

## PRESIDENT'S LETTER



**Assembly of AACAP  
Regional Organizations,  
61st Annual Meeting  
Tuesday, October 21,  
2014, Manchester  
Grand Hyatt, San  
Diego, CA**

**by Michael Enenbach, M.D.**

Dr. William Arroyo and I represented the Southern California Society of Child and Adolescent Psychiatry (SCSCAP) at the Assembly Meeting at this year's AACAP Annual Conference in San Diego. This meeting is always a good opportunity to hear about national and regional issues affecting pediatric mental health. AACAP President, Dr. Paramjit Joshi, opened the meeting by highlighting significant activities of the past year: a 501(c)6 was formed for AACAP, and a Political Action Committee (PAC) was created with Dr. Robert Hendren (UCSF) serving as Board Chair; an increase in Membership Dues of \$50 (members) and \$5 (residents) was approved by the Council in June 2014; a Presidential Initiative included the addition of two new membership categories; a special component of International Members and Distinguished Fellow International Members. These proposals will be brought to a vote by the AACAP membership in December, 2014. In addition, Dr. Joshi indicated that there would be: a joint meeting with our counterpart in Spain in 2016; a joint meeting with AMPI this year in San Antonio, TX; and that

Bennett Leventhal (UCSF) has been re-elected as chair of the child and adolescent psychiatry section of the World Psychiatric Association (WPA).

Dr. Greg Fritz, President-Elect, then outlined his Presidential Initiative, entitled "AACAP Integrated Care Initiative." This is particularly timely given the changes in health care with the Affordable Care Act and the necessity to embrace the principle of holistic, comprehensive care. The five integrated care areas to be developed are: a Resource Center, Liaison with other organizations, Advocacy, Evaluation, and Education. The Women in Child and Adolescent Psychiatry Committee co-Chair Dr. Debra Koss described an effort to assist in outreach to women child and adolescent psychiatrists in the community. Resource development will focus on career pathways, contract negotiations, mentorship, and work-life integration.

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Dr. William Arroyo reported on our efforts to organize a consortium of foundations and community organizations to address the needs of unaccompanied children from Central American who have been detained. Dr. Arroyo is the Medical Director of Children's Mental Health Services for the LA County, which has been providing some services but does not have sufficient funds to handle the large influx of cases. California recently passed a bill allocating \$3 million for legal aid services only, and volunteers are being sought to provide forensic child and adolescent psychiatric services in the Los Angeles area. Those interested can contact Dr. Arroyo [wmarroyo@pacbell.net](mailto:wmarroyo@pacbell.net) or [scscap@gmail.org](mailto:scscap@gmail.org) directly.

Regarding AACAP membership, 2014 has been the best membership year ever! As of September 30, 2014, AACAP had 8,861 paid members, up from 8,239 last year. This has also been an exciting year for the Journal (JAACAP), with the 2nd edition of JAACAP Connect emailed to members during the meeting. JAACAP Connect is the online supplement to JAACAP produced for and by trainees and early career psychiatrists. There has been an increase in Clinical Perspectives and Translations submissions and published articles over the past two years. While the Journal's impact factor fell from 6.970 to 6.354, it remains the #1 ranked journal in all of pediatrics and above the 6.0 mark for a third consecutive year.

If you would like more detailed minutes from the Assembly meeting, or contact information for any of the topics addressed above, please contact us. We are always looking for Assembly representatives, so please also contact us if you have questions or are interested in serving!

## **SCSCAP EXECUTIVE COUNCIL 2014-2015**

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## 2014 Annual Advocacy and Collaboration Conference

by Roya Ijadhi-Maghsoodi, M.D.



On a clear and crisp Northern California morning, participants gathered from across the state of California to learn about advocacy and to add their voices to the important discussions about children's mental health at the 6th Annual Advocacy and

Collaboration Conference. The conference was held at the Green Hills Country Club in Millbrae, California and was sponsored by four organizations, namely, the California Academy of Child and Adolescent Psychiatry (CALACAP), National Alliance on Mental Illness (NAMI) – California, United Advocates for Children and Families (UACF), Let's Erase the Stigma (LETS), and the newest conference collaborator, Court Appointed Special Advocates (CASA). Attendance was robust this year and attendees consisted of family members as advocates, child psychiatrists, educators, members from the differing organizations, child psychiatry fellows, and residents interested in child psychiatry.

After a warm and inspiring introduction from Dr. Marcy Forgey, President of CALACAP, and Dr. Robert Holloway, President-Elect, a very special award was given this year to a leader and long-time child mental health advocate, Dr. Stewart Teal. The "Children's Hero Award" was awarded to Dr. Teal for his dedicated work as a child psychiatrist and his devotion to improving the mental health of youth in California.

The morning continued with talks from the representatives of each partner organization describing their advocacy roles. Dr. Teal gave an overview of Cal-ACAP and the issues the organization has been working on to help children and families in the state. Karen Finan from CASA described the organization's dedication to supporting the best interests of youth who have been abused and neglected. She discussed the trainings offered in California and issued a rousing call for volunteers to become involved with this opportunity to provide support to youth in the legal system. David Czarnecki, from NAMI California, shared the vast advocacy efforts of NAMI in California and highlighted the number of advocacy trainings offered each year by NAMI. Michael Beebe, of UACF, defined the central mission of UACF as parent empowerment, through training, parent to parent support, and public policy. Robert Holloway, of Let's Erase the Stigma, discussed the role of Let's in working with adolescents to combat stigma, as well as the future plan for the organization to partner with the organization, Bring Change 2 Mind.

Next, Paul Yoder of Shaw/Yoder/Antwih and lobbyist for CALACAP, delivered a rousing and whirlwind tour of the major legislative updates and important issues involving child and adolescent mental health this year in California. He highlighted that this will be a significant year for legislation regarding issues that are important to the mental health

of child and adolescents, including issues of truancy, antipsychotic prescribing, and parity, among others.

Paul's presentation set the stage for a productive and vigorous collaboration and strategy workshop. The attendants split up into groups with varying levels of advocacy and policy experience; the groups were tasked with identifying priority areas of mental health policy for children for the coming legislative session. The energy and commitment in the room was palpable as members from different backgrounds joined to discuss issues, learn from each other's perspectives, and problem solve. The list of issues raised was extensive; key themes included topics such as early-intervention, stigma-reduction, school-based care, and services for foster care youth.

At the end of the day, a few very special guests joined the conference. Senator Darrell Steinberg, accompanied by his parents, Mr. and Mrs. Steinberg, arrived to receive the Child Mental Health Lifetime Achievement Award for his steadfast commitment to mental health. Senator Steinberg has been a long-time passionate champion for mental health throughout his career. Among his many achievements was authoring Proposition 63, the California Mental Health Services Act, which sought to improve access to care and comprehensive treatment for Californians with serious mental illness. After receiving his award, Senator Steinberg inspired the crowd with his reflection on his career and the progress that has been made improving mental health in California, but also reminded us that there is still work to be done. He affirmed that he would continue to fight for improving mental health in California through his next steps, establishing the Steinberg Institute for

Advancing Mental Health Policy, and continuing to make mental health a policy and health priority.

Once again, the 2014 Annual Advocacy and Collaboration Conference was a success, thanks to the commitment, energy, and goodwill of all the attendees who joined together in the task of improving mental health for children, adolescents, and families in California. Many of the priorities developed during the Advocacy Conference will be brought to the attention of key legislators in May 2015 during the Annual Spring Advocacy Day in Sacramento. If you are interested in attending the Fall Advocacy Conference next year or being involved with a future Spring Advocacy Day, please contact Cal-ACAP at [info@calacap.org](mailto:info@calacap.org).

**SCSCAP Annual Brunch &  
Installation of New Officers  
will take place in August.  
Stay tuned for complete details!**



Photo by Ayashok Photography



## CALACAP ADVOCACY DAY, CAPITOL, APRIL 11, 2015

By William Arroyo, M.D.

The California Academy of Child and Adolescent Psychiatry (CALACAP) sponsored an advocacy day for a fourth consecutive year in Sacramento along with United Advocates for Children and Youth (UACF), National Alliance for Mental Illness (NAMI)-California, Let's Erase the Stigma. There were six members of the Southern California Society of Child and Adolescent Psychiatry (SCSCAP) including Michael Enenbach, M.D. (current president of SCSCAP), Christopher Thompson, M.D. (co-chair of CALACAP Government Affairs), Hanu Damerla, M.D. (former president of SCSCAP and current president-elect of CALACAP), Robert Holloway, M.D. (former president of SCSCAP and current CALACAP president), John Leonard, M.D. (founder of CALACAP and former CALACAP President) and myself.

The morning consisted of a presentation by Assemblywoman Susan Talamantes-Eggman (District 13, Stockton area) who very recently decided to become a champion of mental health issues. The Assemblywoman is a licensed social worker by profession, garnered a Ph.D. in social work, and teaches at California State University, Sacramento, as an associate professor. This year she is author on two bills sponsored by the California Psychiatric Association, AB 1193 (related to Laura's Law) and AB 1194 (involuntary confinement). She is also championing efforts to improve services for children in the foster care system and higher education. She entertained various concerns and questions that members of the four organizations raised with respect to mental health. The Assemblywoman is a

very articulate legislator and clearly has a lot of compassion for her work. Our patients and we are most fortunate to have her in Sacramento.

Although Assemblyman Sebastian Ridley-Thomas (District 54 in Los Angeles) had a conflict at the last minute, his chief of staff was gracious enough to join the group that a.m. for a discussion related to mental health issues. Assemblyman Ridley-Thomas is, also, hoping to improve services for people with mental illness.

Lunch with representatives of the four organizations provided an opportunity to develop relationships for future advocacy endeavors and to plan for the afternoon's visit to various offices of legislators in both the Senate and Assembly. We met with representatives on issues all four organizations prioritized. These included the expansion of mental health services for children on school campuses (Thurmond, AB 1025) and better curricula for training of local law enforcement (Beall, SB 11) as it relates to responding to mental health crises in communities. All of the bills remain in their house and will not be heard by the other chamber until later this year.

The event served to acquaint members of the organizations with one another and various legislators and their staff. All organizations will continue to work independently and together on behalf of children and youth with mental disorders.

## SCSCAP ANNUAL BRUNCH MEETING

By Brooke H. Spanos, M.D.

On March 1st at the Annual Speaker Meeting of SCSCAP, Dr. Hans Steiner, Emeritus Professor of Stanford University, and who is the chair of the Stanford/Howard/AACAP Workgroup on Juvenile Aggression and Impulsivity, was our guest speaker. His lecture was titled "Disruptive Behavior Disorders: Moving from DSM 4 to DSM 5 and Implications for Practice."

"Every child begins his life as an asocial being, insisting that its...wishes...be fulfilled, without taking into account the wishes and demands of those around him. This is considered normal conduct for the young child, but asocial or dissocial when the child is older. The child needs to be educated into a state of prosocial adjustment, a task which only can be fulfilled if the child's emotional development proceeds normally," a quote of August Aichorn (1930) which was shared by our speaker, Hans Steiner, M.D.

Dr. Steiner began his lecture on Disruptive Behavior Disorders (DBD), and targeted the group of children and youth who have a fascinating, frustrating, and yet common, cluster of diagnoses that present to our offices on a regular basis. He reviewed the DBD changes from DSM IV to DSM 5, and further expanded on the disorders based on his own research and clinical work. The hallmark feature of DBDs is "maladaptive aggression," and it has two empirically supported, clinically relevant subdivisions: (1) HOT: Reactive, Affective, Defensive, Impulsive (RADI) Aggression and (2) COLD: Proactive, Instrumental, Planned (PIP) Aggression. It's the age old dis-



Hans Steiner, M.D. speaks on Disruptive Behavior Disorders

inction of a "crime of passion" vs. a "premeditated crime." Both subtypes have distinct neural architecture, resulting in different responses to treatment.

We sincerely appreciated Dr. Steiner for joining us to discuss his research and expertise.

Dr. Steiner's lecture was preceded by a brief discussion on advocacy in California. The meeting was offered in conjunction with our general psychiatry colleagues from the Southern California Psychiatric Society (SCPS) which provided CME credit. SCPS representatives stressed the importance of child and adolescent psychiatrists joining SCPS (in addition to membership of AACAP/SCSCAP) and advocating with them. There are a number of bills proposed each year that affect the practice of all psychiatrists in California. For example, psychologists are proceeding to intensively solicit an author for a bill in their 9th attempt to practice medicine without attending medical school. SCPS and the California Psychiatric Association will need the support of child and adolescent psychiatrists (CAP's) to prevent passage of such bills.

Chris Castrillo, a legislative advocate who works with Shaw, Yoder, & Antwih, the lobbying firm who represents the California Academy of Child and Adolescent Psychiatry (CALACAP) in Sacramento provided an update on those bills pending in the State legislature which are pertinent to the practice of child and adolescent psychiatry. The audience was most concerned about the recent bills and new regulations which have an effect on the use of antipsychotics prescribed to youth who are funded by Medi-Cal. It was very evident that CAP's were frustrated with the barriers placed on patients obtaining necessary medications, as well as the increased burden of paperwork and admin duties for CAP's. If you would like more information about pending legislation please contact Chris Castrillo at [chris@shawyoderantwih.com](mailto:chris@shawyoderantwih.com).



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## **AACAP 62nd Annual Meeting October 26-31, 2015 San Antonio, Texas**

**Henry B Gonzales Convention Center and Grand Hyatt  
San Antonio**

The Annual Meeting Preliminary Schedule, including the full list of speakers, will be available online on Monday, June 15, 2015.

Online registration for the 62nd Annual Meeting opens Monday, August 3, 2015 for AACAP members and Monday, August 10, 2015 for non-members. Be sure to register early to attend all of your preferred events.

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## AACAP 2015 Spring Assembly Meeting, Washington, D.C.

By William Arroyo, M.D.

The Spring Assembly Meeting was held in Washington, D.C. on April 25, 2015. There were the usual reports from the AACAP leadership including President Paramjit Joshi, M.D., President-Elect Gregory Fritz, M.D. among others.

The AACAP is in great shape financially with cash flow the best ever, with more than \$10 million in reserves while the usual financial audit is underway.

A report from Dr. Martin, Editor of JAACAP, indicated that JAACAP remains the #1 medical journal cited in pediatrics.

Dr. Borer, Vice-Chair of the Assembly, indicated that as we move forward in our subspecialty, our members should establish relationships with other disciplines to enhance care for our patients.

Advocacy and Collaboration Grant awardees were ten this past year. A request to hear from past recipients was made by the Assembly Chair. Greeted with much applause was the announcement that the California Academy of Child and Adolescent Psychiatry (CALACAP) was about to embark (May 11) on its 4th annual legislative advocacy day in conjunction with three other statewide organizations, namely, United Advocates for Children and Families (UACF), National Alliance for Mental Illness – California, and Let's Erase the Stigma (an organization of high school youth). This effort was initiated by one of these grants under the leadership of former CALACAP president, Marcy Forgey, M.D.

An Assembly listserv will be launched shortly. Guidelines have been developed by the Executive Committee of the Assembly. The listserv will serve as a key strategy for communication among Assembly members.

A directory of Regional Organizations of Child and Adolescent Psychiatry (ROCAP) will be available to all ROCAP's shortly.

The deadline for the Catchers in the Rye Award is June 30; it is provided either to an individual or a ROCAP.

All ROCAP's were reminded to take advantage of the free Directors and Officers Insurance made available by AACAP.

The AACAP is very interested in ensuring the early career child and adolescent psychiatrists (EC-CAP) remain active in the organization. All ROCAP's were asked to identify an ECP delegate and notify the Assembly of the name of the delegate.

A moment of silence and tribute was made to Nilda Gonzalez, M.D., who was the current president of the Maryland ROCAP when she suddenly died.

Two terrific panels were featured at the Assembly, one on prescribing by psychologists and one on the integration of pediatric care with mental health. The first featured Dr. Debra Koss, Dr. Karen and Bryan Shuy (AACAP Assistant Director for Grassroots Advocacy). A historical perspective of this effort beginning in Hawaii and the recent law passed in Illinois was presented. The cam-



paigns for such laws and the opposition entail a lot of strategic planning and capital. The second panel, which was organized by Gregory Fritz, M.D., on integration with primary care featured two pediatricians who indicated that, as well intended as this concept is, the endeavor may be more expensive than has been generally known. Their efforts have involved a lot of planning, clear commitments from all parties and ongoing extensive collaboration. Limited research apparently exists regarding the evidence for a positive effect of integration with respect to children's mental health despite robust evidence with respect to adults.

A request to all ROCAP's was made to identify a person to be the regional media network representative; such rep's are to be reported to the Assembly.

Dr. Louis Kraus updated the Assembly on the work of the AACAP representatives to the American Medical Association; such included new resolutions on juvenile justice, use of antipsychotics among others.

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## **AACAP Legislative Advocacy Day, April 23 – 24**

By William Arroyo, M.D.

Congressman Tim Murphy was a featured speaker during the initial part of the advocacy event. He indicated that he would reintroduce his bill, which failed passage during the 113th Congress. He indicated that it would be very much the same and would include a provision related to mental health workforce issues, i.e., shortage of child and adolescent psychiatrists nationwide. He was very well received.

The attendees were organized by States and for whom at least three visits were scheduled at the Capitol. The California contingent included about 5 CAP's, two outstanding CAP Fellows from Stanford, and two parents with their children. We made visits to the offices of Senators Boxer and Feinstein where we met with their staff to discuss workforce shortage issues, access to pediatric subspecialties and the impending bill by Tim Murphy. Dr. Kraus and I as chairs of the Juvenile Justice Committee met with staff of Congressman Cardenas from Los Angeles who has track record of promoting juvenile justice issues both in Sacramento and Washington, D.C. In addition, I visited the office of Brad Sherman who is my congressman where I presented the issues related to workforce shortage and access to subspecialty care. I was honored by the staff who provided me with a 90-minute tour of the Capitol, something that I had never had; it was quite the treat and a refresher in fascinating American history.



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