



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



10 Flitt Street, West Nyack, NY 10994, westhudsonpsych@gmail.com, WestHudsonPsych.org

eSynapse

September/October 2016

Editor's Comments

James Flax, MD, MPH, DLFAPA

In this issue of eSynapse you will find a synopsis of our Executive Council meeting so all readers will have an idea of district branch business. But, it's only a synopsis. Please **come** to a meeting to appreciate the rich discussions. Our president has written about important federal legislation, mentorship of our local residents and our next dinner lecture on October 14th. Dr. Abdullah has again sent us a new article in his long line of erudite essays. Keep 'em comin', Dr. Abdullah. 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.

Executive Council Meeting
Il Fresco Restaurant, Orangeburg, NY
Friday, November 18th
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>.

PRESIDENT'S COLUMN – SEPTEMBER 2016

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

Dear West Hudson Psychiatric Society Members, Colleagues and Friends:

I hope you all had a wonderful summer. I am very happy to announce that we have two new additions to our executive council, Nick Batson-ECP Rep [Early Career Psychiatrist] and Eric Jarmon-RFM Rep [Resident Fellow Member]. We also had two first year residents from ORMC [Orange Regional Medical Center] attend our September meeting as guests. This is quite exciting because being a very small district branch we are always hoping to expand our membership. We are planning to offer a mentorship program to the residents. I would encourage members to contact us if you are interested in becoming a mentor. I am sure that the mentorship experience will be as fulfilling for the mentor as the mentee.

Another very exciting news for our field of psychiatry is that in June, the House of Representatives voted to pass comprehensive mental health system reform legislation. Now we are hoping that the senate will act on similar legislation before the end of the year. The Helping Families In Mental Health Crisis [HR 2646] act was passed by The House on July 6. The Murphy Johnson legislation approved by the house includes a number of reforms supported by the APA. Among them are:

- Nationwide strategy to increase the psychiatric workforce and recruit medical professionals for the treatment of individuals with serious mental illness and substance use disorders
- Improved enforcement of the mental health parity and addiction equity act.
- Coordination of fragmented mental health resources across federal departments.
- Increased funding for the NIMH in support of brain disorders.
- Support of funding for innovative models of care that have the power to reduce long term disability for individuals with severe mental illness including the recovery after an initial schizophrenia episode [RAISE] program.

A companion bill, the Mental Health Reform Act of 2016 [S2680] has been introduced in the Senate. Like Dr. Maria Oquendo, APA President, I urge our District branch members to contact our senators and urge them to bring the bill to the senate and vote in favor of this legislation. Members can contact the Senators through APA's Advocacy Action Center by entering their zip code. It's even better to call your Senator's offices and talk to their staff about the bill [S2680]. Phone numbers can be accessed in the APA Action Advocacy Center.

We as psychiatrists and APA members should take pride in advocating for our patients and our profession. I believe this is a very important way we can accomplish that goal.

Our Fall Educational Meeting speaker and topic: How Genetics Is Changing Psychiatry by Jay Lombard from Genomind will be held at Orange Regional Medical Cennter on October 14th at 6pm. This is a very important topic that will help us understand how genetics is at the nexus of the nature vs. nurture debate. Please, look for the email from Liz Burnich and attend this very interesting educational meeting. We are having this meeting in Orange County to encourage active participation from the members of Orange, Sullivan and the other counties north west of us. I strongly encourage our Rockland members to drive a little distance and show your continued support to our organization. I look forward to seeing you there.

As always, I welcome your ideas and exchanges. Our next meeting is on November 18th at 12: 30 pm in Il Fresco Restaurant in Orangeburg.

Summary from Executive Council Meeting Friday, September 9, 2016 Il Fresco, Orangeburg, NY

Attendees Present: Mona Begum, M.D., Raj Mehta, M.D., Lois Kroplick, D.O., Dominic Ferro, M.D., Ulrick Vieux, D.O., Eric Jarmon, D.O., Christopher Walfall, D.O, Minh-Duc Huynh, D.O., Tina Diaz and Liz Burnich.

Executive Council Updates:

- We are pleased to announce the following additions to our Executive Council:
 - Dr. Nicholas Batson has accepted the role of ECP Rep (Early Career Psychiatrist)
 - Dr. Eric Jarmon has accepted the role of RFM Rep (Resident Fellow Member)

Orange Regional Medical Center Update: (Ulrick Vieux)

- Currently have three 2nd year residents, five 1st year residents and have already interviewed 6 candidates for next years program.
- Actively recruiting psychiatrists (addiction, CL, inpatient and outpatient) as well as nurse practitioner and psychologist.

WHPS Psychiatry Mentoring Program:

- Liz introduced the new *Psychiatry Mentoring Program* for the ORMC psychiatry residents and WHPS member mentors.
- Program details and logistics were discussed including using Skype as a way for mentors/mentees to communicate. Tina offered to help coordinate the Skype/video-conferencing at the ORMC facility.
- Dr. Eric Jarmon will coordinate with Liz in getting the residents signed up so that we can start matching them with mentors.

Fall 2016 Educational Meeting:

- Jay Lombard from Genomind will be our speaker on the subject of mental health and genetic testing on Friday, October 14, 2016 at the Orange Regional Medical Center Conference Center.
- Flyers will be emailed and mailed this week.
- Liz will coordinate the details of CME, catering, etc.
- Rockland County attendees should consider carpooling to ORMC and make sure to budget at least an hour travel time.

Future Educational Meetings:

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

Committee Update: (Lois Kroplick)

- Women's Meeting will be held next Friday, September 16 at 12 noon at Jane Kelman's office.
- The following Women's Meeting will be held on Friday, November 11 at 12 noon at Tovah Feldhammer's office.
- The Public Forum will be held on Wed. Oct. 5 from 7-9pm at RCC on the topic of Mood Disorders. Dr. Joseph Goldberg, a psychiatrist from Connecticut will be one of the speakers – Leslie (patient) and Leonard Davis (family member). Volunteers are needed to help out that evening – Lois distributed a volunteer sign up sheet and will work with Ulrick Vieus regarding coordinating the resident volunteers.
- The annual NAMI dinner will be held on September 28 at The View in Piermont to honor Rena Finkelstein. WHPS will again take out an ad in the Journal – Liz will send the check.
- Coalition dues is now due. All EC members present voted to increase our dues payment by \$100. Liz will mail check for \$400.

Crystal Run Healthcare, Rockland County Update: (Nick Batson)

- Currently in the process of interviewing for Therapists (LCSW-R and doctoral level) and Psychiatrists (all specialists) for the Nyack office.
- For psychiatric patients needing a Primary Care provider in Rockland, our PCPs have immediate openings.
- If there are any issues with access to any Crystal Run provider, please let Nick know.

APA Expedited Grant:

- Liz applied for the APA Expedited Grant and it was approved/funded.
- The grant money is to be used for an educational and/or membership driven event in late 2016, early 2017.

Upcoming Events:

- Next NYSPA (Area II) meeting is Saturday, October 22. Mark your calendars now to try to attend one or more of the committee meetings and the general meeting. All members are welcome and encouraged to attend.
 - Nigel will attend the Public Psychiatry committee meeting
 - Lois will attend the Public Affairs committee meeting
 - Liz will attend the Membership committee meeting
 - Mona is unable to attend the President's committee meeting but maybe Nigel can stop in for a few minutes as Incoming President.
- NYSPA Scientific Paper Contest – open to all RFM's in NYS. 5,000 word original study, case report or review of literature. DUE MONDAY OCT 3. Winner and 2 honorable mentions will be chosen. Winner gets \$500 cash, plaque and will present at NYSPA meeting on Oct 22.
- Assembly Meeting- Nov 4-6 – Nigel will attend
- Ethics Workshop/Executive Director meeting in DC in November – Liz will attend.

Miscellaneous Business Items:

- Liz distributed the new WHPS logo that the APA developed in coordination with the APA logo. We have the option to change the color if desired.
 - If approved, WHPS would need to sign a licensing agreement with the APA.
 - Not enough EC members were in attendance so this will need to be revisited at our next meeting.
- Liz presented the PRMS Partnership Agreement. We discussed the proposal but not enough EC members were present to make a decision. Liz will email the proposal to the EC members and we will revisit it at our next meeting.

Next Executive Council Meeting - Friday, November 18, 2016 at 12:30pm at Il Fresco, Orangeburg, NY. Liz will invite the new Director of Psychiatry at Nyack Hospital to be our guest presenter.

CORRESPONDENCE

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

Donald E. Cameron, MD A Tale of Research and Medical Ethics

Syed Abdullah, M.D.

Dr. Donald Ewen Cameron was a world-renowned psychiatrist having gained his fame from the experimental work he did with mental patients at the Allan Memorial Psychiatric Institute in Montreal, Canada. Born in Scotland in 1901, he immigrated to the United States and worked in Canada for 28 years. He became the head of Allan Memorial since it's opening in 1944. To his credit goes the stance to unlock doors throughout the hospital. He declared that the mentally ill had to be treated rather than feared. It is to be noted that this "open door" policy was a revolutionary concept in those days.

In the 1950s a strange phenomenon occurred during the Korean War. Many American prisoners of war made confessions or signed petitions demanding an end to the American presence in Asia. It was believed by the Intelligence agencies that these prisoners, some 70% of a total of 7,190, had been brainwashed by their Korean and Chinese captors. A cover organization, Society for the Investigation of Human Ecology (SIHE), was set up by the CIA for funding research on brainwashing. Cameron, because of his reputation in the field, was chosen to conduct such a study.

Dr. Cameron was busy for some time in a series of experiments that he labeled "Psychic Driving." This was based on the benign sleep-teaching method developed by Max Sherover, who helped his patients overcome nail-biting habits by continuously playing a tape recording to them while they slept. Cameron streamlined this technique drastically to reach deep into the psyche of the individual to erase disturbed memories and implant new learning. He introduced this form of therapy in a paper published in the American Journal of Psychiatry in January 1956. He explained that psychic driving allowed for "the penetration of defenses, the elicitation of hitherto inaccessible material, and setting up of a dynamic implant" of recurring thought that influenced the patient's behavior. He experimented with a number of variations in the technique on those who were resistant to this approach.

By administration of sodium amytal, the so-called truth drug, inducing prolonged sleep and using LSD and other drugs to induce a state of confusion and disorganization he claimed access to the deepest level of the patient's psyche. In this state of defenselessness recordings of statements were constantly played to the subject in an effort to re-pattern his thinking. In keeping with the climate of the day, he sometimes referred to his procedure as brainwashing. Academically and professionally, these research activities brought considerable recognition to Dr. Cameron. At different times, he was the President of the Quebec, Canadian, and American Psychiatric Associations. He was also the co-

founder and the first president of the World Psychiatric Association.

There was no let-up in his enthusiasm to “de-pattern” his subjects. He remained convinced that “you could regress patients, particularly schizophrenics, back to their infancy.” For those who were still resistant to changing, he added increasingly frequent courses of ECT at much higher levels than it had ever been applied before. Cameron felt that a more forceful application of ECT was likely to produce more impressive results. Rather than administering a single shock, he would shock the patient six times in rapid succession. Some patients received this treatment as many as three times a day for up to thirty days. Some became unable to walk or feed themselves. Many developed incontinence and chronic memory loss.

Cameron’s high academic standing was such that he had no difficulty in getting his papers peer reviewed and published in prestigious professional journals. In January 1956 he published a paper in the American Journal of Psychiatry under the title “Psychic Driving” in which he made the following conclusions:

1. Psychic driving is a potent procedure—it invariably produces responses in the patient, and often intense responses.
2. The responses tend ultimately to be therapeutic. To account for the effect of psychic driving, the following working hypotheses has been set up:
 - a. penetration of shielding - defenses of the individual against the full implications of his verbal communication are circumvented by using air conduction only, rather than the synthesis of air and tissue conduction to deal with which his defenses were organized.
 - b. Driving. - constant repetition of the verbal cue locks the patient into continual response in terms of the community of action tendencies of which the cue is part.
 - c. Talking and listening - Working ideas concerning these and their bearing on the penetrating effect of driving have been set forth.
 - d. Dynamic Implant - A given period of psychic driving may continue to produce additional effects after the period of actual driving has been terminated. To account for this, a premise has been advanced that a period of psychic driving may set up within the individual an area of intensified responsiveness, which calls him back repeatedly into activation of the area concerned.
4. Psychic driving lends itself to a great many modifications with respect to its application. These have been listed, and include autopsychic and heteropsychic driving, variations in the mechanical procedure and variations in the preparation of the patient for psychic driving. It is still too early to determine the various particular values of these; the material presented has been derived primarily from short-term auto psychic driving without adjuvants.

If the reader finds it difficult to understand the above statement it will not be his fault. The use of neologisms was a style of Dr. Cameron to describe his use of heroic amounts of ECT, sometimes combined with administration of LSD and amobarbital sodium given intravenously to “brain wash” and disinhibit the patient and break his defenses. The “driving” in of “healthy thoughts” was then tried by excessive repetitions of such thoughts during prolonged sleep.

Due to poor showing in the real world of clinical outcomes, the increasing objections of civil rights groups who questioned the lack of informed consent, and above all due to the loss of financial support from SIHE, Cameron’s “psychic driving” came to a grinding halt in 1964. In 1966 he left Allan Memorial hospital and died of a heart attack in 1967, essentially in disgrace. The New York Times obituary headlined: “Led Research in Geriatrics at Hospital in Albany.”

One good that came out of Cameron’s efforts was the introduction of increasingly stricter controls over researchers who use human subjects. When we hear the complaints, voiced by some researchers, about the “watch dog” committees looking over the shoulders of the well-intentioned scientists, we must remember the recent history of abuses in medical research because of the lack of

such constraints.

APA NEWS & NOTES FOR DB/SAs



News and Notes for APA District Branches/State Associations September 2016

This monthly newsletter is prepared by APA's Communications Team as a benefit for our District Branches and State Associations. Feel free to share the articles below in your own newsletter. If you have any questions, please contact James Carty at jcarty@psych.org or 703-907-8693.

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

What's New at the APA

- APA President Maria A. Oquendo, M.D. authored a blog post on why adhering to the so-called "Goldwater Rule" is so important, particularly this election season. The post drew major interest from national news outlets such as the Washington Post. You can read Dr. Oquendo's Goldwater Rule post [here](#).
- APA President-Elect Anita Everett, M.D. was named Chief Medical Officer at the Substance Abuse and Mental Health Services Administration (SAMHSA). Dr. Everett's office at SAMSHA will provide input into strategic initiatives, policy directions and legislative issues, ensuring that effective, evidence-based approaches to behavioral health services are incorporated in SAMSHA programs. You can read more about Dr. Everett's new role at SAMSHA [here](#).
- Advance registration for IPS: The Mental Health Services Conference ends on September 15th. You can get more information on IPS and register for the meeting [here](#).

Mark Your Calendar

- National Recovery Month
- National Traumatic Brain Injury Awareness Month
- Suicide Prevention Week (August 5-11)
- World Alzheimer's Month

September Members' Course of the Month: Advances in Therapeutic Interventions in Geriatric Psychiatry

Each month, members receive free access to a CME course on a trending topic. Most take less than 30 minutes to complete, perfect for over lunch. The [September](#) course is Advances in Therapeutic Interventions in Geriatric Psychiatry: Neuromodulation in the Treatment of Geriatric Psychiatric Disorders. [Take the course today](#) and view the upcoming Members' Course schedule.

Psychopharmacology Designed with You in Mind

APA is offering two courses for M.D.s, D.O.s, N.P.s, R.N.s and others looking for updates about best practices in treating patients with psychiatric diagnoses in multiple settings, including primary care. As a special offering, these two courses are being offered a la carte (full meeting registration not required). The courses are:

Essential Psychopharmacology (\$440) and Child Psychopharmacology for the Adult Psychiatrist (\$235). Space is limited, so register today at psychiatry.org/ips.

New 100% Club Benefits for Residents and their Program Directors

Becoming a member of the 2016-2017 100% Club comes with [exciting new benefits](#), including more day-to-day value for residents and their program directors. Programs with at least 80% of their residents as members are eligible for 100% Club benefits. To find out where your program stands, contact Claire VanWagner at cvanwagner@psych.org.

IPS to Feature Collaborative Care Simulation Lab

Interested in collaborative care? This year's IPS meeting is a can't miss opportunity to immerse yourself in the care model. The [Collaborative Care Simulation Lab](#) will allow participants to gain an in-depth understanding of collaborative care systems by acting as case manager for fictional patients. The simulation will guide you through the differences in psychiatric practices with new models of integration through large group discussions and small group collaborations. IPS: The Mental Health Services Conference will be held October 6-9 in Washington, D.C. [Register Today](#).



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What's New at the APA

- APA President Maria A. Oquendo, M.D. authored a post responding to the recent unrest in some U.S. cities related to gun violence. The post highlights resources for physicians, patients and their families that can be useful to address the trauma caused by these events. You can view the post and access those resources [here](#).
- APA offered comments to the Centers for Medicare and Medicaid Services (CMS) on their Medicare Physician Fee Schedule proposed rule for 2017. The APA strongly commended CMS for many of the proposed changes, and offered suggestions to make them even better for psychiatrists and their patients. You can view APA's specific comments to CMS [here](#).
- The APA Assembly will meet at the Omni Shoreham in Washington, D.C. from Nov. 4-6. You can read more about the Assembly and find meeting dates [here](#).

Mark Your Calendar

- ADHD Awareness Month
- Mental Illness Awareness Week (Oct. 3-7)
- National Depression Screening Day (Oct. 6)
- World Mental Health Day (Oct. 10)
- Red Ribbon Week (Drug Free America Oct. 23-31)
- IPS: The Mental Health Services Conference (Oct. 6-8)

Briefs For Your Newsletter

Changes to DSM-5 to Take Effect on Oct. 1

Important changes to the DSM will take effect on Oct. 1. These changes are designed to bring ICD-10 codes in line with updated diagnoses in the DSM-5. As of Oct. 1, some ICD-10 codes relating to disorders in the DSM will no longer be valid. For a complete list of the disorders affected by this change, and the new codes associated with them, please visit the Psychiatric News story on the changes [here](#).

October Members' Course of the Month: *Childhood Precursors of Borderline Personality Disorder*

Each month, members receive free access to a CME course on a trending topic. Most take less than 30 minutes to complete, perfect for over lunch. The October course is *Childhood Precursors of Borderline Personality Disorder: Why are Childhood Precursors Important?* [Take the course today](#) and view the upcoming [Members' Course](#) schedule.

100% Club Deadline is Oct. 31!

[APA 100% Club](#) is in full force and the Oct. 31 deadline is just around the corner! The **APA 100% Club** promotes a collaborative community of training programs throughout the U.S. and Canada. This year's enhanced 100% Club benefits provide more day-to-day value; check out the [new 2016-2017 benefits](#). Residents may [complete the membership application](#) and [pay their dues](#) online. Or, interested in Institutional Billing for your residents? Contact membership@psych.org. The first year of APA national dues is free!

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

PRIVATE PRACTICE: FEES Here is a link to a legal public site where you can look up fees for a given zip code. <http://www.fairhealthconsumer.org/>

PRIOR AUTHORIZATIONS If you are frequently bothered with cumbersome and seemingly unnecessary requests for prior authorizations, the APA is eager to hear from you: Ellen Jaffe, Director, Practice Management HelpLine/Medicare Specialist, Office of Healthcare Systems and Financing, American Psychiatric Association, (703) 907-8591 ejaffe@psych.org 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.

Refuah Health Center

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

Psychiatry/Psychotherapy Office for Rent

Saturday all day, Sunday after 10:30
Route 45, Pomona
Shared Waiting Room, Wheelchair Accessible, Wall-to-Wall Windows,
Private Bath, Full Sound Insulation, Separate Entrance/Exit
Call Lorraine Schorr, MSW 354-5040

Depression Support Group

Depression support group meets 2 times a month in Pomona, NY. We are inviting new members at this time. We are moderated by a clinical social worker. This is not a therapy group but social support for people fighting depression. Call Kathy for more information (914) 714-2837.

Rockland County Depression and Bipolar Support Alliance

Peer-to-peer run support group for people with depression, bipolar disorder, anxiety disorder or any related mood disorder & their friends & family. The support group meets every Thursday night from 6:30 - 8:30 at Jawonio, Inc. 775 N Main St., New Hempstead. Reservations are not required. There is no fee for attending the support group meetings. This is a very warm and welcoming group run by people who have been there and can help. Any questions please call Leslie or Leonard at 845-837-1182.

OFFICE SPACE AVAILABLE

Psychotherapy office space available on Mondays and/or Fridays in Pomona.
The room is furnished and large enough for individual and couple therapy.
Please contact Wendy Dannett at 845 354-5111.

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
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