



Photo by Fred Seligman, MD

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Thoughts from the Editors



Dick & Carol Gross, MD

mentors, experiences, pet peeves, and worries about the profession, and write them down. We would love to have your input to share with your Life Member colleagues. We NEED you to contribute! Put thoughts down on paper, email, text, or whatever else works best for you!

Fortunately, Rod Drake contributed a piece in this issue about his experiences as a military child and adolescent psychiatrist in the U.S. Army. Rod's article allows Dick to segue into his experience teaching at The Walter Reed National Medical Center.

After I retired from my private practice, I began looking for something professional to do with my time, in addition to consulting as well as teaching Medical Students at George Washington University Medical School. I had been honored by AACAP with the Sidney Berman Award for the School-Based Study and Treatment of Learning Disorders and Mental Illness. Shortly afterward, the Director of Training in Child and Adolescent Psychiatry at WRNMMC, Colonel Nancy Black, asked me to teach school consultation and medical liaison to the Second Year Fellows in Child and Adolescent Psychiatry. I took it on and continue

As we are writing this latest issue of The Newsletter, the summer is waning, the daylight is decreasing, and leaves are beginning to fall. When you read this, however, fall will be upon us, with winter following close behind. The Annual Meeting in San Antonio is almost here as well... ALL CONGREGATE! We look forward to seeing many of you close to the Alamo.

It is our fervent hope to get more of you to write for this Newsletter. Please reflect on your

"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.

to love the assignment.

Teaching consisted of a one hour seminar once a week for a semester, in which we discussed the history, literature, and experiences of consulting. In addition, each Fellow (from two to four a year) goes with me six times to a public elementary school at the Fort Meade Army Base to observe a child about whom there are school staff concerns in a classroom



Thoughts from the Editors

for an hour. Then, we discuss the observations with the school staff. We then repeat the experience at a Child Development Center (CDC), a pre-school (ages 1-5) on base.

The above all serves as an introduction to my experiences at Walter Reed. First, about the trainees: I have been incredibly impressed with the quality, dedication, maturity, and interest in learning of these young men and women. They are usually older than most trainees, as they have already served and/or been deployed as general psychiatrists in Iraq and Afghanistan.

The children and adolescents seen in school consolation are children of both active duty and retired military. Until troops were withdrawn from the war zones, many of the children had one or both parents deployed, often multiple times. The children were usually living with one parent (while the other was deployed) or with grandparents. The issues with which teachers had to contend were often problems resulting from a parent being away and in danger, anxiety and depression. Of course, there were also ADHD, Autism Spectrum, and other diagnoses, which were compounded by separation from a parent in potential danger. Unlike earlier wars, we are living in an era with instant communication through the use of electronic devices, including smart phones, email, and Skype.

The teachers are remarkably sensitive to these children, and the trainees are sensitive to the children as well as the teachers. It has been, and continues to be, a wonderful, enriching experience for me.

Dick & Carol Gross, MD

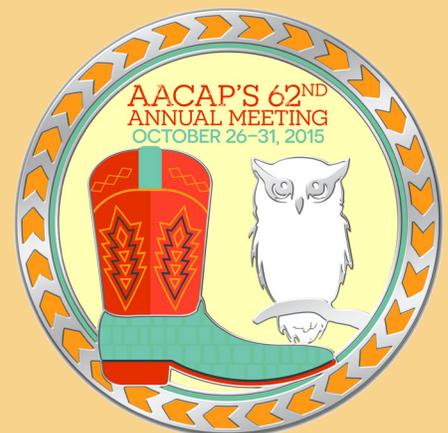
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Donate \$450 or more to the Life Members Fund (the equivalent of your excused membership dues) and receive a limited edition 2015 Owl Pin.

Reserve yours today! Visit www.aacap.org/donate or call us at 202-966-7300 ext. 140.

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.

Thank you so much!





Transitions and the Owl Dinner



John Showalter, MD

The months for the publication of the quarterly “Owl e-Newsletter” have all been bumped back a notch. This issue used to be in September, and I traditionally did my best to convince readers, if they hadn’t already, to

register for the Annual Meeting before the price went up and to also be sure to join the gang at the famous/infamous Owl Dinner. Now that we are only days away from being in San Antonio, though, I’ll dispense with any hard sell rah-rah.

Instead, I’ll try to be reflective. My July essay gave a short history of the creation of our Life Member Group, its growth, and our great generosity and success in the recruitment of excellent medical students and general psychiatry residents into our specialty. I underscored that the Owl Dinner is our annual opportunity to celebrate AACAP’s current leadership (these under-agers also attend the Owl Dinner), super smart medical students and general residents, ourselves, and, through the reading of their names, those of us who have passed away since last year. This is indeed a once-a-year fulfillment of the total life cycle of the Academy, plus there is great food (Ruth’s Chris Steak House this year), an all-you-can-drink bar, and tables packed with one’s oldest friends. [I guess it’s impossible for me not to rah-rah the Owl Dinner. Sorry!]

Besides the brief history of the Owls in the

July e-Newsletter, I mentioned that the Owl Committee had just begun a discussion of my stepping down as co-chair some time during the next term. It seemed time to me. A number of charter members of the committee then said it was probably time for them to do likewise. Since it became obvious that transitions would be an on-going discussion, I provided my own and co-chair Cynthia Pfeffer’s email addresses and asked readers to share any thoughts or suggestions. I did receive four responses, although none discussed the committee transition directly.

I seldom receive article feedback, so even four comments were somewhat unusual. It was a comfort that none were negative. Two thanked me for the condensed Owl history, one wished me well in my “retirement after retirement,” and one thanked me for keeping the Owl Dinner price constant over the past four years. In fact, the savvy responsible for keeping our Dinner price steady comes not from me, but from the AACAP Meetings Director, Jill Brafford, and her excellent staff.

Since the next “Owl Newsletter” will come in January, I urge you to please donate generously now to the AACAP Life Member Fund in order to receive your 2015 tax deduction.

Thanks for your generous support and peace to all,

A handwritten signature in black ink that reads "John".



Life Member Musings

Looking Back by Rod Drake, MD

I was invited by Dick Gross to write a brief summary of my experiences spending 20 years in the military and those thereafter. Much has changed since I retired from the Army in 1989, so this is an experience that started decades ago and still has many positive benefits today. I completed medical school at the University of Colorado, after which I joined the Army and completed my internship at Letterman Army Medical Center in San Francisco. Then, I came to Washington, D.C. for the first time to Walter Reed Army Hospital, where I completed my residency in general psychiatry. During my residency, I happened to have an outstanding experience in my several rotations through child psychiatry. I believe that in those days one could not just go into a fellowship after residency, so I became the chief of neuropsychiatry at a large Army base in Japan for three years; patients were attached to the Base. At the completion of my three year assignment in Japan, my family and I returned to the United States to San Francisco, California to Letterman Army Medical Center on the Presidio of San Francisco in order for me to do my training in child psychiatry. The didactics of that two year experience plus the inpatient work were completed at U.C. San Francisco. When I finished my training, I left the military for several years, returned to the Denver area and went into private practice.

I re-entered the military in 1978 and returned to Washington, D.C. when I was assigned to

Walter Reed Army Medical Center. My assignment at Walter Reed was to the Child Psychiatry Section, where I was made Chief of Child and Adolescent Psychiatry from 1980-1984 because I had completed my Child fellowship. My division was where the residents in psychiatry as well as the child fellows spent time. In addition to learning all that is taught in civilian residency programs, residents and fellows in the military focus on the stresses of family separation because of deployment, wars and issues connected to parenting and marriage in the military. During those years at Walter Reed, I served both as a clinician and a faculty member. My years there had a strong psychoanalytic training, and my predecessor was a child and adult psychoanalyst.

After Walter Reed, I spent my last four years in the military at the Pentagon. One of my numerous duties there was to serve as Consultant in Child Psychiatry to the U.S. Surgeon General. In fact, I served as a consultant for ten years, part of the time at Walter Reed and part of the time at the Pentagon. As a consultant, I started another fellowship program in the South that lasted for about ten years before closing. Currently, there are two fellowship programs affiliated with the Army; one is located at the new Walter Reed National Military Hospital in Bethesda, Maryland and the second is at Tripler Army Medical Center in Honolulu, Hawaii. When I was a Consultant in Child Psychiatry at the Pentagon, I was asked to be responsible for a week-long



Life Member Musings

conference in Child and Adolescent Psychiatry in Europe. I invited participants from several of the Ivy League medical schools as well as the military itself. I traveled extensively during those last four years, consulting in both child and adolescent psychiatry and in issues related to drug and alcohol abuse. Upon completion of twenty years on active duty in the military, I entered private practice once again. Immediately, I became involved in the civilian community through teaching, supervising, and consulting, while continuing to be connected to the military world. Because I continue to live in the Washington, D.C. area, I was able to serve as the president of the local child psychiatry group, known as the Child and Adolescent Psychiatric Society. I also served as President of the Washington Psychiatric Society and of the Baltimore-Washington Psychoanalytic Society. Although I never planned to become a child psychiatrist while training to be a general psychiatrist, it just clicked for me during my residency in psychiatry that I wanted to train in child and adolescent psychiatry as well, and I have been happily involved in all areas of psychiatry throughout my career, up until the present time.

Rod Drake, MD

In Memoriam

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Martin E. Glasser, MD

H. Allen Handford, MD

Graeme Hanson, MD

James R. Harp, MD

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Alan M. Levy, MD

Gary May, MD

Masood Z. Rehmani, MD

John B. Reinhart, MD

Meyer Sonis, MD

Fredric A. Steiger, MD

Max Sugar, MD

William Sykes, MD

From November 2014 - October 2015



AACAP Educational Outreach Program for Child and Adolescent Psychiatry Residents

KUDOS to **Desiree Shapiro, MD**, University of California, San Diego for being the inaugural awardee of the 2015 AACAP Education Outreach Program for Child and Adolescent Psychiatry Residents, supported by the AACAP John E. Schowalter, MD Endowment Fund!

The AACAP Educational Outreach Program, supported by the AACAP John E. Schowalter, MD Endowment Fund provides the opportunity for one child and adolescent psychiatry resident to receive a formal overview of child and adolescent psychiatry, establish mentor relationships with child and adolescent psychiatrists, and experience the AACAP Annual Meeting. The recipient receives up to \$1,000 of financial assistance to attend the AACAP Annual Meeting. The AACAP John E. Schowalter, MD Endowment Fund was established in 2014 with a generous endowed gift from Frank A. Roberto, MD to honor his Yale mentor, John E. Schowalter, MD.



The donated triptyque is a three piece mural which I hope the Academy will accept as a gift from me. I had this commissioned about 25 years ago. I hoped that it would encourage healthy normal development when placed in the day area of an inpatient program which I developed.

It is an oil on canvas art work that is mounted on plywood and in total measures 4 feet by 12 feet.

Thank you Dr. Marcus!

This mural is now proudly displayed in the AACAP office.

Very truly yours,

Spencer D. Marcus, MD,
DLFAACAP, DLFAPA



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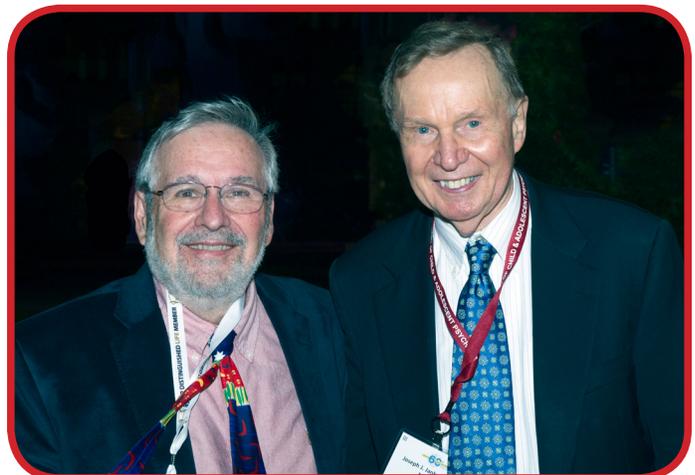


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