



Photo by Fred Seligman, MD

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Thoughts from the Editors



Dick & Carol Gross, MD

Spring is upon us, and we are still in the process of “downsizing.” For those of you who have already gone through the ritual, we can only sympathize, and for those for whom it is still in the future, start getting rid of your “collected past” now! We never listened to people who tried to tell us to start throwing away early. Maybe one can only learn from experience! We definitely were savers. These past couple months have been an adventure. But our house is now “on the market,” and once the house sells, we will look for a condo. We are extremely grateful for the help we have gotten from a professional group, without which we could not have proceeded so well. 941 pounds of shredding, scores of trash, and heaps of recycling are gone. Many bags for donation are still in the garage and shed, along with boxes of books, 78s, LPs, CDs, and items being readied for an estate sale. Your experiences written for this Newsletter would be very welcome. Send them to us!

John Schowalter wrote his last essay for you in the last edition of the Owl. We welcome

Cynthia Pfeffer, who writes her first essay for this Newsletter as the new Chairperson of the Life Members Committee. The essay will bring you up-to-date with AACAP and the Life Members.

We are honored to be printing a wonderful article in this Newsletter by Dick Sarles about his retirement AND the wonderful experience of taking his 12 year old grandson and some of his schoolmates to Rome. What a thrill! Of equal pleasure is an article by Fred Seligman, our official AACAP photographer and Life Member; Fred writes of his experience as our photographer. In addition, it is a special pleasure to have received an unsolicited, wonderful essay by Eugene Shatkin, from

“Thanks to those of you who submitted articles for publication in this issue of the newsletter. If you didn’t submit for this issue, have no fear, we’re already working on the next issue! Don’t feel left out!”

Send articles, likes, or suggestions to:
rlgrossmd@gmail.com.

Charlottesville, Virginia, who writes about his granddaughter in medical school and her interest in psychological issues during her pediatric clerkship.

This may be our last issue as editors of the Owl Newsletter before Marty Drell takes over as your new editor. If so, it has been a great pleasure, and we thank you for the honor of being your editors.

Dick & Carol Gross, MD



Generativity: An Essential Goal of Life Members



Cynthia Pfeffer, MD

I am honored to write this column during a time of major transition in our country, AACAP, and the Life Membership. This year, we will vote for a new President of the United States; a decision that will certainly affect the wellbeing of children

and adolescents. This year, we have a new President of AACAP, who has a vision of improving the psychosocial health of children by strengthening mental health services in the United States. This year also involves a Life Membership transition because John Schowalter plans to step aside as a co-chair of the Life Members Committee. He is a spectacular leader whose direction and wisdom are cherished and have far-reaching consequences. AACAP Life Membership was conceived and developed extensively during John's apt leadership. As I have been John's co-chair during the last few years, it is with humility that I continue our strong commitment to Life Members' successful work. Our plan is that Dick Gross will become my co-chair near the end of 2016. In this message, I highlight Life Members' work indicating that our transitions will maintain a strong, vibrant Life Membership.

Life Members' engagement in AACAP activities is vital! They have given enormous time promoting child and adolescent mental wellbeing. Life Members believe that it is

essential to maintain their identity as child and adolescent psychiatrists and continue communicating and having involvement with colleagues. Life Members developed a strong agenda to reach out to new generations of potential child and adolescent psychiatrists. After inception of AACAP Life Membership, its important goal became FOSTERING GENERATIVITY.

The AACAP Life Members Committee, which interacts with the AACAP President, the outstanding AACAP staff, and other committees, developed building blocks, or "foundations," for facilitating interactions among Life Members and providing pathways for communicating with and mentoring medical students and psychiatry residents, who aspire to a career in child and adolescent psychiatry.

One foundation is the highly successful Life Members Mentor-Mentee forum, held at AACAP's Annual Meeting, where Life Members meet in small groups with medical students and residents to discuss their professional experiences, provide guidance, and respond to trainees' concerns about becoming child and adolescent psychiatrists. We applaud Perry Bach, assisted by Aaron Roberto, who is a child and adolescent psychiatry resident, for conceptualizing and leading this forum. We are pleased that Jack O'Brien will join their leadership. Trainees regard the forum as important for learning about our profession. The Life Members dinner at AACAP's Annual



Generativity: An Essential Goal of Life Members

Meeting is a second foundation for Life Members to mingle with each other, medical students, and psychiatric residents. It is lauded as being wonderfully enjoyable and informative.

A third foundation is our Life Members Owl Newsletter, currently under the strong editorship of Dick and Carol Gross. This year, the editorship will transition to Marty Drell. The Owl Newsletter, inaugurated when AACAP Life membership was established, is a voice for Life Members' activities and opinions and enables them to receive relevant AACAP information. Photos in the Newsletter portray Life Members interacting.

A fourth foundation is the Life Members Clinical Perspectives presentation at AACAP's Annual Meeting. In past years, our program focused on Life Members' career experiences, teaching, and research and honored outstanding Life Members' professional achievements as legacies that improved child and adolescent psychiatric care. This year, we aim to provide a spectacular Clinical Perspectives, creatively developed and chaired by Doug Kramer, on a re-orientation of mental health services involving integrated child and adolescent psychiatric service delivery. The speakers are in the forefront of developing these concepts. The program promises to be a session not to be missed!

Life Members' goals cannot be achieved without the most significant foundation—

DONATIONS TO THE LIFE MEMBERS FUND. This ensures our vision for developing future child and adolescent psychiatrists and fulfills our professional identities of being socially responsible, generative people. Testaments to LIFE MEMBERS' GENERATIVITY are letters in this Owl Newsletter issue describing sentiments of medical students and residents, who, sponsored by the Life Members Fund, attended the 2015 AACAP Annual Meeting. PLEASE CONTINUE TO DONATE!

This year, at the 2016 AACAP Annual Meeting in New York City, we expect a large attendance. Please congregate to exchange ideas, participate by attending presentations, and generate donations to the Life Members Fund.

With cordial greetings to the Life Members,

A handwritten signature in blue ink, likely belonging to a member of the Life Members Fund, located at the end of the letter.



What Retirement Is All About



Richard Sarles, MD

As I approached the age where retirement was an option, I was offered the opportunity to gradually reduce my faculty time from five to four, to three, to two days a week. I spent one day consulting at the

Maryland School for the Deaf and the other day providing supervision to fellows and residents at the Division of Child and Adolescent Psychiatry at the University of Maryland. This was a great semi-retirement, and I loved the clinical work and teaching.

Life events, however, precipitated and accelerated my retirement plans and relocation to Chapel Hill, N.C. to be near family. Child psychiatry colleagues at both Duke and the University of North Carolina most graciously invited me to participate in their training programs, which I very much appreciated, but life events demanded my full-time attention at home.

That was almost two years ago, and I am still fully retired.

So what is retirement life for me? It is taking two music courses at Duke's Osher Life Long Learning Institute (OLLI); it is seeing my two grandsons, ages 12 and 15, several times a week for dinner, sports events, or just hanging out (they live just a mile from me). It is going flying each summer in an open cockpit,

bi-wing airplane with my grandson and going for a flight with him in a WW II, B-17 Flying Fortress aircraft.

Retirement life is full of adventures and seeing things through the eyes of my grandchildren.

A perfect example was a spring break, week-long school trip I took with my 12 year old grandson to Rome, Italy. Four teachers, two parents, and one grandparent (me) accompanied 32 6th, 7th, and 8th grade boys and girls (with two reluctant 9th graders) from Raleigh, N.C. to Rome and with a strong tail wind arrived 90 minutes early at daybreak.

So at 8:30 am Sunday morning (after the overnight flight) at the urging of our local guide, we started our walking tour of Rome. And walk we did, averaging nine to ten miles a day, stopping at all the important places in and around Rome and one day, on our trip to Herculaneum, climbing to the top of Mt. Vesuvius. The Gladiator school, where the students dressed in gladiator garb and learned to throw spears, handle wooden swords, and avoid trident and net, was a lot of fun and a great success.

Lunches each day were in terrific little back alley restaurants with homemade pasta and fresh spring salad with great olive oil; they were only to be equaled or surpassed by dinner. After the first marathon day, the teachers decided that meals would have specific, reserved adult and student tables,



What Retirement Is All About

which worked splendidly for everyone. After dinner each evening, the group would explore the various piazzas, our favorite being the ever popular Piazza Novonna, and then end the evening at about 10 pm with delicious gelato.

I saw more of Rome on this trip than I ever had in my previous five visits there. What a delight to see Rome through the eyes of youth. That is what retirement is all about for me.

Richard Sarles, MD

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A dark red rectangular graphic with large, bold, dark grey numbers '1953' and the word 'SOCIETY' in white, spaced-out letters below them. Below this is the slogan 'Your Legacy. Our Future.' in white. In the bottom right corner, the logo for the American Academy of Child & Adolescent Psychiatry is displayed in white, including the website address 'WWW.AACAP.ORG'.



Through the Lens of My Camera



Fred Seligman, MD

Being the AACAP Photographer at the Annual Meeting has allowed me to experience AACAP in a way that is unique compared to most members.

By photographing the many breakfasts,

luncheons, and other AACAP Award functions, I've come to appreciate the extent to which AACAP encourages medical students and residents to enter our field, supports training activities, and recognizes outstanding early child and adolescent psychiatrists.

Other than pediatricians, we are the only physicians that direct all our energy to the young. But we, more than any other medical organization I know, have a major commitment to the youngest among us. We really practice what we preach, namely that the more optimal one's early start, the stronger the ultimate result. We really work at recognizing and grooming the youngest and the least experienced in our midst.

My most pleasant photography assignments are those where there is generational interaction. This occurs most beautifully at the Owl's annual dinner with early aspiring child psychiatrists who are hosted at the dinner. It is delightful to watch the active and animated intergenerational conversations taking place at each table. Among my other favorites to watch and photograph are the mentoring sessions and the Young Leaders Awards Breakfast. One of the

newest AACAP awards is the AACAP Paramjit Toor Joshi, MD International Scholar Awards, given for the first time at the 2015 Annual Meeting to very youthful recipients from Mexico and Sri Lanka, which recognizes international physicians who early in their careers enhance the mental health services of children and youth.

Over the years, I have made so many friends and acquaintances that started with me initially viewing them through the lens of my camera. There are instances now where groups of individuals request an annual photo. There is an Owl grouping whose photo I have taken every year that I have been doing this.

Truth to tell, I had to be cajoled into accepting this assignment, but it did not take long for me to treasure my experience. As a student of history, I appreciate the remarkable opportunity this has given me to document some meaningful AACAP history. I realize that in years to come, a photo I have taken may be the major way to recall or remember an activity of the Academy or the memory of some of our members. Such an important part of the photo collection is to archive not only the faces but the names and/or activity of the participants, which hopefully will become a responsibility of the history committee.

This experience has helped enhance my photography skills especially in areas I had little prior experience. Flash photography (most of the AACAP activity) is very different than outdoor photography. Each year, many of the photos I take include the AACAP president. I have the very unique experience of watching



Through the Lens of My Camera

them intently through a camera lens for a period of two years. During this time, I can watch very close up how they implement a two year agenda for AACAP. I can appreciate their aspirations for AACAP in their initial presidential remarks and watch (and document) firsthand how they achieve them. The AACAP presidents I have served have been remarkable individuals and to view them so close up that I can even appreciate a moist eye as well as how they leave a lasting contribution to the organization is a privilege I do not take lightly.

These comments must include a reference to the AACAP staff. The amount of work they do in our name, behind the scenes, is incredible. Many do this without most members being aware of their special contributions. But what I

am most amazed about is the incredible dedication they have for what they do. They really believe in our mission and do it with passion, excellence, humility, high-spirits, and commitment. They have helped what I do in so many countless ways. As such, I have been able to see firsthand the remarkable day-to-day leadership that is provided by two very special people: Ginger Anthony and Heidi Fordi. We have been so lucky to have them guide the organization for us since our inception.

And lastly, I want to thank Robert Grant for being my main AACAP link who has helped and rescued me countless times and Wunjung Kim for cajoling me to do this in the first place.

Fred Seligman, MD

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Politically Correct Pediatrics

As an Owl whose first medical career was pediatrics, I was recently honored by a granddaughter who interviewed me for a pediatric clerkship project in which she was supposed to search for and learn how pediatrics was practiced a couple of generations ago. She decided to ask me about my experiences, circa: 1957-65. She attends a medical school that prides itself on teaching multidisciplinary teamwork and patient-centered, compassionate pediatrics. I shared with her some of my noteworthy night house-call experiences, where I attended sick and injured children and their worried parents. I described the practice and privilege of making house-calls at that time and helping to resolve significant problems, such as acute otitis media, acute bronchitis, asthma attacks, fever with meningismus, early peritonitis from appendicitis or abdominal injury, and some emotional crises. The latter was part of my motivation for becoming a child and adolescent psychiatrist. She took this information and wove it into an essay about compassionate care of patients. She recognized how politically correct it is to say to patients or families, 'I can understand how you must feel,' 'That must be very hard for you,' or 'I hope we can work together to diagnose and solve this problem.' She felt these comments sound appropriate and politically correct, but perhaps not real or true. "How does one make these comments authentic?" she asked. We discussed again the house-call itself and the impact made on the patient and family when the doctor or psychiatrist goes into a home to help resolve

a crisis, medical and/or emotional, during a behavioral blowout, suicidal ideation or threat, or drug reaction. We concluded with the recognition of the impracticality of making house-calls in this era of practicing medicine and also with the recognition of the impact made by the doctor's presence that helps establish a sense of compassionate care and teamwork with the patient and family. Not all teamwork is practiced by the multidisciplinary medical team; the family must be on board as well. And, practicing compassionate comments early in training may be a significant step towards being able to say them authentically when future close relationships with patients and families exist.

I am hoping that my granddaughter will continue her interest in the psychological issues of patients and families. Without consciously trying, my wife and I have influenced a daughter and son into mental health careers that seem to fit them well. They are happy people.

Eugene Parker Shatkin, MD



To Go Where Your Heart Wants To Take You

His clinical presentation, this handsome 8 year-old little boy, was not unusual for our North Los Angeles County Community Mental Health Center: fluent in Spanish and English with his (mostly) mono-lingual Spanish-speaking parents in-tow, fidgety and restless in class, not focused, and not working up to his potential.

Somewhat unusual, however, was his response to my asking what he wanted to be when he got older.

“A race car driver,” he replied with sincere enthusiasm.

“Formula One or drag racing?” I asked, probing how serious he might be.

“Formula One... I love those cars.”

“Have you been to the Long Beach Grand Prix?” I inquired, this being our most local annual racing event.

“No,” he said, “but I want to go. Have you been?”

So, O.K., a “race car driver,” not the more typical “policeman” or “I don’t know” response. Something was different about him, however, something that would become very clear by the end of my interview.

First, though, some background information - not his but mine. I’m one of those “Triple

Boarded” individuals, who, early in my career, began to realize, and feel, with all due apologies to the transgender community, that I was a child psychiatrist caught in a pediatrician’s body.

In my “era,” the early ‘70s, one could satisfy Pediatric Board eligibility criteria with a pediatric internship, a year of general pediatric residency, and a third year in a pediatric sub-specialty. I was drawn that third year, no surprise, to a “Child Mental Health and Comprehensive Care” Fellowship, a joint venture of the Departments of Child Psychiatry and Pediatrics at the University of Washington.

We were groomed through our joint supervision to provide comprehensive medical and psychosocial care to children and adolescents with chronic and, sadly at times, terminal illness.

My mentor, Dr. Michael Rothenberg, who, before his untimely death, would become Benjamin Spock’s literary heir, modeled the interviewing techniques and the “joining” with families that I carried with me into my short-lived pediatric career and strengthened when I completed psychiatric residency and child fellowship, with the psychiatrist within me finally fully “baked.”

In the Washington program, for Grand Rounds, on rotation, we presented cases and then interviewed patients with the combined staff looking on. The kids knew they’d be in front of



To Go Where Your Heart Wants to Take You

a large audience. They had volunteered nonetheless, and I'm sure we were more anxious being on display than they were.

Perhaps to end on a comforting note, Dr. Rothenberg, when he did a demonstration interview, would always finish with a somewhat unorthodox request of the young patient he had just thanked for being such a good teacher for us all: "I know lots about you now," he would say. "Is there anything you would like to know about me?" "No" was a typical response, but for anything else, he would answer with as much honesty as the "material" would allow.

I had adopted this custom for my assessments, and, returning to our case-at-hand, I offered my allegedly fidgety future speedster that same opening.

"Yes, I would," he replied. "What did you want to be when you were little?"

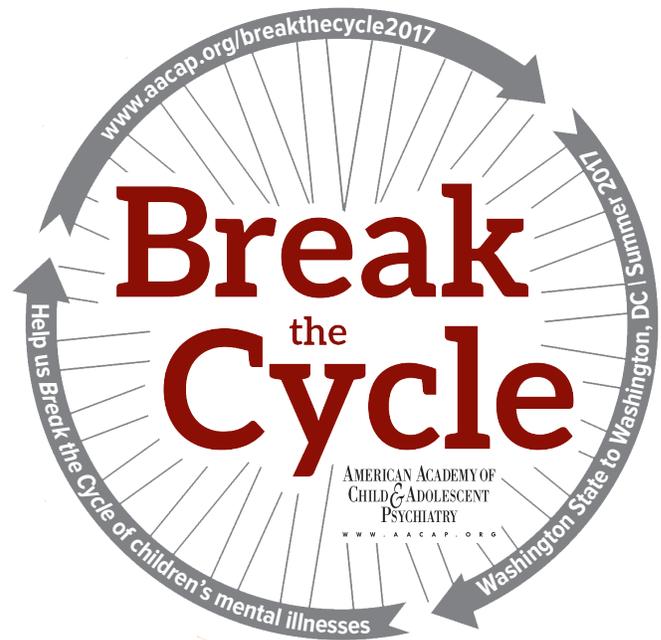
As if from some analyst's couch, I replied, never before having been asked this question: "I really didn't have a choice. My parents wanted me to be a doctor and that is what I thought I had to be."

Our little guy thought for a moment and offered me this: "I guess your parents didn't want to let you go where your heart wanted to take you." He then added with obvious contentment in his voice: "My parents are bringing me up a lot different than yours did."

My encounter with this young, observant "philosopher," restless and inattentive, clearly, it turns out, because his schoolwork is not a challenge, has provoked much self-reflection. My parents did pave a rather narrow path for me, but here at a great distance from the starting point, it does seem that my career, treating children and their families, is exactly where my heart must have wanted to take me.

A therapist I supervise, when I told her about this little boy, asked if I was going to see him again. "I'm seeing him every week," I joked. "He's helped me a lot."

Alan Paul Sandler, MD





Thank You Letters

Dear AACAP Life Members Committee,

Thank you for sponsoring this year's program and for your support of the continuation of the Education Outreach Program Award for child and adolescent psychiatry residents. I enjoyed meeting several Life Members and hearing about their careers, as well as gaining mentorship from several other prominent child psychiatrists during the career development forum. The travel award also gave me an opportunity to explore potential employment options following fellowship and next steps for pursuing a clinical educator track position, in addition to continuing my involvement in the AACAP Ethics Committee. Thank you again.

Sincerely,
Andrea Mann

Life Members Committee,

Thank you for your generous support and selecting me for the Life Members Mentorship Grant for Medical Students. During my active participation at the AACAP Annual Meeting, I was able to learn more about the field of child and adolescent psychiatry and my passion to practice in the field intensified. I truly appreciate your generous support.

Best,
Michelle Corkrum
University of Minnesota
MD-PhD Candidate

Dear AACAP Life Members Committee,

I wanted to write and thank you sincerely for the honor of receiving a Life Members Mentorship Grant. As a medical student, I was a first time AACAP attendee, and I learned so much from the lectures and workshops at the conference alone. The added value of mentorship events as part of Life Member programming was incredible. I felt so fortunate to be able to meet and discuss my interests with everyone from trainees to seasoned psychiatrists. The Life Members dinner was such a unique opportunity to share a fun evening with esteemed child psychiatrists. I felt so fortunate to be there.

The conference showed me a glimpse of what my future career might be. My experiences there, particularly at events offered to me as part of the Life Members Grant, made me all the more excited to become a child psychiatrist. I appreciate the opportunity immensely.

Warm regards,
Colleen McGavin



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Owls have demonstrated a remarkable and unwavering commitment to AACAP and the next generation of child and adolescent psychiatrists. They are mentors, advisors, donors, and friends. They are AACAP's legacy. Thank you to the following donors for their generous financial support of the Life Members Fund mission.

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**From December 1, 2015 to March 31, 2016*

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Every effort was made to list names correctly. If you find an error, please accept our apologies and contact the Development Department at development@aacap.org or 202.966.7300 ext. 130.



Barbara Fish, MD, pictured front row, middle Dr. Fish was an AACAP Distinguished Life Fellow as well as a pioneer and leader in the field of risk for schizophrenia.

In Memoriam

Barbara Fish, MD
Miriam R. Freidin, MD
Joel S. Ganz, MD
Patrick Holden, MD
Harlan Lubin, MD
David P. Sorkey, MD
Marla Warren, MD

From January 2016 - April 2016



Throughout the Years...

