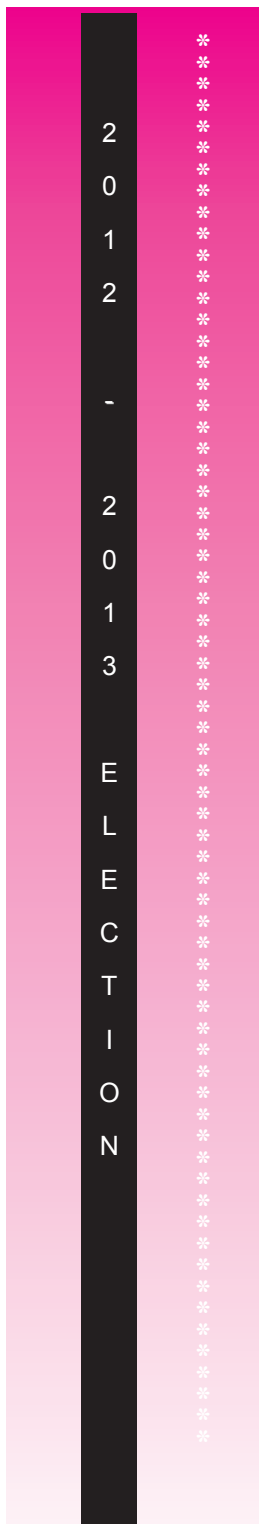


# PSYCHIATRIST

Volume 60, Number 5

January 2012

Newsletter of the Southern California Psychiatric Society



## President's Column

# Happy New Year Friends

by Mary Ann Schaepper, M.D.



Already one week into 2012, a full moon has graced Southern California nights, New Hampshire voters have weighed-in on presidential hopefuls, vacations are over and some of us are bringing thank-you gifts or receiving them for coverage, and for many of us resolutions are at the forefront. Whether we declare our resolutions or not, it is just human to notice a beginning, an opportunity to make change, to create a new experience. For some making resolutions is exciting. For others declaring intentions can be anxiety provoking. For many following through presents is challenging.

My resolutions are declared. Now I get to follow through. I will sit for the Maintenance of Certification (MOC) in both General and Child and Adolescent Psychiatry in the first 4 months of this year. My intention is to pass these exams. I am reminded continually by the American Board of Psychiatry and Neurology (ABPN) about the dates, details, and fees because I am a training director. I am pondering whether to take a review course even though I teach the Board Prep Course for the PGY-4 Class and which review book to focus in on. Then I face my technical hurdles on how to register, and how to update the system

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on my CME's (this is not easy!), and God forbid how I understand the roll-out system of when the peer review, patient feedback parts all must be turned in. This process is QUITE a CHALLENGE!

So to those of you who have navigated the test preparation, and mastered the exam, send me some hope. For those who are in my shoes, let's share tips/strategies and encourage one-another. And for those who will follow, I am committed to making this exam valuable, to our patients and to ourselves. I do appreciate, despite my resistance, this professional "nudge" to take time-out to focus on new developments in our field, to read the literature, to sharpen my diagnostic, cognitive, and learning skills. I will give feedback to the ABPN, to the American Association of Psychiatry Residency Directors (AADPRT) and to the APA Assembly on the testing experience, the content, and the requirements we have at this time. Membership feedback through the above channels changed our current Boarding, such that residents now have the "Oral Exam" section completed during residency. I am experiencing what many of my senior residents experience in preparing for "the Boards;" a renewed sense of curiosity, clarity, excitement and pride in our profession.

Other resolutions involve being a gracious mother-of-the bride in the month between my MOC exams. Living a balanced life is another one. Continuing to get to know you, our Members, is my commitment as your president for the remainder of my term and ongoing as a colleague. Learning from you how SCPS can partner with you to amplify your efforts in caring for your patients, their families, our communities, and ourselves.

I urge each of you to join us at the Psychopharmacology Updates, January 28, where our current APA President, John Oldham, MD, will join an excellent line-up of speakers, and present on Personality Disorders. SCPS will honor Dr. Oldham with a reception following. Please join us to get to know Dr. Oldham and each other.

I wish you each a Happy New Year and remind you how much difference you make, and that together **we are the difference Southern California is ready for!**

Mary Ann

It is with great sadness that we report that long-time SCPS member, and prior Residency Training Director at Camarillo State Hospital, Robert E. Moebius, M.D., Ph.D., passed away on December 24, 2011.

# Letter from the Editor

## Shortage of ADHD Medicines; Who's Paying Attention?

Colleen Copelan, M.D.



Those of us who treat children are accustomed to calls from parents and teachers, family therapists and even probation, but 2011 was the year of calls from pharmacies.

Or from parents who could not find a pharmacy to their prescription for any stimulant ADHD medicine, at the right dose or at all.

ADHD medicine shortages sent parents scrambling, phones ringing and homework plummeting all

across America.

Actually, significant drug shortages made the news in nearly all areas of medicine last year, prompting President Obama to issue an executive order in November for the FDA to get on top of this chronic and recurrently severe problem.

Shortages often develop without warning, due to manufacturing difficulties or simply marketing decisions. There's no central monitoring of supply and little in the way of reporting required by the FDA.

And add to this, the fed's worry-

-and distraction--with diversion of ingredients for ADHD medicines. The Drug Enforcement Administration's cap on the production of ingredients has contributed to the shortage.

That dilemma is captured in a December article in the New York Times: "We have reached out to the D.E.A. and told them that there are shortage issues," said Valerie Jensen, associate director of the F.D.A.'s drug shortage program. "But the quota issues are outside of our area of responsibility."

Everyone needs to pay more attention. cocopelan@aol.com

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# CANDIDATE STATEMENTS

## Deadlines for Nominations by Petition February 15, 2012

In this special section, the candidates nominated for your representation discuss their views. Please read the statements carefully before voting.  
Ballots will be mailed on or around March 1, 2012.



Steve Soldinger, M.D.  
President-elect

I accept the nomination for SCPS President-elect with great honor.

I received my bachelor's degree in Psychology from UCLA in 1973, and received my MD degree from UCI in 1977. I did a year of Internal Medicine/Psychiatry at LAC-USC, and did my General Psychiatry residency at UCLA-NPI in 1978-1981. I have maintained a successful private practice in Sherman Oaks since 1981. I live in Encino with my wife, together we have raised three children who have all been successful in their chosen fields.

I have been actively involved with SCPS as the Councilor for the San Fernando Valley for six years as well as, Federal Legislative Representative for the past two years.

While serving on Council for six years I was very involved in the fiscal issues of our SCPS.

This position helped make me adept at navigating the inner workings of our Council meetings. The future of our organization is tied to its finances as only through a strong financial base can we improve our ability to serve our organization, as well as promote the increase in future membership.

I believe that we need total transparency in our medical field. It is vital that our patients understand and agree with our methodology in order for our field to maintain a healthy future.

We must be vigilant to protect the turf of our profession for the sake of our patients, never letting patient care come second by any means. We must also be committed to preventing conflicts of interest in order to preserve the integrity of our field.

To this goal we must remain an active part of our national and state level political process.

I intend to have more speakers from the political arena appear at SCPS events in order to help foster this initiative.

Over the past thirty years I have held every office in my medical fraternity, Phi Delta Epsilon, including International President for the last four years. As President I have traveled nationally and internationally giving lectures and initiating new chapters to both undergraduates and medical students. I have enjoyed securing the future of my fraternity and I believe this experience will serve me well with the SCPS.

I have been dedicated to helping increase the membership in SCPS through my involvement with the residents at UCLA. For the past ten years I have taught a course through UCLA on the subject of media and its effect on psychiatry to residents at Sepulveda VA. In the past few years I helped our organization support the UCLA Sepulveda VA residency with funds for their graduation ceremony as well as promote the concept of membership among the residents.

Teaching and staying close with Psychiatric residents has kept me aware of the many changes confronting

our field and how to best address them.

I feel that in a field that is changing in what seems daily, I have strived to stay ahead of the curve. With this in mind I intend to be a source of knowledge, strength and leadership as President of the SCPS.

It would be my pleasure and honor to serve in the capacity of SCPS President-elect. I ask for your vote, but more importantly for your participation and input.

**Sophie Duriez, M.D.**  
Secretary



More than ever, we, psychiatrists, have to continue to strongly advocate the best quality of our practice. Whether we are practicing in academic, public or private settings, our profession is at huge risk of being reduced to “corporate psychiatry” only. Health care reform, public and private health care systems with their corporate management have their “cost-effective” agenda for regulating our practices. I am very proud and honored to have been involved with the SCPS since 2003, when I was elected as MIT Representative. More recently, I have been the Early Career Representative, a great position to hold while growing my private practice over the past three and a half years. Patients who have Mental Health Benefits coverage through their insurance, are entitled to receive excellent care and psychiatrists should be allowed to continue to remain affordable without being economically forced to compromise the quality of their services. I believe that all together my clinical, professional and participating experience at the Council would make me a good Council Secretary, if elected. I am very motivated to dedicate my best to this position. In advance, I sincerely thank you for your anticipated vote.



**Heather Silverman, M.D.**  
Treasurer-elect

I am honored to be nominated for the position of Treasurer-elect. Having served as ECP rep, Secretary and West LA councillor, I welcome the opportunity to continue working with SCPS.

Despite advances in research and changes in the health care system, mental health care continues to regress in the state of California. Budget cuts and department closures conflict with the model of increased access to care. Reimbursement by health insurers tends to shape the practice of psychiatry, the tail wagging the dog. The biopsychosocial model has been splintered and the sum of parts does not equal the whole.

SCPS offers a voice to respond to these issues helping to protect psychiatric practice, patients and the doctor patient relationship. It offers a chance to network with colleagues, mentor new members and engage in educational activities.

There is much promise in SCPS. If elected, I will work to fulfill the potential of SCPS.



Colleen Copelan, M.D.  
Assembly Representative

I attended my first Government Affairs meeting in the late 1980's I was new. I was amazed and enlightened. I saw the enormous import of Government Affairs for the practice of medicine. Great forces swirled about my office, shaping and funding the treatment of children, adolescents and adults. I thought my practice was private? I am wiser now, committed to making medicine safe for patients and practicing physicians.

I've done my turn at every SCPS leadership post through President, staying on for years as Newsletter Editor.

I'm active in my Country Medical Association, on the Board of Governors and attend leadership meetings.

I teach at KECK USC School of Medicine, as Associate Professor with first-year medical students, discovering the connection between humanism and professionalism. I have done the same with psychiatric residents.

I bring a varied, committed and enriched experience to the position of APA Assembly Representative.

I can serve you well.

Colleen Copelan MD  
[cocopelan@aol.com](mailto:cocopelan@aol.com)

Mary Ann Schaeffer, M.D.  
Assembly Representative

It is an honor to declare my candidacy for SCPS Assembly Representative. I commit to be your voice in the Assembly, to communicate clearly what Southern California is experiencing with the changing laws, budget cuts, and parity challenges. As your SCPS Assembly Representative, I will continue to stress recruitment of Members-in-Training and Early Career Psychiatrists by enrolling them in actively participating in the SCPS and APA's Committees, Fellowships and in writing Action Papers. I will encourage our highly motivated IT Committee to rapidly disseminate information from Council and the Assembly. Another important responsibility as your SCPS Assembly Representative for me will be to continue to speak to the issues of initial Boarding (timing, and Clinical Skills Verification requirements) and Maintenance of Certification Examinations to ensure these exams are meaningful, useful, and represent our profession in excellence. As a Child and Adolescent Psychiatrist, I am passionate about our youth and will be bold when their mental health needs are overlooked. Working daily with addictions and our Universities Wellbeing Committee I am acutely aware that we must lead in the formation of a national policy for physician wellbeing. I am connected to our membership in the outlying parts of our district branch and committed to each member's needs. Finally, I pledge to be fully engaged in Committees and Activities of the SCPS and support incoming officers.



Serving the APA as a Member-in-Training Representative from Area 6, as an officer to the Inland Chapter, as a member to the APA Membership Committee, and as President of SCPS I have gained experience, mentorship and motivation. I look forward to serving you, our members, our patients, and our community with my dedication, expertise and passion. Your vote will make the difference.



Anita Red, M.D.  
Early Career Representative

Many voices are more powerful than one alone. As an early career psychiatrist representative, an opportunity is afforded for advocacy and progress in psychiatry.

Becoming involved in the SCPS as the current secretary and past MIT representative is a privilege that has shown me the importance of organized medicine and the need to support progress in psychiatry on a larger level. Bringing this message to others has become my goal. As the current chair of the website committee, it is my vision to further this goal through technology and communication.

With evolution of the website, information becomes clearer, easier to understand, and more accessible to members, nonmembers, and the public. The website will allow you, as a current member, to navigate available resources, such as a directory of other members. Registration for events and membership dues will be as easy as using your computer or even your phone.

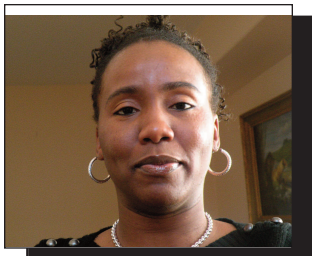
Growth of the website will provide the same advantages to other psychiatrists. Additionally, it will become a tool for recruitment as others learn the benefits of the SCPS and organized psychiatry. The website is also an image of the SCPS to the public, who will be better able to find and utilize mental health resources.

I am honored to be nominated as an early career psychiatrist representative.



Vandana Chopra, M.D.  
Member in Training Rep

I feel very fortunate to have been able to maintain the goals of public service as a central focus of my life. Working with organizations such as Teach for America and the United States Peace Corps has taught me the importance of advocating for underserved populations; this need has remained all too apparent as my training with mentally-ill patients continues. My participation on the UCLA Residency Oversight Committee serving as a resident representative for my class has continued to assist me with learning how to identify important issues in order to succeed in bringing about positive change. I believe strongly in affirming the good while persuading that even more can be done; it is for this reason I am honored by the nomination to serve as a Member-in-Training representative. If given the opportunity, I would happily welcome the ability to utilize the tools of advocacy in order to facilitate solutions to the collectively-identified issues that remain so pressing to our patients and our profession today.



Ijeoma Ijeaku, M.D.  
Member In Training Rep

I am very excited about running for the position of Member-in-Training Representative. I have been a member of APA and SCPS since the beginning of my residency in 2009. I became a member of the Women's Committee in summer 2010 and presented a talk on 'Balancing Professional and Personal Lives as a female Resident Psychiatrist' during the foremost social event organized by this committee in fall 2010.

Through my training experience, I have become more interested in understanding delivery of mental health care. Excellence in my clinical duties affects outcome in my patients. However, their ultimate health status is hugely determined by decisions made by government regarding what is available to them in health care options, and by regulations established by FDA. It is imperative therefore that the members in training are well informed about policy making as well as advocating for our patients' rights. As early as possible in our training, it is very crucial that we begin the process of empowering ourselves to lead the mental health team.

I would like to facilitate this process of empowerment with my colleagues by organizing educational forums focused on clinical excellence and policies governing our scope of psychiatric practice.



Kohl Mayberry, M.D.  
Member In Training Rep

It is a great privilege to be nominated for the position of MIT representative. I have been an athlete my whole life along with playing football in college. I have enjoyed the camaraderie with others I experience. I want to continue this camaraderie with others and I feel that being more involved in SCPS will allow me to do that.

I have had many opportunities to show my leadership capabilities including serving as the Vice President for the AMA Medical Students Section at my medical school. I established the first ever psychiatry club at my medical school. I am currently the chief resident of the Arrowhead Regional Medical Center psychiatry residency in Colton, CA. I have to thank my attending, Dr. Larry Lawrence, President-elect, for getting not only myself but all of our residents involved in SCPS.

If I am chosen as an MIT representative, I will have a positive impact on SCPS and I will embrace every opportunity available to me to increase the involvement of other residents. I look forward to the process, as well as the destination, and to the opportunity to discuss my future involvement in SCPS.





Hanumantha Damerla, M.D.  
Councillor San Gabriel Valley/East LA

I consider it an honor to have this opportunity to continue as the Councillor of East LA and San Gabriel Valley areas. I believe that it has been a valuable and memorable experience to be on the Council of SCPS. These are interesting times that we live in given the fiscal and the economic challenges that we are facing as a state and as a nation. Given our commitment to the cause of Mental Health I believe that it is vital for psychiatrists to be involved in organizational and advocacy issues in order to safeguard the interests of our patient population.



David Fogelson, M.D.  
Councillor West LA

Dear Colleagues,

I came out of hibernation from SCPS activities three years ago and have thoroughly enjoyed my term as one of the Westside councilors. I have been an active member at council meetings and have devoted time to the program committee. I ask you to support me in my re-election bid so that I might continue these activities. Three years ago I told you about my psychopharmacology consultation practice that focuses on the Major Psychoses, Mood Disorders, Anxiety Disorders, Substance Abuse, and cluster A and B Personality Disorders. I have extended my practice to include psychotherapy for cluster B personality disorders and have attended the Mentalization based therapy workshop at UCLA. My research at UCLA continues to focus on the clinical genetics of schizophrenia with an emphasis on the personality disorders that fall on the schizophrenia spectrum. I continue to lecture for the UCLA residency program, provide supervision for individual residents, and coordinate a journal club for UCLA faculty.

I continue to be an advocate for insurance parity for all diagnoses and disorders. Reimbursement should be based on acuity, disability, and chronicity. There should be catastrophic insurance for all and reform of mal-practice tort laws.

Thank you for your support.



Roderic Shaner, M.D.  
Councillor West LA

I'm honored to be nominated as West LA Councilor. I know firsthand how important our SCPS Council is for creating shared identity among us that transcends practice setting or career stage. My own efforts as a past member of Council have been directed at strengthening ties among our members and administrative structures that affect our practices, using my experience in private and public sectors. I would deeply value an opportunity to continue these efforts as a West LA Councilor.

SCPS allows us, as West LA psychiatrists, to combine our strengths as individuals—residents, private practitioners, employees of private or public healthcare systems, academics and researchers—and, along the way, build friendships and trust that help our patients, community, and profession. We must ensure access to quality care, the best medications, and proper support, whatever new healthcare changes occur. To do this, SCPS must continuously engage the forces that surround us, playing a strong and proactive role in shaping relevant regulations and structures: fair insurance, support for residency training, rational LPS rules, and intelligent legislation. I'm eager to help combine our ideas and energies, in no short supply in WLA, to accomplish this work as we deepen our critical professional bonds.

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There will also be candidates' for Inland Region Councillor (Mubashir Farooqi, M.D.) and Santa Barbara Councillor (Paul Erickson, M.D.). Due to late nomination, their statements will appear in the February issue.

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Ballots will be mailed on or around March 1, 2012. Due Date will be March 27, 2012. Deadline to run by petition is February 15, 2012.

Abbreviated CVs for all candidates will be available on line.

Please be sure to vote.

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Los Angeles County Department of Mental Health  
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Los Angeles, California 90020  
(213) 738-4603



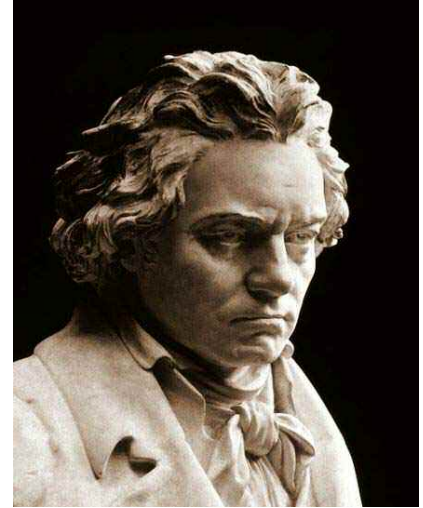
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# THE PSYCHIATRIC EDUCATION & RESEARCH FOUNDATION

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## SAVE THE DATE: 4/14/12

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For more information, see the write up by Lloyd Sederer, MD:

[http://www.huffingtonpost.com/lloyd-i-sederer-md/music-madness-and-medicin\\_b\\_852867.html](http://www.huffingtonpost.com/lloyd-i-sederer-md/music-madness-and-medicin_b_852867.html) or  
[http://www.youtube.com/watch?v=4\\_DmRi3Hxkl](http://www.youtube.com/watch?v=4_DmRi3Hxkl)

In addition, on this occasion the **PER ADVOCATE AWARD** will be presented to **Sharon Dunas, MFT**, President National Alliance on Mental Illness (NAMI) LA County & Westside LA.

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For questions email: [MGlazerPERCoord@aol.com](mailto:MGlazerPERCoord@aol.com)

**See you on April 14th 2012!**

Maria T. Lymberis, MD  
PER Founding President

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# Council Highlights

## December 8, 2012

Anita Red, M.D., *Secretary*



Dr. Schaepper called the meeting to order. November minutes were reviewed, and a motion was made to accept the minutes. All voted in favor; none opposed. Dr. Lymeris discussed the Psychiatric Education and Research's second annual fundraiser: "Beethoven: Creative Genius and Psychiatric Illness. Performance and Talk by Richard Kogan, M.D.," which will be held 4/14/2012. Register at [www.perfoundation.org](http://www.perfoundation.org) or email [MGlazerPER-Coord@aol.com](mailto:MGlazerPER-Coord@aol.com), where discount registration is available. The closing of Cedars-Sinai Psychiatry Department was discussed. Dr. Schaepper discussed graduate medical education funding. Dr. Thurston discussed general funding of MediCal. A website committee report was given by Dr. Red. The Council discussed issues related to Blue Cross and other insurance companies. The Council discussed changing the January Council meeting to Tuesday, 1/3/12 in order to host a forum for the candidates for APA President. A motion was made to continue with Council meeting as scheduled on 1/12/11. All voted in favor, and none opposed. A motion was made for any CPA or APA candidate may attend the January or February SCPS council meeting. All voted in favor, and none opposed. Dr. Lawrence read the nominations for the 2012 council positions, and a motion was made to accept these nominations. All voted in favor, and none opposed. A motion was made for the Council to authorize the nominating committee to approve any vacancies not reported as a part of the previous nominations. All voted in favor, none opposed. Dr. Ettekal gave the treasurer's report. In November, the SCPS was charged a four year pass-thru fee as a part of their lease, which significantly impacted the November budget. Dr. Ettekal reported on financial planning for the SCPS. After discussion, the motion was tabled until the January meeting. A motion was made to accept the treasurer's report; all voted in favor, and none opposed. The membership committee did not have any items to report. Ms. Thelen reported on the Psychopharmacology Update on 1/28/12 as a part of the program committee. For more information and registration, visit [www.solcalpsych.org](http://www.solcalpsych.org). Dr. Thurston gave the legislative report. As new business, Dr. Schaepper discussed the cessation of AB3632 funding and asked that any relevant cases be reported. Also, the location of future Council meetings was discussed. Next month's Council meeting will be at The Life Adjustment Team conference room. A discussion regarding legalizing marijuana concluded the Council meeting. This item will also be put on the agenda for next month's Council meeting. Dr. Schaepper adjourned the meeting.

To sign up for the Psychopharmacology Update:  
[http://www.solcalpsych.org/Psychopharm\\_BrochureFinal.pdf](http://www.solcalpsych.org/Psychopharm_BrochureFinal.pdf)

Back: Scott Alkire, JD;  
Harland Westgate, JD;  
Jean Bates, RN, BSN, MPPM;  
Dave Torrans;  
Denny Rodriguez, JD.  
Front: Danielle Fisher, MA;  
Christine Gray-Knight, JD;  
Jocelyn Herrington, JD;  
Vanessa Mejia.

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### SCPS Officers

President . . . . . Mary Ann Schaepper, M.D.  
President-Elect . . . . . Larry Lawrence, M.D.  
Secretary . . . . . Anita Red, M.D.  
Treasurer . . . . . Amir Ettekal, M.D.  
Treasurer-Elect . . . . . Marcy Forgey, M.D.

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