



American
Society for
Adolescent
Psychiatry

Adolescent & Young Adult Psychiatry

Newsletter of the

American Society for Adolescent Psychiatry

November/December 2020

www.adolescent-psychiatry.org

ASAP's 2021 Annual Meeting *(virtual via Zoom)* ***The New Landscape of Adolescent Psychiatry Post COVID: Emerging Treatments and Dilemmas***

Saturday, April 17, 2021

Sunday, April 18, 2021

ASAP's 2021 Annual Meeting is scheduled for April 17 and 18, 2021 and will be held over a weekend in April for four (4) hours each day. Because APA decided to hold its annual meeting virtually, the Program Committee agreed our meeting should be held virtually as well. The committee is working diligently on finalizing the program, *The New Landscape of Adolescent Psychiatry Post COVID: Emerging Treatments and Dilemmas*.

The Program Committee—Drs. W. Connor Darby, Shady Shebak, Stephan Carlson, Tzvi, Furur, David Nover, Ellen Platt, Richard Ratner, and Robert Weinstock—devised a list of topics relevant to the theme and is working on finalizing speakers. Once completed, we can submit our CME application to APA.

Mark your calendar for April. Hope you will plan to attend!

NEW WEBSITE AND URL!

AdolescentPsychiatry.org

Earl Magee
Executive Director



WHOLE NEW LOOK! CHECK IT OUT!

ASAP is proud to announce we have a **NEW** website and URL!

AdolescentPsychiatry.org

We acquired the domain name, adolescentpsychiatry.org (no hyphen anymore), and migrated our website to a new webhost with a whole new look! The new website includes color, new photos, revised content and wording, and much more.

NO more searching through dropdown menus! All pages are contained in colorful blocks on our [Home](#) page plus, at the bottom of each page, a section with all pages is included so you can navigate from one subject to another AND from one page to another with ease. PLUS, we've automated our membership application process and application for Fellow status.

Yes, some pages are only accessible by members so you will need to log into the site to view using your email address. Don't worry about the password, you will be able to set it the first time you log into the site.

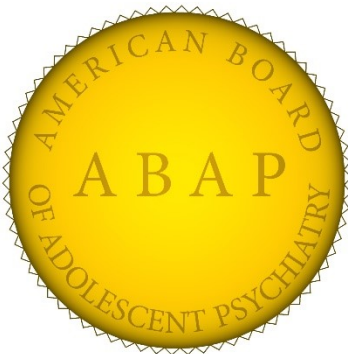
ONLINE MEMBER RECORDS

Most importantly, the new website includes a built-in database that allows members to view their individual member records. Each record contains the member's contact information, membership credentials (e.g., member type, status, expiration date), invoices information, subscriptions (i.e., journal, newsletter), and more. AND, members can edit their contact information themselves.

Wix.com is our new webhost. The first year's subscription saved ASAP 97% of the previous website's annual subscription rate. That's a significant savings!

We'll be working out the "kinks and bugs" in the coming weeks and updating the site with more features and pages as needed. Member feedback is important to us so let us know your thoughts by messaging asapadolpsych@gmail.com.

American Board of Adolescent Psychiatry (ABAP): NEW Website and URL!



The American Board of Adolescent Psychiatry (ABAP), established to offer a route to certification for psychiatrists with competence in treating adolescents and young adults, now has its own website, AdolPsychiatryCertification.org. The site also has a box at the bottom of each page that includes all navigable pages. No more searching through menus for a topic or page.

Diplomates will have two options to access ABAP new site—link from ASAP's new website or directly connect to ABAP's new website, AdolPsychiatryCertification.org. All certification information is available on ABAP. Whether an ASAP member, a

Diplomate, or both, the database system has all profile information. So, logging in is the same for everyone simply by using the email address we have on file. Passwords are set when logging in for the first time.

ABAP has automated its certification process. Certifying for the first time? Simply, apply online using our automated application system. ABAP will be notified when the application is submitted. Recertifying? The recertification process has an online application that can be completed and submitted. Both application systems allow for supporting documents to be uploaded to applications. Completed applications with all supporting documents will be acknowledged then

reviewed. Once approved, applicants can set up exam dates when it's most convenient for them. No more waiting for a specified exam date. Take it when you're ready!

Maintenance of Certification (MOC) is an annual requirement for certification. Diplomates must pay an MOC fee annually of \$50. ASAP members who are also Diplomates are exempt from paying this fee starting in 2019. Of course, 10 hours of Category I CME specifically in child/adolescent psychiatry is still required each year. Filing your CME credits is easier than ever. Simply use our [online form](#)! Not finding answers to your questions? Visit our [ABAP FAQ](#) page.

Check out the new website: AdolPsychiatryCertification.org.

APA Doings

Richard Ratner, MD

ASAP's APA Liaison to the APA Assembly



Dr. Ratner is ASAP's Liaison to the APA Assembly that meets twice yearly, most recently virtually on November 7 and 8, 2020.

For the second time, the APA Assembly met virtually early in November to carry on the business of the Association. It was for the most part a successful transition from the usual face to face meetings of the past, which is helpful to know since the next meeting in the spring of 2021 will also be virtual along with the annual scientific meeting, which is when it meets.

Some readers will know that the APA Assembly is primarily the representative body of the district branches and state associations of the APA, constituting a kind of legislative arm, and while the representation is primarily geographically based, a number of other allied organizations have over the past few years ended up being included in the group. ASAP as one member of the Assembly Committee of Representatives of Subspecialties and Sections (ACROSS), along with numerous other groups including the Academy, Psychiatry and Law, Group Therapy, Emergency Physicians and many others. One action this time was to approve two new groups for membership in ACROSS: The Clinical Transcranial Magnetic Stimulation Society and the American Society for Clinical Psychopharmacology.

Reports are heard regarding the financial health of the APA, its overall status and direction, including medium term initiatives, which means hearing from the Treasurer, President (Jeff Geller), President Elect (Vivian Pender), and the Executive Director, Saul Levin. The Treasurer's report was sobering but far from dire, insofar as the forced cancellation of the Annual Meeting last May took a bite out of the annual income. However, good news includes that publications have remained a bright spot (people can't get enough of that DSM!) and after a significant dip in the market, the portfolio has recovered very nicely. This means, however, that cutbacks in the budget must be approved to the tune of around \$4.1M by 2023 to cover the \$3M deficit for this year. It

turns out that a substantial cushion is required by our lenders (for the APA Headquarters) to be maintained.

If there was a theme to the meeting, which sometimes there seems to be, it was dealing with structural racism both within and outside our ranks. It seems serendipitous to me that Jeff Geller is our president this year; I personally know that he has had a distinguished lifelong career in public health and has been dealing with this issue for years. Readers of Psychiatric News will have seen his multi-article assessment of where we are; at the meeting he announced that he will be appointing a task force to look over the organization very closely for ways to improve how things have been done in the past.

The bread and butter of these meetings, however, involves the consideration for passage of a selection of position statements and so-called action papers that are submitted to move the APA to pursue pressing matters. In this session, position statements that were approved included, for example, suicide in black youth, sexual abuse of migrants in ICE custody, the Impact of Cannabis on Children and Adolescents (disapproving but calling for further study), calling for screening for mood and anxiety disorders during pregnancy and postpartum; Medicaid coverage for maternal postpartum care; and ensuring psychiatric care for the elderly.

It did not approve a proposed statement about “reducing physical health disparities” in our patients because it proposed so active a role for psychiatrists in clinics and adjunctive training that it would virtually erase the distinction between a primary care physician and a psychiatrist. Another ‘guild’ issue was to support the elimination of ‘treatment plan documentation’ requirements in behavioral health outpatient and inpatient settings, as other specialties do not have similar requirements.

Among the action papers that were passed included one to develop a position statement in harmony with AMA’s position on independent practice by Advanced Practice Registered Nurses. Another recommending expanding Telehealth services by advocating to ‘eliminate barriers to the wide implementation of telehealth services’ as well as advocating for health clinics and other venues to provide secure and soundproof areas for patients to utilize the service, and encourage our district branches to take advantage of the telehealth toolkit prepared by the APA.

We also presided over the first actual addition to Part II of the DSM: the diagnosis of Prolonged Grief Disorder.

Also, notably, the Assembly voted to approve a task force to evaluate all the implications of a potential name change for the American Psychiatric Association to the American Psychiatric Physicians Association (APPA). The logic behind this is increasing concerns that we are not sufficiently differentiated in the public eye from psychologists and other mental health practitioners. Many state associations are already going by similar names and report success. This would be a major financial issue to rebrand and would be very expensive if undertaken, which is why this paper only called for a study.

I was pleased to learn that there is a volunteer organization out there that is a free service for our physician colleagues who may be experiencing burnout or just need someone to talk to. It is staffed by psychiatrists, at least unofficially supported by the APA, and is always looking for volunteers.

For anyone interested either in volunteering or in taking advantage of the services, they can be found at Physiciansupportline.com or by phone at 1-888-409-0141

Finally, I am hopeful about encouraging each of our members to consider supporting two APA activities, the PAC and the Foundation. The power of politics for good or ill need hardly be emphasized by me, but suffice it to say that it is terribly important that we as psychiatrists have representation in the halls of power. And as to the Foundation, it does wonderful work for many people, showing APA's mission of caring to its best advantage. One can contribute to the PAC by going to www.psychiatry.org/APAPAC and a similar destination for the foundation.

Wishing all ASAPers Happy and Healthy New Year ahead.

NOT A MEMBER? JOIN NOW!

ASAP seeks to inform its members of teens, adolescents, and young adult issues; patient care; research; and serve as a professional network/specialized community dedicated to education development and advocacy of adolescents and the adolescent psychiatric field as well as provide a forum for discussion and exchange of ideas between your peers. The strength of the ASAP is in our collaborations, fellowship, and advocacy efforts that have a positive impact on our profession.

JOIN ASAP

Membership Benefits:

- Mentoring & national fellowship opportunities
- Opportunity for board certification in Adolescent Psychiatry
- Referrals network • Clinical skills increase
- Discounted subscription to our quarterly journal, Adolescent Psychiatry
- Discounted member dues for residents/fellows & early career psychiatrists
- Annual CME meetings
- Networking opportunities
- Opportunity to have a voice in advocating for the mental health needs of adolescents and young adults
- Opportunities for residents/fellows to compete for the Best Resident Paper Award (\$1,000) and Best Resident Poster Session (\$500) that includes waived fees for our annual meeting if selected
- Reduced dues for members over age 65 or members of an affiliated professional discipline
- To learn more about the many member benefits, please visit our [Membership](#) page and/or download our [membership brochure](#).

Why There Hasn't Been a Better Time than Now to Become Board Certified in Adolescent & Young Adult Psychiatry!

Gregory P. Barclay, M.D., DFAPA
Chair, American Board of Adolescent Psychiatry



It has been over 25 years since the American Board of Adolescent Psychiatry (ABAP) was established and sponsored by ASAP. The Board's goal was to create a process by which general psychiatrists working with adolescents and young adults would obtain recognition as experts in the subspecialty of Adolescent & Young Adult Psychiatry through fulfillment of application criteria, passage of an initial certification exam, and then demonstration of continuing education and practice requirements to maintain

certification. Our goal was successful too . . . as of mid-2020, ABAP has certified over 700 Diplomates in Adolescent and Young Adult Psychiatry!

So, why is now, during a time of a global pandemic, a good time to become certified in this critical sub-specialty? Let us count just a few reasons....

- **We are seeing escalating mental health needs among the US population affected directly or indirectly by the COVID 19 pandemic.** The increases in service needs appear greatest among the adolescent and young adult population who developmentally and socially are the least prepared to deal with the isolation, anxiety, and lack of control wrought by the pandemic. Accordingly, the need for psychiatrists with demonstrated skills in addressing this population's needs could never be greater.
- **The integrated care and telemedicine movements are here to stay.** These programs will increase access to mental health services to adolescents and young adults through integration of behavioral health with physical health services, using telemedicine and telephone consultation between primary care providers and psychiatrists increasingly in the months ahead. **Now is the time to position yourself as an expert in Adolescent and Young Adult Psychiatry** to assist your primary care colleagues through special payment and reimbursement methods in assuring optimal care to these teens and young adults.
- **The entire process is now online and on demand.** Because of the COVID-19 Pandemic, The American Board of Adolescent Psychiatry (ABAP) had to cancel its scheduled 2020 on-site examination in Philadelphia and swiftly develop an online alternative examination. We are pleased to inform you that as of this printing, we have offered the online and on-demand exam to a dozen applicants, all of whom

have reported a high degree of satisfaction with this option. No longer will you need to travel and take time off of work to sit for your examination! Instead, you are now able to take the certification examination in the comfort of your own home or office, whenever you wish to do so, and in separate sections if you desire. The online examination, coupled with the ease of our totally digital online application process has made it so that obtaining your Board Certification in Adolescent and Young Adult Psychiatry couldn't possibly be easier!

- **If you are an ASAP member, you receive a 25% discount on your examination fees, are exempt from MOC fees, and if you are an ABAP Diplomate, you receive a 10% discount on your ASAP annual dues.** It couldn't get much better!

So, with these reasons, as well as the added prestige among your colleagues and patients as well as increase confidence in your abilities in this critical subspecialty, ***now is the time*** to take the next step and become Board Certified in Adolescent and Young Adult Psychiatry! For more information, please visit our [ABAP FAQ page](#) or view our [application and educational requirements info](#).

ABAP REPORT TO THE GOVERNING BOARD

ABAP's Council on Certification in Adolescent Psychiatry (CCAP) reported on its activities since the last Governing Board meeting of September 3, 2020:

- YTD, 13 candidates have applied to take the certification examination.
- Progress on Exam Administration YTD:
 - 10 have passed both parts of the exam and have been certified
 - 1 passed part I but failed Part II; She has been invited to retake an alternative Part II.
 - 1 has requested to take the examinations in 2021
- Statistical Analysis on 11 part I exams was completed, and frequently missed questions or outdated questions were rewritten or replaced as of 11-13-20.
- 2 candidates are in the early stages of applying to take the examination in 2021
- The 2021 examinations with revised questions and different videos (part II) are under construction and will be ready to go live by 1-1-21.
- The 2021 exams will be offered, as they were in 2020, via a proctored online, on demand format.
- Dr. David Becker joined the ABAP Board.
- Dr. Dana Siperstein, a new ABAP Diplomate and new ASAP member, has applied to join the ABAP Board when Dr. Sheldon Glass's current term expires on 5-31-21.

- The current ABAP Board consists of:
 - Dr. Sheldon Glass – term ends 5-31-21
 - Dr. Gregory Barclay – term ends 5-31-22
 - Dr. Sajid Hussain – term ends 5-31-23
 - Dr. David Nover – term ends 5-31-24
 - Dr. David Becker – term ends 5-31-25
- The Board Certification opportunity was advertised in the Fall newsletters of the AGLP and AACP newsletters. It will appear in the AAPL winter newsletter and we have made multiple posts on Linked-In and Facebook. A 2021 marketing plan is under development
- One currently certified Diplomate is due for recertification by 12-31-20. We have been in contact with him, and he is submitting his recertification packet.
- If ASAP eventually develops a comprehensive review course, we plan to tie this into the educational requirements for the certification as well as an option for recertification in the future.

ASAP BUSINESS

2021 Membership Dues

ASAP began its 2021 dues billing cycle. We sincerely apologize for sending dues invoices later than usual but hope members understand that we wanted to invoice using our new online database. Payments can be made via PayPal or check (made payable to ASAP). IF members did not receive their invoice, please contact Earl Magee (ASAPadolphsych@gmail.com).

2021 Annual Meeting: **MARK YOUR CALENDAR!**

The Effects of COVID-19 Pandemic on Adolescent Mental Health and Treatment

Saturday, April 17 and Sunday, April 18, 2021

ASAP's Program Committee set our 2021 Annual Meeting for April 30. The meeting will be one day followed by a reception (tentative). With the pandemic, there is a chance we may need to hold the meeting virtually. We hope to decide whether the meeting will be held in-person or virtually by late-January. The committee is working diligently on the program entitled, *The Effects of COVID-19 Pandemic on Adolescent Mental Health and Treatment*. Mark your calendar for April. Hope you will plan to attend!

Thank you!

ASAP would like to thank our 2020 sponsors for their commitment to adolescent and young adult mental health and support of ASAP:

Sunovion, Newport Academy, and PRMS.

AMERICAN SOCIETY FOR ADOLESCENT PSYCHIATRY (ASAP)

Executive Committee/Governing Board:

President: W. Connor Darby, MD

President-Elect: Shady Shebak, MD

Vice President: Ellen Platt, DO

Secretary: Tzvi Furer, MD

Treasurer: Kirby Turner, MD

Immediate Past President: Stephan Carlson, MD

Past President: Theodore Petti, MD

At-Large Directors: Aaron Krasner, MD; Tarun Kumar, MD; Ilene Zwirn, MD

Co-Editors-in-Chief, *Adolescent Psychiatry* (ex-officio): Lois Flaherty, MD and Stephan Carlson, MD

Chair, ABAP Council on Certification in Adolescent Psychiatry (ex-officio): Greg Barclay, MD

Interim Newsletter Editor (ex-officio): Shady Shebak, MD

Comments/feedback are most welcome and should be sent to ASAPadolpsych@gmail.com.

To unsubscribe to Adolescent & Young Adult Psychiatry, please send an email to ASAPadolpsych@gmail.com with “unsubscribe” in the subject line.

To publish in ASAP’s newsletter, please submit the piece with the author’s name and email address by the 20th of the month for inclusion in the next issue. Submissions should be less than 800 words (special exceptions) and submitted to ASAPadolpsych@gmail.com.

Facebook: <https://www.facebook.com/americansocietyofadolescentpsychiatry/>

Twitter: https://twitter.com/ASAP_ABAP

LinkedIn: <https://www.linkedin.com/groups/2011444/>



CYBERSECURITY: CYBERATTACK PREVENTION AND RECOVERY

[Click here](#) for the full PRMS' Cybersecurity Resource Booklet

Written by
Professional Risk Management Services (PRMS)

PREVENTION TIPS:

- Back up your data and keep the backups offline.
- Practice good cyber hygiene; whitelist apps (have network administrators determine what applications may be run on a computer or network rather than individual users), limit privilege, and use multifactor authentication.
- Update and patch systems.
- Make sure your security solutions are up to date. Do not use unsupported software.
- Change passwords every 60-90 days.
- Pay attention to cyberattack events and apply lessons learned.
- Be wary of emails containing unsolicited attachments, even from people you know. Cyber criminals can "spoof" an email address, making it look like the message came from a trusted associate.
- Turn off the email option to automatically download attachments. To simplify the process of reading email, many programs offer the feature to automatically download attachments.
- Consider creating separate accounts on your computer. Most operating systems give you the option of creating multiple user accounts with different privileges. Consider reading your email on an account with restricted privileges. Some viruses need "administrator" privileges to infect a computer.
- During the COVID-19 Pandemic:
 - Be wary of emails with coronavirus in the subject line, unless it is from a known sender.
 - Consider ignoring coronavirus emails from unknown senders and seeking information directly from the CDC website or WHO website.
 - Be aware that there is a large amount of "internet click bait" on websites offering information or fake articles about the coronavirus.
 - Use trusted sources—such as legitimate, government websites—for up-to-date, fact-based information about COVID-19.
 - Do not reveal personal or financial information in email, and do not respond to email solicitations for this information.

- Verify a charity's authenticity before making donations. Review the Federal Trade Commission's page on [Charity Scams](#) for more information.

RECOVERY TIPS:

- Contact your malpractice carrier if protected health information may have been breached.
- Work with an experienced advisor to help recover from a cyberattack.
- Isolate the infected systems and phase your return to operations.
- Review the connections of any business relationships that touch your network.
- Review and exercise your incident response plan.

SOURCES (AND FOR ADDITIONAL INFORMATION):

- [AMA - Working From Home During the COVID-19 Pandemic - What Physicians Need to Know](#)
- [CISA - Avoiding Social Engineering and Phishing Attacks](#)
- [CISA - Defending Against COVID-19 Cyber Scams](#)
- [CISA - Using Caution with Email Attachments](#)
- [CISA Insights - Ransomware Outbreak](#)
- [FBI Flash Alert - COVID-19 Email Phishing Against US Healthcare Providers](#)

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CHRIS TORRE
SENIOR ACCOUNT ADVISOR
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