

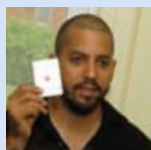
# Community Update

A Report to the Greater Westchester Community

www.nyp.org

Fall 2010

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## Health Tip

### The Back to School Blues

By David Rubin, M.D.

For most children, the normal ambivalence and anxiety connected to returning to school is quickly overshadowed by the prospect of reacquainting with friends, participating in after school activities, and the enjoyment of learning itself. However, many children aren't so sold on the merits of returning to formal education. Here are a few tips to keep in mind if you find your child burdened by the "back to school blues."

Make sure any concerns you discuss with your children about returning to school are theirs. Be careful not to complicate children's issues with your own memories of school. Let children lead the discussion as to exactly what they are nervous about, and limit responses to those that directly address their concerns.

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## A Garden that Gives Back

Since 1894, the Hospital's White Plains campus has served as a serene healing environment for its patients. Now, thanks to a collaboration between the Hospital and the City of White Plains Youth Bureau and the Recreation and Parks Department, a small portion of those grounds have been transformed into a community garden designed to heal in another way – growing healthy vegetables and fruits for those in need.

On August 3, White Plains Mayor Adam Bradley, City Councilman Dennis Power, community leaders, Hospital representatives and children from the White Plains Youth Bureau joined in a ceremony dedicating the new project, called "Growing White Plains."

The 60 x 75 foot garden located at the rear of the hospital campus is maintained by a city-wide group of community members of all ages who contribute their time, knowledge and devotion to growing



Children from the Bits and Pieces Camp proudly present some newly harvested produce from the Growing White Plains Community Gardens to Lorraine Buonocunto of the Ecumenical Food Pantry as Mayor Adam Bradley looks on.

crops that are then donated to the Ecumenical Food Pantry of White Plains. The initial planting took place on June 18th and on July 22, the first eggplant crop sprouted up from the soil. Harvesting of fall crops which include squash, pump-

kins and carrots will continue through October.

"This is a wonderful way to educate our young people, focus on sustainability and use the produce to help those in need," Mayor Bradley said.

## New Chapter Begins for Child and Adolescent Services

When Dr. John Walkup recently spoke to a group of school parents in Rye about helping teenagers transition to adulthood, he knew there would be questions. But when the scheduled 90-minute program ran more than three hours, it was clear that this topic is very much on the minds of local parents.

Dr. Walkup, the new Vice Chair in the Department of Psychiatry at Weill Cornell Medical College and Director of Child and Adolescent Psychiatry at NewYork-Presbyterian Hospital, said that many parents want to be assured that the angst, fears and frustrations experienced by their teenagers are a normal part of growing up. In most cases they are, but he cautions parents not to dismiss some



Dr. John Walkup

behavior patterns that could point to deeper problems.

An expert in the treatment of mood and anxiety disorders, Dr. Walkup has been practicing child and adolescent psychiatry

for nearly 25 years. Formerly Deputy Director of Child and Adolescent Psychiatry at the Johns Hopkins Medical Institutions, he is the author of numerous articles and book chapters on psychopharmacology, obsessive compulsive disorder and Tourette's Syndrome.

A strong proponent of preventive mental health treatment, Dr. Walkup believes that just as children receive regular exams with their pediatricians and dentists, they should also consult professionals for routine mental health checkups. In his view, it is never too early to seek help for a child who may be exhibiting behaviors that are out of the ordinary, and doing

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# A Message to the Community



Philip J. Wilner, M.D.

Working with young people has long been part of the Westchester Division's tradition. For more than 40 years, our Hospital has helped children and adolescents dealing with a wide range of issues find paths to their growth and emotional well-being.

Our child and adolescent services began modestly in 1969 when the Hospital was treating only a handful of children. Today, we work with hundreds of young people and their families each year through diverse inpatient and outpatient programs.

This Fall, we are particularly pleased to welcome Dr. John Walkup as our new Director of Child and Adolescent Psychiatry. Under Dr. Walkup's leadership, the Hospital will expand clinical services for young people and enhance community outreach programs to help children and teenagers in our area grow into healthy and productive young adults.

One very exciting initiative underway is our current work to develop a program for children and young adults with autism spectrum disorders. With an estimated 1 in 100 children now being diagnosed with autism, more and more families are in need of help. In collaboration with experts from Weill Cornell Medical College and Columbia University College of Physicians and Surgeons, plans are underway to create a comprehensive treatment program that will address all aspects of this critical and complex public health issue.

One of the featured speakers in this Fall's Community Lecture Series will be Dr. Walkup, who will discuss the challenge in preparing our high school aged children for college and independence (see back page for details). As always, these free lectures are held in the auditorium at our White Plains campus and are open to the public. We welcome you to join us.

Sincerely,

Philip J. Wilner, M.D.  
Vice President & Medical Director

# Harvesting Health at Farmers Market

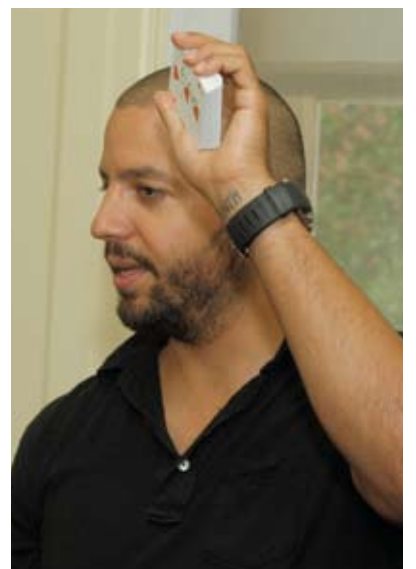


Employees from NYP-Westchester Division donated some of their time on June 2nd for the opening of the 2010 White Plains Farmer's Market on Court Street in downtown White Plains. NYP nursing and nutrition staff were there to distribute information and answer questions for the greater White Plains community on a variety of topics related to healthy living and disease prevention.



## Celebrity Magician David Blaine Wows Patients

On July 20, the Westchester Division enjoyed a special visit from celebrity magician David Blaine, who delighted and amazed staff and patients alike with his many mind-boggling tricks. Mr. Blaine gave performances on both the inpatient adolescent and addictions units.



## New Chapter Begins for Child and Adolescent Services

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so can keep a child's condition from escalating into something more serious.

Parents may instinctively feel that something is not right with their adolescent, but then dismiss the behavior as ordinary growing pains. But as he sees it, a child not functioning at his or her optimal level can be a warning sign parents should heed. "Children at this age are vibrant and they should be thriving at 100% of their capacity. Not 75%... 100%" he noted.

In his new role at the Westchester Division, Dr. Walkup will work on expanding programs and services for young people. Among them is a comprehensive treatment program for children and young adults with autism spectrum disorders, expected to open in 2012.

In keeping with his focus on prevention, Dr. Walkup and his colleagues will work with community groups and religious institutions on skills workshops to help parents better supervise and support their children. Practicing these kinds of skills can help prevent parent-child 'power struggles' which often contribute to troublesome teen behavior such as drops in academic achievement, impulsivity and substance abuse.

Dr. Walkup remarked, "The Westchester Division is a remarkable place with a long tradition of caring for people of all ages. I'm thrilled to be here working on very exciting initiatives that will address some of the most critical health issues of our time in the years ahead."

**Children at this age are vibrant and they should be thriving at 100% of their capacity.**

# Volunteers Welcome

The Westchester Division of NewYork-Presbyterian Hospital is currently seeking volunteers to assist in a variety of ways. If you enjoy being in a health care environment, working with people and making a difference, we could use your help!

**Please call Laurel Torres at 914-997-2415 for more information.**



On June 6, dozens of staff and family members from all campuses of NewYork-Presbyterian Hospital joined thousands of other local residents in the 2010 Westchester/Fairfield Walk Now for Autism Speaks. As the official finish line sponsor, NewYork-Presbyterian Hospital team members greeted the thousands of other walkers as they crossed the finish line at Manhattanville College in Purchase, New York. In total, the event raised nearly \$800,000 for biomedical research, advocacy, awareness and family services for autism spectrum disorders.

## The Back to School Blues

(continued from pg. 1)

Common concerns for kids returning to school include the prospect of kids or teachers not liking them, difficulty finding their way around, failing to live up to expectations of performance and bullying. Most can be addressed with confident and calm reassurance, or tactful, direct communication with school personnel.

If your child seems to be more mourning the loss of summer than dreading the returning to school itself, think of ways to preserve some of the enjoyable aspects of summer as long into the school year as possible (family meals, barbecues, movies). If there is a way to reassure some continuation of these activities, particularly early in the year, school may seem less grim a prospect.

If your child is beginning an entirely new school this year, try and arrange for a trip to see the school to explore before the summer has ended. Even a bit of familiarity on that first official day should help lighten the experience.

If protests are accompanied by new or increasing impairments, aches, tearfulness, tantrums or other potential symptoms of anxiety or depression, it is worth bringing the discussion to the pediatrician, who can assess whether your child is suffering from an additional or related condition.

Finally, the slight majority of children who newly object to returning to school aren't really concerned about school at all. While easily led to produce countless reasons why the current school is unacceptable, their more likely concern is what they want to keep an eye on at home. Consider medical illness among family members, parental discord, or other stressful events as primary motivations to stay home. Though children are scarcely equipped to meet these challenges, most will feel obligated to "stand guard" until they believe the threat has passed. In these situations, our challenge is not to be distracted by the discussion of school, but to assure children that we have the home under control by our words and demeanor.

**David Rubin, M.D. is the Assistant Residency Training Director and Assistant Professor in the Department of Psychiatry.**



NewYork-Presbyterian is pleased to announce that the following Westchester Division Psychiatrists were named one of New York Magazine's 2010 Best Doctors:

- Gerard Addonizio, M.D.
- Evelyn Attia, M.D.
- Rebecca Dulit, M.D.
- Katherine Halmi, M.D.
- Barnett Meyers, M.D.
- Cynthia Pfeffer, M.D.

### ★ 40 under 40 ★



Congratulations to **David Rubin, M.D.**, Assistant Professor of Psychiatry & Assistant Residency Training Director, who is a recipient of the 2010 Forty Under Forty Rising Stars Award from the Business Council of Westchester.

## New Therapeutic Program for Girls

As girls move through adolescence and become young adults, the prevalence of mood disorders like depression and anxiety, as well as eating disorders, is significantly higher among females than males.

This summer, a group program for girls at high risk for being bullied, excluded by their peers, experimenting with illegal substances, developing a mood or other clinical disorder was developed by Dr. Maria DePena-Nowak, a child and adolescent psychiatrist in the Westchester Division's outpatient department. After an initial evaluation, the girls participated in weekly sessions led by Dr. DePena-Nowak and her colleagues. Each week focused on a different topic addressing the challenges of adolescence, with the goal of empowering the girls in their growth and development by providing them with



Child and Adolescent Psychiatrist Maria DePena-Nowak, M.D. in her office.

responsible and accurate information, teaching them effective coping skills, and accessing treatment services when necessary. Some of the sessions were complemented by incorporating arts and crafts, role play and outdoor recreation activities. Parents or legal guardians were also actively encouraged to

participate and were coached to continue to effectively work with their children at home during the school year.

For more information on the Therapeutic Groups for Girls, or to inquire about the 2011 schedule, please call Dr. DePena-Nowak at 914-997-5904.

# Community Lecture Series

No Fee • No Registration • Free Parking • Refreshments Served

## FALL 2010

### WEDNESDAY, OCTOBER 20

Rituals of Confinement: Understanding Obsessive Compulsive Disorder (OCD)

*Phillip Seibell, M.D.*

### WEDNESDAY, OCTOBER 27

You Are What You Eat: Making Healthy Choices for Optimal Physical and Mental Functioning

*Michael Williams, R.D., M.B.A.*

### WEDNESDAY, NOVEMBER 3

The Myths of Adolescence: Are We Worrying About the Wrong Things with Our Teenagers?

*David Rubin, M.D.*

### WEDNESDAY, NOVEMBER 10

Leading the Way: Strategies To Help Adolescents Turn Into Competent, Confident Young Adults

*John Walkup, M.D.*

All presentations will take place from 7:00 to 8:30 pm in the Auditorium located on the second floor of the Main Building with the clocktower.

For further information and directions, call (914) 997-5779 or visit [www.nyp.org](http://www.nyp.org).

## NYPH Speaker's Bureau

NYPH offers speakers for your organization, school, or business group to discuss topics such as eating disorders, depression, anxiety, stress management, and other issues concerning emotional health.

For more information, call the Public and Community Affairs Office at (914) 682-6991.



For the tenth consecutive year, NewYork-Presbyterian ranks among the nation's top hospitals, according to the 2010 U.S. News & World Report *Best Hospitals* edition.

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## Location & Directions

- **From I-287 West.** Take Exit 8W, keep in left lane, turn left at traffic light onto Bloomingdale Road. Continue to next traffic light (Maple Avenue), then turn left into the Hospital entrance.
- **From I-287 East.** Take Exit 8 and follow Route 119 (Westchester Avenue). Turn left at Bloomingdale Road. Turn left at next traffic light, Maple Avenue, then turn left into the Hospital entrance.
- **From Hutchinson Parkway South.** Take Exit 23 (Mamaroneck Avenue) towards White Plains. Drive approximately three miles to right fork (Bloomingdale Road). Turn right at the third traffic light into the Hospital entrance.

## Community Update

Photos by John Vecchiolla



As part of our commitment to the health of all of our patients, staff and visitors, the Westchester Division is now a smoke-free campus.

NewYork-Presbyterian  
Westchester Division

The Westchester Division  
21 Bloomingdale Road  
White Plains, NY 10605