

# PROGRESS REPORT: FRANCES AND THOMAS GAMBINO PROFESSOR IN PSYCHIATRY

**Prepared for the Gambino Medical & Science Foundation**

In collaboration with John Q. Young, MD, MPP, PhD

Chair and Senior Vice President, Behavioral Health,  
Northwell Health

Chair, Department of Psychiatry, Donald and Barbara Zucker  
School of Medicine at Hofstra/Northwell

Chair, Combined Department of Psychiatry,  
Long Island Jewish Medical Center and  
North Shore University Hospital

Chair, Department of Psychiatry,  
Zucker Hillside Hospital

January 1, 2025-December 31, 2025



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# THANK YOU

*"I'm deeply grateful for the Gambino family's support, which allows us to bring healing and hope to people facing immense suffering—whether in war zones abroad or in our own communities. To me, that's the privilege of being a physician: walking alongside patients and families in their hardest moments and helping them find a path forward. This work extends from direct care to training the next generation of doctors and advancing research that improves how we understand and treat psychiatric conditions. It's all connected, and I'm grateful to be part of leading a department committed to healing, hope, education and discovery."*

— John Q. Young, MD, MPP, PhD

*Frances and Thomas Gambino Professor in Psychiatry  
Donald and Barbara Zucker School of Medicine at Hofstra/Northwell*

## Overview

As chair and senior vice president for Behavioral Health at Northwell and the inaugural Frances and Thomas Gambino Professor in Psychiatry, John Q. Young, MD, MPP, PhD, is driving a bold, system-wide transformation to confront the behavioral health crisis in New York and beyond. Under his leadership, 2025 was a defining year of growth, innovation and impact across clinical care, education, research and global engagement.

## Expanding Clinical Programs and Services

Guided by a mission to improve the behavioral health of the communities Northwell serves, Dr. Young continues to build a comprehensive, accessible continuum of high-quality, evidence-based care. This system is organized around five key pillars: digital and self-directed care, integration, specialty care, complex care and acute care.

### Digital and Self-Directed Care

- Recognizing that many individuals need support but not formal clinical intervention, Northwell is expanding accessible, technology-enabled resources. In 2025, the system launched the App Matcher, an AI-powered tool that connects patients and clinicians to appropriate low- and no-cost digital mental health applications. Northwell also formed a formal partnership with [Sleepio](#)—an FDA-approved digital therapeutic for insomnia—which will be initially piloted within the Zucker Hillside Hospital Geriatric Psychiatry Program. In parallel, the [Stress First Aid \(SFA\) Connect](#) app was introduced to support workforce well-being through real-time, preventive interventions.

### Integration

- A hallmark of Dr. Young's approach is embedding behavioral health into everyday care environments to reduce stigma and expand access. The Collaborative Care Program now supports 44 adult primary care practices (approximately 50% of Northwell's adult Northwell Health Physician Partners practices), 36 pediatric primary care practices (representing 100% of pediatric Northwell Health Physician Partners practices) and more than 80 Northwell OBGYN practices across Long Island, Queens, Manhattan, Staten Island and Westchester.
- The School Mental Health program also continues to scale, now reaching more than 275,000 students across approximately 65 school districts and 410 schools.
- The Department of Psychiatry has now trained more than 240 clergy members in Stress First Aid and more than 30 through the Soul Shop Movement initiative. The department also expanded its Mother Cabrini-funded program by embedding therapists in three houses of worship to increase access to culturally responsive mental health support and care navigation.

### Specialty Care

- Northwell is significantly increasing access to outpatient behavioral health services through both physical expansion and new care models. Rapid Access Centers launched at Mather Hospital, Staten Island University Hospital, and Zucker Hillside Hospital provide timely assessment, short-term treatment and navigation to ongoing care. New facilities in [Riverhead](#) (child and adolescent outpatient, partial hospitalization, and

school mental health) and [Mount Kisco](#) (child and adolescent outpatient and school mental health) opened in 2025 to address critical regional gaps. Additional expansion is underway, including new outpatient sites in Melville and at Staten Island University Hospital, both set to open in 2026.

### Complex Care

- For patients requiring more intensive and specialized services, Northwell continues to build destination programs. In 2025, [the system launched a virtual Northwell Health Physician Partners geriatric psychiatry group practice](#) to improve access for older adults. It also opened the Center for Trauma, Stress and Resilience Research (CTSRR) at Zucker Hillside Hospital to provide evidence-based, comprehensive treatment for individuals impacted by trauma-related conditions, including PTSD, Complicated Grief, Moral Injury and Complex PTSD. Building on this progress, Northwell plans to launch a new Treatment Resistant Depression Center and open a new hospital-based outpatient clinics in Rego Park and Manhattan (62<sup>nd</sup> Street) in 2027.
- Zucker Hillside Hospital's Interventional Psychiatry Division launched an esketamine treatment program, complementing its existing IV ketamine program and further expanding access to innovative treatments for individuals with treatment-resistant depression.

### Acute Care

- Northwell's acute care infrastructure continues to expand to meet urgent mental health needs. In 2025, 21 new inpatient beds were added across the system, with Zucker Hillside Hospital opening a new 10-bed, individual room unit on the lower level of the Kaufman Building. Additional milestones include the expansion to a second [dedicated college-age inpatient unit at South Oaks Hospital](#), and additional locations are currently being planned to continue growing this important program tailored to young adults across Northwell's increasing footprint.

### Virtual Access Hub

- The Virtual Access Hub serves as a centralized entry point for behavioral health services, providing web- and phone-based triage, navigation, and referral coordination through a "no wrong door" approach. Over the next 18 months, the Hub will incorporate AI-driven tools to enhance diagnostic support, optimize treatment matching, provide personalized patient coaching, and strengthen linkage to appropriate levels of care.

## Education and Workforce Development

Education is central to Dr. Young's vision for advancing behavioral health, ensuring that the next generation of clinicians is equipped to meet growing and increasingly complex patient needs. Across Northwell, the Department of Psychiatry offers a range of educational opportunities, including residency programs at Lenox Hill Hospital (16), Mather Hospital (24), Staten Island University Hospital (16) and Zucker Hillside Hospital (52), as well as fellowship training in child and adolescent psychiatry, consultation-liaison psychiatry, geriatrics and addiction psychiatry at Zucker Hillside Hospital.

New in 2025, Lenox Hill Hospital launched a Psychiatry Residency program under the leadership of Samuel Greenstein, MD. The four-year program will train four residents per class, with its inaugural cohort having begun in July 2025.

Also in 2025, Zucker Hillside Hospital introduced a new Nurse Practitioner (NP) Fellowship developed in conjunction with the Hofstra School of Nursing and Physician Assistant Studies. The one-year program provides intensive supervision and training to support readiness for independent practice in ambulatory settings. The inaugural cohort includes two fellows, and the program recently secured \$500,000 in grant funding to support its continued growth and expansion.

Dr. Young further strengthened the Department of Psychiatry's academic foundation by recruiting Abigail Konopasky, PhD, as senior director of medical education research. An internationally recognized leader, Dr. Konopasky joins Northwell from the Dartmouth Geisel School of Medicine. Her research focuses on health professions education, learner agency, equity, and disability in the clinical workplace—employing functional linguistic and narrative methods with a focus on critical race theory and theories of agency. She will leverage these skills to establish a health professions education research lab focused on advancing clinical training and educational reform, positioning Northwell as a national leader in this emerging field.

## Research Enterprise

In 2025, the Department of Psychiatry secured more than \$28 million in federal and foundation funding to advance research across genomics, neuroimaging, deep brain stimulation, bipolar disorder and precision psychiatry. Highlights include:

- [Anil K. Malhotra, MD](#), received a \$3.1 million grant from the National Institutes of Health (NIH) for the Biomarkers to Enhance Early Schizophrenia Treatment (BEEST) project, which investigates whether brain imaging and genetic biomarkers can help identify people experiencing early psychosis who may benefit from early clozapine treatment.
- [Caitlin Millett, PhD](#), received a [\\$2.3 million award](#) to join the Breakthrough Discoveries for Thriving with Bipolar Disorder (BD<sup>2</sup>) Integrated Network, a national effort bringing together researchers and technology to improve understanding and treatment of bipolar disorder.

- [Todd Lencz, MD](#), secured a [\\$3.2 million grant](#) from the National Human Genome Research Institute to advance research on polygenic embryo selection, an emerging approach that could one day help predict genetic risk for developing complex adult diseases such as diabetes, schizophrenia, or cancer.
- [Albert Fenoy, MD](#), received a \$3.1 million NIH grant to study how deep brain stimulation of the medial forebrain bundle affects brain circuits involved in reward and mood, with the goal of improving treatment for people with severe, treatment-resistant depression.
- [Sunny Tang, MD](#), received [\\$4 million](#) from the National Institute of Mental Health (NIMH) to improve the assessment and treatment of severe mental health conditions by using an AI-powered advanced speech and language analysis.
- [Delbert Robinson, MD](#), received a \$7.6 million NIH grant to enhance the NAVIGATE model for early psychosis care (E-NAVIGATE) by using online advertising to shorten treatment delays, a digital app to support medication adherence, and an internet-based program to reduce dropout from care.

## Global Initiatives

The Department of Psychiatry is supporting international partners through sustained training and capacity-building initiatives. At the invitation of the Ukrainian government, Dr. Young—together with Northwell's Center for Global Health and the Department of Psychiatry's Center for Traumatic Stress, Resilience and Recovery—traveled to Ukraine in January 2025 to conduct an intensive, two-day training in Stress First Aid. Since then, the team has returned to Ukraine on multiple occasions to continue training military chaplains and other partners in crisis support, and to engage in strategic discussions with organizations such as the Viktor Pinchuk Foundation in Kyiv. These global partnerships are focused not only on treatment, but on building local capacity and resilience.

In Guyana, 2025 marked a major milestone with the official ribbon-cutting and launch of the nation's first electroconvulsive therapy (ECT) service at Georgetown Public Hospital. Building on more than three years of planning, training and collaboration between the Guyana Ministry of Health and Northwell, the initiative included the donation of two ECT machines and comprehensive training for more than 10 psychiatric and anesthesia specialists in the safe and effective delivery of the treatment. Collaboration in Guyana is continuing through ongoing psychotherapy training programs at Georgetown Public Hospital, as well as through Guyanese psychiatrists traveling to New York for advanced training in addiction psychiatry at Zucker Hillside Hospital.

In Ecuador, a telepsychiatry program was established to enhance mental health services in underserved regions of the country.

## Thought Leadership

As the Frances and Thomas Gambino Professor in Psychiatry, Dr. Young maintains an active national and international presence through leadership, speaking engagements and academic exchange. In 2025, he completed his term as President of the American Association of Directors of Psychiatric Residency Training (AADPRT). He remains actively engaged in the organization's work alongside colleagues, including current president Rashi Aggarwal, MD, chair of psychiatry and behavioral science at Northwell's Staten Island University Hospital.

Throughout the year, Dr. Young was invited to speak at leading academic institutions, including the University of Vermont, the University of Kentucky and Vanderbilt University, where he presented on psychiatric education reform and competency-based training, drawing on his research and national leadership in AADPRT. He was also invited to deliver a keynote address at the American Board of Psychiatry and Neurology Crucial Issues Forum, where he championed advancements in competency-based medical education and the future of psychiatric training.

Internationally, Dr. Young hosted a symposium on health, equity and resilience at the 2025 World Economic Forum in Davos-Klosters, Switzerland. Other global engagements included academic and policy-related visits to Beirut, Nicaragua and Japan.

## Looking Ahead

With a clear and ambitious vision, Dr. Young is advancing a new phase of growth for Northwell Psychiatry, focused on expanding access, accelerating innovation and strengthening the system's position as a national leader in behavioral health.

Significant capital infrastructure improvements will play a central role in this work. Construction has begun on a new Behavioral Health Pavilion at Zucker Hillside Hospital to modernize inpatient care for our patients. Simultaneously, plans to open our new Outpatient Center for Mental Health in Manhattan are underway with an anticipated opening in 2027.

Programmatically, Dr. Young is leading the expansion of Northwell's subspecialty expertise through a system-wide hub-and-spoke model, scaling programs in areas such as bipolar disorder, first-episode psychosis, obsessive-compulsive disorder, perinatal mental health and trauma. New initiatives, including an Adult Serious Mental Illness Clinic at South Oaks Hospital and a Treatment-Resistant Depression Center at Zucker Hillside Hospital, will further strengthen care for patients with complex and underserved needs.

Strategic recruitment and research growth will further accelerate progress. The arrival of a dedicated MRI scanner will expand research into the biomarkers and treatment of severe psychiatric illness, alongside plans to launch a new mood disorders research program. Recruitment is underway for key leadership roles, including a behavioral health chief medical informatics officer, vice chair for psychological services, vice chair for academic affairs and the inaugural leader of a new Depression Research Center, positioning Northwell to advance discovery, education and care delivery in the years ahead.

## NORTHWELL HEALTH ENDOWMENT PERFORMANCE

January 1, 2025 – December 31, 2025

### Endowment overview and spending policy

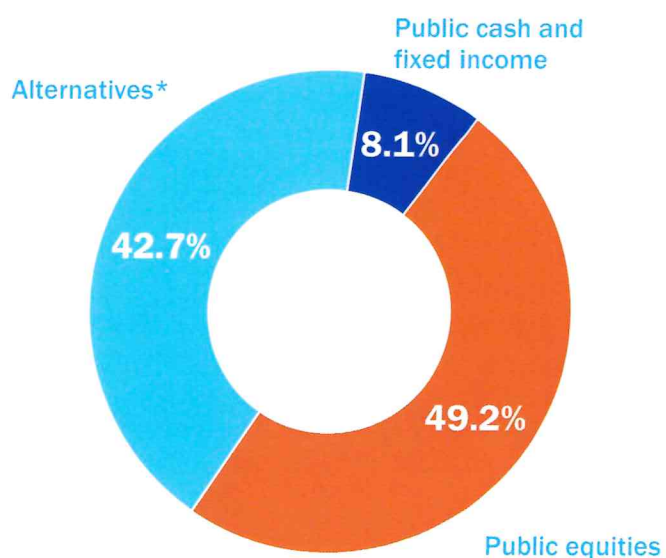
Northwell Health endowments are overseen by the Investment Subcommittee of the Finance Committee of the Board of Trustees, in conjunction with the organization's treasury department and investment consultants. The Investment Subcommittee regularly reviews the asset allocation of the endowment portfolios in relation to diversification and spending objectives and tracks the performance of each investment manager against an appropriate benchmark index.

The endowment portfolios are invested with a long-term growth objective and meet the expense and income needs of the projects they support. The goal of the portfolio design is to build a diversified set of investment strategies to generate good returns while minimizing risk and volatility over the portfolio's time horizon.

The spendable interest credited annually to all endowment funds is based upon a rolling average of the return on the Northwell Health Endowment Portfolio over the prior five years, calculated annually on or about June 30 of each calendar year, and will not exceed 5%. For the calendar year ending December 31, 2025, the spendable interest credited to all endowment funds was 5%.

### ASSET ALLOCATION

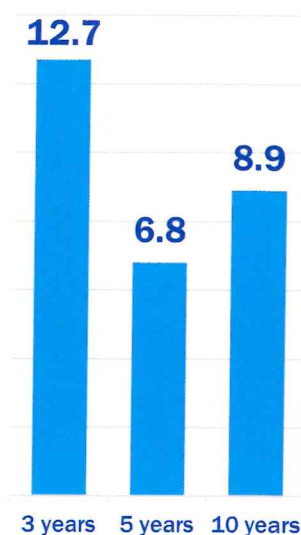
As of Dec. 31, 2025



\*Alternatives

- 16.5% hedge
- 24.5% private equity/real estate
- 1.8% private credit

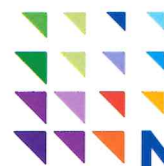
### HISTORIC ENDOWMENT PERFORMANCE



**ACCOUNT ACTIVITY**

|                                                                                                                                                                                                                |                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| <b>Corpus</b>                                                                                                                                                                                                  | <b>\$700,000</b> |
| The amount that has been donated to the endowment is permanently restricted and required to be held in perpetuity.                                                                                             |                  |
| <hr/>                                                                                                                                                                                                          |                  |
| <b>Market Value</b>                                                                                                                                                                                            | <b>\$627,234</b> |
| The value of the investments that support this endowment on the date specified. This figure indicates both the corpus and earnings, but not the spendable interest, and fluctuates with the financial markets. |                  |
| <hr/>                                                                                                                                                                                                          |                  |
| <b>Spendable Interest Earned for Reporting Period</b>                                                                                                                                                          | <b>\$81,211</b>  |
| Interest that can be spent on the endowed purpose. Begins to accrue at the start of the calendar year after endowment reaches minimum gift amount.                                                             |                  |
| <hr/>                                                                                                                                                                                                          |                  |





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