



West Hudson Psychiatric Society

Serving Rockland, Orange, Sullivan & Delaware Counties

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eSynapse

September 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 a new contributions to the “resident’s column” from ORMC and a second column by your new WHPS president, Laura Antar, MD. 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, September 6, 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

Who are we? Part 2



Laura Antar, MD

“The Obstacle is the Way” M. Aurelius

A divided country has again been bloodied. We turn to our politicians who are so much at odds with each other that there is no effective policy. How can we have healthy exchanges without alienating citizens of our diverse country. Or psychiatrists amongst a diverse membership? If we can heal ourselves, perhaps we can help heal our community. There are divisions and disagreements in the community that I hope we can begin to address.

Because we are psychiatrists, we are all cognizant that we can examine what befalls our group and glean from that what is recapitulated in the world at large. I would like to follow the advice of a famous Stoic and Roman Emperor Marcus Aurelius, who wrote in his famous Meditations, “The impediment to action advances action. What stands in the way becomes the way.” The concept is familiar in psychiatry: rather than running from a problem, if we make it our focus, we gain mastery, achieving better effect than had we circumvented an anxiety-provoking event for immediate gratification. We can try. I hope we unite despite our diversity. It is in our shared purpose that we find strength and rebuild belonging. I hope not only to regain unity in our group, but also strengthen us so we can interact more in the community; to share our mindset with psychologists and social workers, hospitals, politicians and pharmacies. To interdigitate in our community, we need to be able to speak with unity, while continuing to debate hotly within. This is one reason we have elected leaders.

In my last President's Column, I discussed four elements of the eudaimonic approach, which finds happiness through meaning, self-realization, and optimal functioning. Those elements are: belonging, purpose, transcendence and storytelling. Our membership in WHPS is based on belonging to a particular land mass in the West Hudson River Valley, and to a common profession. **Belonging**, is not based on being “accepted as individuals” but on a common purpose: to work in the West Hudson region and to benefit in a professional capacity from our united voice and to serve patients in this region. We collectively share belonging to larger institutions, New York State Psychiatric Society and American Psychiatric Society. We are admitted with all of the political opinions that we hold, so long as we continue to abide by the basic ethics set up by our APA. Some would argue that in a group of this size and make, we may want to make decisions based on our commonality of ethics as psychiatrists and to hold all political commentary to one side.

What happens when we face politically contentious issues that affect our field, yet may require we take a stance?

Purpose. Locally, there are difficult psychiatric considerations to contribute. Should we and can we avoid political stances or platforms while addressing the needs of our patients and community? How, as the WHPS, could we have been relevant to issues such as the use of gender identified bathrooms for trans patients? Or locker rooms? Or showers? The benefit is to provide a psychiatrically informed platform for making policy. The risk is in engaging in political issues which offend, alienate and do not represent some of our own members; we almost certainly do not have a unified voice. What would happen to our Psychiatric Society if we debated Psychological issues of Immigration? We do have an ethics section of the WHPS. The question could have been tasked to those individuals, or opened to wider debate, bringing in ethicists and psychiatrists who are experts in the field. Culling expertise from different fields, to contribute a locally relevant psychiatric position to the public health commissioner, or to a school board, might serve our patients. We need not always concur. There is room for dissent; but to be relevant, we need to offer something to the conversation. If there is a great deal of dissent, we might get more involvement in the election process of our leaders.

WHPS relevance in the community is about our own **transcendence**, becoming a part of a whole, bigger than ourselves, leaders in a community, listening to the patients, the religious, the health-impaired, public health advisors, and the mental health field to provide an informed position to help generate policy, and to help and minister to the people who may have mental health sequelae no matter which policy is enacted.

Storytelling is the final element of eudaimonics. Our stories highlight difficult challenges and how we relate to them and how they transform us, shaping our identity. I hope to continue the process of making us more visible and more relevant to our members and community, a piece of the story that I would like to lengthen. I would be very interested in any impressions fellow members may have.

Next column, I would like to think about how to help our members gain confidence and proficiency in communicating with each other and then the community at large. This is a call to membership to find out how we can minister to our patients in a manner greater than the individual session room. Do we have a place in helping to make policy? How can we best minister to our patients? While wisdom may still be beyond us in terms of generating unity, we can yet continue to take steps to tackle and richly debate, rather than circumvent our obstacles.

WHPS Executive Council Meeting

Friday, July 19, 2019

12:30pm - Il Fresco

Minutes

Attendees Present: Laura Antar, Nigel Bark, Raj Mehta, Mona Begum, James Flax, Lois Kroplick, Russ Tobe, Giselle Plata, Minh-Duc Huynh, Roger Maginley and Liz Burnich

1. Guest Presenter: Janet Sliva

- a. Janet Sliva is the coordinator of mental health substance use disorders in Rockland County. She monitors the drug overdoses in the county. She informed us that while the county does not provide direct services for substance use disorders, they provide oversight, meet with providers and try to help make connections needed.
 - b. She mentioned that they will be providing trauma focused DBT training for anyone interested in getting certified on Aug 1-2 and Sept 24-25.
 - c. Janet distributed Behavioral Health Resource cards for both youth and adults for services in Rockland County. Liz has extra copies if anyone was not at the meeting and would like to get some copies.
 - d. Anyone interested in contacting Janet directly can reach her at (845) 364-3218 or email her at SlivaJ@co.rockland.ny.us
2. Fall 2019 Meeting Planning:
 - a. Raj has arranged for Bruce Schwartz, MD (the current APA President) to be the speaker at our fall 2019 Educational Dinner meeting.
 - b. The meeting is scheduled for Friday, October 11 at 6pm at La Terrazza. Liz will be away so Russ has volunteered to be the point person that day.
 - c. Liz will coordinate the details with Dr. Schwartz's assistant and send out the announcement to our mailing list.
3. Committee Updates:
 - a. Legislative Update: The next step is to try to work together with Nyack Hospital as they have a change in mental health leadership and staffing. Liz will try to set up an initial meeting with Craig Handsley at Nyack with our legislative rep, Russ Tobe. We are requesting that all members email your experiences that you have had with Nyack Hospital for our discussion.
 - b. 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.
 - i. The next Planning Committee meeting is scheduled for Wed, Aug 21 at 1pm at the NAMI Office, RPC Bldg 57, Conference Room.
 - ii. Volunteers are to arrive at 5:30pm.
 - c. Women's Group: the next meeting is scheduled for July 26 at 12:30pm at Alex Berger's home.
 - d. NAMI Run/Walk: Sunday, September 15, 2019. This is NAMI's only major fundraising event this year. Anyone interested in participating and joining Rena Finkelstein's group, "Rena's Rangers", should contact Lois Kroplick at drkroplick@aol.com.
 - e. Mentorship Program Meet & Greet: was held Thursday, July 11 at 12noon at ORMC. The event was moderated by Ulrick Vieux, DO and our presenters were Nigel Bark MD, Jim Flax, MD, Lois Kroplick, DO, Dom Ferro, MD, Laura Antar, MD, Nick Batson, MD and Martha Crouner, MD. This year, the residents presented some of their projects and research.
 - i. The feedback was that it was very interesting to hear some of the things that the residents were up to but the residents were hoping for more "meet & greet/mingle" time so we have to keep that in mind when planning next year's program.
 - f. Senior Fair sponsored by Senator Carlucci: Wednesday, August 28 from 10am – 2pm at RCC Field House. Russ and Laura volunteered to run our booth from 10-12 and Dom volunteered to cover the noon to 2pm shift.
 - g. NYSPA Fall Meeting – the date is changed to Saturday, October 26 ****Mark your calendars with this date change****
4. Miscellaneous Items:
 - a. 2020 West Hudson Dues – Liz needs to let the APA know what West Hudson dues rates will be for 2020. Jim Flax made a motion to keep our dues the same as previous years.

- Lois seconded the motion and it was unanimously approved by all members present.
- b. Speakerphone Unit – we discussed purchasing a speakerphone unit so that more Executive Council members can join our EC meetings. Jim motioned that we can spend up to \$1,000 on this equipment, Nigel seconded the motion and all present approved this motion.
 5. Next EC Meeting is scheduled for Friday September 6. Liz will invite Susan Hoerter, DO to present on more Rockland County mental health services.
 6. RECAP of UPCOMING WHPS EVENTS:
 - a. Wednesday, August 28 - Senior Carlucci's Senior Fair at RCC Field House from 10am – 2pm
 - b. Friday, September 6 – WHPS EC Meeting at 12:30pm at Il Fresco, Orangeburg
 - c. Sunday, September 15 – NAMI Run/Walk at Rockland Lake – 7:30am check-in, 8:30am race
 - d. October 3-6 – IPS 2019, The Mental Health Services Conference, Sheraton New York Times Square Hotel. Register at: <https://www.psychiatry.org/ips>
 - e. Friday, October 11 – Fall Educational Dinner Meeting with Speaker Bruce Schwartz, MD at 6pm at La Terrazza. Topic TBA.
 - f. Wednesday, October 23 – Annual Public Forum at RCC Cultural Arts Theater at 6pm
 - g. Saturday, October 26 - NYSPA/Area II Fall Meeting at the LaGuardia Marriott at 9am
NOTE – this is a NEW date
 - h. Friday, November 1 – WHPS EC Meeting at 12:30pm at Il Fresco, Orangeburg
 - i. TBD – ORMC/WHPS Fall Update on Psychiatry
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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

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www.namirockland.org

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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

Several of your executive council members had the privilege of joining the staff and residents at Orange Regional on Thursday July 11 for a 'Meet & Greet'. It's been gratifying to have a vibrant training program contribute to our community and to contribute to the training program. J Flax, MD



Resident's Column! Listening to my patient...



Roger Maginley, MD, PGY-1

“If you try to cover or plaster over a wall but there is a leak behind the wall, it will never work.” When one of my patients said this to me, I sensed he was trying to tell me something—teach me something. The phrase, “Listen to your patients; they could teach you something,” seemed so appropriate to me then. That was a powerful statement and carried so much potential meaning.

At the time, I was taking care of patients in a physical medicine clinic, and this one gentleman, age mid-forties, was experiencing difficulty swallowing. I was comfortable diagnosing esophageal dysmotility disorder—spasms—and I only needed to complete the physical exam before “putting it all together.” While preparing to manually measure his BP, the patient held his hand out, saying, “Can you guess what happened here.” I was a little confused at first, as it took me a few moments to notice that his left forearm was slightly deformed. It was rather subtle.

“I broke it when I was I four years old, and we were so poor growing up, there was no one available to fix it.” When I asked about the nearest hospital, he replied, “There was no hospital where I lived.” I could somehow tell this patient wanted to tell me a story about a traumatic time in his life. Revisiting his childhood, “I accidentally fell off a donkey during a long trip, and my mother simply picked me up and put me back on.” He went on to describe how much he suffered in silence at the time, and it would be several hours later, after returning home, before his father noticed and tried to attend to him. A neighbor tried to help with “applying pressure” but he was not a doctor. He goes on to say to me, “To this day, I never understood why my mom never showed any affection, why she never checked me after I fell; I asked my father but he never gave me an answer.” “And my mother always gave my other siblings special treatment; parents shouldn’t show favoritism; and everyone is special and everyone has value inside them.”

He became visibly upset and went on to share more about his childhood, his frustrations and disappointments and his present life as a parent. He assured me he had processed all this with the help of therapy and has come a long way now. Listening to him caught my attention; I felt like he was teaching me something and reminded me why I chose psychiatry. Although I was focusing in on his BP measure, acute medical issue and health maintenance, I needed to remember my listening skills—for the things being said and others not being said—and the ability to contextualize and “put all the pieces together.” This patient gave me a window into something that happened years ago and was still influencing him now. And I am just grateful he shared that with me.

One year, several years ago, when I was teaching high school in New York, I didn’t understand why it seemed like I could never get through to some students. They simply just refused, or so I thought. Looking back, I now see they were trying to tell me something, in much less words, but I had not yet developed the ability to listen and sort through the details. It took me several years to understand that many of my students were dealing with depression and anxiety, some substance use, and others even thought about suicide. I had no idea. Overtime, I began learning the importance of listening, paying attention and putting things together. And I hear that message often reinforced, “Listen to your patients, they will tell you everything.” The patient I described above helped remind me to pay attention to many of the details, like a subtle deformity in his left forearm that revealed a huge back-story for him.

I am a first-year resident in psychiatry at Orange Regional Medical Center. I transitioned to Middletown from Long Island, New York, and I am very excited and looking forward to the journey ahead, as I continue to learn how to listen to my patients. And I love working with the entire team of staff, residents and attendings at Orange.

News and Notes for APA District Branches/State Associations

September 2019

This monthly newsletter is prepared by the APA's Communications Team as a benefit for our District Branches and State Associations. If you have any questions, please contact James Carty at jcarty@psych.org or 202-609-7077. 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 joined with six other health organizations in a call to action to prevent firearm-related injury and death, a public health crisis which has recently reached epidemic proportions in the United States. Firearm-Related Injury and Death in the United States: A Call to Action from the Nation's Leading Physician and Public Health Professional Organizations, was published in the *Annals of Internal Medicine*. The full report can be found [here](#).
- APA and America's Frontline Physicians issued a joint statement opposing the Department of Homeland Security's public charge final rule. The regulation presents a major public health threat by upending decades of settled policy with regard to public charge, making it much more likely that lawfully present immigrants may not seek health care, since doing so could be used to deny green cards, U.S. Visas, or even lead to deportations. You can read the full statement [here](#).

Mark Your Calendar

- Healthy Aging Month (September)
- Suicide Prevention Month (September)
- National Recovery Month (September)
- Sexual Health Awareness Month (September)
- National Suicide Prevention Week (Sept. 8 – 14)
- National Women's Health and Fitness Day (Sept. 25)
- September Components Meeting (Sept. 11 – 14)

September Course of the Month - New Targeted Treatments for Fragile X Syndrome and ASD

Autism Spectrum Disorders (ASD) are common and complex neurodevelopmental disorders which may present at different stages with different target symptoms. This course highlights new targeted treatments for Fragile-X syndrome and other genetically homogenous syndromal forms of ASD based on molecular mechanisms. Presented by Randi Hagerman, M.D., UC Davis Medical Center.

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

New CME Course on Gay Men's Mental Health

APA's Division of Diversity and Health Equity has recently published a course titled **Gay Men's Mental Health**. The course examines the intersection of subpopulation identity and mental health, while discussing historical, social, and cultural aspects of mental health. The course also discusses treatment considerations for gay men and draws on the topic discussion and case review format employed in texts such as the LGBT handbook. You can access the Gay Men's Mental Health CME course [here](#).

Advance Registration for IPS: The Mental Health Services Conference, Ends 9/24

Advance registration rates for IPS: The Mental Health Services Conference, end on Tuesday, Sept. 24. Registration fees include admission to 80+ sessions (excluding courses) that make up a unique scientific program crafted in partnership with the World Psychiatric Association, applicable CME credits and access to the Exhibit Hall. Courses require an additional ticket purchase. You can view registration rates and important meeting dates for IPS [here](#).

Participate in the Quality Measure Development Initiative

Help drive the future of psychiatry by participating in the Quality Measure Development Initiative. Your participation will help determine better ways to diagnose, treat, and prevent psychiatric illnesses by developing and testing quality measures. As a thank you for joining, you will be rewarded with a \$500 honorarium, a tablet computer for your practice, plus other benefits.

<https://www.psychiatry.org/psychiatrists/registry/quality-measures-initiative>

New “Roadmap to Residency” Guide Available

Download the PDF guide to applying for psychiatric residency. In the guide you will find useful information on how to prepare, 4th year planning, choosing the right program and more.

<https://www.psychiatry.org/residents-medical-students/medical-students/apply-for-psychiatric-residency>

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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/ullqriwoa37njgz/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/qbp3bwcqti8dq/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>

MAOI Antidepressants

I am a member of the “MAOI Clinicians info and support group that can be joined by emailing maoi-info-and-support+unsubscribe@googlegroups.com. I recently added my name to an online statement on the use of MAOI medications. The statement can be accessed through this link: https://www.cambridge.org/core/services/aop-cambridge-core/content/view/32497C0FE4F08D0D4C07E6350A91B0EE/S1092852919001196a.pdf/revitalizing_monoamine_oxidase_inhibitors_a_call_for_action.pdf

If you are not familiar with the use of MAOI antidepressants, I suggest you take time to read this publication and join the googlegroup.

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.amedeo.com> and Evidence Alerts <http://plus.mcmaster.ca/EvidenceAlerts/> for reviews of recent articles. I pay for The Medical Letter. I read APA News, Psychiatric Times and Clinical Psychiatry News. I sometimes will read Psychiatric Annals as well. I use Epocrates, Google, Wikipedia, WebMD and others daily. As a result of our modern digital resources, 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 our practicing members.

You no longer can receive a discount as a member of West Hudson Psychiatric Society.

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](#).
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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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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

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Job Opening

- Article 31 Mental Health Clinic in Rockland County is looking to hire a part-time psychiatrist . Flexible hours.
 - Please call (845) 570-0743 for more information.
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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

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



September 15, 2019

Check-In begins at 7:30am

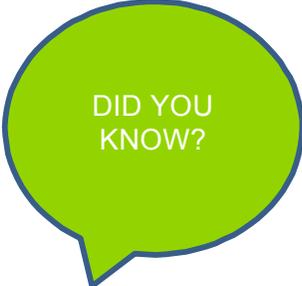
Race begins at 8:30am

Rockland Lake State Park, Parking Lot 1 (North End)
Congers, NY
10920

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)