

THE BRONX PSYCHIATRIST

A PUBLICATION OF THE BRONX DISTRICT BRANCH
OF THE AMERICAN PSYCHIATRIC ASSOCIATION



Vol. 1, No. 1

Winter 2007

From the President



I am pleased to present the first newsletter of the Bronx District Branch of the American Psychiatric Association. This was made possible by a grant which the District Branch received from the American Psychiatric Association.

As part of this grant, one of our goals this year is to recruit new members by focusing on specific interventions for residents in training in local programs; for early career psychiatrists and for non-members psychiatrists within our area. We plan to build upon our previous and ongoing mentorship project for residents, fellows and early career psychiatrists in the Bronx.

As part of this effort, I plan to personally visit each training program and meet with the residents and training directors in the hopes of achieving 100% membership in the APA. The "100 Club" of the APA was established by the APA to encourage residents throughout the United States and Canada to join the APA with other trainees in their programs. Training programs whose residents all become APA members can submit a photo of their residents, training directors, and department chairs and the photo will be turned into a poster. These programs will be featured in Psychiatric News with their photo and a short accompanying article. The training directors will also receive a \$100 gift certificate from APPI. The first year of membership at the national and local level of APA is **FREE** for residents.

Some of our residency program have in the past achieved this status and I hope to achieve this again for all of our programs.

Since this newsletter is a new endeavor, we would like to hear from our members about what kind of information they would like to see in their publication. We also would like to encourage our members to submit articles, book reviews, notices of events, etc. Send any submissions directly to Lori at District Branch office.

Virginia Contreras, MD, President

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Mark Your Calendar!



Upcoming District Branch Meetings

March 21, 2007

April 25, 2007

June 6, 2007

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*a publication of the
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American Psychiatric Association*

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Lori W. VanSlyke, *Administrator*

*The viewpoints expressed in
this publication do not necessarily
reflect those of the Bronx District Branch
of the American Psychiatric Association.*

Member Achievements

Milagros F. Demandante, MD - Dr. Demandante has been named as one of the recipients of the APA/SAMHSA and APA/Zeneca Minority Fellowship in Addiction. She is a fifth-year addiction psychiatry fellow at Bronx Lebanon Hospital Center affiliated with Albert Einstein College of Medicine, is interested in addiction research, as well as the influence of culture and ethnicity on substance abuse/dependence recovery. She will serve on the Council on Addiction Psychiatry.



Eliseo A. Go, MD – Dr. Go has been elected to Fellow status of the American Psychiatric Association. This reflects his dedication to the work of the APA and the psychiatric profession. Dr. Go is an Assistant Professor of the Department of Psychiatry at Bronx-Lebanon Hospital Center.

Bruce J. Schwartz, MD – Dr. Schwartz, Executive Vice Chair of Psychiatry and Behavioral sciences, has been appointed to the American Hospital Association's Mental Health Task Force, whose mission is to identify difficulties acute care hospitals face in meeting community mental health needs and to develop a realistic role for community and general hospitals in meeting community mental health needs.



Please contact Lori at the District Branch if you would like to submit member achievements for the newsletter at 1-800-273-5398 or via email at wbnbdb@cloud9.net



Jay Scully, APA Medical Director to Speak in March

The Annual Joint Meeting of the Bronx & Westchester District Branches will be held on **Wednesday, March 21, 2007** with Jay Scully, Medical Director of the American Medical Association as the featured speaker. Since Westchester is this year's host, the meeting will be held in White Plains at the Westchester Campus of New York-Presbyterian Hospital located on Bloomingdale Road. The meeting will begin at 6:30 pm with a cocktail reception following by dinner and Dr. Scully's presentation.

Mark your calendar! Details regarding Dr. Scully's topic and registration information will be sent to members soon.

The *Bronx Psychiatrist* is a quarterly publication. The Bronx District Branch of the APA reserves the right to refuse or delete submitted material without explanation at the publisher's discretion. Send advertisements and written material to: *Bronx District Branch of the APA, 333 Westchester Avenue, Suite LN-01, White Plains, New York 10604.*

WANTED: Adolescent Psychiatrists

Adolescence is a unique period of life. It is also the stage of development during which major mental illnesses begin, most of which go undiagnosed and untreated until later in life. The demand for psychiatrists to diagnose and treat these disorders in adolescents is outstripping the supply of child and adolescent trained psychiatrists. General psychiatrists willing and able to work with adolescents can expand their practice by helping to meet this need. The American Society for Adolescent Psychiatry is an organization that can support general psychiatrists in obtaining the skill and confidence to do so.

The concept of adolescence as a distinct phase of development is relatively recent. Prior to the turn of the century, adolescents were considered smaller versions of adults. Western societies then began to afford adolescents some reprieve from adult responsibilities. Educational expectations expanded, along with a corresponding delay in gainful employment. Secondary education was increasingly supported for all young people, and today most young people attend college, as well. In addition, the development of the juvenile justice system signals the recognition that adolescents do not bear the same level of culpability for criminal acts as do adults. Recently, evidence of significant neural development continuing into the third decade of life was presented in the case against capital punishment for children under eighteen years of age.

In addition to being recognized as a unique period of development, adolescence is increasingly recognized as a unique period for the development of psychopathology. It was long believed that major mental illnesses typically had their onset during early adulthood. However, there is an increasing body of literature tracing early signs of psychosis and mood disorder to

adolescence. From the other end of the developmental spectrum, Attention Deficit Hyperactivity Disorder, once believed to typically resolve by adolescence, is increasingly recognized as a persistent problem through adolescence and into adulthood. In each case, the signs and symptoms of the disorders are altered during adolescence, and can present a diagnostic challenge. Psychiatrists skilled in establishing a rapport with adolescents and in evaluating their psychiatric conditions are needed.

However, adolescents with psychiatric conditions are an underserved population. Sound methods of sampling and assessment have estimated that the prevalence of functionally impairing mental disorders in children and adolescents is approximately 20%, and that only about 20% of those affected receive any type of mental health intervention. The need for more trained psychiatrists is being recognized in the popular press. CNN has reported that psychotropic medications are being prescribed by practitioners with inadequate training and experience, such as pediatricians or primary care physicians. Recognition of the need for trained psychiatrists is also evident in efforts by several states to encourage the practice of tele-psychiatry to fill the void.

Despite the obvious need, a shortage in child and adolescent psychiatrists has long been recognized, and is likely to persist. The United States Bureau of Health Professions projects that by 2020, there will only be enough child and adolescent psychiatrists to meet two thirds of the demand. The Bureau projects a 100% increase in the use of child and adolescent psychiatrists, compared to an increase of 19% in the use of general psychiatrists. However, during the 1990's, the number of child and adolescent psychiatry residency positions and training programs

actually decreased. General psychiatrists with interest and experience in treating adolescents have the opportunity to expand their practice, while providing a needed service to their communities.

Since child and adolescent psychiatry has been recognized as a subspecialty by the American Board of Psychiatry and Neurology, some general psychiatrists have been reluctant to work with minors. However, general psychiatrists can help to fill the need by obtaining training and experience in the assessment and treatment of adolescents. One avenue is to complete a fellowship in child and adolescent psychiatry. However, a two year fellowship carries a cost in time and potential earnings that is prohibitive to mid-career practitioners.

Another avenue is to take advantage of professional organizations which offer continuing medical education opportunities. The American Society for Adolescent Psychiatry is the only organization dedicated to adolescent psychiatry, and it offers membership to general psychiatrists, as well as to child and adolescent psychiatrists. Its annual meeting provides approximately 25 hours of CME in adolescent psychiatry. The *Annals of the American Society for Adolescent Psychiatry* published annually provides a more in depth treatment of some of the subject matter of the annual meeting. The organization also provides opportunities to boost practitioners' credentials. The Society is a medium-sized, national organization with readily available leadership opportunities, such as Committees on Education or on Topical Studies. If the practitioner desires further validation of their expertise, the Society supports the American Board for Adolescent Psychiatry, which offers an examination to obtain board certification. *(continued on page 5)*

RISK MANAGEMENT

Practical Pointers While On Vacation

While Your Away . . .

Instruct staff not to release confidential information to any person without your advance approval. Be attentive to potential breaches of confidentiality when using mobile phones, computers, faxes or voice mail - you may be overheard or the message may be intercepted by the wrong party. Be wary of treating patients by telephone without a follow-up office visit as soon as possible.

Maintain documentation of all calls to and from a patient and to and from a third party concerning a patient. *(A form the size of an index card with an adhesive backing that easily fits into a pocket or purse can be used to document calls received outside of the office and can be readily filed in the medical record upon your return to the office.)*

Prepare patients for scheduled absences and make provisions for coverage. Be specific about the length of time of the absence, and the actual dates of your departure and return. Provide patients with written materials for their reference in your absence (*e.g., a list of names and telephone numbers to call, dates of absence, etc.*) Always lock up prescription pads.

Leave specific instructions on your voice mail, with your office staff, and/or your answering service as to how patients may be directed to services for assistance in your absence. Make sure the information includes instructions about where patients can access care in an emergency, including going to the patients' local emergency room.

Provide your colleagues who are covering for you with pertinent information about your more "critical" patients. Make sure your charting/documentation is up-to-date for reference by those covering in your absence. Alternatively, leave a number with your colleagues where you can be reached in the event you need to be consulted in an emergency.

Your coverage instructions should include procedures for staff on how to deal with potentially or increasingly suicidal patients. After directing a patient per your coverage instruction, the staff should notify you immediately.

Try to anticipate medication refills and determine which of those will require ongoing monitoring during your absence.

Save documentation such as airplane tickets, hotel bills, and coverage instructions. They will come in handy should you be accused of malpractice during a time when you were, in fact, out of town.

When Covering For A Colleague . . .

Spend some time with your colleague to learn more about those patients who might require continued assistance during their psychiatrist's absence.

Find out before your colleague leaves how to gain access to pertinent medical information about patients during his absence.

Know exactly when you are covering and to which institutions your colleague refers patients for hospitalization/inpatient care. Do you have privileges there?

If your colleague's practice includes managed care patients, will you be paid for covering these patients in his absence?

If your colleague will be away for an extended period (more than two weeks), who is expected to handle correspondence and non-medical requests?

This article was provided by Professional Risk Management Services (PRMS), the APA-endorsed malpractice insurance carrier.

WE LOOK FORWARD TO HEARING FROM OUR READERS!

The Bronx District Branch of the APA welcomes your comments and suggestions.

If you would like to submit an article, book review, announcement, hospital and or community events, etc., to [The Bronx Psychiatrist](#), the deadline for the next issue is **March 31, 2007**.



Wanted: Adolescent Psychiatrists *(continued from page 3)*

The American Society for Adolescent Psychiatry offers a supportive, collegial atmosphere, in which experienced clinicians and researchers readily share their expertise. It is a particularly valuable resource for the general psychiatrist who has the temperament and the inclination to work with teens and young adults. Many of the Society's senior members can attest to the personal and professional satisfactions of caring for these youngsters, and setting the tone for how they will cope with the challenges of mental disorders throughout their adult lives. Interested psychiatrists can learn more about the Society at www.adolpsych.org, or can contact me directly at drferro@optonline.net.

Dominic Ferro, MD, President
American Society for Adolescent Psychiatry

Footnotes

Thomas, CR, Holzer, CE, *National Distribution of Child and Adolescent Psychiatrists, JAACAP, Volume 38(1), January 1999, pp 9-15*

Kim, WJ, *Child and Adolescent Psychiatry Workforce: A Critical Shortage and National Challenge, Academic Psychiatry, 27:4, Winter 2003*

CNN.com, *Shortage of Child Psychiatrists Takes Nationwide Toll, April 7, 2006*

Slaff, B *Handbook of Child and Adolescent Psychiatry, Volume 3 Adolescence: Development and Syndromes, ed. Flaherty, LT, Sarles RM, pps. 5-11*



Office-Based Treatment of Opioid Dependence Workshop

On **Saturday, March 31, 2007**, the American Psychiatric Association and the Greater Long Island Psychiatric Society are sponsoring a workshop on **"Office Based Treatment of Opioid Dependence"**. This is a day-long workshop which will be held at Harlem Hospital located at 506 Lenox Avenue in New York City.

This course satisfies the DATA 2000 eight-hour training requirement and is accredited for 8 hours of Category 1 CME Credit. Upon completion of the course, you will be eligible to request a waiver to practice medication-assisted addiction therapy with buprenorphine, for the treatment of opioid dependence. When granted, the waiver permits the physician to prescribe buprenorphine in an office or clinic based setting.

YOU CAN REGISTER ON-LINE AT WWW.DOCOPTIN.COM or by calling 1-888-362-6784

SUBJECTS NEEDED FOR ANOREXIA NERVOSA RESEARCH STUDY

Katherine A. Halmi, MD, Director of the Eating Disorders Program at New York-Presbyterian Hospital, Westchester Division, is currently recruiting subjects for Cornell University's first federally funded research study investigating the genetics of anorexia nervosa.

For this research study, we are looking for relative pairs. The relative pair must be 16 years of age or older and biologically related, but cannot be a parent-child pair or an identical twin pair. Both relatives must either have had or have anorexia nervosa and both must be willing to participate in the research study. If the relative pair is entered in to the research study, the pair would have to complete a battery of assessments over the phone or in person with our site's clinical interviewer, complete self-report questionnaires, and have three tubes of blood drawn.

If the relative pair completes the entire study, both individuals would receive \$150 for their time and effort. Additionally, if the relative pair successfully completes the research study, you or your institution would receive \$500 for referring the pair.

For further information about the research study please contact
Kimberly Wisotzke at 914.997.4395 or kiw2004@med.cornell.edu

APA President-Elect to Speak at Annual Meeting in June

Mark Your Calendar

Bronx District Branch's Annual Meeting

Wednesday, June 6, 2007

at the

New York Botanical Gardens
Garden Terrace Room

As in the past, the APA President-Elect will be the featured speaker. Once the winner of the APA election has been announced we will send you notification of our Annual Meeting with details regarding registration and topic.

APA Election Candidates

President-Elect

Spencer Eth, MD
Nada Stotland, MD

Vice President

Carol Bernstein, MD
Rene Binder, MD

Trustee-at-Large

Roger Peele, MD
Joseph Rubin, MD
J. Srinivasaraghavan, MD

Member-in-Training Trustee-Elect

Chris Esquerra, MD
Samanatha Shlakman, MD
Lauren Sitzer, MD

For more information on the candidates
or to cast your vote, visit the APA's website at
www.psych.org

Bronx Membership Actions

Transfers In

Francis F. Hayden, MD (*from Westchester*)

Transfers Out

Margo Benjamin, MD (*to Westchester*)

Juan Nunez, MD (*to Puerto Rico*)

Ilene M. Reeman, MD (*to New York*)

Corazon C. Salvador, MD (*to Westchester*)

Member-in-Training

Joseph G. Cohen, MD (*Bronx-Lebanon*)

Hugo M. Espinosa, MD (*Bronx-Lebanon*)

Jose Matias, MD (*Lincoln*)

Nina Moadel, MD (*Montefiore*)

Lissette Rodriguez, MD (*Bronx-Lebanon*)

Lauren E. Snow, MD (*Montefiore*)

Psychiatric Society of Westchester County's

Job Fair & Networking Event

Wednesday—March 7, 2007

6:00 –9:00 pm At the

Office of the Bronx and Westchester District Branch

333 Westchester Avenue, Suite LN-01, White Plains



Take advantage of this excellent opportunity to meet with representatives of NY/NJ/CT area hospitals, clinicals and community agencies. There is **NO CHARGE** to attend this event. **TO RSVP**, contact Lori at the District Branch at (914) 967-6285 or via email at wnbdb@cloud9.net.

Employment Opportunities

Addiction - Psychosomatic Medicine Psychiatrist

Full-time position for board eligible/board certified addiction psychiatrist on a multi-disciplinary team doing addiction consultations in a tertiary care hospital. Experience in psychosomatic medicine or leadership skills a plus. Position includes teaching and supervision of psychosomatic medicine and addiction psychiatry fellows as well as psychiatry residents. Academic appointment at Albert Einstein College of Medicine commensurate with qualifications. NYS license required. Opportunities for clinical research, faculty practice and paid on-call are available. Excellent salary and benefits. Please contact Bruce Schwartz, MD, Exec Vice Chair - Psychiatry, 111 E 210 St, Bronx NY 10467, Fax 718-798-1816 or bschwartz@montefiore.org

Attending Psychiatrists

Join the Jacobi-NCB Einstein Family! The Jacobi Medical Center-North Central Bronx Behavioral Healthcare Division seeks attending staff for our Adult and Geriatric Inpatient Programs, and specialty outpatient programs. Spanish language proficiency is valued. Candidates must be NYS licensed, and BC (or BE if within 5 years of graduation). Faculty appointment at Albert Einstein College of Medicine and participation in our medical student education program provide an ideal mix of academics and clinical service. Located in stable and attractive Bronx neighborhoods, our Department offers a cordial and respectful work environment and a highly competitive compensation package. Call is elective and compensated. All inquiries are confidential. For immediate consideration, please contact Arnold E. Merriam, MD, Chm, Behavioral Health Services, Jacobi Medical Center/North Central Bronx Hospital, Professor of Psychiatry & Neurology, Albert Einstein College of Medicine, Jacobi 9 South Rm 8, tel 718-918-6523; fax 718-918-6590; email-arnold.merriam@nbhn.net

CASAC, Nurse Practitioner and Social Worker Positions

CASAC position available in the Our Lady of Mercy Chemical Dependency Clinic and Nurse Practitioner and Social Worker in the Mental Health Clinic in the North Bronx adjacent to the Bronx River Parkway across from McLean Avenue in Yonkers. Please call A.Hakki MD at 718-304-7013

Part-Time Psychiatrist

Westchester Medical Center's Adult Outpatient Clinic has an immediate opening for a part time psychiatrist interested in a mix of teaching, supervision of third year residents and direct patient care (both individual and group). Working hours are flexible. The clinic serves a diverse patient population and has full time social workers, a nurse practitioner, and a psychologist, as well as other attending psychiatrists. Westchester Medical Center is easily accessible from all areas of Westchester and the NYC metropolitan area. The Medical Center's extensive campus, which includes New York Medical College, is located in Valhalla, NY, and is a tranquil setting in suburban Westchester County. The Behavioral Health Center occupies a separate building from the main hospital with on site parking. Psychiatrists are employed by New York Medical College and the faculty appointment is commensurate with the applicant's experience. Interested persons should call Dr. Neil Zolkind, Clinical Director and Vice Chairman, Dept. of Psychiatry, at (914) 493-1905 or email him at ZolkindN@WCMC.com

Private Practice Opportunity—Part Time

Experience private practice! Psychiatrists needed to evaluate and treat adults, children, adolescents, families in private practice in Northern Westchester (North Salem). This will be part-time at first, but can grow to full time, possibly including inpatient work, providing an opportunity to gradually experience private practice and to work with other professionals in assisting patients and their families. BC/BE adult or child psychiatrists are needed, with therapy and medication skills. This can provide a start towards equal involvement in the practice for the right person. Call Edward Gordon, MD at (914) 669-5526. CVs may be faxed to (914) 669-6051.

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Mark Your Calendar

April 25, 2007
Dinner Meeting

Our April meeting
will be held on City Island
and the presentation will be on
the new antipsychotic, Invega.

Details to be sent shortly.

Visit the DB's Website at
www.bronxpsych.org