

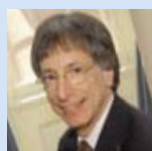
Community Update

A Report to the Greater Westchester Community

www.nyp.org

Vol. 5 No. 1 Winter 2009

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KATHERINE L. LYNCH, Ph.D.



Dealing with Stress in the Current Economic Climate

These are tough economic times, and most Americans have not faced such mounting financial pressures in many, many years. In this era of 24 hour news, it is easy to get swept up in the relentless headlines trumpeting "record lows, credit crisis and highest unemployment." And fear can be contagious. In today's challenging climate, it is easy to become overwhelmed by stress
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Medicine and Psychology: Preparing the Next Generation



Medical students, residents, postdoctoral fellows and Ph.D. interns at the Hospital gather with Sibel Klimstra, M.D. (center) and James L. Rebata, Ph.D.

The Westchester Division of NewYork-Presbyterian Hospital has a long history of mental health education. Sibel Klimstra, M.D., Associate Professor of Clinical Psychiatry and Director of Education for the Westchester Division reports, "Newly graduated medical doctors specializing in psychiatry, and graduate students and postgraduate fellows in psychology, rigorously pursue advanced training to develop their clinical, research, teaching and administrative skills. Upon graduation,

they are poised to be our future leaders in mental health care and will assume major responsibilities in academic and community-based institutions, providing care within diverse settings which span the entire age range and financial strata."

Future Psychiatrists

"As a renowned center of excellence in both brain sciences and psychologically-based psychiatry, the Hospital is in a unique position to prepare residents in a field undergoing

rapid growth and change," says Dr. Klimstra. She adds, "This is a very exciting time for young doctors starting careers in psychiatry." Each year, 10 newly graduated physicians are selected from an extremely competitive pool of applicants nationwide to train at the four-year psychiatry residency program. During their first two years, the residents train on a number of subspecialty units and then have the opportunity to participate in a wide variety of psychiatric research with

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Social Work: A Bridge to Recovery

In an age where it is increasingly difficult to navigate the healthcare system, social workers play a central role. Working in concert with the patient, family and clinical staff, and problem solving in complex situations, these versatile professionals are an invaluable part of the treatment team. As Barbara Waltman, LCSW, Director of Social Work, says, "Social workers need to be flexible and creative in working with challenging personalities and often difficult life situations. There is a genuine commitment in the profession to restoring a sense of clarity and stability in the lives of the patients we treat."

For more than 75 years, the Westchester Division has been



Cindy Herda, LMSW (right), one of the social workers on staff at the Hospital, confers with a patient's family member.

training graduate students in social work. As interns, these social workers in-training are exposed to every specialty unit at the hospital, gaining a broad range of experience with patients from all walks of life. "We help patients and families

understand and cope with the medical, psychological, and social issues associated with their illness," Ms. Waltman notes.

Ten social work interns are now training at the Westchester Division, several of whom will
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A Message to the Community



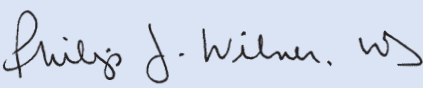
Philip J. Wilner, M.D.

Throughout the Westchester Division’s 115-year history, our dedicated staff has helped many individuals suffering from behavioral and psychiatric disorders regain their functioning and return to healthy, productive lives.

As a society, we are now facing difficult times. The current economic climate is causing high levels of stress for many and inflicting fear of what the future may hold. While some people will use their own internal resources and the support of friends and family to get them through, others may find that their distress is more serious and will need to turn to professionals for help.

As you’ll see in these pages, the extensive training of our mental health specialists makes them uniquely qualified to help individuals and their families who are suffering from emotional distress. We take great pride in our staff of nearly 900 psychiatrists, psychologists, nurses, social workers, rehabilitation therapists and many more who have dedicated their careers to improving the lives of others.

The Westchester Division continues to be a hub of education and knowledge in the field of behavioral health, training and guiding the next generation of healing professionals. As in the past, our White Plains campus is proud to serve as a valuable resource for this community, providing expertise and compassionate care.

Sincerely,

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

Clinical Psychologist Hits High Notes

It’s been 16 years since Jeremy E. Stone, Ph.D., Director of the Hospital’s Adolescent Dialectical Behavioral Theory (DBT) Program for self-injuring teens, left a successful career as a Broadway composer and music director to obtain his doctorate in clinical psychology.

Dr. Stone’s decision to change careers in his late 30s was actually a belated return to a field of study he initially pursued at Yale University where he earned his bachelors degree in psychology in 1971.

Although medical school seemed like the next logical step, he had a talent and affinity for music. After a few years in the music business, his career took off at 26 when he became the director and conductor of the original Broadway production of the hit musical “Grease.” Following a 5-year tenure with the show, Dr. Stone enjoyed a successful 12-year run as a composer, arranger and producer of music for recordings, television, Broadway

and broadcasting. Although it was exciting and fun, he was ready for a change. Encouraged by his wife who believed he would be a fabulous psychologist, he applied for and was accepted into



the Master’s program at NYU where he eventually completed his doctorate in clinical psychology in 1999.

NewYork-Presbyterian is where Dr. Stone began his second career. Beginning as a psychology

intern and then as a fellow, he was exposed to a unit treating adults for self-injuring behaviors using DBT, a fairly new form of cognitive therapy at that time that teaches new skills to patients in an effort to help them cope with sudden, intense surges of emotion. Seeing that the Hospital did not have a similar program for adolescents, in 2006 Dr. Stone launched the Adolescent DBT program at the Westchester Division, where he helps troubled teens, as he puts it, “learn to cope with emotional distress in ways that are less destructive to their physical and psychological well-being as well as their sense of self-worth.”

Dr. Stone’s love of music, however, remains deep. A few years ago, as part of the Hospital’s Healing Arts Program, he introduced “Music and Moods,” an interactive piano performance during which audience members are asked to identify and record their feelings upon listening to one of his renditions of such masterpieces as Scott Joplin’s “Maple Leaf Rag” or a Chopin waltz. The result is a harmonious integration of beautiful music and self-reflection that delights patients, staff and visitors alike. So whether he’s helping to heal adolescents with behavioral problems or enlightening audiences about the emotional tones in music, Jeremy Stone is making his mark by shedding light on the power of the mind.

Social Work *(continued from pg. 1)*

eventually go on to assume full-time positions at the Hospital. An example is Cindy Herda, LMSW, who completed her internship four years ago in the geriatric unit. After graduating from NYU’s School of Social Work, she was hired by the Hospital as a full-time staff social worker, as a Treatment Care

Coordinator, working closely with patients, family members, and her clinical team. “I have gained valuable experience and knowledge, and still do, by being exposed to all the disciplines in a behavioral health care setting. I can’t imagine a richer and deeper learning environment anywhere else.” Ms. Herda noted.

Psychosocial Rehabilitation: Restoring Function, Promoting Recovery

Whether it’s teaching stress management to encourage relaxation, leading creative arts therapy groups to unleash expression or providing vocational counseling, the Hospital’s 23 psychosocial rehabilitation therapists (PSR) work on every unit helping individuals develop the skills they need to achieve independence, meaning and satisfaction in all aspects of their lives.

“The goal is to continue to develop clinical skills and expertise that will enhance the abilities of our patients to function and live well,” says Donna Gillet, MA, CRC, LMHC, Manager of the Psychosocial Rehabilitation Department.

Most of the PSR therapists have post-master’s training in their



A student (center) meets with four of the Hospital’s certified psychosocial rehabilitation therapists to discuss a case as part of the training program.

specific fields and have been working at the Hospital for an average of 15 years. All are required to complete an intense 600-hour internship in a clinical setting that teaches practical skills and provides first-hand knowledge of various patient popula-

tions. Ms. Gillet notes, “We are trained to help patients improve their functioning in every domain including work, family, socialization, leisure and school so that they can return to productive and satisfying lives outside the hospital.”

NewYork Presbyterian's tradition of educating nurses dates to 1799 when a young physician established a course for training women in the field. Today, a rigorous continuing education program makes it possible for the Hospital's diverse staff of 130 nurses from all backgrounds to specialize in psychiatric medicine and achieve expertise in a broad range of mental health disorders.

The Hospital is one of the nation's leading behavioral treatment and research centers – and the only one in Westchester – allowing nurses and nursing students the opportunity to participate in groundbreaking research studies that are dedicated to advancing the diagnosis and treatment of psychiatric illness. It reflects NewYork-Presbyterian Hospital's enduring commitment to develop some of the most seasoned and skilled nurses in the country.

Each year, about 200 undergraduates from area nursing schools come to the Westchester Division for a 12-week rotation where they



A long-standing tradition of educating nurses (right) continues at the Hospital as Joan Goodman, RN, MA (center) supervises nurses on how to administer cardiopulmonary resuscitation.

learn the basics in psychiatric nursing. A select number of graduate students in advance practice nursing also complete their training in such specialized areas such as eating disorders, addiction recovery and geriatric care.

Linda Espinosa, Vice President of Nursing and Patient Care Services at both the Westchester campus and Payne Whitney Manhattan,



says: "Students who are accepted to do their training here benefit from being mentored by highly knowledgeable and experienced psychiatric nurses who collaborate with one another and are committed to achieving the best outcomes for our patients."



Pet Therapy Program

In the last **Community Update**, we profiled the Hospital's popular pet therapy program, from which we received an enthusiastic response. Currently, we are training 25 new canine participants and their owners, including Maizy, shown here. For more information on participating in the Pet Therapy Program, call the Public Affairs Office at 914-682-6991 or send an email to esw9002@nyp.org.

Preparing the Next Generation

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nationally and internationally acclaimed investigators. They may choose elective areas of study from a broad spectrum of mental health disorders affecting people of all ages. Fourth and fifth-year residents can also sub-specialize in Child and Adolescent Psychiatry or Geriatric Psychiatry.

Numerous medical students are also trained at the Westchester Division in the fundamentals of psychiatry regardless of their future career specialization. Half of the second-year Weill-Cornell medical student class participates in a pre-clinical seminar designed to teach patient interview, psychopathology, case presentation and diagnostic skills. 40% of third and fourth-year students spend six intensive weeks on an inpatient psychiatry rotation, where they closely follow patients and experience first-hand the evaluation, diagnostic and

treatment process from a biological, psychological and social perspective.

This is a very exciting time for young doctors starting careers in psychiatry.

Sibel Klimstra, M.D.
Director of Education
NYP/Westchester

Future Psychologists

The Hospital also provides graduate and postgraduate training in psychology and offers

two-year postdoctoral positions focusing upon clinical practice and/or research with children and adults. "This rigorous training program allows fellows to hone their clinical expertise with a range of therapies, and to develop advanced research skills," says James L. Rebata, Ph.D., Interim Associate Director of Psychology for the Department of Psychiatry. The program offers rich opportunities to develop sophisticated skills in the treatment of a diverse and complex patient population.

Pre-doctoral psychology interns from the Manhattan campus also train through selected rotations at the campus. Additionally, clinical psychology graduate students from area universities compete to take advantage of research and/or training opportunities in basic psychological and more advanced neuropsychological testing, and in individual and group therapies.

Dealing with Stress

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and worry. However, there are many steps that you can take to preserve your mental health.

First, know that it is ok to set limits. Stay informed, but limit your exposure to the negative headlines. Endless predictions of doom and gloom can lead to catastrophic thinking. Instead, stay focused on your strengths and the challenges that you have successfully overcome in the past. Reflect on your ability to handle pressures and focus on what good may come from the current situation. It is also useful to keep things in perspective by reminding yourself of the good in your life and the ways in which you are fortunate.



Katherine L. Lynch, Ph.D.
Instructor of Psychology
in Psychiatry

It is also important to stay attuned to your mood. Depression and anxiety are understandable responses to challenging times. Think preventatively and take steps to protect and promote your health and well being. Stay active and connected. Avoid isolating and withdrawing from your support system. Be careful about being tempted to engage in more negative behaviors, like alcohol use or overeating. Make efforts to eat healthily, exercise regularly, and get enough sleep.

If you are experiencing significant financial difficulties, acknowledge the problem and the need to take action. Avoidance is not the answer to serious issues. Pretending that a problem does not exist will not work, and will likely only make things worse. Talk to your spouse or family. Review challenges and options, avoid impulsive decisions, and make a plan for change. If this all seems overwhelming, get professional help and advice.

Lastly, this might just be the perfect opportunity to simplify your life. Cutting back and learning to do without do not have to be bad things. In fact, it could be quite refreshing to learn to live a simpler life less driven by dollars and material goods.

Community Lecture Series

No Fee • No Registration • Free Parking • Refreshments Served

MARCH 2009

Managing Stress in Trying Times

WEDNESDAY, MARCH 4

When the Going Gets Rough:
How to Stay Sane in an Insane Economy
Sharon Ward-Miller, RN, CS, APRN-BC

WEDNESDAY, MARCH 11

“Not This Year...”: Dealing with Children’s
Expectations in Tough Financial Times
Lynne Kulakowski, LCSW

WEDNESDAY, MARCH 18

How Stress Makes Us Sick:
Healing the Body by Calming the Mind
Stephen J. Ferrando, M.D.

WEDNESDAY, MARCH 25

Growing Old Gracefully is Easier Said
than Done: Tips for Managing Stress
Patricia Marino, Ph.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.

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 Eliza O’Neill at (914) 682-6991.



Smoke Free

Coinciding with the 33rd
Annual Great American
Smoke-Out, the Westchester
Division became a smoke-free
campus on November 20, 2008.



Printer-
Insert your
permit
number.

- **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.

NewYork-Presbyterian
The University Hospital of Columbia and Cornell

The Westchester Division
21 Bloomingdale Road
White Plains, NY 10605

Community Update

Photos by John Vecchiolla