



American  
Society for  
Adolescent  
Psychiatry

# *Adolescent & Young Adult Psychiatry*

*Newsletter of the*

**American Society for Adolescent Psychiatry**

*July 2019*

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



## ***ASAP's 52<sup>nd</sup> Annual Meeting: Transgender and Gender Non-Conforming Adolescents and Emerging Adults: Best Practices for Psychiatrists and Mental Health Clinicians, Educators, and Parents***

On May 17, 2019, ASAP held its 52nd Annual Meeting in San Francisco, California at the Intercontinental San Francisco (in conjunction the American Psychiatric Association's meeting). Our meeting had a timely and important focus—successful strategies for mental health professionals, academicians, and families who interconnect with the LGBTQ community with respect to transgender and gender non-conforming. That's all of us who live between and around the gender poles of hetero-M and hetero-F. We heard from professionals with enormous experience and expertise address many different aspects of gender identity and how we can best help these youth, including controversies and challenges we all face. Attendees got answers to their questions about working with these youth and their families, to hear the latest findings and newest guidelines, and for us to interact and learn from each other. Experts reviewed medical options for transgender children, therapies for self-comprehension and development and, to make it all truly possible, ways to promote family support, school accommodation and social acceptance.



*(l-r) Stephan Carlson, MD; Richard Pleak, MD; and Theodore Petti, MD*

The **William A. Schonfeld, MD Award** honors the first President and a founding member of ASAP. This prestigious award is given to an individual in recognition of their outstanding contributions to the field of adolescent psychiatry as well as for their excellence and dedication to the clinical practice of adolescent psychiatry throughout the course of their career. **Richard Pleak, MD** (Northwell) received the award this year. Congratulations, Dr. Pleak!

The **Herman D. Staples, MD Award** honors the fourth ASAP President and a founding member of ASAP. This award is given to an individual who embodies the spirit, integrity and dedication to the

treatment of adolescents. This year, **Theodore Petti, MD** was chosen to receive the honor.

ASAP President Theodore Petti, MD presented the **Best Resident Poster Session Award** to Elizabeth Ollen, PhD (UCLA) who received a \$500. Katherine Jankowsky (UC Denver) was also recognized for her poster session.

**Still time to tap into the wisdom!** Take a look at the linked PowerPoints and photos in this newsletter. *(continued page 3)*

## EDITOR'S NEWS REVIEW

### Team Sports Mitigate ACE Effects

Here's another reason for recommending participation in team sports. A study reported in *JAMA Pediatrics* found that team sports in adolescence reduced the odds for adult anxiety and depression predicted by Adverse Childhood Events. Click [Team Sports](#).

But think twice about tackle football. Caution but no consensus on high school football. A recent study in the *Journal of Neurotrauma* found that *non-concussive* injuries in 9 to 18-year-olds over two seasons did not result in cognitive decline, except for ADHD kids! Faint praise for football. And what about actual concussions and traumatic brain injury? Caution recommended; No use trading ACE for TBI.

### Distress and Depression Bump for Teens and Youth

Past-year rates of major depression increased 52% for ages 12-17 (from 2005–2017) and 63% for ages 18-25 (from 2009–2017). Past month “serious psychological distress” and past-year suicide-related outcomes were also significantly increased for these age groups. Trends for people 26 and older were much weaker and there was no trend for older adults.

The authors speculate that this cohort bump in distress and depression may be due to differential effects of cultural change in this young group and perhaps their increased use of electronic communication and digital media and their decreased time for sleep. The analysis is drawn from the National Survey on Drug Use and Health, a nationally representative survey of U.S. adolescents and adults and reported in the April issue of *Journal of Abnormal Psychology*.

### Screen Time, Not So Bad After All?

A new study—and review of old studies—published in *Child Development*, December 2017, concludes there's really not much evidence for big worries about screen time for kids or, more specifically, the adhering to limits advised by the American Academy of Pediatrics.

“We tested AAP guidelines concerning digital media time and did not find a detectable benefit in terms of psychological well-being in a large and representative sample of young children.” [Read more on Screen Time](#).

### Vaping, Bad After All

Just when millions of dollars in antismoking campaigns made cigarettes uncool for teens and young adults, there's vaping, made cool by millions of dollars in advertising by Big Tobacco.

Big Tobacco introduced inhaled nicotine vapor as a smoking cessation tool, giving the impression they wanted to go out of business. Or, alternatively, provide a safer addiction for smokers who don't like smoke. But soon there were enticing candy flavors, shiny devices and ads aimed at kids, leading to speculation BT is just selling addiction to a new generation of Americans. Whatever, vaping use by middle and high school kids doubled from 2017 to 2018 per an [FDA study](#).

A new draft U.S. Preventive Services Task Force recommends e-cigarettes be included in tobacco product prevention education and counseling. There is also increasing pressure for the FDA to assert control over tobacco products, all of them.

In a campaign spearheaded by the California Medical Association, voters added a dollar tax to *all* tobacco products, most of the money devoted to health care. San Francisco just banned the manufacture and sale of vaping devices, and national first. But that's California.

Meanwhile, not a bad idea to assess and counsel for all hazardous and addicting substances.

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## ASAP's 52<sup>nd</sup> Annual Meeting

(continued from page 1)

ASAP President Theodore Petti, MD presented **Lois Flaherty, MD** with a service award as Editor-in-Chief of *Adolescent Psychiatry* from 2000-2019.

ASAP President Theodore Petti, MD presented **Greg Barclay, MD** with a recognition award—as the Administration and Operations Committee/Bylaws Committee Chair; Membership Committee Chair; and ABAP's Council on Certification in Adolescent Psychiatry (CCAP)—for his extraordinary service, acumen, wisdom, and dedication in the revitalization of ASAP and directing the bylaws revisions.



(l-r) Theodore Petti, MD;  
Elizabeth Ollen, PhD; Katie Jankousky

In recognition of his 30 years on the CCAP, Dr. Barclay presented to **Richard Ratner, MD** a service award for extraordinary service, wisdom, dedication, and valued contributions to the American Board of Adolescent Psychiatry (ABAP).

For our continual partnership, support of ASAP's mission, and dedication to the mental health of adolescents, ASAP presented **Professional Risk Management Services, Inc. (PRMS)** with an appreciation award.

ASAP President Theodore Petti, MD presented the **Best Resident Poster Session Award** to Elizabeth Ollen, PhD (UCLA) who received a \$500. Katherine Jankousky (UC Denver) was also recognized for her poster session.

PowerPoint presentations are listed below and are available on our website on our [meeting](#) webpage):

### [Introduction to Conference](#)

**Dan Karasic, MD**

### [Clinical Strategies to Address Gender Dysphoria in Transgender Youth](#)

**Richard Pleak, MD**

### [Psychotherapy with Transgender and Gender Non-Conforming Youth](#)

**Diane Ehrensaft, PhD**

*Providing Mental Health Care for Transgender Youth in Underserved Areas*

Nathan Sharon, MD

*Working with Families of Trans Youth*

Shawn Giammattei, PhD

*Medical Interventions for Trans Youth*

Stephen Rosenthal, MD

*Working with Schools to Accommodate Trans Youth*

Joel Baum, LCSW

*Mental Health Care with Emerging Adults*

Eric Yarbrough, MD

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## ASAP BUSINESS

### 2019 Election Results

This year, ASAP's held its election from April 23 through May 8, 2019. Congratulations to the new officers and Governing Board members:

President-Elect:	Connor Darby, MD
Vice President:	Matthew Galvin, MD
Secretary:	Colleen Copelan, MD
Treasurer:	Tzvi Furer, MD
At-Large Directors:	Tarun Kumar, MD; Ellen Platt, DO; and Shady Shebak, MD

### Newsletter Editor

In April 2019, after reviewing his CV and consultations with Executive Committee members, the Media and Marketing Committee and ASAP's Executive Director, Dr. Petti appointed **Ronald Thurston, MD** as Editor of the newsletter. Dr. Thurston is an ex-officio member of the Executive Committee, Governing Board, and Media and Marketing Committee.

### New Bylaws

On May 6, 2019, the membership voted to adopt the proposed bylaws. Among other provisions, the new bylaws expand the ASAP mission to include "emerging adults." (see [Bylaws adopted May 6, 2019](#))

### ASAP Education Mission Fund

The Education Mission Fund supports psychiatry resident programs—i.e. Best Resident Paper on Adolescent Psychiatry award and best poster session program. Trainees attend ASAP's meeting at their own expense, whether to attend our meeting or present a poster, and are asked to volunteer in various roles. ASAP is asking for donations to support the fund. Donors will be acknowledged in our newsletter and email announcement. To donate, please [click here](#).

ASAP recognizes the following donors: **Stephan Carlson, MD; Lois Flaherty, MD (\$100); Sheldon Glass, MD (\$100); and Dr. and Mrs. Gerald Robertson (\$200).**

## 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.



## PHOTO GALLERY



*Dr. Barclay (l) and Richard Ratner, MD (r)*



*Dr. Petti presenting Fellow certificate to Matt Galvin, MD*



*Dr. Petti presenting Dr. Barclay, MD with recognition award*



*Dr. Carlson presenting Dr. Petti with Staples Award*



*Richard Pleak, MD, 2019 recipient of the Schonfeld Award*



*Dr. Petti recognizing Lois Flaherty, MD as Editor-in-Chief of the journal*

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## AMERICAN SOCIETY FOR ADOLESCENT PSYCHIATRY (ASAP)

### Executive Committee/Governing Board:

President: *Stephan Carlson, MD*

President-Elect: *Connor Darby, MD*

Vice President: *Matthew Galvin, MD*

Secretary: *Colleen Copelan, MD*

Treasurer: *Tzvi Furer, MD*

Immediate Past: *Theodore Petti, MD*

Past President: *Ziv Cohen, MD*

At-Large Directors: *Martin Guerrero, MD; Tarun Kumar, MD; Ellen Platt, DO; Shady Shebak, MD*

Editor-in-Chief, *Adolescent Psychiatry* (ex-officio): *Lois Flaherty, MD*

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

Newsletter Editor (ex-officio): *Ronald Thurston, MD*

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*Comments/feedback are most welcome and should be sent to the  
Newsletter Editor, Ronald Thurston, MD, at [thurstonrc@gmail.com](mailto:thurstonrc@gmail.com).*

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an email to [ASAPadolpsych@gmail.com](mailto:ASAPadolpsych@gmail.com) with “unsubscribe” in the subject line.*

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*To publish in ASAP’s monthly newsletter, please submit the piece with the author’s name and  
email address by the 20<sup>th</sup> of the month for inclusion in the following month’s issue. Submissions  
should be less than 800 words (special exceptions) and submitted to  
[ASAPadolpsych@gmail.com](mailto:ASAPadolpsych@gmail.com).*

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**JACKIE PALUMBO, CPC, ELI-MP**  
CHIEF UNDERWRITING OFFICER



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Insurance coverage provided by Fair American Insurance and Reinsurance Company (NAIC 35157). FAIRCO is an authorized carrier in California, ID number 3175-7, [www.fairco.com](http://www.fairco.com)

In California, d/b/a Transatlantic Professional Risk Management and Insurance Services.