

PSYCHIATRIST

Volume 65, Number 3

November 2016

Newsletter of the Southern California Psychiatric Society

President's Column

Rx = Exercise!

Curley Bonds, M.D.



As this issue of *Psychiatrist* goes to press, most of our members will be heading to the polls or a nearby mailbox to cast ballots in what has been deemed the most stressful and contentious presidential election in recent memory. Hopefully you will not be one of many who suffer what Dr. Robert Glattner, an emergency room physician from Lenox Hill Hospital in New York City, and others have dubbed “election-related-stress disorder.” Regardless of whom you cast your vote for; it is likely that the non-stop media coverage, relentless TV advertisements and dizzying array of propositions have left you yearning for relief. A poll by the Pew Research Center revealed that 60% of Americans reported feeling “exhausted” by campaign coverage – and that was in July! If you don’t want to resort to taking medications, the alternative may be closer than you think. Go take a hike!



In 2010 the APA identified exercise as an adjunctive treatment for depression in the “Practice Guidelines for the Treatment of Patients with Major Depressive Disorder”, but few psychiatrists have jumped onto the bandwagon of writing prescriptions for this inexpensive treatment modality. We and our patients would both benefit greatly from going out and enjoying the beautiful Southern California sunshine and landscape as often as possible. In fact, last year, SCPS and CPA under the stalwart guidance of Dr. Roderick Shaner sent letters to members of Congress supporting the San Gabriel Mountains Forever Mental Health Initiative. So we should feel empowered to encourage greater utilization of this remarkable natural resource.

While writing this column my motion sensing, fitness-tracking smart watch just buzzed gently to remind me to get up and move around. Since the last software upgrade it now reminds me hourly of the dangers of my sedentary sloth like lifestyle. Multiple research studies have led scientists to the conclusion that sitting is the new smoking. Inactivity predisposes us to deep vein thrombosis followed by blood clots and ultimately premature death. My antidote is to get up and walk around the rows of offices that surround mine to check in with co-workers or to step outside on a wellness walk with my team. These actions may seem small individually, but they add up to more social connectedness and a longer life. There are other actions that we can all take to reduce the burden of sitting. Standing desks give you the flexibility of standing or moving around while working. When moving between floors, take the stairs instead of the elevator. If the weather permits, schedule a walking meeting outside. This will not only boost your energy and alertness but may also help increase Vitamin D production. If you find that you spend much of

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the day sitting in an office chair behind a computer, consider trading it for a balance ball that will help keep your posture in line and also activate your core muscles. The final message is that we all need to move more to overcome what may be the biggest occupational hazard of our specialty –sitting.

<p>SCPS Presents Psychopharmacology Update 28 Saturday, January 28, 2017</p> <p>The Olympic Collection 11301 W. Olympic Blvd. Los Angeles, Ca 90064</p> <p>For psychiatrists and all physicians interested in psychopharmacology</p>		<p>Continuing Education The Southern California Psychiatric Society is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. The Southern California Psychiatric Society takes responsibility for the content, quality and scientific integrity of this CME activity.</p> <p>The Southern California Psychiatric Society designates this educational activity for a maximum of 5 <i>AMA PRA Category 1 Credit(s)</i>[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education.</p> 
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The Paranoid Patient - Perils and Pitfalls

Phillip J. Resnick, M.D., Professor of Psychiatry, Case Western Reserve University, School of Medicine.

Evidence-Based Guidelines for the Treatment of Depression

David L. Fogelson M.D., Clinical Professor of Psychiatry at the David Geffen School of Medicine and the Resnick Neuropsychiatric Institute at UCLA

Choosing Wisely in Mental Health: What Should You Do in Treatment?

Gray Norquist, M.D., M.S.P.H., Professor and Vice-Chair Emory Dept. of Psychiatry and Behavioral Sciences; Chair, APA Council on Quality Care

Treating Anxiety Disorders and OCD: An Update

Lorrin M. Koran, M.D., Professor (Clinical) of Psychiatry, Emeritus, Stanford University Medical Center

5 Hours Category 1 CME

**For full details and to register, please go to:
<http://www.socalpsych.org/events.html>**

Please note that each talk will be 1.25 hours. Two of the lectures, ***Evidence-Based Guidelines for the Treatment of Depression, and Choosing Wisely in Mental Health: What Should You Do in Treatment?*** will be taught with the opportunity to prepare in advance by reading pre-circulated materials. Using this innovative model (the flipped-classroom model) the learner does knowledge-learning up-front allowing more time at the meeting for application. The slide presentation for both of these lectures will be emailed to you in advance. You are nearly guaranteed to get more out of the day if you do this Pre-Work!

Letter from the Editor

I Found My Professional Home at SCPS and I am Confident You Can Too!

Matthew Goldenberg, D.O.



I was honored to have the opportunity to participate in the 2016 SCPS Career Day this past month. It also allowed me to reflect on how much has happened for me professionally over the past year.

Last year I attended the 2015 Career Day as a Fellow, having recently moved back to LA after completing medical school and residency in Phoenix, Arizona. During Residency I was a Resident/Fellow representative to the Arizona Psychiatry Society and very much enjoyed collaborating with colleagues to advance our field and protect the interests of our members and patients.

Starting with last year's Career Day, I was extremely fortunate to have met SCPS Executive Director Mindi Thelen, President Curley Bonds, and past President Heather Silverman, M.D. They were all extremely welcoming, enthusiastic and most of all took the time to help me find a role within SCPS. I am eternally grateful for their generosity of both time and of heart.

Without their guidance and mentoring, I would not have had the opportunity to serve as both a SCPS Councilor and Newsletter Editor. Additionally, at this year's Career Day, I had the honor of representing Addiction Psychiatry on the subspecialty panel. There was a strong turnout of both medical students and fellows, as well as more seasoned representatives of our field. To me there is no more important function of SCPS than to pass our traditions and knowledge on to the next generation of Psychiatrists. I have been so fortunate to have strong mentors such as Karen Miotto M.D., Itai Danovitch M.D., Waguih IsHak M.D., Nicholas Athanasiou M.D. and Greg Skipper M.D. As an Early Career member, I hope to continue that tradition for the generation that follows me.

I have previously called on our membership to utilize the SCPS Newsletter to foster collaboration and collegiality. My hope is that members who have previously been both active and non-active will submit articles to share their knowledge, perspective, experiences and energy with their fellow members. I hope you will. Please contact me at docgoldenberg@gmail.com for additional details or to submit an article.

In that spirit, I want to begin a tradition of getting to know your SCPS Board Members. Below you will find the first of a series of brief Q+A's with our 2016-2017 leadership. I have had the fortune of getting to know them personally at SCPS Board Meetings. However, by pulling back the curtain a bit, you can also meet our amazing leadership team.

If you are interest in getting more engaged at any level of commitment, I encourage you to reach out to Mindi or any of our Board Members. I am confident you will be welcomed and you will find your professional home at SCPS. I know this from personal experience.

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Get to Know Your 2016-2017 SCPS Board Members: A Brief Q+A with SCPS President Elect, Joe Simpson M.D.



This is the first of a series of conversations with 2016-2017 board members. We hope you enjoy getting to know a little more about President-Elect Joe Simpson M.D. We thank our Board Members for their time and participation!

Q1: What initially sparked your interest in the field of Psychiatry?

A1: I was intrigued by “abnormal psychology” from a young age. My original college major was psychology, but I decided that studying neurobiology and entering medicine would be more fruitful in terms of understanding the complexities of the brain. I never considered any medical specialty other than psychiatry.

Q2: How has the field changed or been different than you initially imagined?

A2: The difficulty in arriving at accurate diagnoses has been the biggest surprise. Second is the slow pace of basic research, particularly as it relates to our understanding of neurotransmitter functions.

Q3: Tell us about the area of psychiatry in which you practice or your practice setting?

A3: I work in public psychiatry, in the county jail. There is a great deal of severe psychopathology that we must attempt to mitigate with limited treatment resources and many other constraints, so it is always challenging and never dull.

Q4: What motivated you to become more active with SCPS?

A4: I think the district branches have a lot to offer to the membership, but like so many things in life their effectiveness is dependent on the efforts of volunteers. I believe we all should contribute to organized psychiatry as we are able.

Q5: Where do you hope to see the field of Psychiatry go in the next 20 years?

A5: The field has developed a great armamentarium of effective therapies but many patients go untreated or undertreated. We need to work on a variety of fronts to address this vast problem.

Q6: If you could go back in time, with what you know now, what advice would you give yourself related to your career as a Psychiatrist?

A6: Think seriously about your career path in terms of where you ultimately want to be within an organization. If you want to get into leadership it will help to start gaining experience as soon as possible.

Stay tuned for future Q+A's with SCPS President Curley Bonds, M.D., Treasurer Arsalan Malik, M.D., and Secretary, Mary Read M.D.

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Year in Review

Mindi Thelen, SCPS Executive Director



It is hard to believe that 2016 is already winding down! Twenty-sixteen was another busy and successful year at SCPS.

In January, SCPS presented its annual Psychopharmacology Update. The Program Committee tried something new and approached the topic of Psychopharmacology as a look to the future. Topics and speakers included: **Patient Centeredness and the Pharmacotherapy Alliance** by David Mintz, M.D., **Ancient Therapeutics and Contemporary Perspectives: Implications for the Treatment of**



Major Depression by Charles Raison, M.D., **Integrative Psychiatry: Treatment and Prevention of Mood and Cognitive Disorders** by Helen Lavretsky, M.D., **Hormonal Basis of Mood Disorders in Women** by Barbara Parry, M.D, and **Management of Recent Onset Psychosis** by Stephen Marder, M.D. The meeting was well-supported by

booth exhibitors, with a breakfast sponsored by Professional Risk Management Services (PRMS). The program for 2017 will return to more traditional topics, but the format will be slightly different with longer lectures and the use of the 'flipped-classroom' model for two of the topics. You can find more information on page 2.



In the spring, SCPS' Women's Committee hosted a Women's Lunch at the home of Heather Silverman, M.D. The topic was **Reflective Parenting and its Implications for Psychotherapy**. The speaker was SCPS member, Regina Pally, M.D., founder of the Center for Reflective Parenting. The program was well received and appreciated by all attendees. Our next Women's Lunch will be on November 12th at the home of Jacquelyn Green, M.D., where attendees will view and discuss Brene Brown's TED Talk on Vulnerability.

SCPS also presented its annual Spring Meeting, and Installation and Awards Ceremony. The Spring Meeting focused on Substance Abuse. Kevin Hill, M.D., spoke on **Alcohol and Marijuana: The Science, Behavioral Interventions and Pharmacotherapies**, and SCPS member, Timothy Fong, M.D., spoke about **Addressing the Opioid Epidemic Across the Lifespan**. The Spring Meeting is an annual opportunity for attendees to learn



about a focused topic, acquire 3 hours of Category 1 CME, and still be able to enjoy their weekend.

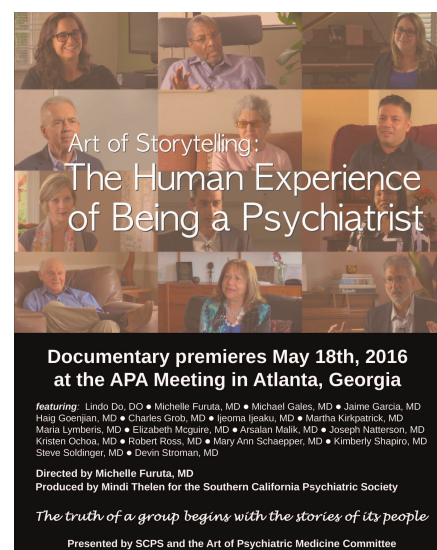


For the past several years, the PER Foundation has been awarding a resident from each training program in SCPS' jurisdiction with an Excellence Award at our Installation Ceremony. It has really brought in more of your younger colleagues and it is great to

meet them at this event. The Installation and Awards Ceremony is open to all members and we would love to have you join us!

Just prior to the APA annual meeting in May, the SCPS Council hosted representatives from the American Red Cross and the LA County SURGE Unit at their monthly meeting. The purpose was to learn how SCPS members could be prepared and assist in an emergency or crisis situation. Last December when tragedy struck in San Bernardino many of our members wanted to volunteer assistance, but couldn't because response in times of crisis is coordinated and organized through existing groups and channels. The Council meeting was extremely rewarding and productive. The SURGE Unit, which operates under the coordination of the Emergency Medical Services Agency of LA County Department of Health Services, is the "hospital ready" team that triages volunteers to hospitals in times of emergency (you don't have to be a 'hospital' psychiatrist to sign up). There are no classes required and no mandatory volunteer time outside of the emergency situation. Volunteers must meet certain criteria, which you can find here: <http://www.lacountydhv.org/surgeunit/services.php>. Volunteers have to be sworn in in order to serve. Many of our Council members were sworn in at the meeting and can now be called upon to volunteer in the event of a disaster in LA County. I would encourage any SCPS member who is interested in volunteering in an emergency to contact the SURGE Unit. Since this is required by a state mandate all counties have an equivalent team or unit. If you are a physician in any other California county you can still serve.

In last year's review I mentioned that SCPS' Art of Psychiatric Medicine Committee was producing a documentary film on psychiatry. The film was completed during 2016 and premiered at the APA annual meeting. The film, **Art of Storytelling: The Human Experience of Being a Psychiatrist**, follows 12 psychiatrists from various backgrounds and practice settings to tell the story of who psychiatrists are –by psychiatrists, not by inaccurate portrayals in the media. The committee members who conducted the interviews are: Linda Do, D.O., Michelle Furuta, M.D., Arsalan Malik, M.D., Elizabeth McGuire, M.D., Steve Soldinger, M.D., and Devin Stroman, M.D. The interviewees are: Michael Gales, M.D., Jaime Garcia, M.D., Haig Goenjian, M.D., Charles Grob, M.D., Ijeoma Ijeaku, M.D., Martha Kirkpatrick, M.D. Maria Lymberis, M.D., Joseph Natterson, M.D., Kristen Ochoa, M.D., Robert Ross, M.D., Mary Ann Schaepper, M.D., and Kimberly Shapiro, M.D.



I have been excited about this project since the idea was born because I recognized that it could be a powerful tool to shut down the stigma and stereotypes regarding psychiatry. I was right. I have always felt that if the public could get to know psychiatrists the way that I have gotten to know them they wouldn't make such uninformed and ignorant comments as soon as the topic is mentioned. The APA screening was hugely successful. Our time slot was not the greatest; Wednesday morning right before the meeting ended, but we had 130 attendees (great for that time slot) and the incredibly positive reception was beyond our expectation. It was very rewarding after all of the hard work that went into this project. If you are interested in seeing the documentary, keep your eyes on this newsletter and your email inbox—we hope to have a screening for SCPS members soon. Additional funds have been raised (outside of SCPS) and we are cleaning potential legal issues so that we can show it publicly, enter film festivals, and possibly submit it to PBS. A big thank you to PK Fonsworth, M.D., PER Foundation and Professional Risk Management Services (PRMS) for their generous contributions.

In September Council hosted the local NAMI presidents for dinner and had a productive conversation about common concerns and issues. Some of the items discussed were: Helping Families in Mental Health Crisis Act of 2015, Parity, Access, Diversion, Stakeholder Input on Performance Measures for Full Service Partnership, Access to Integrated Drug Treatment for Individuals with Co-occurring substance abuse and mental health disorders, LPS Conservatorship, and the Emergency Medical Commission – prehospital care for mental illness. A few weeks later, on October 1, SCPS was represented with a booth at the LA NAMIWalk at Grand Park in DTLA.



On October 16th we held our Career Fair for Psychiatrists, which you will hear more about in next month's issue. Now we are getting ready for our next Women's Lunch, our annual joint meeting with the Southern California Society of Child and Adolescent Psychiatry (on **Pregnancy and Post-partum Issues**) at the home of William Arroyo, M.D., and our Psychopharmacology meeting in January. Council will still meet two more times this year and our Nominating Committee is developing a slate for next year's SCPS election.

With issue 1 of this volume of our newsletter (Volume 65!!), Matt Goldenberg, D.O., took the helm as Newsletter Editor. I would like to take this opportunity to thank Colleen Copelan, M.D., for her many years of service as Editor. Dr. Copelan took on this role the year after her SCPS presidency and has served ably and with dedication. I hope she will still keep us posted about issues that are close to her heart.

I wish you all the happiest of holidays, great success and good health in 2017, and invite you to contact me anytime with any questions, concerns, or comments.

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Anna Xiao, MD
Psychiatrist



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Council Highlights

October 13, 2016

Mary Read, M.D., *Secretary*



The meeting was called to order with a quorum slightly after 7:00 by Dr. Curley Bonds

MINUTES from the previous meeting were approved unanimously

PRESIDENT'S REPORT

A child psychiatrist had contacted Dr. Malik to suggest a SCPS child psychiatry group that could meet regularly. Dr. Red knows this psychiatrist and will be in contact to let him know about the existing groups he can join

Caffe Roma raised its prices by \$5 and the price for paying Council members went up by \$4 this year. The decision was to continue at Caffe Roma for this year

CPA has asked for representatives from SCPS for the newly constituted Substance Abuse Committee. Dr. Goldberg volunteered to join and Dr. Danovitch will be invited.

CPA has also asked for one representative from SCPS for the newly constituted Academic Liaison Committee and Dr. Gross was volunteered and graciously accepted

Report from the Editor of the newsletter: Dr. Goldenberg asked for volunteers to write articles for the newsletter. Now that it is on-line, there is no limit to the length of the newsletter. A sign in sheet was passed around the meeting so that those interested could sign up.

TREASURER'S REPORT

Dr. Malik was not present but Ms. Thelen ably represented the current financial view. The same streams of income are in place as we had last year. There is currently a projected loss of 12K but after all the income is in, it is believed that we will end the year close to even.

PRESIDENT ELECT REPORT

Dr. Simpson read an extensive report covering many CPA issues.

Dr. Arroyo would like to have a new program of mentorship between CPA council members and residents.

CPA has 11K in reserves currently

The CPA annual meeting will have psychopharmacology pre-meeting

Gave progress reports on legislative issues in California

It is possible that psychology prescribing bills will be proposed in 15 Eastern states this legislative year

Dr. John Sherin has been appointed director of LACDMH

PER REPORT

Dr. Lymberis detailed the history of PER and its relationship to SCPS for newer members. There was a lengthy discussion about options for how to support the film made by Dr. Furuta and the Arts Committee and how SCPS and PER might partner to create a venture to show the film and raise money. Dan Willick, Esq. put forward several hypothetical examples of how this might work. A motion was made by Dr. Solding to have the Art Committee and PER meet to discuss the options and come back to Council with a motion. Dr. Gales will be the chair of this committee. Motion was seconded by Dr. Gales and passed unanimously.

MEMBERSHIP REPORT

Ten new members in training and three new general members were unanimously approved for membership.

LEGISLATIVE REPORT

Nothing to add to Dr. Simpson's report.

PROGRAM COMMITTEE REPORT

Dr. Gales and Dr. Silverman and others discussed speakers for the Psychopharmacology Conference including Philip Resnick and our own Dr. Fogelson.

No new business or old business to raise.

Dr. Bonds adjourned the meeting at 8:45

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Child Psychiatrist – Vista Del Mar, a 100 year old agency, is immediately seeking a 20 hrs/ wk; Board Certified, Licensed Child Psychiatrist for Wraparound / Outpatient programs. Position will work with an interdisciplinary team / medication management & consultation. jobs@vistadelmar.org

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 South L.A. County Ricardo Restrepo, M.D. (2019)
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Editor Matthew Goldenberg, D.O.

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