***Morris County Psychological Association***



409 Main Street

Chester, NJ 07930

908-879-2233

www.mcpanj.com

***President Treasurer Program Chairperson***

Nancy Sidhu, Ph.D. Sarah Dougherty. Psy.D. Marilyn Lyga, Ph.D.

***President-elect* *Secretary NJPA Representative***

-Hayley Hirschmann, Ph.D Melissa Klika, Psy.D. . -

***Past President Webmaster Membership***

Mike Zito, Ph.D. Francine Rosenberg, Psy.D. Komal Dutt, Ph.D.

***Student Representative***

Anthony Ferrer

**January 11, 2021**

Trends in Understanding, Assessing, and Treating Suicidal Thoughts and Behaviors in Adolescence

Presented by:

Marc Gironda, Psy.D.

Katherine L. Feingold, MD

**Meeting announcements:**

1. Nancy Sidhu – welcomed everyone to the presentation and reminded participants to look to the website for future programs. All programs will be held via zoom for the near future. There are also positions available on the board. We are in need of an assistant to the program chairperson and a new NJPA representative. Please contact Nancy if Interested.
2. Susan Neigher- We are looking for judges to help with the high school awards program. If interested contact Susan at [sneigher@hotmail.com](mailto:sneigher@hotmail.com) or can email Nancy.
3. Marilyn Lyga - Introduced speaker and Reminded all to stay on the zoom for the whole program to be accounted for, for CE credit.
4. Go to [www.psychologynj.org/morris-jan2021](http://www.psychologynj.org/morris-jan2021) within the next 7 days to complete survey and pay for and get CE credit for today. This program is co-sponsored by NJPA which is approved by the APA to sponsor CE for psychologists and maintains responsibility for this program and its content.  NJPA ensures that permission to use proprietary information, and steps to safeguard such information, are discussed with presenters at NJPA sponsored programs.

This program is approved for 1.0 CE credits. The cost of a CE Certificate is $15 for NJPA members, $25 for non-members, and free for sustaining members.

***-Register for all upcoming programs at*** [***www.mcpanj.com***](http://www.mcpanj.com)

***Contact:*** Nancy Sidhu at [nancysidhumcpa@gmail.com](mailto:nancysidhumcpa@gmail.com) if you have any questions or prefer not to register online.

**Meeting Attendees:** Kim Arthur, Thomas Barrett ,Leslie Becker-Phelps, Roderick Bennett, Sarah Bombino, Randy Bressler, Richard Brewster, Kimberly Cameron ,Ilana Craig, Gerard Donohue, Sarah Dougherty, Komal Dutt, Rebecca Eliason, Carlton Tanis, Katherine Feingold (presenter), Daniel Gallagher, Kenneth Gates, Marc Gironda (presenter), Ronald Gironda, Glenda Insabella, Elena Jeffries, Tracey Kayne, Melissa Klika Mack, Michael Koffman, Barbara Semkow Kurlansik , Phyllis Lakin, Stuart Leeds, Isabel Lerman, Marilyn Lyga, Kathleen MacFarlane, Morgan Murray,  
Susan Neigher, Carly Orenstein, Authrur Pressley, Debra Roelke, Francine Rosenberg, Jayne Schachter, Nancy Sidhu, Stella Silver, Amy Stem, Beverly Tignor, Aaron Welt, Michael Zito

**Presenter Bio:**

Dr. Katherine Feingold is a dual boarded Adult and Adolescent Psychiatrist. She completed her child and adolescent psychiatry fellow at NYU and has been in private practice at the Bartky Healthcare Center since 2005. Dr. Feingold specializes in the psychopharmacological management of mood and anxiety disorders, eating disorders, psychotic disorders, ADHD, ASD, and tic disorders. Dr. Feingold prides herself in strongly connecting with her patients and their families as well as working collaboratively with therapists and other clinicians involved in patient care. Dr. Feingold’s clinical interests include mood and eating disorders and service the LGBT community.

Dr. Marc Gironda is a clinical child psychologist in full time private practice. Dr. Gironda holds a masters degree in school psychology and a doctorate in school and clinical child psychology. He has worked in many diverse settings including hospital inpatient and outpatient units, a community mental health center, and two school districts. Dr. Gironda has also conducted research for major pharmaceutical companies investigating new psychotropic medications. He currently practices in Livingston where he is the Chief Pscyhologist at the Bartky Healthcare Center. Dr. Gironda’s clinical interests include psychological testing and assessment, treatment, and management of ADHD, childhood mood disorders, and childhood anxiety disorders.

**Overview and objectives of today’s talk:**

The presenter does not have any commercial support and/or conflict of interest for this program.

Rates of suicide ideation and mental health concerns have been rising for several years.  The impact of the COVID19 Pandemic and associated restrictions on adolescents’ abilities to socialize, go to school, and seek support is profound.  Social distancing and loneliness have made it even more difficult for teens and young adults to cope with the typical developmental challenges of their age.  This presentation will address assessing and intervening with adolescents with suicidal ideation, and consider the current impacts of the COVID19 pandemic.

***Learning Objectives for Program Participants***

***Learning Objectives:  By the end of the session, participants will be able to:***

* 1.     Describe three risk factors for suicide attempts and suicide in teens, and two protective factors...
* 2.     Identify four critical steps in risk assessment and formulation.
* 3.     Describe three components of an intervention plan for teens at elevated risk of suicide.
* 4.  List five behaviors psychologists can assess in teens on medication for depression and suicidal ideation, and further describe how to effectively collaborate with the treating psychiatrist about these behaviors.

**Q & A:**

Dr. Feingold and Dr. Gironda both fielded questions from the participants.

1. What are the external factors that fit into the assessment of suicidality? COVID, abuse (sexual and physical), lack of perceived social connectedness. Co-occuring sunstance use is a big risk factor. If primary use is coping it is a higher risk. It increases the risk of impulsive behaviors. Have to be careful with substances and the use of anti-depressants as well.

**Newsletter submitted by:**

**MCPA Secretary – Melissa Klika, Psy.D.**