

# PSYCHIATRIST

Volume 61, Number 4

December 2012

Newsletter of the Southern California Psychiatric Society

## President's Column

# DSM-5

Larry Lawrence, M.D.



Welcome to the December SCPS Newsletter. We have seen the APA Board of Trustees approve the DSM-5. This manual has been in process for years and replaces the DSM-IV, which was approved in 1994 and the later updated TR edition.

I have had a long enough career to utilize the DSM-II, DSM-III, DSM-IV and DSM-IV TR. I believe the biggest change came with the DSM-III. Subsequent changes and revisions have been in response to clinician feedback and dilemmas which have to do with unforeseen consequences, and practical application of diagnostic criteria. This version of the APA DSM has eliminated the multiaxial system, folded Axis II into Axis I, revised the chapter organization, and has been arranged into three sections. While controversy has followed these decisions, the committees involved have been open to feedback and added additional opportunities for response to initial outlines of the revised manual. This process has resulted in a healthy exchange of opinions and clinical approaches.

Much of the alarm I read in response to changes in DSM-5 suggests that we as clinicians might be swept up in misdiagnosing, by utilizing the new criteria, leading to inappropriate diagnoses. I find my colleagues to be thoughtful, reflective, interested and careful as they address issues of diagnosis. I do not foresee a flood of problems. Practically, in DSM-III and DSM-IV, although given a fair sized menu of personality disorders, many diagnoses were seldom used, and PDNOS deferred or none became the most used diagnoses. Clinicians are practical in this regard, selecting what is useful to their task.

A great deal of energy, expertise, volunteer work and sustained effort have produced our new DSM-5. I appreciate those efforts, congratulate all the contributors, and look forward to learning how to use our new DSM. We will look forward to training and clinical correlation.

New CPT codes are taking effect Jan 1,2013. Dr. Sophie Duriez has completed training as a trainer for CPT code changes. She has done an introductory video, and we will rely on our members to keep us informed of issues/problems related to the new codes.

Here are the APA links related to CPT changes:

<http://www.psych.org/cptcodingchanges>

While the Affordable Care Act seems destined to be the healthcare plan we will be using, the specifics of how it will apply remain unclear. The Mental Health Parity and Addiction Act should be supported, but there are delays in final rules enabling state enforcement. These rules are the "teeth" in the system which allows for enforcement of the MHPA Act. Once implemented, we should have clear guidelines on issues related to spending limits, frequency and duration of care, and authorization of mental health and addiction services. (See California Healthline 12-04-12 for details.) This becomes even more important, given that recent UCLA Health Policy Center estimates up to half a million uninsured Californians could receive services through affordable health care. It sounds like we are going to be busy, engaging people who may have had a variety of barriers to care in the past.

Season's Greetings to all. Thanks for your contributions and feedback over the year. I look forward to seeing you at the Psychopharmacology Conference on January, 26<sup>th</sup>.

<b>In This Issue...</b>	
Letter from the Editor .....	2
Psychopharmacology Update .....	3
SCPS Fifth Women's High Tea .....	5
CPT Coding Changes .....	7
Council Highlights .....	8

# Letter from the Editor

Colleen Copelan, M.D.  
I Gotta Bad Code



It's the E&M Code and it's giving me a headache, and the sniffles too.

That's Evaluation & Management Code, not to be confused

with the M&M Code which is the secret meaning of candy colors.

For years I simply billed 90805 or 90807--which the Center for Medicare and Medicaid Services defines as "individual psychother-

apy...with medical evaluation and management services."

Beginning January first, I must bill all the components separately--by selecting an E&M Code for the work-based medical service and an add-on code for the time-based psychotherapy.

Or, I could bill for medical service only--just like any other physician--or bill for psychotherapy only--just like any other psychotherapist.

The headache comes from learning how to evaluate and manage the

documentation of complexity and work required for medical service. The sniffles comes from worry that--if I only bill for psychotherapy--my bill will be lumped with those from non-physician psychotherapists.

Fortunately, the APA website psych.org has good medicine for my code, and for yours.  
cocopelan@aol.com

## Advertisement

*"This is a great place to build a career, with outstanding clinical leadership and colleagues we value."*



Chris Camilleri, M.D.

O.C. White, M.D.

## Success Factors

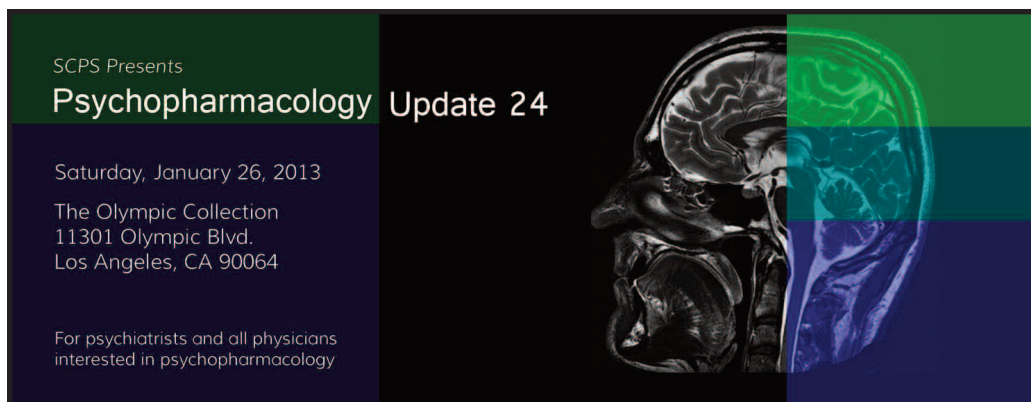
Establish your future with a stable organization strategically positioned for successful healthcare integration. State-of-the-art programs provide diverse opportunities in telepsychiatry, Wellness Centers, crisis resolution, consultation to integrated health/ mental health/substance abuse programs, and field capable services, as well as clinic, jail and juvenile justice settings.

Join us for professional growth and career options that make a difference in the lives of people who need our help. Our organization's size (200+ psychiatrists), diversity and range of opportunities provide an exciting and rewarding environment for collegial collaboration and advancement.

We offer competitive salaries (**ranging from \$142,944 to \$288,483 annually**) and excellent benefits.



For consideration, email your CV to: [omd@dmh.lacounty.gov](mailto:omd@dmh.lacounty.gov)  
Roderick Shaner, M.D., Medical Director  
Los Angeles County Department of Mental Health  
550 South Vermont Avenue  
Los Angeles, California 90020  
(213) 738-4603



## Psychopharmacology Update 24

Saturday, January 26, 2013

Olympic Collection, 11301 Olympic Blvd., LA 90064

**A Beating of Minds: PTSD and Other Wounds of War Murray Stein, M.D.**

**Eating Disorders: Principles of Diagnosis and Management (Anorexia Nervosa/Bulimia Nervosa/Binge Eating Disorder)**

***Carole K. Edelstein, M.D.***

**Advances in Pharmacotherapy of Anxiety Disorders**

***Jamie Feusner, M.D.***

**Opioids and Benzodiazepines: A Look at Risks and Benefits in Pain Treatment**

***Elinore F. McCance-Katz M.D., Ph.D.***

**The Assessment and Psychopharmacological Treatment of People with Aggression and Agitation**

***Stuart C. Yudofsky, M.D.***

For complete brochure:

<http://www.socalpsych.org/events.html>

To register online:

<http://www.socalpsych.org/event-registration.html>

**THERE ARE GOOD REASONS  
AMERICAN  
PROFESSIONAL  
AGENCY  
IS A LEADER IN PROVIDING  
MALPRACTICE INSURANCE  
FOR PSYCHIATRISTS  
HERE ARE TWO OF THEM.**



[www.psychiatry.org](http://www.psychiatry.org)

**AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY**

W W W . A A C A P . O R G

JOIN YOUR COLLEAGUES WHO HAVE CHOSEN TO BE REPRESENTED BY OUR PROFESSIONAL TEAM AND OUR PROGRAM WHICH IS ENDORSED BY THE TWO MOST PROMINENT ASSOCIATIONS IN YOUR PROFESSION – THE AMERICAN PSYCHIATRIC ASSOCIATION AND THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY.

AS AN ALLIED WORLD POLICYHOLDER YOU WILL BENEFIT FROM THE EXPERIENCE OF AN INTERNATIONALLY RECOGNIZED RISK MANAGEMENT TEAM WHO WILL GUIDE YOU THROUGH THE EVER-CHANGING EXPOSURES THAT YOU MAY ENCOUNTER IN YOUR PSYCHIATRIC PRACTICE. OUR RISK MANAGEMENT TEAM IS AVAILABLE TO OUR INSURED 24 HOURS A DAY, SEVEN DAYS A WEEK OR THROUGH OUR HOTLINE.

**WHEN IT COMES TO MALPRACTICE INSURANCE  
FOR PSYCHIATRISTS,  
GO WITH A WORLDWIDE LEADER**

COVERAGE WILL BE UNDERWRITTEN BY AN INSURANCE SUBSIDIARY OF ALLIED  
WORLD ASSURANCE COMPANY HOLDINGS, AG



95 Broadway, Amityville, NY 11701

[WWW.APAMALPRACTICE.COM](http://WWW.APAMALPRACTICE.COM)

877-740-1777

On Saturday, December 1, 2012, SCPS Women's Committee held it's 5th High Tea. The tea was at the lovely home of Jacquelyn Green, M.D., and her husband Richard Shapiro, M.D. The topic was Gender and Power, and the attendees were lucky to hear presentations by Carmen Knudson-Martin, Ph.D. and Maria Lymberis, M.D. Here are a few photos from the event.



Carmen Knudson-Martin, Ph.D., speaking



Yara Salman, M.D. introduces Maria Lymberis, M.D.

More than just medical professional liability insurance...

# Call me for a quote.

Medical professional liability policies can vary widely from one company to the next. It is important for psychiatrists to know the full – and accurate – story on a policy. Whether it is reviewing the difference between occurrence and claims-made policies or explaining how another policy might leave the doctor with an uninsured risk, I have done my job when I help psychiatrists evaluate their options to make the right choice.

— **Rich Stagnato**  
Accounts Representative

(800) 245-3333, ext. 389  
TheProgram@prms.com



- ◆ More than 20,000 psychiatric claims handled
- ◆ Administrative and governmental billing defense coverage
- ◆ Toll-free Risk Management Consultation Service helpline
- ◆ Coverage for forensic and telemedicine psychiatric services
- ◆ Premium discounts - and much more!

**Contact us to learn about our full-service psychiatric-specific insurance program.**



**PSYCHIATRISTS'  
PROGRAM®**

www.PsychProgram.com  
TheProgram@prms.com  
(800) 245-3333, ext. 389  
twitter @PsychProgram

As you know, the **CPT Codes** are changing as of January 1, 2013. Please see the home page of our website for links to information prepared by the APA's Office of Healthcare Systems and Financing.

We will be providing more answers and information as more information becomes available.

There was a CPT Coding Seminar held on Sunday, December 9, 2012. Here are a couple of photos from that event.



Sophie Duriez, M.D.



CPT Seminar attendees at West L.A. Grill

# Council Highlights

## November 8, 2012

Sophie Duriez, M.D., *Secretary*



SCPS President, Dr. Lawrence called the meeting to order. A motion was made to accept the October Council minutes by Dr. Duriez, Secretary. There was no quorum thus the present Council members agreed without voting.

Dr. Lawrence addressed the COI Update report. Dr. Lawrence asked if there were any question on the COI update. No questions asked.

Kitty Dukakis will not be able to be attending the Psychopharmacology Meeting as she is not available at that date. She will be attending the January Council Meeting.

Dr. Lawrence addressed the Review of the Executive Director, Mindi Thelen. In general excellent reviews from different Council members.

President- Elect Dr. Solding gave the Membership Report. An ongoing membership issue application was discussed by Dan Willick, who advised that the application, being incomplete, is still under review. Dr. Solding proposed to the Nominating Committee Members a date to for a conference call. The date of 11/12/12 was accepted, in order for the Nominating Committee to discuss and propose a list of the 2013 candidates for running the 2013 elections of the SCPS Council. The Nominations will be voted on at the December Council Meeting.

The legislative report was adjourned to the December Council Meeting as Dr. Thurston could not attend the November Council Meeting.

Treasurer's report by Dr. Silverman as Dr. Forgey could not attend the Meeting presented the October financials reports and Cash on Hand.

Program Committee report was adjourned to next month Council Meeting. In between, Psychopharmacology SCPS Update will take place on 01/26/13 in Los Angeles. The APA Annual May 18-22<sup>nd</sup> 2013 in San Francisco.

New Business: DSM V supposed to go to the assembly in January in 2013. CPT codes changes and adjustments with insurance companies. The "Train the Trainers" session on 11/17/12, Dr. Duriez will attend. Dr. Duriez will give a seminar to SCPS members.

No further New Business and no Old Business were addressed. After having asked if there were further questions or issues to be addressed, Dr. Lawrence thanked the Council Members and adjourned the November 2012 Council Meeting.

# CLASSIFIED ADVERTISEMENTS

## Position Available

Long Beach Behavioral is seeking qualified candidates for part-time or full-time position of Adult Psychiatrist to work as an independent contractor in an outpatient private group practice in Long Beach, CA. •Board Eligible/Board Certified •Currently licensed in California •ADD/ADHD and Chemical Dependency experience. Salary: Competitive and Negotiable. Email Resume/CV: info@longbeachbehavioral.com

## Space Available

Small, furnished office in a suite designed for a psychiatrist/psychotherapist: signal system, separate entrance and exit. Desirable location in Torrance. Ample parking and near public transportation. Other amenities. \$695/ month including utilities etc. except computer and phone. Call Jerald Simon, M.D. 310-375-8501.

**Century City/WLA Beautiful Penthouse Office Condo** in prestigious 4-Story building exclusively for Mental Health Professionals. Spacious, bright, great view. Private waiting room, in-office bathroom, excellent soundproofing. Large shared Conference/Lunchroom, Office staff. Prime space in secured garage, ample street parking. For Lease/Sale. Judy 310-908-2783 jpcitrin@gmail.com

ALL EDITORIAL MATERIALS TO BE CONSIDERED FOR PUBLICATION IN THE NEWSLETTER MUST BE RECEIVED BY SCPS NO LATER THAN THE 5TH OF THE PRECEDING MONTH. NO AUGUST PUBLICATION. ALL PAID ADVERTISEMENTS AND PRESS RELEASES MUST BE RECEIVED NO LATER THAN THE 5TH OF THE PRECEDING MONTH.

### SCPS Officers

President ..... Larry Lawrence, M.D.  
 President-Elect ..... Steve Soldinger, M.D.  
 Secretary ..... Sophie Duriez, M.D.  
 Treasurer ..... Marcy Forgey, M.D.  
 Treasurer-Elect ..... Heather Silverman, M.D.

### Councillors by Region (Terms Expiring)

Inland ..... Mubashuir Farooqi, M.D. (2015)  
 San Fernando Valley ..... Davin Agustines, D.O. (2013)  
 ..... Saba Syed, M.D. (2013)  
 San Gabriel Valley/Los Angeles-East ..... Hanumantah Damerla, M.D. (2015)  
 ..... Allen Mogos, M.D. (2013)  
 Santa Barbara ..... Paul Erickson, M.D. (2015)  
 South Bay ..... Margarita Krasnova, M.D. (2013)  
 South L.A. County ..... Joseph Simpson, M.D. (2013)  
 Ventura ..... vacant (2013)  
 West Los Angeles ..... Laurie Casaus, M.D. (2013)  
 ..... David Fogelson, M.D. (2015)  
 ..... Michael Gales, M.D. (2013)  
 ..... Roderick Shaner, M.D. (2015)  
 ECP Representative ..... Erick Cheung, M.D. (2013)  
 ECP Deputy Representative ..... Anita Red, M.D. (2014)  
 MIT Representative ..... Vandana Chopra, M.D. (2013)  
 ..... ljeoma ljeaku, M.D. (2013)

Past Presidents ..... Robert Burchuk, M.D.  
 ..... Kathleen Moreno, M.D.  
 ..... Mary Ann Schaepper, M.D.  
 Federal Legislative Representative ..... Steve Soldinger, M.D.  
 State Legislative Representative ..... Ronald Thurston, M.D.  
 Public Affairs Representative ..... Eric Levander, M.D.

### Assembly Representatives

Lawrence Gross, M.D. (2013) ..... Mary Ann Schaepper, M.D. (2016)  
 Ronald Thurston, M.D. (2014)

Executive Director ..... Mindi Thelen  
 Desktop Publishing ..... Mindi Thelen

### CPA Officers

President ..... Ronald Thurston, M.D.  
 President-Elect ..... Timothy Murphy, M.D.  
 Treasurer ..... William Arroyo, M.D.  
 Trustee ..... Marc Graff, M.D.  
 Government Affairs Consultant ..... Randall Hagar

### SCPS Newsletter

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

Editorial Committee  
 Ronald Thurston, M.D.

SCPS website address: [www.socialpsych.org](http://www.socialpsych.org)

© Copyright 2012 by Southern California Psychiatric Society

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.

Permission to quote or report any part of this publication must be obtained in advance from the Editor.

Opinions expressed throughout this publication are those of the writers and do not necessarily reflect the view of the Society or the Editorial Committee as a whole. The Editor should be informed at the time of the Submission of any article that has been submitted to or published in another publication.

# DISCLAIMER

Advertisements in this newsletter do not represent endorsement by the Southern California Psychiatric Society (SCPS), and contain information submitted for advertising which has not been verified for accuracy by the SCPS.