



# West Hudson Psychiatric Society

*Serving Rockland, Orange, Sullivan & Delaware Counties*

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# eSynapse

September 2018

## Editor's Comments

James Flax, MD, MPH, DLFAPA

In this issue of eSynapse you will find comments by our President, Dr. Nigel Bark in response to an editorial letter from 5 of our members objecting to his President's Column in the last issue of eSynapse. 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. I found Dr. Bark's July column suitable for publication in eSynapse. I welcome submissions, including any that address the letter from our 5 members and Dr. Bark's response.

Dr. Abdullah has again sent us a new article in his long line of erudite essays, this time a look back at Freud & Jung.

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.

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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](http://psychiatry.org), under the Psychiatrist menu go to Search Directories and Databases, scroll down to Find a Psychiatrist Database and “opt-in”.

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**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>

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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, September 21, 2018  
Friday, November 9, 2018  
PROMPTLY at 12:30  
Please contact Liz Burnich ([westhudsonpsych@gmail.com](mailto:westhudsonpsych@gmail.com)) if you are planning to attend.  
IT'S A FREE LUNCH**

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To The Editor:

The President's Column in the June 2018 issue of Synapse was inappropriate. Dr. Bark, as designated spokesperson representing West Hudson Psychiatric Society, used a professional medical newsletter to express his political opinions. Employing the imprimatur of our profession to advance a personal agenda is another iteration of the Goldwater Rule fiasco. The appropriate venue for such political expression is not a professional newsletter. We expect neutrality of voice on timely concerns of the profession. The President's Column is no place for condemnation of the President of the United States.

Respectfully,

Madhu Ahluwalia MD  
Alexandra Berger MD  
Richard Brand MD  
Jane Kelman MD

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## President's Column

Nigel Bark     July 2018

The President's column is always the personal opinion of the WHPS President and not official policy of the WHPS.

This column is a response to the letter published in this issue of Synapse from some members of our Society.

I have relished the opportunity this column has given me to express my personal views about issues directly or indirectly related to psychiatry or that I thought might be of interest to psychiatrists. And everyone is very welcome to write a letter, or their own piece, disagreeing with me and I'm sure our editor will publish it. I speak as a psychiatrist but have never thought that what I say is or could be considered the official policy or view of WHPS. Neither the executive committee nor the membership has ever had any input into what Presidents of the Society have written in their columns.

However, I think we all have taken seriously our roles in writing publicly about issues affecting our profession and our patients, with the general aim of improving services for patients and our ability to provide them. This includes discussing problems that may interfere with these aims and topical issues that may be important to psychiatrists and their patients. And "politics" is having such an effect on our lives, on psychiatric services, on our world view that it cannot and should not be ignored.

My previous columns have discussed Innovation by Psychiatrists; Euthanasia; the Goldwater Rule (twice); Guns, Violence and Mental Illness; Autism, Psychiatry and Pollution; some old and new Epidemiology.

I don't know what the letter writers refer to as the "Goldwater fiasco". I wrote about Goldwater twice because there was serious concern in the country about President's Trump's personality and temperament (lying, impulsiveness, lack of logic, up all night, attention span) and how the experts on personality and temperament should respond. The APA came down firmly on the side of following the Goldwater rule and not responding. One result was that the response of one former APA president was the unedifying and unenlightening "he's a jerk". He also trashed Bandy Lee's book – but I don't think he could have read it. I wrote about Goldwater first generally supporting the rule and later generally against it because I found the book edited by Bandy Lee very helpful and enlightening. But there was no fiasco.

My last column, that the letter criticizes me for criticizing the President, was about progress and hope and the two books demonstrating the enormous progress that humankind has made in the last one or two centuries, including in the area of human rights and respect for minorities. I did mention that President Trump's remarks about immigrants, minorities, gays and the poor were nasty and mean-spirited. I would say that is not opinion, but fact. His nasty and mean-spirited comments about Muslims were called by the courts considering his bans on immigrants from Muslim countries, including the Majority on the Supreme Court, his "animus against Muslims". That Majority chose to ignore that animus – to their shame. (Yes, that is my opinion.) He said

Mexicans are rapists, thieves, animals. Pretty nasty and mean! He said or implied many times Obama was a Muslim, not born in the USA, even as late as 2016. He said blacks in Baltimore were thugs, blacks had no spirit, those “son of a bitch” black players who knelt in protest should be fired. Pretty nasty and mean spirited! Although campaigning he expressed support for gay rights he spent his first year appointing justices and others outspoken against gay rights and his administration banned transgender people from the military, said the civil rights act did not protect gays, and reversed sides on various cases before the courts. Nasty and mean spirited! He has tried to take health insurance away from the 20 million or so who gained it under the Affordable Care Act and when that has not worked he has approved limitations to Medicaid that will reduce its coverage. His Farm Bill will reduce the numbers of very poor eligible for SNAP (food stamps). Nasty and mean spirited!

The two books discussed in my last column were both published this year, and in that column, I did not mention any comments from the books on Trump or the future. Hans Rosling, the author of “Factfulness” died last year and the book was finished by its co-authors, his daughter and son-in-law. There is no mention of President Trump. However, he does list “The Five Global Risks We Should Worry About”: Global Pandemic, most likely flu; Financial Collapse; World War III; Climate Change; and Extreme Poverty. To prevent these, we need to strengthen global co-operation and interaction including through, for example the World Health Organization and the United Nations – and have very good data, Rosling says. Trump’s policies and attitudes will not help.

Steven Pinker’s “Enlightenment Now The Case for Reason, Science, Humanism and Progress” however has a chapter headed The Future of Progress. In it he reviews 11 ways in which “this progress is threatened if Donald Trump gets his way”. I will list these here. **Life and Health** have been expanded by vaccination and access to medical care. Trump has suggested vaccination causes autism and wants to reduce access to health insurance. Worldwide improvements in **Wealth** have come from the globalized economy and free trade. Trump is reducing that. **Growth in wealth** has come from technological innovation, education and infrastructure with regulatory constraints on cronyism and plutocracy. Trump is indifferent to technology and education and against regulations. While capitalizing on concerns about **Inequality** he has opposed measures that mitigate it: progressive taxation and social spending. Improvements in the **Environment** have resulted from regulation, which Trump is disbanding and he doesn’t believe in climate change, threatening our future. **Safety** has dramatically improved, as a result of regulation and evidence-based crime-prevention. Trump is uninterested in both. Post second-world-war **Peace** has been cemented by treaties, trade, **Democracy** and international agreements. Trump has little regard for these. As mentioned above Trump threatens progress on **Equal Rights** in his pronouncements and his appointments. The ideal of **Knowledge**, so vital to progress, is mocked by Trump’s repetition of ludicrous conspiracy theories and lies. The **Existential Threat** of nuclear war is greatly increased by Trump’s casual references to nuclear weapons and his abrogation and disrespect for treaties that have limited nuclear weapons over the past 50 years. I think it is my duty to warn of these dangers.

I think it is the duty of all psychiatrists to speak out against measures that reduce mental health services. The APA has done so formally on our behalf on every measure to repeal the Affordable Care Act and to reduce Medicaid benefits.

I wish we had a President who was beyond criticism. But we don’t. We have one who lies every day; who is nasty and mean-spirited not just to the poor and weak but to the leaders of our allies,

even while he is being feted and entertained in July while in Britain. I think it is the duty of citizens to speak out against such abusiveness and I will continue to do so.

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# Minutes

## WHPS Executive Council Meeting

### Friday, July 27, 2018

### 12:30pm - Il Fresco

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# Minutes

**Attendees Present:** Nigel Bark, Raj Mehta, Ulrick Vieux, Laura Antar, Lois Kroplick, Martha Crowner and Liz Burnich

1. Guest Presenter, Karl Kessler, MD, Past President of the Psychiatric Society of Westchester
  - a. Dr. Kessler gave us an overview of some of the many programs and activities that they do in Westchester; one of their highlights is their annual Legislative Breakfast. This was a great meeting where we shared best practice ideas between our groups and agreed that both district branches should collaborate more in the future.
2. Recap: First Annual Resident Meet & Greet at ORMC
  - a. On Tuesday, July 10, we hosted our 1<sup>st</sup> Annual Psychiatry Meet & Greet Luncheon for the ORMC residents. This event was sponsored by our partner, PRMS and was well attended with over 30 attendees.
  - b. The presentations by our Executive Council members/mentors were casual but informative where each mentor/speaker shared their experiences as a psychiatrist.
  - c. Many thanks to Dr. Ulrick Vieux who helped to plan this event as well as our mentors/presenters, Dr. Raj Mehta, Dr. Jim Flax, Dr. Dom Ferro, Dr. Russ Tobe and Dr. Nick Batson. Also thanks to some of our other members who support the ORMC residency program and were in attendance at this event; Dr. Mary Barber, Dr. Martha Crowner and Dr. Ingrid Montgomery.
  - d. We look forward to making this an annual event as it highlights to our residents the value and importance of membership with the APA as well as helps to prepare them for the next steps in their career in psychiatry.
3. Fall 2018 Educational Meeting Planning:
  - a. After several unanswered attempts by both Nigel and Liz to see if Dr. Altha Stewart would be interested in rescheduling her presentation to this fall, we came to the conclusion that she was probably too busy with her APA President obligations to do a presentation for us this year.
  - b. We then discussed alternative topics and Ulrick advised that Addiction Psychiatry was a very hot subject these days. He said that he had a few contacts in the area that might be interested in presenting to our group and would be happy to reach out to see if they were interested.
4. Senator Carlucci's Rockland County 2018 Senior Fair:
  - a. At our recent meeting with Senator Carlucci, he asked us if we would consider having a table at the 2018 Senior Fair that he hosts every

- August.
  - b. We registered for this event, which is scheduled to take place on August 23 from 10am-2pm.
  - c. Liz and Nigel will attend.
  - d. Liz will coordinate with our printer to have a banner made up to identify our organization's table.
  - e. We discussed offering some memory and mental health screenings also.
  - f. Liz and Nigel will work together to coordinate this event.
5. 2019 Dues Vote
- a. We need to provide the APA with our 2019 dues rates so we discussed our rates as well as did a comparison of rates from the other local district branches as well as rates from other similar sized DB's in the APA.
  - b. It was determined that our dues are the lowest in all areas except for Residents dues. It was also noted that the Resident dues rates were established before we had a Residency program so it was just an arbitrary number that didn't really mean anything at that time.
  - c. After reviewing the comparative rates, a vote took place where it was unanimously approved to lower the Resident Dues and keep all other dues rates at the same level as previous years.
  - d. Liz will complete the paperwork and submit to the APA.
6. Dr. Martha Crowner joined us from Orange and Sullivan County to continue the ongoing discussion that we have been having regarding the misleading ads that are in every Sunday's edition of the Time Herald-Record by the Warwick Brain & Spine Center.
- a. A Letter to the Editor was sent by Dom, which emphasized the safety and effectiveness of psychiatric treatment as well as the importance of decreasing the stigma of mental illness.
  - b. We did not get any response or feedback from the Times Herald-Record so Dom will resubmit his letter to them.
  - c. Dr. Crowner also suggested filing a complaint with the Attorney General about these misleading ads. Liz will look into this.
7. Committee Updates:
- a. Public Forum – scheduled for Oct 24 at RCC on the topic of Anxiety.
8. Upcoming NYSPA/Area 2 meeting:
- a. Please note that the date and location have changed.
  - b. It is now Saturday, October 20, 2018 and it is moved back to the LaGuardia Marriott Hotel on Ditmars Blvd, East Elmhurst, NY.
9. NEXT EC MEETINGS:
- a. Friday, September 21, 2018 at 12:30 at Il Fresco, Orangeburg
  - b. Friday, November 9, 2018 at 12:30 at Il Fresco, Orangeburg

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## **CORRESPONDENCE**

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

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I received the following from **Syed Abullah, 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.

## Letters of Freud & Jung

### Syed Abdullah, MD

Below are excerpts from the book, C.G. Jung Word and Image, translated by Krishna Winston; Princeton/Bollingen Series XCVII.2, Edited by Aniela Jaffe; 1979 (pages 58, 60)

"Toward the end of 1912 Jung had begun to formulate his objections to Freud in several sharply worded letters--he referred to them as 'secret letters'. 'I shall continue to stand by you publicly while maintaining my own views, but privately shall start telling you in my letters what I really think of you. I consider the procedure only decent. No doubt you will be outraged by this peculiar token of friendship, but it may do you good all the same.'" (Dec 18, 1912)

Only a few more letters were exchanged before the relationship was terminated. Among them are the following.

Dear Professor Freud,

Although you have evidently taken my first secret letter very much to heart or very much amiss, I cannot refrain, while avoiding that topic, from offering you my friendly wishes for the New Year. It is my hope that the psychiatric movement will continue to advance, its vitality unimpaired and indeed heightened by internal conflicts and cross-currents. Without them there is no life. When everything goes smoothly, petrification sets in. "I seek salvation not in rigid forms."

Don't hesitate to tell me if you want no more of my secret letters. I too can get along without them.

Needless to say I have no desire to torment you. But if you profess a friendly attitude towards me, I must insist on my right to reciprocate, and shall treat you with the same analytical consideration which you extend to me from time to time. You surely know that the understanding of truths is in dire proportion to the progress one has made in oneself. If one has neurotic symptoms there will be a failure of understanding somewhere. So if I offer you the unvarnished truth it is meant for your good, even though it may hurt. I think my honorable intentions are perfectly clear, so I need say no more. The rest is up to you.

From the drift of this letter you will be able to guess what my wishes are for the New Year. With best regards, Most truly yours, Jung

Dear Mr. President,

Dear Doctor,

...Accordingly, I propose that we abandon our personal relations entirely. I shall lose nothing by it, for my only emotional tie with you has long been a thin thread--the lingering effect of past disappointments--and you have everything to gain, in view of the remark you recently made in Munich, to the effect that an intimate relationship with a man inhibited your scientific freedom. I therefore say, take your full freedom and spare me your supposed 'tokens of friendship.' We are agreed that a man should subordinate his personal feelings to the general interests of his branch of endeavor. You will never have reason to complain of any lack of correctness on my part where our common undertaking and the pursuit of scientific aims are concerned, I may say no more reason in the future than in the past. On the other hand, I am entitled to expect the same from you. Regards, Yours sincerely, Freud

Jung's answer:

Dear Professor Freud,

I accede to your wish that we abandon our personal relations, for I never trust my friendship on anyone.

You yourself are the best judge of what this moment means to you. 'The rest is silence.'

Thank you for accepting Burrow's paper.

Yours sincerely, Jung

In contrast to Freud, who after the break hardly ever mentioned Jung's name again, except for a sharp attack in his "On the History of the Psycho-analytic Movement" (1914), Jung was neither willing nor able to

draw a final line under the issues raised by their relationship. His works and his letters contain repeated references to his former mentor."

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## 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**

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### APA NEWS & NOTES FOR DB/SAs



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

- APA member Dr. Harsh Trivedi was named to the board of the American Hospital Association. Trivedi is a distinguished fellow of the APA and is currently the President and Chief Executive Officer for Sheppard Pratt. You can read more about his appointment to the AHA board [here](#).
- Dr. Elinor McCance-Katz, Assistant Secretary for Mental Health and Substance Use at SAMHSA, wrote about new directions for the organization in [Psychiatric Services Online](#). In the article, Dr. McCance-Katz details several goals that SAMHSA is working toward. You can read the full article [here](#).
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### September Course of the Month - Major Depression in Children

Recent research suggests that the Child Behavior Checklist (CBCL) Anxiety/Depression scale can help identify children at highest risk for pediatric major depression (MDD) and, if implemented clinically, could cost-effectively screen children and identify those most in need of early intervention. This presentation provides an overview of MDD in children and articulates the use of the CBCL to identify children at greater risk for depression. Presented by Kenny Lin, M.D.

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

### **Join APA's PsychPro Registry by Oct. 1 to Meet 2018 Reporting Requirements**

More than 400 clinicians have joined PsychPro, APA's new mental health registry, and many participants have qualified for CMS bonuses. PsychPro helps psychiatrists avoid payment penalties and earn bonuses for meeting quality reporting requirements while minimizing the burden of data collection. The deadline to sign up for the registry to meet the 2018 reporting requirements is October 1. You can find more information on PsychPro and additional resources on quality improvement [here](#).

### **Center for Workplace Mental Health Seeking Input on the Work Function Assessment Process**

Psychiatrists are often called on to complete work function assessments for their patients seeking disability benefits. Many employers and disability claims' administrators use multi-page forms that require mental health practitioners to share extensive treatment records and sensitive and confidential information, not all of which is necessary for a work function assessment. In response, the APA Foundation and Center for Workplace Mental Health created a [Work Function Assessment Form](#), which streamlines the process while using a functional impairment scale that comprehensively identifies an employee's ability to perform his or her job. A [short survey](#) is available to provide feedback on the form.

The Center will host a webinar on the Work Function Assessment Form on October 3, from 3:00-4:00 pm ET. For information on how to access the webinar, please contact Ewuria Darley, Associate Director, Center for Workplace Mental Health at 202-609-7087 or [edarley@psych.org](mailto:edarley@psych.org).

### **Advanced Registration Rates for IPS 2018 in Chicago Now Available**

Advanced Registration Rates for IPS: The Mental Health Services Conference are now available. This year IPS takes place in Chicago from October 4-7, 2018. This year's meeting highlights innovations in clinical services to better meet the needs of all populations—and vulnerable communities in particular—through an interactive program with engaging topics and session formats. Attendees can explore 80+ general sessions, 7 paid courses and 8 tracks on a variety of topics. Advanced registration is open until September 18. [Learn more and register.](#)



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“The American Foundation for Suicide Prevention is at the forefront of research, education and prevention initiatives designed to reduce loss of life from suicide. With more than 38,000 lives lost each year in the U.S. and over one million worldwide, the importance of AFSP's mission has never been greater, nor our work more urgent. Crystal Run Healthcare's Psychiatry department has sponsored a team at the annual Orange County Out of Darkness walk for the past four years. We have cumulatively risen over \$17,000. These community walks held in hundreds of cities across the country, give people the courage to open up about their own struggle or loss, and the platform to change our culture's approach to mental health. You can support the Crystal Run Healthcare team by donating online or simply joining us for the walk.

Walk Date: 09/23/2018

Walk Location: Thomas Bull Memorial Park, Day Camp Area - Montgomery, NY

Check-in/Registration Time: 09/23/2018 at 10:00 am

Walk Begins: 11:15 am

Walk Ends: 12:30 pm

Crystal Run Healthcare team join/donation

link: <https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.team&teamID=178655> “

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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>

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

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**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.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, 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](mailto:ejaffe@psych.org) Practice Management HelpLine (800-343-4671) - email at [hsf@psych.org](mailto: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](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](#).

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## **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](mailto:dejesust@mharockland.org). [For additional information, including benefits please visit our website www.mharockland.org](http://www.mharockland.org).

• EOE

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## **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

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## **• Depression Support Group**

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

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- **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.

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**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.

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## **PSYCHIATRIST, OUT-PATIENT HEALTH CENTER (INDEPENDENT CONTRACTOR)**

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

### **Build a brighter future...For those with special needs AND for yourself!**

Since 1947, Jawonio has advanced the independence, well-being and equality for people with disabilities and special needs. We take tremendous pride in making a positive difference in the lives of the individuals and families whom we support and now we're looking for a compassionate and caring person who wants to enrich their own life and the lives of others by working alongside a talented team of professionals in a working environment of personal accountability, mutual respect and most of all a true sense of teamwork.

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](mailto:jobs@jawonio.org)

We encourage all qualified applicants to apply.

Jawonio, Inc. does not base employment decisions on an individual's race, color, sex/gender, genetic predisposition, sexual orientation/preference, religion, age, national origin, disability, military or veteran status or any other characteristic protected by federal, state or local law. In addition, Jawonio, Inc. may make reasonable accommodations to enable applicants to participate in the hiring process and employees to

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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](mailto: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](mailto:nolan@nki.rfmh.org)



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