

PSYCHIATRIST

Volume 64, Number 7

April 2016

Newsletter of the Southern California Psychiatric Society

President's Column

Helping the mentally ill homeless: We know the way if we can find the will

Heather Silverman, M.D.



Helping the mentally ill homeless is one of the most daunting challenges Southern California faces. The problem has been so significant for so long that it is easy to lose hope that anything can be done to address it. It is worth remembering that evidence exists that funding the right programs can make a difference.

In 2010 the US Department of Veterans Affairs and the White House launched a plan to end veteran homelessness by 2015. Although not perfect, the plan has had tangible success.

The number of homeless veterans around the time the plan started was over 7,000 in Los Angeles County. The number is currently around 4,000. Probably the most important component of the plan has been funding for housing vouchers to move veterans off the street and into apartment style housing. The VA plan has also greatly expanded outreach to identify and engage homeless veterans, and has also implemented a significant case management and services system to help veterans get off the street through providing financial assistance for rental costs and a wide array of supportive services.

Recent success with homeless veterans suggests that progress can be made with non-veteran homeless mentally ill individuals with the proper strategy and investment of financial resources. As mental health professionals, we need to provide clear and consistent advocacy to ensure that funding for mental health services is part of the strategy. There is a risk that getting mentally ill homeless individuals off the street and into apartment like housing can be proclaimed by policymakers as an absolute success. However, providing homeless mentally ill people with housing is only a success if they receive concurrent mental health services and treatment. Such services and treatment will not only help address the underlying mental health condition, but will also help ensure long term stability in housing.

Ensuring that sufficient funding is made available for mental health services is a mix of advocating for new funding, and equally or more important for now, advocating to ensure that existing funding is actually used for mental health services that are needed and effective. The utilization of Mental Health Services Act funding is an excellent example of problems associated with the administration and management of mental health services money. There is a great need for members of our mental health community to collectively and individually become more engaged to help facilitate good judg-

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ment and accountability in the usage of mental health funding originally intended specifically for mental health concerns.

Finding a complete answer to addressing the problem of mental health and homelessness is clearly a long-term issue that will require a multiplicity of programs and social changes. But in the short-term, there are many things we can do that we know will help many people. Let's keep pushing for these things and make a difference.

You and a guest are cordially invited to attend SCPS' Installation and Awards Ceremony & Reception

Saturday, April 30, 2016

3:00 P.M. - 7:00 P.M.

at

Le Merigot Beach Hotel

1740 Ocean Ave.

Santa Monica, CA 90401

Buffet Lunch will be served, Cash Bar.

To RSVP please reply to mindi@socalpsych.org

We hope to see you there!

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Art of Storytelling:
The Human Experience
of Being a Psychiatrist

**Documentary premieres May 18th, 2016
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Haig Goenjian, MD • Charles Grob, MD • Ijeoma Ijeaku, MD • Martha Kirkpatrick, MD
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Kristen Ochoa, MD • Robert Ross, MD • Mary Ann Schaepper, MD • Kimberly Shapiro, MD
Steve Soldinger, MD • Devin Stroman, MD

Directed by Michelle Furuta, MD

Produced by Mindi Thelen for the Southern California Psychiatric Society

The truth of a group begins with the stories of its people

Presented by SCPS and the Art of Psychiatric Medicine Committee

Letter from the Editor

Advocacy Days

Colleen Copelan, M.D.



I say days because there were two of them, almost back to back: one sponsored by the California Psychiatric Association and the other by the California Medical Association.

Physicians gather from all over the state to hear from experts about what's going on in Sacramento—which is where people make up the rules we have to live by. After a briefing, we go up the street to the Capitol and talk with our assembly members and senators about how we seen the world and what needs to be done, or undone.

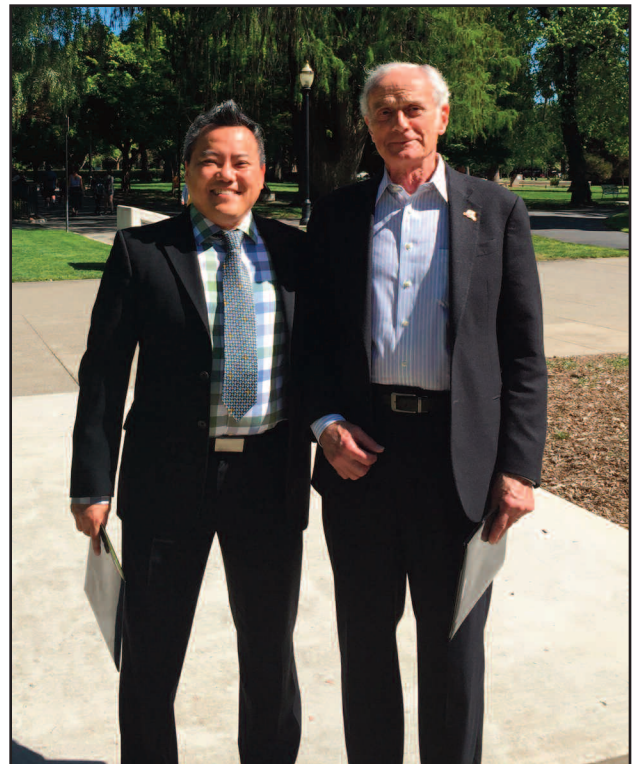
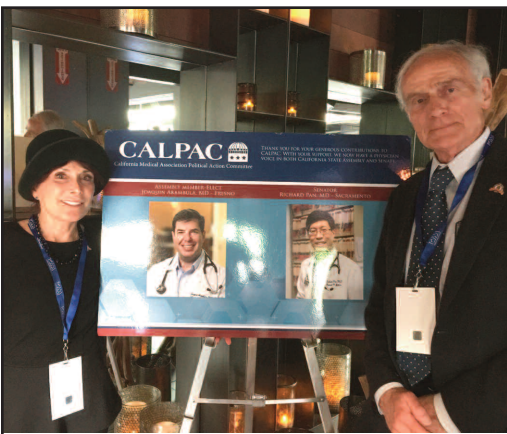
The Capitol is abuzz with delegations and lobbyists who have a view of the world quite different than ours. If they were to prevail, our world would be a much more difficult place to live and work.

The good news is that you don't have to go to Sacramento. Your legislator comes home most Fridays and you can visit him/her at the district office.

Although there is no substitute for your personal relationship as a constituent, CPA and CMA are there for you every day—supported by your membership dues, and by your contributions to the California Psychiatric Political Action Committee and the CMA's CALPAC.

Political Action Committees support the election of healthcare savvy and physician-friendly legislators. For example, Senator Richard Pan, MD, the pediatrician who saw the need and took the heat for eliminating the “personal belief” exemption for mandatory vaccinations. And, just a few weeks ago, CALPAC helped with the election of emergency physician Joaquin Arambula, MD.

Now that's the best way for anybody to go to Sacramento. cocopelan@aol.com



PHOTOS: Drs Copelan and Thurston, CMA Day; Drs Koh and Thurston, CPA Day

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**The SCPS remembers
Steven Horwitz, MD
May 20, 1949— March 14, 2016**

by: Anita Red, M.D.

SCPS San Gabriel Valley/ East Los Angeles Councilor, 2013-2016
SCPS San Gabriel Valley/ East Los Angeles Councilor, 2013-2016
Pasadena Private Practice 1987-2016
USC Voluntary Assistant Professor of Clinical Psychiatry, 1987-2016

Director of Emergency Psychiatry Service, 1984-1987
USC Assistant Professor of Clinical Psychiatry, 1979-1987
LAC+USC Resident in Psychiatry, 1976-1979
LAC+USC Intern in Pediatrics, 1975-1976

Upon arriving to Pasadena to set up my private practice, someone mentioned, “Dr. Steve Horwitz is a good man to call.” I recognized Steve’s name as a supervisor for the USC psychiatry residents. Although I had never met him myself, I called him anyway. Steve Horwitz eagerly and quickly took me out for lunch, but now I realize I should have been the one to take him out to lunch.

Steve was enthusiastic to offer advice, but it was more than that. He offered friendship. During that first lunch, Steve told me to do a few specific things, and to this day those things continue to be valuable. Later, two early career psychiatrists joined the Pasadena community and asked me for advice. I told each one of them, “Dr. Steve Horwitz is a good man to call.” Each one of them did, and Steve took each one to lunch. He told each one of them the same things that he told me.

The things Steve taught me that day I tell the USC psychiatry residents and community psychiatrists in a yearly lecture. This is how Steve’s influence is felt now and will be felt for many years to come. Investing time in others is how Steve made a difference. Everyone was important, and he took the time to recognize that.

Dr. Steve Horwitz, a husband, father, friend, mentor, and psychiatrist died March 14, 2016 from metastatic melanoma, leaving his wife and 3 adult children. He was currently serving as Southern California Psychiatric Society's San Gabriel Valley/ Los Angeles-East Councilor.

Steve was kind, genuine, and professional. He became most animated when speaking of his children...or a University of Michigan sporting event.

Steve was quite humble and minimized the value of his generosity. However, his influence on others will be felt for generations. He invested in people and took the time to make a difference. He was a mentor in the community, no matter how big or small the need. For example, he served on the Pasadena Rotary Club. He always took the time for a personal phone call or a lunch. He was good about following up, always offering his help and advice.

Steve was dedicated to the future of psychiatry in his work with the USC with the psychiatry residents. He was member of the USC voluntary faculty, giving his time and expertise to supervise residents. He attended every event for voluntary faculty and was faithfully present at Grand Rounds on Tuesdays. He also served as group leader for residents’ support groups, a role he very much enjoyed.

Prior to that, Steve served on the USC full-time faculty from 1979-1987. He also worked on the emergency psychiatry service, eventually serving as its medical director from 1984-1987.

Born and raised in Cincinnati, Ohio, Dr. Steve Horwitz was the second of four children. He attended the University of Michigan. Although he always planned for a career in medicine, he majored in music in order to pursue

his other interests. Dr. Horwitz subsequently completed his medical doctorate at the New York Medical College, a pediatrics internship then psychiatry residency at USC/LAC+USC Medical Center.

Here's what others have shared about Steve:

"He never said a negative word about someone."

"He was a really wonderful and caring colleague."

"He will be missed dearly."

"Over the three decades that I knew Steve as a friend and colleague, he consistently impressed me as a calm, gentle, caring man, of great integrity; his vanishing leaves a personality vacuum that will never ever be filled in the same way."

In his SCPS candidate's statement, Steve wrote that his goals were to underscore the importance of membership in organized medicine; the vital leadership role physicians must play in paving the way toward a new, patient-centered health system; and the importance of providing mentorship to students, residents, and young physicians. He hoped to help guide the future of psychiatry, to contribute to its public service as well as to its practice by caring and dedicated physicians. Dr. Horwitz was an example for all of us. His impact and his contribution will be felt far into the future and he will be dearly missed.

Memorial and Open House: Steve Horwitz, MD

May 7, 2016


1:00 – 5:00


The Memorial and Open House will be held at the family home in Altadena. Diane, Steve's wife, would like to extend an invitation to friends and colleagues to attend.

Please call Steve's office number by April 30. Adrienne, his office manager, will provide the address.
626.792.0492.

The office will be closed after April 30

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A District Branch of the American Psychiatric Association




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- Join us the night before on June 3rd for our Installation Dinner to welcome **Dr. Robert Gorney** as the 2016-2017 President of SDPS.
- Visit www.sdpscme.com to register!

CME: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the American Psychiatric Association (APA) and the San Diego Psychiatric Society. The APA is accredited by the ACCME to provide continuing medical education for physicians and psychologists. The American Psychiatric Association designates this live activity for a maximum of 10 AMA PRA Category 1 Credits™. Physicians and psychologists should claim only credit commensurate with the extent of their participation in the activity.

CEU: Continuing Education Units for MFTs, LCSWs, LEPS, LPCCs, RNs, and individuals with Drug and Alcohol Counseling certifications (through CAADE, CAADAC and CAS) are provided through Alliant. 10 credits will be awarded to those who attend the entire conference.



More on the President's New Executive Actions to Reduce Gun Violence

Donna Vanderpool, MBA, JD
Vice President, Risk Management
Professional Risk Management Services, Inc. (PRMS)

[LinkedIn](#)

January 8, 2016

In my [last post](#), I commented on one of President Obama's gun control actions – amending HIPAA's Privacy Rule to explicitly permit covered entities to release names of those involuntarily committed to NCIS.

In this post, I want to address two more concerns about the President's gun control initiatives:

NOTHING in the executive actions requires – or even allows – mental health professionals to discuss their concerns about patients with law enforcement. I realize that many news reports, including those from very credible sources, are saying this, but it is not true. For a great analysis of how this false information likely came about, see Dr. Ford Vox's [article](#) for CNN.

There is a new entity that the President is hoping to have report individuals disqualified from gun ownership due to federal mental health prohibitors. That entity is the Social Security Administration (SSA).

The federal Gun Control Act of 1968 has categories of people prohibited from gun ownership, including any individual “who has been adjudicated a mental defective or who has been [involuntarily] committed to a mental institution.” A “mental defective” [there are proposed regulations to amend this term] is defined to include an individual lacking the mental capacity to manage his own affairs.

According to the [White House](#):

“The Social Security Administration (SSA) will begin the rulemaking process to ensure that appropriate information in its records is reported to NICS. The reporting that SSA, in consultation with the Department of Justice, is expected to require will cover appropriate records of the approximately 75,000 people each year who have a documented mental health issue, receive disability benefits, and are unable to manage those benefits because of their mental impairment, or who have been found by a state or federal court to be legally incompetent. The rulemaking will also provide a mechanism for people to seek relief from the federal prohibition on possessing a firearm for reasons related to mental health.”

My thoughts? Not only does this raise privacy issues, but I don't believe that a SSA disability determination includes the risk of gun ownership. For an excellent analysis, see Dr. Liza Gold's comments in this [news report](#).

SCPS' Women's Committee held their Spring Women's Brunch on Saturday, March 19, 2016 on Reflective Parenting and Its Relevance to Psychotherapy at the home of Heather Silverman, M.D. The speaker was Regina Pally, M.D. Here are a few photos.



Our speaker, Regina Pally, M.D. and attendees.



Marcia Goin, M.D. and Regina Pally, M.D.



Michelle Furuta, M.D., our Chair of the Art of Psychiatric Medicine Committee with Linda Do, D.O., our Chair fo the Women's Committee



Interested attendees.

JAIL MENTAL HEALTH SERVICES

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“Jail Mental Health Services can offer you a lot great benefits, flexibility, great salary and many different places you can work such as outpatient, camps, jails, and juvenile justice. There are so many diverse opportunities! It’s safe and challenging, but very dynamic and never boring.”

Katherine Smith-White, MD
Child and Adolescent
Psychiatrist



“I chose DMH Jail Mental Health Services because of the quality of care we provide to patients, job security, salary, a pension plan and benefits. I have been challenged to learn and expand my skill set and make an impact by providing input to improve the quality of care in various services!”

David Kidwell, MD
Jail Mental Health Supervising
Psychiatrist



“I like working in Jail Mental Health Services and being part of a larger organization that provides great support for someone like me coming out of residency. You never have to worry about job security you can just focus on your clinical work. Correctional psychiatry is becoming the forefront of psychiatry in all aspects; public psychiatry, integrative psychiatry, and addiction psychiatry. You’re never bored and always challenged.”

Arastou Amindzadeh, MD, FAPA
Child and Adolescent,
Addiction Psychiatrist



“I love it here, I can’t imagine working anywhere else, it’s the most secure and safe place to work. You are surrounded by custody staff, they are wonderful and they protect you. I plan on finishing my career at Jail Mental Health Services because it’s safe, flexible and the support from colleagues and friends are excellent. I enjoy seeing how these patients, the most in need of help, quickly recover.”

V. Dorina Trufasu, MD
Psychiatry
& Internal Medicine



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*Based on CEO approval at step 15 of the mental health psychiatrist salary schedule.

Council Highlights

March 10, 2016

Erick Cheung, M.D., *Secretary*



MINUTES: A motion was made, seconded, and unanimously approved to accept the February meeting minutes.

UPDATE ON COUNCIL MEMBER: Dr. Red provided Council with an update regarding Steve Horwitz who has suffered a significant illness.

DISASTER COMMITTEE UPDATE: Mindi reported that the Red Cross has agreed to come and meet with SCPS next month to discuss the potential for collaboration in disasters. Dr. Schaepper reported that there is a standard 2-day mental health seminar, which in her experience might possibly be reduced to a 6-hour training. Dr. Silverman inquired about any possible EMS commission response to disasters and emergencies and what component of mental health response there exists. Dr. Cheung will follow up with the EMS commission regarding this issue.

CPA MIT/RFR REPRESENTATIVE: Council reviewed candidacy for Evan Trager for CPA Resident Fellow Representative. A motion was made, seconded, and unanimously approved to nominate Evan Trager as SCPS's candidate for CPA RFR.

ELECTION: The CPA and SCPS elections are currently ongoing and members are encouraged to vote.

ANNOUNCEMENTS OF EVENTS:

Installation and Awards Ceremony & Reception

Saturday, April 30, 2016, 3:00 P.M. - 7:00 P.M., at Le Merigot Beach Hotel, 1740 Ocean Ave., Santa Monica, CA 90401

Buffet Lunch will be served, Cash Bar.

Substance Abuse Meeting

SCPS Presents a 3-Hr CME meeting on Substance Abuse;

Saturday, April 16th, 2016 - 8:30am - 12:15pm, The Olympic Collection, 11301 Olympic Blvd., Los Angeles, Ca. 90064

Featuring Dr. Timothy Fong and Dr. Kevin Hill

Psychiatric Education and Research foundation

Supporting Research for Children's Mental Health

Saturday March 12th 2016

Presenting the 2016 PER Advocate Award to Commissioner Laura Hymowitz & Featuring Richard Kogan, MD's lecture & piano presentation on Tchaikovsky: Music & Melancholia

At the First Presbyterian Church of Santa Monica, 1220 2nd St, Santa Monica, 90401

Registration: 6:30-7:30PM; Program starts: 7:30PM-10:00PM

www.perfoundation.org

FELLOWSHIPS AND AWARDS: Dr. Gross and Drs. Schaepper provided background on the process for nominating members for fellow and distinguished fellow members. An update on the current nominations for SCPS awards was provided. Candidates for "media award" were discussed. Dr. Gross advocated for working on nominations earlier in the year to allow for a more thorough and broad selection process.

MEMBERSHIP REPORT (Thelen):

Current membership, new member applications:

Resident Members: Aaron Heffner, Jude McElroy

New GM: Carolina Covarrubias, Robert Winston

A motion was made, seconded, and approved to accept the new member applications.

A request for dues relief was reviewed.

TREASURER'S REPORT: Dr. Red provided the treasurer's report. A motion was made, seconded, and approved to accept the treasurer's report.

LEGISLATIVE REPORT: Dr. Thurston, as well as Drs. Shaner and Soldinger provided a legislative update as follows. Laura's law has been approved in Ventura County. The "Death With Dignity" act will potentially initiate June 9. Laws that are currently on the table include: Increasing the legal age limit for purchasing tobacco to 21, re-classifying e-cigarettes to tobacco products, possible ballot measures on increasing taxes for tobacco products; proposed marijuana regulation legislation.

The "Morlach bill" is being recommended for support by CPA. The general concept of the bill is to use MHSA funds to provide "crisis stabilization services" and also be able to apply a 5150 hold to patients within such services. There is some vague language including what constitutes a "crisis stabilization service". There has historically been a prohibition on the use of MHSA funds for "involuntary treatment". There are concerns about this bill providing "cheap alternatives" to inpatient psychiatric hospital beds.

PROGRAM COMMITTEE REPORT: Dr. Gales provided an update on the program committee, most notably recommending attendance to the upcoming substance abuse program.

NEW BUSINESS: Dr. Schaepper, Lawrence, Soldinger and Gross provided some updates on actions papers related to the following issues: ethics education for residents, competency/cognitive review for senior psychiatrists, human trafficking, addiction psychiatrist on the board of trustee, direct to consumer advertising, euthanasia, resident / fellow membership retainment, life members and senior members on the board of trustees.

A motion was made to adjourn at 9:24 PM, seconded and unanimously approved.

APA April Course of the Month

The April Course of the Month is now available. This 30-minute course can be viewed over a lunch break to brush up on a trending topic.

An Update on Neurocognitive Disorders for the General Psychiatrist:

An Approach to the Assessment and Management of Dementia in Psychiatric Practice

Psychiatrists have an important role in the prevention, diagnosis, and management of dementia. The psychiatric patient population is at a high risk for the development of neurocognitive disorders. This course should help psychiatrists in general practice:

- Describe the relationships between severe and persistent mental illness and dementia,
- List the impact of psychotropic medications on the cognitive functioning of older adults, and
- Describe preventative and treatment interventions for dementia in psychiatric practice.

Learn more about the Members' Course of the Month, including upcoming topics, and explore the other 200+ educational opportunities available at a discount for APA members through the new Learning Center.

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Entry Level: No

Job Type: Part-Time/Full-Time

Job Duration: Indefinite

Min Education: M.D. and BE/BC in Psychiatry

Min Experience: None (Graduating Residents Welcome to Apply)

- The ideal candidate will possess education equivalent to graduation from a recognized school of medicine with a degree of Doctor of Medicine and a post-graduate residency. He or she must also possess a valid license to practice medicine in the State of California.

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Contact Person: Syam Kunam, M.D. or Ryan Nuqui

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SCPS Election Results

Joseph Simpson, M.D. - President-elect
 Erick Cheung, M.D. - Treasurer
 Mary Read, M.D. - Secretary
 Daniel Bonnici, M.D. - Early Career Psychiatrist Representative
 Patrick Wiita, M.D. - Resident-Fellow Member Representative
 Amy Woods, M.D. - Resident-Fellow Member Representative
 David Fogelson, M.D. - Assembly Representative
 Mary Ann Schaepper, M.D. - Assembly Representative
 Anita Red, M.D. - San Gabriel/East LA Councillor
 Anish Dube, M.D. - Santa Barbara Councillor
 Michelle Furuta, M.D. - South Bay Councillor
 Julia Krankl, M.D. - Ventura Councillor
 Zoe Aron, M.D. - West LA Councillor
 Ariel Seroussi, M.D. - West LA Councillor

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 NO AUGUST PUBLICATION. ALL PAID ADVERTISEMENTS AND PRESS RELEASES MUST BE RECEIVED NO LATER THAN THE 1ST OF THE MONTH.

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 Secretary Erick Cheung, M.D.
 Treasurer Anita Red, M.D.
 Treasurer-Elect Arsalan Malik, M.D.

Councillors by Region (Terms Expiring)

Inland Ijeoma Ijeaku, M.D. (2018)
 San Fernando Valley Joy Kong, M.D., M.D. (2016)
 Oscar Pakier, M.D., M.D. (2017)
 San Gabriel Valley/Los Angeles-East Steven Horwitz, M.D. (2016)
 Roderick Shaner, M.D. (2018)
 Santa Barbara vacant
 South Bay Mary Read, M.D. (2016)
 South L.A. County Dharmesh Sheth, M.D. (2016)
 Ventura Ronald Thurston (2016)
 West Los Angeles Zoe Aron, M.D./Ariel Seroussi, M.D. (2016)
 Sophie Duriez, M.D. (2017)
 Michael Gales, M.D. (2016)
 Zeb Little, M.D. (2018)
 ECP Representative Michelle Furuta, M.D. (2016)
 ECP Deputy Representative Jamie Garcia, M.D. (2017)
 MIT Representative Amandeep Jutta, M.D. (2016)
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 State Legislative Representative Mary Read, M.D.
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Lawrence Gross, M.D. (2017) Mary Ann Schaepper, M.D. (2016)
 Larry Lawrence, M.D. (2018) Steve Soldinger, M.D. (2016)

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SCPS Newsletter

Editor Colleen Copelan, M.D.

Editorial Committee
 Ronald Thurston, M.D.

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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