

Community UPDATE

GREAT NEWS!
U.S. News & World Report has ranked
NewYork-Presbyterian Psychiatry, which
includes NYP/Westchester Division, # 1 in
the country.



Spring 2016



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NEIGHBOR
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NYP/WESTCHESTER
DIVISION AWARDED
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LEADING RESEARCH
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HELPS FAMILIES TAKE PART
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Photos by John Vecchiolla

KICK START YOUR ENERGY FOR SPRING

Spring can be a great time to renew your energy, ramp up your wellness and focus on being the healthiest you.

However, according to Scott Trefny, Senior Rehabilitation Specialist at NYP/Westchester Division, there are psychological and sociological reasons why people do not maximize spring. They may feel stress from the expectation of “getting up and getting out” or the increased light may cause them to have trouble with sleeping.

The following are wellness tips for spring that can help:

- Keep the same sleep schedule even with the increased light.
- Take it slow. Get outdoors every day, even if it is only for 15 minutes. Then increase your time out of the house day by day.
- Go for a short walk on the first day of spring. Then make small increases in your exercise time.
- Work on your self- dialogue. Tell yourself that “I can get up, I can get out.”
- Create a new activity outside that is fun!



Valuing the Insider’s Perspective



Members of the Consumer and Family Advisory Council.

Patient and family centered care is part of the fabric of NewYork-Presbyterian. And, while the Hospital has a long history of putting patients and families first, it continues to find new ways to focus on their needs through the Consumer & Family Advisory Council (CFAC) at NYP/Westchester Division.

“The Consumer & Family Advisory Council first began in 2005 because we wanted to make sure our patients and their loved ones had a voice—that we respected their opinions and welcomed their suggestions,” said Donna Wade, RN, Patient Services Administrator and Co-Chair of CFAC. “Our monthly CFAC meetings help us improve the quality of care we provide. Great ideas have come out of these discussions.”

The CFAC was formed as part of the Planetree initiative at the Hospital, which focuses on transforming health care from the perspective of the patient. The CFAC works in collaboration with Patient Services at NYP/Westchester Division, which encourages patients and family members to participate in monthly meetings.

“We invited patients and family members to be involved in the process,” Wade added. “We look at all the things that could possibly improve the patient experience.”

Most recently, the Hospital incorporated a new way to communicate with patients who speak a different language. Staff members use an iPad to connect patients with a live interpreter so that they are able to see the person physically while they speak, rather than just hearing them on the phone. This approach can also be used for patients who are deaf and hard of hearing.

Other improvements include additional indoor and outdoor directional signage on the campus, a fulltime security guard to greet visitors at the Hospital entrance, and patient education materials throughout the Hospital. A Patient Resources Center sitting room is also in the works.

NYP: There’s an App for That!

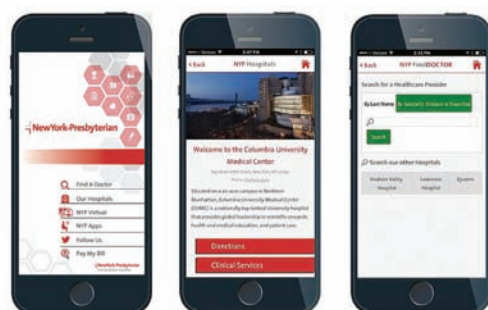
NewYork-Presbyterian patients can now pay bills online, find a doctor or get directions on their smart phones thanks to a new mobile application developed by NYP’s Innovation Center.

“The health and well-being of our patients is our top priority, and it drives our continued commitment to improving the overall patient experience,” said Dr. Steven J. Corwin, president and CEO, NewYork-Presbyterian. “We treat more than two million patients each year. This technology will allow us to create new touchpoints and enhance communication, which benefits both our patients and our physicians. We’re excited about this next step in offering our patients the best possible experience.”

Features of the NYP App include:

- **Find a Physician:** Find physicians quickly for any specialty at any NewYork-Presbyterian location.
- **Mobile Bill Payment:** Use the mobile online payment system to quickly pay bills.
- **Hospital Services Information:** Get directions to NewYork-Presbyterian hospitals and information about primary care and specialty services, including contact information for appointment scheduling and questions.
- **Connect with Us:** Access the @NYPHospital Twitter feed for all of the latest news from NewYork-Presbyterian.

The NYP Innovation Center is already working on future updates to the NYP App that will include interactive visitor guides, enhanced telehealth features including virtual follow-up appointments, the opportunity to get second opinions, and remote patient monitoring. Patients can download the free NYP App at the App Store and search “NYP” or find it in the Android Google Play store. For more information on the NYP App, please visit the Innovation Center site at innovatenyp.org/nypapp.



CONNECTED

Patients and their Families



Years ago, physicians were looked upon as the all-knowing authority on medical care. Patients rarely had questions for their physicians and had little involvement in planning their treatment. Today, we know that the finest medical care involves patients and their families working as a team with

their care providers to ensure the best quality and a positive experience.

Here at NYP/Westchester Division, we are instituting new initiatives both on and off campus to ensure the best outcomes in patient care. We know that patients achieve better results when their loved ones are involved. On campus, our Consumer & Family Advisory Council makes sure that patients, families and staff stay connected by collectively making decisions that improve the campus and the patient experience.

We also link families and friends of patients through our Care Partner Program so that patients don't feel isolated during their stay. Including loved ones in the treatment plan also helps patients more easily transition back to their homes and into their communities. With hospital stays shortening and more care provided closer to home we are expanding our focus on Population Health and creating new approaches to providing ambulatory care.

We want to ensure our patients are always connected to NYP, whether it is during the time they are here or after they leave our care. Our new mobile app is an innovative way to help make it convenient for families and loved ones to find information about the various campuses and facilities and to help patients gain access to valuable resources after they are discharged from our care.

Technology and health care will continue to evolve. We aim to continue our role as a leader providing mental health services with a foundation that keeps us connected to our community, and most of all, our patients.

Warm Regards,

PHILIP J. WILNER, MD, MBA
Senior Vice President & Chief Operating Officer

MEET THE MEDICAL RECORDS STAFF



At NYP/Westchester Division, Health Information Management (HIM) is the team essential to protecting patient information. The department is responsible for ensuring the availability, accuracy, and protection of the clinical information that is needed to deliver healthcare services. As a team, they work to make sure patients and providers get the information they need when they need it.

Neighbor to Neighbor: Joining Hands with the Community



Robin Vellucci Empa-BSN, RN Patient Care Director - Inpatient Child & Adolescent Division

We have all heard the expression "neighbors helping neighbors," but this phrase has come to life at NYP/Westchester Division. The Hospital has been both the recipient and donor of various initiatives in the community.

Last winter, employees collectively donated more than a dozen heaping bags of gently used and new coats to benefit The Salvation Army. This effort was done in partnership with the Rotary Club of White Plains.

Bill Fishman, President of the Rotary of White Plains said, "the Rotary Club of White Plains has been collecting coats and sweaters for many years to help those in need in our White Plains

community. We look forward to working with the staff at NYP/Westchester Division in future years to continue serving our community!"

"Our staff members were eager to help out our local neighbors in need," said Dr. Philip J. Wilner, SVP and COO of NYP/Westchester Division. "We are fortunate to have a long standing relationship with the Rotary Club of White Plains, whose outreach efforts created this wonderful opportunity for us to support our community."

NYP/Westchester Division's pediatric and adolescent patients received a special holiday surprise. For the second year in a row, Lund Fire Products Co. collected toys and donated them to the children at the NYP/Westchester Division for the holidays.

The Pajama Program, an organization that delivers warm sleepwear and nurturing books to children in need, donated boxes of brand new books and pajamas to the Nichols Cottage children's unit at NYP/Westchester Division. They also have begun a reading program where one of their volunteers will regularly read to the children in the unit.

"Our patients were thrilled to receive the toys, books and pajamas. It's hard being in the hospital over the holidays and away from family. These gifts have shown the kids that they are part of a larger community that cares," said Robin Vellucci Empa-BSN, RN Patient Care Director - Inpatient Child & Adolescent Division.

For information on volunteering, contact Genna Woods by calling (914) 997-5780.

Grant Funding Helps Advance Research in Westchester

The Center for Autism and the Developing Brain and the Weill Cornell Institute of Geriatric Psychiatry at NYP/Westchester Division recently received nearly \$2 million in research grants.

The Center for Autism and the Developing Brain received a grant from the National Institute of Mental Health and the Simons Foundation to research various behaviors and social interactions associated with autism and how this information might be used to improve outcomes for those with autism.

One of the largest grants will fund a study to help identify the rehabilitative and therapeutic needs of those with autism spectrum disorder (ASD) during the transition to adulthood.

The project would examine the trajectory of ASD outcomes for young adults several years removed from the special education system. The goal would be to understand why the transition to adulthood is so difficult for many with ASD and how it can be improved.

"This funding will help us study the impacts of autism across the lifespan and different

therapeutic approaches. Findings will also help us develop new strategies to work with people with autism," said Dr. Catherine Lord, Director of the Center for Autism and the Developing Brain.

The Weill Cornell Institute of Geriatric Psychiatry received a grant from the American Foundation for Suicide Prevention to research suicide prevention in hospitalized older adults with Major Depressive Disorder and impairment. Patients who have been hospitalized for suicidal ideation or suicide attempts are at increased risk for suicide within 3 months after discharge.

"This study will utilize psychosocial interventions to reduce negative feelings (e.g., anxiety, sadness, hopelessness, and helplessness), which are associated with suicidal ideation or suicide attempts in hospitalized patients over 50 years old. We are excited to explore these new pathways to yield positive outcomes in these patients," said Dr. Dimitris Kiosses, Weill Cornell Institute of Geriatric Psychiatry.

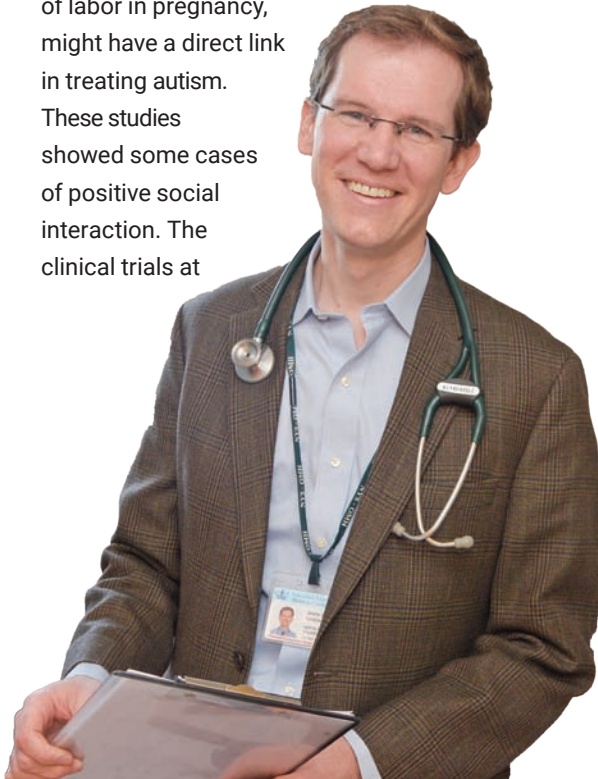
For information about these studies and how to participate, visit cornellpsychiatry.org/research.

NYP/Westchester Division Leads Research on Oxytocin to Treat Autism

New and novel approaches to treating autism spectrum disorders continue to surface from research taking place across the country. Some of that insightful study is taking place close to home—at NYP/Westchester Division.

Last summer, Jeremy Veenstra-VanderWeele, MD at the Center for Autism and the Developing Brain (CADB) at NYP/Westchester Division, along with other clinical research scientists, began enrolling participants in clinical trials to test oxytocin (via a nasal spray) for individuals with autism. This research is being done in collaboration with Duke University, Vanderbilt University, the University of Washington, Massachusetts General Hospital, and Mount Sinai Hospital.

For nearly 10 years, there have been studies showing that administering oxytocin, a medication and hormone used to start and increase the speed of labor in pregnancy, might have a direct link in treating autism. These studies showed some cases of positive social interaction. The clinical trials at



NYP/Westchester Division, which will test individuals between the ages of 3 and 17, will show whether there is substantial evidence showing that oxytocin is a legitimate medication to treat those on the autism spectrum.

“
There has been a lot of excitement about oxytocin to treat autism spectrum disorder.
 ”

Jeremy Veenstra-VanderWeele, MD

“Based on the work that has already been done, there has been a lot of excitement about oxytocin to treat autism spectrum disorder,” Veenstra-VanderWeele said. “However, it has been unclear how it relates to behavior in the real world. We will see whether social function is improved with children and adolescents as part of their everyday life, across all settings.”

The research at NYP/Westchester Division is being funded by a grant by the National Institute of Child Health and Human Development. The clinical trials are expected to be completed by the end of 2017 or early 2018. Veenstra-VanderWeele said that data suggests that oxytocin might help people with autism spectrum disorder, “but we need to answer that in a straight forward way. There are certainly thousands of children right now who are receiving oxytocin without clear direction.”

For more information on the clinical trial or how to enroll, call (646) 854-6587 or visit cornellpsychiatry.org/research.

Care Partner Program Helps Families Take Part in Healing

In an effort to encourage families to more actively participate in their loved ones' care, NYP/Westchester Division recently launched The Care Partner Program. This new program creates a partnership between patients, loved ones and staff, allowing families to play a more integral role as a member of the care team. It is the first Care Partner Program started in a behavioral health hospital that is Planetree designated.

To participate in the program, patients need only designate one or two loved ones whom they want to have involved in their care. Once the care partners and patient agree, each signs a consent to take an active part in treatment, such as different activities and appointments they are to be involved in. In addition to helping with

routine care, such as laundry, Care Partners learn about medications and the importance of compliance, the warning signs of relapse, as well as healthy coping strategies. In this way, the program not only serves as a comfort and support for the patient, but helps to educate family members to promote healing and recovery beyond hospitalization.



CARE PARTNER PROGRAM

ANNOUNCEMENT ROUND-UP



NYP/WD VOLUNTEER RECEIVES RECOGNITION

Kudos to Susanne Basso, a volunteer with NYP/Westchester Division, who received the United Hospital Fund's 2016 Hospital Auxilian and Volunteer Achievement Award on Friday, March 18 at The Waldorf-Astoria in New York City. She was nominated by hospital leadership for her dedication to our geriatric patients.



AUTISM SPEAKS®

AUTISM SPEAKS WALK

Join us on Sunday, June 5 for the annual Autism Speaks Walk event, a two-mile walk around NYP/Westchester Division's campus in White Plains that includes family fun activities. Last year, 15,000 people gathered for the event and more than \$800,000 was raised to support and celebrate individuals and families living with autism. For more information, visit autismspeakswalk.org/westchesterfairfield/nyp.



NOON DAY CONCERT SERIES

NYP/Westchester Division will sponsor the White Plains Noon Day Concert Series on Thursdays, beginning June 16 through September 8. Different bands will perform each week from noon to 2:00 p.m. This event will take place in Renaissance Square in downtown White Plains, near the corner of Mamaroneck Avenue and Main Street, and is free to the public.



COMMUNITY MENTAL HEALTH FAIR

Join us for a Community Mental Health Fair on June 23 from 1:00 p.m. to 3:00 p.m. at the NYP/Westchester Division campus to find out about free or low-cost mental health services in Westchester County. For more information, call the Community Affairs office at (914) 997-5779.

NewYork-Presbyterian/Westchester Division

COMMUNITY LECTURE SERIES

MAIN BUILDING, 2ND FLOOR AUDITORIUM • 7:00-8:30PM • 914-997-5779

ALL ARE WELCOME • REFRESHMENTS SERVED • FREE PARKING • FREE OF CHARGE

May 4, 2016

UNDERSTANDING ADULT AND GERIATRIC DEPRESSION



PRESENTED BY: **Nikhil Palekar, MD**

Dr. Nikhil Palekar, MD, is an Attending Psychiatrist specializing in mood and anxiety disorders.

May 11, 2016

MOVEMENT PREFERENCES: WHY DO I MOVE THE WAY I DO?



PRESENTED BY: **Susan Briskin**

Susan Briskin, MCAT, DTR, LCAT, is a dance therapist and a Psychosocial Rehabilitation Specialist. *Wear comfortable clothing and shoes.*

May 18, 2016

INNOVATIONS IN TECHNOLOGY TO SUPPORT AUTISM



PRESENTED BY: **Rebecca Jones, Ph.D.**

Rebecca Jones, Ph.D., is an Assistant Professor in the Psychiatry Department at Weill Cornell Medical College.

May 25, 2016

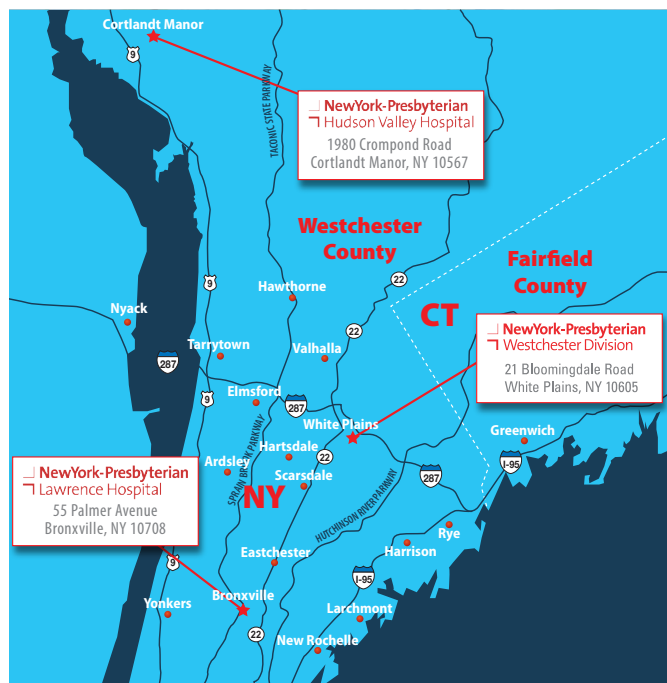
IS A COLORING BOOK THE NEW ART THERAPIST?: EXPERIENCING THE LATEST ART MAKING APPROACHES AND THERAPEUTIC TRENDS



PRESENTED BY: **Tracy Stahl and Lisa Hope**

Tracy Stahl, ATR BC LCAT, is an Art Therapist and Senior Psychosocial Rehabilitation Specialist. Lisa Hope, LCAT, ATR-BC, CASAC, CRPA is a Creative Arts Therapist, and Credentialed Alcohol and Substance Abuse Counselor.

Speaker request? Contact the Community Affairs Office at (914) 997-5779.



For the 15th consecutive year, NewYork-Presbyterian ranks among the nation's top hospitals, according to the 2015-2016 U.S. News & World Report Best Hospitals edition.

Spring 2016 Community UPDATE

**QUESTIONS.
COMMENTS.
GET INVOLVED.**

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