

# PSYCHIATRIST

Volume 64, Number 8

May 2016

Newsletter of the Southern California Psychiatric Society

## President's Column

# Wrap Up

Heather Silverman, M.D.



The torch will pass for APA, CPA and SCPS leadership at the close of the annual meeting this month in Atlanta. Incoming Presidents and President-elects of each District Branch/State Society in the country are invited to attend an orientation to the APA, its key personnel, and its multiple functions. What are we to make of this substantial effort to bring together so many elected officers from all over the country?

The APA is a large organization consisting of 36,0000 members nationally and internationally. It is a multilayered organization from the national level through the state to the District Branch level. In such a complex organization with many different issues to address, effective communication is critical: so it is, in spite of cost in time and money, that our elected leadership meets regularly at the national, state, and local level.

The seemingly endless efforts of the APA to guide us through a maze of healthcare issues, be they policy or clinical, only take on true meaning when embedded in the activities of our state and district branch organizations.

What has SCPS done this past year?

We have built relationships with local members of the National Alliance on Mental Illness in order to promote advocacy on behalf of our patients. Through our Program Committee we have organized and given CME for a number of educational events. These have included our annual Update in Psychopharmacology with 5 speakers and over 120 attendees and a focused spring meeting on substance abuse with 2 speakers and 80 attendees. We held a Career Day targeted for ECPs and residents, and open to all members. We partnered with the SCSCAP (Southern California Society for Child and Adolescent Psychiatrists) for a meeting on complex Transgender issues, which was well attended and well acclaimed. The Women's Committee organized a brunch last fall on the topic of female archetypes, and another this spring on the use of Reflective Functioning in parenting, relationships and psychotherapy. A number of us attended Advocacy Day in Sacramento and met with our state representatives at the Capital. In April we held our annual Installation and Awards meeting at Le Merigot with at least 80 members in attendance. It was a great gathering of colleagues covering a broad range of age and experience. Our Council met monthly to discuss, debate and make Motions on a wide array of topics. At our last meeting we hosted represen-

(Continued on page 2)

In This Issue...	
Letter from the Editor .....	3
Substance Abuse: Contemporary Approaches to a Timeless Problem .....	6
Installation and Awards .....	8
Council Highlights .....	12

tatives from the Red Cross and the LA Surge program for disaster preparedness. The representatives walked us through the volunteer process and those who were eligible signed up. The surprise of the year, true to our LA roots, is an SCPS first: a remarkable documentary film, wholly inspired, directed, filmed and produced by members of the SCPS family. The film consists of a highly personal account of 12 SCPS psychiatrists being interviewed by other SCPS psychiatrists. The intent, and I think the film succeeds, is to put a human face on psychiatry and psychiatrists in order to reduce stigma and stereotypes. I hope you will all have an opportunity to see this highly engaging film in the near future. The premiere will be held on May 18<sup>th</sup>, in Atlanta at the APA Annual Meeting, under the APA workshop title “Art of Storytelling.”

This was a successful year for SCPS, in no small measure due to our phenomenally dedicated Executive Director, Mindi Thelen, and her husband Tim Thelen. Mindi has admirably served our organization for years, carrying much of our institutional history, not to mention adapting to a new President each year. Tim wears many hats and now can rightfully claim to be our in-house cameraman, composer, and film editor. Our attorney Dan Willick is watchful and unwavering in his support of our efforts. A warm thank you to all of them! I would also like to thank all Council Members, Committee Chairs and Committee Members for all your wisdom, work and support on behalf of SCPS. Finally I thank all members for allowing me the privilege of having served as President this year. All in all it has been two thumbs up!

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# Letter from the Editor

Of Tragedy, Celebration and Work Still Undone

Colleen Copelan, M.D.



The National Alliance on Mental Illness, the nation's largest grassroots mental health organization, is dedicated to building better lives for the millions of Americans affected by mental illness. NAMIWalks are the annual, county-level, grassroots fundraisers.

NAMIWalks are not just walks: people—and teams of people—walk, jog, run, push, pull and carry. It's at once colorful and solemn. We walked on April 30<sup>th</sup> in Ventura County to celebrate progress and to highlight what remains to be accomplished.

And to honor the fallen.

Ratan Bhavnani, former CEO of NAMI Ventura County and a walk team leader this year, wrote:

## **In Memory of Joshua Newstat Advocate, Friend, Board Member**

This is my 11th year walking with NAMI. Over these years many of you have supported me and my family in my son's journey toward recovery from bipolar disorder.

On April 30th I will be walking for another cause as well: to honor and recognize the support offered by a dear friend, who also lived with bipolar disorder, who tragically ended his own life on March 15th. Joshua Newstat was the Deputy Public Defender who worked with my son 10 years ago when the courts placed him on conservatorship. This move may have saved my son's life, and has put him on the path to wellness.

Joshua started his private law firm with his friend Jeremy Lessem, and six years ago joined the Board of Directors of NAMI Ventura County. Over the years he provided free legal guidance to help many NAMI families and members facing criminal justice issues. Josh was a tireless advocate for people living with mental illness. After retiring last year as the Executive Director of NAMI Ventura County, I was proud to have worked with Josh on many such cases.

NAMI is a terrific organization, offering free services to people affected by serious mental illness: education, support, advocacy and much more. We have made a difference in thousands of lives right here in Ventura County. And NAMI Ventura County was an important part of Joshua Newstat's dedication to helping families affected by serious mental illness.

But NAMIWalks are celebrations, too.

The Ventura County NAMIWalk follows the bike path along the ocean from the Historic Ventura Pier, up the Ventura River, across the railroad tracks and turns back at the Main Street bridge.

There was a little more excitement this year. The Walk started right next to the grand re-opening of the Historic Ventura Pier featuring a Coast Guard water cannon. The Pier needed restoration after the winter storms.

And more excitement on the walk: the northbound Amtrak barreled across the bike path just south of the bridge. Cellphones popped out to memorialize the event. Why do people take pictures of everything?

This year, there were lots of walkers and a few more costumes—Superman and Batman—and there was a never-before-seen show-off dog who could sit up while holding a rose in her mouth.

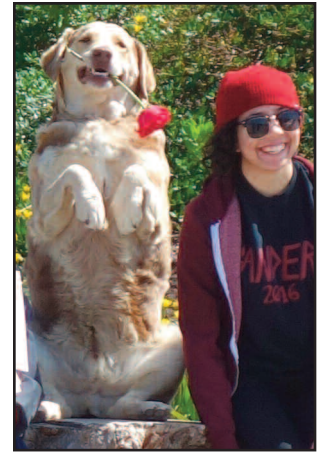
NAMIWalks are worthwhile and fun.

SCPS contributes to NAMIWalks. We encourage your personal participation and support. The Los Angeles County NAMIWalk is October first, Inland Empire is October 29th..

Ratan Bhavnani's tribute appeared in this year's NAMIWalks notice and is reprinted here with the author's permission.

You can join NAMI—both national and local—for just \$35 at [nami.org](http://nami.org).

Thanks. [cocopelan@aol.com](mailto:cocopelan@aol.com)



LA NAMIWalk will be held on October 1, 2016 on the Grand Park Event lawn.

Inland Empire Walk will be held on October 29, 2016 at Diamond Valley Lake Marina.



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SCPS held its Spring Meeting, “Substance Abuse: Contemporary Approaches to a Timeless Problem” on Saturday, April 16, 2016. Speakers were Kevin Hill, M.D., who spoke about alcohol and marijuana and Timothy Fong, M.D., who spoke about opiate abuse. Here are some photos from the meeting.



We would like to thank our booth Exhibitors:

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SCPS' 2016 Installation and Awards Ceremony took place on Saturday, April 30, 2016 at Le Merigot Beach Hotel and Spa. As always, it was a lovely occasion which included the PER Foundation Outstanding Resident Awards. Here are photos from the event.



Incoming President, Curley Bonds, M.D.



Incoming ECP Rep, Daniel Bonnici, M.D.



PER Awardee, Lynne Boone, D.O.



APA SAMHSA Minority Fellow, Wilsa Charles-Malveaux, M.D.

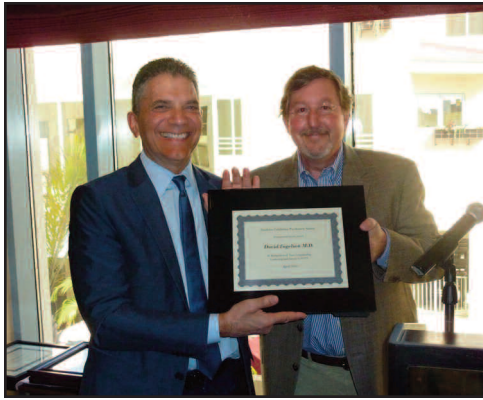


PER Awardee, Michael Clark, M.D.



Incoming Santa Barbara Councilor Anish Dube, M.D.





Robert Burchuk, M.D. presents award to David Fogelson, M.D.



Larry Lawrence, M.D. presents award to Michelle Furuta, M.D.



Larry Gross, M.D., and Maria Lymberis, M.D.



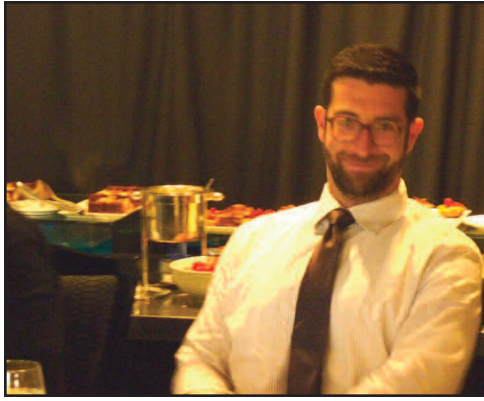
Attendees enjoying the program



Anita Red, M.D., outgoing Treasurer and incoming Councillor



Outstanding SCPS Resident Award to Galya Rees, M.D.



Ariel Seroussi, M.D., outgoing and incoming Councillor



Heather Silverman, M.D. gives Presidential Award to Rod Shaner, M.D.



Curley Bonds, M.D., presents outgoing President's Award to Heather Silverman, M.D.



Heather Silverman, M.D. gives Presidential Award to Steve Solinger, M.D.



Joseph Simpson, M.D., incoming President-elect



Amy Woods, M.D., (background), incoming Resident Rep

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Evan Trager, M.D., PER Awardee.



Peter Ureste, M.D., APA Fellow in Public Psychiatry



PK Fonsworth, M.D., APA SAMHSA Fellow.



Heather Silverman, M.D., gives speech as outgoing President



This is a small 9 suite office building that was built for psychoanalysts in 1984 has received numerous awards by the award winning team of Scott Carde and Wade Killefer. The architect and design team collaborated with doctors who were originally occupying the space to determine the criteria for both the therapist and the patient. The lighting is perfect as its southern exposure to the sun. The hallway separates the building office/ breakroom, waiting rooms and lounge and restrooms. The interior design was a response to the emotional sensitivities of the patient. Each suit is approximately 400sq feet with decks, 15 foot ceilings lots of natural light. The building has two waiting rooms, two common area bathrooms and an office of the building.  
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- **Placerville, CA:** Schedule: 40hrs per week. Rate: \$353,600 per year

**Southern California**

- **Anaheim, CA.** Schedule: 24hrs per week. Pay Rate: \$174,720 per year at 3 days per week. Benefits available.
- **Indio/Palm Springs, CA.** Schedule: Weekend coverage; 16hrs per week. Pay Rate: \$2,400 per weekend.
- **Camarillo, CA.** Schedule: 20hrs per week. Pay Rate: \$153,920 per year. Benefits available.
- **San Bernardino, CA.** Schedule: 14hrs per week. Pay Rate: \$165 per hour.
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# Council Highlights

## April 14, 2016

Erick Cheung, M.D., *Secretary*



**RED CROSS:** The meeting with Red Cross will be deferred to next month due to the limitations of time in the agenda.

**MAY MEETING:** The May Council meeting will occur on 5/5/16.

**ALTERNATIVE COUNCIL MEETING IDEAS:** Council discussed the possibility of a tele-conference meeting as an alternative to in-person meetings. The intent is to try to be more inclusive of the members who must travel long distances to attend meetings (especially for the Councilors from Inland Empire, Ventura, Santa Barbara). Discussed moving the meeting location on a rotating basis. Members discussed the pros/cons of the options above.

Dr. Shaner made a motion that SCPS schedule an experimental Council conference call, and then based on the outcome determine if it is advantageous to schedule future conference calls. Discussion including deferring the discussion to June for the new Council to consider the date/timing of a future conference call.

The motion was seconded by Dr. Bonds and unanimously approved.

**NAMI MEETING DISCUSSION:** Council discussed the timing of the NAMI/SCPS joint meeting. Suggestions included generating agenda items further in advance to facilitate greater buy-in by NAMI, and moving the date of the meeting to a month other than June to permit new Council members to become more familiarized with the Council.

Dr. Shaner made a motion to notify NAMI about identifying a different Council meeting night and venue for the joint NAMI/SCPS meeting. The motion was seconded and unanimously approved.

Dr. Shaner made a motion to contact the NAMI leadership/president to determine a process to identify the agenda jointly and in advance of the SCPS/NAMI meeting, including potential presenters. The motion was seconded and unanimously approved.

Dr. Thurston made a motion that NAMI be invited to participate in greater year-round collaboration, including the possibility of reporting to, or liaising with, SCPS Council. The motion was seconded and unanimously approved.

**Support OF INSTALLATION / CORPORATE SUPPORT (non-exclusive):** Council discussed the pros and cons of soliciting or accepting industry non-exclusive support of the installation meeting. It was expressed that other DB's have this practice, and that it is a potential source of revenue to subsidize costs of the event. Most agreed that the event should remain free. Some would prefer to "self-fund" rather than accept corporate support. This event is not an "educational event" like other meetings, and therefore may seem more awkward to have industry representatives around, and more so giving presentations at the podium. There is no inherent COI related to industry participation, if the sponsors provide services to physicians (as opposed to patients).

Dr. Shaner made a motion to ask the fellowship and awards committee to explore the involvement of corporate entities in supporting the installation/awards ceremony.

The motion was seconded, and approved by unanimous vote.

Discussed further the possibility of corporate non-exclusive support of SCPS as an organization.

Again, the point was raised that APA and other DB's have moved towards accepting funding from industry for the organization (not specifically for programs or events). Questions were raised about whether there is a clear and identified "need" to raise additional funds for the organization, and whether this is the only manner in which that can be accomplished. Suggestions were made that SCPS clearly establish the targets for what the Council wishes to accomplish by increasing funding / accepting support (such as a specific reduction in dues or increased programming).

Some Council members expressed concerns about permitting partial "ownership" of part of the organization, as well as potential risk/liability of the financial stability of the organization if that funding was withdrawn. Discussed alternatives to developing other avenues of financial improvement. Dr. Fogelson suggested that the Treasurer lead an effort to identify goals and targets for the organization that would justify the efforts to raise additional funds (such as dues reduction, increased programming or free programming or events).

**INSTALLATION:** Motion was made to purchase and raffle the tickets to a benefit concert for Autism Speaks.

The motion was seconded, and unanimously approved. Dr. Silverman requested input on a letter to Court 95 related to Laura Hymowitz and discussed the overall intent of the letter to develop a relationship between Court 95 and SCPS.

Dr. Fogelson made a motion to support the letter written by Dr. Shaner addressing Court 95 and building a greater relationship with the Court. The motion was seconded and unanimously approved. Council voiced support in honoring Dr. Horwitz in memorium at the upcoming installation.

**RESIDENT ISSUE:** Council discussed multiple communications from an SCPS fellow member raising criticisms of the dues structure of APA/SCPS/CPA. The overall sentiment of the extensive commentary is the individual's opposition to the concept of "concurrent membership" in all three organizations. Council discussed the fee structure, and its perception, and that SCPS offers the first year free for residents, with the remaining years at 100 dollars. Other DBs in CA have a somewhat lower annual rate, but do not make the first year free. Following discussion of possible re-structuring of the fee schedule, there appeared to be no compelling reason to change the fee schedule, such as no advantages in recruitment of resident members.

#### **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

**PRESIDENT ELECT REPORT:** Dr. Bonds reported on highlights of the CPA meeting, with a partial summary as follows: The CPA organization is increasingly financially stable following new programs and changes in administrative/office expenses. APA membership is rising, SCPS membership may be contracting. Legislative attention is focused on problem areas including mental health parity and co-pays and deductibles and burdens of prior authorization. CPA believes that psychiatry can be doing more to address homelessness. Other important topics include mental health in colleges, substance use disorders treatment.

Council had further discussion about the utilization of funds related to support for residency graduation or retreats, which is the current practice. Council wishes to seek a new method of increasing the value and participation of resident / fellows in SCPS and CPA.

Dr. Shaner made a motion that SCPS continue to support residency programs upon their request this

year, but starting next academic year SCPS will notify residency programs of the intent to support residents/fellows in their attendance to CPA events and meetings (annual meeting or legislative day) upon their nomination.

#### ASSEMBLY REPORT:

Dr. Lawrence reported on several action papers in the assembly including: A position paper on mental health hotlines, specifically that mental health hotlines should be answered by a live operator during their operating hours; mandatory competency evaluations for “senior physicians” (to be defined); a review / investigation of membership retainment; concerns about the effects and cost of direct to consumer advertising.

#### MEMBERSHIP COMMITTEE: Dr. Malik reported:

New RFM: Michael Burke, DO; Shannon Remick MD, Rebecca White MD  
Reinstate GM: Christopher Berger, MD; Karen Miotto, MD  
A motion was made, seconded, and unanimously approved

A motion was made, seconded, and unanimously approved to accept the recommendations by the membership committee.

LEGISLATIVE REPORT: Dr. Thurston reported on several CA legislative items: CPA sponsored bill for a bed registry, pilot project whereby psychiatric hospitals would report their bed availability; A bill to increase uniformity of the regulations related to care of patients in non-LPS hospitals, potentially permitting the ED physicians to make/break holds.

#### PROGRAM COMMITTEE: Dr. Gales reminded about the upcoming meeting this weekend:

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

Dr. Malik suggested exploration of a meeting on integrative psychiatry.

#### NEW BUSINESS:

Dr. Lymberis reported that Dr. Gross has done a tremendous job with the installation and generation of awards for residents. She also reported that the program with Dr. Richard Kogan was highly successful this year.

#### OLD BUSINESS: None

Meeting was adjourned at 9:42PM

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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)  
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MIT Representative ..... Amandeep Jutta, M.D. (2016)  
..... Galya Rees, M.D. (2016)

Past Presidents ..... Larry Lawrence, M.D.  
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### Assembly Representatives

Lawrence Gross, M.D. (2017) ..... Mary Ann Schaepper, M.D. (2016)  
Larry Lawrence, M.D. (2018) ..... Steve Solding, M.D. (2016)

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Editor ..... Colleen Copelan, M.D.

Editorial Committee  
Ronald Thurston, M.D.

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