

## Inside

Cultural Psychiatry CME..... 1

Editor's Column..... 2

President's Letter..... 3

MSCAP Summit A Success ..... 3

Psychiatric Consultation ..... 7

Calendar ..... 8

**Ideas of Reference**  
is the newsletter of the Minnesota Psychiatric Society, a district branch of the American Psychiatric Association.



## MINNESOTA PSYCHIATRIC SOCIETY

Improving Minnesota's mental health care through education, advocacy and sound psychiatric practice.

Our vision is physician leadership creating the nation's highest quality, affordable and accessible system of mental health care.

[www.mnpsychsoc.org](http://www.mnpsychsoc.org)

## Fall CME Program Explores Cultural Psychiatry



On November 13, the Minnesota Psychiatric Society presented its 2015 Fall Educational Program, Cultural Psychiatry: Exploring Intersections and Building Bridges. Over 70 participants came together at the Vadnais Commons in Vadnais Heights, MN to explore, learn, and share.

Cultural differences may impact diagnosis of certain psychiatric diagnosis and have implications for treatment planning, adherence, and effectiveness. A recent poll of Minnesota psychiatrists revealed nearly all were interested in learning about how culture shapes illness presentation and treatment. Those who attended had an opportunity to reflect on this process with the goal of improving patient care and reducing mental health disparities. Participants gained information to

improve clinical skills and better serve Minnesota's increasingly diverse community.

The day began with the first keynote speaker, Renato Alarcon, MD, MPH, who presented *Between Don Quixote and Hamlet: Perspectives on Contemporary Cultural Psychiatry*. An emeritus Mayo psychiatrist, Dr Alarcon returned to Minnesota from Peru where he continues to practice and do research. He laid the groundwork for the conference by describing the history of cultural psychiatry as a critical ingredient of theoretical and practical components of psychiatry. He outlined the development



Renato Alarcon, MD, MPH



Joseph J Westermeyer, MD

of the teaching, clinical, and research components of contemporary cultural psychiatry, and discussed the relationships between cultural psychiatry and the social and neurobiological sciences. He was followed by Joseph J Westermeyer, MD, MPH, who offered *Ethics in Psychiatric Practice from a Sociocultural Perspective*, a topic that stirred extended discussion, and one that will be explored in detail



Co-presenters Madhuri Shors, MD, MPH, and Jerome L. Kroll, MD

as the focus of our Spring 2016 Scientific Session, Ethical Issues in Contemporary Psychiatry. Participants then heard from Madhuri Shors, MD, MPH, and Jerome L. Kroll, MD, who teamed to present *Searching for Clinical Reality – A Framework for Cultural Psychiatry*. Our afternoon keynote: *Culturally Appropriate Assessment: Using the DSM-5 Outline for Cultural Formulation and Cultural Formulation Interview* by Russell Lim, MD, MEd, incorporated video vignettes to engage the audience with practical clinical insights and tools. The patient panel moderated by Donald Banik, DO, MPH, was powerful, featuring two panelists telling their stories and sharing their experiences that evaluations called, "courageous." The program highlighted promising, innovative approaches and resources, including the Fairview Imam



Patient & Family Member Panelists and Donald Banik, DO



Ahmed Hassan, MA, IPCC

(Continued on Page 2)



### Ideas of Reference

The newsletter of the Minnesota Psychiatric Society is published bi-monthly: Jan-Feb, Mar-April, May-June, July-Aug, Sept-Oct and Nov-Dec for members of MPS and others on request. Signed articles express the opinion of the author and do not necessarily reflect policies of MPS. Articles submitted are subject to review by the editors.

Ideas of Reference accepts advertising. Rates follow:

Display ad	1 Issue	2 Issues	4 Issues
Full Page	\$500	\$400	\$350
1/2 page	350	300	250
1/4 page	225	200	175
1/8 page	125	100	75

Classified Rates: 25 words or less for \$75 with each additional word at 35¢. All advertising copy is subject to approval by the editors. Meetings and events may be listed on the Calendar of Events free of charge. Ideas of Reference has a quarterly circulation of 450. Deadlines are the 15th of the month prior to publication.

**Ideas of Reference**  
 MN Psychiatric Society  
 2233 Hamline Ave No, #217  
 Roseville, MN 55113  
 Phone: (651) 407-1873  
 www.mnpsychsoc.org

**Editors**  
 Allison Holt, MD  
 Matt Kruse, MD

**Managing Editor**  
 Linda Vukelich

- Executive Council**
- President: Lloyd Wells, MD
  - President Elect: Joel Oberstar, MD
  - Past President: Michael Koch, MD
  - Secretary/Treasurer: Carrie Parente, MD
  - APA Assembly Rep.: Dionne Hart, MD
  - APA Assembly Dep. Rep.: Maria Lapid, MD
  - Early Career Rep.: Maria Harmandayan, MD
  - MSCAP Representative: George Realmuto, MD
  - Councilors: Allison Holt, MD; Renee Koronkowski, MD; Andrea Nelsen, MD; Helen Wood, MD
  - RFM Representatives: Ewa Bieber, MD; Ankur Goyal, MD; Matt Kruse, MD
  - Executive Director: Linda Vukelich
  - Legislative Affairs: Dominic Sposeto
- Constitutional Committees**
- Constitution/Bylaws: Maurice Dysken, MD
  - Ethics: Bill Clapp, MD
  - Membership/Fellowship: Judith Kastan, MD
  - Nominating: Michael Koch, MD
  - Program: Sheila Specker, MD
- Standing Committees**
- Legislative: Jonathan Uecker, MD
  - Public Affairs: Dionne Hart, MD; Julie Petersen, MD
  - Private Practice: Helen Wood, MD
  - Awards/Research: Maurice Dysken, MD
  - Early Career Psychiatrists: Maria Harmandayan, MD
  - Disaster Preparedness: Lori LaRiviere, MD
  - DHS Committee: George Realmuto, MD
  - Women Psychiatrists: Judith Kashtan, MD; Carrie Parente, MD
- MPS PAC** President: Robert Nesheim MD



### Editor's Column

Allison Holt, MD

It is one day before New Year's Eve as I write this column and it is a natural time to take stock of our actions in the last year and to plan for the year in coming. In this issue our president writes about his gratitude for the hard work put forth by the psychiatric community in this last year. The year of 2015 was a busy one with much work in legislative sessions, in our fall and spring meetings, in our MPS committees, and of course in our work with our patients.

Dr. Wells also alludes to embracing idleness while referencing a book about the topic. I have not read the book but it is now on my list of books to read this winter. With our cold, short days I hope to hunker down a bit to rest and recharge. We have a busy year coming up – we always do as there is always vital work to be done. We are in high demand as psychiatrists, as much or more as any other specialty. We can work seven days a week, if we so choose. But it is a choice. I often suggest to my patients that they make their own decisions in their lives because they are the ones who have to live with the consequences, good or bad. So, although I think many of us will chose to be active in our work, choosing to rest is also a valuable and legitimate choice. Embracing a bit of idleness is probably a good prescription for many of us. It is a part of my plan for 2016. I wish health and happiness to you all. ■

### MPS Fall Program (Continued from pg 1)

Community Outreach Project, In Their Own Words: Training Muslim Religious Leaders to Reduce Stigma and Improve Access to Mental Health Care, presented by Ahmed Hassan, MA, LPCC, James Wojcik, PhD. Saul Alamilla, PhD, MS, from Natalis Outcomes, covered Measurement of Mental Health and Illness Across Cultures. Todd Connaughty, LADC, from PRIDE Institute, shared a highly rated presentation on, Integrating the LGBT Perspective/Experience to Improve Clinical Treatment. The day concluded with the topic of Cultural Psychopharmacology presented by Galen Stahle, MD, DLFAPA, and Bruce Field, MD.

MPS thanks the Cultural Psychiatry Committee for planning this offering. Committee members Donald Banik, DO, MPH, Chimnoy Gulrajani, MBBS, FAPA, Madhuri Shors, MD, MPH, Sheila Specker, MD, Galen Stahle, MD, Joseph Westermeyer MD, PhD, MPH, Patrick Zhao MD, MS, and Linda Vukelich contributed many months of planning, research, cultivation, and coordination toward this successful event. Of particular note, Cultural Psychiatry Committee Chair Donald Banik, DO, MPH, deserves our gratitude for his hard work and leadership. We appreciate our exhibitors Alker-



mes, American Professional Agency, Inc., Otsuka, Professional Risk Management Services, Inc., and our community resource partners, NAMI Minnesota, PRIDE Institute, and Natalis Outcomes. At the heart of every MPS program or event is the members who support MPS with their participation. Thank you to all who attended!

Plan on joining us on April 16, 2016 for the 2016 Spring Scientific Session, *Ethics in Contemporary Psychiatry*, at the American Swedish Institute in Minneapolis. If you are interested in serving on the committee, please contact the MPS office at 651-407-1873. ■



### Reflections

Lloyd A. Wells, MD, PhD  
MPS President

### Active Committees, Substantive Work

MPS has been active in recent months with substantive work in several of its committees and a stellar fall meeting.

The fall meeting, held in a delightful conference center in Vadnais Heights, was devoted to the topic of cultural psychiatry. There were morning and afternoon keynote addresses from leaders in the field and many presentations by our members. Cultural psychiatry has become an important component of Minnesota psychiatry. The quality of the presentations was truly outstanding; this was one of the best one-day meetings I have attended in a long time.

Our committees are all active. At our last council meeting we had an excellent report from the Private Practice Committee, which is engaging private practitioners with regular meetings. The Ethics Committee continues to deal with difficult issues, including prospective ones. The Legislative Committee will undoubtedly have another busy season.

I have convened a working group whose charge is to make recommendations to the Society about the current impasse regarding state patients, unable to access state hospital beds and causing great difficulties for admission of other patients to general hospital psychiatry beds. This impasse continues to adversely affect public patients, private patients, systems of care, and psychiatrists. We are using an e-mail "round robin" approach to our deliberations. The group has just started but has already contributed good ideas, and I am hopeful that the final product will be

helpful to the Society in the near and more distant future.

The members who labor – often long hours – in these committees and groups are unpaid and unsung. I know all of us enormously appreciate their important work.

There is a new commissioner at the Department of Human Services. A huge priority is to get an early meeting with her to discuss the situation with patients in the state system.

There are so many priorities! But we need to sit back as a profession at this time of the year and take stock of where we are, and from where we have come. When I retired one of my residents gave me a wonderful book, *Essays in Idleness*, written by a Japanese monk in the thirteenth century. I have not yet been able to embrace idleness but it is an appealing thought for the future. The monk writes, "I was wandering along the Koga High Road when I saw a person dipping a beautiful carving into the river. As I watched, baffled, three men appeared and said, "Here he is!" They took the man off with them. He was an impressive man when in his right mind." We have come a long, long way in the past eight centuries. We are part of an incredible profession.

In this holiday season, let me thank our wonderful lobbyist, Dominic Sposeto, and our wonderful, inimitable commander in chief, Linda Vukelich. Our work depends on you!

Happy holidays to all of you. Keep doing what you do. Our patients need it. ■

### Pulling Together for Children's Mental Health



The Minnesota Society for Child and Adolescent Psychiatry (MSCAP) presented, Pulling Together for Children's Mental Health – Community of Experts Summit, on November 21, 2015. The event drew together community mental health providers, journalists, advocates in

state government and the private sector, and other experienced stakeholders and provided a forum to engage, train, and empower collaborators to take ownership and leadership of Minnesota's children's mental health system. MSCAP hosted the event with a grant from the American Association of Child and Adolescent Psychiatry. In addition, MSCAP was grateful to collaborate with



the Minnesota Association for Children's Mental Health and NAMI Minnesota.

The program featured local expert presenters offering abundant opportunities for participants to discuss pertinent issues. President of MSCAP David

Einzig, MD, started the day with a video featuring Malcom Gladwell, author of *The Tipping Point*. The short video was a great catalyst for discussion and engaged participants to tailor solutions to identified needs in order to build a better children's mental health system.

(Continued on Page 5)



# 54,400+

## PSYCHIATRIC-SPECIFIC RISK MANAGEMENT ISSUES ADDRESSED



### WE SUPPORT YOU

Having addressed over 54,400 psychiatric-specific risk management issues on the Risk Management Consultation Service helpline since 1997, our knowledgeable team of in-house risk managers is committed to providing assistance when you need it most. With a library of 360 risk management articles and tips, our clients have access to informative and timely resources free of charge.



**CHARLES D. CASH, JD, LL.M., ARM**  
ASSISTANT VICE PRESIDENT, RISK MANAGEMENT



In California, c/d/b/a Transatlantic Professional Risk Management and Insurance Services.

Unparalleled risk management services are just one component of our comprehensive professional liability insurance program.

When selecting a partner to protect you and your practice, consider the program that puts psychiatrists first. **Contact us today.**

More than an insurance policy  
800.245.3333 | PsychProgram.com | TheProgram@prms.com



Actual terms, coverages, conditions and exclusions may vary by state. Unlimited consent to settle does not extend to sexual misconduct.

Insurance coverage provided by Fair American Insurance and Reinsurance Company (NAIC 35157). FAIRCO is an authorized carrier in California, ID number 3175-7. www.fairco.com



### Growing Psychiatric Specialty Health System Seeks Psychiatrists

PrairieCare, a physician-owned psychiatric healthcare system in the Minneapolis/St. Paul metropolitan area, is recruiting child, adolescent and adult psychiatrists for its Brooklyn Park, Chaska, Edina, Maple Grove, Maplewood and Rochester sites. Child/Adolescent clinical duties may include treating youth in inpatient, partial hospital, intensive outpatient, residential and clinic settings. Adult patients are served in intensive outpatient programs and busy outpatient clinics with therapist, social work and nursing support on site. Academic appointment on the faculty of the University of Minnesota Medical School possible for interested candidates. Reports to Chief Medical Officer. Requires BC/BE in Psychiatry and unrestricted license to practice medicine in Minnesota.

With multiple sites across Minnesota, PrairieCare is rapidly growing and boasts one of the region's largest groups of psychiatric physicians. Our organization is focused on offering dedicated clinicians the opportunity to practice high quality psychiatric care in a supportive, team-based group practice.

PrairieCare provides an excellent compensation and benefits package.

View us online at [prairie-care.com](http://prairie-care.com).

Send CV and letter of interest to:  
**Kait Semon, Medical Staff Coordinator**  
[ksemon@prairie-care.com](mailto:ksemon@prairie-care.com)  
763.762.6806

### Pulling Together for Children's Mental Health (Continued from pg 3)



Mary Regan, executive director of the Minnesota Council of Child Caring Agencies, reviewed the development of services since the passage of the Children's Mental Health Act in 1989. Sue Abderholden, NAMI Minnesota's executive director, completed the overview

with a summary of the dynamic 2015 legislative session. It was a presentation packed with information followed by an energetic question and answer session.

One goal of the summit was to demonstrate why citizen advocates are so important and impactful by giving real-life examples of successful community advocacy. People Incorporated CEO, Jill Wiedemann-West, teamed with Nancy Homans, policy director from St. Paul Mayor Coleman's



office, to tell the story behind the hard-fought approval of a new crisis home there. Faced with misinformation and fear, advocates answered city council concerns and overcame objections with facts, well-developed services, and a record for excellence, along with

active participation in city council meetings, a news conference, and strong community alliances. The result? St. Paul will have a new residential crisis home where an abandoned convent sat empty for years. Everyone wins! Advocacy in action!

Deb Cavitt, project director of the MN Association for Children's Mental Health, shared survey results that identified gaps in service and access, ushering in a lively afternoon of creativity and interactive sessions. The sessions began with overviews from experts. Ken Winters, PhD, reviewed the effects of recreational marijuana on the adolescent brain. Program Manager Kristi Moline described the Children's Hospitals and Clinics of MN Telehealth Program. Rich Gerhman, appointee to the Governor's Task Force on the Protection of Children and executive director of Safe Passage for Children of Minnesota, discussed how Minnesota's child protection system interfaces with its mental health services.





# We've got you covered.

For over 40 years, we have provided psychiatrists with exceptional protection and personalized service. We offer comprehensive insurance coverage and superior risk management support through an "A" rated carrier. In addition to superior protection, our clients receive individual attention, underwriting expertise, and, where approved by states, premium discounts.

### Endorsed by the American Psychiatric Association, our Professional Liability Program Provides:

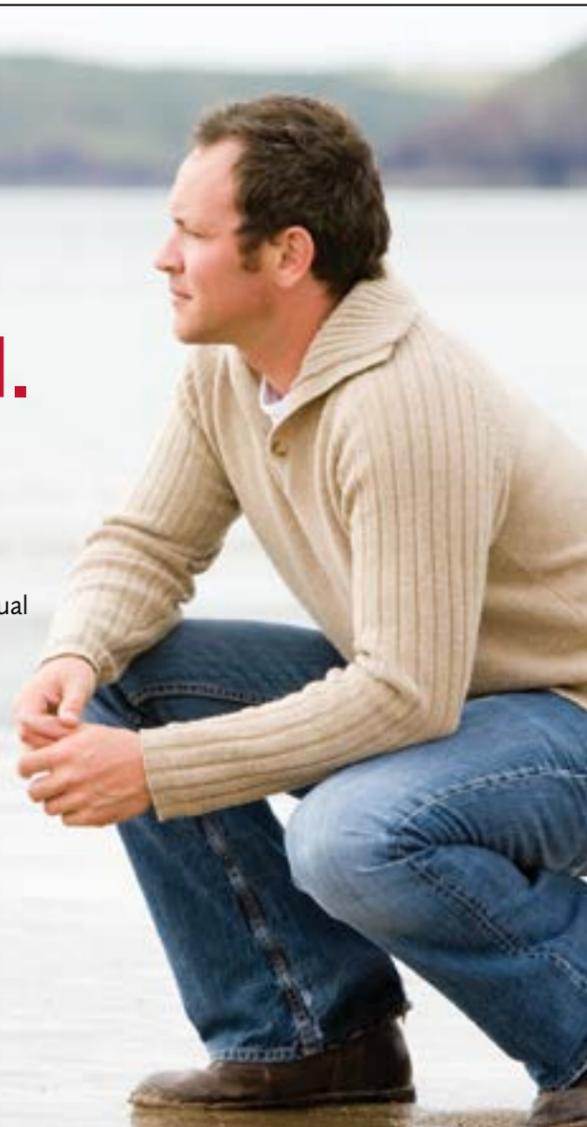
- Risk Management Hotline should an emergency arise
- Insuring Company rated "A" (Excellent) by A.M. Best
- Telepsychiatry, ECT Coverage & Forensic Psychiatric Services are included
- Many discounts, including Claims-Free, New Business & No Surcharge for Claims (subject to state approval)
- Interest-free quarterly payments/credit cards accepted

Visit us at [apamalpractice.com](http://apamalpractice.com) or call 877.740.1777 to learn more.



American Professional Agency, Inc.

LEADERS IN PSYCHIATRIC MEDICAL LIABILITY INSURANCE



## Psychiatrists

### Minnesota

HealthPartners is one of the Upper Midwest's leading multispecialty physician groups. We have practice opportunities for talented, caring BC/BE psychiatrists in metropolitan Minneapolis/St. Paul and central Minnesota:

#### Inpatient/Adult

- **Regions Hospital (St. Paul, MN):**  
Our state-of-the-art inpatient psychiatric facilities allow our team of psychiatrists, residents, therapists, social workers, NPs/PAs and nursing staff to provide exceptional care to adult psychiatric inpatients. Our Regions care model schedule is 7 days on/ 7 days off.

#### Outpatient/Adult

- **Central Minnesota (Sartell/St. Cloud)**
- **Metropolitan Minneapolis/St. Paul**

These teams provide integrated outpatient mental health services in our primary care and outpatient specialty clinics located within a variety of urban, suburban and semi-rural communities. Full-time or part-time practices are available. No hospital call responsibilities.

In addition to competitive salaries, HealthPartners offers an excellent benefits package, including an employer-matched 401(k) and 457(b), generous personal time off, malpractice insurance coverage, etc.

Let us tell you more! Please forward your CV and cover letter to: [lori.m.fake@healthpartners.com](mailto:lori.m.fake@healthpartners.com), apply online at [healthpartners.com/careers](http://healthpartners.com/careers), or call 800-472-4695 x1. EOE



[healthpartners.com](http://healthpartners.com)

## Psychiatric Consultation: A Win-Win

Minnesota's public health care programs have long allowed reimbursement for the time spent for psychiatric consultations (billing code 99499 plus modifier), but the process was so complex that it has been underutilized. That has changed.

Retroactive to April 1, 2012, Minnesota Health Care Programs (MHCP) reimburses psychiatric consultations with separate rates for the primary care physician (including APRNs, PAs, pediatricians, prescribing psychiatrists receiving consultation from another psychiatrist, and any other prescriber), and the consulting psychiatrist's components of the consultation.

If you have questions, call the MHCP Provider Call Center at 651-431-2700 or 1-800-366-5411. Information is also online at [www.dhs.state.mn.us](http://www.dhs.state.mn.us).

#### Reimbursement Rates:

- \$32.70 reimbursement for code for primary care and general psychiatrist consultee
- \$71.30 reimbursement for code for psychiatric consultant

#### Use the following CPT codes:

Proc Code	Modifier	Provider	Brief Description	Unit	Service Limitations
99499	HE AG	Primary Care Providers	Communication between a consulting psychiatrist and a primary care provider, for consultation or medical management of a recipient.	1	Add the U4 modifier if not face-to-face Add the U7 modifier if provided by a Physician Extender
99499	HE AM	Consulting Psychiatrist	Communication between a consulting psychiatrist and a primary care provider, for consultation or medical management of a recipient.	1	Add the U4 modifier if not face-to-face

#### Primary care providers' billing:

- The primary care provider and consulting psychiatrist may bill separately for this service
- Use the MN-ITS 837P to bill for physician and non-physician services
- Primary care providers are allowed to bill an office visit and a consultation if appropriate
- Bill services provided on the same day using the appropriate modifier

Legal References: MS 256B.0625 subd., 48

For more information, please refer to the DHS website. ■

## MINNESOTA PSYCHIATRIC SOCIETY

2233 Hamline Avenue North, #217

Roseville, MN 55113

PRSR STD  
US POSTAGE  
PAID  
TWIN CITIES MN  
PERMIT NO. 1435

Address Service Requested.

## CALENDAR

### Pulling Together for Children's Mental Health

(Continued from pg 5)



The policy advocacy and coalition building sessions gave participants time to connect, learn, and brainstorm with other passionate advocates; harnessing collective strengths to determine advocacy priorities and begin developing action steps.

The reporters' round table introduced two reporters to an interactive discussion of the press' role in communicating needs and concerns to their readers. Brandon Stahl and Chris Serres, reporters from the StarTribune, shared their perspectives and offered insights into ways advocates can help inform the public about mental health and our mental health system.

The day concluded with a summary session where the following priorities were determined:

- Mental health parity
- Fragmentation of services
- Child protection
- Family system issues
- Cultural considerations
- Access to care needs

The MSCAP website now hosts a forum page for continued discussion, sharing of information, and work on our priorities. All are invited to view summit materials there and to join in as we move forward, pulling together for children's mental health. Please go to [www.MSCAP.org/advocacy](http://www.MSCAP.org/advocacy) to participate. ■



January 20, 2016 **MSCAP Winter Social Event**  
**PrairieCare Institute**, Minneapolis, MN  
[www.MSCAP.org](http://www.MSCAP.org) 651-407-1873

February ??, 2016 **MSCAP Dinner Event**  
**Natalis Counseling & Psychology Solutions**, St Paul, MN  
[www.MSCAP.org](http://www.MSCAP.org) 651-407-1873

March 12, 2016 9am-noon, Forum at 10 am  
**MPS Council Meeting** - MMA Offices, Minneapolis, MN  
[www.MSCAP.org](http://www.MSCAP.org) 651-407-1873

March 23, 2016  
**Minnesota Medical Association Day at the Capitol**  
[www.MnMed.org](http://www.MnMed.org) 612-378-1875

March 31, 2016  
**Mental Health Legislative Network Day on the Hill**  
[www.NAMlhelps.org](http://www.NAMlhelps.org) 651-645-2948

April 16, 2016 **MPS Spring Scientific Meeting**  
**SAVE THE DATE! Ethical Issues in Psychiatry for 2016**  
American Swedish Institute, Minneapolis, MN

### Congratulations New APA Fellows!

David C Anderholm, MD	Chhabi Lall T Sharma, MD
Daniel Kevin Flavin, MD	Israel O Sokeye MD
Charles Brien Godfrey MD	Joshua David Stein, MD
Wei Guan, MD, PhD	Eduardo D Trinidad, MD
Benjamin Lane Hersey, MD	Mark Tsibulsky MD
Steven Henry Lutzwick, MD	Mark Douglas Williams MD
Gavin P Meany, MD	Janet Adele Zander MD
Jeffrey B Sawyer MD	