

PSYCHIATRIST

Volume 61, Number 8

April 2013

Newsletter of the Southern California Psychiatric Society

President's Column

Senate Bills and the Art of Lobbying

Larry Lawrence, M.D.



Hello and welcome to our April Newsletter. We have several upcoming events which should be quite enjoyable and educational. First is our SCPS Annual Awards Meeting. This will be held on Saturday, April 27th in Santa Monica at Le Merigot Hotel from 3-7 P.M. There will be a number of special awards. In addition, the Psychiatric Education and Research Foundation will be presenting awards to members-in-training from five of our local training programs. This is an exemplary group of young professionals who are dedicated and highly involved in psychiatry and in their communities. Please consider joining us to enjoy the collegiality, and congratulate our awardees on their commitment to our profession and a job well done. Please

RSVP to Mindi if you plan to attend, so that we may accurately plan for attendance.

Secondly, the annual meeting of the APA will take place from May 18th - May 22nd in San Francisco. This promises to be an exciting and unique gathering. We will have an excellent program which will reveal, discuss, make available, and initiate the DSM-5. There will also be specialty education tracks, and opportunities to meet and greet our national and international guests. In addition, our former United States President, William Jefferson Clinton will speak at the Moscone Center on Sunday afternoon. President Clinton has continued his journey by active involvement in addressing health initiatives here and around the world. We look forward to sharing his experience, wisdom and insights into health care.

Thirdly, there will be a stellar line up of presenters in La Jolla at a DSM-5 program jointly sponsored by the APA and the San Diego Psychiatric Society. This will be a two-day program, featuring presentations and attendance by many of those who have worked on and guided the DSM- 5. The meetings will take place on June 8th and 9th. This should be an excellent opportunity for us to get up to speed with our new DSM- 5.

Fourthly, keep in mind the California Psychiatric Association Annual Meeting to be held at La Quinta, CA (September 27-29, 2013). This desert meeting will feature lots of CME's, and a chance to talk with colleagues about psychiatry in California, and the challenges and opportunities available here. The courses are high caliber and topical. I look forward to seeing you at these upcoming events.

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A number of our members had the opportunity to attend the CPA Council Meeting in Sacramento. The following day they were instructed in the art of lobbying, and then had an opportunity to actually lobby for two bills the CPA is supporting and co-sponsoring. Our various branches also opted to sponsor a trip to Sacramento for members in training. We travelled in groups of 2 and 3 to see our legislators and to make our pitches. The task is interesting and energizing. It does help us to be very concise and emphatic, offering our legislators our expertise. (It helps even more if we are constituents of their districts.) Our meetings were productive and reciprocal, as the legislators have great experience and insight into the many issues crossing their desks. We found them uniformly friendly, interested and informed.

I was very impressed with our members-in-training, who jumped right in to the task of being a lobbyist. When I asked them afterward how they experienced the day, they were quite enthused, and quite pleased to add 'patient advocate' to the roles they fulfill. They saw this as an additional opportunity to serve, and liked the idea of taking issues directly to the people who make the decisions. Congratulations to all who made these efforts. Let's be sure to involve our MIT's in similar opportunities.

The bills we support are an update on Laura's Law - introduced by Senator Yee and co-authored by Senator Wolk. Laura's law is named for a young woman who was killed while working at a mental health clinic in Nevada County. The law essentially provides for outpatient commitment for people with multiple contacts in the jail or mental health system (or contact in both systems). While the law has recently been approved for another 5 years, implementation has been slow. The updated law addresses some of the hurdles, and may even lead to pilot programs necessary to demonstrate effectiveness of the law. The law provides for assisted outpatient treatment, (AOT) for some individuals who are unwilling or unable to seek care, but who have chronic psychiatric problems. The experience in Nevada County has been encouraging. More patients have received the appropriate level of care, and the county is saving money. Orange County is considering a capped version of the law whereby they can enroll 50-100 individuals in AOT, have a chance to see the outcome, and if fiscally prudent - expand services.

The law as presented would do away with the county board of supervisors' authorizing by resolution, since they already have the ultimate say in their county's budgets. Additionally, by capping the number enrolled, the budget can be more easily estimated. This would allow for a better sense of financial impact. If these pilot projects are successful, the law and programs will sell themselves. This is Senate Bill 664, and we support it.

The other bill we are supporting is Senate Bill No. 22 - introduced by Senator Beall. This is a well constructed bill which attempts to put some leverage into the Mental Health Parity Laws. Because of the lack of information and lack of transparency from insurance providers, these laws are difficult to enforce. This bill would require health plans and insurers to "ensure that financial requirements and treatment limitations applicable to mental health or substance use disorder benefits are no more restrictive than the predominant requirements or limitations applied to substantially all medical and surgical benefits." This sounds like parity! The bill would also require an annual report to the Department of Insurance or the Department of Managed Health Care, demonstrating compliance with the parity act. This bill is quite fair and goes a long way toward implementing parity.

I hope this is informative. See you at the awards meeting and at the APA.
Larry Lawrence M.D.

Letter from the Editor

CPT Abuse

Colleen Copelan, M.D.



It's not in the DSM 5 yet, but the term has been bandied about in APA communications.

CPT Abuse is a subtype of partner abuse, facilitated—as often the case—by the perpetrator's asymmetrical power relationship.

CPT Abuse occurs when, during the course of what ought to be a harmonious partnership for patient care, an oligopolist health plan beats up on and/or deprives a private-practice psychiatrist of sustenance while exacting ever greater servitude.

We have the Sherman Anti-trust Act to thank for asymmetrical power relationship. The Act considers it anti-competitive—therefore illegal—for independent physicians to join together to affect compensation. We have the Plans to thank for the actual abuse.

But we can join together to fight abuse through advocacy—legislative and legal—as members of our local, state and national psychiatric associations. Join us. cocopelan@aol.com

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Update on Veterans Justice Outreach and Veterans Court

By Ekram Michiel, M.D. and Murray Brown, M.D.

The VA has recently partnered with various law enforcement agencies to attempt to find alternate solutions to incarceration for veterans convicted of non-violent crimes. More and more veterans are receiving jail or prison terms for disordered behaviors often times due to mental illness or drug and alcohol related offences. New creative programs for assessment, treatment, and out-reach for veterans are in process. Almost 9000 new veterans anticipated to be discharged from the military monthly over the next ten years, facing harder economic and mental health challenges. Our veteran population faces a suicide rate that exceeds that of general population. Numerous studies describe the increased rates of suicide that exist behind jail and prison bars. The Bakersfield VA Community Out-patient Clinic (CBOC) is currently working to appoint a Veteran Justice Officer (VJO) to create a veterans' court similar to those in place in Los Angeles, Long Beach, Orange County, Santa Barbara and other communities in California. The Bakersfield CBOC has over 2000 registered veterans seeking mental health care with a growing prevalence of legal entanglements oftentimes derailing smooth reentry from deployment or recovery from various illnesses including PTSD, traumatic brain injury (TBI), military sexual trauma (MST), substance abuse, or other mental health problems stemming from military service. There are 10% annual increases of veterans populations getting mental health service at CBOC Bakersfield.

It has been noticed that OIF and OEF veterans with PTSD are more likely to use opioid to relieve their physical pain than are other veterans without mental illness; their dependence on opioids expose them to legal troubles

Studies observed a U- shaped association between age and suicide rates, with higher rates among younger and older veterans. Among psychiatric diagnoses, bipolar disorder had the highest suicide rates probably because of substance dependence and conduct disorder as comorbid illness, followed by PTSD combined with depression and anxiety disorders.

Also the money spent on outpatient mental health services was associated with reduced suicide rates, some studies show that with every \$100 per capita increase being associated with a six percent reduction in suicide.

A new bill for Kern County (AB2611) introduced by Assembly Member Butler February 2012 authorizes the Kern County Superior Court to develop and implement veterans' courts with the objective of creating collaborative court-supervised mental health programs. These veterans' courts will emphasize diversion to treatment and rehabilitation programs when feasible and consistent with public safety. Please refer all potential candidates and their families to the respective veterans' court in your area when possible. For further information in Kern County, please contact Randy Dickow at the Bakersfield Vet Center (661) 323-8387.

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Council Highlights

March 14, 2013

Sophie Duriez, M.D., *Secretary*



The meeting was called to order on time by Dr. Lawrence, President.

The minutes from the last meeting taken by Dr. Ijeaku, MIT Representative, were read by Dr. Lawrence. Once quorum was met, a motion was made to accept the previous February Council minutes. All voted in favor, and none opposed.

Dr. Lawrence first addressed the APA nominations follow up. The CPA will submit those nominations to the APA. Last month, the Council helped nominate five doctors, Dr. Arroyo, Dr. Gross, Dr. Schaeffer, Dr. Thurston and Dr. Graff as potential replacements for Dr. Forster, the current Area 6 Representative to the National nominating council. Dr. Forster's tenure will end in May 2013. This present Council had to approve the previous month nominations. Once quorum was met, a motion was made to approve the nominations, all voted in favor, and none opposed.

Dr. Lawrence addressed the Outstanding Teacher Award. The MITs could nominate an outstanding teacher after reviewing a list of criteria if the teacher is an APA member. Dr. Lawrence suggested that residents could be asked to vote for an inspirational teacher. A discussion followed regarding different criteria that could be opening the Outstanding Teacher Award to an exceptional APA member, not necessarily part of academic teaching faculty, for her/his outstanding community psychiatry contributions, as Dr. Shaner's suggested. Dr. Solding agreed emphasizing how good it would be for the SCPS to expand the nominations process. The Council would have the final decision. A motion was made to give the charge of developing new nominating criteria regarding the nomination of the Outstanding Teacher Award to the Fellowship and Awards Committee. All voted in favor, none opposed.

The awardee attendance for the 04/27/13 Installation Ceremony was addressed to confirm what had been voted and approved by the last month Council meeting. Invitations will be sent four weeks in advance via email by Mindi Thelen, Executive Director.

A follow up discussion was held regarding the proposal from PRMS to sponsor a SCPS CME event. The question of offering sponsorship or not was discussed as there are different malpractice insurance companies however PRMS offered to invite our members and pay for the event. Possible COI issues were discussed. Mindi has been asked to get more information regarding agenda, and whether spouses could attend.

Possible venues for monthly Council meetings were discussed. Dr. Fogelson was in favor of the meeting room on Colorado in Santa Monica, Dr. Solding suggested the Valley as a preferred location. Votes: seven in favor of Colorado, three in favor of the Valley. More information is needed before deciding. Dr. Duriez will call Mindi to give her the contact info of a possible Beverly Hills location.

Meeting for Membership Chairs was discussed. Dr. Solding will attend for SCPS. A joint meeting of the San Fernando Valley Region with the Southern California Society of Child & Adolescent Psychiatry (SCSCAP) on the changes to the DSM 5 was discussed with Dr. Forgey, over the phone. A motion was made for SCPS to make a \$150 contribution and to plan the CME.

SCPS will sponsor another dinner meeting for NAMI in June, on the second Thursday, June 13. A brief Council meeting for handling action items will take place immediately following the meeting with NAMI.

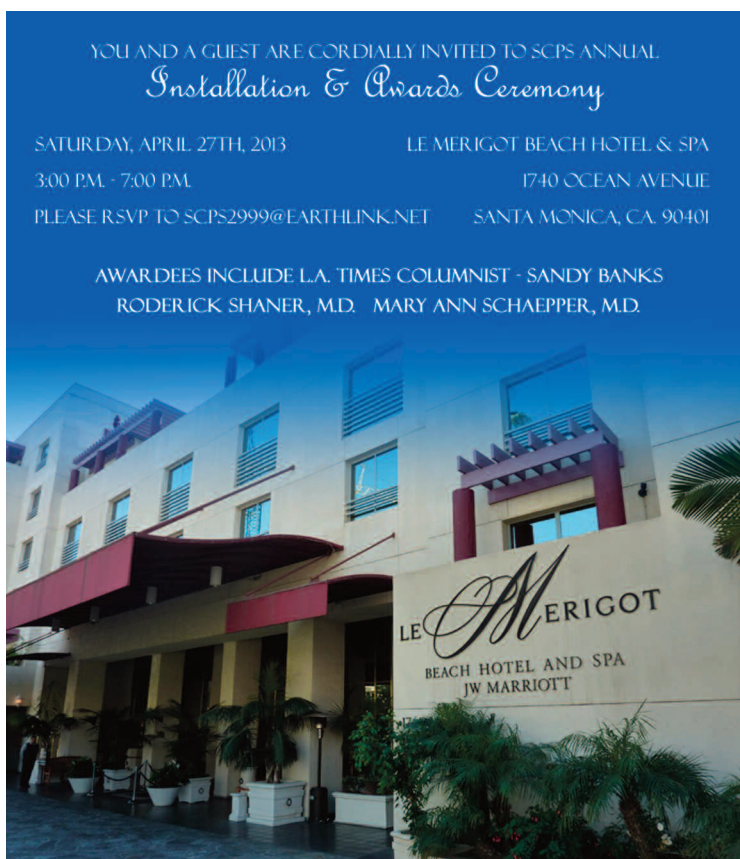
Dr. Solding, President-Elect, gave his membership report with the reinstallation of two General Members and 4 new MITs. All in favor, none opposed.

Dr. Forgey (over the phone) gave her treasurer's report with the February financials & cash on hand. A motion was made to accept the Treasurer's report. All voted in favor, none opposed.

Dr. Silverman gave her Program Committee report and described the recent interview/survey with IMQ. Drs. Gales and Silverman and Mindi Thelen participated in the survey.

Dan Willick spoke about the narcotics prescriptions and the Medical Board's position on tracking prescriptions and the CURES Program.

There was no new business or old business to be addressed and after having asked if there were further questions or issues, Dr. Lawrence adjourned the March 2013 Council Meeting.



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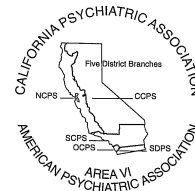
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A "Request for Assistance" form can also be mailed directly to the patient. Contact the Consumer Hotline at 800/927-HELP (4357) or at 213/897-8921 (for out-of-state callers).

- **For healthcare providers** with a billing dispute with one of the Department's licensees:

Complete a "Healthcare Provider Request for Assistance" form, available at www.insurance.ca.gov. Select "Consumers" on the far left side of the red line toward the top of the page > "Health Related Insurance Information" > "Consumer and Healthcare Provider Inquiries and Complaint Information". Click on this section, scroll down to the Health Care Provider Complaints section, select "File A Complaint - Health Care Provider Request for Assistance (HPRFA)" and follow the instructions.

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 - To file a complaint that is not urgent, fill out and mail a [Complaint Form](#).
- For **healthcare providers**, go to www.dmhc.ca.gov. Select "Health Care Providers" from the selections in the upper left corner, and select the "Claims Issues" box in the middle of the page. Or call 877/525/1295

HELLENIC AMERICAN PSYCHIATRIC ASSOCIATION 14th ANNUAL HAPA MEETING Tuesday May 21st 2013

IN CONNECTION WITH THE APA 2013 ANNUAL MEETING-San Francisco

Attend the HAPA 14th ANNUAL MEETING on 5/21/13

Time: 6:00PM- 8:00PM

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“ The Women's Mental Health Clinic at Eginition Hospital, Athens, Greece: The first ten years “

By

Iannis Zervas MD

Associate Professor of Psychiatry

Athens University Medical School,

Chief, Women's Mental Health & Perinatal Psychiatry Clinic,

Eginition Hospital, Athens, Greece

A Dutch treat dinner at a local restaurant at 8:30PM follows the conclusion of the meeting. **You MUST pre-register to attend both the meeting and the Dutch treat Dinner** by paying your HAPA 2013 dues of \$52.00 for members and \$25.00 for MITs. Note that the annual dues have remained constant since the founding of HAPA in 1999.

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APA Annual Meeting
May 18-22

Moscone Center
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for more information:
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In Memorium: Howard Wallach, M.D.

As I remember him: Howard was a gentle, refined man, a well known and respected psychiatrist/psychoanalyst and a thoughtful leader. He cared deeply about people. His advice was sought after in both clinical issues of patient care and in professional organizational matters. He served for many decades our profession with distinction in many capacities including as President of SCPS and CPA, was a founding member of the SCPS sponsored Psychiatric Education & Research Foundation, was active in the leadership of the APA including in the APA Assembly and as member of the Board of the American Psychiatric Foundation. He leaves a legacy of dedication and commitment to our profession. He was a loving husband and parent, a dear friend and colleague. He will be greatly missed. Maria T. Lymberis, MD

From the LA Times 4/2/13

WALLACH, Howard Frederic Died Monday morning, April 1, 2013. Howard was born in Chicago, Illinois on September 4, 1923, the only child and cherished son of Leo and Mildred Wallach. He grew up in Chicago, attended Culver Military Academy and, at 16, matriculated at the University of Michigan, receiving his B.S. degree in 1943. He later obtained a M.S. degree from Northwestern University and his M.D. from the University of Illinois. Originally an internist, he became a successful hotel operator and real estate developer before moving with his first wife and children to Los Angeles in 1964. There, he resumed his medical career, becoming a psychiatrist and psychoanalyst. He was President of the Californian Psychiatric Association and practiced psychotherapy until 2010. Howard was an avid and skilled golfer and bridge player. Throughout his adult life, he volunteered in and led Jewish charitable organizations in the Chicago area and Los Angeles, most recently and significantly Beit T'shuvah. He is survived by his beloved wife of 44 years, Gloria (Bunny) Wallach, and his children: his daughter and two sons - Joan W. Tyndall, of Arroyo Grande, John R. Wallach of Poughkeepsie, NY, Rich Wallach of Wilmette, Illinois, and their spouses - five grandchildren (Darin, Sophia, David, Gracie, and Ezra), one great-granddaughter (Dakota), and his dear step-family: Rand Marlis of Brentwood; Steve Marlis of Las Vegas, Beth Marlis of Los Angeles, and their children (Brent, Stephanie, Kevin, and Jennifer) and spouses. Olivia Palacios was Dr. Wallach's house helper for 39 years. Funeral services will be held at 11 a.m. on Wednesday, April 3 at Hillside Memorial Park, 6001 Centinela Avenue, Los Angeles. In lieu of flowers, donations are welcomed in Howard's name at Beit T'shuvah and the American Psychiatric Association.

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SCPS website address: www.socalpsych.org

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Southern California PSYCHIATRIST, (ISSN #10476334), is published monthly, except August by the Southern California Psychiatric Society, 2999 Overland Ave., Suite 208, Los Angeles, CA 90064, (310) 815-3650, FAX (310) 815-3650.

POSTMASTER: Send address changes to Southern California PSYCHIATRIST, Southern California Psychiatric Society, 2999 Overland Ave., Suite 208, Los Angeles, CA 90064.

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