudaimonic approach, which finds happiness through meaning, self-realization, and optimal functioning. Eudaimonic happiness, it seems, can decrease our

inflammatory response. Barbra Fredrickson (positive psychologist from UNC, Chapel Hill) and Steve Cole (genetics and psychiatry researcher, UCLA), conduct research in human social genomics, and have identified a conserved transcriptional response to adversity (CTRA) in which there is up-regulated expression of pro-inflammatory genes and corresponding down-regulated expression of Type I interferon- and antibody-related genes. They discover that eudaimonic well-being is the primary “carrier of CTRA associations” and opposes adversity gene activation, whereas hedonic well-being has no CTRA association that is independent of eudaimonic well-being. In short, the attainment of meaning and self-realization can actually be anti-inflammatory and disease protective, whereas the simpler pursuit of pleasure does not independently affect our bodies in the same fashion. It is well known that there is an inflammatory component to depression, perhaps these anti-inflammatory pursuits such as eudaimonic happiness, are equally antidepressant.

What are the elements of leading a meaningful, eudaimonic life? Journalist, author, instructor and student of positive psychology Emily Esfahani-Smith gave a Ted talk (and has written a book, *The Power of Meaning*) where she researched that a meaningful life can be broken into four “pillars”: belonging, purpose, transcendence and storytelling. Belonging has to do with being admitted to a group not on an ideological basis, but accepted for “who you are.” Purpose suggests contribution, whereas transcendence is about seeing one’s self as a small part to a greater whole, whether via religion or nature. Storytelling allows individuals to write and edit their lives to better comprehend their origins and destinations.

I have shared my story, but my belonging to WHPS started when our member and past president, Dr. Madhu Ahluwalia responded to a letter I had written to all doctors in the area. She plucked me out of oblivion and warmly introduced me to our community, and for that I am forever indebted. She brought me to a group of psychiatrists that is now very important to me. Dr. Mona Begum, another past president, whom I met at the WHPS women’s group, brought me into the folds of the Executive Council. Our most recent past president (and our only two-time president), Dr. Nigel Bark was one of my professors when I was in residency. Since joining WHPS, I have begun to feel a place in the community and a sense of comradeship with my peers, and those I aspire to call my peers. I cherish this sense of belonging, and am enjoying expanding this part of my story.

My purpose actuates as I practice skills to heal my patients. This is enriched by peer supervision groups to which I belong. I approach transcendence as I look at a long list of past presidents with awe, and hope to leave my own mark on this community: to bring others into the fold, to help us continue to define ourselves to our members, to our patients and to the other professions with whom we practice in concert. To this end, over the next few columns, I would like to introduce some ideas to our WHPS community that will further help to define us and contribute to our eudaimonic happiness. Ideas that will help us to serve our WHPS members in their day-to-day practices, to educate our community, and to interact with our fellow professionals in medicine, politics and pharmacy.

I welcome any contributions or ideas any of our members have, and welcome any opportunity to continue this narrative in a way that adds value to my colleagues and community. I am trying, as you may see, to practice my own storytelling, build and expand my purpose, and incrementally transcend. I hope you welcome my story and attempts to build, contribute to and belong to our community.

Citations:

Barbara L. Fredrickson, 1,* Karen M. Grewen, 2 Sara B. Algoe, 1 Ann M. Firestone, 1 Jesusa M. G. Arevalo, 3 Jeffrey Ma, 3 and Steve W. Cole 3; from PLoS One. 2015 10(3): e0121839.

Psychological Well-Being and the Human Conserved Transcriptional Response to Adversity
Charles L. Raison Lucile Capuron Andrew H. Miller Volume 27, Issue 1, January 2006, Pages 24-31
Cell Press Cytokines sing the blues: inflammation and the pathogenesis of depression

Ted talk E Esfahani-Smith:

https://www.ted.com/talks/emily_esfahani_smith_there_s_more_to_life_than_being_happy?language=en

WHPS Executive Council Meeting

Friday, June 7, 2019

12:30pm - Il Fresco

Minutes

Attendees Present: Laura Antar, Raj Mehta, Mona Begum, Dominic Ferro, James Flax, Ulrick Vieux, Lois Kroplick, Russ Tobe, Eric Jarmon and Liz Burnich

1. New President Address: Laura Antar, MD, PhD
 - i. Dr. Laura Antar outlined some of her goals that she would like to focus on throughout her two-year term as President of WHPS. Her main goal is for West Hudson to establish who we are in the community to enhance member services and benefits, community collaboration with other psychiatric organizations and amongst other professions including insurance, pharmacy and local government officials. She will elaborate on her goals in her upcoming President Columns in future issues of eSynapse.
2. Legislative Meeting Recap:
 - i. Russ, Nigel, Laura, Mona, Jim, Dom and Liz met with Senator Carlucci and his Chief of Staff, John Mulgrew on May 31 at his District Office in New City.
 - ii. Our agenda included thanking Senator Carlucci for his championing of issues such as behavioral health insurance parity reforms, passing a bill prohibiting “conversion therapy” and supporting Veteran’s Mental Health Primary Care Training Initiatives.
 - iii. We expressed our opposition to issues including prescribing privileges for psychologists and diagnosis by mental health practitioners. We also voiced opposition to ADHD research - the proposal of which diverts needed research funds to a question predicated on the assumption that ADHD medications are harmful to development in opposition to overwhelmingly comprehensive research for NIH clearly refuting the claim.
 - iv. We also discussed/highlighted local issues such as housing for individuals with mental illness, shortage of acute stabilization units and collaboration with Nyack Hospital, cost of living increases for direct care staff, mail order pharmacies and controlled substances and insurance provider lists.
 - v. We see this as a great opportunity to educate Senator Carlucci on psychiatric issues and the start of an opportunity to work closely with him and his staff on all mental health concerns.
 - vi. Russ and Liz will send follow up communications to him with goal of establishing our next meeting.
3. Fall 2019 Meeting Planning:
 - i. Raj reached out to Bruce Schwartz, MD, incoming APA President about presenting in the fall. He said that he is definitely interested in speaking to our group this fall but is unable to

commit to a date because he is unsure what his APA commitments will be. He should know more by July.

- ii. Raj also asked George Alexopoulos, MD, a geriatric psychiatrist if he was interested in presenting. He is also willing to speak to our group so if it turns out that Dr. Schwartz is not available, Raj will ask Dr. Alexopoulos.
- iii. Raj will follow up in July to finalize the details of this event.

4. Committee Updates:

- i. Public Forum: Lois Kroplick shared that this year's Public Forum will take place on Wednesday, October 23, 2019 at RCC with Marianne Goodman, MD as the speaker on the topic of Suicide & Resiliency.
 - 1. The next Planning Committee meetings are scheduled for Wed, June 19 at 12 noon at Lois Kroplick's office and Wed, Aug 21 at 1pm at the NAMI Office, RPC Bldg 57, Conference Room.
- ii. Women's Group: the next meeting is scheduled for July 26 at 12:30pm at Alex Berger's home.
- iii. Mental Health Fair: Laura Antar, Jim Flax and Dominic Ferro attended Senator Carlucci's Senior Fair on Saturday May 18 at the RCC Student Union. There were numerous presenters but not many attendees because there was no signage or advertising for this event so instead of this event being an opportunity for the public to learn about organizations that provide mental health services or was more of an opportunity for the organizations present to network about their services.
 - 1. It would be useful for Senator Carlucci to schedule a meeting of all these organizations so we can better understand the services available to the public and form a mental health partnership of sorts.
- iv. NAMI Run/Walk: This is NAMI's only major fundraising event this year. Russ proposed that West Hudson support this event with a donation, Jim seconded the motion and everyone present agreed. Liz to send check to NAMI or bring to the next Public Forum planning meeting.
- v. 2nd Annual Update in Psychiatry at Orange Regional Medical Center – Ulrick Vieux
 - 1. The keynote speaker slot is being offered to Francis Lu, MD to speak on the topic of Cultural Psychiatry and the *tentative* date is Wednesday, October 2 starting at 12noon.
 - 2. West Hudson voted and agreed to match the ORMC financial commitment to go towards the speaker's travel expenses.
- vi. Mentorship Program Meet & Greet: scheduled for Thursday, July 11 at 12noon at ORMC. Liz will email to get Mentor commitments to present at this event.
- vii. ORMC Psychiatry Program Update:
 - 1. The PGY-4 Residents will graduate on June 21st. Ulrick is hosting a gathering at his home on June 22 – all EC members are welcome. He will forward an invitation to Liz to distribute.
 - 2. ORMC will be changing its name to Garnett in the next year – this will encompass both Orange Regional Medical Center in Orange County and Catskill Regional Medical Center in Sullivan County. They are looking to partner with a telemedicine vendor to help with night calls 8pm-8am – especially for coverage in Sullivan County. They are also looking to start an outpatient clinic in Sullivan County. ORMC is looking to hire more psychiatrists who are interested in teaching/research with focus on wellness.
- viii. Senior Fair sponsored by Senator Carlucci: Wednesday, August 28 from 10am – 2pm at RCC Field House.
 - 1. It was decided that we will commit to presenting at this event again this year.

2. We discussed things we should have at our table such as informational flyers on psychiatric disorders (check with NAMI), lists of practitioners, clinics, etc.
 3. Do we want to offer to speak at this event?
 4. Liz to coordinate volunteer coverage.
 - ix. APA – Find a Psychiatrist feature on the APA website does not seem to be functional – the mapping does not work properly and members who have opted in are not showing up in the search. Liz to check with APA on their plans to support this so we can decide if we want to make a concerted effort to push members to enroll/opt in.
 - x. Next EC Meeting is scheduled for Friday July 19. Liz to invite Susan Hoerter, DO to present on Rockland County psychiatric services.
5. RECAP of UPCOMING WHPS EVENTS:
- i. Friday, July 19 – Next EC Meeting at Il Fresco, Orangeburg at 12:30pm
 - ii. Thursday, July 11 - ORMC 2nd Annual Meet & Greet at Orange Regional Medical Center, Middletown at 12noon.
 - iii. Wednesday, August 28 - Senior Carlucci's Senior Fair at RCC Field House from 10am – 2pm
 - iv. Sunday, September 15 – NAMI Run/Walk at Rockland Lake – 7:30am check-in, 8:30am race
 - v. Wednesday, October 23 – Annual Public Forum at RCC Cultural Arts Theater at 6pm
 - vi. Saturday, October 19 - NYSPA/Area II Fall Meeting at the LaGuardia Marriott at 9am
 - vii. TBD – WHPS Fall Educational Dinner Meeting
 - viii. TBD – ORMC/WHPS Fall Update on Psychiatry

Call for Experience with Nyack Hospital and Acute Stabilization Services

We had a productive meeting with Senator Carlucci on May 31st. During this meeting, we extended our dialogue and began to integrate local member concerns into a larger NYSPA agenda. Feedback from the membership was quite helpful in this process and, though our agenda was broad as a result, we touched upon several areas of significant importance.

Of most importance to Senator Carlucci was gleaning a thorough understanding of (1) gaps in community services for acute stabilization and, along these lines, (2) member experience in collaboration and coordination with Nyack Hospital and other acute stabilization services. During this meeting and in subsequent exchanges, the Senator and his staff requested WHPS formally highlight both positive and challenging experiences with Nyack Hospital and other acute stabilization services in Rockland County and, with this information, propose next steps in better improving community acute stabilization services. Towards this goal, please provide anecdotes and other experience (positive and challenging) with Nyack hospital and other acute stabilization services in the county. These anecdotes may end up in the summary report to Senator Carlucci, so please notify us if you are comfortable having your name associated with the anecdote. If not, it will be de-identified.

Sincerely,
Russ Tobe, Legislative Chair

Suicide Awareness and Resilience

Finding Hope, Healing & Health



Rockland Community College

Cultural Arts Theatre

145 College Road, Suffern, NY

Registration: 6 to 7 pm/ Program begins 7pm

**WEDNESDAY
OCTOBER 23, 2019**

For tickets and information

Call NAMI Rockland (845) 359-8787 or

Email: events@namirockland.org

Or visit on line at

www.namirockland.org

Suggested Donation: \$15 per person

Students welcome at no charge

Sponsored by

NAMI Rockland

National Alliance on Mental Illness of Rockland County

West Hudson Psychiatric Society

Rockland County Department of Mental Health

RDBSA/ Rockland Depression & Bipolar Support Alliance

Mental Health Association of Rockland County

Rockland Community College Counseling Center

Breaking the Silence Annual Public Forum

2019 Presenters

Marianne Goodman, MD, is a Professor of Psychiatry at the Icahn School of Medicine at Mount Sinai and full time VA clinical research physician at the James J. Peters VA (JJPVA) for twenty years. She is the director and developer of the JJPVA Suicide Research and Clinical Program since 2010. Considered one of the foremost suicide prevention experts in the VA system, she is actively engaged in clinical care, research and education. Her research efforts focus on novel treatment development, including psychotherapy, medication and tele-health approaches, in conjunction with biomarker studies. In recognition of Dr. Goodman's exceptional achievements in the management of high risk suicidal and emotionally dysregulated Veterans, borderline personality disorder and delivery of dialectical behavior therapy, she has been honored with numerous prestigious awards. Dr. Goodman is also involved with education for non-VA primary care and mental health clinicians regarding Veteran suicide risk. She served as President of the North American Society for the Study of Personality Disorders from 2015 to 2018.

Colleen Casey Johnson is a suicide survivor, who has been in recovery for 31 years. She credits "32 years of intense psychotherapy with an outstanding psychiatrist," medication and TMS for her remission from major depressive disorder, completion of the work of integration from dissociative identity disorder, and almost total elimination of the suicidal ideation that began in childhood. Her personal experience of suicides among close family members and a childhood riddled with violence and abuse, have helped guide her lifelong work in human services - first in homes with dysfunctional parenting and then as an inspector of child day care homes and abuse in NYSOCFS registered child day care facilities. She then was residential facility manager for ARC (for differently abled adults). Since retiring, Colleen has run her own daycare program. She serves on the NAMI-NYS Board of Directors and is an ardent mental health and TMS advocate, actively engaged in suicide prevention education and support.

ASL Interpreters available on advance request

[Web Address]

Editor: Dr. Begum & I had the privilege of attending the ORMC resident graduation party on Saturday, 6/22. It was a joyous occasion with proud faculty, parents, residents and mentors. There are two images from the day following this inaugural Resident's Column, that is a welcome addition to our newsletter.

Welcome to the Resident's Column!

Giselle Plata, DO, MPH

I feel privileged to have the opportunity to serve as the new Resident Fellow Rep on the Executive Council of the West Hudson Psychiatric Society. To introduce myself, I was born in northern Virginia and raised mostly there and in Bolivia. I graduated from the University of Virginia many years ago and then completed Peace Corps service in conjunction with a public health program at Tulane University. I ended up graduating from Edward Via College of Osteopathic Medicine and am now a soon to be second year Psychiatry Resident at Orange Regional Medical Center. Five years ago, I could never have predicted I'd be on this path. In fact, five years ago around this time of year, I was on a climbing trip in Nepal's Himalayas wondering if I made the right decision to embark on this very expensive and sacrificing career after all the work I had put in to advance to where I was in my public health career. After seven years of learning and working in the public health world (along with a good amount of travel), I knew I wanted a more direct hand on approach to tackling health disparities, and to be able to see the change I was working toward at an individual level. There are no physicians in my family so I didn't exactly know what I was getting into when I started my medical career. But I knew some of my most rewarding and worthwhile life experiences I have had were those for which I felt the most underequipped and uncertain.

I also have mentors to thank for nudging me toward the unknown in work and in life. As a third-year medical student, I had no idea what to expect on starting my psychiatry rotation at an old state hospital in rural western North Carolina. I was soon inspired by the work of the Attendings and the patients alike and on sharing my interest in psychiatry was immediately connected to opportunities to develop my interest. I was able to attend my first APA meeting through a travel award and work with a Latino mental health program in NYC through a sponsored month-long rotation. My Attending-mentors have since guided me through my transition from medical school to residency, and I remain open-minded about my aspirations in psychiatry. While I hope to work with special populations such as homeless individuals, veterans, and immigrants stateside, I would also love to learn more about opportunities in cross cultural psychiatry and global mental health.

My new career in psychiatry so far has been such a rewarding and worthwhile experience--from all of my cross-country psychiatry rotations as a traveling fourth year medical student through my intern year now coming to a close. It's so important to have a supportive network and mentors in our early careers and really in all areas of our lives. I am thrilled to also help grow WHPS's mentoring program as part of my new role. To introduce the rest of my fellow residents, this column will be featuring contributions by all of us psychiatry residents at ORMC. We also hope to see everyone at the next annual Meet and Greet!

Thank you to all who have welcomed me so warmly and I look forward to working together.



News and Notes for APA District Branches/State Associations

July 2019

Want to keep up with APA in between newsletters? Connect with us on [Facebook](#), [Twitter](#), (@APAPsychiatric), [Instagram](#) and [LinkedIn](#) for the latest news and updates.

What's New at the APA

- APA Member Patrice Harris, M.D., took office as president of the American Medical Association (AMA) on June 11. Dr. Harris, a practicing psychiatrist trained in child/adolescent and forensic psychiatry, served on the AMA Board of Trustees beginning in 2011 and was secretary in 2014-2015 and chair in 2016-2017. She is currently chair of the AMA Opioid Task Force. You can read more about Dr. Harris assuming the presidency of the AMA [here](#).
- APA endorsed "The Mental Health Parity Compliance Act," a new bipartisan bill that would enhance the transparency and accountability of insurers' coverage of mental health and substance use benefits, in compliance with the federal parity law. APA urged the swift passage of the bill, which was co-sponsored by Sen. Chris Murphy (D-Conn.) and Sen. Bill Cassidy (R-La.). You can read more about the bill [here](#), and find out more on Mental Health Parity [here](#).

Mark Your Calendar - National Minority Mental Health Awareness Month (July)

July Course of the Month - A Computer Decision Support System for First-Episode Psychosis Pharmacotherapy

Coordinated Specialty Care (CSC) is a team-based, multi-element treatment for first episode psychosis (FEP) that integrates medical, psychosocial, and rehabilitative interventions in a recovery-oriented, collaborative approach to care. This course presents cutting-edge research that informs broader adoption of CSC in U.S. settings, including computer decision support for evidence-based FEP pharmacotherapy. Presented by Delbert Robinson, M.D., Donald and Barbara Zucker School of Medicine at Hofstra/Northwell.

[Click here to access the Course of the Month and sign up for updates about this free member benefit.](#)

New Fact Sheet on Queer Populations Now Available

APA's Division of Diversity and Health Equity has published a mental health fact sheet on **queer populations**. The fact sheet covers information on demographics, terms, trends in mental health care, FAQs, and tips to communicate with patients.

You can access the fact sheet and other resources here: <https://www.psychiatry.org/psychiatrists/cultural-competency/education/lgbtq-patients>

Register Today for the WPA World Congress of Psychiatry in Lisbon

The 19th World Psychiatric Association (WPA) World Congress of Psychiatry will take place in Lisbon, Portugal from August 21-24, 2019. The theme of the conference is *Psychiatry and Mental Health: Global Inspiration, Locally Relevant Action*. Attendees will examine and discuss the crucial issues in psychiatry and mental health, listen to numerous keynote lectures, and have access to up-to-date research data, a high-quality scientific program, and a wealth of peer-to-peer networking opportunities.

You can register for the 19th WPA World Congress of Psychiatry [here](#).

70,000+

PSYCHIATRY-SPECIFIC RISK MANAGEMENT ISSUES ADDRESSED



WE SUPPORT YOU

Having addressed over 70,000 psychiatry-specific risk management issues on the Risk Management Consultation Service helpline since 1997, our knowledgeable team of in-house risk managers is committed to providing assistance when you need it most. With a library of 360 risk management articles and tips, our clients have access to informative and timely resources free of charge.



CHARLES D. CASH, JD, LLM, ARM
ASSISTANT VICE PRESIDENT, RISK MANAGEMENT



Unparalleled risk management services are just one component of our comprehensive professional liability insurance program.

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

More than an insurance policy

(800) 245-3333 | PRMS.com/Dedicated | TheProgram@prms.com



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

Insurance coverage provided by Fair American Insurance and Reinsurance Company (NAIC 3555). FAIRCO is an authorized carrier in California. ID number 3075-T www.fairco.com

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

CORRESPONDENCE, EVENTS, **ANNOUNCEMENTS AND ADS**

The Orange Regional Medical Center

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

PROJECT TEACH: PERINATAL CONSULTATION

If you practice in New York, you are entitled to online resources including didactic materials, and live consultation from perinatal psychiatrists in our program offered 2x per week. Twice per week, one of our Perinatal Psychiatrists staff a consultation forum via teleconference. At this time, it is only available to NY providers. For more information, please see the attached flyer and the website: <https://projectteachny.org/mmh/>.

This initiative is funded by the Office of Mental Health in NY.

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.workplacementalhealth.org>

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>

At the Spring 2018 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/qbp3bwcztqti8dqq/WHPS%2C%20Iosifescu%204.20.18.pdf?dl=0>

If you missed the Fall 2018 dinner meeting slides from the presentation are available using the following link:

<https://www.dropbox.com/s/6ssdnjpi3a5ogpi/PlanetOfTheAppsStandardPresentation%20110418%20With%20Handouts.pdf?dl=0>

USEFUL INFORMATION RESOURCES: Dr. Ferro recently advised me of a useful electronic publication of psychiatric advice – SimpleandPractical.com. See below for a money saving tip. This prompted me to think of all the publications I use to keep up to date. I now use UpToDate.com and have found it 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.amadeo.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, and encouraged by Dr. Citrome's Fall 2018 talk, I'm slowly throwing out all the ancient textbooks and printed articles taking up space. I'd be interested in hearing from others about what resources you rely on to keep up to date.

Simple and Practical

Dom Ferro, MD

For the last year, I have subscribed to Simple and Practical Mental Health. The website provides resources and summaries of issues pertinent to psychiatry. Subscribers receive daily emails, which can be read in a few minutes. The presentations are clear and concise. Larger issues are spread over several days with attention to effective learning. Information is briefly reviewed and developed gradually. For a small commitment of time, quality education with clinically relevant lessons takes place painlessly.

All materials are available for review on the website. So when I have forgotten my lesson, but remembered that I had learned it, I have been able to access it quickly when needed. I have found the subscription worthwhile and the psychiatrists whom I have told about it have agreed. I recommend it highly for all out practicing members.

If you are interested, you can receive a discount as a member of West Hudson Psychiatric Society. Several members have recently formed a group subscription. If you subscribe, indicate as the discount code: WESTHUDSON.

GoodRx.com – 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. Cash price can be less than co-pays or deductibles.

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](#).

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.

OFFICE SPACE - PEARL RIVER, N.Y.

Office Space Available – Evenings, Sundays in a prime medical building on the NY/NJ border.
Clean, Professional. Ample Parking

Available as soon as July 1st. The office is set up as a psychotherapy office, with it's own waiting room.
Very private, comfortable; Internet, printing services included.

Possible opportunity to take over the entire space in 2020.

Call to discuss: Dr. Carol Paras @ 845-536-9700

Welcome to the Rockland County Chapter of the Depression and Bipolar Support Alliance

**Come join our
Mood Disorder, Friends & Family and Under
30 Share groups on Thursday nights
from 6:30 to 8:30 pm**

We've been there. We can help.

Together we share and seek understanding and acceptance of the situations surrounding Bipolar Disorder, Depression, other Mood Disorders and Dual Diagnosis. Through frank and open discussion, compassion, real and true support, the members of the Rockland Chapter of DBSA have come together to create a cohesive unit that is vibrant and alive and offers hope and the means to help people help themselves. This group should be a welcomed part of your wellness program, and if you are a family member, or friend of an individual dealing with a Mood Disorder the same applies.

**Peer-to-Peer support is a proven path to
recovery and wellness.**

If you are looking for a place, for people who truly want to help you help yourself to change your life, waste no more time, look no further, we'd love to meet you.

**All meetings are held from 6:30 to 8:30 pm at Dominican College
Forkel Hall, 470 Western Highway, Orangeburg, NY 10962**

**Any questions contact: Tony at 845-422-2084 or Brian at 845-300-1343 Email us
at: dbsa.rockland@gmail.com**

**To learn more about our next meeting, or to RSVP, please [visit our group on Meetup.com](#).
There is no fee for attending the support group.**

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

Name: _____

Address: _____

Tel. No.: _____

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

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

Circle one:

VISA MASTERCARD AMEX DISCOVER

I hereby authorize the charging of my credit card.

Account #: _____

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

Expiration Date: _____

Signature: _____

Please make checks payable to NYSP-PAC.

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

Sponsorship

NAMI Rockland 5K Run/Walk
Proceeds to Benefit NAMI Rockland
WALK FOR WELLNESS



September 15, 2019

Check-In begins at 7:30am

Race begins at 8:30am

Rockland Lake State Park, Parking Lot 1 (North End)

Congers, NY

10920



National Alliance on Mental Illness

nami

Rockland

Everyone

Research shows that mental illnesses are common in the United States and across the globe affecting tens of millions of people each year. Regardless of ethnicity, age, religion or economic status, mental illness impacts the lives of at least one in six U.S. adults and an estimated 49.5% of adolescents 13-18 years of age.

Workplace Mental Health

- **Depression results in more days of disability** than chronic health conditions such as heart disease, hypertension, and diabetes
- **Presenteeism** (reduced work performance) **takes a larger toll on business than absenteeism** – 81% of lost productive time for depressed individuals is explained by presenteeism, and only 19% by absenteeism
- **Indirect costs of untreated mental health disorders result in a \$79 billion annual loss** to businesses due to absenteeism and loss of productivity
- **Outpatient visits** to physical health providers **were about 50% higher for** patients with untreated/undiagnosed or undertreated psychiatric conditions than for those diagnosed and treated

DID
YOU
KNOW?

*Stats provided by Partnership for Workplace Mental Health (www.workplacementalhealth.org), NAMI-Metro and Office Vibes (Officevibe.com/blog/infographic-mental-health)

Here's How You Can Help

As we become more aware of **mental health being a key factor in living a happy and productive life**, more attention is being paid to the various issues that seriously impair our moods, behaviors, and lack of access to affordable and convenient mental health care.

Please sponsor NAMI Rockland's Run/Walk for Wellness and help families **Find Help** and **Find Hope!**

By becoming a sponsor of **NAMI Rockland Run/Walk for Wellness** you are helping support the very families you serve and employ. **Therefore, you will be helping those you count on access valuable benefits to support their mental health.** Please sponsor NAMI Rockland's Run/Walk for Wellness!

How Your Company Benefits

As a sponsor of NAMI Rockland Run/Walk for Wellness, you help fight the stigma associated with mental illness. Becoming a sponsor of NAMI Rockland Run/Walk for Wellness **shows your commitment to Ending the Silence** that causes individuals to delay seeking treatment. Your support helps NAMI Rockland provide valuable services at **NO COST** to families experiencing mental health challenges. **1 in 6 American Adults are affected by a mental illness!**

We understand, however, that as a business **you're looking for tangible actions and results!** We are here to help! In addition to your tiered level donation benefits, NAMI Rockland Run/Walk for Wellness sponsors are entitled to:

- Schedule Information meeting for EAP or Management with NAMI Rockland about services available
- Provide an on-site NAMI program to employees (In Our Own Voice presentation, or another NAMI signature course)
- Host a mental health panel discussion on a topic **benefiting your workplace**
- Create a more **productive and engaged workforce** to attract employees looking to join innovative and forward thinking companies.
- Participate in this **team building** Community Wellness Event!



Rockland

NAMI Rockland is an Affiliate of the National Alliance on Mental Illness, one of the largest, grassroots mental health, self-help and advocacy organizations in the country. NAMI members and volunteers consist of individuals with a lived experience of mental illness, relatives, friends and advocates working together to improve the lives of people affected by mental illness.

NAMI works toward improving services and resources for individuals living with mental health conditions and their families through education, advocacy, support and promoting research. Our Support Groups, HelpLine and Classes are a valuable **FREE** resource for the community.

Mental Health is an issue that affects us all. NAMI Rockland, and our community, are grateful for your support!

Each year NAMI Rockland assists thousands in finding resources, support, education and hope.



\$2,500 PLATINUM LEVEL

\$2,000 GOLD LEVEL

\$1,500 SILVER LEVEL

\$1,000 START/FINISH LINE LEVEL

\$500 BRONZE LEVEL

\$250 KILOMETER LEVEL

PLATINUM LEVEL \$2,500

Stage appearance on run/walk day; Sponsor's name included in press release; Company logo prominently displayed on Walk T-shirt; Company provided sign or banner prominently displayed at the race; Walk day information table; Logo displayed on website; Company prominently included in Event Social Media Campaign; Sponsor's logo/name on route sign; 5 Complimentary Registrations; Company recognized as Platinum Sponsor at the awards ceremony.

GOLD LEVEL \$2,000

Sponsor's name included in press release; Company name notably displayed on Walk T-shirt; Company provided sign or banner prominently displayed at the race; Walk day information table; Logo displayed on website; Company included in Event Social Media Campaign; Sponsor's logo/name on route sign; 4 Complimentary Registrations; Company recognized as Gold Sponsor at the awards ceremony.

SILVER LEVEL \$1,500

Company name will be mentioned in press release; Company name notably displayed on Walk T-shirt; Company provided sign or banner prominently displayed at the race; Walk day information table; Logo displayed on website; Company

included in Event Social Media Campaign; Sponsor's name on route sign; 3 Complimentary Registrations; Company recognized as Silver Sponsor at the awards ceremony.

START/FINISH LINE LEVEL \$1,000

Company name will be displayed on Walk T-shirt; Company provided sign or banner displayed at the race; Walk day information table; Logo displayed on website; Company included in Event Social Media Campaign; Sponsor's name on route sign; 2 Complimentary Registrations; Company recognized as Start/Finish Line Sponsor at the awards ceremony.

BRONZE LEVEL \$500

Sponsor name will be displayed on Walk T-shirt; Your company provided sign or banner displayed at the race; Run/Walk day shared information table; Sponsor's name on shared route sign; Company included in Event Social Media Campaign; Company recognized as Bronze Sponsor at the awards ceremony.

KILOMETER LEVEL \$250

Company name will be listed on Walk t-shirt; Run/Walk Day shared information table; Sponsor's name on shared route sign; Company included in Event Social Media Campaign; Company recognized as Kilometer Sponsor at the awards ceremony.

SPONSORSHIP CONFIRMATION

We are proud to support NAMI Rockland Run/Walk for Wellness. We authorize NAMI Rockland Run/Walk for Wellness to include our name or logo on all the materials printed for the event consistent with our sponsorship selection below. (Please check your level of support.)

- | | |
|---|----------------|
| <input type="checkbox"/> Platinum Level | \$2,500 |
| <input type="checkbox"/> Gold Level | \$2,000 |
| <input type="checkbox"/> Silver Level | \$1,500 |
| <input type="checkbox"/> Start/Finish Line Level | \$1,000 |
| <input type="checkbox"/> Bronze Level | \$ 500 |
| <input type="checkbox"/> Kilometer Level | \$ 250 |

Company Name: _____

Sponsorship Level: _____ Amount: _____

☐ Check enclosed (please make payable to **NAMI ROCKLAND**) \$ _____

Credit cards accepted: () Visa () MasterCard () Discover () AMEX

Please print / Name (as appears on card): _____

Card Number: _____ Exp: _____

Signature: _____

To be included on our walk t-shirt and route sign: sponsorship form and donation must be returned
by

September 1, 2019

On race day, on-site registration and check in begin at 7:30 am for runners/walkers.

Booths to be setup and ready to go by 7:30 am.

Please send completed and signed Sponsorship Confirmation Form via Email to:

Events@namirockland.org or check to:

NAMI Rockland, PO Box 635,

Orangeburg, NY 10962 Attn: NAMI

Rockland 5k Run/Walk for Wellness