

Inside

MPS Candidates 1
 Editor's Column..... 2
 President's Letter..... 3
 MPS PAC 3
 MPS Candidates 5
 MPS Candidates 7
 Cultural Psychiatry 8
 Calendar 8

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



Join today!
 Your patients, your colleagues,
 and your profession thank you.

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

MPS Elections: Meet Our Candidates

In 2015, MPS members will elect a President Elect, Secretary-Treasurer, Early Career Representative, APA Assembly Representative and Deputy Representative, and two Councilors.- Candidate statements are in this issue, along with your ballot. Vote by March 15.



President Elect Joel Oberstar, MD

I am honored to have been nominated to run for President Elect of MPS.

For those who don't know me, I completed medical school here in 2001, three years of residency in Boston and then the child/adolescent fellowship at the University of Minnesota (UMN). I joined the UMN medical school faculty in 2006 working on an inpatient unit providing care and supervising fellows, residents and students. I moved to PrairieCare in 2011 initially as Chief Medical Officer and later assumed CEO duties as well. I have held leadership positions in the Minnesota Society for Child and Adolescent Psychiatry and the Minnesota Association for Children's Mental Health.

I am running for the position of President Elect hoping to build on ongoing efforts to connect our Society's members with each other. Our collective practices vary from rural to urban, from solo to group, from academic to government; they differ and are similar in myriad ways. We can each learn something from our colleagues that can enhance our professional and personal lives. I would also like to see that psychiatry's voice continues to be heard by our colleagues in other professional associations and by those within our state's government and elsewhere that influence the regulatory framework impacting the practice of medicine

(Continued on Page 7)



Secretary-Treasurer Carrie Parente, MD

It is with pleasure that I submit my candidacy for Secretary Treasurer for the Minnesota Psychiatric Society.

I have been involved with MPS as a counselor for the past several years. I have been practicing psychiatry in Minnesota for nearly 10 years since graduating from the University of Minnesota Psychiatry Residency Program in 2005 where I served as chief resident. I split my week between my fee-based solo practice in Wayzata and community based contract work with Carver County Mental Health (First Street Center in Waconia). I worked at the VA for a number of years using telemedicine to care for veterans on the Iron Range. First Street Center also utilizes telemedicine in caring for inmates at the Carver County jail. My practice affords me a great diversity of patients, both socioeconomically and medically. Prior to entering medical school I earned a MS in Public Policy Analysis and worked in health IT.

We are facing rapid, inevitable changes in the funding and delivery of healthcare. Patients have increasingly less control of who has access to their health records. Recent

(Continued on Page 7)



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
4707 Highway 61, #232
St. Paul, MN 55110-3227
Phone: (651) 407-1873
www.mnpsychsoc.org

Editors
Allison Holt, MD
Matt Kruse, MD
Managing Editor
Linda Vukelich

Executive Council
President
Michael Koch, MD
President Elect
Lloyd Wells, MD
Past President
Carrie Borhardt, MD
Secretary/Treasurer
Renee Koronkowski, MD
APA Representative
Dionne Hart, MD
APA Dep. Representative
Michael Koch, MD
Early Career Rep.
Maria Harmandayan, MD
MSCAP Representative
George Realmuto, MD
Councilors
Michael Dieperink, MD
Allison Holt, MD
Jonathan Uecker, MD
Helen Wood, MD
RFM Representatives
Paul Schutt, MD
Lauren Uslinov, 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
Carrie Borhardt, 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 I'm a psychiatrist, not a scribe

Allison Holt, MD

My captivation with computers started in 1989 when my father and I began selling them to medical offices, hoping to convert them over to computerized billing, and eventually computerized charting. So even prior to medical school I felt an allegiance with the electronic health record (EHR), though they were not called that at the time. I was an Apple fanatic. I sold MediMac, and I was more knowledgeable about computers than most people my age. My co-editor of this newsletter is probably snickering right now because although he wouldn't admit it, I know he thinks I'm a computer dinosaur since I've never even been on Twitter.

I still love to be on my own version of the cutting edge. I love sending my prescriptions electronically and I even started sending stimulant prescriptions electronically as of December 26, 2014. My nurse can see my note as soon as my patient leaves my office, and she is able to follow through on the orders I've written in my plan. I can see my notes at home or even in the Caribbean, were I lucky enough to go there.

One day, I was seeing an established patient and I was busily typing the story she was telling me. I like to have my note done as soon as my patient leaves the office so that I don't have hours' worth of charting to do at the end of the day. I looked up at my patient during a pause in my typing, and she was sitting in in the chair, looking at me, with tears streaming down her face. "Go for the tears," my mentor in training used to say. I missed it.

I stopped writing detailed notes after that, instead writing cryptic sentences to fulfill the requirements of an insurance or medical board audit. I write what's unnecessary so that I can listen and look for what's necessary. I'm a psychiatrist, not a scribe, and my treatment is more than medication: it's the therapy I provide. I hope I will never again miss it. ■

MPS Fall Scientific Program

Closing the Gap in the Treatment of Veterans

May 2, 2015 - American Swedish Institute, Minneapolis, Minnesota

TOPICS: Addictions, Suicide Prevention, Risk and Resilience Factors in PTSD, Sleep Disorders, Mood Disorders, and Innovative Care Delivery Models
Keynote Presenter: APA Medical Director Saul Levin, MD
"Our Members' Vision for the APA"

Psychiatrist Opportunities in Anoka, MN!

Join an organization on the cutting edge of psychiatric care that presents many new and exciting challenges and experiences! We are proud to be doing the best and most important work in our field. We also believe and practice work-life balance... what work schedule works best for you?

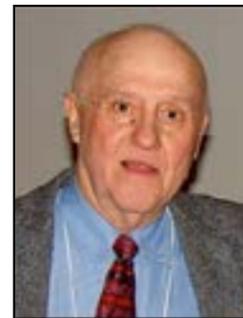
We are offering an excellent compensation package which includes: Loan reimbursement program, signing bonus, relocation reimbursement, on-call pay, no overhead costs, no third party billing issues, low cost health coverage, 11 paid holidays, up to 29 paid vacation days, 13 paid sick days, and much more!

Interested psychiatrist should contact: Lena Garcia, 651-431-3672, lena.garcia@state.mn.us

ADVERTISEMENT



Reflections



Mike Koch, MD
MPS President

MPS Leadership, Advocacy, and Mission

We have an outstanding group of candidates who have agreed to run for office. They have busy schedules and I appreciate their willingness to do this. Please vote in the upcoming election.

Our legislative committee has started regular meetings and the Ethics committee has additionally been active. We have continued to meet with some key people including Jennifer DeCubellis, the new Assistant Commissioner in the recently reorganized Department of Human Services and with Dr. Stevens, the next Medical Director of the St. Peter Regional Treatment Center. Sue Abderholden, the Executive Director of the National Alliance for Mental Illness, attended our last meeting and continues to be a valuable ally for us.

MPS is financially stable and we continue to strive to fulfill our mission. ■

Chief of Department of Psychiatry

Hennepin County Medical Center, a Level 1 Trauma and Academic Medical Center in downtown Minneapolis, is seeking candidates for a new Chief to lead the Department of Psychiatry.

The Chief of Psychiatry will direct and administer the department's professional, education and research programs. The successful candidate will demonstrate a record of holding leadership positions, demonstrating capabilities in the administration of programs offering a full spectrum of psychiatric services. The department uses a patient-centered, multidisciplinary treatment team approach in providing multiple programs inclusive of a 24-hour, seven-day-a-week Acute Psychiatry Services Program, a robust 102 bed inpatient services program, as well as many outpatient and partial hospitalization programs. The department has a dual site Psychiatry Residency program in association with Regions Hospital in St. Paul, MN.

The Chief of Psychiatry must be an outstanding clinician with a distinguished career, exhibit excellent communication skills, and be an exemplary teacher. Candidates for this position must have completed a psychiatric residency and have at least 5 years' experience as a member of a hospital medical staff, actively involved in patient care. Candidates must be board certified as well as be eligible for a Minnesota Licensure and an academic appointment at the University of Minnesota.

Interested candidates should submit CVs along with letter outlining interest to: cathy.tikkanen@hcmcd.org, Provider Services, 612-873-2740

ADVERTISEMENT

2015 MPS-Political Action Committee

Bob Nesheim, MD, Chair

Your faithful MPS PAC Board -- and you wonderful activist PAC contributors -- served actively in the last legislative biennium, raising funds to support candidates upholding the critical issues defined by our MPS Legislative Committee. Our funding base is not huge but is very focused, useful, and effective. This year our support will encourage legislative collaborations with the MMA on critical issues, such as regularizing/streamlining insurance preauthorizations and PBMs -- perhaps doing away with nuisance preauths entirely, which have been proven to not save money at all!

Last July, MPS Legislative Consultant Dominic Sposeto opened his annotated Big Book of Candidates; your Board discussed and thoughtfully allocated \$8,000 to diverse candidates for the Minnesota House. Of the 40 candidates we supported, 38 attained office - an astounding 95% success rate for Mr. Sposeto and your PAC. Our distribution of funds was balanced across the then-current house: 19 Democrats and 16 Republicans. Five open districts were filled by candidates receiving MPS-PAC funds. With this success, our reserves were reduced from recent years' due turnovers -- it's great to endorse winners, not so great when they then keep the money, inevitable in these years of political flux. With our kitty reduced from base, we face the dual challenges in 2016 of House and Senate elections in parallel.

Your support for the MPS PAC -- both financial and vocal -- is important and greatly appreciated. Even if he can repeat those remarkable point-calls, Dominic's incredible 2014 hit rate will lose some traction in 2016 if we lack funds to disperse among a much broader field of both House and Senate contenders.

Please contribute, both this year and annually, so MPS can again "be a player" in the next round of legislators and legislative issues. All best wishes for 2015. ■

For the MPS-PAC Board
Eric Brown, Bill Clapp/Treasurer, Dionne Hart, Bob Nesheim/PAC Chair,
Joel Oberstar, Paul Schutt and Jon Uecker/Legislative Committee Chair



INSURANCE COVERAGE DESIGNED FOR PSYCHIATRISTS

DEFENSE YOU CAN DEPEND ON

No other psychiatric-specific claims team is as experienced as ours. Since 1986, we have handled more than 22,000 psychiatric claims, lawsuits and significant events.

All claims and lawsuits, whether they are fully defended through trial, mediated or settled directly, are actively managed by the PRMS claims team. We are proud of the personalized service we provide, along with our unparalleled level of expertise, guidance, and support.

Make an informed choice when it comes to protecting your reputation.

Contact us today.

PsychProgram.com/Claims

Christine Gray-Knight, JD, CPCU
Senior Litigation Specialist
TheProgram@prms.com
Call (800) 245-3333



More than just medical professional liability insurance.

Fair American Insurance and Reinsurance Company - New York, NY



MPS Elections: Councilor - Vote for 2



Andrea Nelson, MD

Greetings! My name is Andrea Nelsen and I am very excited about getting involved with the MPS Council. I am a Minnesota native who has returned to the state after finishing my psychiatry residency in Houston, Texas, in 2013. I currently work at the Minnesota Security Hospital in St. Peter. Before that I worked for a year in Brainerd, doing inpatient and outpatient community psychiatry. My involvement with MPS began while I was in Brainerd. Being new to the state (as a psychiatrist at least), I had many questions! Through MPS, I was able to meet others whose wealth of experience has helped broaden my understanding of some of the most important issues facing us and our patients. Among the issues I have learned about through MPS include our ever-changing relationship with mid-level providers, and the dire inpatient bed shortage in Minnesota, which has impacted all forms of mental health services statewide.

As a prospective MPS Councilor I would hope to contribute in a number of ways. One of my priorities would be to facilitate greater communication and more networking between psychiatrists in the Metro area and those in other parts of Minnesota. Another priority of mine would be to explore ways to encourage better coverage of mental health-related matters in the local media. This interest comes out of my experience working at MSH in St. Peter, an institution that often seems to appear in various news reports. The more articles I read, the more I realize that many reporters do not have a good understanding of mental health-related topics. In collaboration with other MPS members, I would like to explore possibilities for addressing this problem.

Thank you for your consideration, and I look forward to continuing to be involved with MPS! ■



Renee Koronkowski, MD

I am honored to be nominated for Counselor for the Minnesota Psychiatric Society for the 2015-2017 term. I've greatly appreciated and enjoyed my active involvement with the Minnesota Psychiatric Society (MPS) which began in 2009 serving as Counselor for 2 years followed by Secretary-Treasurer for the last 4 years. The fellowship and connection with other psychiatrists joined in common goals is immeasurable in its value. My past work with MPS has included serving as President of the Minnesota Community Outreach Foundation where we are reaching out to young psychiatrists to improve involvement; awarding grants to residents, medical students and community organizations; and continuing to improve Fast-Tracker, connecting patients with providers in real-time. I have served on the Ethics Committee for the past 4 years for both MPS and the Minnesota Medical Association in addition to the Twin Cities Medical Society Legislative Committee for the past 3 years and MPS Legislative Committee from 2010-2011. If elected, I plan to continue to bridge the gap between physicians working closely with Minnesota Medical Association and the Minnesota Psychiatric Society. I hope to continue to serve in advocating for all psychiatrists so that we may provider patients with ethical, timely, and effective medical care. I pledge to continue working on bridging the gaps between access to care, reimbursement, and availability of services. The changes in health care over my time with MPS have been tremendous regarding their impact on the practice of psychiatry and point to the urgency of all psychiatrists to be involved in policy and decision making when it comes to our profession. It will be a privilege and honor if you choose to vote for me to serve as counselor for Minnesota Psychiatric Society. ■



Early Career Representative Maria Harmandayan, MD

I am pleased to submit my name for Early Career Psychiatry (ECP) Representative for the MPS. I completed medical school at the University of Toronto before coming to Minnesota for psychiatry residency training at the Mayo Clinic, where I stayed on to complete a fellowship in Psychosomatic Medicine. I have been fortunate to start my career as a staff psychiatrist at the VA, and I currently serve as the Mental Health Medical Director for the southern tier of VA Community Based Outpatient Clinics. My involvement in organized medicine has been primarily with MPS and with the Minnesota Medical Association (MMA), where I sit on the Health Care Access, Financing & Delivery Committee. I have been the acting ECP Representative or nearly a year and I've had the opportunity

to get involved in advocacy at the state and national levels.

Since joining MPS, I have benefitted from the invaluable mentorship and guidance of countless seasoned psychiatrists and MPS members—and I've had opportunities as ECP Representative to pass some of this forward to residents, fellows, and early career colleagues. If elected ECP Representative, I would continue these advocacy and mentorship efforts, with the ultimate goal of improving the mental health landscape for early career psychiatrists, our patients, and our profession at large. ■



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:

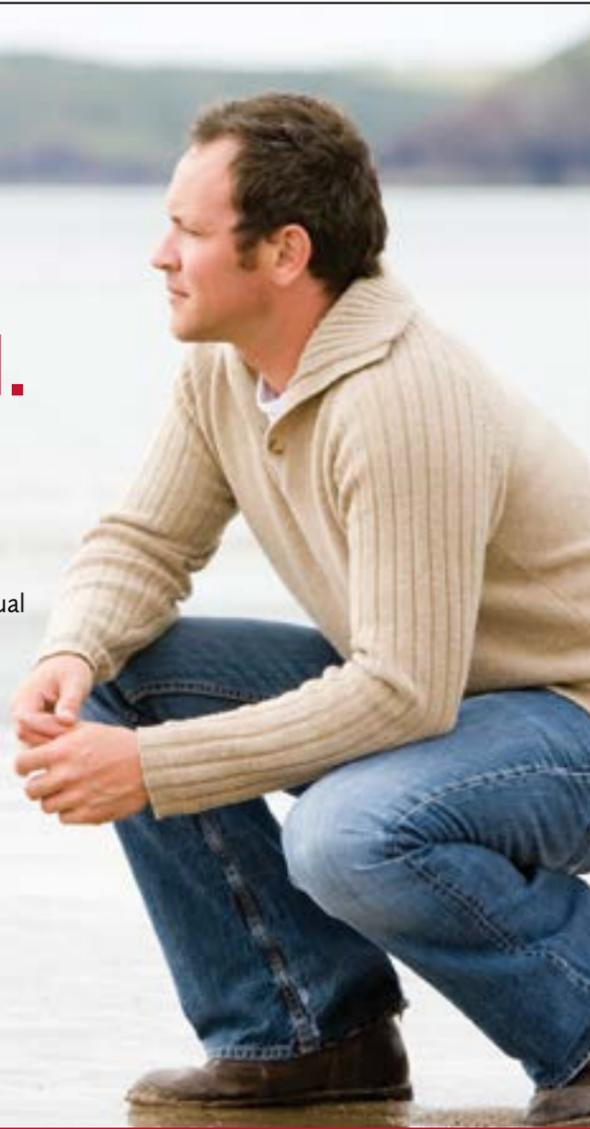
- Risk Management Hotline should an emergency arise
- Insuring Company rated "A" (Excellent) by A.M. Best
- Telepsychiatry, ECT Coverage & Forensic Psychiatric Services are included
- Many discounts, including Claims-Free, New Business & No Surcharge for Claims (subject to state approval)
- Interest-free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

Visit us at apamalpractice.com or call 877.740.1777 to learn more.



American Professional Agency, Inc.

LEADERS IN PSYCHIATRIC MEDICAL LIABILITY INSURANCE



Candidate Statements (continued from page 4)

APA Assembly Representative and Deputy Assembly Representative - (Vote for 1) The candidate with the most votes will serve as Assembly Representative, and the other will serve as Deputy Representative representing MPS if the Assembly Representative cannot attend.



Dionne Hart, MD

I'm Dionne Hart. I'm the current MPS representative to the APA and a member of the MPS Legislative Committee and PAC. I also serve as Vice President of the Zumbro Valley Medical Society, AMA Delegate of the Minority Affairs Section, and immediate past chair of the MMA Young Physicians Section and Minority and Cross Culture Affairs Committee. Thank you for the opportunity to serve as the MPS representative to the American Psychiatric Association. As your representative, I've addressed issues impacting Minnesota psychiatrists and patients such as onerous preauthorization forms, critical shortages in rural and correctional health systems, and the necessity of implementing mental health parity in all areas of the health care systems. I've utilized my first term to advocate for our profession and patients by developing critical relationships with key stakeholders. My efforts have led to appointments to the APA committees on Membership and Community and Public Health Psychiatry, attendance at the APA President's strategic planning summit, and selection as the Minnesota Psychiatrist of the Year. As a full-time psychiatrist employed by the Department of Justice and a contracting provider to State Operated Services and community mental health providers, I'm familiar with the political and legislative barriers that impede our ability to provide effective, timely services to our patients. If elected again as your Assembly Representative, I will use my professional and personal experiences to ensure patient needs are the foremost consideration in local and national mental health legislation and policy development. To complete this goal, I need your vote. Thanks for your consideration of my candidacy. Dionne Follow me on Twitter @lildocd ■

Carrie Parente, MD (continued from page 1)

health IT legislative demands in Minnesota can be financially crippling for small and solo practices, and will erode confidentiality further. I believe my diverse background affords me a unique perspective on the potential impact current and proposed health policy changes will have on the practice of psychiatry. I feel MPS should play a critical role in guiding legislative health care initiatives while continuing to be an advocate for our patients and provide strong support for our members. I hope to be part of that effort. ■



Maria Lapid, MD

It is my honor to be nominated as the MPS Assembly Representative to the APA. I completed Psychiatry residency at the Mayo Clinic and Geriatric Psychiatry fellowship at the University of Minnesota/VA Minneapolis, and have been on staff at the Mayo Clinic Rochester since 2003, where I am currently an Associate Professor of Psychiatry and program director of the Geriatric Psychiatry fellowship. My clinical practice includes geriatric psychiatry, and hospice and palliative medicine. During my residency and fellowship, I served as the MPS Member-In-Training Representative, and also chaired the Resident Fellow Section of the Minnesota Medical Association. As an early career psychiatrist, I served for four years as the MPS ECP Deputy Representative and subsequently ECP Representative to Area IV APA Assembly. I then left the APA Assembly after I was appointed by the APA President to a 3-year term on the APA Scientific Program Committee. My tenure on the APA Assembly gave me a deeper understanding of the myriad of issues relevant to the psychiatric profession across the country, such as poor mental health access and healthcare disparities, and I also gained an appreciation of how the APA and district branches work hard in tackling issues relevant to our profession to help shape policies to ultimately improve our practice. I consider it an honor to be able to serve on the APA Assembly again, this time as a mid-career psychiatrist and therefore with a different perspective on how we can more strongly advocate for our profession and our patients in this current healthcare environment. ■

Joel Oberstar, MD (continued from page 1)

and the provision of healthcare services. As systems large and small seek to achieve the Institute for Healthcare Improvement's "triple aim" of 1) improving the patient's experience of care (quality and satisfaction included), 2) improving the health of the population and 3) reducing the per capita cost of health care, psychiatrists have expertise to offer in achieving these goals. I believe MPS can help systems recognize the value psychiatrists bring to this effort and help our members identify ways of engaging these systems to advocate for our patients.

I am humbled by the nomination and ask for your support. ■

MINNESOTA PSYCHIATRIC SOCIETY

4707 Highway 61, #232
St. Paul, MN 55110-3227

Address Service Requested.

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

CALENDAR

Interested in Cultural Psychiatry???

Donald Rost Banik, DO, MPH

A group of psychiatrists have been meeting informally to discuss ways to bring together those interested in education, research, and advocacy, and who also embrace a clinical practice of curiosity and sensitivity to the diverse socio-cultural & religious/spiritual backgrounds of our patients. Goals include improving patient care and reducing mental health disparities by our own self-reflection in this process.

If interested in learning more, please join our now formalized committee through the Minnesota Psychiatric Society. Contact MPS Executive Director Linda Vukelich (l.vukelich@comcast.net or 651-407-1873) for the our next meeting time and date. We will revisit our developing mission statement and update one another on current efforts. An exciting topic for our meeting is to brainstorm ideas about sponsoring a Cultural Psychiatry CME Conference in November, 2015, through the Minnesota Psychiatric Society.

If you are interested, MPS will keep you posted on future gatherings. Also, feel free to connect with the committee should you have questions. ■



March 14, 2015, 9 - noon

Forum Guest - William Mitchell Law School Dean Eric Janus
MPS Council Meeting – MMA Offices, Minneapolis, MN
651-407-1873 www.mnpsychsoc.org l.vukelich@comcast.net

March 28, 2015, 8:30 am - 4 pm

Restoring Resilience: Transformative Therapy at Work
Minnesota Humanities Center, St Paul, MN
952-926-3626 www.spsmn.org thespsoffice@aol.com

May 2, 2015

MPS Spring Scientific Meeting & Recognition Dinner
American Swedish Institute, Minneapolis, MN
651-407-1873 www.mnpsychsoc.org l.vukelich@comcast.net

For Calendar Updates, go to www.mnpsychsoc.org!

MPS Spring Scientific Program

Closing the Gap in the Treatment of Veterans

May 2, 2014

American Swedish Institute

Minneapolis, Minnesota

FACULTY

Robert Auger, MD, Mayo Clinic

Paul Croarkin, MD, Mayo Clinic

Christine Dawson, MSW, LGSW, LADC, USMC/ARMY (Retired)

Dionne Hart, MD, Federal Medical Center, Bureau of Prisons

Timothy Lineberry, MD, Aurora Health Care

David Katzelnick, MD, Mayo Clinic

Saul Levin, MD, MPA, American Psychiatric Association

Patient Panel moderated by Mageen Caines

Beret Anne Skroch, PsyD, LP, PCP/MH

Joe Westermeyer, MD, PhD, Minneapolis VA Medical Center