

New York County Psychiatric Society
A District Branch of the American Psychiatric Association
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FY 2014

ANNUAL REPORT



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Dear NYCPS Member,

I am pleased to present to you our 2014 Annual Report which highlights some of the successful programs and events developed and conducted by our staff and members.

2014 was another exciting and important year for NYCPS with continuing changes in our organizational and financial structure. Most importantly, you might have noticed, we are now going by a new name, the New York County Psychiatric Society, or NYCPS for short. We are still your local District Branch of the American Psychiatric Association, but our new name allows us to have a clearer voice for our members and the greater mental health community in NYC. We hope you like it!

As we promised last year, we have continued our commitment to developing new programs and events. We kicked off our Telepsychiatry Training Program with two training groups in 2014. The Program was so successful we have already committed to continuing the program into 2015. Our NYC Minority Mentorship Network has also continued to grow and hosted two popular events in 2014, a mixer and a CV-101 Workshop. We have also rebooted our Residents' Committee. They are energized and ready to get to work so look forward to some great Resident-centered programming for 2015! You can read more about these initiatives in the following pages, but more importantly you can contact us for more information on how to get involved in these, or other, programs.

As always our staff and leadership remain dedicated to responsible financial budgeting and planning and I am happy to report that once again we have a healthy financial report (you can view more details in our Financial Outlook (page 11)). We remain strongly committed to increasing revenue for our Society without increasing dues and our successful year in 2014 leaves us well poised to develop even more programs as we move into 2015, providing more services to our members.

So with all this good news, what can you expect from us in 2015? Expect more resources for your practice, including help with e-prescribing and support for physicians experiencing a loss of a patient to suicide. Expect more educational opportunities on the hottest topics in psychiatry, like integrated care and what it means for the future of the profession. Expect more networking opportunities, with events to encourage mentoring, career development, and collegiality. Mostly, expect MORE!

I look forward to the continued growth of the Society and I encourage you all to consider joining us on a committee or at more NYCPS events. Remember, our growth is supported by contributions of members like you!

Sincerely

Meagan O'Toole, J.D.
Executive Director

OUR MISSION

Since its formation in 1955, the New York County Psychiatric Society, a District Branch of the American Psychiatric Association has strived to be a resource for both psychiatrists and the public. NYCPS is composed of over 1,800 psychiatrists in Manhattan and Staten Island, and is the largest district branch of the APA.

Our mission is to promote the common professional interests of our members, while working to improve the treatment, rehabilitation, and care of persons with mental disorders, and to advance the standards of all psychiatric services and facilities. NYCPS also aims to promote research, foster cooperation between those involved with the medical, psychological, social, and legal aspects of mental health and illness, and to make psychiatric knowledge available to practitioners of medicine, scientists, and the public.

2014-2015 Executive Council

OFFICERS

President, David Brody, M.D.

President-Elect, Jose Vito, M.D.

Secretary, Anna Costakis, M.D.

Treasurer, Daniel Safin, M.D.

Immediate-Past President, Julie Schulman, M.D.

Past President, Jack Hirschowitz, M.D.

COUNCIL MEMBERS

Brent Chabus, M.D.

Stuart Kleinman, M.D.

Beata Lewis, M.D.

Samuel Sharmat, M.D.

Nina Urban, M.D.

REPRESENTATIVES

Kenneth Ashley, M.D.

Herbert Peyser, M.D.

Gabrielle Shapiro, M.D.

Felix Torres, M.D.

Henry Weinstein, M.D.

NYCPS STAFF

Executive Director, Meagan O'Toole, J.D.

Program Manager, Michaela Hyams

Administrative Assistant, Alyson Cozzolina

COMMITTEES

NYCPS encourages active participation and involvement among all its members. We welcome interested members to join one of our many active committees composed of knowledgeable and devoted members.

Committees

- AIDS
- Budget & Finance
- Advocacy, Legislation & Government Relations (CALGR)
- Community Service
- Ivan Goldberg Award
- LGBT
- Membership
- Private Practice
- Public Affairs
- Research
- Residents'
- Technology
- United Nations
- Women's

2014 Committee Highlights:

Residents' Committee

In 2014, NYCPS reformed its Residents' Committee. The Committee includes a representative from almost every Residency Program in the NYCPS jurisdiction. The Committee met several times to discuss what events and programs would be of interest to Residents. For their first event, the Committee plans to host a Residents-only mixer where residents from different programs can come to network and socialize in a relaxed and fun setting. In addition, the Co-chairs of the Committee regularly attend the monthly NYCPS Executive Council meetings in order to represent the resident membership.

Technology Committee

The newly revitalized Technology Committee created a survey for NYCPS members to assess their technology concerns and to find out what issues the Committee should address. Some of the concerns highlighted were the safe use of technology in a psychiatric practice, HIPAA compliance, and E-Prescribing. In response, the Committee is planning an informational e-prescribing event to be held in 2015, in advance of the NYS mandate.

Advocacy Day Training

In June of 2014, representatives from the national APA office traveled to NYC to provide an important training on advocacy to help NYCPS members understand how they can get involved in the process. The presentation helped educate members on how to effectively communicate a message to state and federal representatives, and discussed the importance of building a coalition with allies in order to achieve a common objective or goal. At a time when advocacy for patients and the profession is especially needed, this training was particularly relevant.

Apple Source Newsletter

NYCPS continues to publish its popular newsletter twice annually. Members are encouraged to submit articles or special announcements for publication. NYCPS also invited interested members to join the Editorial Board in soliciting and planning articles for the newsletter.

In 2015, we plan to move to an electronic format, which will allow members to read the newsletter online, follow links, and engage in a media-rich interactive reading experience.

DSM-5 Workshops

NYCPS hosted a second DSM-5 Workshop in 2014 at no cost to members. Trainers, Joseph Carmody, M.D. and Felix Torres, M.D. were exclusively trained by the APA editors of the DSM-5 to conduct the workshop. Members who took advantage of the workshop were instructed on the following topics:

- The history and use of the DSM and the development of the DSM-5
- Identification, application, and explanation of the changes included in the DSM-5
- Practical guidelines for usage of the new criteria in clinical, research, and private practice settings, as well as for administrative purposes.

Minority Mentorship Program

NYCPS members started the Minority Mentorship Network in 2013 to promote and support residents and early career psychiatrists of underrepresented groups by exposing them to more mentoring opportunities. In 2014, in partnership with Dr. Hutner's NYU Psychiatry Residency Evening Series on Transitioning to Early Career Psychiatry, the Network hosted a CV-101 Workshop with a focus on critical information for residents and ECPs regarding how to present themselves best in a CV. Senior psychiatrists were also available to help Residents and Early Career Psychiatrists review their CVs, to highlight strengths, and to address areas for development. Panelists included Dr. Lucy Hutner,

Associate Program Director of the Psychiatry Residency Training Program and Assistant Professor at the New York University School of Medicine, and Marguerite Salen, Administrative Director at the Columbia Department of Psychiatry. In addition, the Network hosted a mixer for members to socialize and meet other members.

MOC Event

Dr. Larry Faulkner, the President and CEO of the ABPN and Clinical Professor of Neuropsychiatry and Behavioral Science at the University of South Carolina School of Medicine, joined the Society for an evening to review new updates on Maintenance of Certification (MOC) requirements. Dr. Faulkner also answered members' questions regarding the MOC process.

Telepsychiatry Grant

In 2014, NYCPS held its first Telepsychiatry Trainings over the course of four weekends at The New York Society for Ethical Culture in New York City. The training stems from a 2013 APA Innovative Grant awarded to the Society in order to develop a Telepsychiatry Training Program to equip members with the knowledge, resources, and strategies necessary to implement a "virtual mental health clinic" at their respective sites and within their communities. An introduction to the course was given by Phyllis Harrison-Ross, M.D., Commissioner, NYS Commission of Correction, and training was provided by Telepsychiatry expert Steven Hyler, M.D., Professor of Psychiatry at CUMC, Columbia University. Technical and clinical supervision was provided by Frank Corigliano, PhD. The program was such a success, the Society plans to offer additional trainings in 2015.

ANNUAL EVENTS

NYCPS Annual Meeting

Each year the Society holds an Annual Meeting for members and their guests. The event includes a formal dinner and presentations by experts on important and relevant topics in the field of psychiatry. The 2014 Annual Meeting was held at the New York Academy of Medicine and featured keynote speaker, Maria Oquendo, M.D., Professor of Clinical Psychiatry at Columbia University, Vice Chair for Education, Director of Residency Training at the New York State Psychiatric Institute. Dr. Oquendo address was titled, “Suicidal Behavior: A Separate Diagnosis for DSM-5.” The Annual Meeting also held a presentation for the NYCPS Annual Resident Research Awards, recognizing all participants and providing the top three placements with their honoraria and plaques. The Society also honored long-time member and contributor to the psychiatric community, Dr. Ivan Goldberg.



Josef Weissberg Legislative Breakfast

The Josef Weissberg Legislative Breakfast is an annual event that brings together members with elected representatives, directors of state and city agencies, and academic leaders to discuss an important issue affecting the field of psychiatry. In 2014, the Legislative Breakfast was held on January 26th at the New York Academy of Medicine. The topic, "*Closure and Consolidation of Mental Health Facilities: Promise and Peril*," was moderated by NYCPS President-Elect, David Brody, M.D. and panelists included Ann Marie T. Sullivan M.D., Acting Commissioner, New York State Office of Mental Health, Elizabeth Ford, M.D., Director, Division of Forensic Psychiatry, NYU/Bellevue, and Jeffrey Lieberman, M.D., Professor & Chairman of Psychiatry, Columbia University and APA President.



Manhattan Borough President, Gale Brewer speaks at the 15th Annual Legislative Breakfast

Meet & Greet

The New York County Psychiatric Society's Annual Meet & Greet is a social event that gives members a chance to meet members of the Executive Council, to network with each other, and to discuss ideas with fellow psychiatrists over an informal dinner event. The 2014 Meet & Greet was held in September at the 79th Street Boat Basin and was the most well-attended year to date! Members had fun engaging in a friendly competition and raffle to win prizes such as an ipad mini and gift cards to popular retailers.



FINANCIAL OUTLOOK

| Profit and Loss Comparison | | | |
|----------------------------|------------|------------|------------|
| | 2014 | 2013 | 2012 |
| Total Income | 286,553.26 | 309,879.00 | 268,194.18 |
| Total Expense | 247,553.87 | 233,930.00 | 265,577.22 |
| | | | |
| Net Ordinary Income | 38,999.39 | 75,949.00 | 2,616.96 |

Please see the detailed financial report for 2014 on the following page.

NY County District Branch, American Psychiatric Association
Profit & Loss
 January through December 2014

| | <u>Jan - Dec 14</u> |
|---------------------------------------|---------------------|
| Ordinary Income/Expense | |
| Income | |
| Contributions Income | |
| Grants | 10,227.00 |
| Contributions Income - Other | 1,050.00 |
| Total Contributions Income | <u>11,277.00</u> |
| Interest Income | 753.89 |
| Membership Dues | 251,825.30 |
| Miscellaneous Revenue | |
| Mailing List Income | 200.00 |
| Miscellaneous Revenue - Other | 100.00 |
| Total Miscellaneous Revenue | <u>300.00</u> |
| Program Services Revenue | |
| Event Income | 17,405.16 |
| Newsletter Income | 4,582.00 |
| Total Program Services Revenue | <u>21,987.16</u> |
| Uncategorized Income | 409.91 |
| Total Income | <u>286,553.26</u> |
| Gross Profit | 286,553.26 |
| Expense | |
| Bank Service Charges | 55.00 |
| Conferences & Meetings | 122.46 |
| Employee Benefits | 16,682.45 |
| Governance Expenses | |
| Election Expenses | 2,576.22 |
| Executive Council Expenses | 4,457.69 |
| Governance Expenses - Other | 560.00 |
| Total Governance Expenses | <u>7,593.91</u> |
| Information Technology | |
| Email | 611.99 |
| Website | 0.00 |
| Information Technology - Other | 76.21 |
| Total Information Technology | <u>688.20</u> |
| Insurance | |
| Business General Liability | 455.00 |
| D&O Insurance | 2,002.00 |
| Total Insurance | <u>2,457.00</u> |
| Office Expense | |
| Conference Calls | 123.81 |
| Office Supplies | 533.87 |
| Storage | 1,125.00 |
| Telephone | 792.28 |
| Virtual Office | 1,934.52 |
| Total Office Expense | <u>4,509.48</u> |
| Payroll Expenses | |
| Payroll Taxes | 56,843.95 |
| Worker's Comp | 325.00 |
| Payroll Expenses - Other | 2,344.86 |
| Total Payroll Expenses | <u>59,513.81</u> |
| Postage and Delivery | 42.75 |
| Professional Fees | |
| Accounting | 2,500.00 |
| Legal | 2,110.50 |
| Total Professional Fees | <u>4,610.50</u> |

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04/28/15
Cash Basis

NY County District Branch, American Psychiatric Association
Profit & Loss
January through December 2014

| | <u>Jan - Dec 14</u> |
|---------------------------------|-------------------------|
| Program Expenses | |
| Annual Meeting | 13,211.50 |
| Committees Expenses | 1,114.59 |
| Legislative Breakfast | 5,588.86 |
| Meet & Greet | 6,232.56 |
| Mentorship Program | 713.26 |
| Newsletter Expenses | 5,256.65 |
| Resident Research Awards | 1,872.48 |
| Telepsychiatry Grant | 6,553.19 |
| Program Expenses - Other | 2,151.21 |
| Total Program Expenses | <u>42,694.30</u> |
| Salary | 107,423.27 |
| Travel & Meals | |
| Meals | 136.54 |
| Travel | 879.86 |
| Travel & Meals - Other | 144.34 |
| Total Travel & Meals | <u>1,160.74</u> |
| Total Expense | <u>247,553.87</u> |
| Net Ordinary Income | <u>38,999.39</u> |
| Net Income | <u><u>38,999.39</u></u> |