

Spotlight on CFI Research

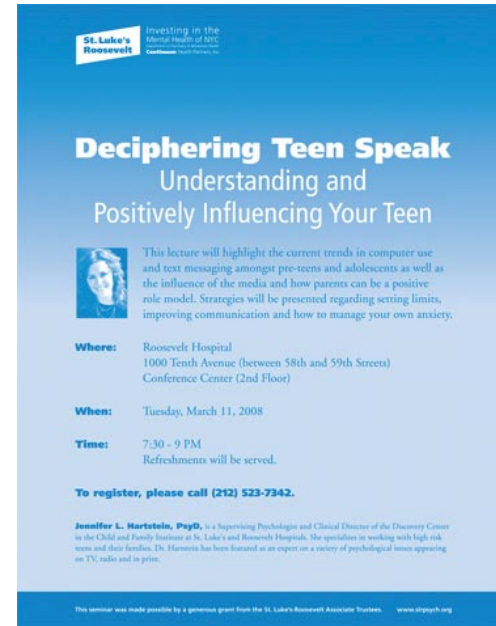
By Michelle Acosta

The Child and Family Institute (CFI) has an active and diverse research portfolio which has grown in the last two years under the supervision of Michelle Acosta, Ph.D. CFI's research projects include several nationally-funded studies and are targeted at evaluating evidence-based assessments and/or treatments for children and adolescents with psychiatric and substance use diagnoses. There are currently two randomized clinical trials actively recruiting adolescents with substance use disorders. Fresh Focus, led by Dr. Acosta, is a multi-site, national trial examining the impact of 16 weeks of behavior therapy plus Concerta™ versus placebo to reduce attention problems and substance use in adolescents (13-18) with both disorders. Science-Based Treatment for Opioid-Dependent Adolescents and Young Adults, led by Lisa Marsch, Ph.D., is a randomized clinical trial examining a buprenorphine-assisted outpatient detoxification for adolescents and young adults (14-24) with opioid dependence. Participants receive medication and therapy multiple times per week to reduce their opioid use and improve functioning. Both programs are funded through the National Institute on

Drug Abuse (NIDA).

In addition to randomized clinical trials, CFI currently houses The Discovery Center, a services grant funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). The Discovery Center provides a range of adolescent (ages 12-17) substance abuse services under Project Director, Philip Clemmey, Ph.D. Services are provided in several of our clinics, including the Outpatient Clinic, our therapeutic CARES school, our school-based health clinic, and will soon be offered in the Adolescent Clinic in the Center for Comprehensive Care.

Many CFI staff and trainees participate in these and other funded research activities. CFI also demonstrates its commitment to research by funding projects for interested faculty and advanced trainees including Impact of Psychiatric Co-Morbidity on Pediatric Obesity (PI: Philip Vincent, MD), Adolescent Personality Q-Sort (PI: John Dilallo, MD), Substance Use and Risk Survey in OPC (PI: Lisa Herman, PsyD.). Research training includes didactics for all trainees, as well as a research rotation for all Second Year Psychiatry Fellows and two shared Research/Clinical Psychology Fellows. These formalized positions include advanced research didactics, participation in ongoing trials as a study clinician, and the development and execution of independent research projects.



"This is Your Life" Lecture Series

A 2007 grant was obtained from the Associate Trustees of SLR to offset the cost of marketing materials as well as snacks for the participants. The lecture series, in it's second year has been widely received by the community. In 2008 this lecture series will be video taped and uploaded onto the Department's website.

Facelift for Department of Psychiatry & Behavioral Health

St. Luke's Roosevelt Department of Psychiatry and Behavioral Health is in the midst of its exiting campaign to makeover and upgrade both its inpatient and outpatient areas.

ROOSEVELT HOSPITAL 7-G INPATIENT UNIT

The 2007 upgrade initiative was kicked off with our "Art With a Heart" first ever fundraiser, last February 15th. The pieces of original art that were bought while working in conjunction with RxArt, a not-for-profit that places art in hospital settings, now line the halls and walls of the inpatient unit, 7-G. Donated works of original art continue to come in to the department. These are reviewed by our Art Advisory Committee to make sure they are deemed appropriate for a mental health setting. These and future donations will be placed in all the inpatient and outpatient areas within the department as they arrive.

The inpatient unit also received new day room furniture, curtains, paint, and room borders. Tablecloths for the dining areas were donated by Town & Country Linens. In the near future, a plasma television and wall unit will be installed in one of the day rooms. The hallways outside the unit now contain beautiful original art further enhancing the calming feeling of the space. These areas have gone from a distinctly institutional environment to a more homey, warm place of healing.

To quote a senior administrator at SLR, "this is the gold standard for an inpatient mental health setting".

The department plans to move this portion of the program to the SL site next year with the makeover of the Clark 8, inpatient unit.

CITPD

The Center for Intensive Treatment of Personality Disorders at Roosevelt Hospital was recently painted and new art was placed on the walls of this outpatient unit on the 6th Floor. Original pieces of art including photographs and oil paintings were also donated for the elevator lobby area.



Depression Screening Day - October 11, 2007

By Susan Fenton, Director of Special Projects

The Department of Psychiatry and Behavioral Health participated for the second year in this nationwide event. As with last year, the event showcased the entire breath and scope of the department's services while focusing on Depression. All of our programs had representation on site to discuss community needs. Various community resources were utilized to publicize this most important opportunity for the public to be informed. These included CBS, ABC, John Jay College, Columbia University, Fordham University and Starbucks. The event was publicized by the national organization in a mass mailing by GHI, and an ad in Shape Magazine and Women's Day. Many local NY and NJ papers announced the event. Marketing provided us with posters and flyers which were distributed to the community by volunteers and staff.

For the first time advance appointments were scheduled by members of the community. Volunteers mailed the flyer to our ever growing list of friends and donors.

The day was a huge success with 40 clinicians showcasing their divisions. Thirty members of the community were screened with an Access Center staff member on site making follow up appointments. Calls are still coming in for information on future events. The event was covered by Dr. Holly Phillips, CBS News. A working group is being formed by health personnel at Fordham, John Jay and NY Institute of Technology to see how SLR can provide services to their at risk students.

Our Access Center line for referrals and appointments was listed in Connections so that staff has easy access to a mental health professional.



Chairman's Message

Well, another year has rolled to a close. I'd like to take this opportunity to review some of the accomplishments of the Department of Psychiatry and Behavioral Health. I can't believe that on January 15th I'll have been here 7 years. Whereas others might get an "itch" after this time, I remain excited about where we are going as a Department! So, first, I want to thank each and every one of you for your dedication to your work, compassion towards your patients, pursuit of excellence, and support for our efforts as a Department to integrate, to develop and to prosper. Next, I want to acknowledge the leadership of our Departmental Director, David Wyman, in his work over the past year- not only for the Department in pushing our complex agenda forward, but also for the Hospital in managing aspects of the PRISM roll-out. Our outpatient services have now delivered almost 170,000 visits in 2007, a new record. We have expanded our work into the areas of development and marketing. As part of our mission, we have

embarked on a threefold marketing strategy: to showcase our Unique Expertise, to Elevate our Reputation and to Heighten our Visibility to our colleagues and to our community. This year we accomplished much in this quest to build an identity and increase our community visibility: we created our new Logo, "Investing in the Mental Health of New York City", had the first of our "Art with a Heart" (funds-for-art) cocktail parties in February, presented a one-hour live web-cast on May 15 with faculty and patients, sponsored National Depression Screening Day in October, which was highly subscribed, and instituted a monthly Lecture Series. We owe a big debt of gratitude to Susan Fenton, our Director of Special Projects, who has been tireless both in recruiting friends in the community to help us with our mission, and in pushing us to rise to the occasion and think out of the box with respect to developing friends of the Department. The Department is in it's infancy in terms of marketing and development but we have successfully collaborated with Kathy Kearns and her terrific staff at Continuum Health Partners Public Affairs /

Marketing and Development to deliver a true team effort that has significantly advanced our goals.

Our Clinical Divisions continue to differentiate and integrate. At the Division of Integrated Psychiatric Services, after a high-level retreat, we have now embarked on round 2 of a major effort at infrastructure re-organization under the leadership of Hunter McQuiston, MD and colleagues. The number of important opportunities that have been identified are truly exciting, and I expect many will be implemented in 2008. The Child and Family Institute, under Ramon Solhkhah, MD, has won another large contract to institute Child and Family Clinic Plus, which will screen children in schools for mental disorders. We will also be expanding our highly successful Home and Community Based Waiver Program. In addition, we are excited to be working on plans to open a new Child Inpatient Service. The Addiction Institute, under the direction of Petros Levounis, MD, is in the process of finishing the renovation of our Halfway House, something

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The Department of Psychiatry and Behavioral Health at St. Luke's and Roosevelt Hospitals is the largest not-for-profit provider of mental health and addiction services in New York City. Since 1954, we have dedicated ourselves to providing comprehensive services that enable individuals to improve their overall quality of life.

Please help us further our mission by making a contribution today. Your gift will enhance our continued efforts to provide the highest quality, compassionate care to all of our patients.

Yes, I/we want to support the important work of St. Luke's and Roosevelt Hospitals' Department of Psychiatry and Behavioral Health by making a contribution of:

\$1,000 \$500 \$250 \$100 \$50 \$25 Other _____

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➔ (Continued on Pg. 2)

we have needed for many, many years. In 2007, we opened a new addiction psychopharmacology outpatient service, which is a novel and important addition to our clinical armamentarium. Speaking of renovations, I'd be remiss if I didn't mention the fire in 411 W. 114th St. last May. I've stated this before, but I want to underscore how terrific you all were in pitching in under continually adverse circumstances and making sure that quality care was delivered to the patients who needed it. That kind of professionalism and dedication I do not take for granted. It makes me proud to call you my colleagues.

Prameet Singh, MD came on board in July as our new Director of Education and Training, and hit the ground running. Our residency training program is again being managed with a sure and patient hand. In addition, we staffed and implemented a newly approved Psychosomatic Medicine Fellowship Training Program under the able guidance of Mel Gilbert, MD. As part of our academic mission, we have also been developing and expanding clinical research in the Department. Our research portfolio is now the third largest in the Hospital thanks to the leadership of Deborah

Haller, Ph.D., Director of Research. Part of her mandate is to help build and integrate research practice into our clinical and educational work, and Deb is helping us to develop the broad infrastructure to facilitate this.

We continue to develop our substantial stake in information technology, and have decided to implement a major upgrade of our TIER electronic medical record, so as to create a Continuum-wide platform for behavioral health, and to facilitate an inpatient solution that is quite lacking in PRISM. Robin Kerner, Ph.D., our Director of Quality Initiatives and Outcomes, will lead the Clinical Development Team, and Barbara Linder, Program Manager, Adult Acute Services, will be the technical lead. Rollout of the upgraded TIER Workflow system will begin with the Addiction Institute and the Child & Family Institute in 2008, and follow onto the inpatient services in 2009.

I want to thank you all for your hard work, and for continuing to pioneer in this Department's quest for excellence!

Cheers, and best wishes for a healthy and happy 2008 to you and to your loved ones.



NEWSROOM

— Jennifer Hartstein PsyD. appeared on the CBS Early Show (national) to talk about crying outbursts • Ellen Degeneres weeping because of the dog • the parents of missing 5-year old Madeline • distress because of the California wildfires that have taken so many people's homes.

— Jennifer Hartstein PsyD. was interviewed by Fox News Channel about how to explain Halloween to your kids; reality vs. fake, talking to strangers when you're normally told not to, etc.

— Robin Kerner Ph.D. was interviewed by Real Health TV (an internet-based health news site) to answer questions from viewers about relationships.

— Robin Kerner Ph.D. was also interviewed by WCBS-TV about a story that ran in the NY Post, reporting that many Americans are ultra-stressed, sleep-deprived, etc.

— Joseph Ruggiero Ph.D. from the Addiction Institute appeared on ABC TV News discussing Chrystal Meth Awareness.

— Richard N. Rosenthal MD appeared on Mike and Juliet Show on FOX TV discussing addiction and implications for celebrities.

— WCBS-TV also did a feature story about the National Depression Screening Day at SLR.

(Please note this is a partial listing due to the ongoing increasing exposure of the Department in the media.)



Charcoal drawings by Karen Z.



The Dreamettes - Trinity House: Janice Nickens, Connect, Eileen Jeffries, MA, OT/L, Barbara Bowmen, LCSW, Gail Lewis-Williams, CASAC

Fifth Annual Art Festival September 24, 2007

Saving Lives, Saving Dollars

The Addiction Institute of New York joined The U.S. Dept. of Health and Human Services, the Substance Abuse and Mental Health Services Administration, as well as the Center for Substance Abuse Treatment for the fifth time to celebrate "Recovery Month"

This year's theme/movement "Saving Lives, Saving Dollars," was directed to educate and address the needs of the youth. Hopefully with the understanding that if we pay attention to that special population now, we can prevent some of the havoc caused by the use and abuse of alcohol and drugs. Thus preventing the havoc in later years, therefore, saving their lives as well as the financial burden on society.

The Addiction Institute Art Festival invited and featured works from patients as well as staff. Contributions were in the form of oils, acrylics, pottery, and poems. The opening ceremony program included a two clarinet concert by Vasko Dukovski & Avigail Malacahi from the Juilliard School of Music, as well as performances from staff and patients.



Sharon Gutman, Professor of Occupational Therapy, Columbia University

Education & Recovery: The Next Step

By Irene Zombek

The Integrated Psychiatric Services Community Outreach Committee held their 2nd annual fall event on Friday November 16th, 2007. Education & Recovery: The Next Step was dedicated to promoting a message of recovery through education and learning to St. Luke's staff and patients, as well as interested members of our larger community.

Following lunch, Sharon Gutman, Professor of Occupational Therapy from Columbia University, presented the keynote address entitled "The Importance of Education in Recovery". She gave a historical perspective of how many famous and accomplished people such as Abraham Lincoln & Isaac Newton, overcame disabilities and failures before achieving success. She discussed supported education, federally mandated acts and reasonable accommodations. She concluded with a message of encouragement to focus on an education goal and staying motivated.

Next, representatives from community organizations introduced themselves and presented their services. These included Project Renewal, PSCH, Bronx Community College, Hunter College's Disability club, Howie T. Harp, Broadway Community Inc, Community Impact and NAMI. Over 80 people gathered information and spoke to the community representatives individually.

The event was brought to a conclusion by two consumer representatives of IPS. They thanked the audience and awarded a gift card to one lucky audience member.

Feedback was overwhelmingly positive. "Encouraging" "Motivating" "I learned about

different programs" "I liked everything about this event". Over 95% of people reported having learned about at least one new resource.

If you would like information about the organizations listed above or about educational resources for people with mental illness, please contact Jeni Dulek at 212-523-4105 or Irene Zombek 212-523-5328. We also welcome you to join our Community Outreach Committee or to volunteer time or resources for future events. Please contact one of our IPS committee members for more information: Jeni Dulek, Cindy Green, Adriana Rodriguez, Hilary Eth, Florence Levy, Renee Gallant, Ezekiel Cohen and Irene Zombek

A 2008 event is in the planning stages with The Arts Students League of New York.

ing media and community attention for SLR as a whole.

This initiative has created interest in SLR within the art community. Many pieces of original art have been donated to SLR during the past year. We are actively working with several sculptors who have generously offered to donate original pieces that will be placed at the St. Luke's site in 2008

A 2008 event is in the planning stages with The Arts Students League of New York.

Tier Upgrade and Expansion Plans

By Robin Kerner, PhD.

Our Totally Integrated Electronic Record, otherwise known as TIER, will soon have a new look. A major upgrade and expansion is underway, with the rollout planned for the coming year. Since 2001, documentation of all the adult outpatient programs in the department has been done in our electronic medical record. In fact, as one of the first major users of TIER, our staff developed many of the innovations now incorporated into the upgraded version, called the Workflow system. Currently, interdisciplinary staff from all adult outpatient programs are evaluating the new software. Once this "gap analysis" is completed, we will be better able to develop our time line for the upgrade project.

In addition to this upgrade, we are excited to expand the use of TIER throughout the department. Both the Addiction Institute of New York and the Child and Family Institute are slated to shift their documentation systems to our electronic medical record during 2008. Both divisions have begun the process of examining their patient flow and documentation requirements.

With all outpatient programs on board with TIER, the SLR Department of Psychiatry and Behavioral Health will be even better equipped to serve our patients and maintain continuity of care throughout our extensive behavioral health network. And with that goal in mind, the final phase of the project will be to expand the TIER



Donald Baechler "The Long and The Short", 2004

"Art With A Heart"

By Susan Fenton, Director of Special Projects

This initiative was created with the goal of beautifying both inpatient and outpatient areas of Psychiatry and Behavioral Health Services at RH and SL. An event was held at a private penthouse apartment on Central Park West.

RxArt, a not-for-profit arts organization dedicated to making hospitals less impersonal, was enlisted to find art that could be auctioned and then placed on the different units. They also secured donations of original art from artists.

In late 2007, 10 pieces of art were installed on 7-G Inpatient Unit at RH, 7 pieces of original art were donated throughout the year for placement on both inpatient and outpatient units.

The initiative will be ongoing throughout the year. We have been approached by several art publications to feature stories about this project. It is possible that the entire "Healing Gardens" art initiative will be featured, generat-

documentation system onto our inpatient services. Doing so will enable us to provide seamless delivery of mental health and substance abuse services across the lifespan in a variety of treatment settings. Stay tuned for updates on our progress in future newsletters!

STAFF NEWS

SLR Addiction Institute Director Elected to NIDA Committee

Paul Rinaldi, PhD., Clinical Director of the Addiction Institute of New York at St. Luke's and Roosevelt Hospitals, has been named to the Research Development Committee of the National Institute on Drug Abuse (NIDA) Clinical Trials Network. The eight-member panel reviews research concepts and advises the NIDA's executive committee and director on new research. The NIDA is part of the National Institute of Health, a component of the United States Department of Health and Human Services.

Halfway House Trinity Lodge

306 West 102nd Street
New York, NY 10025

The "Trinity Lodge" is located just off Riverside Park in a quiet, residential neighborhood on the upper west side of Manhattan. It is more of a temporary home than a treatment facility to the 24 uniquely diverse residents. Residents stay for a period of three to six months while pursuing housing as well as vocational and educational plans. Our goal is to assist the individual in becoming a productive member of society.

A six story brownstone, complete with dining room, library, television room, music room, private bedrooms, and community room, the "Lodge" provides all the amenities of home in a safe, sober, drug free, supportive environment.

After a two week orientation period, new residents begin outpatient treatment in our Outpatient Department located six blocks away. In addition to supportive group and individual counseling and self-help groups, our very highly regarded Vocational Rehabilitation Department immediately begins an assessment process that may lead to on-site GED classes, preparation for college or a vocational training program, or return to employment.

Medical and, if necessary, psychiatric services are provided.

In addition to having a counselor in the Outpatient Department, there is a counselor in the halfway house who can help with problems during off hours. Support staff are available in the house 24 hours per day, seven days per week.

Daily chores are an integral part of the program in the halfway house. These tasks help to instill structure and responsibility back into the lives of our residents. Socialization skills development are fostered through recreation activities, team work and informal discussion groups held in the lounge during evening hours. Regular community meetings help resolve community problems and help develop problem solving skills.

For more information call:
212-678-6329

A complete top down makeover of the Halfway House is almost completed. With a grant of over 1 million dollars from The Office of Alcoholism and Substance Abuse Services (OASAS) the facility received new windows, furniture, floors, roof, bathrooms as well as recreation equipment such as tv's and a ping pong table. The entryway is currently under renovation. The building is now a welcoming place for those clients using the services of the department.

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* For more information, please call (212) 523-7342

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