



RAP NEWS

RECOGNITION AND PREVENTION PROGRAM

December 2012

Visit www.raprogram.org



Our Mission

The Recognition and Prevention (RAP) Program was established in January of 1998. Our mission is to assist young people who are seeking help for mental health issues by treating symptoms and preventing more serious problems from developing. We strive to aid young people in achieving their highest level of functioning in important areas like school and work. Through scientific research we seek to increase knowledge about the biological mechanisms that cause mental illness.



***Seasons Greetings from the RAP Program!
Wishing you and your family a
happy and healthy New Year!***

Program Updates 2012

Program Updates

The past year has continued to be action packed at the RAP Program. As usual, our team has been working hard on our various research projects and team members have travelled to multiple conferences across the nation presenting our research findings. We are also dedicated to designing new research endeavors that will become the future pursuits of RAP.

This year we have begun to enroll participants in our Omega-3 Fatty Acid study. This study, offering fish oil as a natural alternative to medication, is off to a great start and we are continuing to recruit new participants. Please contact us for more information and to learn if you might be eligible to participate.

Over the past year we have also continued to expand our focus on research projects involving biological measures like electrophysiological (EEG) assessments. We are currently recruiting participants for various studies and you will be compensated for your participation. Please contact us to learn more information about these opportunities.

Website

We are thrilled to announce that our new and improved website will soon be up and running at www.rapprogram.org. The site will be full of valuable information for participants, family members, and clinicians in the community. If you are looking for more information about what we do at the RAP Program, eligibility criteria, how to make a referral, treatment options and an array of other topics, the website will be a great resource for you. We hope you will regularly visit our site. Special thanks to Docia Demmin for all her hard work and creativity on our new website.

Group News

Our adolescent and young adult social skills group is a great place to work on enhancing your social skills in a supportive and fun environment. Please contact us if you are interested in participating. Over the next year, we plan to expand our group therapy offerings so stay tuned to see what new opportunities become available.

In Memoriam



With much sadness we inform you of the loss of Dr. Rita Carol Barsky on 7/11/2012. Dr. Barsky was an integral part of the RAP program, assessing more than 100 young people during the five years that she worked with us.

Dr. Barsky's valuable contributions to the RAP program are much appreciated and she is sincerely missed by colleagues and patients alike. She is survived by a large and loving family.

RAP Staff

Barbara Cornblatt, Ph.D., M.B.A.	Director, RAP Program
Andrea Auther, Ph.D.	Associate Director
Claudine Higdon, M.D.	Chief Psychiatrist
Christoph Correll, M.D.	Medical Director
Kristin Candan, Ph.D.	Clinical Psychologist
Ricardo Carrión, Ph.D.	Research Scientist
Jeremy Chang, M.A.	Research Coordinator
Danielle McLaughlin, M.A.	Sr. Research Coordinator
Ruth Olsen, B.S.	Research Administrator
Docia Demmin, B.A.	Volunteer
Carolyn Farina, B.A.	Volunteer
Michelle Ulerio, B.A.	Volunteer

For staff contact information please see our website,

www.rapprogram.org

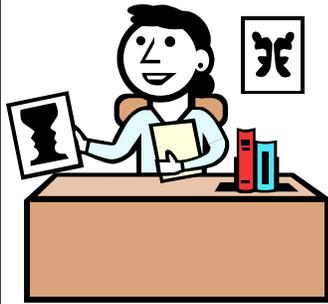
Celebrating Achievements

RAP Program members continue to impress not only academically, but also in their extracurricular, volunteer, vocational, and creative pursuits! This year we recognize the graduations of several RAP Program members from high school, college, and trade school.

Keep up all your hard work!



Visit us at www.rapprogram.org



Dear Dr. RAP,

Many of my friends are starting to experiment with alcohol. I know I am not interested in using alcohol, but my friends don't seem to get this. Recently it seems like all my friends want to do is

drink and they won't lay off when I say no. How should I handle these situations?

Sincerely, Just Say No

Dear Just Say No,

It sounds like you are dealing with negative peer pressure. These types of situations can be very uncomfortable and confusing so it is great that you are asking for help.

It's a good decision to say no to using alcohol. First, it is against the law for someone under 21 and there are serious legal consequences if you get caught. Second, there are short and long term health problems related to drinking alcohol. Alcohol slows down your central nervous system making it harder for messages to get to your brain. As a result, your perceptions, emotions, movement, vision, and hearing are changed making it very dangerous to engage in activities like driving. If you drink too much alcohol at one time you can also get alcohol poisoning, which can be fatal. Alcohol can also interact with medication, which could be dangerous. In the long term, years of heavy drinking can lead to problems with several organs including the liver, heart, and brain.

What you are dealing with is difficult and unfair. Friends should be respecting your decision to abstain from drinking alcohol without pressuring or making fun of you. Below are some strategies to try next time you are facing peer pressure:

- **Blame Your Parents.** Say something like, "My Mom sniffs me every time I walk in the house and threatened to take away my cell phone if she ever smells anything suspicious on my breath".
- **Make Them Laugh.** If someone is pressuring you distract them with a joke.
- **Plan Ahead.** Practice what you will say if someone pressures you to use alcohol. Come up with an excuse like, "I have to drive home" or "I need to be up at 6am tomorrow for practice".
- **Choose When to Hang Out.** If you know the plans are to drink alcohol choose not to attend. Try suggesting other public activities where it will be harder for your friends to drink.
- **Make New Friends.** Try and develop friendships with people who have the same beliefs as you about drinking alcohol. This is a great way to find support and have fun.
- **Be Confident.** You are making the right decision by saying no and a true friend should respect that.

Winter Fitness

It's especially important to keep healthy living in mind during the winter months, particularly with all the tasty holiday temptations that surround us. Being active helps keep us physically and mentally healthy year round. Why not give one of these creative winter activities a try?

Seasonal Chores- reorganizing or cleaning your room, shoveling snow, chopping wood

Winter Sports- ice hockey, snowboarding, skiing, ice skating, snow tubing

Fun in the Snow- building a snowman, sledding, having a snowball fight

Staying Home- exercise DVD, dance party, interactive video game playing

Heading out- use the gym membership you probably already pay for, take a long walk around the mall, sign up for a yoga or martial arts class, go swimming at your local Y

When heading outside it's important to protect yourself against the elements. Keeping hydrated with fluids is important even when it's cold outside. Dressing in layers is a great way to be prepared for unexpected weather changes. Be sure to warm up cold muscles with stretching and light activity before giving it your all. Finally, when outdoors keep your skin moisturized and don't forget the sunscreen!



Help Us Update Our Address Book

Are you using a new email address? Have you recently changed your phone number or moved? If so, please let us know so we can keep in touch with you. To update your contact information please contact. Ruth Olsen at Rolsen@lij.edu or (718) 470-8154.

About RAP



The Recognition and Prevention (RAP) Program is a research clinic developed to help young people, ages 13 to 25, who are concerned about recent changes in their thoughts, feelings and perceptions which may be impacting social, academic or occupational functioning. These changes are often confusing and difficult to convey to others. Things don't seem right, but it is hard to pinpoint the problem. RAP offers people the opportunity to discuss their concerns with mental health professionals. These symptoms may constitute the early warning signs of an emerging psychiatric illness. This is the time to intervene. RAP's approach is that mental and emotional problems are often like physical problems: The sooner they are treated, the better. The longer an illness is left untreated, the greater the disruption to the person's ability to study, work, and interact with friends, family and peers.

The RAP Program has two major components both of which are critical to achieving effective interventions. The primary component is research based and involves several cutting-edge biological procedures. The second component is the clinical program and consists of a variety of treatment interventions. Our treatment is constantly evolving and informed by our research results.

Creativity Corner

Artistic Contribution from a RAP Program Member

How did it begin?
The ground is cement
The sky is smoke
Our towering trees are gone
Replaced by skyscrapers
Dirty tears cascade
Down abandoned storefronts
The forgotten lay on the sidewalk
With only the clothes on their backs
And a cardboard testament to poverty

But only the wise see this
For the fools are lured
Into a digital euphoria
Led to think
That life is a whirl of bliss
A tale of adventure
Or a whimsical journey

Is this what we've become?
A life backed up by colors behind glass?
Where did the generosity end?
When did faithfulness become corruption?
When did we begin
The ravaging of morals
And sowing the seeds of death

Giving Thanks

With 2013 fast approaching we reflect on the recent past and all those who suffered hardships during Hurricane Sandy. We are grateful to the brave men and women who worked so hard to keep us safe and restore our lives after the storm. Additionally, we are inspired by the stories of RAP Program members who showed resiliency when coping with great obstacles related to the storm. We encourage anyone who feels they need extra support during this recovery time to contact us at RAP as we are eager to assist in any way we can.

We May Be Looking For You

As always, **completing routine follow-ups every 6 months is one of our main goals at the RAP Program.** It is important for us to keep in touch with everyone who passes through our program, to follow how they are doing, and to hear about where their lives have taken them. Follow-ups are completely voluntary, and you do get compensated for your time. Please contact Ruth Olsen at (718) 470-8154 or rolsen@lij.edu to schedule your follow up today.

