



## New York County Psychiatric Society

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**FY 2018**

**ANNUAL REPORT**

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Dear NYCPS Member,

This year has been a busy one for NYCPS and I am pleased to once again present you with our Annual Report, which highlights many of the successful programs and events NYCPS held over the course of the year.

NYCPS leadership has remained committed to developing new and interesting programs and events, as well as maintaining members' favorite annual offerings. Our social events in 2018 brought members together from across the City to attend our Meet & Greet at the Boat Basin and our Holiday Party saw its biggest attendance ever. Employers joined our Fellowship Night for the first time in 2018, giving residents and fellows a chance to meet with both representatives from local programs and check out potential employment opportunities. We also covered important topics in the field with panels on fentanyl & the opioid crisis, transgender mental health, and the implications of the digital age on psychiatry. In addition to our academic topics, our Committees planned several events helping members prepare and excel in their careers, such as the Women's Committee event on negotiating in the workforce and the Minority Affairs Committee event on global psychiatry. We offered increased opportunities to learn about advocacy in 2018 by holding "Psychiatrists as Physician Advocates," an update on asylum law, and our Committee on Psychiatrists for Community Empowerment's (P4CE) "So You Want to Change the World?"

As always, our leadership and staff remain dedicated to responsible budgeting and financial 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 on page 14). We also remain strongly committed to increasing revenue for the Society without increasing your dues! Our successful year in 2018 leaves us well poised to explore new programs and ideas in 2019 and we can't wait for you to see what we have planned!

This report is a great way to highlight the past year's accomplishments for NYCPS, but what isn't always represented is WHY we continue to focus on connecting members to each other for mentoring, employment, learning, or just for fun. Creating an engaged community of psychiatrists in NYC that reaches beyond hospital corridors and private practice walls is our priority. It is our priority because we believe that progress for mental health care is best pursued with dedicated experts connected and driving the force of change. As we look forward to 2019, we'll continue to seek out new ways to bring our members together to amplify the strength and effectiveness of our community as leaders.

I hope you'll consider becoming even more involved with NYCPS in the coming year – join us for more events, send us feedback, or lend your talents to one of our many Committees! With our members' increased engagement, we surely have a great year ahead!

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 striven 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.

## 2018-2019 Executive Council

### OFFICERS

**President**, Brent Chabus, M.D.

**President-Elect**, David Roane, M.D.

**Secretary**, Shervin Shadianloo, M.D.

**Treasurer**, Vicente Liz, M.D.

**Immediate-Past President**, Anna Costakis, M.D.

**Past President**, Daniel Safin, M.D.

### COUNCIL MEMBERS

Simona Goschin, M.D.

Jeremy Kidd, M.D.

Danielle Kushner, M.D.

Eric Marcus, M.D.

Marta Scott, M.D.

Samuel Sharmat, M.D.

Nina Urban, M.D.

### REPRESENTATIVES

Kenneth Ashley, M.D.

Gabrielle Shapiro, M.D.

Felix Torres, M.D.

Jose Vito, M.D.

Henry Weinstein, M.D.

### NYCPS STAFF

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

**Administrative Coordinator**, 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

- Addiction Psychiatry
- Budget & Finance
- Advocacy & Government Relations (CAGR)
- Complementary & Integrative Medicine (CIM)
- Early Career Psychiatrists (ECP)
- Forensic
- HIV Psychiatry
- Ivan Goldberg Award
- LGBT
- Minority Affairs
- Psychiatrists for Community Empowerment (P4CE)
- Private Practice
- Public Affairs
- Research
- Residents'
- Technology
- United Nations
- Women's

## 2018 Committee Highlights:

### **Addiction Psychiatry Committee**

The Committee on Addiction Psychiatry, Chaired by Executive Council Member, Jeremy Kidd, M.D., held its first official Committee event on September 25, 2018 at Mt. Sinai. The event, *Fentanyl - A New Chapter in the Opioid Epidemic*, was well-received and attended by members, who found the topic both interesting and clinically relevant. Sandra Comer, PhD, a Professor of Neurobiology in the

Department of Psychiatry at the College of Physicians and Surgeons of Columbia University and a Research Scientist at the New York State Psychiatric Institute, was the presenter.

### **Minority Affairs Committee**

In 2018, the Minority Mentorship Program became the Minority Affairs Committee, Chaired by Dr. Adjoa Smalls-Mantey, who has proven her leadership qualities and dedication right from the start! The Committee's Charge is as follows:

1. *To foster professional development of minority psychiatrists through educational programming and networking opportunities.*
2. *To advocate for issues of particular interest to minority health and provide education to increase cultural proficiency.*
3. *To liaise with other minority psychiatric organizations in the NYC metropolitan area to advance the treatment of minority patient populations.*

The Committee hosted two events in 2018. The CV & Mentorship night included a presentation by Marguerite Salen, from Columbia University, who shared CV tips and tricks. For the second half of the event, residents and ECPs met one-on-one with experienced psychiatrist mentors who offered career advice after being matched by staff. The Committee also hosted a Global Psychiatry Seminar, featuring an introduction by Dr. Amy Aloysi, faculty member of the Mount Sinai Global Health Program, and speakers included Drs. Andres Barkil-Oteo and Lianne Smith, who spoke about their experiences working internationally.

### **Technology Committee**

Drs. Pallavi Joshi and Orlando Klass Co-Chair the newly revamped Technology Committee. In 2018, the Committee held an event titled, *Psychiatry in the Digital Age: Pitfalls and Possibilities*, which featured a panel discussion and Q&A. The event examined emerging concerns about privacy, compliance, and patient care as technology becomes ingrained in both private and hospital-based psychiatric practice. The panel of experts, including Milan Kowalewski, CEO, Pulse Marketing, Carlene MacMillan, M.D., Clinical Director, Brooklyn Minds, and Donna Vanderpool, MBA, J.D., Vice President, Risk Management, PRMS, presented on the pitfalls and possibilities of technology in psychiatric practice, including EHR vulnerabilities, HIPAA compliant texting, and digital media marketing.



Psychiatry in the Digital Age: Pitfalls and Possibilities, 2018

# PROGRAMS & GRANTS

Several years ago, the Executive Council made a conscious effort to direct more funding toward programming each year. As a result, NYCPS has been able to offer a steady increase in both quality and quantity of events and programs, to the direct benefit of members. The chart below shows our increase in programming expenses and program offerings in two-year increments despite *no increase in dues*. (For a more detailed breakdown, see page 14. Note: Expenses include governance & research.)

2012	2014	2016	2018
\$17,276	\$49,640	\$52,739	\$55,401
Annual Meeting	Annual Meeting	Annual Meeting	Annual Meeting
Legislative Breakfast	Legislative Breakfast	Legislative Breakfast	Legislative Breakfast
Meet & Greet	Meet & Greet	Meet & Greet	Meet & Greet
CME Event	Minority Mentorship Program	Minority Mentorship Program	Minority Affairs Mentorship & CV Night
	DSM-5 Workshop	Fellowship Night	Fellowship Night
	Telepsychiatry Training	Bowling Night	Bowling Night
	MOC Training	Holiday Party	Holiday Party
	Advocacy Training	UN Committee Movie Night	UN Committee Movie Night
		Residents' Committee Mixers	Residents' Committee Summer Mixer
		Women's Ctte Event (Perinatal Psychiatry)	Women's Ctte Event (Negotiating in the WF)
		Community Service Day	P4CE Committee (How to Make an Impact)
		LGBT Movie Night	LGBT Ctte & AGLP Mixer
		CAM Committee Event	Complementary & Integrative Medicine Event
		Emerging Drugs of Abuse Panel	Addiction Committee Fentanyl & Opioid Epidemic
		ECP Physician Suicide Panel	ECP & NYCCAP Social Mixer
		AIDS Committee Social with SLP	HIV Psychiatry & LGBT Cttes (Transgender MH)
		E-Prescribing Info Session	Tech Committee (Digital Psychiatry)
		Senior Psychiatrists Event	Psychiatrists as Physician Advocates
			Minority Affairs Ctte (Global Psychiatry)
			Forensic Committee (Asylum Law)
			Forensic Committee (Fitness for Duty)
			PRMS CME Educational Event



## NYCPS Website

NYCPS launched our new website, [www.nycpsych.org](http://www.nycpsych.org) in 2016, and we have continued to expand the information available based on our members' needs. The website allows members to view the organization's calendar, register for events, get important news and updates, find out about grant and award opportunities, view information on Committees and their events, read and place classified ads, and learn more about what NYCPS membership has to offer.

## E-News Blasts & Social Media

Our monthly E-News blasts contain timely news, event information and registration links, important updates, an APA "Member Benefit of the Month," and classified ads. We highlight the NYCPS calendar of events and include a section on upcoming deadlines for APA/general psychiatry awards, grants, etc. We also feature the top news stories related to psychiatry from a variety of media outlets.

In addition to our E-News blasts and website, NYCPS has a strong social media presence. The NYCPS Facebook page, at [www.facebook.com/NYCpsychiatric](https://www.facebook.com/NYCpsychiatric), has over 200 likes; our Twitter account, @psychiatryNYC, has nearly 1000 followers; and our newly added, Instagram, @nycpsychiatric, has close to 100 followers!

## Fellowship Night

Spearheaded by our Residents' Committee, which is composed of representatives from each of the 10 different programs within our jurisdiction, Fellowship Night continues to grow. The event is set up as an informal fair where residents can meet representatives from various fellowship programs throughout the NYC area, peruse tables, and learn more about specific fellowship opportunities as well as the benefits of fellowship in general. In 2018, we added a career component to the event, by inviting employers looking to hire, expanding its usefulness to members beyond those interested in fellowships. There were 7 employers and 29 programs in attendance, including fellowships in Consultation/Liaison, Addiction, Child & Adolescent, Geriatric, Forensic, Integrated Care & Administrative, Psychoanalytic, Transgender, Women's, Psychosomatic & Psycho-Oncology, and Public Psychiatry.

## Minority Mentorship Network (MMN) 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. In 2018, under the leadership of Dr. Adjoa Smalls-Mantey, the Program was transformed into an official NYCPS Committee. The Minority Affairs Committee will continue to strengthen our Minority Mentorship Network, connecting MURs, RFMs, and ECPs with established psychiatrists to foster mentoring relationships. The Committee will also host a variety of events targeting issues related to minorities including supporting the professional development of minority psychiatrists,

advancing the treatment of minority patient populations, and working with other minority organizations in the NYC area.

## Research Grants for Medical Students & Residents

In 2015, the NYCPS Research Committee began a program to award grant funding to medical students who submit research proposals. The purpose of these grants is to cover gaps of \$1000-\$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 2018, we expanded the program to include grants for Resident-Fellow Members, and we awarded grants to two Residents in the NYC area. We continue to take applications for grants on a rolling basis throughout the year.

## ANNUAL EVENTS

### Legislative Breakfast

On January 28, 2018, the New York County Psychiatric Society, the New York County Medical Society and the New York Council on Child & Adolescent Psychiatry held a 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 U.S. Congresswoman Carolyn Maloney, NYS Senator Gustavo Rivera, Assembly Member Carmen De La Rosa, and Assembly Member Richard Gottfried.



US Congresswoman Carolyn Maloney at the 2018 Legislative Breakfast

### NYCPS Annual Meeting & Awards Dinner

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, in addition to presentations for several awards. The 2018 Annual Meeting was held at the New York Academy of Medicine. The topic, *Understanding the Goldwater Rule in Today's Political Climate*, featured panelists Paul Appelbaum, M.D., Jeffrey Freedman, M.D., and John Martin-Joy, M.D.

The NYCPS Resident Research Awards ceremony recognizes all resident members who submit abstracts and awards the top three placements with honoraria and plaques. The 2018 winners were Olubunmi Asana, M.D. (1<sup>st</sup> place- tie), Sophia Kogan, M.D., Ph.D. (1<sup>st</sup>place- tie), and Stephanie Rolin, M.D., M.P.H. (3<sup>rd</sup> place).

The Ivan Goldberg Outstanding Service Award commemorates the unique and novel contributions made by the late Dr. Goldberg to the field of psychiatry and awards a psychiatrist member who demonstrates the pioneering spirit of Dr. Goldberg's work; to make psychiatric knowledge accessible to all. The 2018 Ivan Goldberg Award recipient was Dr. Karinn Glover.

In addition, members of the Residents' Committee present the Outstanding Faculty Mentor Awards. In their words, *a mentor is someone to look up to, embodies strength, confidence, a fervor for learning, and most importantly is supportive and sensitive to a resident's needs during training.* Program representatives on the Residents' Committee are responsible for selecting a recipient within their program to honor faculty mentors who embody these characteristics and give thanks for their outstanding contributions to resident training.





## Meet & Greet



Held at the 79<sup>th</sup> 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 as well as committee chairs, to network and socialize with each other, and to discuss ideas with fellow psychiatrists in an enjoyable and casual setting. The event is among the most popular events the Society hosts and the 2018 Meet & Greet had the highest attendance to date! 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 Partner, PRMS), and gift cards to popular retailers.



# FINANCIAL OUTLOOK

Profit and Loss Comparison			
	2016	2017	2018
<b>Total Income</b>	289,193.80	264,054.36*	300,534.83
<b>Total Expense</b>	271,322.04	275,638.96	270,550.02
<b>Net Ordinary Income</b>	17,871.76	-11,584.60	29,949.81

\*Portion of decrease in income attributed to change in billing cycle for 2017

## Detailed 2018 Financial Report

### NY County District Branch, American Psychiatric Association Profit & Loss

January through December 2018

<b>Ordinary Income/Expense</b>	
<b>Income</b>	
Contributions Income	
Grants	2,830.18
Voluntary Dues	4,375.00
Contributions Income – Other	<u>39,000.00</u>
<b>Total Contributions Income</b>	46,205.18
<b>Interest Income</b>	2004.12
<b>Membership Dues</b>	238,423.98
<b>Miscellaneous Revenue</b>	450.00
<b>Program Services Revenue</b>	
CME Income	880.87
Event Income	11,652.86
Website & E-News Income	<u>917.82</u>
<b>Total Program Services Revenue</b>	<u>13,451.55</u>
<b>Total Income</b>	<u>300,534.83</u>
<b>Gross Profit</b>	300,534.83
<b>Expense</b>	
<b>Bank Service Charges</b>	90.00
<b>Conferences &amp; Meetings</b>	665.42
<b>Employee Benefits</b>	27,246.42
<b>Governance Expenses</b>	
Election Expenses	299.00
Executive Council Expenses	<u>2,902.43</u>
<b>Total Governance Expenses</b>	3,201.43
<b>Information Technology</b>	
Email	163.26
Website	58.32
Information Technology - Other	<u>3,842.87</u>
<b>Total Information Technology</b>	4,064.45
<b>Insurance</b>	
D&O Insurance	<u>1,377.00</u>
<b>Total Insurance</b>	1,377.00

<b>Office Expense</b>		
Conference Calls	130.56	
Office Supplies	1429.62	
Storage	1,190.76	
Telephone	567.12	
Virtual Office	<u>2,149.68</u>	
<b>Total Office Expense</b>		5,467.74
<b>Outreach &amp; Mailings</b>		598.12
<b>Payroll Expenses</b>		
Payroll Taxes	45,669.78	
Worker's Comp	405.00	
Payroll Expenses - Other	<u>6,275.29</u>	
<b>Total Payroll Expenses</b>		52,350.07
<b>Postage and Delivery</b>		180.35
<b>Professional Fees</b>		
Accounting	<u>1,000.00</u>	
<b>Total Professional Fees</b>		1,000.00
<b>Program Expenses</b>		
Annual Meeting	15,842.61	
CME Program Expenses	763.79	
Committees Expenses	14,424.67	
Legislative Breakfast	6,805.66	
Meet & Greet	6,904.43	
Mentorship Program	1,062.93	
Resident Research Awards	<u>1,896.13</u>	
<b>Total Program Expenses</b>		47,700.22
<b>Research- Restricted</b>		4,500.00
Salary		120,611.90
Staff Training/Education		1469.00
Travel & Meals		<u>27.90</u>
<b>Total Expense</b>		<u>270,550.02</u>
<b>Net Ordinary Income</b>		<u>29,984.81</u>
<b>Other Income/Expense</b>		
Other Expenses		<u>35.00</u>
<b>Total Other Expense</b>		<u>35.00</u>
<b>Net Other Income</b>		<u>-35.00</u>
<b>Net Income</b>		<u><b>29,949.81</b></u>