

PSYCHIATRIST

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February 2014

Newsletter of the Southern California Psychiatric Society

President's Column

Month Two of the New Year

Steve Soldinger, M.D.



As we begin the second month in the New Year, we are all aware that the most important day in the month is February 14th, Valentine's Day. It is the time for all of us to be grateful for the ones we love, and to show our appreciation and dedication to our families and spouses.

On January 25th we had our psychopharmacology update. This was an amazing day and the speakers were excellent. The slides were quite helpful, and we learned a lot about a variety of topics. Topics ranged from how infection may play a part in brain disease, to more specific information regarding depression, dementia and the use of medications that are not necessarily on label. The conference was well attended. I want to thank the chairman of our program committee, Mike Gales, specifically for his part in this wonderful day. I also wish to commend the entire program committee for their work on this event; and as always, thank Mindi and Tim for their efforts on our behalf.

We are in the process of finishing our APA national election. It has been a hotly contested race for president elect. All three candidates would make an excellent president of the APA. The announcement of the new president will be released shortly.

We will also be concluding elections at our local district branch. The results will soon be known, and the new officers will begin their appointments after the APA convention in May of this year.

On April 6th and April 7th we will have our California Psychiatric Association meeting, which will also include one day of advocacy in the legislature. This will give our members a chance to be represented in the State Assembly and in the State Senate, by talking directly to our locally elected officials. We will also have time to be educated about the political process, as it is very important that as psychiatrists we continue to participate in the political process. To this end, I am happy to inform you that there is a local event which will take place on February 6th at 6 PM. This event will occur at the Valley Performing Arts Center on The Cal State Northridge campus. This will be the UCLA Alumni San Fernando Valley network inaugural joint higher education reception. The invited officials will include Mike Antonovich, Bob Blumenthal, Tony Cardenas, Matt Dababneh, Mitchell Englander, Philippe Fuentes, Steve Knight, Paul Krekorian, Nury Martinez, Buck McKeon, Adrin Nazarian, Alex Padilla, Fran Pavley, Brad Sherman, Scott Wilk and Zev Yaroslavsky. It will be an amazing opportunity to see a number of our elected officials in one place all at

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the same time. You may RSVP to this event by calling 310-794-6810 or by email at advocacy@support.ucla.edu. I am hopeful that most of you will attend this wonderful event.

Last month's newsletter led with a eulogy for my dear friend Dr. Barry Friedman. Many of you expressed that it was a wonderful piece. Further, it was decided in Council that we write a letter of condolence. We have also decided to send out a letter of condolence whenever we lose a member of our society. I am now working on this letter and would welcome any help or suggestions anyone may have. The inclusion of personal memoirs from close relationships would be extra meaningful and very much appreciated. It would also demonstrate that we are a caring organization to the families of our members. I hope this will move us toward a discussion about how to increase and nurture our own personal relationships.

We live in perhaps the best place on earth. The Southern California area has it all; perfect weather where you can snow ski or surf in the same season; where you can be in the mountains in a cabin with a fire, or on the beach soaking up the rays. Where else can you play tennis outdoors all year long, or have the opportunity to hike in such a myriad of wonderful environments? We also have amazing venues for plays, movies and concerts, and our restaurants are second to none. We have over 100 cultures all co-existing together. We receive so much from where we live. I only hope that we as a profession add to the equation in a most significant way. To this end, we have new committees on Council that will definitely add to our lives and our contribution to society as a whole. Watch for great things on the horizon. If you know someone who is not a member, let them know what they are missing.

The ability to be able to order PET scans of the brain is going to change the way we practice psychiatry. In the near future, and sometimes right now, we can prove the existence of certain brain disorders. The one in particular that is catching the headlines is Chronic Traumatic Encephalopathy. The ability to prove this diagnosis allows us to make quick and early interventions, which can be lifesaving and mind altering, and involves the much publicized team approach. This team would consist of Sports Medicine, Neurology, Psychiatry, Physical Therapy, Occupational Therapy and Psychotherapy. This team could successfully deal with all of the various considerations involved in this diagnosis. This is just one of many diagnoses that we will be able to tackle, and do more with in the next few years to come. Changes in medical care will come quickly and Psychiatry is going to be very involved in this evolution.

I want to end my newsletter by alerting you to the president's column in the Psychiatric News of January 17th, where Dr. Jeffery Lieberman is talking about "The Truth about Psychiatry and Health Care Insurance." In particular, he is discussing the "Mental Health Parity and Addiction Equity Act (MHPAEA)."

Dr. Jeffery Lieberman ends his discussion with the following: "APA is aggressively pursuing the full implementation and enforcement of MHPAEA. We convened a meeting of mental health care stakeholders last month to discuss how to better ensure enforcement of and education about the final rule implementing MHPAEA and improvement of coverage for patients. APA has brought litigation to enforce MHPAEA and engages in education at state legislative levels and with employers, providers, and consumers of mental health services. While the legislation and the final rule were victories for our patients, APA cannot sit idly by while industry manipulates the results. We are in this for the long haul and will not stop until discrimination against mental illness ends and mental health care is accessible to all people in need and supported by fair and reasonable insurance coverage."

This is the kind of leadership and message that makes me proud to be a member of the APA. I hope we will all do our part to support this important cause, as the battle has just begun.

Respectively submitted,

Steve Soldering, M.D.,
President

Documentary review of “MY NAME WAS BETTE: The Life and Death of an Alcoholic”

by Sophie Duriez, M.D.

In the United States, the most socially acceptable way to cope with stress and depression is the use of alcohol. Physicians and health care professionals know (or are supposed to know) that alcohol is a CNS depressant. However, when a person is under alcohol influence, it feels just like the opposite! Women are much more vulnerable than men to the destructive effects of alcohol. The shame and guilt of women who drink, is frequently covered by their denial, hence the taboo of Female Alcoholism.

Unfortunately, the vicious cycle between depression and alcoholism, like the egg and hen, over a lifetime can snowball into a complete disaster of what was once the life of somebody who, like Bette, “had it all”: She was a woman full of life, intelligence, beauty, compassion, with education as a nurse and, a gifted mother of two adorable daughters.


This one hour documentary is a must see for everybody who likes “booze” or has a friend(s) or family member(s) who “enjoy” it too much. Therefore, a documentary for each one of us.

Written and directed by Sherri Vandenakker, eldest of Bette’s two daughters, “MY NAME WAS BETTE” is one the best and most poignant documentaries ever made on alcoholism. Furthermore it specifically addresses the taboo topic of female alcoholism. The film confronts the audience to the indescribable shock that Sherri, a professor of literature at the School of Human Services at Springfield College in Boston, faced on the day of the ten year anniversary of her marriage, in 2007.

With a remarkable talent, courage and generosity, Sherri VandenAkker became a first time filmmaker who brings to light a reality that is dismissed by our society.

Official Trailer: <http://www.youtube.com/watch?v=tUFR4bD6eTk>

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Invitation to LGBT Committee Brunch

Bill Arroyo, MD, welcomes us for brunch at 10:30 am and our first LGBT Issues Committee meeting for 2014, from 11-noon.

Please RSVP so Bill knows how many will be attending brunch.

Address: Provided when you RSVP to seh52@yahoo.com.

After brunch and introductions, please bring ideas for our Committee's 2014 agenda.

A new member, Anand Pandya, MD, Vice-Chair for Clinical Affairs and Associate Professor of Clinical Psychiatry USC Department of Psychiatry, has agreed to update us and ask our input about his LGBT work at the national level. Anand is appointed to an APA Board of Trustee/Assembly Ad Hoc Work Group on minorities and underrepresented groups. This Work Group has been tasked with developing a report on how the APA can best serve the needs and interests of MUR groups. They have been doing conference calls with the different caucuses (African-American, Hispanic, Women, LGBT, IMG, Native American/ Alaska Native/Native Hawaiian, and Asian-American). It would also be useful to get input from individuals who are not active on the APA national level.

Anand's involvement with LGBT issues includes doing some clinical work (several years back) at the Health Outreach to Teens (HOTT) program at the Callen-Lourde LGBT Health Center in NYC, and serving as the LGBT member of the Council on Minority Mental Health and Health Disparities of the APA. When he was President of NAMI-National, he spearheaded changes to the NAMI policy platform around LGBT issues and helped shepherd their first outreach initiatives to the LGBT community. He also serves as a Trustee of the Freeman Foundation which provides grants to LGBT organizations in the Carolinas and he has served on the Community Funding Board of the Liberty Hill Foundation which provides grants to LGBT organizations in Los Angeles. He also presented a mental health workshop at the National Gay and Lesbian Task Force "Creating Change" meeting a few years back.

Please invite interested psychiatrists and residents to join us!

The SCPS LGBT Issues Committee was founded in 1993 and has the following charge:

1. Support gay, lesbian and bi members.
2. Educate SCPS members, Committee members and members-in-training.
3. Enhance education in Southern California training programs.
4. Serve as an SCPS resource for clinical consultation and referral.
5. Address local gay, lesbian and bi public mental health issues.

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Executive Director Report

Mindi Thelen



Hello Members!

I like to post something every now and then to let you know what has been going on at SCPS and how we are doing. It's hardly necessary thanks to Dr. Soldinger's president's columns and Dr. Simpson's informative Council Highlights. So, I will just give a brief over view from the last year and then discuss some important changes at SCPS.

In 2013, the Program Committee completed its accreditation survey with IMQ and was awarded another four years accreditation to provide continuing medical education. During 2013 SCPS presented our annual Psychopharmacology Update, a five-hour CME course on the changes to the DSM 5, and a two-hour regional meeting on the DSM 5.

The Women's Committee held its most successful event yet in 2013. The topic was the book, "Lean in" and it inspired participation by literally every attendee. These events are a wonderful opportunity for our female members and are a wonderful setting where residents, early career psychiatrists, mid-career and senior psychiatrists come together, share, and learn from each other. I personally left this last event with a very warm, happy, and fulfilled feeling. If you have not yet attended one of these women's meetings, I encourage you do so.

Two new committees were developed at the end of 2013: The Art of Psychiatric Medicine Committee (whose first event will be held on March 8th) and the Volunteerism Committee. Both committees were the idea of Michelle Furuta, M.D., and are Chaired by her. Devin Stroman, M.D., is her Co-Chair on the Art of Psychiatric Medicine Committee.

The biggest change at SCPS during 2013 was the beginning of our shift to a paperless system. The first round of 2014 dues statements were sent electronically. Thank you to those members who responded to the electronic billing. I urge you to watch for more electronic communication. As we transition to this new system, more and more things that you received in your home or office mailbox in the past, will be sent to you by email. The rationale for this change hardly needs explanation; clearly it is the most cost effective and eco-friendly way to communicate.

By a funny twist in our Bylaws, it was contradictory as to whether or not we could run an electronic election for our Officers and Councillors, however, it was clear that we could hold an electronic vote for Bylaws changes. On January 13, 2014, we emailed an electronic ballot to amend the Bylaws to allow for electronic voting of Officers and Councillors. The Bylaw amendments passed (unanimously) and our 2014 election will be held electronically. Voting will require that you log in to the SCPS Member Directory. If you do not know your log in information, please click where it says, "Forgot your password?" highlighted in blue. Your log in information will be sent to your email address on file. I urge you not to be intimidated by the log in process. I hope this will make more of you familiar with this valuable tool. All necessary links and information will be provided in the email that is sent to you. And don't worry, for those of you have not provided an email address you will receive a paper ballot in the mail.

The American Psychiatric Association has been losing about 10% of its membership each year for the last few years. SCPS has been doing a little better than the national average. If you are a member who believes in what

we do, please talk to your non-member colleagues and ask them to join. If you are a resident or ECP who believes in what we do, I **strongly** encourage you to recruit your non-member colleagues. It is the future of your profession that we are working so hard to protect.

I think Dr. Solding summed it up extremely well in his first president's column of the year: "What is the value of membership? There are many valuable parts of your APA membership. We have great educational programs. We have opportunities for great social interaction and networking. We have the professional support of one another. We promote the well being of our patients. We work in charitable ways for important programs. We give each others support when we can and through difficult life challenges. We are there for our residents and early career psychiatrists. We work through our organization with many important issues in the legislature. When you add all of this up we are a very cost effective unit."

As always, I welcome hearing from you. Scps2999@earthlink.net

I am honored to be able to work for an organization that I admire so much.

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SKIN DANCE, a mystery, by Art Smukler MD

Arthur Smukler MD, award winning novelist and author of *Chasing Backwards*, *The Man With A Microphone In His Ear*, and the popular blog, *Inside the Mind of a Psychiatrist*, has written a gripping mystery that will keep you obsessively turning the pages.

He takes you inside the mind of Jake Robb, a forty-one year old Los Angeles psychiatrist, whose personal life is disintegrating as he struggles to accept the fact that his marriage is over. After he spends an evening at Skin Dance, a strip bar, his empty life is transformed into one of fear and desperation. An unknown stalker, who vows to destroy him, is following Jake's every move.

From the posh Palos Verdes Peninsula, to the downtown strip bars, to the central California coast, Jake must use all the psychiatric skills he can muster to understand and thwart the unknown assailant.

The suspense mounts as we follow the conflict between a deranged killer determined to destroy his prey and a man with inordinate psychological skills who will do whatever it takes to protect himself and his family.

I finished Skin Dance in one sitting. It is rare for me to read a novel that I can't put down. The tension is unremitting, and you can't wait to turn the page to see what happens next. The characters are fully formed, and you care what happens to them. The protagonist, a psychiatrist is stuck in an obsessional, depressed rut until he sees a malevolent man in a strip bar. The mystery unfolds, the tension increases, and the characters become more real. This novel is so visual, that it could be a movie. Dr. Smukler did a great job. Bravo!

Ed Caine MD, adult and child psychiatrist

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Council Highlights

January 9, 2014

Joseph Simpson, M.D., *Secretary*



The meeting was called to order by Council President Dr. Solderger at 7:01 PM. The December 2013 meeting minutes were approved.

Electronic voting: according to CPA and SCPS attorney Dan Willick, this is allowed under the bylaws of SCPS; however there is an ambiguity in the bylaws. Specifically, one section of the bylaws says that ballots “are to be returned by mail or in person.” To be safe, this should be amended to resolve the ambiguity. Dr. Shaner suggested finding out how other large district branches have dealt with this issue, since the SCPS bylaws are based on APA model bylaws, which are probably used by many or most other DB’s. The potential financial

savings from eliminating mail balloting (except for those few members who choose not to use electronic voting) are significant. The Council resolved to put an amendment to the ambiguous bylaw to a vote of the membership.

Installations and Awards Ceremony: This event is set for April 12th. There are six Annual Award categories. These include: Distinguished Service Award, Outstanding Resident Award, Outstanding Achievement Award, Appreciation Award, Presidential Commendation Award, and Special Awards including Media Awards. All of the categories are for SCPS members except for the Special Awards and Resident Award. The Awards Committee, chaired by Dr. Gross and Dr. Lawrence, is presently soliciting nominations for this year’s awards.

APA Practice Guidelines: New Practice Guidelines for the Psychiatric Evaluation of Adults are open for comment. They can be viewed on the APA website. Comments can be submitted via email (guidelines@psych.org). The comment period ends February 5.

MICRA Ballot Initiative: A ballot measure to change the MICRA statute will likely be on the November 2014 state ballot. Apparently, it will call for mandatory drug testing of all physicians due to concern that 20% of doctors have substance abuse that impairs their performance. In addition, the initiative will seek to raise the cap for damages due to pain and suffering from \$250,000 to \$1.2 million. If this is successful, it could raise psychiatrists’ malpractice premiums up to tenfold, i.e. to something on the order of \$50,000 per year. The reason for the ballot initiative is that all attempts to seek a legislative change since MICRA was passed in 1976 have been unsuccessful. The California Medical Association is active in opposing this measure as is a group called Pro-MICRA.

Membership Committee Report: Given by Dr. Malik. Four members-in-training and two general members were approved by the Council. A request for inactive status from one member was not acted upon for the third consecutive month due to lack of sufficient information.

Treasurer’s Report was given by Dr. Silverman. It was approved by the Council. The report included a review of SCPS’ UBS investments, which have done very well.

Legislative Report: not given.

Program Committee Report: the Psychopharmacology meeting is fully planned. Brochures were recently mailed. 89 people have registered thus far. E-mail reminders are going out. The cost for members was increased by \$25 over last year to \$200.

New Business: Dr. Red suggested that the member benefit of placing classified ads on the SCPS website be publicized more. CPA has requested self-nominations for Member-and-Training Representative on the CPA Council.

Dr. Miles, communicating via e-mail, advised Dr. Solding of a federal plan to modify the Affordable Care Act so that physicians who are not participating in Medicare can no longer have the prescriptions they write paid for by Medicare Part D. Dr. Schaepper and Dr. Miles will collaborate on an action paper for CPA on this topic.

Dr. Schaepper pointed out that four prominent California psychiatrists who were very active contributors in organized psychiatry have died recently: Shakeel Khan of NCPS, Bill Callahan, formerly of OCPS, and Matthew Ross and Barry Friedman of SCPS. Dr. Solding will send letters to NCPS and OCPS. The SCPS members will be remembered in the Newsletter and at the Psychopharmacology Update.

Dr. Lawrence asked about the SCPS office. Mindi advised that negotiations will begin in March, with the plan to get a reduction in the percentage of operating expenses, as well as lowering the rent to the "move-in" price, which will be about 10 cents per square foot less than the current rent.

Dr. Stroman asked about ways to increase membership. Dr. Gales brought up the newsletter in this regard. Dr. Solding suggested appointing an associate editor to work with the current editor.

The meeting was adjourned at 8:40 PM.

SOUTHERN CALIFORNIA PSYCHIATRIC SOCIETY
the Art of Psychiatric Medicine committee
invites you

Project #1: Feared vs. Favored Experience
Medium: waiting room magazine collage
Guest Artist: Fabian Rodriguez



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"Purgiare" (Detail)
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The program starts with **Dr Marvin J. Southard**, Director of the Los Angeles County Department of Mental Health, who will introduce the recipient of the **2014 PER Advocate Award, USC Professor of Psychiatry & Law, Elyn R. Saks, PhD**. Professor Saks is an expert in mental health law, a psychoanalyst and a person with Schizophrenia. Her 2007 autobiography *The Center Cannot Hold* became an award-winning best seller.

This 2014 PER Special Educational Event is co-sponsored by UCLA Department of Psychiatry, UCLA Center for Health Services and Society, and NAMI Westside LA.

Visit the PER Website <www.perfoundation.org> to register, contribute and learn more about the programs and the research that the PER Foundation is supporting. Come join us and bring your friends and family.

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Watch your email inbox for voting instructions on or around February 24, 2014.

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