

ANNUAL REPORT

FY 2015

New York County Psychiatric Society

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TABLE OF CONTENTS

Letter from the Executive Director	3
Our Mission	4
Governance: 2015-2016 Executive Council	5
Committees	6
Programs & Grants	8
Apple Source Digital Magazine & E-News Blasts	8
E-Prescribing Information	8
Integrated Care	8
Minority Mentorship Program	9
Research Grants	9
Telepsychiatry Training Program	10
Annual Events	11
Legislative Breakfast	11
Annual Meeting & Resident Research Awards	11
Meet & Greet	11
Financial Outlook	13

Dear NYCPS Member,

I am pleased to present to you our 2015 Annual Report, which highlights some of the successful programs and events developed and conducted by our staff and members.

2015 was another important year for NYCPS with continuing changes in our organizational and financial structure.

As we promised last year, we have continued our commitment to developing new programs and events as well as updating our annual offerings. Our Annual Meet & Greet was one of our largest ever, the 2015 Annual Meeting addressed the important intersection of mental health and criminal justice with Keynote Speaker NYPD Commissioner William Bratton, and our Legislative Breakfast was co-hosted for the first time with the New York County Medical Society. Our training resources in Telepsychiatry and E-prescribing proved very popular and we had some great opportunities for fun including a Bowling Night and a Community Service Day. We also increased programming for our newest colleagues entering the field with successful events from our rebooted Residents' Committee and research grants for medical students.

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 13)). We remain strongly committed to increasing revenue for the Society without increasing dues and our successful year in 2015 leaves us well poised to develop even more programs as we move into 2016, providing additional services to our members without raising costs.

So at the close of such a successful year, what can you expect from us in 2016? Expect more resources for your practice, including help with e-prescribing and support for physicians transitioning to early career or into fellowship. Expect more educational opportunities on the hottest topics in psychiatry, like emerging drugs of abuse, and where the future of the profession is headed. 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 a committee and attending 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 advance the field of psychiatry, advocate for access to treatment and excellence in patient care, promote research and education, and serve the professional needs of our members.

2015-2016 Executive Council

OFFICERS

President, Jose Vito, M.D.

President-Elect, Dan Safin, M.D.

Secretary, Anna Costakis, M.D.

Treasurer, Brent Chabus, M.D.

Immediate-Past President, David Brody, M.D.

Past President, Julie Schulman, M.D.

COUNCIL MEMBERS

Laura Erickson-Schroth, M.D.

Jack Hirschowitz, M.D.

Stuart Kleinman, M.D.

Beata Lewis, M.D.

Sabina Lim, M.D.

Samuel Sharmat, M.D.

Nina Urban, M.D.

REPRESENTATIVES

Kenneth Ashley, M.D.

David Roane, M.D.

Shabnam Shakibaie-Smith, 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
- Complementary & Alternative Medicine
- Early Career Psychiatrists
- Forensic
- Ivan Goldberg Award
- LGBT
- Private Practice
- Public Affairs
- Research
- Residents'
- Technology
- United Nations (& Listserv)
- Women's

2015 Committee Highlights:

Community Service Committee

As part of the One for All Grant, the Community Service Committee, spearheaded by Chair, Dr. Anna Costakis, partnered with The Children's Magical Garden, a nonprofit community garden located on the lower east side of Manhattan. In early fall, the Committee organized a volunteer day, where members and their families came out to the garden and planted flowers, helped build a raised bed to plant fall veggies, painted signs, and helped prepare the garden for the upcoming fall and winter seasons. Sandwiches and apple cider were offered, while a live jazz band played music in the background. It was a successful event and the Committee plans to return again in the Spring of 2016.



Members and their families at the Children's Magical Garden

Residents' Committee

In 2015, the Residents' Committee worked to promote networking and strengthen professional bonds across programs. They hosted a Resident Movie Night in the early spring and a Residents' Only Mixer in the fall. In addition, the Residents' Committee and Early Career Psychiatrists (ECP) Committee co-hosted a bowling night during IPS. The event brought together residents and early career psychiatrists from across the country.

UN Committee & Listserv

In 2014, the APA was approved as an NGO with special consultative status with the United Nations- an effort led by NYCPS member Dr. Vivian Pender. A small group of key members serve as the NYCPS UN Committee's leadership and regularly attend meetings and serve as panelists at UN events and discussions. The Committee has also created a listserv for interested members, who are notified about select events and opportunities for participation throughout the year. In addition, in 2015, the Committee co-sponsored a movie night and made a presentation at IPS. Our members are making important connections on the global stage and advocating for mental health throughout the UN system. As more members become well versed in the UN system, we are hoping to make an even greater impact.

PROGRAMS & GRANTS

Apple Source Digital Magazine & E-News Blasts

In 2015, we transitioned from a printed Newsletter into a fully enhanced, interactive digital magazine published online twice annually. The new format allows us to expand on content, add photos from NYCPS events, include interactive media and direct links, and has cut costs drastically. Members are encouraged to submit articles or special announcements for publication. Our magazine contains articles written primarily by NYCPS members and staff, and regular features include a letter from the President, a spotlight piece recognizing an NYCPS member for their achievements or special work in psychiatry, updates on NYCPS Committees and events, book and movie reviews, classifieds, and ads. We have also added recurring sections on topics our members have expressed interest in, like how-tos for technology.

Our monthly E-Blasts contain timely news in smaller doses. We highlight the NYCPS calendar of events and include a section on upcoming deadlines for APA/general psychiatry awards, grants, etc. In addition, we feature the top news stories related to psychiatry from the New York Times and other important media outlets. We have also added a dedicated block, “Member Benefit of the Month,” that highlights an APA benefit.

E-Prescribing Information

On January 31, 2015, NYCPS held a half day E-Prescribing Information Session at the New York Academy of Medicine to prepare members for the mandatory e-prescribing deadline. The information session included a presentation on the legal ins and outs of e-Rx by Rachel Fernbach, Esq., NYSPA Deputy Director and Assistant General Counsel; a panel of psychiatrists, including Drs. David Brody, Ira Bergman, and Aaron Patterson, already familiar with the practical day to day aspects of e-prescribing; and vendor information.

Integrated Care

NYCPS held a panel event entitled Integrated Care: A New Model of Medicine, on January 28, 2015 at Bellevue Hospital as part of an APA Expedited Grant. Member panelists included Commissioner for the New York State Office of Mental Health, Dr. Ann Sullivan, Deputy Chair and Clinical Director of Psychiatry & Behavioral Sciences at Montefiore Medical Center, Dr. Bruce Schwartz, and Chief of Clinical Operations, Mount Sinai and Vice Chair for Clinical Affairs, Department of Psychiatry at the Icahn School of Medicine Mount Sinai, Dr. Sabina Lim. The panel discussed various ways integrated care will impact the future of psychiatry.

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 offering them more opportunities for mentorship. NYCPS continues to work with a group of residents to strengthen our Minority Mentorship Network, which connects MURs, RFMs, and ECPs with established psychiatrists to foster mentoring relationships. The Network held two events in 2015. The first event, co-sponsored with BPGNY (Black Psychiatrists of Greater New York) and the Empire State Medical Association, was a seminar on the Mental Health Needs of Professional Athletes, with keynote speaker Dwight Hollier, Director of the Transitions and Clinical Services for the NFL. Mr. Hollier was in the NFL for many years and now works to support the mental health needs of NFL players. The second event was a Career Panel that focused on highlighting important information and advice to members leaving residency, such as tips on finding a job. Several panelists discussed how they found their first jobs through APA connections and by actively participating in NYCPS Committees.



Career Panel Event November 12, 2015

Research Grants for Medical Students

The NYCPS Research Committee spearheaded a program to award grant funding to medical students who submit their research proposals. The purpose of these grants is to cover gaps of \$100-\$2,000 in funding for medical students' psychiatry-related research. This grant makes NYCPS and APA a resource early in the careers of soon-to-be psychiatrists and strengthens our relationship with potential members. In 2015, we gave out grants to four medical students in the NYC area, and we continue to take applications for grants on a rolling basis throughout the year.

Telepsychiatry Training Program

The NYCPS Telepsychiatry Training Program held at The New York Society for Ethical Culture continues to be extremely successful. NYCPS offered two separate weekend training sessions in 2015, both of which filled to capacity. 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. Training is provided by telepsychiatry expert, Steven Hyler, M.D., Professor of Psychiatry at CUMC, Columbia University. Technical and clinical supervision is provided by Frank Corigliano, PhD. The program continues to be in demand and we will be offering additional training opportunities in 2016.

ANNUAL EVENTS

Legislative Breakfast

On February 8, 2015, the New York County Psychiatric Society and the New York County Medical Society held its first-ever joint Legislative Breakfast at the New York Academy of Medicine. The Legislative Breakfast is an annual event that brings together members with elected representatives, directors of state and city agencies, and academic leaders to discuss important issues affecting the field of psychiatry. Legislators in attendance included US Congresswoman Carolyn Maloney, NYS Senator Gustavo Rivera, NYS Assemblyman Dan Quart, NYC Councilmember Mathieu Eugene, and NYS Assembly Health Committee Chair, Richard Gottfried.

NYCPS Annual Meeting & Resident Research Awards



Each year the Society holds an Annual Meeting for members and their guests that includes a formal dinner and presentations by experts on important and relevant topics in the field of psychiatry. The 2015 Annual Meeting was held at the New York Academy of Medicine and featured keynote speaker, New York City Police Commissioner William Bratton. Commissioner Bratton spoke on some of the important issues that arise at the intersection of mental health, law enforcement, and the criminal justice system. The meeting was well-timed with concerns of treatment on Riker's Island and lack of training for police officers in dealing with those with mental illness.

The NYCPS Resident Research Awards ceremony is a regular program feature at the Annual Meeting. The presentation recognizes all resident members who submitted abstracts, and awards the top three placements with honoraria and plaques. 2015 winners included Dr. Mercedes Perez-Rodriguez (1st place), Dr. Marc Lener (2nd place), and Dr. David Nissan (3rd place).

Meet & Greet

Held at the 79th Street Boat Basin, the New York County Psychiatric Society's Annual Meet & Greet is a social event that gives members a chance to meet the Executive Council, to network and socialize with each other, and to discuss ideas with fellow psychiatrists in a fun and casual setting. The event is among the most popular and well-attended events the Society hosts, and the 2015 Meet & Greet was no exception! Members had fun engaging in a friendly competition and raffle to win prizes such as an

ipad mini, a Freudian Gift Basket (provided by Platinum Sponsor, PRMS), and gift cards to popular retailers.



2015 Annual Meet & Greet

FINANCIAL OUTLOOK

Profit and Loss Comparison			
	2015	2014	2013
Total Income	271,818.21	286,553.26	309,879.00
Total Expense	239,861.14	247,553.87	233,930.00
Net Ordinary Income	31,957.07	38,999.39	75,949.00

Please see the detailed financial report for 2015 on the following pages.

NY County District Branch, American Psychiatric Association
Profit & Loss
January through December 2015

Ordinary Income/Expense		
Income		
Contributions Income		
Grants	7,678.57	
Contributions Income – Other	<u>100.00</u>	
Total Contributions Income		7,778.57
Interest Income		1,973.93
Membership Dues		233,804.43
Miscellaneous Revenue		
Mailing List Income	250.00	
Miscellaneous Revenue - Other	<u>225.00</u>	
Total Miscellaneous Revenue		475.00
Program Services Revenue		
Event Income	22,131.64	
Newsletter Income	2,771.00	
Program Services Revenue - Other	<u>1,578.40</u>	
Total Program Services Revenue		26,481.04
Uncategorized Income		<u>1,305.24</u>
Total Income		<u>271,818.21</u>
Gross Profit		271,818.21
Expense		
Bank Service Charges		18.75
Conferences & Meetings		31.06
Employee Benefits		23,540.40
Governance Expenses		
Election Expenses	509.44	
Executive Council Expenses	<u>3,478.54</u>	
Total Governance Expenses		3,987.98
Information Technology		
Email	252.07	
Information Technology - Other	<u>4,556.82</u>	
Total Information Technology		4,808.89
Insurance		
Business General Liability	425.00	
D&O Insurance	<u>1,907.00</u>	
Total Insurance		2,332.00
Miscellaneous		1,305.24
Office Expense		
Conference Calls	78.99	
Office Supplies	598.26	
Storage	1,134.00	
Telephone	552.69	
Virtual Office	1,865.76	
Office Expense - Other	<u>28.81</u>	
Total Office Expense		4,258.51
Payroll Expenses		
Payroll Taxes	51,422.77	
Worker's Comp	345.68	
Payroll Expenses - Other	<u>2,523.59</u>	
Total Payroll Expenses		54,292.04
Postage and Delivery		28.75
Program Expenses		

Annual Meeting	7,941.69	
Committees Expenses	9,237.84	
Expedited Grant Expenses	778.27	
Legislative Breakfast	2,509.76	
Meet & Greet	6,038.17	
Mentorship Program	914.84	
Newsletter Expenses	199.51	
Resident Research Awards	1,847.99	
Telepsychiatry Program	3,208.49	
Program Expenses - Other	<u>77.25</u>	
Total Program Expenses		32,753.81
Research- Restricted		7,500.00
Salary		103,018.18
Staff Training/Education		1,450.00
Travel & Meals		
Travel	<u>535.53</u>	
Total Travel & Meals		<u>535.53</u>
Total Expense		<u>239,861.14</u>
Net Ordinary Income		31,957.07
Other Income/Expense		
Other Income	<u>0.22</u>	
Total Other Income		<u>0.22</u>
Other Expense		
Other Expenses	<u>0.22</u>	
Total Other Expense		<u>0.22</u>
Net Other Income		<u>0.00</u>
Net Income		<u>31,957.07</u>