

PSYCHIATRIST

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Newsletter of the Southern California Psychiatric Society

President's Column

Engage 2014! NAMIWalks, & Flu Shots!

David Fogelson, M.D.



Two critical programs are underway over the next two months , Engage 2014, an initiative by the APA's Department of Governmental Relations, and the National Association for Mental Illness (NAMI) West Los Angeles Walk. The purposes of these programs dovetail with one another. They support providing services to the most needy mentally ill. Engage 2014 is designed to lobby our congressional representatives to support payment equity under Medicaid. This is to insure that mental health and neurological services will be covered by Medicaid

and thereby provide care to our most vulnerable and disenfranchised patients. NAMIWalks raise funds that provide educational and counseling services to these patients and their families and advocate for improving their treatment in the mental health system. I invite you to read what the APA and NAMI have to say about engage 2014 and the West Los Angeles NAMIWalk. SCPS will have a booth at the NAMI walk and I encourage you to walk as part of the SCPS Team.

Engage 2014 website can be viewed at:
<http://www.psychiatry.org/engage2014>



For the next three months, until Election Day, APA's Department of Government Relations will be operating **Engage 2014**— a grassroots campaign designed to encourage our members to advocate on behalf of the mental health community as well as increase participation in grassroots efforts among the APA membership as a whole.

Many members of the House and Senate are vigilant about tracking constituents' views and incorporating those views into their decision-making. By taking advantage of this opportunity to educate lawmakers and raising awareness about our

(Continued on page 2)

In This Issue...	
Letter from the Editor	4
CPA Annual Meeting in Yosemite	5
Life as a Song	7
Council Highlights	10

policy issues we are increasing the chances that our voices will be heard.

In the coming weeks, APA will be engaging its leaders and advocates in order to achieve payment equity under Medicaid. To learn more about this issue, [click here](#) to read a letter APA sent to Congressional leadership in June. As plans for a post-election “lame duck” session of Congress solidify, this page will be updated with more ways for YOU to get involved.

We must speak so that our representatives in Congress will have a better chance of making sure their actions reflect our views and that of our patients.

How to Participate

[Schedule a meeting with your representative](#) This can be the most beneficial way to discuss mental health with a lawmaker. [Click here](#) for scheduling tips and talking points for a meeting with your member of Congress. Please email advocacy@psych.org to schedule a meeting with your representative’s district office nearest you.

[Attend a town hall meeting or meet and greet event](#) Attending a town hall is a great way to get an issue on a lawmaker’s radar while also alerting the public to psychiatry’s legislative priorities. [Click here](#) for more information on attending a town hall or meet and greet.

[Attend a political fundraiser](#) Political activism is another important part of APA’s advocacy efforts. [Click here](#) for information on attending a political fundraiser for a candidate in your state.

[Call or send your representative an electronic message](#) This is the easiest way to get involved. To send a message to your representative about mental health care reform, [click here](#).

[Contribute to APAPAC](#) APAPAC is psychiatry’s bipartisan voice on Capitol Hill. If you are a U.S. resident member of APA [click here](#) to contribute. You will need to login to the APA website in order to complete this process. **Contributions to APAPAC are voluntary and not deductible for tax purposes. Only U.S. residents or green card-holding members of the APA may contribute.*

Encourage Others to Get Involved

We invite you to share this web link and to encourage your colleagues to [subscribe](#) to the **Engage 2014** newsletter providing weekly of updates of congressional events in your district.

The West Los Angeles NAMI Walk

Save the Date: October 11, 2014

Please join us this year for our NAMI Walks in Los Angeles at the Grand Park to help spread mental health awareness and to fight stigma!

Last year more than 3,000 people participated in NAMI Walks; NAMI Westside LA raised more than \$95,000! NAMI Walks LA County raised more than \$380,000, which will help fund all of the FREE services that NAMI affiliates offer their communities!

Get involved with NAMI Walks

Participant Information- There is no registration fee for the Walk. All participants are encouraged to collect donations from family members, friends, co-workers and business associates. All walkers raising \$100 or more receive a NAMIWalks event t-shirt.

Create Walk Teams and Participation- Companies, organizations and families are encouraged to organize teams of walkers made up of employees, organization members, relatives and friends.

To register as a participant or for a team, please visit www.namiwalks.org/losangelescounty.

Try our Free NAMIWalks App

Have a Smartphone? Fundraising and managing your fundraising page is easy on our new fundraising app. Available on the app store and android app on google play. This app is free to download. Registration in a NAMI Walk is also required. Register today by visiting www.namiwalks.org/losangelescounty.

Summer has come and gone and we are enjoying the cooler evenings and mornings of autumn. Can flu season be just around the corner? A fascinating article in the American Journal of Psychiatry suggests we should pay attention to the flu for it may increase the risk for schizophrenia in the offspring of mothers exposed to the virus during mid gestation. A surrogate for infection is C-reactive protein elevation in the mothers during pregnancy. Canetta et.al. in the September issue of the American Journal of Psychiatry demonstrate that C-Reactive Protein (CRP), when elevated in maternal serum, increases the risk for Schizophrenia. This finding provides the most robust evidence to date that maternal inflammation may play a significant role in schizophrenia. This may open a window to preventive strategies for schizophrenia and novel treatments.

How are we to help prevent schizophrenia if a major etiological factor is inflammation? Should we be promoting flu shots? The probability is that the risk for inflammation is much broader than simple infection. Many factors may raise C-reactive protein: psychosocial stress, early childhood adversity, autoimmune disorders, to name a few. Our role is to provide comprehensive psychiatric treatment to expectant mothers that will help minimize these factors.

Enjoy the rituals of fall: Halloween, football, the World Series. Thank you for all the work you do for your patients.

Hello Members!

The 2015 dues invoices were emailed beginning September 15th. Thank you to those members who have already made payment.

You may have noticed that there was a dues increase for 2015 of 11%. For the past several years SCPS has been ending the year 'in the red' and has been borrowing from its reserves. SCPS' liquid reserves have dwindled. Before the decision was made to raise the dues, the Council reviewed the budget and determined that there are no additional expenses that can be cut. SCPS has been making cuts along the way including negotiating a lower lease on our office.

Hopefully you will continue to believe in the importance of the organization and appreciate the benefits you receive. The SCPS Council, committees, and staff work hard to protect the profession of psychiatry and your patients. In addition to premier CME and the many networking opportunities that SCPS offers, there is a great deal of work that SCPS does 'behind the scenes.' SCPS supports its residents through contributions to the local psychiatric training programs. SCPS supports NAMI at their NAMIWalks and through collaboration on issues of common interest.

SCPS is a valuable asset waiting for you to tap into it. Contact us if you have an interest in joining a committee or if we may assist you with any of your professional concerns.

Letter from the Editor

Special Words

Colleen Copelan, M.D.



When I was a little girl, my friends and I would pick special words to identify ourselves and who could come and go in our special places. I never forgot any these special words. I never had to resort to answering personal questions to retrieve or reset my special word. Life was easy.

Nothing prepared me for upgrading my cell phone in the Digital Age.

For starters, I was unable to trade in my old phone because I couldn't remember, find, retrieve or reset all the special words that unlocked all the digits that needed to be expunged before the phone could be re-sold in some third-world country.

Then, when I started using my new phone, none of my websites recognized me. They all wanted their own special words!

I have zillions of words but I was speechless. Locked out of my own email--and most of my special places.

The cellphone salesgirl told me she just doesn't use passwords any more. She just gave up on privacy. Not my type of trade-off. And of course, I'm constrained by HIPAA. So it's retrieve and reset for me, and another trip to the Apple store. cocopelan@aol.com

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The Los Angeles County Department of Mental Health is seeking dedicated psychiatrists to join our multi-disciplinary treatment teams. Our Department is part of a dynamic healthcare system that is rapidly evolving to meet the needs of the largest county in the United States. National healthcare reform and California's innovative Mental Health Services Act have provided us with the resources to create cutting-edge programs and technologies. The Department of Mental Health serves a culturally diverse population of all ages and offers opportunities for career advancement and a wide range of work settings.

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Roderick Shaner, M.D.
Medical Director
Los Angeles Department of Mental Health
550 S. Vermont Avenue, 12th Floor
Los Angeles, CA 90020

California Psychiatric Association Annual Meeting in Yosemite

The annual CPA meeting was held in Yosemite the weekend of September 19-21. Yosemite is the perfect location to combine business, science, camaraderie, and nature. This was also the last annual meeting with Barbara Gard as CPA's Executive Director. Barbara is retiring after 26 years of dedicated service to CPA.



Barbara Gard, CPA Executive Director



William Arroyo, M.D., CPA President-elect



Residents from the new Psychiatric residency training program at UCI



Attendees enjoying the reception



Attendees enjoying the reception



Mindi Thelen and SCPS President, David Fogelson, enjoying the Mariposa Grove.

It's Time to Make the Right Choice!

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The Art of Psychiatric Medicine Committee held its second event, Life as a Song, on September 28th, at the home of Michelle Furuta, M.D. SCPS members created an improvisational piece of music and then adapted song lyrics to represent their own experience and performed the song together.





Save the Date!!
SCPS Women's Brunch
Saturday, November 1st, 2014
11a.m. - 2p.m.
Pasadena, California

Guest Speaker: Dr. Lois Frankel
<http://www.drloisfrankel.com/>

Space is limited. More details to follow!

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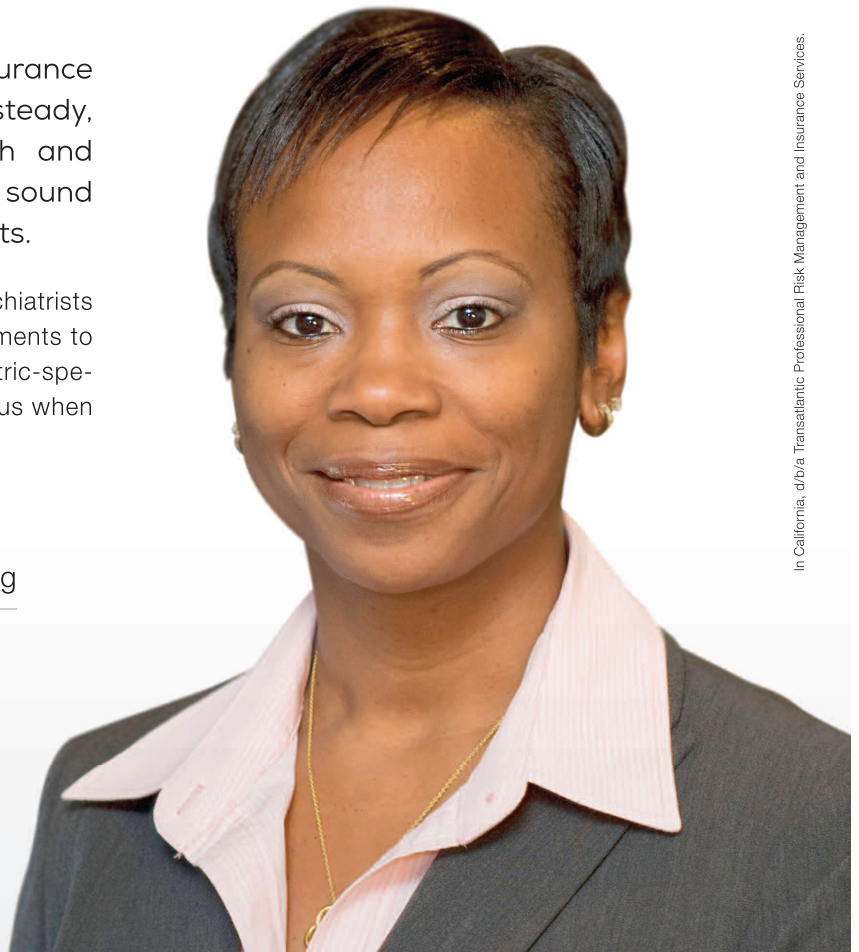
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Council Highlights

September 11 2014

Erick Cheung, M.D., *Secretary*



The meeting was called to order by Dr. Fogelson at 7:07PM.

Minutes from the 3/13/14 meeting were approved by council.

President's Report (Dr. David Fogelson):

Discussed funding support of CPPPH, the organization that provides education resources and services for impaired physicians. The CA Medical Board has no current "diversion" program. Council discussed the current low probability/un-likelihood of state-based diversion program being re-instated. Council discussed the SCPS budget. A motion was made to provide \$2500 in support, and was seconded. Following further discussion the motion was tabled in favor of obtaining further information from the CPPPH before committing to funding.

Council approved \$500.00 in support of the UCLA Child Psychiatry Fellowship Retreat.

Discussed potential move of APA dues to March 31. A motion was made and seconded to support of the APA's proposed change to March 31.

A motion was made, seconded and approved to nominate David Fogelson to the CPA nominating committee.

A motion was made, seconded and approved to support and cover the registration fee of \$100, for select residents and medical students to attend the CPA meeting in Tenaya Lodge.

An announcement was made to encourage attendance at the NAMI walk on 10/25/14 at Grand Park.

Council discussed the protection of SCPS website and newsletter materials.

President Elect's Report (Dr. Heather Silverman)

Reported on CPA Council meeting including: parity enforcement and new legal precedent broadly defining mental health parity, changes in CPA administration, CPA website, HIPPA educational materials,

Membership Report: The following individuals were recommended for approval to join APA membership:

New MIT: Kiyomi Ameriks, Eric Chaghoury, Janet Charoensook, Carlos Fernandez, Irina Filip, Jared Gorusch, Cheryl Hendricks, Julia Hoang, Michael Lee, Uchenna Okoye, Shalin Patel, Piotr Pelc, Angela Sureen, Kara Tabor-Fumark, Amy Woods, Lavanya Wusirika.

Reinstate general members: Bushra Akber, Kaney Fedovskiy, Jungku Lee, Brian Taylor, Alexander Young.

One dues waiver was granted.

A motion was made to accept the membership committee's recommendations, seconded, and approved.

Treasurer's Report (Dr. Red): A review of current financial status of the organization was presented. A motion was made, seconded, and approved to accept the treasurer's report. A motion was made, seconded, and approved to increase 2015 dues by 9% over current rates. Further discussion ensued. A motion was made, seconded, and approved to increase 2015 dues by 11% over the current rates.

Legislative Report (Dr. Read): Formulary issues in LA county were discussed. Council discussed the current status of Laura's Law.

Program Committee Report (Dr. Michael Gales): Provided an update on the annual psychopharmacology update. Discussed potential opportunities for future meetings.

New Business: An announcement was made that Helen Wolff, MD passed away on 9/8/14.

Old Business: none

The meeting was adjourned by Dr. Fogelson at 9:35 PM.

**Save the Date
January 31, 2015
Psychopharmacology Update 26**

**Speakers:
Joseph Goldberg, M.D.
Paul Summergrad, M.D.
Gerald Maguire, M.D.
Itai Danovitch, M.D.
Joel Yager, M.D.**

More details to follow very soon!

SpaceAvailable

Newly remodeled spacious office spaces are available, full time or part time, in an office bldg on Wilshire (Westwood area) as part of established psychiatry/psychology suite. Walking distance to UCLA. Offices are 190 sq. ft., have big windows with views of Los Angeles and the mountains, two waiting rooms, reception area, convenient parking and security. Rent is \$1600/month. If interested please contact 310.208.7144

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