

*Minnesota Psychiatric Society Spring Meetings*

# **Psychiatry 2024: Choosing an Innovative Path**

**Saturday, March 16, 2024**

7:30am-4:30pm – Educational Program • 5:00-8:30pm – Recognition Dinner

## **Minneapolis Golf Club**

2001 Flag Avenue, St Louis Park, MN 55426

**REGISTRATION OPEN – [CLICK HERE TO REGISTER](#)**

Keynote: Rawle Andrews, Jr., Esq.  
American Psychiatric Association Foundation Executive Director  
*“Finding Peace of Mind in Dynamic Times: Acknowledging,  
Coping with, and Treating Invisible Injuries in the Digital Age”*



### **POSTER SESSION – Submissions welcome!**

Medical students, residents, fellows, post-docs, and junior faculty are invited to submit poster proposals. Monetary prizes will be awarded.

Deadline – February 29, 2024 [Click here to submit a poster](#)

Jointly provided by the American Psychiatric Association and the Minnesota Psychiatric Society

## ***Psychiatry 2024: Choosing an Innovative Path***

*The journey to and through a career in psychiatry is one filled with joys and sorrows, challenges, and surprises. How do we find work life balance given the frantic pace of change in medicine and society? And how do we guide our patients in choosing their best path to health?*

***Join us on Saturday, March 16!***

## Program Agenda (Shaded components not for CME)

<b>Day Program</b>	<b>8:00am - 4:45pm</b>
7:30-8:00 am	Check-In / Continental Breakfast / Exhibits, Posters
8:00-8:15 am	<b>Welcome, Opening Remarks – Overview of the day</b> <ul style="list-style-type: none"> <li>• MPS President Mary Beth Lardizabal, DO, DFAPA</li> <li>• MPS Program Committee Member and President Elect Mark Frye, MD</li> </ul>
8:15-9:15 am	<b>Keynote Address: <i>Finding Peace of Mind in Dynamic Times: Acknowledging, Coping with, and Treating Invisible Injuries in the Digital Age</i></b> <ul style="list-style-type: none"> <li>• American Psychiatric Association Foundation Executive Director Rawle Andrews, Jr., Esq.</li> </ul>
9:15-10:30am	<b>Psychiatric Practice Models Panel</b> <ul style="list-style-type: none"> <li>• Navigating Change – Adopting a psychiatric hospitalist staffing model – John Kuzma, MD</li> <li>• Nontraditional Community Settings Practice – Ron Groat, MD, DLFAPA</li> <li>• Navigating the World of Locum Tenens in Psychiatry – Michael Fisher, MD</li> <li>• Large Group Practice – Kyle Cedarmark, MD</li> </ul>
10:30-10:45am	BREAK / Exhibits / Posters
10:45-11:45am	<b>Reaching Out to Communities</b> <ul style="list-style-type: none"> <li>• Lowering the Barriers to Buprenorphine Treatment for Opioid Use Disorder – Sheila Specker, MD, DFAPA; Ian Latham, MD, Addiction Medicine Fellow, U of MN</li> <li>• Rapid Acting Anti-depressants: Ketamine – Sophia Albott, MD</li> </ul>
11:45-12:15pm	<b>Poster Session</b>
12:15-1:00pm	LUNCH / Exhibits / Posters
1:00-1:10pm	George Realmuto – MPS Membership Committee Message
1:10-1:15pm	Poster Session Awards Announced
1:15-2:15pm	<b>Flash talks – Moderator Matt Kruse, MD, FAPA</b> <ul style="list-style-type: none"> <li>• AI &amp; Psychiatry – Linzie Wildenauer and Katie Cooney</li> <li>• Transitioning Patients from Outpatient Mental Health to Primary Care: Exploring Practices, Barriers and Facilitators – Annie Wanniger, MD</li> <li>• TBD –</li> </ul>
2:15-3:15pm	<b>Virtual Innovations</b> <ul style="list-style-type: none"> <li>• Digital Technologies in the Treatment of SUD – Tyler Oesterle, MD</li> <li>• Pearls for Web-based Private Practice – James C. Van Doren, MD</li> <li>• Talkiatry – Allison Holt, MD, FAPA</li> </ul>
3:15-3:30pm	BREAK / Exhibits
3:30-4:00pm	<b>Physician Unions</b> – Mary Beth Lardizabal, DO, DFAPA
4:00-4:30pm	<b>New Directions in Clinician Well-being: Empowerment for Change</b> – Sandra Shallcross, PhD
<b>Evening Program</b>	
5:00-6:30pm	<b>RECEPTION President's Address, Awards Presentations</b> <p style="text-align: center;"><b>Awards Presentations</b>, MPS President Mary Beth Lardizabal, DO, DLFAPA</p> <ul style="list-style-type: none"> <li>• 2024 MPS Psychiatrist of the Year:</li> <li>• 2024 Paul Wellstone Advocacy Award:</li> <li>• Gloria Segal Medical Student Scholarship Winners:</li> <li>• 2022-2024 MPS Presidential Service Award: Matt Kruse, FAPA</li> </ul>
6:30-7:30pm	DINNER
7:30-8:30pm	<b>Keynote — Leadership and Psychiatry's Future</b> – Rawle Andrews, Jr., Esq.

## Overview

**Humanistic psychologist Carl Rogers wisely said, “The good life is a process, not a state of being. It is a direction, not a destination.”**

**The journey to and through a career in psychiatry is one filled with joys and sorrows, challenges and surprises.** We are navigating our own life and career paths while simultaneously striving to smooth the bumpy roads our patients travel.

**How do we guide our patients in choosing their best path to health?** Novel and traditional treatment options abound, from therapy to neuromodulation to psychedelics. In addition, there are ever-branching career options for psychiatrists. We may be hospitalists, procedure-based specialists, virtual care providers, or innovators in addiction or community care. Many of us work in corporate medicine settings, where “medicine as big business” has led to increased discussion of physician unions. How do we choose the best path for ourselves? Hopefully these new paths will lead to better work-life balance, allowing us to prioritize self-care while we strive to provide the best possible patient care.

**Finding balance is a real challenge given the frantic pace of change in medicine and society.** MPS is honored to host Rawle Andrews, Executive Director of the APA Foundation. His topic is the apt: “Finding Peace of Mind in Dynamic Times: Acknowledging, Coping with and Treating Invisible Injuries in the Digital Age.”

On the topic of change, Charles Darwin had the following to say: “It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.”

Come to the Spring MPS meeting for inspiration and fellowship in meeting our changing times.

## Educational Objectives

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At the end of the educational activity, the learner will be able to:

- Review and assess psychiatric practice models.
- Examine factors associated with, and treatment options for invisible injuries in the Digital Age.
- Review and discuss physician unions and their impact on professional life and practice. .
- List work life tools and best practices for physician wellness.

## Who Should Attend

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This educational activity is intended for psychiatrists, primary care physicians, emergency physicians, psychologists, social workers, physician assistants, registered nurses, advance practice nurses, compliance officers and clinic administrators. All mental health professionals and general health professionals are welcome, including students and residents.

## Accreditation and Designation Statement

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In support of improving patient care, this activity has been planned and implemented by American Psychiatric Association (APA) and the Minnesota Psychiatric Society (MPS). The American Psychiatric Association (APA) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The American Psychiatric Association (APA) designates this live activity for a maximum of 7.75 *AMA PRA Category 1 Credit™*. Physicians should claim only credit commensurate with the extent of their participation in the activity.

## Exhibitors

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Liva Nova - Otsuka

## Scholarship Sponsors

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Minnesota Society of Child & Adolescent Psychiatry (MSCAP)

## MAIL IN REGISTRATION

<b>First Name *</b> _____		
<b>Last Name *</b> _____		
<b>Street Address *</b> _____		
<b>Address Line 2</b> _____		
<b>City *</b> _____	<b>State *</b> _____	<b>Zip Code *</b> _____
<b>Phone Number</b> _____	<b>Email Address *</b> _____	
<b>Guest Name</b> _____	<b>Guest Name</b> _____	
<b>Guest Name</b> _____	<b>Guest Name</b> _____	

Registration includes meals and digital materials. Paper copies may also be pre-order for \$15. Enter number of registrants below.

Registration Categories	Number registered	Rate per registration	Total due
YES! I will sponsor residents-fellows-medical students to attend – (\$100 each)		\$100.00	\$
MATERIALS: Paper materials packet – (\$15)		\$15.00	\$
DAY ONLY: Member/Guest Rate – (\$155)		\$155.00	\$
DAY ONLY: Nonmember Rate/Guest Rate – (\$195)		\$195.00	\$
DAY ONLY: MPS/APA Member Early Career Member/Guest Rate – (\$125)		\$125.00	\$
DAY ONLY: Non-MD Professional/Guest Rate – (\$125)		\$125.00	\$
DAY ONLY: MPS/APA Resident, Fellow, Medical Student, Speaker Rate – (no charge)		\$0.00	\$
FULL (DAY + EVE): MPS or APA Member/Guest Rate – (\$199)		\$199.00	\$
FULL (DAY + EVE): Nonmember Rate/Guest Rate – (\$245)		\$245.00	\$
FULL (DAY + EVE): MPS/APA Member Early Career Member/Guest Rate – (\$165)		\$165.00	\$
FULL (DAY + EVE): Non-MD Professional/Guest Rate– (\$165)		\$165.00	\$
FULL (DAY + EVE): MPS/APA Resident, Fellow, Med Student/Speaker/Guest Rate – (no charge)		\$0.00	\$
EVE: MPS or APA Member/Guest Rate – (\$75)		\$75.00	\$
EVE: Nonmember Rate/Guest Rate – (\$95)		\$95.00	\$
EVE: MPS/APA Member Early Career Member/Guest Rate – (\$75)		\$75.00	\$
EVE: Non-MD Professional/Guest Rate – (\$75)		\$75.00	\$
EVE: MPS/APA Resident, Fellow, Medical Student/Speaker/Guest Rate – (no charge)		\$0.00	\$
Speaker Registration – Choose one: ( ) DAY ( ) EVENING ( ) FULL		\$0.00	\$
<b>TOTAL DUE</b>		<b>\$</b>	<b>\$</b>

Mail registration with check for total due payable to MN Psychiatric Society to 2738 Evergreen Circle, St Paul, MN 55110.