

PSYCHIATRIST

Volume 61, Number 7

March 2013

Newsletter of the Southern California Psychiatric Society

President's Column

Legislation, DSM-5, and Upcoming Events

Larry Lawrence, M.D.



Hello and welcome to our March Newsletter. The APA meeting is almost upon us. Please make your plans ASAP if you wish to attend. Also, be aware of significant changes in schedule: The opening session has been moved to Saturday afternoon, welcoming Dr. Jeste as our new APA President. The appearance by President Bill Clinton will be on Sunday, 5:30 P.M. - 6:30 P.M.; not on Monday at the convocation. Please make a note of this and discuss with colleagues, as I know many of us cannot attend the entire convention. Many of us are tightly scheduled in presentations and learning sessions, as well as collegial get-togethers. Also, keep in mind the CPA meeting at La Quinta Resort & Club - September 27th – 29th. This is always a beautiful meeting venue, and offers top programs. I hope to see you at both conferences.

The DSM-5 will also be unveiled and available, but to the best of my knowledge can only be purchased, then shipped. There are several other related texts focused on DSM-5, including the *Handbook of Differential Diagnosis*, *DSM-5 Guidebook*, Diagnostic casebooks, etc. You can peruse these at the APA website, but you may wish to first review the DSM-5 to settle on the most useful text for you and your program. Dr. Larry Gross and I will attend a 'Train the Trainers' program at the APA to receive instruction on how to teach the new DSM-5. SCPS will be setting up training dates for those interested, and we hope to make them informative and fun. We will keep you posted as to dates and availability. While the DSM-5 is available as of 5-22-13, several questions arise. Can we start using these codes immediately? This is a good question which requires a mixed answer. The PRITE (Psychiatric Residents-In-Training Exam) may be delayed in switching, based on time to transition and the need to utilize new diagnoses. The same goes for other board exams. The insurance companies, regulatory agencies and courts will also have a transition period, so initially we will need to take direction from these entities. There is also a crosswalk being developed between ICD-9 and DSM-5. We hope to have more specific information after the APA session. So, there is no reason that you cannot use the new information in your practice, but the reality of other agencies utilizing DSM-5 will likely be the determining factor for most clinicians.

The SCPS Installation & Awards program will be held on April 27th at Le Merigot in Santa Monica. All members are invited, but please RSVP to Mindi so that we have a reasonably accurate head count. The program acknowledges our hard working and distinguished members, and the PER Award to resident physicians is a special opportunity to learn about the fine work done by our trainees. This continues to be a program which is local, social and enjoyable, and introduces us to new

(Continued on page 2)

In This Issue...

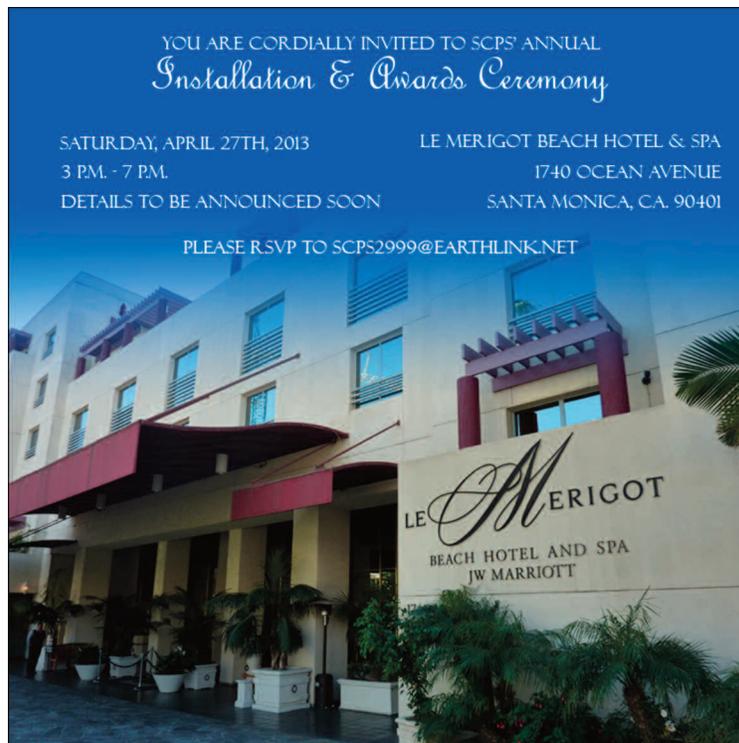
An Evening with Kitty Dukakis	5
Council Highlights	9
Psychopharmacology Update	10

colleagues. As always, it promises to be a highlight of the year.

Legislative bills of interest to psychiatrists include those which would expand Laura's Law, consider outpatient commitments, and utilize Prop. 63 - Mental Health Services Act funds for both voluntary and involuntary patients. It seems clear that Prop. 63 has not solved California's mental health crisis. After the 8 billion dollars generated from the 1% tax on incomes over a million dollars, what do we have: An ever shrinking number of inpatient psychiatric beds and long waits in medical and psychiatric triage settings. While there are fewer clinics across the state - many with growing waiting lists - we must try to find appropriate care settings for mentally ill patients. Federal mandates have moved some of the mentally ill out of the prisons, but active and accessible programs in the community could help keep them out of penal institutions, and help the patients to reintegrate into the community. The term, "transinstitutionalization" has been used to sum up the shift from care in community mental health and hospital settings, to care in penal settings when community support is inadequate or lacking, altogether. Currently, half of the counties in the state do not have an inpatient psychiatric service. We hope consistent and targeted funding can begin to address these shortages.

We will follow these developments carefully and will advocate with our legislators. CPA will be doing just that on March 20th in Sacramento. We will focus on the win-win-win aspect of better care for patients, less cost for treatment than the "incarcerated" alternative, as well as the benefits of prevention. Hope to see you there as well!

Larry Lawrence, M.D.



APA Annual Meeting May 18-22

Moscone Center
San Francisco, CA

for more information:
<http://annualmeeting.psychiatry.org/>

Advertisement



The word describes the populations we serve, our professional colleagues and our own workplace opportunities. It's an exciting and rewarding environment made more so by a stable organization already working towards successful healthcare integration. Join us for professional growth and career options that make a difference in the lives of those who need our help.

The range of opportunities include positions in telepsychiatry, Wellness Centers, crisis resolution, consultation to integrated health/mental health/substance abuse programs, and field capable services, as well as clinics, jail and juvenile justice settings.

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

Roderick Shaner, M.D., Medical Director
Los Angeles County Department of Mental Health
550 South Vermont Avenue
Los Angeles, California 90020
(213) 738-4603

It's Time to Make the Right Choice!

Life is full of many choices, but making the right one is easier than you think. You need the level of expertise that can be measured by 40 years of experience writing Psychiatric Medical Liability Insurance Policies and providing Risk Management strategies. Why not take advantage of the program offered to you by the most prominent associations, the American Psychiatric Association and the American Academy of Child and Adolescent Psychiatry, who have chosen to be represented by the American Professional Agency, Inc.



AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY

WWW.AACAP.ORG

- Superior protection provided by Allied World Assurance Company rated "A" (Excellent) by A.M. Best Company
- Access to a Risk Management Attorney 24 hours daily
- Individual Customer Service provided by our team of underwriters
- Telepsychiatry, ECT coverage and Forensic Psychiatric Services are included
- Interest-Free Quarterly Payments / Credit Cards accepted
- Many Discounts including Claims-Free, New Business and No Surcharge for claims *
- Great Low Rates
- Years in the previous APA-endorsed Psychiatry program count towards tail coverage on our policy
- Fire Damage Legal Liability and Medical Payment coverage included



American Professional Agency, Inc.
www.APAmalpractice.com
(877) 740-1777

* Subject to State Approval

The 2012 SCPS ADVOCATE AWARDEE

Katherine (Kitty) Dukakis

Introductory Comments by Maria T Lymberis, MD,
Past President of SCPS and Founding President of the PER Foundation

As a Greek born American psychiatrist, it is my unique honor to introduce to my friends and colleagues in SCPS, which is my professional home, Kitty Dukakis the 2012 SCPS Advocate Awardee and her husband Michael Dukakis. As both of them are well known public figures, I will highlight only a few aspects. Kitty gives great presentations. She spoke a few years ago in San Diego at the annual meetings of both the Hellenic American Psychiatric Association and at the APA where well over 800 psychiatrists came to hear her. Kitty she has the courage to openly, eloquently and passionately talk & write about her own experiences with mental illness.

Kitty is an inspiration and one of the best examples of what the new American Woman of our times is and can be. Not only is she a wife, mother of three, now adult children, (John, Andrea and Kara) and eight grandchildren but an ex modern dance teacher, a trained social worker with a Master's in Communications, a former Massachusetts First Lady, and a much acclaimed author of two books: *Now You Know*. Simon & Schuster. 1991 detailing her struggles with her alcoholism and in 2006 the book, *Shock: The Healing Power of Electroconvulsive Therapy*, co-written with Larry Tye. Kitty also has a long record of public service that includes among many others, being a founding and current member of the board of the US Holocaust Memorial Museum, an advisory board member of the Mapendo International, (an international refugee organization), the New England Center for Children (a Massachusetts school for autistic children), and the Boston Kitty Dukakis Treatment Center for Women. Clearly her deep commitment to her husband and family is mirrored in her commitment and contributions to multiple activities and organizations that benefit the community at large.

We are especially fortunate to have both Kitty & her husband, the Former Massachusetts Governor Michael Dukakis join us. They are a very special "power couple". In addition to their respective multiple achievements and contributions in both private and public life, they are an inspiring example of how to bridge our inherited differences in this era of American multiculturalism. She a Jew and he a Greek Orthodox Christian have demonstrated the power of love and commitment as they have successfully faced together their life's multiple challenges. This year they are celebrating the 50th anniversary of their union.

Tonight we are honoring Kitty as a stellar, tireless advocate in the struggle to defeat stigma in our field. She is yet another living proof of the reality that with the right psychiatric treatment people can live long productive lives. Their experiences are also a reminder that psychiatric treatment is multimodal, constantly evolving and that it works. We are grateful that both of them have generously agreed to come. We are in for a very special evening.

A presentation given by Kitty Dukakis at the SCPS Event
of January 10th 2013 Council Meeting
by: Sophie Duriez, M.D.

"Dispelling the Common Misconception of Electro Convulsive Therapy"

In an authentic and refreshing way, Mrs. Kitty Dukakis courageously shared her personal experience of many years of struggle with depression and, most importantly, how ECT has saved her life after seventeen years of unsuccessful psychopharmacological and psychotherapeutic interventions.

Former Gov. Michael Dukakis joined his wife to confirm she would not be here today without ECT, yet it

took years before that option treatment was offered to them.

The Dukakises are now, more than ever, dedicated to dispelling the common misconception of ECT. Precisely, Kitty Dukakis talked about the public impact of the entertainment industry in perpetuating the myth that ECT is still one of the most barbaric treatments, such as what was depicted in the worldwide success movie *One Flew Over a Cuckoo's Nest* almost forty years ago*.

Despite success stories such as the one shared by Mrs. Dukakis, ECT is still too often overlooked as a valid treatment option by psychiatrists themselves.

Good news, though: Facts eventually always surface over fantasies. It gives hope to see how powerful public voices, such as the ones of the Dukakises, dare to put an end to the mythical "horror" of shock therapy.

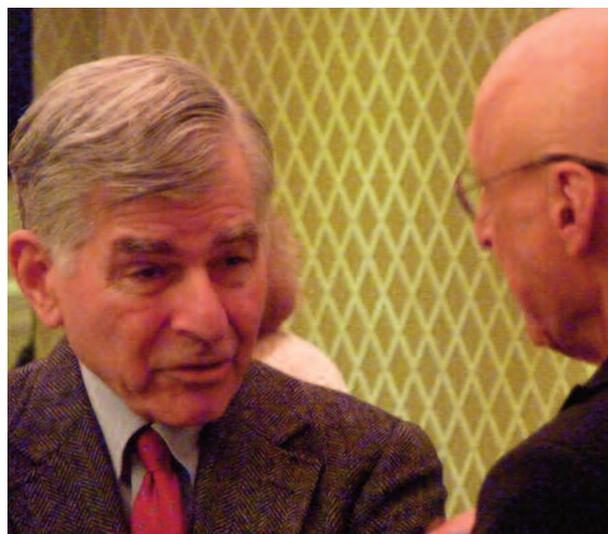
Mrs. Dukakis, your communicating "joie de vivre" is the best New Year's gift you could give us at the SCPS. You and your husband offered us a wonderful and memorable evening: Big thanks to you both!

For information: Kitty Dukakis has first written a memoir "Now You Know" published by Simon and Shuster (1991). Her second book: "Shock: The Healing Power of Electroconvulsive Therapy" Avery (2006) is co-written with Larry Tye.

*For reference per Internet Movie Data Base, IMDB.com, in 1975 this multi academy awarded movie "became the first film in 41 years to sweep the major categories of best picture, director, actor, actress and screenplay."



Mrs. Dukakis speaking



Mr. Dukakis and Rod Shaner, M.D.



Lawrence Gross, M.D., Steve Soldinger, M.D., and Mr. Dukakis



Mrs. Dukakis, Laurie Casaus, M.D., and Anita Red, M.D.



Mr. Dukakis and Mrs. Dukakis with Maria Lymberis, M.D.

HELLENIC AMERICAN PSYCHIATRIC ASSOCIATION 14th ANNUAL HAPA MEETING Tuesday May 21st 2013

IN CONNECTION WITH THE APA 2013 ANNUAL MEETING-San Francisco

Attend the HAPA 14th ANNUAL MEETING on 5/21/13

Time: 6:00PM- 8:00PM

Place: SF Marriott Marquis

HAPA is proud to feature two timely special scientific presentations

“Improving the quality of medical education worldwide:

The contributions of ECFMG and FAIMER”

By

Emmanuel Cassimatis, MD, DLFAPA.

**President & CEO of the Educational Commission for Foreign Medical Graduates, (ECFMG),
Chairman of the Board of the Foundation for the Advancement of International Medical Education, (FAIMER),
Professor of Psychiatry, F. Edward Hébert School of Medicine, USUHS,
HAPA's very own Past President.**

&

“ The Women’s Mental Health Clinic at Eginition Hospital, Athens, Greece: The first ten years “

By

Iannis Zervas MD

**Associate Professor of Psychiatry
Athens University Medical School,
Chief, Women’s Mental Health & Perinatal Psychiatry Clinic,
Eginition Hospital, Athens, Greece**

A Dutch treat dinner at a local restaurant at 8:30PM follows the conclusion of the meeting. **You MUST pre-register to attend both the meeting and the Dutch treat Dinner** by paying your HAPA 2013 dues of \$52.00 for members and \$25.00 for MITs. Note that the annual dues have remained constant since the founding of HAPA in 1999.

You can pay your dues on the HAPA Website www.hellenic-psy.org

thru Paypal or register by email: <maria@lymberis.com> and mail in your dues to Maria T. Lymberis, MD 1500 Montana Av, #201, Santa Monica, CA 90403

For more information about HAPA and for a HAPA Membership Application: visit our website: www.hellenic-psy.org

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

Council Highlights

February 21, 2013

Ijeoma Ijeaku, M.D., *MIT Representative*



The meeting was called to order at 7.09pm by the president, Dr Lawrence.

Action Reports:

The minutes from the last meeting were voted on and all members were in favor.

The President presented copies of letter sent to him by the APA regarding the replacement of the current Area 6 Representative to the APA Nominating Council. Members helped nominate 5 doctors namely Dr Arroyo, Dr Gross, Dr Schaepper, Dr Thurston, and Dr Graff as potential replacements for him. The Council voted to consider all 5 doctors.

An Advocacy Day for CPA is scheduled for 03/20/13 in Sacramento. Dr Thurston made a motion to have the Council approve sponsorship for 4 residents to attend this event in Sacramento. The Council will essentially pay for flight and ground transportation for these residents' trip to Sacramento and have approved a budget of \$1000. The members-in-training representatives and 2 other residents are potential benefactors at this time.

The Installation Ceremony for this year is slated for 04/27/13. Discussions regarding this upcoming event were centered on budget costs and suggestions for increasing attendance to the event. Some of the suggestions for increasing attendance included mailing out the invitations to members' physical addresses, and continuing the involvement of different residency programs through the PER foundation which facilitate the attendance of faculty and residents.

The President presented the Council with a list of The Fellowship and Awards Committee's proposed awardees for this year viz Distinguished Service award to Dr Schaepper, Outstanding Achievement Award to Dr Shaner, Media Award to Sandy Banks of LA Times and special award to HollyRod Foundation and the Atlas Foundation. The Council approved the awardees.

A list of new members was presented to the Council by the committee. The Council voted and accepted the new members.

The Treasurer's Report for January was presented by Dr Silverman. A motion was made by the president to adopt the financial report and this was seconded by Dr Shaner. The Council voted and accepted the report.

The President presented a proposal from the insurance company; PRMS to hold a fully sponsored CME event for SCPS. Discussions among Council members centered on possible conflicts of interest in having an event sponsored by an insurance company that is not an affiliate of APA. The decision was made by the council to explore APA's stance on having PRMS sponsor a SCPS CME event.

The President opened up the conversation about deciding on a venue for monthly Council meetings given the temporary closure of the usual meeting place. Discussions included concerns raised by members of Council regarding availability of adequate parking, and safety in the neighborhood of the current meeting location, as well as budget for monthly meetings. The Council agreed to continue to utilize the current location for the next few months until a better location is found.

The PER report was presented by Dr Silverman. She announced that the foundation would welcome new members who

were interested in joining the foundation. She announced that the foundation had recently donated \$5000 to the Semel Institute and was continuing with the model started last year of presenting awards to one resident from each residency program during the installation ceremony.

The assembly report was presented by Dr Schaepper who reviewed a lot of possible nominations within the APA that are open to members. She also reported that she expected a lot of action papers to be released/published soon including issues related to gun control and social media influences.

The legislative report was presented by Dr Thurston. He reported that a new legislation for gun control was likely to be in effect soon.

The President reported that the program committee will review details of possible DSM trainings and present to recommendations to Council. One of the potential areas of interest among Council members was the possibility of charging for these trainings.

Dr Shaner reported that a possible spot bill for 5150 might happen soon regarding public psychiatry.

The meeting was adjourned by 9.11pm by the President.

SCPS held its premiere annual Psychopharmacology Update on January 26, 2013. Murray Stein, M.D., spoke on PTSD. Carole Edelstein, M.D., spoke on Eating Disorders. Jamie Feusner, M.D., spoke on Anxiety Disorders. Elinore McCance-Katz, M.D., spoke on Opioids and Benzodiazepines. Stuart Yudofsky, M.D., spoke on Aggression and Agitation. Here are photos from the event.



Murray Stein, M.D.



Carole Edelstein, M.D.



Jamie Feusner, M.D.



Elinore McCance-Katz, M.D.



Stuart Yudofsky, M.D.



Thank you to those who attended our meeting!

CLASSIFIED ADVERTISEMENTS

Position Available

Part-Time Associate Medical Director Wanted

Magellan Behavior Health is seeking a board certified psychiatrist to serve as a part-time Associate Medical Director in our California Care Management Center (CMC). Associate Medical Directors play a critical role in our CMC by providing utilization management and have a direct impact the care of patients in the region. Past experience with utilization management is preferred but not required. Experience with eating disorders and/or child psychiatry is a plus but not

mandatory. Psychiatrists interested in exploring this opportunity should contact Kevin Palisi at (860) 507-1955 or email kjpalisi@magellanhealth.com. Apply online at <http://www.magellanhealth.com>.

Space Available

Santa Monica/WLA - Prestigious, Elegant Psychotherapy office in Friendly Psychotherapy suite on Wilshire Blvd. Ocean View, Kitchen. Great parking. Easy Access. Individual AC. Excellent Sound Proofing. Spe-

cial Offer! \$1100 F/T per month...Call now for details.
Carol 310-365-8717.

Santa Monica/WLA - Prestigious, Elegant Psychotherapy office in Friendly Psychotherapy suite on Wilshire Blvd. Ocean View, Kitchen. Great parking. Easy Access. Individual AC. Excellent Sound Proofing. Special Offer! \$800 P/T per month...Call now for details. Dana 310-828-5254.

Palos Verdes – Part-time office space for rent in successful psychology private practice. Beautiful corner office in a two-office suite with wait room, kitchen, chart room and office assistant. Available 2 to 2-1/2 days/week. Located in medical office building. Walking distance to schools, shops, and restaurants. Call 310-722-0902.

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)
..... Ijeoma Ijeaku, 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.socalpsych.org

© Copyright 2013 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.