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**NYU LANGONE MEDICAL CENTER'S
DEPARTMENT OF CHILD AND ADOLESCENT PSYCHIATRY
RECEIVES AMERICAN COLLEGE OF PSYCHIATRISTS'
2010 CREATIVITY IN PSYCHIATRIC EDUCATION AWARD**

Child and Adolescent Mental Health Studies Undergraduate Minor at NYU's College of Arts and Sciences Recognized as Outstanding Educational Program in Psychiatry

New York, March 22, 2010—NYU Langone Medical Center's Department of Child and Adolescent Psychiatry received the American College of Psychiatrists' (ACOP) 2010 Award for Creativity in Psychiatric Education for its innovative "Child and Adolescent Mental Health Studies" (CAMS) program. The ACOP award represents the endorsement of well-respected leaders in the psychiatry profession and recognizes an academic program that demonstrates outstanding creativity in psychiatry education.

Nationwide, little emphasis is placed on the mental health problems of children and adolescents at undergraduate colleges and universities. The CAMS program, developed by NYU Langone Medical Center's Child Study Center (CSC), a program of the Department of Child and Adolescent Psychiatry, is the first college minor in child and adolescent mental health studies in the country and incorporates an undergraduate psychiatry curriculum that is created and taught by practicing psychiatrists and psychologists. Launched in 2006 at NYU's College of Arts and Science, the program allows NYU Langone Medical Center's Department of Child and Adolescent Psychiatry to expose NYU undergraduate students to child and adolescent psychiatry courses early in their education path to increase their awareness of childhood mental health issues and their sustained impact on adolescents and adults.

Research shows that early identification and treatment of mental illness in children and adolescents is critical to effectively treat the almost 15 million youth (20 percent of the nation's 75 million youth) who face a major mental illness before age 18. However, according to the United States Federal Bureau of Health Professions, child and adolescent psychiatry is the most underserved of all medical subspecialties. While 70,000 undergraduate students are conferred bachelor's degrees in psychology annually, few of these students actually enter the field of psychiatry. In fact only 7,000 child psychiatrists exist in the United States today. CAMS was created to address this notable lack of knowledge and skills among future leaders by familiarizing undergraduate students to the field of child mental health.

CAMS also provides students with an opportunity to learn about common mental health issues they may face themselves and equips them with skills needed to offer assistance to other young

people with similar issues. For instance, “The Science of Happiness” course allows students to examine the state of college students’ mental health and wellness on a personal and systems level. Through lectures, presentations, discussions and evaluations, students focus on various wellness topics, including mindfulness, relationships and self-esteem that can help these young adults as they make the transition from high school to college. At the conclusion of the course, students are asked to create their own project designed to improve mental health awareness within the NYU community.

According to Jess P. Shatkin, MD, MPH, director of education and training at the CSC, CAMS popularity continues to rise. CAMS has grown from an enrollment of 46 students during its first year (2006) to over 1000 students this academic year. Students can currently choose from among 20 courses offered annually to learn about topics such as “Divorce in America,” “The Treatment of Child and Adolescent Mental Illness,” “Children and the Media,” “The Literature of Children and Adolescents,” “The Art & Science of Parenting,” and “Drugs and Kids.” A number of courses are also currently in development on topics such as eating disorders, peer mental health education, and learning disorders.

“NYU Langone Medical Center's Department of Child and Adolescent Psychiatry is extremely proud to be recognized by ACOP for our program,” said Robert I. Grossman, MD, dean and CEO of NYU Langone Medical Center. “CAMS serves as a vital partnership between our University and our Medical School, providing undergraduates with a foundation of intellectual and inspirational understanding about children and families that we expect will impact their future careers and citizenship. Our child psychiatry faculty and trainees have a unique relationship with these bright young students and hope, as is part of the Department of Child and Adolescent Psychiatry’s mission, to inspire them to help support children in need of this special expertise.”

For more information about the CAMS program, please visit http://www.aboutourkids.org/education/undergraduate_minor.

About NYU Langone Medical Center:

NYU Langone Medical Center is one of the nation's premier centers of excellence in healthcare, biomedical research, and medical education. For over 168 years, NYU physicians and researchers have made countless contributions to the practice and science of health care. Today the Medical Center consists of NYU School of Medicine, including the Smilow Research Center, the Skirball Institute of Biomolecular Medicine, and the Sackler Institute of Graduate Biomedical Sciences; and the NYU Hospitals Center, including Tisch Hospital, a 705-bed acute-care general hospital, Rusk Institute of Rehabilitation Medicine, the first and largest facility of its kind, and NYU Hospital for Joint Diseases, a leader in musculoskeletal care, a Clinical Cancer Center and numerous ambulatory sites.
