There is a great deal of work we, as members of the Psychiatric Society of Westchester, need to accomplish. It gives me great pleasure, and great responsibility, to have been given the opportunity to serve as your president this year.

I would like to acknowledge our immediate past president, Karen Gennaro, MD for her devotion to the Society. We were awarded two grants from the National APA this year under her leadership.

In addition, we have been able to launch a new website, advance active committee participation and have been able to recapture membership.

The theme of the APA this May was “Our Voice in Action: Advocacy, Science, Care, and the Profession”. With the many breakthroughs we have had in treating our patients with serious mental illnesses and addictions, our focus continues to include fighting stigma, access for all who need care, and research to broaden our options for treatment. This year, we would like to focus our efforts on trauma through the life cycle of the patients we serve.

In my work at the Veteran’s Administration, we see traumatized soldiers often, but we must not forget that for many of these same people, this is not the first trauma they have experienced. Let us become more aware of our patients lifelong experiences while trying not to let trauma equal disability.
I am happy to begin my turn as editor of our newsletter. Filling Dr. Karl Kessler’s shoes will be a difficult task indeed. Karl has done a wonderful job shepherding the newsletter during the years of his tenure. He was tireless in seeking contributions from a number of us. Thanks to him, I began contributing to the newsletter.

There are so many critical issues facing medicine, and psychiatry in particular, calling for engagement on our part. Such engagement includes thinking through and discussing responses and solutions to these issues, at the local as well as the national level. The newsletter can be an ideal forum to carry on the discussion at the local level. With your contributions and help from the staff and the Executive Committee, we will continue the tradition that made our newsletter an award-winning one.

Finally, Karl, we miss you here and hope you will return to us soon!

Private Practice Committee Meetings

As in the past, all members are invited to attend meetings of the Private Practice Committee. These meetings are held on the Sunday following each CME Dinner Meeting at the home of the Committee Chair, Dr. Jeffery Smith located at 10 Stewart Place in White Plains from 10:30 am-12:00 pm. The next meeting date will be announced. Please RSVP to Dr. Smith directly at jssmith@mac.com or (914) 725-3901.

Directions

Westchester District Branch of the American Psychiatric Association
333 Westchester Avenue
Suite LN-01
White Plains, NY 10604
Tel (914) 967-6285 or 1-800-273-5398
Fax (914) 957-6694

287 East to Exit 8E (Westchester Ave), Stay right of barrier and make right at first light (White Plains Rd), Turn Left at 333 Westchester Ave (1st entrance), Bear slight left and make immediate right into Lower North Parking Lot. Our office is the first suite on the right after entering the building.

287 West to Exit 8 (Westchester Ave), Go left at light (White Plains Rd), Get in right lane and proceed straight thru next intersection. Turn Left at 333 Westchester Ave (1st entrance), Bear slight left and make immediate right into Lower North Parking Lot Our office is the first suite on the right after entering the building.

The Westchester Psychiatrist is a quarterly publication. The Psychiatric Society of Westchester County reserves the right to refuse or delete submitted material without explanation at the publisher’s discretion. Send advertisements and written material to: The Psychiatric Society of Westchester County, 333 Westchester Avenue, Suite LN-01, White Plains, New York 10604.
A MESSAGE FROM THE OUTGOING PRESIDENT by Karen G. Gennaro, MD

It’s been a privilege to serve as the President of the PSW for 2007-2008. I would like to thank the Executive Council for all of their hard work and support this year. I am also pleased that we have added two future leaders to our PSW EC bench this coming year, Claudia Sickinger and Fady Hajal.

Over the past year we have continued to advance the PSW agenda. We received two competitive grants from the APA for helping to promote job satisfaction and membership recruitment. We also obtained an infrastructure grant for projection equipment. We were one of the first district branches to host Advocacy and Media Training locally for our members, and we were pleased that a representative from NAMI accepted our invitation to attend as well. We invited our members to participate in the Medical Society’s Legislative Day in March, an important initiative in which nearly 2,000 physicians from around the state descended on Albany to advocate for redress of the looming medical liability crisis. We improved our ability to connect patients with members by beginning to track our members who are accepting private insurance. We also responded to the request of clergy at this year’s Clergy Breakfast by offering to track our members’ religious affiliations in order to facilitate clergy referrals to psychiatrists. Our Society sent a letter of support for patient privacy and was listed on the amicus brief for Harold Eist’s court case. The newly formed Mental Retardation/Developmental Disabilities committee got off the ground with several meetings including a journal club meeting and presentations made by national MRDD leaders Lee Cohen and Antonio Harden. We produced a stellar battery of CME programs for our members including Network Therapy for Drug and Alcohol Abuse, Differentiating and Treating ADHD and Bipolar Disorder in Children, Managing Your Psychiatric Practice—Financial Do’s and Don’ts, HIV/AIDS Relevant to Psychiatry and a full day Psychotherapy Symposium with local speakers discussing their recently published works.

As I step down to Immediate Past President, I plan to remain active in the EC for many years to come. In particular I will be involved in membership recruitment at our district branch level as well as with NYSPA. I also hope to continue my work in the MSSNY House of Delegates.

My father, an anesthesiologist, was one of my inspirations in becoming a physician. As a young child I remember my father’s desk at home with his specialty society journals and JAMAs stacked neatly side by side. He was active in the leadership of his county specialty society and I remember him printing mailings on postcards in our basement with ink on gel technology, meticulously transferring the ink to each card by hand. He stood up to the intrusion of insurance companies who started to limit reimbursement and even took days off from his practice to go to court to sue for his fees. But the avalanche was in motion and today all specialties continue to face disappointing limitations to what is considered reasonable and customary fees.

He also dealt with scope of practice issues as he supervised nurse anesthetists in his operating rooms. He was always within earshot supervising these highly trained nurse specialists, which is much different than paraprofessionals today wanting to practice medicine in our field without any medical background. And at the dinner table, back in the 1970’s, I remember my father bitterly complaining of the liability coverage crisis.

So, things haven’t changed all that much in 30 years. Reimbursement, scope of practice intrusions and liability coverage remain front and center concerns across all specialties today. And in psychiatry we have the additional burden of fighting for parity. But we continue to fight for our patients and our profession, collectively as well as within our specialty societies. Parity legislation has already been passed in NY and the US Congress is presently addressing parity legislation. I am proud of the APA and AMA having together created the Scope of Practice Partnership.

I continue to recall that vision etched in my mind of JAMAs and specialty society journals stacked together on my father’s desk in my house growing up. I saw them throughout my life and they were both synonymous with the practice of medicine. As a child I was very impressed by this and today I could never imagine letting my membership lapse in either the APA or the AMA. Whether we are psychiatrists, anesthesiologists, or any other specialists, let’s never forget that we are all physicians who need to speak with one voice on behalf of our patients and our profession. Together we are stronger.
DINNER DANCE/SILENT AUCTION 2008
KNOLLWOOD COUNTRY CLUB
Dinner Dance and Silent Auction 2008
A Resounding Success
By Karen G. Gennaro, M.D.

This year’s dinner dance and silent auction was a resounded success! Over 50 people enjoyed cocktails, dinner and dancing with friends and colleagues on Friday evening May 30 at Knollwood Country Club in Elmsford. I’d like to thank everyone involved in making this event such a success, including all of our members who attended that evening, all of the many auction donors and the many generous program advertisers. The atmosphere was enhanced with live music which was subtle enough to allow conversation at the tables during dinner yet was loud enough between courses and after dinner when people were dancing. Please enjoy reviewing the many pictures in this issue of the newsletter commemorating the evening and the passing of the gavel to incoming President Susan Stabinsky.

There were 41 auction items including numerous symposia registrations, textbooks on a wide range of topics, multiple practice management software systems, vintage wine, aged whisky, subscriptions, professional services, professional equipment, restaurant certificates, tickets to sporting events and novelty items.

The auction profits of $1,400 will be donated to NAMI for use in a project to be mutually determined. We are grateful to our auction donors including our members Michael Blumenfeld, Vince and Karen Gennaro, Abe Halpern, Vanessa Hiraldo, Gene Lui, Bennett and Sarelle Rosner, Steven Roth and Maria Tiamson-Kassab; to our restaurant donors Frankie and Johnnie’s, Ray’s Café and the Willet House; to NAMI donor Joe Fioriti; to electronic medical record vendors Thera/Manager and Valant Medical Solutions; to publishers American Psychiatric Publishing Inc, Cambridge University Press, Elsevier Saunders, Lippincott Williams & Wilkins, InformaUSA, Hogrefe and Springer Science and Business Media; to equipment manufacturers RevitalizerPlus and SunBox; to organizations including the American College of Psychiatrists for the subscription to their board recertification PIPE product, the American Psychoanalytic Association for the registration to their annual meeting, the Columbia affiliated Association for Psychoanalytic Medicine for the registration to their November conference, Behavioral Tech for access to their DBT training, CME LLC for the registration to the US Psychiatric and Mental Health Congress, the Neuropsychoanalytic Association for the registration to their international congress and One Day University for two registrations to their all day educational program in Rye.

This is the first year we also offered an email based auction for people who weren’t able to attend the dinner dance and this enabled everyone to have the opportunity to participate. The results of this email auction are pending while this newsletter is going to press.

We would also like to thank our program advertisers for their generosity. Advertisers included the Greater New York Hospital Association (GNYHA), Martin Clearwater and Bell - Counselors at Law, PRMS managed by the Psychiatrists’ Program, St. Vincent’s Hospital, Phelps Memorial Hospital, Four Winds Hospital, Hall-Brooke Behavioral Health Services, NY Presbyterian Hospital, Silver Hill Hospital, Columbia University Center for Psychoanalytic Training and Research and the Westchester County Medical Society.

Thank you again to everyone who helped make the 2008 Dinner Dance and Silent Auction such a success, and a special thanks to everyone who attended!
NYSPA created a new Membership Committee and has implemented a membership initiative, the NYSPA Membership Challenge, to help each of the district branches excel in its membership outreach. Each district branch has established a special Committee on Membership Recruitment and Retention (COMRR) to work with the new NYSPA Membership Committee.

The NYSPA Membership Challenge is a competition between the district branches for overall excellence in membership activities as well as for specific excellence in each of the four R’s: Recruitment, Retention, Recommitment, and Residency participation. The basic definitions are as follows:

- **Recruitment**: Sign up new members plus reinstate previously dropped members
- **Retention**: Prevent members from being dropped for nonpayment of dues
- **Recommitment**: Actively encourage applicants for Fellows and Distinguished Fellows
- **Residency Participation**: Encourage 100% participation by Residents

Five awards will be given out at the fall 2009 Area 2 meeting to the district branch with the highest achievement in each of the four R’s as well as to the district branch with the highest overall achievement for the time period May 2008-May 2009. So the Membership Challenge is already under way and we would like Westchester to lead the field in each of the four R’s as well as overall excellence in membership activity.

In case recognition through awards isn’t enough, NYSPA is also offering a financial incentive of $150 to each district branch for each new member recruited through the specific outreach effort of the district branch from May 2008-May 2009. We need to start actively recruiting now to tap into this financial incentive.

We are actively seeking members to help us recruit prospective members and introduce them to the benefits of our society. We also have grant money available to take potential members out to dinner in groups to discuss the benefits of membership in the APA. Please consider ‘giving back’ to the Society by volunteering to help us with our recruitment plans. Our district branch is only as strong as our collective membership and we really need your help. Please call Karen G. Gennaro, M.D. at 925-5443 or Vanessa Hiraldo at 924-9857 to express your willingness to help and participate in the membership committee.

**CALL FOR MR/DD COMMITTEE CHAIR HEAD**

We are looking for someone to chair the MR/DD Committee. The committee is dedicated to the sharing of new information and treatment modalities particularly beneficial to the MR/DD patient population and to increase and enhance local educational opportunities for psychiatrists and other physicians who treat these patients. If you are interested or know anyone who might be interested, please call the Psychiatric Society of Westchester District Branch at 914-967-6285 or email wnbdb@cloud9.net.
In Home Mental Health Program

VNSW registered nurses, with advanced psychiatric training, conduct home visits to develop a plan to treat mental health issues in conjunction with medical/surgical needs. This long established, highly successful program serves adults, the elderly, children and adolescents.

Program Benefits
- Facilitate psychiatric care from in-patient to home & community
- Prevent in-patient psychiatric hospitalization
- Decrease symptoms & improve functional ability
- Improve knowledge base about medications, illness, coping & staying well
- Improve medication compliance
- Access community services

For more info call (914) 682-1480, ext. 648, or e-mail MentalHealth@vns.org
In June, the U.S. Senate and House finally reached an agreement on the mental health parity bill after intense negations. The compromise agreement is expected to move quickly for final approval. The House passed its version H.R. 1424 in early March and the Senate passed its version S. 558 last September.

The agreement between the bills addresses the areas of preemption, out-of-network services and covered services. Regarding preemptions, the Senate's stronger language was accepted which ensures that stronger state parity and other consumer laws will remain in place. Regarding out-of-network services, the House's stronger language was accepted which states that out-of-network mental and substance use disorder services will be provided at parity whenever a plan provides out-of-network physical health services. Regarding covered services, the House agreed to drop mandated coverage for all DSM diagnoses but ensured that all mental health conditions and substance use disorders would be covered by mirroring the standard for mental health under the current federal parity law.

When enacted, the new federal parity law will end insurance discrimination against mental health and substance use disorder benefits, requiring full parity coverage with physical health benefits. The law will extend to all aspects of plan coverage, including day/visit limits, dollar limits, coinsurance, co-payments, deductibles and out-of-pocket maximums. The law will also preserve strong state parity and consumer protection laws while extending parity protection to people who are not otherwise protected by state laws. And finally, the law will ensure parity coverage for both in-network and out-of-network services.

### Office Space

**Mamaroneck**-One office available in two office suite with shared waiting room and private bathroom. Top medical building. PT/FT. Please call Mark Levy, MD @ 914-381-2999. 1600 Harrison Ave.

**White Plains**-Psychologist in the White Plains community has two prime offices available for rent. Terrifically located three room suite, less than a minute from 287 exit 6, steps from the Metro North train station. Offices are spacious with a shared waiting room, newly carpeted, freshly painted, ample parking. Please call Joyce Nathan, PhD. @ 914-328-0797


### APA Dues Policy Payment Change

Please note effective with the 2008 dues year, annual membership dues must be paid by October 31st or membership will be dropped. If you have not already done so, please pay your dues immediately or enroll in the Scheduled Payment Plan to have your current APA and District Branch dues automatically charged to your credit card in monthly installments. Act now to ensure that your membership benefits do not lapse. For questions regarding your membership, please call 888-357-7924.
Call for Applications for Fellow and Distinguished Fellow

If you have been a member of the APA for five years, you are eligible to apply for Fellowship status. And if you have been a member of the APA for eight years, you are eligible to apply for Distinguished Fellowship status. One of the goals of the district branch is to have all of our members eventually apply for these honorary statuses. (Note that it is not necessary to first become a Fellow before applying for Distinguished Fellow status.) Applications for Fellow and Distinguished Fellow can be found on the APA website or may be requested from the district branch. Once your application has been submitted, it is reviewed by the district branch and APA Membership Committee and then voted upon by the Board of Trustees. The application deadline is September 1, 2008.

Applicants for Fellow must be General Members for five consecutive years, have board certification, and submit two letters of reference from Fellows or Distinguished Fellows with your application.

Applicants for Distinguished Fellow must meet more comprehensive criteria than do candidates for the fellow category, including significant achievement in several areas of psychiatry:

- Minimum of eight years as an APA General Member or Fellow.
- Primary identity must be psychiatry for those in combined fields.
- The General Member should be an outstanding psychiatrist who has made and continues to make significant contributions in at least five of the areas listed below. Excellence, not mere competence, is the hallmark of a Distinguished Fellow.
  1. Certification by the ABPN, RCPS(C), or AOA
  2. Involvement in the work of the District Branch or other APA components
  3. Involvement in other medical and professional organizations
  4. Participation in non-compensated mental health and medical activities of social significance
  5. Participation in community activities unrelated to income-producing activities
  6. Clinical contributions
  7. Administrative contributions
  8. Teaching contributions
  9. Scientific and scholarly publications
- At least three letters of recommendation from Distinguished Fellows.

Psychiatrist re-elected as Speaker of the AMA House of Delegates

Jeremy A. Lazarus, MD, a Denver psychiatrist, has been elected to his second consecutive annual term as speaker of the AMA House of Delegates (HOD). In this position, Dr. Lazarus will continue to preside over the policy-making body of the nation's largest physician organization, and will continue focusing on the main issues of providing health care for all and of protecting the patient-physician relationship. Dr. Lazarus said "I am proud to represent the views of so many physicians and honored to help guide them in their policy-making decisions."

As chair of the AMA Task Force on Health System Reform, Dr. Lazarus helped organize the AMA's "Voice for the Uninsured" campaign to share the AMA's proposal for health system reform. Dr. Lazarus is past president of the Colorado Medical Society and previously served as speaker of the assembly of the American Psychiatric Association. He serves as a professor at both the University of Colorado Health Sciences Center and the University of Miami School of Medicine. Dr. Lazarus is also an accomplished author and lecturer, who recently released the book, "Entering Private Practice: A Handbook for Psychiatrists."
A CALL TO ACTION!

We Should All be Interested in Membership Recruiting!

There are at least 150 psychiatrists in Westchester County who are not members of the APA. We are asking all current members to please contact at least one non-member whom you know personally and encourage that person to join our organization. We are developing a membership recruiting kit to help you be an effective outreach recruiter.

Please contact membership recruitment chairperson Vanessa Hiraldo, MD at zoomlr@aol.com.

Save the Dates!

2008-09 CME Membership Meetings

October 1, 2008
November 5, 2008
January 21, 2009
March 18, 2009
April 15 or 18, 2009