



American  
Society for  
Adolescent  
Psychiatry

# Adolescent & Young Adult Psychiatry

Newsletter of the

**American Society for Adolescent Psychiatry**

December 2019

[www.adolescent-psychiatry.org](http://www.adolescent-psychiatry.org)



## Spiritual Assessments and Using the HOPE Questionnaire

Shady S. Shebak, MD



Religion and psychiatry have had a complicated history, from Freud's animosity toward religious doctrine, to Jung's fascination with archetypal and spiritual symbolisms across cultures. This complicated history is no less complicated today, as we have an increasingly diverse American populace, with varying degrees of religiosity, doctrines, and value systems. In psychiatry, we are taught a bio-psycho-socio and sometimes spiritual approach to mental health and treatments, and we should be mindful to explore the collective views of our patients' cultural and religious background, but also the personal, subjective relationship our patients have with their culture and/or religion.

One questionnaire that I have found helpful in assessing the role of spirituality and/or religion in the lives of my adolescent (and adult) patients is the HOPE questionnaire<sup>1</sup>. The HOPE questionnaire allows for an open-ended discussion about a patient's views on matters of faith and spirituality. In the HOPE questionnaire:

- H: Sources of Hope
- O: Affiliation with Organized religion
- P: Personal spirituality/practices
- E: Effects on medical care and end-of-life issues

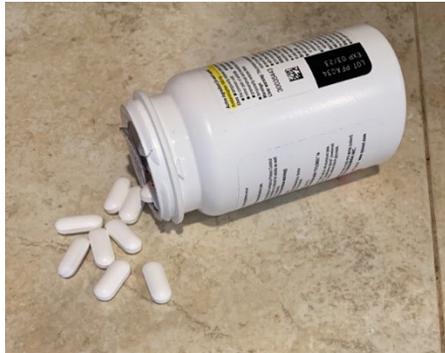
Let's take the O as an example, and expand upon it. If a patient says that they are affiliated with an organized religion, you may ask if this affiliation is helpful, how the affiliation is helpful, and what aspects of the religion are not so helpful. While the HOPE questionnaire is not validated, it does allow a more comfortable discussion about spirituality, and an opportunity to explore the perceived benefits or harms experienced by our patients in a non-judgmental way. In the coming years, as our society becomes more diverse, spirituality and religion will not disappear, but will likely continue to evolve and shift, and we should be willing and open to discussing these important topics with our patients on our quest to understand and provide culturally appropriate, non-judgmental healthcare. The HOPE questionnaire is a good starting point and a great tool to assist us in spiritual assessments.

### References:

1. Anandaraja G, Hight E. Spirituality and medical practice: using the HOPE questions as a practical tool for spiritual assessment. *Am Fam Physician*. 2001; 63(1): 81-89.

## EDITOR'S NEWS REVIEW

### Et Tu Tylenol?



Just when we thought the world was safe, a new study shows a significant--and dose-related--correlation between pregnant mother's use of acetaminophen and her child's odds of ADHD, ASD and other neurodevelopmental disorders.

The study, published in JAMA Psychiatry, confirmed past self-report studies by actually measuring acetaminophen levels in cord blood for nearly 1,000 births.

### How to Enhance Perceived Risk



Studies have shown that teenagers don't believe adults, not even adult doctors, but sometimes you have to make the pitch about marijuana, particularly now that it's legal in many states, which reduces perceived risk, which always increases actual use. Here's some back-up:

For the rare teen impressed by authority figures, there's the August 2019 Surgeon General of the United States Advisory on Marijuana's Damaging Effects on the Developing Brain which says it's a "dangerous drug" and "encourages youth and pregnant women not to use marijuana."

For the self-medicating nerd who goes with data, there's this: Lancet Psychiatry Oct 28, 2019: Reviewed 83 quality studies for any shred of evidence that tetrahydrocannabinol (THC) and/or cannabidiol (CBD) had treatment value for the conditions psychiatrists treat. Conclusion: "There is scarce evidence to suggest that cannabinoids improve depressive disorders and symptoms, anxiety disorders, attention-deficit hyperactivity disorder, Tourette syndrome, post-traumatic stress disorder, or psychosis."

For that teen who's hoping to graduate from school high, there's a study published in JAMA Psychiatry in June, 1918, that reviewed 69 studies and concluded that young people who used marijuana frequently were more likely to have slightly lower scores on tests of memory, learning and higher-level thinking involving problem solving and processing information.

For that anxious teen who's afraid of going crazy there's the time-honored reefer madness pitch. A recent review of marijuana-induced psychosis appears in the Psychiatric Times.

And, finally, there's the not-done-yet pitch for the intellectual teen who needs to know that the late-blooming prefrontal cortex---the home of adult-style executive assessment, judgment, choice,

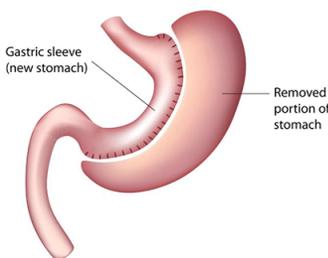
and impulse control---is not fully online until about 25 years of age, and that noxious insults can damage the equipment.

But beware, intellectual teens will have questions. One of mine asked me, seriously, how would he know exactly when his PFC was fully online—presumably so he could resume his marijuana. My answer, which feel free to use: You know your judgment is good when you know it's a bad idea to smoke marijuana.

Whatever your technique, screen for and address drug use—including nicotine, alcohol and marijuana---in adolescents and young adults.

## Surgery in Severe Obesity

Vertical Sleeve Gastrectomy



Severely obese adolescents face a lifetime of health hazards and conservative treatment often fails. The American Society for Metabolic and Bariatric Surgery offers guidelines for surgical treatments that are increasingly safe and effective.

Severe obesity is defined as BMI greater than 35 or—since BMI not always best measure in adolescents---greater than 120% of 95th percentile BMI, whichever is less.

In recent years, the popularity of laparoscopic vertical sleeve gastrectomy has surpassed Dr Roux' more complicated, and more problematic, Roux-en-Y procedure. Gastric banding is reserved for patients over 18 years of age.

## Now is the Time to Obtain Board Certification in Adolescent Psychiatry!

*Gregory P. Barclay, M.D., DFAPA*

*Chair, ASAP Council on Certification in 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 would obtain recognition as experts in the subspecialty 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. Our goal was successful too...as of 2019, ABAP has certified over 500 Diplomates in Adolescent Psychiatry!

At our forthcoming 2020 meeting in Philadelphia, we will once again offer the certification examination for all who fulfill the application criteria. The examination will be held on Saturday, April 25, 2020 from 9:00 a.m. to 1:00 p.m. Any interested applicants have until February 1, 2020 to apply to sit for this year's examination! It is not too late to begin this process so, please visit <https://www.adolescent-psychiatry.org/certification-information>.

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 as well as discounts on certification and membership fees and waiver of annual maintenance of certification (MOC) fees (see advertisement in this newsletter for more information).

If you are a psychiatrist working with adolescents and their families, then you owe it to yourself to obtain Board Certification in Adolescent Psychiatry. We look forward to receiving your application and seeing you at our 2020 Annual Meeting and Certification Examination!

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**Certification/Recertification:** <https://www.adolescent-psychiatry.org/certification>

Note: The **2020 Certification Examination** will be held Saturday, April 25, 2020 in conjunction with the ASAP Annual Meeting in Philadelphia, PA. Meeting information will be posted on ASAP’s website as it become available. We hope to see you then.

***Application Deadline: February 1, 2020***

***Exam Date: April 25, 2020***



## ASAP BUSINESS

### **2020 Membership Dues**

ASAP began its 2020 dues billing cycle in October with the mailing of invoices to all members. Payments can be made via PayPal (<https://www.adolescent-psychiatry.org/>, right column) or check (made payable to ASAP)/credit card information provided on invoice. IF you did not receive your invoice, please contact Earl Magee ([ASAPadolpsych@gmail.com](mailto:ASAPadolpsych@gmail.com)).

### **2020 Annual Meeting: MARK YOUR CALENDAR!**

ASAP’s Program Committee has been working diligently on our 2020 Annual Meeting entitled, “Shots Fired: Gun Violence and Youth Mental Health.” It will be held April 23-25, 2020 in Philadelphia, PA in conjunction with APA’s Annual Meeting. The primary program will be held

Friday, April 24 and includes an excellent of speakers. More information will be released in the coming weeks. Please check our website, <https://www.adolescent-psychiatry.org/>, periodically for updates. Hope you will plan to attend!

## **NOT A MEMBER? Join Us at [ASAP!](#)**

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.

### **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](#).

## **Interested in becoming board certified in Adolescent Psychiatry?**

The American Society for Adolescent Psychiatry provides board certification in Adolescent Psychiatry by the American Board of Adolescent Psychiatry. To learn more, please visit our [Certification in Adolescent Psychiatry](#) page. Here are the benefits to being an ASAP member and an ABAP Diplomate:

- 25% discount on any ABAP certification and recertification fees if current
- ASAP member or joining ASAP at the time of application for certification/ recertification (For recertification discount, Diplomates must have continuous ASAP membership since 2019 or since joining ASAP if after 2019.)
- Waiver of Annual \$50 Maintenance of Certification (MOC) fee each year from 2019 forward that you are an ASAP member in good standing
- Priority Placement (Your ABAP Diplomate status emphasized) in membership directories that ASAP prepares and distributes to its members and the general public
- 10% Discount applied to annual ASAP Regular membership dues for any ABAP Diplomate joining or renewing as a regular member of ASAP
- All ASAP members receive deep discounts on the subscription to our quarterly peer-reviewed journal, Adolescent Psychiatry, as well as at our annual scientific conference.

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