

PSYCHIATRIST

Volume 65, Number 1

September 2016

Newsletter of the Southern California Psychiatric Society

President's Column

Mentorship

Curley Bonds, M.D.



Perhaps the most rewarding experience that I've had throughout my career has been the opportunity to see the professional growth and development of junior colleagues that I've mentored. Over the years I have also benefited from the advice of senior psychiatrists who have helped me to make career decisions, navigate tricky organizational politics and support me in my efforts to become a better psychiatrist and person. When it comes to SCPS, we have a bountiful supply of established veterans who have years of accumulated wisdom through their service to SCPS, CPA and/or APA. It is comforting to know that our local chapter has a rich history of supplying leaders of organized psychiatry at all levels. However, I worry that the divide between junior and senior psychiatrists is increasing, with the

fast paced demands of training programs and the increased pressure for established psychiatrists to be productive in order to keep afloat financially. So I'm devoting this column to encourage more frequent exchanges and networking between our members who are at different stages of the developmental cycle.

During residency, and fellowship training, a formal system of supervision provides the budding psychiatrist with access to seasoned teachers who help them to understand and translate what is read in books and articles into a living practice. I have many fond memories of some of the clinical pearls that I learned from respected giants in the field. But what most of us learn after graduation is that in the 'real world' this type of guidance can be elusive and expensive. Several years ago a group of my colleagues established volunteer monthly group supervision that allows us to exchange ideas and experiences with emerging treatment strategies and medications in the spirit of lifelong learning. This has been an invaluable aspect of my professional identity and keeps me connected to peer-mentors.

Meaningful experiences like these, and the message of what SCPS membership offers, are best transmitted through you, directly from member to member (or future member). If you encounter Resident-Fellow Members (RFMs) in training, I encourage you to spend some time inquiring about their understanding of what we do and if they are not already a member, educate them and encourage them to join!

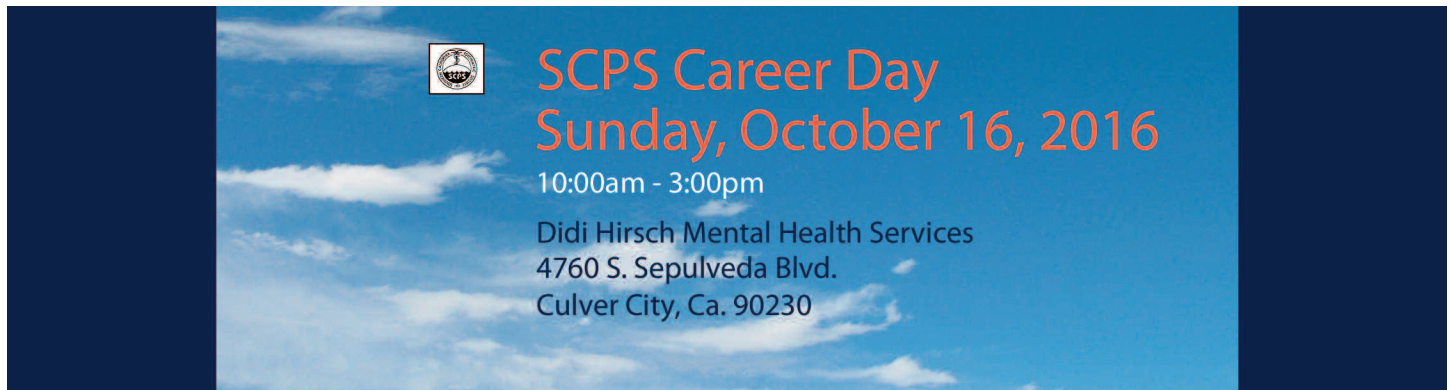
Here are some great Pearls you can pass on to the next generation of Psychiatrists and future SCPS members: Make them aware that dues are waived for RFMs' first year of membership. Additionally, a host of other opportunities exist for members in training, ranging from service on committees as representatives, to funded fellowships that focus on leadership, public psychiatry or expanding diversity within the APA. These are just to name a few. Applications to these programs are usually due at the end of January. Those seeking more information should visit www.psychiatry.org/fellowships. Social media allows RFMs to exchange and share ideas more than at any point in the past. Just to give a few examples: the APA maintains a LinkedIn group, a Facebook Page <https://www.facebook.com/AmericanPsychiatricAssociation> and tweeters can join the APA's over 67 thousand followers by visiting

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<https://twitter.com/apapsychiatric>.

Early Career Psychiatrists (ECPs) are another group that can sometimes be lost in the shuffle if we don't make a special effort to foster relationships and network with them. The first few years of sorting through the tangle of employment contracts, office logistics and other challenges of moving from trainee to professional can be daunting. When you meet an ECP at a CME meeting, or other gathering, please do not be shy about sharing lessons you've learned over a cup of coffee or lunch! Even if you do not have all of the answers, the odds are good that you can help them formulate the questions that they should be asking. In my opinion, access to our members vast experience is one of the single most important perks of being a part of the SCPS. Regardless of your current career path or stage, your lived experience can benefit someone else and the future of field of Psychiatry!



 **SCPS Career Day**
Sunday, October 16, 2016
 10:00am - 3:00pm
 Didi Hirsch Mental Health Services
 4760 S. Sepulveda Blvd.
 Culver City, Ca. 90230

Schedule

Practice Sectors - 10:00 a.m.

Managed Care/Kaiser Permanente - Galya Rees, M.D., Private Practice - Anita Red, M.D., Academic Psychiatry - TBA, Public Psychiatry - TBA, Group Practice - Victoria Huang, M.D.

Panel Discussion on Practice Sectors

Sub-Specialties - 10:45 a.m.

Consultation and Liaison Psychiatry - TBA, Child and Adolescent Psychiatry - Anita Red, M.D., Forensic Psychiatry - Kristen Ochoa, M.D., Addiction Psychiatry - Matthew Goldenberg, D.O., Geriatric Psychiatry - Pauline Wu, M.D.

Panel Discussion on Sub-Specialties

Employer Exhibits open at 12 Noon - Exhibitors include:

Adelpha Psychiatric Group
 American Psychiatric Agency, Inc.
 CA Department of State Hospitals
 Didi Hirsch Mental Health Services
 Kaiser Permanente
 Los Angeles Department of Mental Health
 MHM Services, Inc.
 Mind Health Institute
 Professional Risk Management Services
 San Fernando Community Mental Health Center
 Sovereign Health Group
 TLC/Telecare Corporation

Box lunch will be served.
 (Lunch and Booth Exhibits
 until 3:00 p.m.)

SCPS Members - Free

Please RSVP to
scps2999@earthlink.net
 by OCTOBER 10th.

Non-SCPS Members - \$15.00
 - [CLICK HERE TO REGISTER](#) -

Letter from the Editor

Focusing on Physician Health and Wellness: To Make Our Team Even Stronger

Matthew Goldenberg, D.O.



I am honored to have been asked to serve as the SCPS newsletter editor. As a Psychiatry Resident, and as an Addiction Psychiatry Fellow, I sought opportunities to educate my peers, our colleagues and the public through articles, peer-reviewed publications and a professional website. Therefore, I am extremely motivated to continue to use my voice, and written word, to advocate for increased access to quality mental health and addiction treatment and to speak out against stigma and other barriers that our patients face when seeking treatment.

I applaud and want to echo Dr. Bonds encouragement of mentoring and networking with up and coming Psychiatrists and future SCPS members. I was also lucky to have strong mentors during my training and owe much gratitude to the time they took to guide and counsel me on key career decisions. We each need to do our part to “pay it forward” and guide the next generation of

Psychiatrists so that together we can continue to advance our field.

In addition to mentoring, I feel that it is also essential that we provide our colleagues with support and care when needed. It is especially important that we look out for those who are just entering our field. More and more data shows that as many as 50% of medical students and residents are experiencing symptoms of burnout. While burnout shares some of the same symptoms as depression, it is a separate entity. We now know that physicians have the same rates of depression as the general population, however, physicians have significantly higher rates of burnout, are twice as likely as the general population to have suicidal ideation and physician suicide attempts are significantly more lethal. Burnout is thought to be at least part of the cause for the high rates of Physician suicide and many of our colleagues are suffering alone.

As the Associate Medical Director of a Substance Abuse and Mental Illness Residential Treatment Program, in Santa Monica, that specializes in the treatment of physicians, I am keenly aware that many of our colleagues are suffering from poor mental health and wellness and substance abuse. One of my passions has been seeking out opportunities to educate hospital administrators, physician wellbeing committees, colleagues and anyone else who will listen about the state of Physician Health. However, more than that, through workshops, writings and informal discussions, I aim to share preventative measures, hope and suggestions for a better path forward.

I am writing this article from the California Society of Addiction Medicine (CSAM) conference where I was invited to speak at the Workshop on Physician Health: “Keys to Physician Wellness.” One of the themes discussed is that physicians who suffer from substance use disorders and/or mental illness, like those in the general public, are victims of stigma and shame and these factors often keep them from seeking treatment. Physicians often fear that coming forward and seeking help will lead to the loss of their career, their financial future and being ostracized from the field of medicine. However, data shows that when physicians get treatment for mental health and substance use disorders, they do exceptionally well and the overwhelming majority return to work and have successful and extended careers.

Improving physician health has been shown to improve patient outcomes, patient satisfaction and lower the cost of healthcare. We can be the change that is necessary to improve our field for both our colleagues and our patients. Change can begin simply by each doing our part to look out for colleagues who are suffering and provide them with a helping hand when needed. As Dr. Bonds notes, mentoring and collegiality are essential parts of SCPS. Taking it a step further, I would encourage you to seek opportunities to look at SCPS as a team and our fellow members as your teammates. If you are in need of assistance, my hope is that another team member will be there to provide you with assistance. If you see a colleague who needs help, my hope is that you will extend a hand.

More and more, physicians are functioning in silos, relegated to hours of electronic medical record documentation, far from the patients and colleagues that may have been the original drives to enter the field of medicine. SCPS provides us with an opportunity to break out of the isolation and seclusion that the current culture of medicine has forced upon us. By functioning more as a team we can use our strength in numbers to strengthen our field for us and our patients. Our team does not need jerseys and it does not need a mascot to be effective. If our efforts lead to a colleague being spared from becoming lost to burnout, suicide or substance abuse, we are already winning.

As your newsletter editor, I will do my part to share resources and stories to help improve physician health. Our newsletter is where our communication begins and I encourage you to join me by submitting articles, resources and/or your story to help bring our team together. If you have content to submit for consideration please email me directly at DocGoldenberg@gmail.com. Articles can range from research abstracts, to original articles on a topic of your choosing, to book reviews, to psychopharm or therapy updates to anything else you want to share with our team. I hope you will join me in making this a robust newsletter and one in the image of our brilliant, motivated and accomplished SCPS membership. I hope to hear from you soon!

Dates to Save!

NAMIWalks Los Angeles - Saturday, October 1, 2016

Los Angeles County - Grand Park Event Lawn - Downtown Los Angeles, CA
Please visit the NAMIWalks website for details

NAMIWalks Inland Empire - Saturday, October 29, 2016

Inland Empire - Diamond Valley Lake Marina - Hemet, CA
Please visit the NAMIWalks website for details

SCPS Women's Lunch - Saturday, November 12, 2016

12 Noon - 3:00 P.M. - Arcadia, CA
Please contact us for more information

Psychopharmacology Update 28 - Saturday, January 28, 2017

9:00 A.M. - 3:30 P.M. - West Los Angeles
Details TBA

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Anna Xiao, MD
Psychiatrist



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**California Psychiatric Association
2016 Premier Conference
Sept. 23 - 25
Rancho Mirage, CA ~ Omni Rancho Las Palmas**

The CPA Clinical Updates in Psychopharmacology Pre-conference - September 23.

The California Psychiatric Association 29th Annual Premier Conference- September 23-25

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SCPS Newsletter

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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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