

PSYCHIATRIST

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Newsletter of the Southern California Psychiatric Society

President's Column

San Bernardino

Heather Silverman, M.D.



Driving back from a pleasant SCPS event held in November in San Bernardino, I marveled at the tenacity of three of our Councilmembers who make this drive every month to attend our Council meetings in Beverly Hills. Little did I imagine, only a week later, San Bernardino would be terrorized by a horrific mass shooting. This tragedy has multiple aspects, none more so than for the victims and their survivors.

When basic assumptions of daily living are threatened, there is an impact on the community at large which can lead to fear and isolation. How are we to respond? What can we do both now and in the future?

As members of a local, national and international community we wish to establish ourselves as building links at a time when centrifugal processes are threatening.

At last month's Council meeting there was great discussion as to what role SCPS may have in this process. SCPS members were ready to volunteer and assist the communities of San Bernardino as needed. We learned that the county, which had been hit hard, had processes in place to deal with the fallout. We had concerns that the Muslim community would be traumatized and fear alienation. Ultimately themes such as these are being played out in the national and international arenas.

While keeping a watchful eye on events as they unfold in San Bernardino and beyond, we are kicking off the year with our annual Psychopharmacology Update 27 Meeting. This event will take place on Saturday Jan 30th at the Olympic Collection in West Los Angeles. We have a stellar lineup of speakers. Dr. David Mintz will be making the trek from Massachusetts to speak to us about evidence based psychotherapy in prescribing medications, as a means to improve treatment response. Dr. Charles Raison will ask the question "Are mental illnesses brain disorders?" in his talk on ancient therapeutics and novel treatment of Major Depression. Dr. Helen Lavretsky, whose article on geriatric depression was placed by the NEJM in the year's top ten of important papers published in mental health, will lecture on integrative Psychiatry for the treatment and prevention of mood disorders. Dr. Barbara Perry, a noted psychiatrist and researcher from UC San Diego, will focus on the hormonal basis of mood disorders in women and address treatment options. Dr. Stephen Marder will review the latest evidence based strategies for management of recent onset psychosis. Altogether this should prove to be an invigorating event, and a great way to start the new year. Best wishes to all members and look forward to seeing you on January 30th.

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for psychiatrists and all physicians interested in psychopharmacology

SCPS Presents

Psychopharmacology Update 27

Path to the Future

Saturday, January 30, 2016

The Olympic Collection
11301 Olympic Blvd.
Los Angeles, CA 90064

8:15 a.m. - Registration, Continental Breakfast, Booth Exhibits

(Breakfast generously sponsored by PRMS, Professional Risk Management Services, Inc.)

8:55 a.m. - Opening Remarks

9:00 a.m. - **Patient-Centeredness and the Pharmacotherapy Alliance - David Mintz, M.D.**

10:00 a.m. - **Ancient Therapeutics and Contemporary Perspectives: Implications for the Treatment of Major Depression - Charles Raison, M.D.**

11:15 a.m. - **Integrative Psychiatry: Treatment and Prevention of Mood and Cognitive Disorders - Helen Lavretsky, M.D., M.S.**

1:30 p.m. - **Hormonal Basis of Mood Disorders in Women - Barbara L. Parry, M.D.**

2:30 p.m. - **Management of Recent Onset Psychosis - Stephen Marder, M.D.**

**For Full Details and to Register:
<http://www.socalpsych.org/events.html>**

Letter from the Editor

Social Fitness

Colleen Copelan, M.D.



The mainline success of the the films “Danish Girl” and “Carol” and, in recent years, “Philadelphia,” “Brokeback Mountain,” and “Dallas Buyers Club”—and dozens of other films and television shows in between—reflect the real and ongoing assimilation gay, lesbian, bisexual and transsexual people into normal society.

Not by changing the people but by changing the norms of society.

These films, and the death of psychiatrist Robert Spitzer this past December, has brought me pause for reflection on what I have witnessed in my lifetime.

At the California Psychiatric Association Annual Meeting meeting last year, our colleague Bob Cabaj, told the audience that he had a mental illness when he started medical school but, by the time he graduated he had been cured! He was of course referring to the seventh edition of the DSM II—published 1974—that eliminated homosexuality from its lists of disorders.

Spitzer may be the physician most responsible for the cure of homosexuality. He was the chief architect of revisions, especially those achieved in DSM-III, which emphasized distress as a qualification of illness. Individual distress, not societal distress. Spitzer was, for sure, not working in a vacuum. The Stonewall Riots had ignited Gay Liberation and society was surprisingly accommodating. And now, same sex marriage is the law of the land.

The deeper question—should people be made fit for society or should society be made fit for people?—is an evolving, maybe eternally evolving, political reality. cocopelan@aol.com.

Reminder: The APA has moved up the drop date for members who have not paid their 2016 APA, CPA and/or SCSP dues to March 31st. We will have no choice but to drop members who have not paid their dues by that date. If you haven't yet paid, please do so soon!

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Council Highlights

November 12, 2015

Erick Cheung, M.D., *Secretary*



A motion was made, seconded, and unanimously approved to accept the October meeting minutes.

APA Letter: Was removed from the agenda

WLA Councillor Position: Two members are interested in filling the west LA Councillor position vacated by Dr. Borlick. Dr. Ariel Seroussi's and Dr. Zoe Aron's CVs were reviewed. Dr. Fogelson made the motion to have both candidates co-fill the position with each of them alternating voting eligibility at each meeting for the remainder of the term.

Career fair update: Dr. Jutla provided a report of the recent Career Fair and announced that it was highly successful. The attendees and the exhibitors were pleased and appreciative. He hopes we can make this an annual event. The Council would like to send a thank you letter to Didi Hirsch for letting us use their facility for the event.

APA State Advocacy Conference Update: Dr. Cheung provided an update about the APA state advocacy conference that took place in Florida in October 2015. The major focus of the conference related to enforcement of the mental health parity and addiction equity act (MHPAEA), while a second and related topic included access to psychiatric care and scope of practice. The Council discussed strategies to assist in advocacy efforts. Dr. Cheung will provide a primer on MHPAEA in the SCPS newsletter.

Documentary Update: Dr. Furuta announced that progress has been made with editing, that she has seen a rough-cut and is very excited about the production so far. We should find out if our submission has been accepted for the 2016 APA annual meeting very soon.

LAC EMSC: Dr. Silverman announced that Dr. Cheung has agreed to serve a second four-year term as SCPS' representative to the LA County Emergency Medical Services Commission.

Women's Event Update: Drs. Schaepper and Silverman gave a report on the recent Women's Brunch held at the Dr. Schaepper's home. They were pleased with the turn out by Inland Region members. It was a wonderful event and there is excitement to hold more frequent women's events than once a year.

Co-sponsor Talk on Reflective Capacities: Dr. Silverman asked if Council would be in favor of her following up with Regina Pally, M.D., the founder of the Center for Reflective Parenting, on co-sponsoring a 3-hour meeting on Reflective/Mindfulness therapy. If popular with ECPs, it could be followed up with a hands-on workshop. Dr. Silverman will bring a proposal back to Council in December.

Nominating Committee: Dr. Bonds listed the positions open for election in 2016 and sought members for the Nominating Committee. Already confirmed members were Drs. Bernard Bierman and William Arroyo. The following Council members also volunteered: Drs. Red, Rees, Fogelson, Lawrence, Silverman, Jutla, Soldinger and Gross (in absentia).

Membership report: Dr. Malik reported that the current membership is 931. The new members presented were approved.

Treasurer's Report: Dr. Red provided a review of current financial status of the organization. The treasurer's report was approved.

Legislative Report: None

Assembly Report: Dr. Schaepper held a discussion about action papers and members were encouraged to submit topics and potential draft action papers. Discussed timing of submitting action papers. Dr. Thurston suggested researching the existing policies and/or action papers that have been written prior to expending energy in writing on a topic that may have already been discussed. Also suggested setting aside time in the meeting to discuss assembly action papers. A motion was made, seconded and approved to create an "Assembly" committee. Volunteers and appointees to the committee included Drs. Red, Malik, Schaepper, Gross, Furuta, and all assembly reps.

Program Committee Report: Dr. Gales provided an update on the psychopharm meeting for January 30, 2015. Discussed the possibility of doing a chemical dependency Spring Meeting. Revisited hosting a meeting together with PER, featuring potentially Regina Palley and others.

Public Psychiatry report: Dr. Shaner reported that LA County is looking at potentially implementing 5270 and involuntary treatment of chronic alcoholism. He also provided an update that there is a pilot project underway that will allow ED physicians to discontinue LPS holds.

New Business: Dr. Fogelson informed council of the unfortunate recent loss of Lori Altshuler, MD, who died last week after a long battle with cancer.

The next SCPS Council meeting will occur on 12/3/15 due to scheduling conflicts.

Old Business: None

Meeting adjourned at 9:21 p.m.

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Prescribe for Patients Over 65? Take Action Now.

Last year, the Centers for Medicare and Medicaid Services (CMS) announced that anyone prescribing drugs for patients covered by a Medicare Prescription Drug Plan (Part D) must enroll in Medicare by June 1, 2016. Many patients over age 65 have drug coverage under Part D.

Submit your application promptly.

Why should I enroll in Medicare?

This helps fight fraud. CMS can quickly identify fraudsters when all prescribers are enrolled in Medicare.

Help CMS prevent fraud by enrolling now. Over 1 million prescribers are already enrolled.

What happens if I don't enroll?

Your Medicare patient's drugs may not be covered under Part D in 2016.

Your patients will receive letters alerting them that drugs you prescribe may not be covered because you are not enrolled in Medicare. Your patients may look for another provider.

Why should I enroll now?

Submit your application now to meet the June 1, 2016 approval deadline.

Learn more about your enrollment options, including opting-out, by visiting our [Part D Prescriber Enrollment website](#). For questions on enrolling in Medicare, contact your local [MAC](#).

Watch your inbox and this newsletter for announcements about interesting CME events that we are planning for 2016!

Council Highlights

December 3, 2015

Erick Cheung, M.D., *Secretary*



The meeting called to order with quorum at: 7:25pm

Minutes: A motion was made, seconded, and unanimously approved to accept the November meeting minutes with a correction to the public psychiatry report and a WIC code that was cited incorrectly.

Psychopharmacology meeting: Psychopharmacology Update 27, registration is open. The program, 'Path to the Future', will take place on Saturday, January 30th, 2016 at the Olympic Collection in West L.A. Our speakers will be Drs. David Mintz, Charles Raison, Helen Lavretsky, Barbara Perry and Stephen Marder. Visit the events page of the SCPS website for complete details and registration information.

tion information.

Reflective Therapy Meeting: Dr. Silverman discussed the concept of developing an educational meeting that would focus on reflective therapy, perhaps in February 2016. Potential speakers included Mark Thompson, Regina Paley, Diane Reynolds who started a program called mindful parenting. Council discussed the potential of inviting other non-psychiatrists to the meeting.

Election candidates:

Area 6 Trustee election: Melinda Young was invited to discuss her candidacy for APA Area 6 Trustee and her priorities and goals for the position: Parity for psychiatric medicine, effective advocacy for psychiatric practice, support for integrated psychiatry, effective management of regulatory organizations, recruitment and retention, support for district branches and state organizations. Bob Cabaj is also running for Area 6 Trustee, though was not able to attend the Council meeting today.

CPA election: MaryAnn Schaepper was invited to discuss her candidacy for CPA Treasurer and her priorities and goals for the position including a focus on accountability, equality, and transparency. She discussed details of her views on several CPA priorities including, but not limited to, mental health parity and advocacy for diverse patient populations, allocation of funding, and communication. Bob Cabaj is also running for CPA treasurer, though was not able to attend the Council meeting today.

Proxy Parent Foundation (PPF): Dr. Galton was invited to speak about the PPF, a non-profit organization of NAMI. The PPF group assists in establishing a "special needs trust" and a "personal support specialist" for patients with mental illness. The PPF is a statewide operation, and has approximately 100 or more beneficiaries at this time.

Dr. Galton welcomes nominations / volunteers to be considered for the board. Interested candidates should email egalton@ucla.edu.

Families can contact the 888-574-1258. The website is www.proxyparentfoundation.org

Booth Exhibits: Mindi Thelen discussed that there are limited number of booth exhibitors currently for the psychopham meeting. The Council discussed potential participants.

Disaster Response: Mindi Thelen, Dr. Schaepper and Dr. Lawrence, provided an update regarding the recent mass shooting tragedy at San Bernardino's Inland Regional Center. Mindi has been in contact with the APA disaster team and is liaising with the Inland Region. SCPS has offered support to the Inland Region and San Bernardino County. The Council discussed the need to re-invigorate the SCPS Disaster Committee in order to have a more organized and deliberate response to such crises. Dr. Anand Pandya was brought up as a potential resource in further development of a disaster response from SCPS. Mindi will attempt to gather additional information from other district branches (such as Connecticut and Colorado) who may have developed a response to disasters.

January Meeting Date: The January Council meeting will be held on 1/14/16.

President Elect Report: The nominations committee met by conference call to discuss the 15 spots that are up for election. The election calendar was reviewed. The election slate was reviewed by Dr. Bonds. A motion was made, accepted, and unanimously approved.

Membership Report: Dr. Malik reported that the current membership is 942. New RFM members: Chris Chen, EunJoo Lee, Monish Pamar, Stephanie Tung, Patrick Wiita.

Reinstate GM: Denise McDermott, Emelita Talag.

A motion was made, seconded, and unanimously approved to accept the new RFM and reinstatement of GM.

Council held discussion about the SCPS procedures for approving dues relief. A vote was held and passed by majority (4 oppose).

Treasurer's Report: Dr. Red provided a review of current financial status of the organization. Dr. Red discussed that it may be in the organization's best interest to build in the executive director's bonus to the annual budget. A motion was made to add a \$3,000 expense item to the budget, it was seconded, and approved unanimously.

The treasurer's report was approved by majority vote.

Legislative Report: No report

Assembly Report: No report

Program Committee Report: No update, see above.

New Business: None

Old Business: None

Meeting adjourned at 9:41 p.m.

Annual Installation and Awards Ceremony
will be held on Saturday, April 30, 2016
at Le Merigot Beach Hotel.

Watch for more details.

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 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 Marcy Borlick, M.D. (2016)
 Sophie Duriez, M.D. (2017)
 Michael Gales, M.D. (2016)
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