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Thoughts from the Editors



Dick & Carol Gross

It is with some sadness that this issue announces John Schowalter's leaving the chairmanship of the Life Members "Owl" Committee which he has led so well and so wisely since its inception eight years ago. He will be sorely missed. His wonderful sense of humor and marvelous writing skills exhibited in every issue of the 'Owl' will especially be missed. We will hope that John takes his own advice when it comes to attending the Life Members dinner and participating in Life Member activities. John, there will still be plenty of time for travel and grandchildren.

We, Dick and Carol, have just returned from three wonderful weeks in Sicily with a few beautiful days on the Amalfi Coast of Italy as well. If you have never made the Sicily trip, we highly recommend it, particularly if you love history. From the Greeks to the Romans, Byzantines, Arabs, Normans, Spanish, and finally to the Italians, there is SO much to see, so much superb food to eat, and so many wonderful people with whom to interact! Now, though, we are back and thinking of you!! 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!

It is a special privilege to have in this issue of The Life Members Newsletter a wonderful article by Ira Lourie outlining his career and its connections to his father, one of AACAP's founders, Reg Lourie. David Cline informs us in an interesting piece about the history of The History and Archives Committee; and Stephen Major, AACAP's Development Coordinator, reports to us about all YOUR generosity.

Keep it Up!
Dick & Carol Gross

"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.



The Times, They Are A Changin'



John Showalter, MD

When Bob Dylan wrote this song in 1964, all of us were younger. Some of us were very young. As a child psychiatry fellow, I was middling young. Dylan later explained that he hoped that the song “allied” the folk movement with the

civil rights movement. I suppose “things” are always changing, and it surely works out better when good things are allied beforehand. In this essay, I will comment on the re-birth of the Academy’s descriptive-only designation of “Life Member.” There is an important reason to do this, and I will try to not over-labor our history before I get to that point.

In 2007, my friend David Herzog was a member of the AACAP Development Committee and he asked me what things I thought were on retired AACAP members’ minds. I mentioned two. One was they were interested in keeping our specialty strong after they were gone, and another was a wish to keep in better touch with old friends now that they were no longer as involved in professional activities and travel.

In 2008, I was asked to join the Development Committee, and that year the Development Committee sponsored the first Life Member Dinner at the AACAP Meeting in Chicago. It was small but it was the start of something that would become very big.

It was at our 2009 LM Dinner in Honolulu that we began a discussion about raising money from Life Members to fund Annual Meeting travel grants for outstanding medical students and general psychiatry residents. After all, we were no longer paying dues. After 15 minutes of discussion, I asked for a show of hands by those diners who approved of this strategy. It was clear that most were not only in favor, but enthusiastic. The Life Member Fund was born in 2009.

2010 continued our line of significant years. Life Members were asked to form a subcommittee under the Development Committee, and our fledgling LM Fund paid for two residents to come to the AACAP Annual Meeting in New York City.

A Life Member Wisdom Perspective was added to the 2011 AACAP Meeting, and that Life Member Dinner hosted 15 travel-grant-awarded residents and medical students. This was the first year that our activities were sponsored by our LM subcommittee, rather than by the Development Committee. Our Life Member Dinner had become a huge (and raucous) success by being a sure place where old friends could at least once a year reunite, as well as where medical students and residents would meet the most gregarious and generous of the Academy’s oldest generation. The number of Life Members and of awardee attendees at our Dinner has continued to increase every year. In 2011, the Life Members by email poll elected the Snowy Owl as our mascot and logo. Our



The Times, They Are A Changin'

Owl was out and about all over Toronto, emblazoned on AACAP lanyards, name tags, and donor pins. However, the Owl's finest, if not its loudest or most alcoholic, hour came upon receiving the Academy's coveted Catchers in the Rye Award. It was presented for our: "Developing the community of and for Life Members, and defining a more purposeful role and contribution by these esteemed members." 2011 was quite a year. To be graphic, within only two years the label "Life Member Group" went from being an inert lump under "AACAP Member Designation" to being a Living Force!

The Owl's latency period was hardly latent. To everyone's delight, the 2012 and 2013 Dinners in San Francisco and in Orlando grew larger and noisier. This perhaps was enhanced by our lengthening the "free drinks" cocktail time and by providing a sufficient number of chairs for those who preferred to sit while gabbing. Because of the amazing and ever-increasing Owl generosity, donations provided for 22 travel grants in 2012 and for 29 in 2013!

As usual, after latency came adolescence. There were no flies on these young owls. There developed a drive for independence, both from within the subcommittee and through feedback from other Owls. This took the form to expand beyond being a lowly subcommittee and to devise new interests in addition to fund-raising. The AACAP leadership agreed. We were thus appointed a full committee in 2014. Since a majority of our efforts come to fruition at

the Annual Meeting, we were happily linked together with the AACAP Meetings Department. In addition to our usual excellent presentations, for the first time the Owls, under Perry Bach and psych resident Aaron Roberto, birthed a hugely successful and room-overflowing extravaganza by providing a venue where some of our wisest owls were available to mentor med students and psych residents. This success will be repeated in San Antonio, but hopefully using a larger room. Last year's Owl Dinner in San Diego was again the largest ever, and we hosted a total of 32 medical students and residents!

I hope I haven't overdone history, but I would like to now mention that next change that I cued at the top of this piece. I have decided to leave the Owl Committee next year. As I've tried to detail above, our launch phase and even our adolescence are over, and I believe the time for younger leadership and new ideas has come. I announced my decision at our last committee conference call, and there is consensus that we should widely solicit Owls' thoughts and suggestions, as well as nominations to fill committee vacancies as they become open. The committee will add an agenda item labelled Transition for our upcoming conference calls. Please feel free to contact either me (John.Schowalter@Yale.edu) or committee co-chair, Cynthia Pfeffer (cpfeffer@med.cornell.edu) with any thoughts or ideas. Younger Owls, whom I call "young olds," are especially encouraged to become engaged.



The Times, They Are A Changin'

Finally, this is our July Newsletter and in this issue I always encourage readers, if possible, to both register for this year's Owl Dinner and to continue (or begin) to donate to the Life Member Fund! A tax-deductible donation of \$450 (equivalent to our forgiven dues) or more will earn you a beautiful multicolored 2015 Owl Pin. This will make you feel well-dressed and proud whether you wear it in San Antonio, while walking your dog at home, or anywhere else!

I wear my Owl pins everywhere, but, of course, I'm a little weird on this subject. In my defense, I am not alone in being weirdly willing to donate money to strengthen our profession. Total donations to our Life Member Fund have already surpassed \$200,000 during these relatively few years. This does everyone proud!

I end with a brief bell-peal to urge you to register for the San Antonio Life Dinner. I do this every July, and it seems to work. Do you enjoy old friends &/or new friends; young people &/or old people; teetotalers and/or libation-lovers; the shy &/or the loud? They are all at the Owl Dinner, and you can sort them out.

Finally, it is a fact that every one of us will at least once be part of an Owl Dinner. Every year at the dinner, the roar of new and old friends' talking stops, and there is complete silence as the names of those Owls who died in the past 12 months are read and remembered. While it is true that we will all be at the Dinner together in spirit that last time, I urge that you also come in person to the 2015 Dinner. I know you will enjoy this one more.

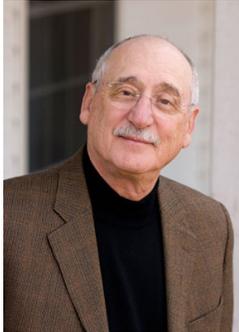
Peace to all,

A handwritten signature in black ink, appearing to read "John".





To Dad, Love Ira



Ira S. Lourie, MD

My father, Reginald S. Lourie, was a pioneer in the field of child psychiatry. He was trained by the founders of the profession in the 1930s and 40s and came to Washington DC in 1948, where, as the second child psychiatrist in the city (Sidney Berman was the first), he created the Department

of Psychiatry at Children's Hospital. My father was one of the earliest Academy members and began its second decade as its sixth President.

I, on the other hand, was 11 years old when the Academy was founded and when I joined in 1973, after finishing my child and adolescent fellowship, there were umpteen child psychiatrists in the Washington DC area. I loved attending the Academy meetings where I had instant recognition as Reg's son. Thus as a freshman member I had access to all of the leaders in the field, which made my job in child mental health policy at the National Institute of Mental Health much easier and more productive .

My father, on the other hand, who was nearing retirement at that time, took great pleasure as my career blossomed when he was greeted with the phrase, "Oh, you must be Ira's father!" By this time in his life, my father was in the midst of his third major accomplishment of forwarding the concept of treatment within the realm of Infant Psychiatry as he developed the Clinical Infant Program at NIMH's Mental Health Study Center, which ultimately became the Reginald Lourie Center. He had also created an advocacy and education organization for Clinical Infant mental health, Zero to Three.

But it is not these accomplishments that brought my father's and my own careers together. Rather, it was my father's role in the development of child mental health policy in the 1960's, when he was named chair of the Joint Commission of the Mental Health of Children, instituted by an act of Congress in 1965. The Joint Commission set out a plan of child advocacy at the local, state and federal levels to approach what they called the Crisis in Child Mental Health (the title of their landmark report of 1969). This far reaching plan crossed all child oriented fields including mental health, health, education, child welfare, juvenile justice and substance abuse to improve the well-being of all children and thus reduce, among other things, mental illness. This Joint Commission report came out 1970 and the copy that my father presented to me was prophetically inscribed thus: "To Ira, Who will be dealing with the crises of the '80s and the '90s, Love, Dad."

At that time, I was in my first year of my general psychiatry fellowship and had already declared myself headed toward a career in child psychiatry. While a late teen/early twenties psychoanalysis had freed me up to eschew my earlier career goals of civil engineering, bacteriology, elementary education and psychology to enter medicine and ultimately child psychiatry , I was still fighting off the identification with my father to the point of choosing to primarily work with adolescents rather than younger children and certainly not infants and toddlers. During three out of my four years in residency I was supported by NIMH 's Mental Health Career Development Program and on completion owed the Public Health Service some post-residency time which I choose to serve doing mental health policy jobs in NIMH's administrative section-jobs I held for the next twenty years.



To Dad, Love Ira

After five years of being the Institute's Coordinator of Youth Affairs and Child Abuse and Neglect Programs I became the point person for children's services in the Community Mental Health Division. One of my roles in that job was to help create programming to implement the children's portion of President Carter's (really Mrs. Carter's) 1976 National Plan for the Mentally Ill. And what did we use as the foundation for such a program on children and adolescents with serious emotional disturbances ...the report of the Joint Commission on Mental Health of Children!

While the very successful Community Support Program for chronically ill adults grew out of the National Plan starting in 1977, by 1982 nothing had been implemented for children, who always took the back seat. Finally, however, in 1982, I was given the responsibility of developing the children's response to the National Plan, out of which came CASSP, the Child and Adolescent Service System Program, which later evolved into the current concept of the System of Care for Children and Adolescents with Serious Emotional Disturbances and their Families: all based on the concepts originally generated by my father and the Joint Commission.

I have always been proud to be the son of Reginald S. Lourie and I take great pleasure in having been able to have played a major role in the implementation of his dreams of multi-agency coordinated responses to the problems of children and adolescents and their families. While my strong identification with my father was a major factor in my being in the position to do this, my mother probably said it best once when talking to me about my two brothers and myself and our relationships with our father, "You are the only one he can talk to about anything other than football."

The Lourie Boys, my father and his brother Norman (an Associate Member of the Academy and Past President of the American Orthopsychiatric Association along with my father and myself), played major roles in child mental health policy in this country in the 1960s and 70s. Whatever the determining factors were for me to follow in the Lourie Boys tradition, I am glad to have had the opportunity to fulfill my father's prophecy of having an equal impact on the understanding and delivery of mental health services to children, adolescents and their families in the 80s and 90s, and even into the new millennium.





History of the History and Archives Committee



David Cline, MD

Forgive the personal tone of this article, but I think the personal is the significant. It is only the personal that awakens, motivates, inspires and energizes us to achieve, get up in the morning, fight the furies, respond to our calling, and do some good in the world.

The History Committee of the American Academy of Child Psychiatry was founded at the Academy's annual meeting in Washington, D.C., in 1992 at the direction of President Richard Cohen. The impetus to start a history committee came from Dorothy Bernstein, my colleague here in Minneapolis. She and her psychiatrist husband, Irving Bernstein, became first friends to Wanda and me in 1968 when we moved to Minneapolis, Minnesota, after completing training at the University of Wisconsin in Madison. At that time, Dorothy was completing a master's degree in the history of medicine from the University of Minnesota.

Prior to this, Joseph Noshpitz, Academy President 1974 to 1976, presented symposia at the Academy's annual meetings, reviewing the development of child mental health in the United States. Starting in the decade of 1900 to 1910, he and other academy historians described the mental health issues in the context of what was going on in the country during that decade. After completing the decade of the 1970s, he summarized his findings into a tome that is currently being edited and will be made available on the Academy website.

Dorothy asked me to be on that original com-

mittee, and I submitted the first History Committee-sponsored symposium for the 1993 annual meeting in San Antonio, Texas, "Hidden Children of the Holocaust: Fifty Years After World War II". This symposium theme of survivors of World War II was continued over the ensuing years and finally ended up as an opera, "Lost Childhood" by Janice Hamer and Mary Azrael on November 9, 2013, it was presented at The Music Center at Strathmore, Bethesda, Maryland. Its context was the relationship between Yehuda Nir and Gottfried Wagner. The Academy gave birth to an opera!

After Dorothy Burnstein retired as the chair, Joe Noshpitz was appointed. When he died suddenly in 1997, I was appointed chair by President Larry Stone. We instituted an annual lecture named The Joe Noshpitz History Lecture that covered broad topics related to history of child/adolescent development, mental health and mental illness. The first two lectures were presented by Vivian Rakoff, a Canadian psychiatrist and marvelous raconteur, who spoke to a crowd of around 300. Some who gave feedback said they were happy to hear about the ideas of Spinoza, Schopenhauer and Heiddiger at an Academy meeting.

The committee is assisted by many capable academy members, medical students, residents and fellows, all of whom are encouraged to develop their own projects and presentations at annual meetings. Current members are Tom Brugger; Richard Cohen, Emeritus; Fernando Espi Forcon, Fellow; Nicole Franklin, Resident; Richard Gross, Co-Chair; Joanne Loritz; Kerim Munier; and Juanita Taylor.

In 1998 at the Academy office, David Mrazek noted all the boxes of information that accumu-



History of the History and Archives Committee

lated over the years from annual meetings, past presidents , council meetings, and presidential interviews greatly in need of archiving. He gave the committee a grant to obtain a

professional archivist who set to work arranging these materials in a such a way that one could find them and keep them safe for posterity . This continues to this day. We are fast outgrow ing the History Library archive space at the central office.

Fernando Espi Forcon is the Child Fellow member of our committee . He has edited and published quarterly online an e-journal entitled “Journal of Humanistic Psychiatry” and will present “The History of Child Psychiatry Through Visua I Culture” hopefully at the next annual meeting.

Two current ongoing projects include Oral Histories Before It’s Too Late from senior members of the Academy . We are hoping to interview Meyer Sonis, age 96 years , a member from early in the Academy’s history, and his son, Bill Sonis, also a child psychiatrist. If you know of others at the senior level, let me or Richard Gross, co-chair of the committee, know.

A second project has to do with exceptionalism and exceptional, extraordinary members of our profession : Robert Coles, Sir Michael Rutter and Corolla Isenberg have been interviewed by William Beardslee, Adrian Sondheimer, Kerim Minar, and myself. Video excerpts are presented and discussed at the Media Theater during annual meetings. We want to set a role model for young professionals and our colleagues to encourage us all to achieve the highest level of our profession.

Over the past three years , the Noshpitz-Cline lecture has partnered with the Academy ‘s Presidential Initiatives: “The 60th Anniversary of the Academy” of President Mark Edrell and “Partnering With The Wor ld’s Children” of President Paramjit Joshi. Dinesh Bhugra, President of the World Psychiatric Association , spoke in 2014: “Global Child/Adolescent Psychiatry: The Future of Mental Health Services in the 21st Century”. Hopefully , Vikram Patel, F.Med.Sci., professor of international mental health, Center For Global Mental Health, London, England, will speak at the 2015 meeting.

My work on this committee has been both fun and serious. Jackie Kennedy said, “If we do not care about our past, we cannot hope for our future .”



David Cline, MD and his daughter, Toronto 2011





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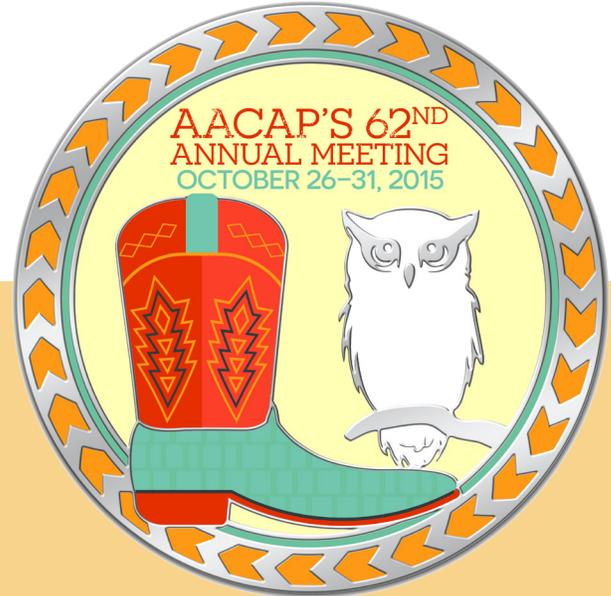
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Your gift will make a world of difference to a medical student or resident by enabling them to attend the AACAP Annual Meeting and receive one on one mentorship.

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Life Members - Doing More With Every Passing Year!

As AACAP's Development Coordinator, it is my pleasure and my privilege to work with your Life Member Committee on raising money for a seriously important cause: bringing medical students and residents to the Annual Meeting, and guiding them along their path to becoming child and adolescent psychiatrists.

I am thrilled to report that in 2015, your generosity has made it possible to fund 40 travel awards to highly deserving young men and women interested in joining your field. This is the most Life Member awards in a single year ever!

As of this year 's meeting in San Antonio, a total of 140 young people will have experienced invaluable mentorship, support, and wisdom from our Owls.

In 2014, the Life Members raised over \$46,000 to support their two grant awards initiatives: the Education Outreach Program for Child and Adolescent Psychiatry Residents, and the Mentorship Grants for Medical Students. Since the fund's inception in 2010, over \$210,000 has been donated to support your awardees.

One of those awardees, Aaron Roberto, MD; said the following during the Life Member's annual dinner in San Diego:

I speak for all of the medical students & residents attending the Annual Meeting when I say that the unleashing of inner potentials experienced by all of us through your mentorship is simply incredible. Many of the medical students and residents are able to attend this meeting due to the generous funding of travel grants from the Life Members Group, serving as an in-vivo example of your generosity and dedication to mentoring. Directly listening to all of the career trajectories and experiences from you, the pioneers in our field, has been remarkable and inspiring. I can imagine that the feelings, gratitude, and appreciation that my colleagues and I feel toward all of you must be similar to the feelings that you experienced as young clinicians with respect to your mentors. Through our amazing mentoring experiences with you, the Life Members, we will undoubtedly be prepared to pass on the torch to the future generations of child and adolescent psychiatrists. My colleagues and I are inspired, touched, and moved beyond words.

Being at the Life Members Dinner, and speaking with awardees such as Aaron, and many others, it was obvious to me that your donation is so much more than just a simple travel award to help a young person attend an Annual Meeting ... this is your commitment to the next generation of CAPs. This is our way of telling these men and women that what they are doing, dedicating their lives to helping children, is the continuation of a legacy you have spent your professional lives championing.

Thank you all so much for your amazing embrace of the next generation of child and adolescent psychiatrists. I can't wait to see you in San Antonio!

Sincerely,

A handwritten signature in blue ink that reads "Stephen Major". The signature is fluid and cursive.

Stephen Major, MFA



Throughout the Years...

