

PSYCHIATRIST

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Newsletter of the Southern California Psychiatric Society

President's Column

Congratulations to Our Awardees

Larry Lawrence, M.D.



Hello and welcome to the SCPS May Newsletter. The APA meeting is around the corner. I hope you can attend, and I hope to see you there. CPA will be putting on a meeting at an excellent venue in September at La Quinta. Please put it on your calendar. Interest in DSM-5 is high, and there are two upcoming events to bring us up to speed. One hosted by San Diego Psychiatric Society and the APA will be presented June 8th and 9th. SCPS program committee will also host a DSM-5 program on June 15th in Los Angeles. Mindi is reporting a high level of interest.

We had a lovely get together on Saturday April 27th for our annual Awards and Installation Ceremony. We had a nice turnout with approximately 70 people in attendance. I always appreciate this meeting as it gives us a chance to reflect on the accomplishments of the year, provide awards to a select few individuals, and acknowledge all those who contribute to making the society run, and run well.

PER added a new award category three years ago: The PER Foundation - Excellence in Psychiatric Education Award. This award was presented for outstanding achievements by psychiatric residents. The first year, this award went to one of several deserving candidates. That did not feel quite right, so last year we opened the awards to one awardee selected by each residency director and approved by our awards committee. This went over very well last year - with awardees from several programs in attendance with their families and residency directors.

This year the outstanding residents and their families and friends were our guests at the awards ceremony. They were given an honorarium and were presented to our membership at the meeting as awardees. Dr. Lawrence Gross and Dr. Maria Lymberis gave an excellent presentation, addressing the character and special qualities found in our nominees. We also added another dimension, with the individual awards being presented at the residents' own end-of-year annual programs and graduation ceremonies. This affords them the opportunity to receive the PER award, and underscores their leadership, service and innovative solutions to providing education, care, programs and service to the community.

Our PER awardees include **Dr. Esther Oh** from the Harbor-UCLA program. In addition to serving as co-chief resident, she has presented lectures on cultural competence and set up educational programs for the Asian community. She has given lectures on eating disorders in the Asian population, and has written a monthly newsletter for KoreAm - a Korean American magazine. At the APA IPS meeting she participated in a workshop on spirituality and psychiatry.

From the UCLA Semel Institute our awardee is **Dr. Jennifer Kruse**. In addition to serving as chief resident, she has revamped the Consult Liason program, enhancing the core lecture series, adding noon time conferences, and setting up more interaction and educational opportunities for medical students and second year residents. She has a long list of educational, research, and clinical involvement.

The Loma Linda University awardee is **Dr. David Puder**. David has enhanced participation in the LLMC Journal Club

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and has presented multiple grand rounds. He is on the Religion and Psychiatry Committee, presenting this year on 'Spiritual Coping and Mortality in Hospitalized Patients.' David is the author of the book, "My Life, My Power" which he co-wrote with his brother. It emphasizes the need to address issues of bullying, abuse, drug abuse and teen suicide. It is currently used in dozens of junior high and high school curriculums.

From the Keck School of Medicine of USC, our awardee is **Dr. Bryan Chamberlain**. As chief resident at the Adult Outpatient Psychiatric Clinic, he has demonstrated leadership, patient care and teaching. Bryan developed an elective course in human sexuality, and has been a dedicated member of the medical school offices for Recruitment Retention and Minority Affairs. Bryan has won his departmental award for excellence in two years of his training. He has also set up a program to monitor metabolic side effects of psychotropic medications. He has been active in NAMI Walks and highly involved in recruiting for the USC residency program.

Our awardee from the UCLA San Fernando Valley Program is **Dr. Sahar Doueck**. Dr. Doueck has served as Educational Chief Resident in her PGY 4 year, and has organized teaching cases for medical students and resident physicians. She has also established morbidity and mortality rounds for her program. Dr. Doueck has served on hospital committees including Safety, Peer Review, and Graduate Medical Education.

This is a remarkably talented, motivated, educated and involved group of young professionals. Congratulations to all the PER awardees, their families and loved ones. They have much to be proud of!

This years' SCPS awards were presented to **Dr. Roderick Shaner, Dr. Mary Ann Schaepper, Ms. Sandy Banks, and Dr. Robert Cooper**.

The award for Outstanding Leadership went to Dr. Roderick Shaner. The inscription read: 'In recognition of your sustained leadership as Medical Director of the Los Angeles County Department of Mental Health and your strong advocacy for public psychiatry at the local, state and national levels.'

The award for Distinguished Service went to Dr. Mary Ann Schaepper. The inscription read: 'In recognition of your work at the local, state and national level for the SCPS, CPA and APA; and for your energy and enthusiasm for training future psychiatrists.'

The Media Award went to L.A. Times journalist, Ms. Sandy Banks. The inscription read: 'In recognition of your powerful use of the written word to highlight our humanity - similarities, differences, and the intersection between individuals and society.' Ms. Banks spoke following her award, presenting her own story and how she came to address important issues in her life. Her comments were amusing, empathetic and inspiring, and quite well received.

The President's Award went to Dr Robert Cooper. The inscription read: 'In recognition of your lifetime contribution to the psychiatric education of medical students and psychiatric residents in the SCPS district.'

Thanks to all who attended, and all of our SCPS members. You all make these good things happen. Thanks as well to our awardees. To a large extent they are well known to most of us because they are so involved in so many activities. Thanks go out to them for their efforts, accomplishments and inspiration!

This is my last newsletter as president of SCPS. It has been an honor and privilege to serve. As I remain on Council for three more years, I will see you at the next Council meeting.

Thanks to our committee members, our officers and councillors, our former presidents, and especially to Mindi and Tim, who do such a fine job for this organization.

Regards,
Larry Lawrence, M.D.

Letter from the Editor

NAMIWalks Again

Colleen Copelan, M.D.



As usual, Ventura County kicked off the 2013 Southern California NamiWalk season, on May 4--just 2 days after we kicked off the Southern California fire season with the Camarillo Springs Fire.

As usual, it was the biggest and best Walk ever! Nearly 1200 walkers showed up--despite disruption due to the Springs Fire--and fundraising may have exceeded the goal \$125,000 by some 20%! NAMIWalk Ventura County has grow steadily over the years and always attracts community leaders.

Not so usual, our Behavioral Health Department Director, Melanie Roy, sang Amazing Grace--a capella! Top that, Southern California!

As usual, SCPS is a proud supporter of Ventura County NAMIWalks and all the local Walks for the National Association on Mental Illness. cocopelan@aol.com



The annual Installation and Awards Ceremony was held on April 27, 2013 at Le Merigot Beach Hotel. Thanks to everyone who attended and participated. Here are some photos highlighting the days events.



Lawrence Gross, M.D., presents Special Media Award to Sandy Banks, LA Times Columnist.



Sandy Banks, LA Times Columnist, accepting her award.



Roderick Shaner, M.D., accepting the Outstanding Achievement Award.



Larry Lawrence, M.D., presents the Distinguished Service Award to Mary Ann Schaepper, M.D.



Mary Ann Schaepper, M.D., accepting her award.



Lawrence Gross, M.D. and Maria Lymberis, M.D. present the PER Awards.



Steve Soldinger, M.D. presents outgoing President's Certificate to Larry Lawrence, M.D.



Steve Soldinger, M.D., installed as President for the 2013-2014 term.



David Fogelson, M.D., incoming President-elect.



An appreciative audience.



Drs. Isabel Lagamasino, Marcia Goin, Anita Red, Devin Stroman and Dr. Stroman's brother Brandon Stroman.

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Treatment of Alcohol Use Disorders

Alcohol use disorders (AUDs) are an important cause of morbidity and mortality in the United States and worldwide, and include hazardous/harmful use of alcohol, alcohol abuse, and alcohol dependence.

In their daily practice of medicine, physicians of many specialties, especially psychiatrists and family physicians see patients with alcohol use disorders, affecting not only their daily functioning but any co-morbid psychiatric and other medical illness. When these patients are identified appropriately, the primary treatment option has historically consisted of a referral to Alcoholics Anonymous, but with the US Food and Drug Administration's (FDA) approval of medications in the treatment of AUDs, pharmacotherapy has also become an option.

Two members of the Department of Psychiatry and Neurobehavioral Sciences at the University of Virginia, Dr. Nassima Ait-Daoud and Dr. Caridad Ponce Martinez, have set out to explore physician's perspectives on the use of medications in the treatment of AUDs. They have designed a short (less than 5 minutes in length), anonymous survey, to assess whether physicians have used medications in the treatment of AUDs, and what their experiences have been with these medications. The survey has been sent out to both psychiatrists and primary care physicians around the country. The Southern California Psychiatric Society has been invited to participate in this survey, and interested physicians can complete it by accessing the following link:

<https://www.surveymonkey.com/s/AUDtx>

This research study is approved by the University of Virginia Institutional Review Board (IRB-HSR #16563). No individual, identifiable information will be collected, and the responses offered will be used only for this project.

Participating physicians will also have the option to enter a raffle to win an iPad or a 1-year membership to the American Society of Addiction Medicine (ASAM).

Any questions about the research project or participation in the survey can be addressed to one of the study's investigators, Dr. Caridad Ponce, at cponce@virginia.edu.

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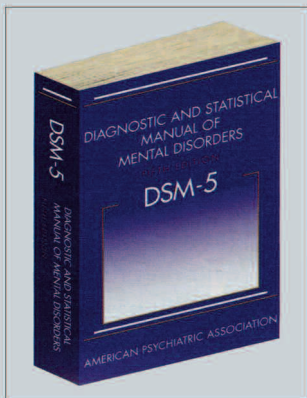
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SCPS DSM-5 Training

a 5-Hour CME Course teaching practical application of the new DSM-5

Saturday, June 15, 2013

8:30 A.M. - 3:30 P.M.

The Olympic Collection
11301 Olympic Blvd
Los Angeles, CA 90064



SCPS DSM-5 Training-Practical Application

Breakfast will be served.

Online Registration is now open Via Paypal:

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

Announcing a 5-hour CME course teaching practical application of the new DSM 5, which will be released in May 2013.

Our Speakers will be:

David Fogelson, M.D., Lawrence Gross, M.D., Larry Lawrence, M.D., Mary Ann Schaepper, M.D., Steve Soldinger, M.D.

Diagnostic categories to be announced. More details to follow in the near future.

Registration:

SCPS Member – \$100, NON-SCPS Member – \$125

SCPS Resident – \$20, Non-SCPS Resident – \$30

More information at:

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

Continuing Education

The Southern California Psychiatric Society is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. The Southern California Psychiatric Society takes responsibility for the content, quality and scientific integrity of this CME activity.

The Southern California Psychiatric Society designates this educational activity for a maximum of 5 *AMA PRA Category I Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education.

Council Highlights

April 11, 2013

Sophie Duriez, M.D., *Secretary*



The meeting was called to order on time by Dr. Lawrence, President.

The minutes from the last meeting were reviewed by Dr. Lawrence and a motion was made to accept the previous March Council minutes with the correction that only Dr. Thurston's name was sent to CPA as a candidate for the Area VI representative to the APA Nominating Committee. All voted in favor, and none opposed.

Dr. Lawrence first addressed the Council Venue Follow-up and Caffé Roma in Beverly Hills was suggested by Mindi and Dr. Duriez. The menu and deal were discussed. A motion was made to approve the new venue location of Caffé Roma. All voted in favor, and none opposed.

NAMI June dinner was addressed, it will be happening at Billingley's as NAMI has already been invited to that location.

Dr. Lawrence reminded the Council that the Installation Ceremony was taking place on 04/27/13. The awardees attendance to the Installation Ceremony includes Sandy Banks, L.A. Times Columnist, Roderick Shaner, M.D., DMH Medical Director, SCPS past President, Council Member & West LA Councilor, Mary Ann Schaepper, M.D., Psychiatry Residency Director at Loma Linda University Medical Center, SCPS past President & Assembly Representative, and more awardees, including PER Foundation Outstanding Residents.

Dr. Lawrence reminded the dates of the APA Annual Conference taking place in San Francisco this year from May 18th to May 22nd. A reminder was also given regarding the 2013 California Psychiatric Association 26th Annual Premier Conference taking place September 27th to September 29th in La Quinta at La Quinta Resort and Club.

The San Diego DSM V Meeting was addressed and a SCPS meeting on the DSM 5 changes for changes was discussed. The APA will grant up to \$2500 to DBs for DSM V training and another or MOC. DSM V changes include Asperger's Autistic Disorder gone in favor of Autism Spectrum Disorders. Details regarding registration for the SCPS DSM-5 Training that is taking place on Saturday, June 15th at the Olympic Collection will be emailed.

USC Residency has requested sponsorship for \$500 for their Residency program. A motion was made to approve the USC request, all voted in favor, and none opposed.

Dr. Solding presented the election results. Dr. Solding presented recommendations of the Membership Committee. A motion was made to approve the Membership Committee recommendations, all voted in favor, and none opposed.

From the CPA meeting, Dr. Solding reported that a class action lawsuit related to mental health claim denials and violation of applicable parity laws has been filed against United Health Group. United is criticized for using automated math models that systematically deny and impose unjustifiable restrictions on mental health care and result in some doctors being paid less than Medicare rates in the U.S.

Dr. Forgey (over the phone) gave her treasurer's report with the March financials, cash on hand, and 2012 tax return. A motion was made to accept the treasurer's report and tax return. All voted in favor, none opposed.

Dr. Silverman gave the Program Committee report and reported that SCPS was awarded another 4 years accreditation. The SCPS DSM 5 training was discussed.

There was no new business to discuss and for the old business, Dr. Lawrence gave a summary review of Council members' COI disclosure statements. After having asked if there were further questions or issues, Dr. Lawrence adjourned the April 2013 Council Meeting.

Election Results

David Fogelson, M.D. - President-elect

Joseph Simpson, M.D. - Secretary

Sophie Duriez, M.D. - Treasurer-elect

Dharmesh Sheth, M.D. - LA South Councillor

Benjamin Woo, M.D. - San Fernando Valley Councillor

Steven Horwitz, M.D. - San Gabriel Valley/East LA Councillor

Mary Read, M.D. - South Bay Councillor

Marcy Forgey, M.D. - West LA Councillor

Michael Gales, M.D. - West LA Councillor

Arsalan Malik, M.D. - ECP Deputy Representative

Devin Stroman, M.D. - MIT Representative

Rebecca Van Horn, M.D. - MIT Representative

Lawrence Gross, M.D. - APA Assembly Representative

APA Answers Insurance-Related Questions About DSM-5

On April 15th, APA posted questions and answers regarding the insurance implications of DSM-5. One frequent question, for example, is: When can DSM-5 be used for insurance purposes? The answer is the following: "Since DSM-5 is completely compatible with the HIPAA-approved ICD-9-CM coding system now in use by insurance companies, the revised criteria for mental disorders can be used immediately for diagnosing mental disorders when it is released in May 2013. However, the change in format from a multiaxial system in DSM-IV-TR may result in a brief delay while insurance companies update their claim forms and reporting procedures to accommodate DSM-5 changes."

Another common question is: How are DSM-5 and ICD related? Here is the answer: "DSM-5 and the ICD should be thought of as companion publications. DSM-5 contains the most up-to-date criteria for diagnosing mental disorders, along with extensive descriptive text, providing a common language for clinicians to communicate about their patients. The ICD contains the code numbers used in DSM-5 and all of medicine, needed for insurance reimbursement and for monitoring of morbidity and mortality statistics by national and international health agencies..."

Yet a third frequent inquiry is: Can clinicians continue to use the DSM-IV-TR diagnostic criteria? The answer is: "Clinicians may use DSM-5 in their practices starting in May, when the manual is released. However, there may be brief delays while insurance companies update their claim forms and reporting procedures to accommodate DSM-5 changes, and clinicians should use DSM-IV-TR diagnoses and codes when required by a specific company. Transition details are still being developed with CDC-NCHS, CMS, and private insurance agencies. APA is working with these groups with the expectation that a transition to DSM-5 by the insurance industry can be made by December 31, 2013."

To read all the questions and answers that have been posted on the subject, visit <http://www.psychiatry.org/File%20Library/Practice/DSM/DSM-5/Insurance-Implications-of-DSM-5.pdf>.

For previous news alerts, <http://alert.psychiatricnews.org/>.

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 Roderick Shaner, M.D., Medical Director
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 San Gabriel Valley/Los Angeles-East Hanumantah Damerla, M.D. (2015)
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