

Roxanne Lewin, M.D. - Editor



Now Board Certified in is the Time to Become Adolescent Psychiatry!

Gregory Barclay, M.D.

It has been almost 25 years since the American Board of Adolescent Psychiatry (ABAP) was established. The Board's goal was to create a process by which general psychiatrists working with adolescents would obtain recognition as experts in the sub-specialty of Adolescent Psychiatry through fulfillment of application criteria, passage of an initial certification exam, and then demonstration of continuing education and practice requirements to maintain certification. Initially, many psychiatrists completed the board certification process and were certified by ABAP. As their 10-year certification expired, some chose to become recertified while others did not. As interest and funds seemed to decline, the initial certification examination process ceased altogether in 2005. However, a core group of many ASAP members believed then, and believe now, that there exists a group of general psychiatrists who work extensively with adolescents and their families and who deserve the opportunity for professional recognition as specialists in the field.

Accordingly, in 2010, The American Society for Adolescent Psychiatry, an organization dedicated to the advancement of mental health services for adolescents and their families, formally subsumed ABAP and took responsibility for assuring the process of Certification in Adolescent Psychiatry continued. A task force was organized shortly after our annual meeting in March, 2014 with the goal of re-writing the original certification examination using reference-supported questions and resuming the annual certification examination process. After a 10 year hiatus and a successful beta standardization process, we certified 5 new diplomates in 2015! At our forthcoming 2016 meeting in New York, we will once again offer the certification examination for all who fulfill the application criteria. The examination will be held from 1-6 PM on Sunday, March 20, 2016 at the Farber Auditorium at the Bellevue Hospital NYU campus, site of our annual meeting. Any interested applicants have until March 7, 2016, to apply to sit for this year's examination! It is not too late to begin this process so, please visit: http:// adolescent-psychiatry.org/membership-info/ examination.

In order to be considered for ABAP certification, it is not necessary to be a member of ASAP. It is necessary, however, that candidates demonstrate Board Certification in general or child/adolescent psychiatry, attest to spending at least ¼ of their clinical time treating adolescent patients, and provide letters of recommendation as well as paying the necessary fees. Once certified, diplomates may add this certification to their list of professional credentials and, if a member of ASAP, receive specialty certification status on our website and in our expanding referral source directory.

Now, let me tell you what you might accomplish by attending our 2016 annual meeting, which is a Comprehensive Review Course in Adolescent Psychiatry:

• First, if you apply to take the certification examination in 2016, the review course will be an excellent opportunity to solidify

your knowledge base and be "fresh" going into the examination on Sunday, March 20,

- Second, if you plan to take the certification examination in 2017, our task force plans to draw on the 2016 review course for developing questions for the 2017 examination. So, attend the 2016 review course and have a substantial head start!
- Third, a printed syllabus is available for purchase at the time you register for the annual meeting for a nominal fee. This printed information will be invaluable to you in your preparation for the examinations.
- Fourth, if you are already certified but have let your certification lapse after the initial 10 Continued on page 6

	In This Issue	
Get Board Certified		1
Letter from the President		2
APA Doings		3
ASAP and Gotham		4
Executive Director Letter		5
Board Election 2016-2017		5
Like Us on Facebook		5
Recertify Today		6
Advertise With Us		6
ASAP Governing Board		8

From the President

Dear ASAP Members,

Ithough the winter season naturally is ne of dormancy and hibernation, The American Society for Adolescent Psychiatry has been buzzing with a frenzy of new activity more typical of the spring season than winter. In late December we said good-bye to our outgoing executive director, Frances Bell, who faithfully served ASAP for 17 years. Frances was for many

of us what the Herman and Mary Staples dyad were prior to Herman's death in 1994 - the "go to person" that everyone in the organization knew personally. Frances was the glue that held ASAP together during some of our darkest moments and who sacrificed pay and donated hours on many occasions when our tight finances warranted it. This is just one of the reasons she was awarded the Staples Award for Leadership and Gregory Barclay, M.D. Service in 2011. And, at its December 17th quarterly meeting, the Governing Board bestowed on Frances

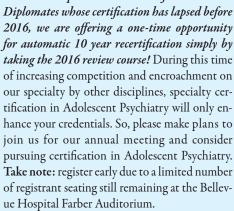
Bell the coveted award of honorary membership in ASAP. Thank you and Au Revoir, Frances, from a grateful and appreciative ASAP.

ASAP President

On December 1, 2015, after an extensive search and vetting process, ASAP entered into a management agreement with The Adept Group, a society management company based in Denver, Colorado. Our new management team from The Adept Group is headed by Nicole Singleton, MBA, who has, as of January 1, 2016, assumed duties as our new Executive Director. The Adept Group has the resources and skills to modernize our website and member database, greatly expand our marketing ability using state-of-theart technology, and enable us to develop new and useful member benefits accessible through a web-based member management platform we expect to implement in 2016. As part of this process, Nicole and her team plan to reach out to all current ASAP members to facilitate their on-line ASAP profiles and learn of your needs and hopes from ASAP moving forward. You will also have the opportunity to meet Nicole and an assistant at our upcoming annual meeting, March 18-20, 2016 in New York City.

Our annual meeting in New York City this year, incidentally, will be an event you do not want to miss! This is because, for the first time in many years, we are offering a Comprehensive Review Course in Adolescent Psychiatry organized by course director, Manuel Lopez-Leon, M.D. Therefore, if you are in active practice and see adolescents and their families in the course of your daily work, this will be your opportunity to not only update your clinical knowledge but

> also to prepare yourself, if desired, for passing next year's annual certification examination in adolescent psychiatry! This examination, which is held in conjunction with our annual meeting, is sponsored by ASAP and successful completion results in a 10 year certification as a Diplomate of The American Board of Adolescent Psychiatry (ABAP), enhanced presence as a specialist in the practice of Adolescent Psychiatry on our website, and an opportunity for recertification without retaking the examination. As a special incentive to former ABAP



Now is a great time to be a member of ASAP. There are many exciting developments in our field and new opportunities to advocate for the needs of troubled teens for which we need a strong society and your help. We expect to introduce many additional member benefits and CME opportunities in 2016 and beyond - so thank you to all of our members who have remained active and a welcome to all new members! You are wanted, and needed here. I will look forward to seeing you in New York on March 18th!



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NEW CONTACT INFORMATION FOR ASAP

Note the ASAP National Office contact information has changed. Please update your records to reflect the following:

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APA Doings

Fall Meeting of the American Psychiatric Association Assembly of District Branches October 29—November 3, 2015 — Richard A. Ratner, MD, DLFAPA, FASAP

G reetings again from the semi-annual meeting of the APA Assembly: this being the fall meeting, which meets, as always, in Washington, DC. (The spring meeting occurs the days before the annual scientific meeting, which this coming year will be in Atlanta, GA.)

As the Assembly is the organ which gives voice to the rank and file of the APA, both the District Branches and State Associations, but also some non-geographically based groups such as the minority caucus, and, importantly for us, the many constituent organizations representing specialty societies, including not only us but also community psychiatrists, group therapists, emergency room psychiatrists and numerous others. This group is organized into what is now called ACROSS: the Assembly Committee of Representatives of Specialties and Sections, and it meets separately from the Assembly proper as well as participating in all the activities of the far more numerous delegates of the district branches and state societies.

Customarily we hear an analysis of the state of the APA from the Executive Director (Saul Levin, MD) and other officers (eg., the Treasurer), occasional guest speakers, such as the heads of other organizations (the AMA), and render awards to members who have done extraordinary things. This year's winner of the Profiles in Courage award was, for example, Steve Sharfstein, CEO of Sheppard Pratt in Baltimore, for his denunciation of torture at Guantanamo Bay when he was APA President and leadership in setting policy prohibiting psychiatrists from taking part. (Quite the opposite happened with the psychologists, who were deeply involved and not denounced by their organization, which has suffered terrible press as a result).

Saul (*I count him as a friend*) delivered an upbeat report, indicating that APA membership is up over 1%, partially due to a campaign to recruit lapsed members. He reported on advocacy activities regarding parity, scope of practice, and our opposition to the recently announced mergers of health insurance companies.

One interesting matter, which reflects why we as psychiatrists need a national organization,

is that the CDC, which performs medical examinations on aliens before they are admitted to the US, has proposed removing the requirement that board certified psychiatrists participate on the panels that review inadmissibility decisions for mental health reasons. Without the APA, no one would have noticed or made an issue of it.

Readers of past columns know that the primary activity of the Assembly is to review and approve, modify or reject so-called Action Papers that have been submitted by membership. Some of those passed this session included:

- (1) That the APA advocate with other major medical organizations for clinicians to be reimbursed for time spent obtaining prior authorization;
- (2) That APA encourage residency training programs to improve access to Buprenorphine training;
- (3) That APA work to improve treatment in the VA system, including advocating for fairness in the pay scales of VA psychiatrists and setting up loan repayment provisions for those who work at the VA;
- (4) That APA advocate for coverage of prescriptions for Medicaid patients even if they are written by non-participating physicians;
- (5) That APA advocate for equality in the number of years of residency training required for IMG's as compared to those required from stateside graduates, which in many cases is a good deal less;
- (6) That APA examine the pattern of funding coming from NIMH to determine whether more needs to be allocated to clinical, as opposed to basic, research, including the need for research into psychotherapy as well as somatic treatments; and
- (7) That APA develop plans to advocate for Medicaid expansion in those states that have not already done so.

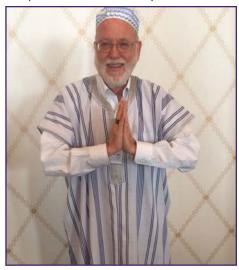
In addition, a number of position statements were either retained or added, the latter including one regarding overdose and Naloxone dis-

tribution and another regarding substance use disorders in older adults.

The latest Practice Guideline, Use of Antipsychotics to Treat Agitation or Psychosis in Patients with Dementia, was approved unanimously by the Assembly.

We saw a presentation of the work being done by the APA Foundation, including their efforts to bring awareness of mental health issues to schools and work places. I was impressed enough to pull out my wallet and make a contribution then and there. If you're thinking of doing the same, please also keep in mind the APA Pac, which deals with the grimy business of influencing the political process on our behalf. Currently, APA is supporting the landmark legislation sponsored by the Murphys: Tim (R-PA) in the House and Chris (D-CT) in the Senate, which among other things calls for establishing a new Assistant Secretary of Health for Mental Health and modifying certain aspects of HIPAA so that it doesn't so much stand in the way of treating patients. It won't happen right away, but hopefully it will happen.

Finally, since the meetings were spread over the Halloween weekend, Glenn Martin, Speaker, requested that everyone show up in costume on Saturday the 31st. Having recently been in Morocco, I came in native garb, while others came in a variety of interesting outfits. It provided a bit of levity in what is otherwise a very sober occasion.







ASAP and Gotham—Together Again

- James H. Gilfoil, M.D.

Yes, it's true. ASAP is in the Big Apple again. Now, it's not so bad. It is one of the most exciting cities in the world. You can go to all those fabulous Broadway musicals. Well, scratch that idea, but it is the best restaurant city in the world, so you ought to be able to find something. Here are some of my ideas to help you while away the time between lectures.

The big issue, of course, is the supposed death of fine dining. In fact, along with perhaps Paris, New York may well be its last refuge. Last year, my dinner at Per Se served to underline all the problems facing upscale restaurants. The "price point," if you will, is so high, that the meal has to be beyond exceptional to be even minimally enjoyable, even when taxpayer supported. Mine wasn't. Yeah, the food was good, but it wasn't exceptional as it had been at my last visit. So, what's a hungry gourmand to do?

Mix it up. You heard me. Do some of each, and be judicious and very thoughtful about what you do on the High End—not to be confused with the High Line, which is a must for a weekday stroll. Speaking of that High End, I would avoid Per Se and Eleven Madison Park. My last meals at both have been break the bank expensive and just so so. I would put my money on a trip to Jean Georges or Le Bernardin. The setting at Jean Georges at the base of Columbus Circle is fabulous and I like Jean Georges' palate. Le Bernardin seems to be rated #1 for food in Zagat every year. Michael White's terrific Italian seafooder Marea needs to be on your short list, though I'd put my money on Gabriel Kreuther. It's gotten 3 stars from the Times, and Eater says it's one of the hottest spots in the City right now. Kreuther is Alsatian, like Jean Georges, and he has some of the same sensibilities. He did a great job at Atelier and Danny Meyer's The Modern. Don't overlook his Bar Menu with the Alsatian sausages. Imagine them with some great Alsatian wine. I see a wonderful evening.

What's next? For breakfast, which is important, especially since there are some great choices and you don't want to waste a meal at a lousy hotel breakfast. One of my long time favorites is The Breslin with either the lamb burger, yes for breakfast on the weekends, the full English or an outstanding skirt steak and eggs. Maialino and The Lafayette are other excellent choices. Don't forget the big dog, Balthazar which Eater called "the best every day restaurant in New York." It is terrific, especially for the wine choices including that never to be forgotten half bottle of Chateau d'Yquem you've always wanted. Hey, the best \$700 you ever spent. As a friend once said, "liquid sex." I also am a big fan of lunch at Minetta Tavern whose atmosphere evokes New York in the 30's and 40's, especially after a big prizefight. The Black Label Burger is outstanding, as are the steaks. The cocktails are superb renditions of both old and new classics, and there are some excellent wines on the short list. Though not often thought of in the lunch context, Gramercy Tavern is a great choice. A classic Danny Meyer restaurant where your every need or desire is anticipated and catered to-well, almost. Outstanding food and superb cocktails. I recommend the Man About Town-their take on the classic Boulevardier. It made my day last year.

How about dinner? As far as creative, tasting menus go Atera was wonderful, but the chef left and I don't know how it is now. Consider David Chang's Momofuku Ko for three big reasons. He's one of the big forces behind the death of fine dining, his food is deservedly celebrated, and, most importantly, you can get in since the reservation system is fairly sane. Another personal favorite is Casa Mono with outstanding tapas and excellent Spanish wines. Pete Wells for the Times recently gave it 3 stars, and it's also open for lunch. Two other allied restaurants have been getting some big press, but, as Wells put it, they "have a Northern European aversion for spices." So, they're off my list. Consider Ignacio Mattos' wildly popular Estela. It's very similar to Casa Mono, but it's more difficult to snag a reservation. Cosme is another terrific choice from one of the world's top chefs-Enrique Olvera who does outstanding creative Mexican. For Nordic, do Aquavit, which recently got a 3 star review in the Times.

Also, for something perhaps a little less "creative" or adventurous, Betony and Batard are both excellent choices. I'm more partial to Batard because I like the food better. I love Drew Nieporent's wine choices. This location also housed his beloved Montrachet. Also, don't forget NoMad which has one of the top "cocktail programs" in town or the venerable Gotham Bar and Grill where, after all these years, Alfred Portale is still cooking up some amazing food—including a fabulous duck choucroute. You gotta love it. And you will too, if you just follow your stomach. See you in March!

Letter from the Executive Director

I am incredibly humbled and honored to have the opportunity to advance the American Society for Adolescent Psychiatry's mission, aims, and objectives, as its new Executive Director. As an experienced nonprofit association manager, I am thrilled about partnering with you and assisting our Board of Directors to take the organization to higher levels.

What appealed most to me about the opportunity to lead ASAP as its Executive Director was the opportunity to work along side individuals who are dedicated to their profession and passionate about advocating for proper adolescent mental health care. ASAP has a fabulous history and continues to touch the lives of many professionals, residents, adolescents and communities across the United States.

I offer ASAP experience providing oversight and management for over 40 national and interna-

tional professional societies and trade associations. I have been responsible for all activities including strategic planning; budgeting; financial management; board, committee and volunteer management; membership recruitment and retention; annual meetings; continuing education program management; new program development; and alliance building with legislation, sponsors, and other key stakeholders.

From this experience, I will lead our management team to provide a high-service level to each of ASAP's members and stakeholders, introduce new programming and professional development opportunities, expand our marketing and public relations efforts, increase the support offered to ASAP societies, develop and implement operational guidelines to support the organization as it continues to grow and evolve, and assist in connecting our members with career and business development opportunities.

For 49 years, ASAP has promoted excellence, community engagement, and professional development of its members—while serving as a valued resource and strong unified voice for those involved in providing adolescent mental health care. With your continued participation, input, and support, we will continue to make a difference for many, many years to come. I look forward to our work together.

I, along with our management team, are grateful to the ASAP Board and all of you for your warm welcome. Feel free to reach out to the ASAP National Office at any time. We are happy to hear from you.

With warm wishes,

Nicole A. Singleton, MBA, MAC ASAP Executive Director adpsych@aol.com

ASAP to Conduct Election for 2016-2017 Board of Directors

The American Society for Adolescent Psychiatry will conduct its election for its 2016 – 2017 Board of Directors during the Society's Annual Membership Business Meeting on March 20, 2016, at 7:45am ET.

The following is the proposed slate of candidates for ASAP for 2016 - 2017:

President:

Manuel Lopez-Leon, M.D.

President Elect:

Jesse Raley, M.D.

Vice President:

Eric Williams, M.D.

Treasurer:

Ziv Cohen, M.D.

Secretary:

April Carpenter, M.D.

Members at Large:

Anne LaForte ,M.D. Eric Nicholson, M.D. Theodore Petti, M.D. Frank Tedeschi, M.D.

ASAP welcomes nominations, including those members interested, to contact either Dr. Sheldon Glass (sglass1@jhu.edu), who is the Nominations Committee Chair, or ASAP President, Dr. Gregory Barclay (drb@drbarclay.com) directly.

Should you have any questions, you can also contact the ASAP National Office at adpsych@aol.com or via telephone at (866) 672-9060.



Like and Friend Us on Facebook!

Join the American Society of Adolescent Psychiatry (ASAP) on Facebook. This is a great online environment to share and network with your peers from across the country. If you are interested in information about ASAP, please check out our page and "like" or "friend" it!

The Facebook page serves as a great resource for information about Adolescent Psychiatry, ASAP conferences, ASAP educational training, and membership information. Access ASAP's Facebook page at: https://www.facebook.com/adolpsych

Recertify Today...Well, at Our Annual Meeting

T ake advantage of this one-time opportunity to recertify as a Diplomate of the American Board of Adolescent Psychiatry without having to retake the certification examination or submit the ordinary required documents for re-certification (a fee, documentation of CME, and a case report)!

How are we able to offer this to you?

At our upcoming annual meeting, March 18-20, 2016 in New York, ASAP will sponsor a 2 ½ day comprehensive review course in Adolescent Psychiatry. The ASAP Council on Certification in Adolescent Psychiatry has reviewed the course syllabus and concluded that the course is sufficient for your recertification.

This will allow you to recertify you for an additional 5 years. At the end of 5 years, your certification will be extended an additional 5 years if you remain a member of ASAP in good standing the entire time since recertification, maintained the required continuing education, and successfully completed and passed the case study requirement.

If you choose not to attend this review course, you can still recertify as a Diplomate at a future time, but to do this you will need to reapply and retake the certification examination, which is held every year in conjunction with our annual meeting. For details, please visit our website www.adolescentpsychiatry.org or contact our central office.

ASAP Newsletter Classified and Drop-In Advertising Available

ASAP offers great marketing and advertising opportunities. Get your organization noticed and in front of key decision makers by advertising in the ASAP newsletter.



Copy should be typed and doubled spaced. Ads should be print-ready provided in a JPEG or PDF format (300 dpi minimun.) Ads must be received at the ASAP office by the following deadlines:

Summer issue – June 1

Summer issue – June 1 Winter issue – December 1

For classified ads, a check to cover the cost at \$1.00 per word (minimum \$25.00 per ad) must accompany the order. For an additional \$12.50, an advertiser who does not desire to be publicly identified may use an ASAP "Box Number" and will be sent copies of resumes or other information sent to the box.

For drop-in ads, rates are as follows: Underwriting a complete issue, \$1500. This entitles the advertiser to exclusive advertising rights in that issue, with two full pages of advertising. Full page ad: \$350; one-half page ad: \$250; one-quarter page ad: \$150.

The acceptance of advertising by this Newsletter does not in any way constitute endorsement or approval by ASAP Newsletter or ASAP of any advertised service product.

Regarding classified ads, the publisher reserves the right to accept or reject advertisement for ASAP Newsletter. All advertisers in this section must employ without regard for race, sex, age, nationality, or religion in accordance with the law. Readers are urged to report any violations immediately to the executive editor.

Now is the Time to Become Board Certified

From page 1

year period, ASAP is offering a special opportunity to you: Attend the 2016 review course and be automatically recertified for another 10 years!

Please note that this is a one-time offer extended to lapsed diplomates!! (For those who do not attend the 2016 course if they wish to recertify and have lapsed in their certification, they will have to re-take and pass the current certification examination).

If you are a psychiatrist working with adolescents and their families regularly, then you owe it to yourself to obtain Board Certification in Adolescent Psychiatry and gain the recognition for your expertise you deserve. We look forward to receiving your application and seeing you at our 2016 Comprehensive Review Course in Adolescent Psychiatry in New York, March 17-20, 2016!!



Become a member now and attend the conference for a reduced rate! http://www.adolescent-psychiatry.org/news-events/annual-meeting

Still Time to Join ASAP in NYC

Annual Meeting of the American Society for Adolescent Psychiatry (ASAP)

> Bellevue Hospital's Farber Auditorium New York, New York March 18 - 20, 2016

It is not too late to register for the ASAP Annual Meeting, which will be held in March 2016. This is the premier learning and networking experience for those involved and/or interested in adolescent psychiatric care.

Plan to register for what promises to be the most handson, impactful experience sure to positively impact your performance, medical knowledge, and patient care. Space is limited. Register right away!

You can also become a member of ASAP and SAVE!!

To learn more and register today, visit: www.adolescent-psychiatry.org





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Appointed: March 2014

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Members: Gregory Barclay, Lois Flaherty, Sheldon Glass, Anne LaForte,

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