

# PSYCHIATRIST

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Newsletter of the Southern California Psychiatric Society

## President's Column

# Hello Members!

Mary Ann Schaepper, M.D.



In a month so much has happened. Just sitting at the computer reflecting I am amazed at the richness of life, the daily experiences, the extraordinary people and their ability to make a difference. On a very personal note my eldest daughter married the man of her heart and dreams in an "outdoor wedding" at our home. Never mind the torrential freezing rains. The shift from a walkway of beauty with flowers everywhere to the tent set up "in case" happened on a dime. The mariachi singers filled the space with music, the guests and the wedding party added color and warmth and the bride and groom's joy created a magical experience of union. We were blessed. Truly a Saint Patrick's Day wedding.

Having completed the General Psychiatry Maintenance of Certification (MOC) in February and just taken the Child and Adolescent MOC last week I am relieved. The exams are well written, broad based, thorough and representative of what we as professionals need to know in order to be "top of our game." Studying for the Recertification of Boards gave me the opportunity to review where our profession has come from (theories and practice) and where we are now in terms of clinical practice, research in the neurosciences, psychotherapeutic interventions, ethics and education of our patients and ourselves. I learned a lot. And I am reminded of how much stress my senior residents feel as they take their boarding requirements, the Clinical Skills Verification Exams while in residency in lieu of the soon to be historical Oral Boards (Last Oral exams to be administered this May) and prepare for the Written Boards in September. I appreciate the coverage my colleagues gave so that I could complete this professional milestone. The MOC and the requirements are certainly not perfect. We, at SCPS, along with the APA and our other subspecialty groups are actively monitoring and weighing in on what the ABPN is creating. We do have a voice in how we develop and ensure excellence in our profession.

Ijeoma Ijeaku, MD and Monila Rahimi, DO, Loma Linda University residents, and members-in-training of SCPS returned from a Global/Mission Elective to Lesotho South Africa this past week. Last night they presented to their peers and faculty on their experience working with orphans due to HIV/AIDS, creating a sustainable network of caretakers within communities and training these volunteers to administer the basics of mental health interventions for grief/loss and prevention. They were glowing. Their enthusiasm was palpable even as they spoke

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about living without running water, no electricity, and no internet. Let me paraphrase the words of my second year resident, Monila Rahimi.

“I went to teach about balance, how to ‘give and take’. Let me share personally of this process. I had to give up time with my family, time learning in didactics in order to go to Africa. I could give knowledge, could share what I have learned in residency. Now for the taking part. It took the support of the Department, my colleagues, my family in order to make this dream happen. I took a step out of my comfort zone. I am a very supportive follower by nature. Now, I want to be a supportive leader. Change is possible, is needed and I am ready to make this happen! Lastly what I took from these generous people was a deepening of my own spiritual connection. I thought balance was to be found in give-and-take. Now, balance is about giving and giving.”

Inspired by her words, this thought caught my heart: When residents, colleagues, patients, and ourselves connect to our purpose, to a meaning greater than the sum of our “to-do-lists,” life will surprise us with meaning, possibilities, and richness of experience.

I want to thank all the SCPS Council, Chairs of Committees, and members for their giving and then giving some more. In this Newsletter you will read about the SCPS and CPA Councils and legislative highlights. We encourage all to come celebrate the Installation of the SCPS new Officers on April 21 at the Le Merigot Hotel at 3 pm. The program will include guest speaker, John Luo, M.D., who will talk about Professional Exposure: Protecting Your Online Privacy. Come get to know the incoming President, Larry Lawrence, MD, and others who have stepped up to serve our membership. And I look forward to meeting you, the Giving-Givers in SCPS, personally that day.

*Mary Ann*

APA Annual Meeting

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<http://www.psych.org/learn/2012-annual-meeting>

# Letter from the Editor

## Mother Knows Best Colleen Copelan, M.D.



Is it true that the hardest job in the world is being a mother?

Hilary

Rosen's quip that Mitt Romney's wife Ann "never worked a day in her life,"

launched a thousand tweets which, for a brief time outpaced Justin Bieber, the reigning king of tweets.

Republicans rushed to fill their double-digit gender gap by asserting that mothering is actually the

hardest job. Even President Obama, rushing to protect the gap, announced that indeed, mothering is for sure the hardest job!

Mitt says Barack doesn't know how the economy works but he—Mitt—does. But Mitt says he gets that news from Ann. Women know how the economy works because they see the grocery prices. Democrats were quick to endorse and elaborate on this insight as well; gasoline prices and the cost of back-to-school outfits, too.

With all due respect to election year pandering, I'm insulted by the

pandering. Furthermore, I think the hardest job would be a mother who is president of the United States! Harder still if she's a single mother!

And, if I were president—knowing what I know now about who knows economics—I would replace Secretary of the Treasury Tim Geithner with the more beautiful Carole, his wife and mother of two children.

Welcome to Campaign 2012. We can only hope the voters are more sensible than the politicians.

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# Executive Director's Report

Mindi Thelen



It's been a while since I have written an Executive Director's Report, but now it's time!

SCPS has been busier than ever with our regular activities such as the annual Psychopharmacology Update, the Installation and Awards Ceremony, our monthly Council meetings, the annual election, as well as the monthly newsletter, Ethics Committee activities, our NAMI-related activities, and our regional CME meetings. We are also busy redesigning our website and 'beefing up' our public online directory. I am pleased to report that many of you have opted-in for the public directory and have provided useful professional information that the public can access. I am also pleased to report that the public is using the site, which means the community is getting the valuable information that they are seeking. If you have not mailed back your Directory/Database Update form, but would like to be included, please let me know.

At the March Council meeting, the Council discussed the difficult topic of a dues increase for 2013. My main purpose for writing this article is to inform the membership of their decision and to share with you the information they reviewed.

The first issue at hand was whether we should have APA bill SCPS' dues. This would mean that members would receive one bill for all three organizations; APA, CPA, and SCPS. Some members are confused by receiving a separate bill from SCPS. Some of us remember when the CPA portion of the dues appeared on the SCPS statement. Council voted that SCPS would maintain its own billing. Clearly, SCPS has a better handle on its cash-flow if we bill our own dues. If APA bills for us, there is an inherent 10-45 day lag-time between when the member submits dues payment and when dues are received by SCPS. Additionally, if members elect to have APA charge their credit card in 12 monthly installments, SCPS would receive less income early in the year.

One of the issues that prompted this discussion was credit card fees and fees for accepting online payments. I am happy to announce that you will be able to make online payments beginning with the 2013 dues cycle. SCPS will be able to accept online payment for all goods and services (meetings, audio cds, dues, advertising) very soon.

At the Council meeting I gave a historical overview of SCPS' dues structure over the past 20+ years. I also presented an overview of the cuts that SCPS has made during this period, and I think it would be advantageous to share this information with the membership.

In 1991, full-dues paying members\* were billed \$495. There was an early payment incentive if you paid prior to April 1 (reducing your dues to \$445). Of that, \$40 was allocated to CPA; SCPS kept \$405. As the years went by, the CPA assessment continued to increase. SCPS chose to 'take the hit' and not pass the increase along to its members. As the CPA assessment went up, the SCPS dues portion went down. In 2000, CPA was receiving \$251 per full-dues paying member; SCPS was receiving \$194 (the majority of members paid prior to April 1<sup>st</sup>). In 2003, SCPS increased full-dues to \$515 (\$465 with the early payment incentive). This increased the SCPS portion to \$214. In 2004, CPA decided to have their dues assessment billed by the APA instead of the district branches. Finally, in 2009, SCPS removed the early payment incentive and all full-dues paying members have been billed \$264. Since 2009 SCPS dues have stayed at \$264 and CPA dues are now \$398.

Using the early payment amount, the SCPS dues portion was reduced from \$405 in 1991 to \$194 in 2000. How did SCPS adapt to its dues reduction?

In 1991, SCPS had four full-time employees. In 1994, SCPS moved to a less expensive office building. In 1995 SCPS reduced its staff to three full-time employees and outsourced the newsletter and all graphics. In 1996, SCPS reduced further to two full-time employees. In 2000, we brought the newsletter and graphics in house. In 2004, SCPS moved to a much smaller office and began holding Council meetings off-site. We have also combined our phone and fax to one line. In 2009, we began publishing our newsletter online. The following year we continued the shift toward digital publishing and moved the majority of our election materials to the website.

In spite of the 'cuts' mentioned above, SCPS has been operating at a loss for the last several years. A realistic review of SCPS' annual budget shows that there is nothing else SCPS can cut, so Council has voted to raise the 2013 SCPS dues by \$25. This was not an easy decision. The Council is very aware of the combined dues total for APA, CPA and SCPS. SCPS has not been raising its dues concurrent to inflation and has actually reduced its dues over the years). We cannot continue to operate at a loss.

I'm hoping that this information helps our members understand this decision. You, the members, are valuable to the organization and I hope that you recognize the organization's value to you.

Your feedback is always welcome. I can be reached at [Scps2999@earthlink.net](mailto:Scps2999@earthlink.net) or 310-815-3650.

*\*Some members are billed 2/3<sup>rd</sup> dues and 1/3<sup>rd</sup> dues depending on their membership category. Life Members, Life Fellows, and Distinguished Life Fellows are dues exempt.*

### Election Results

Steve Solding, M.D. - President-elect

Heather Silverman, M.D. - Treasurer-elect

Sophie Duriez, M.D. - Secretary

Anita Red, M.D. - Early Career Psychiatrist Dep Rep

Vandana Chopra, M.D. - Member-in-Training Rep

Ijeoma Ijeaku, M.D.- Member-in-TRaining Rep

Mary Ann Schaepper, M.D. - APA Assembly Rep

David Fogelson, M.D. - West LA Councillor

Roderick Shaner, M.D. - West LA Councillor

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

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# Council Highlights

## March 8, 2012

Anita Red, M.D., *Secretary*



The meeting was called to order by Dr. Lawrence, who was present in place of Dr. Schaepper. Drs. Schaepper and Forgey joined the meeting by phone. Dr. Shaner made a motion to accept the February minutes. All voted in favor, and none opposed. Dr. Lawrence led the president's report. Dr. Burchuk made a motion for the SCPS to grant and provide \$250 for the SCPS/ SCSCAP Joint CME. All voted in favor, and none opposed. Drs. Schaepper and Lawrence recommended the formation of the Teller's Committee, with Dr. Cheung nominated to be the chair. Drs. Martin, Burchuk, Gross, and Moreno volunteered to be available for the committee. Drs. Burchuk and Cheung gave an update on the Conflict of Interest Committee and led a discussion about the conflict of interest policy for the SCPS. Of particular note was a document from the committee titled, "DISCUSSION: Potential Amendments to the SCPS COI Policy." There was consensus from the committee to strike point #5, "Defined maximum limits on compensation," with "Reference APA 12, 1." The committee will further review the SCPS's COI policy and return to the council for further recommendations and discussion. Next, Dr. Red gave an update for the Website Committee. The committee proposed that advertising be permitted on the website in conjunction with advertising with the newsletter. They proposed that all advertisers first advertise on the newsletter. Then SCPS members who advertise on the newsletter would have the opportunity to advertise on the website for no additional charge. Nonmembers of the SCPS would have the opportunity to add their advertisement to the website for an additional charge. Advertisements on the website would be in a "classifieds format." They would be posted immediately when the advertisement was received and remain until the 30 days after the next newsletter publication. There was a discussion about advertising possibilities and limitations. Dr. Shaner made a motion to direct the Website Committee to further characterize the consistency of classified ads, including possible exclusions. Dr. Burchuk seconded the motion and amended it to include characterizing the rate structure. Dr. Shaner's amended motion is to direct the Website Committee to further characterize the rate structure and the consistency of classified ads, including exclusions of website advertisements. The committee will further investigate and return to council for discussion. All voted in favor, and none opposed.

Also as part of the president's report, the 2012 awards were proposed by Dr. Lawrence. A motion was made to accept the 2012 awards. All voted in favor, and none opposed. Then, due to the APA meeting in May, a motion was made for the council to hold May's meeting on May 17<sup>th</sup>. All voted in favor, and none opposed.

Next, there was a discussion about annual dues, specifically relating to online payments. One option for dues is to use centralized billing through the APA. Then, any other payments to the SCPS could be made directly online using a credit card. Pros and Cons of centralized billing were discussed. Dr. Shaner proposed to not utilize centralized billing and collect our own dues and fees using PayPal, which will allow credit card payments as well. All voted in favor and none opposed. Dr. Shaner made again the second motion regarding dues as well. He made the motion to increase in SCPS 2013 dues for all full dues paying members by \$25. There was a second to the motion. Opposing votes were Drs. Gross and Duriez. All others voted in favor.

Dr. Lawrence gave the president-elect's report. In place of Dr. Thurston, Dan Willick gave the Legislative report, including issues related to new healthcare laws. Dr. Ettekal gave the treasurer's report. A motion was made to accept the report. All voted in favor, and none opposed. Dr. Lawrence gave the Membership Committee's report. A motion was made to accept the committee's report and nominations for new members. All voted



in favor, and none opposed. Dr. Gales gave the Program Committee Report. New business included a motion to allocate \$500 (of the \$3,000 allotted) to support the Ventura NAMA walk. All voted in favor, and none opposed. Old business included a discussion about the OPIC Final Report regarding legalizing marijuana. There was a discussion about the position of the SCPS regarding this issue. Dr. Shaner made a motion for the SCPS to accept this statement originally made by the CPA:

SCPS Council Recommendation (4/8/2102) re: CPA Statement on Cannabis

The California Psychiatric Association (CPA) recognizes that the current cannabis regulatory system is not working properly, is ineffective and corrosive to the practice of medicine, and should be changed. In order to best address this issue, we recommend the following:

1. The social and political aspects of cannabis regulation should be separated from the mental health and medical aspects of cannabis use.
2. Medical cannabis should be rescheduled at the federal level to allow wider clinical research.
3. Any decision to legalize marijuana should include steps to ensure public education regarding the dangers of this substance for adolescents and individuals with psychotic disorders, and should also provide adequate funding for prevention and mitigation of harm to these populations.
4. Marijuana sale to minors should be prohibited.

A second to the motion was made with a discussion of multiple points regarding this statement. All voted in favor, and none opposed.

Other old business included a reminder about the Psychiatric Education and Research Foundation fundraising event on Saturday, April 14<sup>th</sup> from 7-10pm. Register thru the PER website:

<http://www.perfoundation.org>. The meeting was adjourned by Dr. Lawrence.

## **The PER FOUNDATION ANNOUNCES EXCELLENCE IN PSYCHIATRIC EDUCATION AWARDEES**

The PER FOUNDATION for the Advancement of Psychiatric Education and Research has selected the recipients of the 2012 EXCELLENCE IN PSYCHIATRIC EDUCATION AWARD. This award, now in its third year, honors exceptional work by psychiatry residents during their training.

Each general psychiatry residency training director in the SCPS region nominated one resident from his/her program who has excelled in any of the following areas: leadership, research, teaching and education, community involvement, or patient care. Nomination packets were reviewed by the PER Awards Committee, which includes the members of the SCPS Academic Liaison Committee.

Recommendations of the Awards Committee were reviewed and approved by the PER Board. The 2012 awardees and their achievements will be announced at the April 2012 SCPS Awards ceremony. The actual certificate and a small honorarium will be presented to each awardee at his/her program's graduation/awards ceremony in June.

The 2012 PER awardees and their programs are:

**NICHOLAS ATHANASIOU, M.D.**

**UCLA/San Fernando Valley Residency Program**

***Safety education for trainees – Residency Safety Oversight Committee***

**TIMOTHY GARVEY, M.D.**

**Cedars-Sinai Medical Center**

***Community outreach and leadership as Chief Resident through program transition***

**IJEOMA IJEAKU, M.D., M.P.H.**

**Loma Linda University School of Medicine**

***M.P.H.; Spearheading mental health initiative in Lesotho, Africa, with emphasis on youth orphaned by HIV/AIDS***

**KELLY S. KANG, M.D.**

**Harbor/UCLA Medical Center**

***Translating psychoeducational materials and providing family support groups for Korean speaking patients and families at Coastal Asian Pacific Mental Health Clinic and local NAMI affiliate***

**KOHL MAYBERRY, D.O.**  
**Arrowhead Regional Medical Center**  
*Chief Resident leadership, mentoring residents and medical students in a small, new training program*

**PUSHPA RAJA, M.D.**  
**UCLA David Geffen School of Medicine**  
*"Texting for Change" performance improvement project*

**TORANG SEPAH, M.D.**  
**Keck School of Medicine at USC**  
*Original research: "Burnout Among Psychiatrists and Pediatricians at LAC+USC Medical Center"*

Lawrence Gross, MD  
 PER Advisory Board Member  
 Chair PER Excellence in Psychiatric Education Award Committee

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 South L.A. County ..... Joseph Simpson, M.D. (2013)  
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