



SCPS Newsletter - SOUTHERN CALIFORNIA PSYCHIATRIST

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President's Column: A Year of Advocacy, Community, and Gratitude

by Galya Rees, MD

Dear SCPS Members,

It has been one of the greatest honors of my professional life to serve as SCPS president in the past year. Thank you, sincerely, for your support, your trust, and your dedication to our patients and our profession.

Advocacy

SCPS remained deeply engaged in psychiatric advocacy in California and beyond over the past year. We transformed the expertise of our SCPS members into numerous CSAP-sponsored bills that we hope will lead to stronger mental health policy statewide. This work was orchestrated through several SCPS committees—fine-tuned by our Government Affairs Committee and Council—then further refined at CSAP with the guidance of our lobbyists and the brilliant representatives from all California DBs. Together, we collaborated with legislators to develop the bills now under review in Sacramento. A special shoutout goes to Dr. Emily Wood, who has been testifying on these bills in Sacramento.

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Social Media Coverage of Mental Health

Topics, Like or Dislike?

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by Matthew Markis, MD



A growing body of research has explored the effects of social media on our youth, but one area that deserves attention is how social media coverage of mental health issues can have an impact. Social media has evolved from a space for casual updates and staying connected to family, friends and acquaintances into a powerful platform for advocacy, information and awareness. One of the most significant cultural shifts is the increasing visibility of mental health conversations online. From personal testimonies on anxiety and depression to infographics shared across platforms like Instagram, TikTok, and X, mental health is no longer a taboo topic it once was—but that visibility comes with both advantages and disadvantages.

Before diving into the effects of social media, it is important to understand just how widespread its use has become. Approximately 95% of high school aged youths use a social media platform, with about 20% reporting “almost constant” use. A Gallup survey of 1,500 adolescents showed that the average teen spends approximately 4.8 hours per day on social media, and over 97% of adolescents and young adults aged 12 to 21 with psychotic or mood disorders reported using social media, averaging more than 2.5 hours daily. Despite many teens acknowledging they spend too much time on social media, they have difficulty cutting back for reasons we understand all too well.

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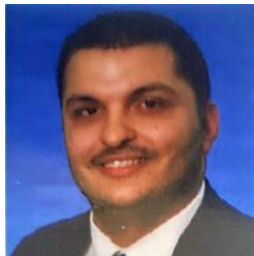
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A Healthy Transition to a Modern Society Dominated by Technology

by Luis Bautista, MD

In today's world, it's common for everyone over 12 to own a mobile device and use social media platforms like Facebook, Instagram, X, TikTok, and Snapchat. Studies show that 99% of Americans with smart devices use social media, with 78% accessing it primarily from their phones. On average, Americans spend 2 hours and 23 minutes daily on social media and over 3 hours on their phones, totaling more than 40 days per year. In contrast, they spend only about 20 minutes being physically active each day.

In primary care settings, lack of exercise is a frequent concern across all age groups. Patients often cite lack of time, financial constraints, or low motivation as barriers. While some reasons may be valid, the data suggests time is not the primary issue. This article aims to provide nonjudgmental guidance and practical solutions to help individuals, particularly adolescents and young adults, incorporate more physical activity into their daily routines.

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'6 Schizophrenic Brothers'

by Lloyd Lee, DO

Last year, MAX released the limited docuseries 'Six Schizophrenic Brothers' which tells the story of the Galvin family from Colorado Springs, Colorado. As the title states, six out of the twelve children acquired schizophrenia which devastated the once prestigious family in a way that most families can never imagine. Most families that have a family member with serious mental illness may have one or two members that are ill, but having six in one family is truly unprecedented! The various tragedies endured by the family include murder, rape, suicide and violence. Of course, these types of tragedies do not occur in all families with members with serious mental illness, but this is what the Galvin family experienced. While six of the ill brothers were consumed by the madness of their disease, those that were lucky to not have schizophrenia were consumed by the consequences inflicted by their brothers. Because of the extremely high prevalence of schizophrenia in this family, researchers nationwide were drawn

to them to try to find any genetic link with the hope that it could lead to a cure.

The father of the family, Dr. Donald Galvin, was in the Navy and taught political science at the Air Force Academy. The mother, Mimi Galvin, was associated with the arts and performers, such as known singers and musicians, and was well connected within the ranking members of the local Catholic church. The oldest son, Donald Junior, excelled in multiple sports, was the father's favorite, got good grades, was handsome and dated the general's daughter. The second son, Jim, was also a star athlete. To the outside world, the Galvins projected an image of prestige, class and culture. Their home was described as 'overly orderly'. It was a stark contrast to the chaos that afflicted them inside their home.

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Partners in Resilience: When Community Comes Together

by Tatjana Josic, DO

The Los Angeles wildfires in 2025 have a significant impact on communities and students, resulting in significant health, emotional, and educational challenges. The psychological impact on students in affected areas was considerable. Traumatic experiences related to evacuation, property loss, and witnessing destruction in some instances lead to anxiety, depression, and stress-related disorders. These emotional challenges also hindered students' focus and performance in school, affecting their overall well-being and academic success. Wildfires also disrupted the educational process significantly. School closures due to safety concerns and air quality issues resulted in lost academic days. For students who rely on a consistent routine and environment, such disruptions hindered their learning progress. Additionally, many families were displaced due to homes being lost, making it challenging for students to maintain continuity in their education.

In response to wildfires, many LA communities came together to provide support. Local organizations and schools offered resources such as counseling services, emergency assistance, and educational programs focused on recovery and resilience. These community efforts help students feel supported and foster a sense of belonging, even in challenging times. At the same time, neighboring schools welcomed students whose schools were damaged or destroyed in fires.



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Photo Gallery - SCPS Installation & Awards Ceremony

Saturday, May 3, 2025 at the New Center for Psychoanalysis in West Los Angeles

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California Advocacy Sessions at APA *APA Annual Meeting 2025*

Title: Mental Health Advocacy: experiences of California legislators and psychiatrists

Session Code: 1611

Date and Time: 05/17/2025 1:30 PM – 3:00 PM PDT

Room: Room 402 B

Venue: Los Angeles Convention Center

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Welcome New SCPS Members!

Huzaifa Ashraf, MD - General Member

Nha Bao, MD - General Member

Meghan Jain, MD - General Member

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March Council Highlights *by Gillian Friedman, MD*

February Council Minutes approved with no amendments.

Committee Reports

- GAC

RESOLVED: That the SCPS Council take OPPOSE positions to AB SB 751 and AB 1108

GAC presentation: Both bills deal with same issues that we opposed last year regarding psilocybin and some other substances that have limited clinical research. Both bills would allow pilot for research on psilocybin within UC system, without having to go through the regular rigorous reviews for FDA-approved use – would set precedent for circumventing typical rigorous review for pharmaceutical research.

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P.O. Box 10023, Palm Desert, CA 92255

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