



NYU CHILD STUDY CENTER AT-A-GLANCE

Mission

The New York University Child Study Center is dedicated to increasing the awareness of child mental health issues and improving the research necessary to advance the prevention, identification, and treatment of psychiatric disorders in children and adolescents on a national scale.

Our key goals include:

- Increasing the body of scientific knowledge about child mental illness
- Eliminating the stigma of being or having a child with a psychiatric disorder
- Improving the practices of professionals serving children
- Influencing child-related public policy

Currently the Center is conducting 50 research projects with federal, foundation, and corporate support, treating patients from around the world, training the next generation of researchers and clinicians, and educating the public about child and adolescent psychiatric disorders.

The Need

More than 10 million children and adolescents in the United States suffer from a diagnosable psychiatric illness, and nearly 80 percent never receive treatment. These disorders rob children of the ability to learn, make and keep friends, and enjoy life. The Child Study Center is committed to preventing and treating mental disorders in kids today and is building the science to do it even better tomorrow.

Overview

At the heart of the NYU Child Study Center is a model of integration and iteration: results that emerge from research are then tested in a clinical setting which in turn produces its own results and findings that can be fed back into future research.

To support this model, the Center is built around nine research-driven Institutes and their associated clinical arms, which are building the science to improve the prevention and treatment of psychiatric illness in children.

Asperger Institute

The Asperger Institute was established in October 2006. Asperger Syndrome is a neurologically-based condition considered to be on the autism spectrum. This Institute, led by clinical director Lynda Geller, Ph.D., is composed of three equally important and inter-related elements: clinical services for children and adults with Asperger Syndrome and related conditions; an educational program including a laboratory classroom for adolescents who are academically gifted and have Asperger Syndrome; and a state-of-the-art basic and clinical research program on Asperger and related conditions.

Institute for Anxiety and Mood Disorders

Anxiety disorders are the most common mental health problems affecting youth, and one of the primary reasons for seeking the help of a professional. Early intervention and treatment are high priorities since anxiety disorders place children at risk for depression in later life. We now know that life experiences and

biology interact in the development of anxiety disorders. The Institute, under the direction of Rachel Klein, Ph.D., Professor of Psychiatry, focuses on the development of effective, short-term treatments, as well as on research to identify biological factors implicated in childhood anxiety. An outgrowth of this knowledge will be the development of early identification and prevention.

Institute for Attention Deficit Hyperactivity and Behavior Disorders

Attention-Deficit/Hyperactivity Disorder (ADHD) is a lifelong illness that affects 5 - 9 percent of children and adolescents. The Institute and its clinical arm, the *ADHD Service of New York*, investigate and implement new treatments of ADHD, both biological and psychosocial, at the New York City and Long Island offices.

NYU Summer Program for Kids (SPK)

This eight-week, all-day, evidence-based summer program for children with ADHD is the only therapeutic, clinical program of its kind in the New York metropolitan area. SPK is based on research conducted by Howard Abikoff, Ph.D., the Pevaroff Cohn Professor of Child and Adolescent Psychiatry, and funded by the NIMH. Children receive focused help on classroom behavior, cooperation, academic performance, social skills, and athletic skills from counselors who have received intensive training in behavior modification, social skills training, and classroom management.

Institute for Learning and Academic Achievement

Offering a comprehensive, professional approach to assessing a child's learning strengths and weaknesses and current level of cognitive functioning, this Institute, led by Clinical Director Susan Schwartz, M.A.Ed., provides an innovative, personalized evaluation strategy. Members of a multi-disciplinary team meet with the parents, the child, and the school to delineate a plan and develop recommendations for academic success.

Parenting Institute

Directed by Richard Gallagher, Ph.D., the Parenting Institute is committed to the creation, presentation, and evaluation of parent education materials and programs. The Institute helps parents manage the typical challenges of usual development and aids parents facing the challenges of raising a child with an emotional or behavioral disorder. The most current scientific findings in child development, family studies, and mental health inform the entirety of the Institute's work.

Phyllis Green and Randolph Cōwen Institute for Pediatric Neuroscience

F. Xavier Castellanos, M.D., M.S., the Brooke and Daniel Neidich Professor of Child and Adolescent Psychiatry, leads the Institute in collaboration with the NYU Department of Radiology, the Neural Science Center, and the Nathan S. Kline Institute for Psychiatric Research. The program utilizes findings derived from basic neuroscience investigations of brain function and cutting-edge neuroimaging techniques to better understand and develop more effective treatments for child mental illness.

Institute for Prevention Science

Having identified violence prevention in youth as one of its key areas of focus, the NYU Child Study Center established the Institute for Prevention Science with funding from the Jon S. Corzine Foundation. Under the directorship of Laurie Miller Brotman, Ph.D., the Corzine Family Associate Professor of Child and Adolescent Psychiatry, this Institute conducts preventive intervention research aimed at reducing risk factors for behavior problems and violent behavior. Its clinical arm evaluates and treats families and their children, ages 12 months to 7-years- old.

Two of the major projects currently underway in the Institute are a five-year study entitled *Building Blocks*, funded by the National Institute of Mental Health (NIMH), which tests an innovative family-based intervention for 100 preschoolers who are siblings of youth with documented histories of antisocial behavior; and *ParentCorps*, which brings the knowledge from the NIMH study into a community setting.

ParentCorps is an intervention program that aims to prevent behavior problems and academic underachievement in kindergarten through the promotion of effective parenting and teaching practices, parent-school involvement, and social, emotional, and behavioral competence during the preschool period.

Institute for Tourette and Tic Disorders

Tourette's and tic disorders are common in youth and often co-occur with ADHD, mood, and anxiety disorders. This Institute, led by Barbara Coffey, M.D., M.S., Associate Professor of Child and Adolescent Psychiatry, offers diagnostic evaluation, consultation, treatment, and opportunities to participate in several ongoing clinical research studies of Tourette and related disorders.

Institute for Trauma and Resilience

This Institute is led by Marylene Cloitre, Ph.D., the Cathy and Stephen Graham Professor of Child and Adolescent Psychiatry. The Institute's mission is to identify the psychological, social, and biological impact of trauma on development from the preschool years through young adulthood. Longitudinal studies have been established to provide empirically-based assessment and intervention for children who have experienced traumatic events. Each program specializes in providing intervention in different settings including the Child Study Center as well as in schools, community clinics, and foster care programs. All programs conduct outreach education and training to mental health providers, teachers, parents, and pediatricians. The Institute is also a member of the National Child Traumatic Stress Network, a federally-mandated initiative committed to the advocacy of trauma treatment for children.

Patient Care

The Child Study Center offers evidence-based treatments, incorporating findings from clinical studies into treatment protocols. We perform outcome studies to assess the validity of research findings in a "real-world" setting and we train future clinician-scientists.

Child & Family Associates

As the first point of entry for all CSC clinical programs, the Child and Family Associates performs evaluations with the goal of obtaining a thorough, comprehensive understanding of the emotional and behavioral difficulties that children and adolescents may experience. Our services are focused in the following areas: ADHD and Behavior Disorders; Anxiety and Mood Disorders; Asperger; Autism Spectrum Disorders; Early Childhood; Eating Disorders (including Weight Management); Family Studies; Psychiatry and the Law; Psychopharmacology; Tourette's and Movement Disorders; and Trauma and Bereavement.

Family Studies Program

Under the directorship of Linda Carter, Ph.D., Clinical Associate Professor of Psychiatry, and the supervision of the most distinguished medical center-based family therapy faculty in the United States, the Family Studies Program trains NYU's psychology interns, psychiatry residents, child psychiatry residents, social workers, and medical students in family therapy. A major initiative of this program is an affiliation with the Ackerman Institute for the Family, the preeminent independent postgraduate center for family therapy training, research, and clinical service. The Family Studies Program also encompasses PREP® (Prevention and Relationship Enhancement Program) which assists couples in developing their communication skills, and the Family Divorce Support Service, which provides clinical and educational services to all members of a family going through a divorce.

Hospital and Affiliations

Division of Child and Adolescent Psychiatry at Bellevue Hospital Center

Through our partnership with Bellevue Hospital Center, the Child Study Center/Division of Child and Adolescent Psychiatry provides a host of inpatient and outpatient services at the Bellevue facility:

- Child and Adolescent Inpatient Psychiatric Services
- Adolescent Day Hospital

- Outpatient Mental Health Clinic
- Consultation/Liaison Services
- Comprehensive Pediatric Psychiatric Emergency Program

Young Adult Program at Tisch Hospital

This program provides an intensive psychiatric inpatient service for 14 – 25-year-olds. This age group is the most vulnerable for the onset of serious psychiatric illness. Emphasizing rapid assessment and individualized attention, an NYU team works in partnership with secondary schools, colleges and universities, and the patient’s family to reintegrate the patient as a functioning member of their educational and social environments.

Consultation-Liaison Services at Tisch Hospital, Rusk Institute, and Hassenfeld Cancer Center

Child Study Center faculty and trainees provide consultations for children with physical illness who develop psychological difficulties and mental illness. In addition, we provide support to families struggling with children with severe, chronic physical illness and provide input to staff working with these families.

Education and Outreach

Public education and outreach are at the heart of the NYU Child Study Center’s mission. We pursue these vital goals through several avenues.

AboutOurKids.org

Visited by more than one million users a year, *AboutOurKids.org*, the web site of the NYU Child Study Center, provides scientifically-based child mental health information disseminated in a way that parents, pediatricians, educators, and mental health professionals can easily understand and navigate. Drawing on the perspectives of the nation’s experts and the resources of the Child Study Center, the site provides a continually expanding store of practical and accessible articles based on the latest research in child psychiatry, psychology, and development. *AboutOurKids.org* is a reliable resource for both common challenges, such as toilet training and discipline, and more serious problems, such as depression and developmental disorders. The web site also communicates information regarding the services, special programs, and overall mission and goals of the Center.

NYU School Partnership

The NYU School Partnership is an ongoing collaboration between private, public, and parochial schools and the Child Study Center. These efforts take several forms, ranging from on-site, direct student contact to extensive training, as in our multi-session, Functional Behavioral Assessment education program for public school personnel. We also offer the Sunny and Abe Rosenberg Foundation Lecture Series, free professional development seminars designed to give school-based practitioners updates on recent advances in children’s mental health. In addition, this program creates and distributes a monthly *Parent Letter* – a newsletter on various topics that are relevant to the daily lives of school children and their families.

Child Study Center Letter

Published bi-monthly during the school year, the *CSC Letter* makes mental health issues accessible and understandable to parents and professionals working with, and caring for children. The letter covers topics related to the psychological development, academic concerns, and particular psychiatric disorders of children and explores contemporary issues that impact the social and emotional functioning of children and families.

Grand Rounds

The NYU Child Study Center Grand Rounds provides a forum for the presentation of clinical and research advances in various fields of child and adolescent mental health. Topics selected specifically address the educational needs of physicians in the division as well as trainees in the residency program. In

addition, the program provides an educational forum for all mental health professionals, pediatricians, educators, and parents. The 2006-2007 Grand Rounds presentations include numerous disorder specific talks by international experts in mood disorders, eating disorders, and attention deficit-hyperactivity disorder, amongst others, parent-infant bonding, neurogenetics of dyslexia, treatment of adolescent suicide attempters, and psychiatry and the quality chasm.

Child and Adolescent Mental Health (CAMS) Minor

In the fall of 2006, we launched a new undergraduate minor in child and adolescent mental health, the first in the nation. We believe that the CAMS Minor will encourage students with a natural interest and inclination toward careers in social work, education and special education, psychology, law, medicine, sociology, nursing, public health, scientific journalism, and psychiatry to consider focusing their future career in some significant capacity on children and adolescents. Current courses include child and adolescent psychopathology; research methods and evidence-based treatments; and child development as understood through movies. Additional courses in the literature of children and adolescents, divorce and its impact on children and their families, the media's impact on child development, neuroscience and brain-behavior correlations, and child and adolescent pharmacology will be offered in the coming years.

Transition to College and Young Adulthood

In the winter of 2006, we initiated a new undergraduate course at NYU designed to help new college students prepare for a successful transition to college and independent living by introducing them proactively to some of the stressors they will encounter. The course, which relies upon key findings from the fields of neuroscience, psychology, and social work to explore the biopsychosocial underpinnings of mental health and illness, is offered each semester.

Training

The NYU Child Study Center is committed to making itself the nation's premier training center for child mental health professionals with a variety of programs, including:

- ***NYU School of Medicine Child and Adolescent Psychiatry Graduate Residency*** – This program includes didactic instruction, individual and group supervision, and ample opportunities to provide clinical care and engage in research and teaching.
- ***NYU School of Medicine General Psychiatry Residency*** – This training program provides residents with the full breadth of knowledge and experience in clinical psychiatry and psychiatric research, prepares them to treat a diversity of patients with a variety of state-of-the-art, evidenced-based modalities, and affords them the opportunity for development in areas of special interest.
- ***NYU-Bellevue Hospital Center Clinical Psychology Internship Program, Child and Adolescent Specialty Track*** – This Child Study Center-funded program features specialized training in assessment, treatment, and research in child and adolescent psychology.
- ***Post-Doctoral Program in Child Psychology*** – This two year post-doctoral fellowship offers intensive and specialized training in a concentrated area of interest, including neuropsychology and psychoeducational assessment; anxiety and mood disorders; and ADHD and disruptive behavior disorders.
- ***Psychology Externs*** - The Externship is designed for advanced graduate students (3rd year and above) in clinical and school-clinical psychology programs. The training focuses on clinical behavioral and cognitive-behavioral approaches with children, adolescents, and their families who present primarily with externalizing disorders in an out-patient setting.