



SCPS Newsletter - SOUTHERN CALIFORNIA PSYCHIATRIST
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President's Column

by Laura Halpin, MD, PhD

I hope everyone is enjoying the summer. This time of year always feels like an opportunity to slow down, reconnect, and take a well-deserved break. At SCPS, things are slowing down a bit as well, with Council taking its usual summer recess. We will reconvene in September. In the meantime, I hope you all have a chance to enjoy the warmer weather and sunshine (if I mention it enough, perhaps June Gloom will finally get the hint?!).

While seasonal changes in Los Angeles may be subtle, I find they serve as a useful reminder not only to rest, but also to step outside our routines and try something new. There is something restorative about finding the right balance between relaxation and adventure. I'm always fascinated by what we notice, and what shifts in perspective occur, when we step away from our daily routines and then return to them. This summer, my own version of balance included some time away from work, filled with long flights, visits with grandparents on the East Coast, and plenty of new experiences with my toddlers (chaos!). It was a nice reminder that some of life's most memorable moments happen when we embrace a little disruption to our usual schedules.

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Maintaining Personal Connectiveness in the Digital Age *by Tatjana Josic, DO*

There is an established relationship between attachment with peers and adolescent identity development. This connection is reflected in the work of Erik Erikson, who emphasized the importance of forming a coherent sense of self within social contexts, and in Margaret Mead's anthropological perspectives on how cultural and social environments shape adolescence and identity. Together, these perspectives suggest that peers play a crucial role in young people's development.

Empirical findings reinforce this view. Research indicates that strong, supportive peer relationships are positively related to adolescent identity development (Rassart, 2012). When adolescents feel connected and understood by their peers, they are more likely to develop a stable sense of who they are and how they fit into their social world. Moreover, supportive peer networks can act as protective factors, reducing the risk of social anxiety and depression (La Greca & Harrison, 2005). In this sense, peers do more than provide companionship, they contribute to mental health resilience during a formative period.

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Two New Psychiatry Residency Programs In The Inland Empire *by Gillian Friedman, MD*

As of July 1, 2026, two new psychiatry residency programs in the Inland Empire have welcomed their inaugural PGY-1 residency classes, expanding psychiatrist training opportunities in this region of SCPS's district that still experiences a great shortage of psychiatrists.

The Eisenhower Health Psychiatry Residency Program, based in Rancho Mirage, CA (Coachella Valley area) utilizes rotation sites at Eisenhower Medical Center in Rancho Mirage, Riverside

University Health System in Riverside, Innercare (a regional healthcare facility for ambulatory/outpatient care), Barbara Sinatra Children's Center in Rancho Mirage, and Desert Marriage and Family Counseling. As highlights of its training program, this residency program offers exposure to interventional psychiatry (including TMS and ketamine, with ECT services launching soon); a social medicine rotation serving vulnerable populations through street medicine, mobile health units, and community clinics; and opportunities for scholarly activity.

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A View of Psychiatry From The End of the PGY-1 Year *by Gillian Friedman, MD*

As this month of July brings a fresh class of PGY-1 psychiatry residents to the many training programs in the SCPS area, it seemed an apt time to get a view of the psychiatry landscape from someone who has just finished PGY-1, with a whole career ahead of her.

SCPS President-Elect Gillian Friedman, M.D., spoke with UC Riverside PGY-2 resident Adrienne Carter, M.D., who has just joined SCPS Council as one of the Inland Region Councillors.

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May Council Highlights *by Roderick Shaner, MD*

Meeting Date: May 14, 2026
Next Meeting: June 11, 2026, 7:00 PM (Zoom)
President's Report – Dr. Kelly

- **Awards Ceremony Recap**

Dr. Kelly and Council discussed highlights of the annual SCPS Installation and Awards Event held on May 3, 2026, at the New Center for Psychoanalysis. There was a consensus that the programming, venue, and timing of the event was excellent and that the presentations and awards were enthusiastically appreciated. The 2026-2027 SCPS Council was presented and installed. Mindi Thelen was recognized by Council for her excellent planning of the installation (and her good-natured acceptance of birthday congratulations and appreciation during the event in recognition of her birthday being on the same day).

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