



SCPS Newsletter - SOUTHERN CALIFORNIA PSYCHIATRIST

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President's Column: What Holds

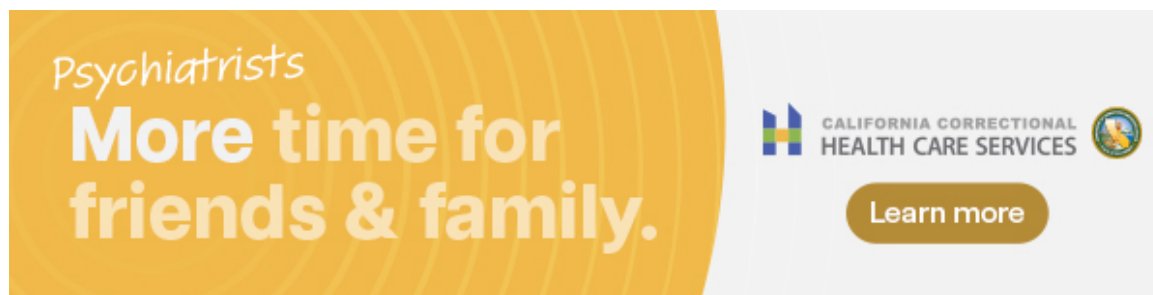
by Patrick Kelly, MD

This is my final column as your president, and like much else in this past year, it arrives at a strange convergence of finality and continuation. This May issue lands after our Installation and Awards Ceremony on May 3, where we recognized many of the people whose work has held this organization together — and just before the APA Annual Meeting in San Francisco, May 16 through 20, where the year's broader work continues. So this is, in a sense, a column written between an ending and a beginning, which feels about right.

When I started writing these columns last June, I expected to spend the year on the themes I had outlined: engagement, psychiatry across the lifespan, partnership with affiliated organizations, and advocacy at the state and federal level. Some of that came to pass. But the year, as years do, had its own ideas. What the columns ended up being about — when I look back at them now — was something quieter and harder to categorize. They were, I think, an extended argument about what holds when the assumptions underneath us shift.

If there is a through-line, it is that our field is at its best when it can hold two things at once. Care for the individual and engagement with policy. Open critique and unwavering commitment. Conviction in our science and humility about what we do not yet know. Last month's column on the Meta verdict was one version of that posture — neither "social media is good" nor "social media is bad," but the harder, more accurate question of "what design choices", "in what context", "for which developing minds". Most of the columns this year were variations on that single theme.

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The PROMISE of Perinatal Mental Health

by Emily Dossett, MD

Perinatal mental health and substance use disorders (PMHSUD) dramatically affect maternal and child health in Los Angeles County and across California. Overdose and suicide together comprise of 18% of deaths in the perinatal period. The majority of pregnancy-associated deaths by suicide in California occur late in the postpartum period (between six weeks through one year), after a patient completes her 6-week obstetric visit, and over half are deemed preventable. **Over half of perinatal associated suicides in California are directly associated with withdrawal, changes to, or suboptimal dosing of psychiatric medications.**

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Human Trafficking: An Interview with A Survivor

by Aaron Fichtner, MD

This newsletter article is intended to raise awareness of the increasing magnitude of human trafficking and to outline what psychiatrists can do in response. To ground this discussion, I

spoke with an adult survivor of child sex trafficking, who later became involved in victim recruitment before escaping captivity and exiting the lifestyle for good. “From street level to high profile... it’s a methodical, strategic industry... a giant network, like a spider web,” she said, describing the scope of the trafficking industry.

Human trafficking generates an estimated \$236 billion annually in illegal profits worldwide—a 37% increase since 2014, driven by both a growing number of victims and increasing profit per victim. Forced commercial sexual exploitation accounts for nearly three-quarters of these profits despite representing a smaller proportion of victims.

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The Dual-Use Dilemma: When the Same Disclosure That Gets You Help, Ends Your Career

by Vanessa Markgraf, MD, MS & César Segura

“1. Power Control Lever – MID RANGE 2. Power Management Unit Switch – OFF 3. Propeller System Circuit Breaker (left front console) – PULL If propeller rpm (Np) Stable Below 40% 4. Power Control Lever – AS REQUIRED. If power is sufficient for continued flight: 5. Precautionary Emergency Landing (PEL) – EXECUTE. If power is insufficient to complete PEL: 6. Propeller System circuit breaker – RESET; as required 7. Power Control Lever – OFF 8. Firewall Shutoff handle – PULL 9. Execute Forced Landing or Eject.”

Above is one of the many flight procedures that pilots memorize during their training, something that three out of four of the Artemis II crew completed in their time as military test pilots or astronaut candidates. While learning about one of the most decorated and educated crews in NASA history, it is natural to wonder about the crucible that shaped such exemplary scientists. The media covered these trailblazers of deep space exploration in great detail, from their academic accolades to their family lives, as they completed the first crewed lunar flyby in over 50 years and, after a 40-minute planned communication blackout, reached the furthest distance that any humans have ever gone from Earth. We are also curious about what was not covered: their mental health.

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SCPS Election Results

Congratulations to our newly elected Officers & Councillors for 2026-2027!

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Photo Gallery (Pt.1) SCPS Installation & Awards Ceremony

Sunday, May 3, 2026 at the New Center for Psychoanalysis in West Los Angeles

Congratulations to all of the awardees! Some are pictured here: (Part 2 will be published next month)

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PER Awardees 2026

Congratulations to the PER Foundation (Psychiatric Education & Research) Awardees for 2026!

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Welcome New SCPS Members!

We are proud to spotlight some of our newest members:

Lukman-Afis Babajide, MD – General Member
Amy Kwarteng, MD – Resident-Fellow Member
Ella Burguera-Couce, MD – Resident-Fellow Member

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March Council Highlights

by Roderick Shaner, MD

Meeting Date: March 12, 2026

Next Meeting: April 9, 2026, 7:00 PM (Zoom)

President's Report – Dr. Kelly

- **CA Inter-DB Task Force:** Kelly provided updates on the California Inter-DB Task Force's proposal to develop an Area 6 workgroup to identify candidates for APA and Area 6 offices. Dr. Halpin suggested the inclusion of current CSAP board members and Area 6 reps to help identify the proposals implications for mentoring potential candidates.
- **Forwarding APA Advocacy Alerts to SCPS membership:** Kelly sought Council comments about how APA advocacy alerts might be forward by SCPS to all members. The sense of council was that the SCPS president should be able to send urgent alerts to all membership at his discretion.
- **APA/SCPS Upcoming Events:** Kelly announced the upcoming SCPS installation and awards ceremony on May 3rd. The upcoming APA meeting in San Francisco, including the high value for attendance by Mindi as SCPS executive director was also discussed.

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SCPS

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