



RAP NEWS

THE RECOGNITION AND PREVENTION PROGRAM

December 2011

Visit www.raprogram.org



Our Mission

The Recognition and Prevention (RAP) Program was established January of 1998. We are a research clinic funded by the National Institute of Mental Health. Our mission is to prevent the development of serious mental illness and to promote healthy functioning.

Seasons Greetings from the RAP Program

*We hope this Holiday Season is
full of happiness and joy for you
and your family.
Wishing you a peaceful
New Year.*



Visit us at www.raprogram.org

Program Updates 2011

We are pleased to bring you the 2011 edition of RAP News. Once again it has been a busy year and recently we have been especially hard at work presenting at conferences, publishing scientific papers, and designing new research pursuits. We would like to take this opportunity to update you regarding some exciting new initiatives at the RAP Program.

New Omega-3 Fatty Acid Study

We have recently launched our newest project researching **Omega-3 Fatty Acid or fish oil as a natural alternative to medication**. Past research has suggested a possible relationship between the dietary supplement Omega-3 Fatty Acid and symptom improvement. Our new multi-site study will further examine this possible relationship and place us in a cutting edge field of study. Participants in this study will receive either pharmaceutical grade Omega-3 Fatty Acid or placebo capsules for a 6-month time period. Participants will meet on a monthly basis with RAP team members including a psychiatrist who will monitor symptoms levels and well as urine, blood and other vital signs. Compensation for participation is provided.

Group News

After three years of hard work and fun, the final **multi-family problem solving group** took place in June. All current group members and their families participated in a graduation ceremony and celebration. Over the years, the group grew in size and strength. We thank all past group members for their dedication as well as the support they have shared with other group participants.

While one group has ended, another has started. We now have a new social **skills group** for adolescents between the ages of 14 and 18. If you are interested in participating, please contact Dr. Candan at (718) 470-4238.



Group Leaders

Other Projects

Ongoing initiatives that we first discussed in our 2010 newsletter continue to thrive. A large number of families have participated in the **Family Focused Treatment** project and we continue to welcome new families to participate in this study. It appears as though families are benefiting from the education and skill building this therapy provides.

We continue to study the biology of emotional problems in several new ways. Our major interest is in finding out if there are basic brain problems that cause many of the symptoms we treat. To do this we study the brain many different ways, including taking pictures of the structure of the brain (MRI). Another procedure, the fMRI, gives us information on how your brain functions. It tells us what areas of your brain are active when you perform different tasks. In addition, the EEG procedure, looks at brain activity and how the brain responds to different sounds.

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
Gary Brucato, Ph.D.	Outreach Coordinator
Kristin Candan, Ph.D.	Clinical Psychologist
Rita Carol Barsky, Ph.D.	Research Interviewer
Ricardo Carrión, Ph.D.	Research Scientist
Jeremy Chang, M.A.	Research Coordinator
Miranda Farabaugh, M.A.	Research Coordinator
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Ruth Olsen, B.S.	Research Administrator
Doreen Olvet, Ph.D.	Research Fellow

For staff contact information please see our website,
www.raprogram.org

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Dear Dr. RAP,

A group of kids from school keep bothering me by posting untrue stuff about me on the online game sites where I used to play. Is this bullying and what can I do about it?

Thanks, Gamer No More



Dear Gamer No More,

I am so glad you reached out for support about this serious and concerning matter. What you have described is definitely a form of cyberbullying and is creating an unsafe environment for you. Unfortunately, you are not alone. Polls have estimated that 1 in 3 teenagers have been the victim of cyberbullying.

Cyberbullying is defined as any situation where young people use technology to bother, intimidate, humiliate, or single out another person. Sometimes it is obvious when cyber bullying is occurring like when a bully posts a hurtful message on a social networking site about another person or sends a nasty text message. Other times, cyberbullying is harder to spot, for example, situations where a bully is impersonating a victim online.

Regardless of the situation, cyberbullying is serious and often victims are at higher risk for developing problems with anxiety and depression. In a few circumstances, cyberbullying has even led to suicide. Signs to look out for which indicate someone may be the victim of cyberbullying include becoming upset after using the Internet, isolation from friends and previously enjoyed activities, not wanting to go to school, drop in grades, and changes in mood, behavior, sleep and appetite.

The most important thing to remember is that you are not alone and that this bullying should not continue. It is essential to speak up and seek help from a trusted adult. To protect yourself you should block incoming emails, text messages, and IM's from bullies. Another idea is to limit the amount of time you spend on social network sites and other places where bullies attack. Finally, be very careful to avoid posting personal information online and always use secure passwords. For more information about cyberbullying you can visit www.kidshealth.org.

Play On! Sincerely, Dr. RAP

Creativity Corner Artistic Contribution from a RAP Program Member

I AM

I am a 15 year old girl

I wonder about life

I hear hurtful things

I see corruption

I want to be able to help the innocent

I am a 15 year old girl

I pretend that the world isn't messed up

I feel angry

I touch the cold window

I worry about my loved ones

I cry for them

I am a 15 year old girl

I understand the rules

I remind myself to say, "Anger never solved anything"

I dream of having peace

I try to hang in there

I hope that we can learn to coexist

I am a 15 year old girl

If you would like to see your artistic contribution in the next edition please submit materials to Dr. Candan at kcandan@nshs.edu.

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. Please contact Ruth Olsen at (718) 470-8154 or Rolsen@lij.edu to update your contact information.

Reason to Celebrate!

We are proud to report that this year we celebrate the graduations of 11 current RAP Program members from Middle School, High School and College!

RAP Program members are currently hard at work at selective colleges, trade schools, and work training programs.

We also acknowledge RAP Program members who continue to excel in athletic, artistic, and technical extra-curricular activities, internships, and study-abroad experiences.

Keep up all your hard work! We look forward to hearing about many more of your accomplishments in the future.

Visit us at www.rapprogram.org





Quick Tips for Beating Holiday Stress

While the temperature is dropping many people feel a rise in their stress thermometers due to holiday preparations that can easily become overwhelming. Below are some helpful hints for leaving the stress behind this holiday season.

Shopping: Whether you are holiday shopping or just picking up odds and ends, going to any store at this time of year can be stressful! Try to avoid crowds by shopping very early or late in the day. Also, preparing a list and coupons before your trip will keep you organized and possibly prevent unplanned spending. **Holiday Traditions:** In order to get all family members involved in the holiday action it is important to allow traditions to grow with your family. Find new ways for all your loved ones to get involved and share their interests this holiday season. **Set Realistic Expectations:** If something sounds outrageous, whether it be a requested gift or new holiday recipe, remember that it is ok to set limits and say **no**. Being honest with yourself and others from the start will likely prevent disappointment.

About RAP



The RAP Program is a research clinic developed to help young people, ages 12 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.

While RAP is primarily a research clinic, we are constantly working to develop and provide cutting edge treatment options. Following a referral, a phone screen is conducted to determine eligibility and to explain research procedures. A comprehensive evaluation is then performed. Individuals found to be appropriate for RAP and their families may be eligible for a variety of treatment services. We offer **medication management, family focused therapy, and alternative medication treatments like Omega-3**. As part of a cutting edge research program, we also offer the opportunity to participate in **neuroimaging (MRI)** and **electro-physiological (EEG)** assessments, and various other procedures.

We May Be Looking For You

The RAP Program is trying to reconnect with individuals who participated in RAP Program research projects between the years of **2000-2006**. If this is you, **please get in touch with us as we may not have your most current contact information**. Please contact Dr. Candan at (718) 470-4238 or kcandan@nshs.edu. We hope to hear from you and get an update in the very near future!



As always, **completing routine follow-ups 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 Dr. Barsky at (718) 470-8046 or rbarsky@nshs.edu to schedule your follow up today.