



Newsletter

FROM THE PRESIDENT



Robert Roddy, MD

Over the past fifteen years we have witnessed a steady decline in the availability of psychiatric services to adolescents with mental health problems. During that time, in the Minneapolis/St Paul area there has been a 75% drop in the number of adolescent inpatient psychiatric beds. Adolescents with serious and persistent mental illness are finding their way increasingly to the secure units in the correctional facilities. Society's response to the behavioral correlates of adolescent psychopathology has been increasingly punitive.

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Here in Minnesota, however, the news is not all bad. Within the past year the Attorney General has taken action against two of the three managed care networks. A settlement reached with Blue Cross Blue Shield has effectively stopped the denials of care to those in need; the Allina Health System which was closing down mental health services for lack of profitability, has been ordered to restructure the way it does business; put in new management and accept increased accountability. The psychiatric community in Minnesota has worked with the Attorney General to bring about these changes. The task that lies ahead in the coming years is the rebuilding of the infrastructure, the psychiatric services, which has been demolished.

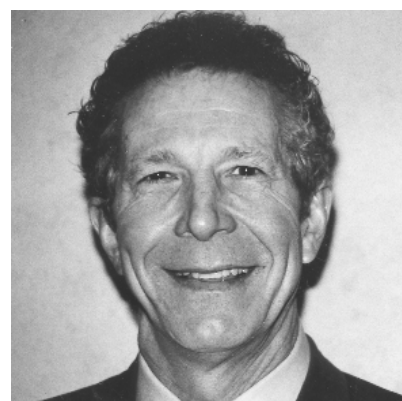
Adolescent Psychiatrists must give voice to the needs of the mentally ill, so that our society can recognize and respond to their needs.

I believe that psychiatric organizations, local as well as national, can play a significant role here. People who share the concerns addressed above will be most effective if they join with colleagues of like mind. Small groups of local psychiatrists can play a significant role informing their legislative, judiciary and executive branches of government, of the psychiatric needs of their disturbed youth. Here, in Minnesota, I have witnessed greater efficacy from such an approach than from national pronouncements such as the Surgeon General's appeals.

The last decade has also offered promise and hope with the development of more effective treatment; antipsychotic and mood stabilizing agents are available which provoke fewer adverse effects and facilitate greater compliance. Research has begun to demonstrate the effectiveness of the SSRIs in adolescent anxiety and depressive disorders. Psychotherapies have repeatedly demonstrated their efficacy. Imaging studies demonstrate neuronal

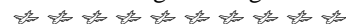
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GILFOIL



James Gilfoil, MD

ASAP returns to Chicago after too long an absence. Jim Gilfoil, our guide to all things delectable and tempting, keeps us focussed and on target during our visit.



So we've passed through one of those watershed events—now what? Hopefully we've learned something—at the very least that relationships are what sustain us and get us through the dark times. And that it's more important than ever that we nurture our professional, collegial relationships. So, what does this mean to you? You need to come to Chicago for ASAP's annual bash and get together with your colleagues. For that you'll need some restaurant recommendations, and I'm here to provide 'em.

ASAP's last meeting in the Windy City was terrific and this one promises to be also. Sure, it'll still be cold in March, but we're staying in a good, redone hotel—the **Knickerbocker**, and Chicago is one of the top restaurant towns in the country. Most think that the Windy in Windy City refers to the wind off Lake Michigan. A common misconception that. It actually refers, not surprisingly, to the gaseous emissions of local politicians.

Chicago's restaurant scene is smokin'. In little over a year there have been at least 5 terrific additions. Leading the pack is the

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For Your Calendar

ASAP Annual Meeting, March 22-24, 2002, Chicago, IL, Regal Knickerbocker Hotel

2002 ASAP Fall Business Meeting,g October 5 -Pan Pacific Hotel , San Francisco, CA

ASAP Annual Meeting, New York City 2003

ASAP Fall Business Meeting, 2003 October 18, Miami, FL.

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From the President *Continued from page 1*

loss in schizophrenia and may provide a stimulus for further research and treatment development.

Here we are again declaring "the best of times, the worst of times" or perhaps as we enter 2002 acknowledging that "Joy and Woe are woven fine."*

God bless and Happy New Year!

* It is right it should be so;

Man was made for Joy and Woe;

And when this we rightly know

Thro' the World we safely go,

Joy and Woe are woven fine,

A Clothing for the Soul divine;

Under every grief and pine

Runs a joy with silken twine.

William Blake, from *Auguries of Innocence*.

Gilfoil

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red hot **Spring** whose chef Shawn McClain—formerly of Trio—was just selected Esquire's chef of the year. The emphasis is on the food in this converted, thank god, Jewish bathhouse. The setting is minimalist and they try a little too hard with this Zen thing, but the food is exceptional. Expect wonderful seafood with some Asian, primarily Japanese, accents and a few outstanding meat dishes for you carnivores.

So carnivores, listen up. In this most meat-loving city, there's a super new steakhouse **Keefer's**. This is on everyone's must list for 2002, so be there. If you can't get in, try **Gibson's**, a local institution.

The former "in" spot in town, before Spring, was **Nine On Randolph**, here the scene and scenery are liable to make you forget about the food. Don't.. Michael Schrader is cooking some wonderful dishes in his more meat-oriented menu, and like many others in town, there's a bit of a Japanese influence. The setting has to be seen to be believed and the crowd is as chic as it gets, so what are you waiting for?

You might tire of that Japanese thing, and for that my antidote would be Carrie Nahabedian's terrific Mediterranean-influenced American food at **Naha**. Though I wouldn't really think of seared foie gras with roasted quince and quince jelly as American, who cares, it's dynamite. The service is a little on the slow side, but in a spot like this, you just have more time to enjoy yourself. Speaking of

spots, don't overlook **NoMI**, probably the most romantic of the new restaurants, on the seventh floor of the Park Hyatt Hotel. The setting is indeed sensational, overlooking North Michigan Avenue, hence the name, with breathtaking views of the Water Tower and Lake Michigan. French-born chef Sandro Gamba does a Pan Asian riff on French and American food, and it's as spectacular as the setting. The lamb gets rave reviews. Be sure and request a window table.

What about the classics? **Charlie Trotter's** is the most popular restaurant in Chicago in addition to being one of the finest in the country. Charlie is another story. He is a humorless man, whose first wife divorced him claiming he was "married to the restaurant." (Now that's the kind of guy whose restaurant you've got to try.) Word is he's so obsessed with cleanliness that he has the staff put masking tape on their shoes to pick up the lint off the carpet. One Chicagoan referred to him as a "Cuisine Nazi." Hell, Chicago magazine selected him as the 2nd meanest man in town. You know what his goal is. You 'vill' follow Charlie's rules—tasting menus only, no smoking of course, and no cocktails either—"I don't think a gin and tonic or a brandy old-fashioned has a place here. We don't want people to get drunk and lose the sense of nuance." So, if you can mind your manners and take your caning after the meal (you had it coming!), you can have a great experience. Charlie brags that he never repeats a dish, but who could remember how to do such dishes as "Squab Salad with Foie Gras Hollandaise, White Truffle Oil, 50-Year Old Balsamic Vinegar, and Crispy Pig's Feet" or "Seared Monkfish Liver with Braised Endive, Lemongrass-Infused Yellow Tomato Coulis, and Basil Oil?" Despite the fact that Charlie is clearly a nut, his semi-warm and fuzzy persona on his cooking show notwithstanding, **Trotter's** is worth every penny and you'll need a lot of 'em. All that said, the man is still a genius, and you owe it to yourself to dine there at least once in your life. Or maybe twice. Charlie is mighty conflicted, however, so he may not be there too much longer. Post 9/11 he's been quoted thus, "I want to do other things that are more challenging and worthwhile." I guess the guilt has finally gotten to him. Would somebody please give him my card? On second thought, let's refer him. He'd drive any therapist nuts. Don't do it

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APA PRESIDENT-ELECT CANDIDATES SPEAK

As the Newsletter has done yearly, we include statements of the candidates for president of APA of special interest to our group. They are in alphabetical order.

Marcia Kraft Goin, M.D

Thank you for the opportunity to highlight my interests and concerns in the area of adolescent psychiatry.

Irene Josselyn in her book, *The Adolescent and His World*, writes eloquently about how the known stresses, such as physical changes, social pressures and psychosexual conflicts, impact the psychological life of the teenager. The tragedy and ensuing uncertainty of September 11th is new. We don't know how this will impact our young people. We only know that it will. We must be vigorous in our efforts to interrupt the course of any potential long term damage.

As professionals we are familiar with the data identifying suicide, violence and teenage pregnancy as overwhelming problems for young people. A recent finding also shows that half of all new HIV diagnoses in the nation are made in teenagers and young adults under age 24!

Adolescence is a vulnerable time for the emergence of depression and attempted suicide. Suicide, according to some reports, is the third leading cause of death for young people. The majority of adolescents who are depressed and considering suicide never come to the attention of a professional. We must aggressively reverse this tragic situation.

A multi-pronged approach, local, State and Federal, is needed.

One example of a rewarding local program has been the outreach to children and adolescents in the school system that was initiated by the Colorado District Branch. Their first school contest asked students to write an essay telling how they wished their parents would be different. The response was overwhelming and heart wrenching. Interestingly the kids' most frequent wish was that their parents spend more time with them. After the Columbine school shooting this outreach was spread nationwide sponsored by the APA Alliance with the subject, "When Not to Keep a Secret". These programs, in their very individual and personal way, provide models to make a link with teens on the subjects of eminent concern.

Depression, alcohol and drug abuse, suicidality, violence, eating disorders, all represent subjects in need of intense attention. The APA must continue to encourage continuation of this important program.

The cutbacks in appropriations for special education programs is another area of great concern. We know from previously reported observations that attempts to mainstream those who, in truth, need special education programs reduces the school performance and educational opportunities for the other children. We must reverse this trend.

The schools are one of our primary resources when searching for ways to make contact with children and adolescents. Psychiatrists, familiar with the problems of adolescents and children, need to be active in the school system providing education, resource material, group activities and every resource possible to counter the troubling problems that encroach on the day to day world of the adolescent. Our professional organizations must support and facilitate this outreach.

The largest number of uninsured are our nation's children and adolescents. The government has turned its back on them. We must be vigorous in our lobbying and public affairs efforts at the State and Federal level to end this disgraceful situation.

Marcia Kraft Goin, MD

Action Statement of Sidney Weissman

[Dr. Weissman is currently ASAP's President-Elect. — Editor]

AS events of September 11 have changed our world. Psychiatry has a special role in this new order. Our knowledge and skills in dealing with stress give us special responsibilities in guiding public mental health policy. In the future will the APA respond?

The APA has a structure designed for another era. This is demonstrated by the inability of the Board and Medical Director to effectively monitor expenses with a resultant budgetary crisis. We are losing a thousand members a year, by 2010 only half of the nation's psychiatrists may be members. With reduced members the APA will have limited power to advocate for our patients and the profession. With reduced income its financial viability and that of its district

branches may be threatened. The APA must review the responsibilities and functioning of its organizational structure and staff and reshape them. In the absence of a new structure we will be unable to fulfill our goals.

OUR GOALS:

- * work to abolish managed care carveouts and restrictive practices.
- * reshape APA 's priorities .
- * revise the governing structure of the APA/District Branch Relationship
- * develop new strategies to communicate with the public about the unique differences between psychiatrists and other mental health providers.
- * clarify why psychologists' prescribing is bad public policy
- * communicate and affirm the activities, expertise and functions of the APA which define each of us and the APA.
- Renaming or rebranding the APA and its District Branches at an enormous cost for what is only a cosmetic name change will not further our cause. We must restructure the APA so that we can work more effectively together.
- * ensure that women and minorities have equal opportunities to participate and lead in APA and District Branch affairs.
- * Ensure that all psychiatrists have equal career opportunities
- * ensure culturally competent care of all of our patients including the the serious chronically mentally ill
- * ensure adequate funding for psychiatric education and research

These are a few of the goals I espouse. I look forward to working with you to create a revitalized APA.

Sidney Weissman , MD Home Page:
<<http://www.foranewapa.com/>>

☆

Gilfoil

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Charlie. You've found your metier. Stay with it, please, for our sake.

Tru is still going strong despite the ugly divorce of head chef Rick Tramonto and pastry chef Gale Gand. I understand that they go to the restaurant at different times, and, as part of their divorce agreement, they're forbidden from spitting in each other's culinary masterpieces, so you're safe. The caviar staircase is fabulous, as is the presentation. **Arun's** is arguably the best haute Thai restaurant in the country. **Seasons** in the Four Seasons and the **Ritz-**

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Gilfoil

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Carlton Dining Room are both superb, though I like Seasons a little better. **Ambria** is another special occasion romancer with great art deco décor--not to be missed. **Spiaggia** is one of the best and most authentic Northern Italian restaurants in the US, but boy is it pricey. Here you might consider **Café Spiaggia**, which shares the same kitchen but not the same price list. Be warned, the high-end restaurants in Chicago are just that. The prices are on a par with New York.

My two favorite meals in Chicago have been at **Everest** and **Topolobampo**. On the 40th floor at One Financial Place, Everest has a view out to Kansas. Alsatian chef Jean Joho does wonderful things with food, but I remember best the lovely Brazilian waitress and the outstanding Alsatian wines with our tasting menu. Maybe those pours were a little too generous. If you haven't heard, Topolobampo is without doubt the best Mexican restaurant in the US and, perhaps, on the entire planet. So what you say. Chef Rick Bayless will change your mind forever about this greatly underrated cuisine. Their 5-course tasting menu with wine at \$80 is a steal compared to the other tasting menus in town.

Two other good choices on the Randolph Street corridor are **onesixtyblue** and **Blackbird**. The latter, whose 50ish era décor looks a little like Edward Hopper's **Nighthawks**, was one of the three Chicago restaurants that made Gourmet magazine's list of the 50 best restaurants in the US. Charlie Trotter's and Topolobampo were the other two. **MK** is a great and very popular bistro you might consider. **Pane Caldo** is an intimate Italian charmer close to the Knickerbocker. **Rambutan** in Wicker Park has excellent Filipino food and gets excellent reviews for its food. Think Spanish plus Indonesian. And it's one of the best deals in town.

Don't forget Evanston! **Trio**, which incubated Shawn McClain and Rick Tramonto, is still going strong what with new chef Grant Achatz from the Napa Valley's French Laundry, where he was the sous chef under Thomas Keller. With those bloodlines, how can you resist?

Oceanique and **Campagnolo** are two more fine selections in Evanston.

Don't think I'm going up in the **Sears Tower** or the **John Hancock** on this trip, but I will go the **Art Institute** and stare at Seurat's Sunday Afternoon and some others. You might feel like sampling the blues at **Buddy Guy's**, the **House of**

Blues, or **Mama Rosa's**, another Chicago institution. Whatever you do, keep up that normal lifestyle. Go to those restaurants. It's your patriotic duty. Keep America rolling!

Jim Gilfoil, MD



Smoking and Drug Abuse Declining Among US Teens

NEW YORK (Reuters Health) Dec 20 - The percentage of 8th- and 10th-grade students in the US who smoke or use illicit drugs, such as cocaine or heroin, continued to decline in 2001, according to the results of a nationwide survey funded by the US National Institute on Drug Abuse.

Overall, drug use among America's teenagers has remained level or declined for the fifth year in a row, according to the Department of Health and Human Services.

The annual poll of over 44,000 high school students across the nation found that cigarettes are increasingly unpopular among American teens. Just 12.2% of 10th graders now say they smoke on a daily basis--down from 14% the previous year. Overall, less than 53% of 10th graders said they had ever tried smoking, compared with 55% in 2000.

The "party drug" ecstasy may also be falling from favor among US teens. While slight increases in use of the drug were noted, they were much smaller than those seen in the previous two surveys.

Use of other drugs, such as heroin or cocaine, actually declined, with just 3% of 12th graders reporting that they had tried cocaine over the past year, and just 0.9% saying the same about heroin. "Huffing"--the inhalation of products such as glues or aerosols--was also less prevalent, with 4.5% of 12th graders admitting to the practice in 2001 versus 5.9% the previous year.

Use of one drug-marijuana-remained unchanged, according to the survey, with 15.4% of 8th graders, 32.7% of 10th graders, and 37% of 12th graders saying they had used the drug at least once over the past 12 months. And the percentage of 8th graders who believed marijuana to be potentially harmful to their health fell from close to 75% in 2000 to just over 72% in 2001. ★

Vegetarian Diet May Mask Eating Disorder in Teens

NEW YORK (Reuters Health)-Teenage vegetarians may be at greater risk of eating disorders and suicide than their meat-eating peers, according to researchers Dr. Cheryl L. Pery and colleagues from the University of Minnesota in the December issue of the Journal of Adolescent Health, 2001;29:406-416.

Their study found that adolescent vegetarians were more weight- and body-conscious, more likely to have been told by a doctor that they had an eating disorder, and more likely to have tried a variety of healthy and unhealthy weight control practices including diet pills, laxatives and vomiting. They were also more likely than their peers to have contemplated or attempted suicide.

Male vegetarians were even more likely to engage in unhealthy weight control practices, such as vomiting after eating and weighing themselves frequently, than were non-vegetarian males, report The findings suggest that vegetarianism may serve as a red flag for eating and other problems related to self-image in teens, conclude "Our study indicates that adolescent vegetarians are more likely than adult vegetarians to be vegetarians for weight-control than for health reasons.

The study found that nearly 6% of nearly 5000 urban middle- and high-school students surveyed in Minnesota reported that they were vegetarian or did not eat red meat. All vegetarians weighed themselves more often and were more likely to say that they were dissatisfied with their bodies than were non-vegetarians. Nearly 75% of vegetarians were females and nearly half were white.

A vegetarian diet can be more healthy than one that contains red meat, the authors note. Studies have found that adult vegetarians tend to live longer, are generally leaner and are less likely to be diagnosed with heart disease and some cancers than adults who consume animal products but adolescent vegetarianism may be a signal that other, health-compromising attitudes and behaviors may also be adopted, particularly those related to unhealthy weight control," the study authors conclude.

ASAP SUPPORTERS

ASAP's recent establishment of an endowment fund has begun to bear fruit. Those who have contributed to the Endowment Fund for 2002 are:

Mark W. Root, M.D.
Alex Weintrob, M.D.
Mark A. Wellek, M.D.

Book Review

by James Gilfoil

Of Two Minds: The Growing Disorder in American Psychiatry by T.M.

Luhrmann, is an anthropologist's look at the state of our profession. I don't know about you, but I think I'd rather read about the mating habits of pygmies or maybe Samoans—any mating habits but those of psychiatrists. Anyway, this is a good book. Really. Trust me.

Sure, it's a bit long-winded and tedious at times, but what do you expect? T. M. is an academic after all, and, in that category at least, it reads like a John Grisham thriller. Her depiction of internship—our rite of passage—is right on. She does an excellent job painting and attempting to account for the cataclysmic changes that have rocked us over the last 20 years. Her father is a psychiatrist and the book is dedicated to him, so I'm sure that accounts to some extent for the accuracy and the overall sympathy of her portrait.

The foci of the book are the psychoanalytic-psychopharmacologic split and the ravages of managed care. As part of her "field work," T. M., or Tanya, got down and dirty with the natives. She got into treatment and even did some treatment herself. She gives a good account of how psychoanalytic insularity and arrogance paved the way for its displacement in the hierarchy of the field. Too, there are some excellent passages on the demise of psychotherapy and the importance of our focusing on our relationships with our patients. One of these is quoted in Glenn Gabbard's recent article in the *APA Journal* on the denigration of the biopsychosocial psychiatrist. T. M. misses a thing of two, such as how so many of us

have adapted to the changes and the fact that there is a "third way" that has already reconciled the psychodynamic with the psychopharmacologic, i.e., the biopsychosocial model.

To dwell on her lapses, however, would be a mistake, for this woman has done the field a great service. She has "certified," in Walker Percy's term, what's happened to us. Because she didn't opt for some ill-disguised broadside against psychiatry, a la Goffmann, Szasz, or Ronnie Laing, she deserves our respect and appreciation. Oh, disappointingly, there's no sex.

James Gilfoil

ASAP's NEW MEMBERS

ASAP welcomes the following new members

Francis Peter Armendariz, MD, Lawton, OK

Carole Dunmire, MD, Charlotte, NC

Scott McAfee, MD, New York, NY

Lyle B. Forehand, MD, Towson, MD

ASAP MEMBERS IN THE NEWS

Former ASAP President, Richard Sarles, is now President-Elect of the American Academy of Child and Adolescent Psychiatry.

Call for Papers

From Richard Rosner

Re: American Society for Adolescent Psychiatry's Annual Meeting in New York City in 2003.

Dear Friends,

This will alert you to the fact that the 2003 convention of ASAP will be held in New York City.

Please take the time now to consider a presentation at the 2003 ASAP convention in NYC. Please feel free to share this preliminary invitation with interested colleagues. Many thanks for your consideration and potential participation.

Richard Rosner, M.D. Program Chair, 2003 ASAP convention in New York City
You are invited to submit one or more proposals for presentation at the ASAP Annual Meeting to be held in New York City in 2003.

Proposals will be considered for Scientific Papers, Panel Discussions, Audiovisual Sessions, Poster Sessions, New Research, and Workshops/Courses. The purpose of all presentations is continuing medical education. All proposals will be evaluated for scholarly and relevant content by several reviewers from the ASAP Program Committee. Audience participation and "hands-on" experience are desirable.

Visual aids, such as slides and handouts, are encouraged, but must be simple and legible.

Proposals should be submitted on the official abstract form, which can be requested from the ASAP office. Deadline for completed abstract forms is October 1, 2002.

For further information, please contact: Frances Roton, Executive Director, ASAP
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Teens and The Web

Reuters Health - Teens and young adults use the Web to find health-related information as often as they do to play games or downloading music, and more often than they shop online, according to a national survey released

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Advertisement

Nationally and regionally respected child and adolescent psychiatric hospital seeks board certified psychiatrist to join a growing medical staff. Six-year old facility with recent expansion, stable staff and minimal managed care penetration characterize this setting.

Your practice in the Rocky Mountains will provide quick access to some of the finest year-round outdoor recreation venues in the United States. Practitioner will provide services on inpatient and outpatient basis, share call with three other physicians and enjoy an environment of high quality care.

Interested physicians should call Shelby Leonard, RN, BSN, 800/467-9117 or e-mail to sleonard@besmith.com

by the Kaiser Family Foundation on Tuesday.

The survey found that one in four people 15 to 24 years old say they get "a lot" of health information online and a significant proportion of youth are acting on what they read there.

Nearly 40% of those surveyed said they have changed their behavior because of information they found on the Web.

The survey, Generation Rx.com, includes their concerns about confidentiality, their opinions on filtering technology and online pornography, and new data on where and how often teens and young adults are going online. Searches for information on specific diseases such as cancer or diabetes.

Sensitive, youth-oriented topics such as HIV/AIDS, birth control and sexually transmitted diseases are also popular.

About one in four of those surveyed had looked up information on body-weight issues, mental health, drugs and alcohol or violence.

The majority of youth who surf the Web for health information do so just a few times a year, but nearly four in 10 do so at least once a month, the survey found.

The study, one of the first to look at this age group's interest in health issues, raises a series of questions, including the quality of the information available to this age group.



Distress Increases Risk of Pregnancy in Adolescents

Reuters Health - Teenage girls who are psychologically distressed are twice as likely to become pregnant than their non-distressed peers, a new study has found. The researchers suggest this may be because distressed girls lose the confidence to negotiate safe sex practices with their partners and were more likely to engage in risky behaviors, says lead author Dr. Ralph J. DiClemente, a professor of public health, pediatrics and psychiatry at Emory University in Atlanta, Georgia.

He suggested doctors may want to give teenage girls a quick screening for mental distress and refer those at risk to a mental health provider. "No matter how much we motivate them to protect themselves, if they're not feeling good about themselves, they're not likely to adopt those behaviors."

CLASSIFIED AND DROP-IN ADVERTISING AVAILABLE

Ads must be received at the ASAP office by the following deadlines: Spring issue — April 12; Summer issue — July 30; Fall issue — September 30 and Winter issue — December 1st. Copy should be typed and double-spaced.

For Classified ads, a check to cover the cost at \$1.00 per word (minimum \$25.00 per ad) must accompany the order. For an additional \$12.50 an advertiser who does not desire to be publicly identified may use an ASAP "Box Number" and will be sent copies of resumes or other information sent to the box.

For drop-in ads, rates are as follows: Underwriting a complete issue, \$1500. This entitles the advertiser to exclusive advertising rights in that issue, with two full pages of advertising. Full Page ad: \$350; one-half page ad: \$250; one-quarter page ad: \$150.

The acceptance of advertising by this Newsletter does not in any way constitute endorsement or approval by ASAP Newsletter or ASAP of any advertised service or product.

Regarding Classifieds, the publisher reserves the right to accept or reject advertisement for ASAP Newsletter. All advertisers in this section must employ without regard for race, sex, age, nationality, or religion in accordance with the law. Readers are urged to report any violations immediately to the executive editor.

ASAP NEWSLETTER

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