



American
Society for
Adolescent
Psychiatry

Adolescent & Young Adult Psychiatry

Newsletter of the

American Society for Adolescent Psychiatry

www.adolescentpsychiatry.org

July-August 2021

A MESSAGE FROM THE PRESIDENT ...



Greetings ASAP Members!

I hope everyone had a safe, relaxing, and healthy summer. As I stated in the May-June issue, the future of ASAP will be focused on adolescent AND emerging adulthood. To accomplish this, I will work with the American Board for Adolescent Psychiatry (ABAP) to ensure our board examination topics are relevant to the issues facing patients within those age groups. I will also work closely with the Executive Committee and interested members to outline, define, and produce a virtual CME program that will aid our members in attaining relevant knowledge about adolescent and emerging adulthood psychiatry.

I will work on strengthening our online presence. ASAP plans to hold its 2022 Annual Meeting virtually, April 2-3. The Program Committee is actively working on the program for next year. ASAP is planning on offering CME for this meeting. ASAP and many other organizations will utilize traditional in-person and virtual methods to reach our members, attract new members, and promote our mission:

The American Society for Adolescent Psychiatry has served the psychiatric profession since 1967. Focusing on teen, adolescent, and young adult issues, ASAP acts both as a professional network for its members and a specialized community dedicated to education development and advocacy of adolescents and the adolescent psychiatric field.

We're making progress in moving the organization forward but need the collective support of our members. I hope we can count on you! If you wish to be involved in ASAP or offer feedback, please feel free to contact me at sshebak@outlook.com. I always look forward to hearing from our members.

Shady Shebak, M.D.
President

Adolescent Psychiatry Transitions to a New Editor-in-Chief



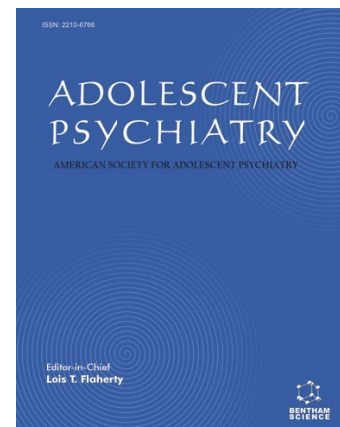
For the past 21 years, Lois T. Flaherty, MD has served as the Editor-in-Chief of *Adolescent Psychiatry*, the official journal of ASAP. Last year, Dr. Flaherty announced her intention to retire as Editor-in-Chief. Her unwavering leadership has grown the journal by enhancing readership in other higher-income countries in Asia, Europe, and South America, increasing new article submissions from an international editorial review board, and refining and updating the editorial policies and procedures. We congratulate Dr. Flaherty on a job well done and wish her the best in retirement.



ASAP is pleased to announce the appointment of Stephan Carlson, MD, ASAP President 2019-2020, as the new Editor-in-Chief of *Adolescent Psychiatry*, effective September 1, 2020. Dr. Carlson is a past President of ASAP and 2020 Program Committee Chair. He's been serving as Associate Editor for the last year and has been working with Dr. Flaherty on transitioning the journal to a new Editor. Dr. Flaherty will continue to work with Dr. Carlson to provide support during and after the transition.

Dr. Carlson is Assistant Professor of Psychiatry at New York Medical College and Director for Education in Psychiatry at One Brooklyn Health - Brookdale University Medical Center in Brooklyn, New York. He is Director of the Adult and Child and Adolescent Emergency Psychiatry Programs at Brookdale. He received an honor as a Phi Beta Kappa graduate of The Johns Hopkins University, double majoring in Biology and Humanistic Studies. He received his M.D. degree from Louisiana State University Hospital and Medical School in New Orleans in 2001. Subsequently, he became double-board certified by ABPN after completing an Adult Psychiatry Residency at Vanderbilt University in Nashville, Tennessee in 2007 and a Forensic Psychiatry Fellowship at Columbia University Medical Center/New York State Psychiatric Institute in 2008. He is fellow of the American Psychiatric Association (APA). Dr. Carlson is board certified in Adolescent Psychiatry by the American Board of Adolescent Psychiatry and is a past President of the American Society of Adolescent Psychiatry (ASAP). He is also involved in American Academy of Psychiatry and Law and American College of Emergency Psychiatry. His areas of interest are forensic psychiatry, addictions, and personality disorders.

Among Dr. Carlson's educational and teaching awards, he has received Brookdale's Outstanding Teacher Award multiple times and has chaired many seminars, workshops, and panels that the APA recognized for timeliness and their impact on attendees. He has chaired the ASAP Program Committee for two annual meetings on adolescent and young adult mental health, one named "Shots Fired: Adolescent Gun Violence" in 2020 and the other, "Transgender and Gender Non-Conforming Adolescents and Emerging



Adults” in 2019. Dr. Carlson received the NYCCC Advisory Council Award as the 42nd Lauretta Bender Honored Lecturer in 2018 when he presented an eight-hour series of lectures entitled, "Addressing Substance Use in Adolescents: Collaborative Approach."

We wish Dr. Flaherty well in her impending retirement. We are confident that the journal will continue to advance under Dr. Carlson’s leadership.

News from the TAY/CSMH Committee

Tim Van Deusen, MD, Chair

Sponsored by the Transitional Age Youth Committee



Even though our committee is a relatively new addition to ASAP, our members have worked together for a few years, giving presentations at both national and international meetings, writing and publishing manuscripts. Our first workshop occurred at the 2018 ASAP Annual Meeting in New York City! Collectively we have emphasized the need to understand and treat transitional age youth using a developmental perspective, pointing to their persistent childhood psychiatric disorders and high risk for new onset psychiatric illnesses. Our presentation’s wide-ranging formats included posters, workshops, short oral communications, and of course since the Covid pandemic, pre-recorded virtual.

Here is the list of our various activities during the last few years beginning from the most recent.
2021: American Psychiatric Association, Annual Meeting, Los Angeles, (Virtual)

- “Creating Developmentally Informed Inpatient Psychiatric Care for Transitional Age Youth with Early Psychotic Disorders: Challenges and Opportunities”

2020: International Association of Child and Adolescent Psychiatry and Allied Professions,

Bi- Annual Meeting, Singapore, (Virtual)

- “The Child and Adolescent Psychiatrist’s Expertise in Development is Key to Treating Adolescents and Young Adults with Serious Mental Illness”

2019: 19th WPA World Congress of Psychiatry, Annual Meeting, Lisbon, Portugal,

- “Systems Of Care for Transitional Age Youth (TAY) With Psychiatric Illnesses That Have Experienced Trauma During Childhood and Early Adolescence”
- “Creating Gender Affirming Inpatient Psychiatric Care For Transgender Transitional Age Youth (TAY): New Frontiers In Clinical Care”
- “Expanding Conceptualizations of Family Involvement In Inpatient Psychiatric Care Of Adolescents And Transitional Age Youth”

Forum of Neurosciences, Brussels, Belgium,

- “Developmentally Informed Psychiatric Care for Transitional Age Youth (TAY) with Serious Mental Illness (SMI)”

2018: American Society of Adolescent Psychiatry, Annual Meeting, New York, NY

- Workshop, “Treating Transitional Age Youth (TAY) with Serious Mental Illness: A Development Perspective”
- **18th WPA World Congress of Psychiatry, Annual Meeting, Mexico City**

- “Transitional Age Youth (TAY) with Serious Mental Illness (SMI): A Developmental Treatment Approach”

International Association of Child and Adolescent Psychiatry and Allied

Professions

Bi-Annual Meeting, Prague, Czech Republic

- “Foster Care Youth Diagnosed with Mental Illness and Their Challenges Transitioning to Adulthood”
- “Developmentally Informed Care for Transitional Age Youth With Serious Mental Illness” “Autism Spectrum Disorder (ASD) vs Schizophrenia Spectrum Disorder (SSD) in Transitional Age Youth (TAY)”
- “Self-Harm Websites: Knowns and Unknowns”

Here are some articles published by our committee:

- Van Deusen, T., Wilson, C., Kim, H.J., Qayyum, Z., Millard, H., Parke, S. Transitional Age Youth (TAY) with Serious Mental Illness (SMI): High Acuity Patients Requiring Developmentally Informed Care in the Inpatient Hospital Setting. *Journal of Adolescent Psychiatry*, Vol 8, No. 3, 2018
- Millard, H., Parke, S., Wilson, C., Qayyum, Z., Kim, J., Van Deusen, T. Inpatient Milieu Therapy: Considerations for Adolescents and Transitional Age Youth, *Journal of Adolescent Psychiatry*, Vol. 9, No.1, 2019
- Kim, J., Wilson, C., Van Deusen, T., Millard, H., Qayyum, Z., Parke, S., Metabolic Syndrome in Child and Adolescent Psychiatry, *Psychiatric Annals*, Vol. 50, No. 8, 2020

We welcome and look forward to fellow ASAP members who are interested in TAY to join our committee!

ASAP Joins the Partnership for Male Youth

Gregory Barclay, MD, FDAPA, FASAP, ASAP Past President



The [Partnership for Male Youth](#) (PMY) is a Washington DC-based service organization with the sole mission of advancing the health and well-being of Adolescent and Young Adult (AYA) males. Since its 2013 inception, the Partnership for Male Youth has grown

to become a network and collaboration of 18 national health-related organizations and six federal agencies that reflect the interprofessional character of AYA male health. Because of ASAP’s mission to advocate for the mental health needs of adolescents and young adults, we eagerly accepted the invitation the PMY President, Mr. Dennis Barbour, recently extended to join them as one of their partners. What follows is an excerpt from the PMY’s website:

“The Partnership for Male Youth is the only national organization whose sole focus is on advancing the health and well-being of AYA males. The work of the Partnership for Male

Youth has a very specific focus on what it characterizes as the “Double U’s” – for the terms unique and unmet. Many other national organizations address adolescent health issues either in non-sex specific ways, or, if they do address adolescent health issues in a sex specific way, only in terms of females. What makes the work of the Partnership for Male Youth distinct from and of added value to these efforts is the fact that it focuses on the health care needs of AYA males that are both unique to their sex and unmet.

“The Partnership’s mission is to work with and on behalf of adolescent and young adult males to optimize their health and ensure that they thrive.

“The mission of the Partnership is accomplished through eight principal endeavors:

- Identifying and addressing the unmet health needs of AYA males through evidence-based approaches.*
- Improving public awareness and advocacy for the health needs of AYA males.*
- Building on promising and successful models to address the needs of AYA males.*
- Engaging stakeholders and building partnerships in synergistic efforts to advance AYA male health.*
- Developing resources for stakeholders and individuals working with AYA males.*
- Engaging AYA males in advancing their own health and well-being.*
- Addressing the underlying social determinants of health for AYA males; and*
- Promoting health equity for AYA males by building on their strengths.”*

As partners going forward, here are the responsibilities and obligations we have to one another from Mr. Barbour’s invitation:

“Partner status does not include any financial commitment and may be rescinded by the Partner or PMY at any time.

“For its part, PMY agrees to:

- Provide routine updates on PMY projects and activities, through the partner’s liaison.*
- Identify and explore opportunities for participation by the partner in PMY activities and special projects.*
- On request, disseminate information on the partner’s projects and activities through PMY’s communications, social and other media platforms.*
- Provide the partner’s liaison with information regarding specific future use of the partner’s name in conjunction with any policy or related positions, for approval by the partner.*

“For their part, PMY Partners are asked to:

- Provide advice and/or expertise on various PMY projects, as they deem appropriate and as their resources allow.*

- *Provide assistance in disseminating information about PMY projects and activities.*
- *Appoint a liaison to interact with PMY officers and staff; and*
- *Grant permission to list the organization as a partner on the PMY website, social and other media platforms. “*

At its July 29, 2021, meeting, ASAP's Executive Committee unanimously agreed to the partnership and, because of my past affiliation with the PMY as an individual member, asked me to serve as the liaison to PMY.

ASAP members are encouraged to learn more about this partnership and the exciting opportunities it affords our members by visiting the PMY website at:

<https://www.partnershipformaleyouth.org/>

PMY has also recently released an excellent monograph addressing under-recognized depression in AYA male youth. It is available for you to download here:

<https://www.partnershipformaleyouth.org/state-of-health-of-aya-males.html>

If you are interested in helping ASAP develop this partnership opportunity going forward, please contact me (gregory.p.barclay@gmail.com)!

Plans Develop for Review/Update Course in Adolescent/Young Adult Psychiatry

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



The ASAP Review Course Task Force continues to meet to develop an additional CME opportunity for psychiatrists interested in improving their knowledge of issues in Adolescent and Young Adult Psychiatry. Our aim is to develop a program mixing review and current updates offered in a webinar format on a regular basis. This series is likely to be a more interactive, case-based learning approach than the format generally offered through our in-person or virtual annual meeting. We believe this series, once developed, would then be available as well to psychiatrists who are preparing for our Board Certification in Adolescent and Young Adult Psychiatry examinations and as an option for currently Diplomates to complete their annual

Maintenance of Certification requirements. We are currently exploring partnership opportunities to assure this series is available to as many interested psychiatrists as possible. Interested in helping us make this happen? We need volunteers with ideas and course topic instructors. If so, please contact the task force chair, Greg Barclay (gregory.p.barclay@gmail.com).

2021 MEMBERSHIP DUES CYCLE

ASAP made numerous efforts to encourage members to renew their dues and, for the most part, it has worked. Members who have not paid their 2021 dues will be suspended until the end of the year then membership will be dropped. A major source of ASAP's income is from membership dues. With those funds, we can help:

- Work on supplying online information that members can view for Category I CME credit such as a review course and online videos, currently in planning;
- Address multiple challenges including access, fellowship recruitment, the emotional consequences of COVID for patients and families;
- Continue to offer member programs, discounts, incentives, publications, and more.

The 2022 dues cycle will begin this fall

News from

The American Board of Adolescent Psychiatry (ABAP)

(ABAP is a semi-autonomous body currently hosted and sponsored by ASAP)

Gregory P. Barclay, M.D., DFAPA, FASAP, Board Chair

As many of you know, the American Board of Adolescent Psychiatry (ABAP) has been in existence since 1989 and during those 32 years, it has certified almost 800 psychiatrists in the specialty of Adolescent and Young Adult Psychiatry.

Our Board Certification has been especially significant for general psychiatrists who have an interest in or whose clinical work involves adolescents and young adults in various settings, including psychiatrists serving college students, transitional age youth, and military personnel.

ABAP Certification represents not only an opportunity to obtain additional education and training, but also to demonstrate one's expertise in this field through the completion of the required training and successful passing of the required examinations.

ASAP membership is not a requirement for ABAP certification although ASAP members presently receive significant ABAP certification fee discounts and waivers, while ABAP Diplomates in turn receive ASAP membership fee discounts.

Beginning in 2020 due to the COVID 19 pandemic, the ABAP Certification Examination moved to, and remains, an online, on demand format. No longer is it necessary to travel and take time off to sit for the ABAP Certification Examination! The 2021 Certification Examination is currently still open and accepting applicants. For details and our FAQ page, please visit: <https://www.adolpsychiatrycertification.org/>

Additional Updates:

- ***If you were auto recertified through attendance at the 2016 annual meeting:*** Your ABAP Certification will expire on December 31, 2021! Now is the time to begin your recertification process. Don't let this important certification lapse! To begin, please click here:

<https://www.adolpsychiatrycertification.org/recertification-information>

- ***Interested in certification but would like some basic training in Adolescent and Young Adult Psychiatry first?*** ABAP has developed an extensive, completely on-line **Self-Directed Review Course**. The course includes lectures from experts in the field on various topics as well as all the presentations from the 2016-2021 ASAP annual meetings (from which many of the examination questions are drawn). This course is available at no charge to anyone who submits an initial application (<https://forms.gle/cEcUx9AffHFnUgBA7>) and to others on a special case by case basis by contacting me (gregory.p.barclay@gmail.com).
 - Note: since the course material draws on public domain material, it is not possible to offer Category I CME credit for it, however Category II credit may be claimed.

Great Time to Become Board Certified in Adolescent & Young Adult Psychiatry!

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

Chair, American Board of Adolescent Psychiatry (ABAP)



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](#).

Apply Today! APAF MOORE Equity in Mental Health Community Grants Program

We are pleased to announce that under the American Psychiatric Association (APA) MOORE Equity in Mental Health Initiative we have launched this Community Grants Program which was established in 2021 by APA's Division of Diversity and Health Equity and APA Foundation (APAF) to support community organizations that have undertaken innovative awareness programs and/or have provided services to improve the mental health of young people of color.

Grant recipients will be selected based on one or more of the following initiatives focused on young people of color:

- Delivering innovative programming that addresses mental health and substance use disorder inequities.
- Promoting awareness of mental health and substance use disorder inequities.
- Increasing equitable access to mental health and substance use disorder care.
- Enhancing the quality of culturally and linguistically appropriate services in mental health and substance use disorder care.

The Community Grants Program awards will be in the total amount of \$10,000 for a two-year funding period contingent on the first year being successfully completed. Grant awards are made possible by charitable individuals, teams, and corporate sponsors of the [MOORE Equity in Mental Health 5K](#) which was created to raise awareness for mental health inequities facing young people of color and to honor the staunch mental health equity advocate, Bebe Moore Campbell.

For full details and to apply by Thursday, September 30, 2021, [click here](#).

JOIN 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](#).

AMERICAN SOCIETY FOR ADOLESCENT PSYCHIATRY (ASAP)

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

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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.

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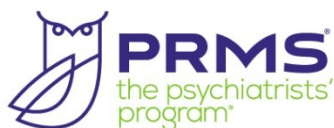
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