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Ideas of Reference

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

**MPS Fall Scientific Program
SAVE THE DATE!**

Friday, November 13, 2015

Vadnais Commons

Vadnais Heights, Minnesota

Cross Cultural Psychiatry

Contact MPS to serve on the planning committee or for more information.



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National Experts and Local Innovators Invigorate MPS Fall CME Program



Cultural Psychiatry: Exploring Intersections and Building Bridges

Friday, November 13, 2015

Vadnais Commons - Vadnais Heights, MN

Cultural differences may impact psychiatric diagnosis, and subsequently, treatment planning, adherence, and effectiveness. This educational activity is intended for physicians of all specialties, mental health providers, and clinical and administrative teams with an interest in the cultivation of a clinical practice approach sensitive to the diverse sociocultural, religious, and spiritual backgrounds of our patients. The conference will allow attendees

an opportunity to reflect on this process with the goal of improving patient care and reducing mental health disparities. Participants will gain information to improve clinical skills and professional readiness to serve Minnesota's increasingly diverse community.



Since coming together earlier this year, the MPS Cross Cultural Psychiatry Committee has focused on learning and sharing information. Committee meetings often include members presenting educational topics and residents are encouraged to participate. It is no wonder one of the first tasks this committee chose to take on was to put together a CME meeting. The November 13 CME event is the result. With two nationally-recognized keynote

presenters, and a well-balanced program including panelists sharing the patient experience, clinicians presenting on cultural psychopharmacology, and local innovators reporting on new approaches to offer culturally-focused, data-driven innovations, this educational event is sure to meet its educational objectives.

Starting with keynoter Renato Alarcon, MD, MPH, presenting *Between Don Quixote and Hamlet: Perspectives on Contemporary Cultural Psychiatry*, participants will hear about the history of cultural psychiatry, development of the teaching, clinical and research fields of contemporary cultural psychiatry, and compare cultural psychiatry to social and neurobiological sciences. As a member of both the MPS Cross Cultural Psychiatry Committee and the MPS Ethics Committee, Joe Westermeyer, MD, MPH, will present, *Ethics in Psychiatric Practice from a Sociocultural Perspective*. Madhuri Shors, MD, MPH; Jerome L. Kroll, MD will pair to cover the clinical framework for cultural psychiatry, and our second keynoter and DSM-5 author, Russell Lim, MD, Med, will share his expertise presenting, *Culturally Appropriate Assessment: Using the DSM-5 Outline for Cultural Formulation and Cultural Formulation Interview*. After learning from a moderated patient panel, participants will hear from local innovators and experts, including the Fairview Imam Community Outreach Project, Natalis' Measurement of Mental Health and Illness Across Cultures, and



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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.

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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

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Editor's Column

Matt Kruse, MD

Last year, the Freakonomics podcast documented the case of a Manhattan apartment building that installed a communal gym, available to tenants paying market-rate for their apartments but off limits to less wealthy tenants with government-subsidized rents. It was a troubling episode, for sure. Behavior change is notoriously difficult (and is a topic far too involved to discuss here) but for those few individuals who have arrived at the coveted preparation stage, the question remains: To what extent are healthy lifestyles becoming an option available only to a select few?

"Diet and exercise!" These three words have become a de-facto healthy lifestyle battle cry. A quick Internet search can help identify at-home exercises that negate the need for an expensive gym membership. But what about the components of a healthy diet, especially when time and money are stretched thin? Produce is expensive, requires time-intensive preparation, and is in many ways less attractive than the calorie-dense, ultra-convenient alternatives. How can I make diet recommendations when I know they simply aren't feasible for a given patient?

Leanne Brown considered this issue while pursuing her master's in food studies at NYU. The result is *Good and Cheap*, a healthy cookbook that assumes a \$4 daily grocery budget (a figure derived from the average food stamps allotment). The cookbook is available from www.leannebrown.com as a PDF for free, and could be a great resource for many. It doesn't solve every obstacle to a healthy diet, and certainly doesn't solve a possible "lifestyle drift" occurring between socioeconomic classes. But at least it's a start – a critical jump from contemplation to action. ■

MPS Fall Program (Continued from pg 1)

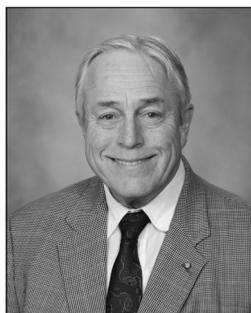


Integrating the LGBT Perspective/Experience to Improve Clinical Treatment from the Pride Institute. The final presentation will address the cultural impact and complexities of psychopharmacology.

The American Psychiatric Association designates this live activity for a maximum of 7.75 AMA PRA Category 1 Credits™. Registration information is available at mnpsychsoc.org or by calling the office at 651-407-1873. The event will take place at Vadnais Commons, located in Vadnais Heights just off 35E and Highway 96. Space is limited. Register early! ■

Did you know?

There is a monthly credit card payment option for APA/MPS dues payments. Call 1-800-35PSYCH or go to www.psych.org.



Reflections

Lloyd A. Wells, MD, PhD
MPS President

Good Courage

My thanks to all of you who wrote to me in response to my last column about the sad state of public psychiatry in the state, and its impact on patients, hospitals, and psychiatrists. Several of you shared great ideas, which we discussed at the last Council meeting. We've shared your ideas in Council, with the Leaders Group, with the Legislative Committee, and we are working hard to improve this bad situation.

I walked in the NAMI march in Rochester, near the end of the line. The march was incredibly well attended and I was impressed at the number of children and adolescents, many of them self-proclaimed patients, who were marching. Professionals were shoulder to shoulder with patients and their families, which is as it should be. Stigma remains a huge issue, but it was very apparent that there is less than there used to be.

I found it delightful and ironic that the path of the walk, on the campus of Rochester Community and Technical College and Winona State University, was on the grounds of the state hospital's farm from a great many years ago. I thought of all the patients who worked in those fields. I thought of all the long-dead patients lying in the hospital's cemetery near-by, whose families refused to claim their bodies because of their fear of hereditary taint, even with dead bodies in local cemeteries. (And I felt glad

that the grounds of that cemetery are now so well cared for, within a beautiful park). In a century and a half we have gone from "hereditary degeneration" to genomics – both genetic concepts, but one with a great deal more hope than the other.

I thought of some of our predecessors who worked in that hospital – Jacob Bowers, who founded it and tried, in the 1870's, to understand the relationship between alcohol and psychosis; Robert Phelps, who convinced the legislature (against high odds) not to sterilize the mentally ill; his wife, Laura Linton Phelps, who provided anesthesia for the patients when they needed operations and who wrote a textbook about psychiatry for nursing students; and in much more recent times, doctors like Glen Duncan and Francis Tyce. We are all in their debt.

I am retired but fill in at Mayo on an acute adult hospital service about eight weeks per year. I just finished a two-week stint. I believe that in some ways this keeps me in touch with the membership. It is a great privilege to care for extremely ill patients and to teach wonderful junior residents and medical students. In some ways, ours is a lifetime endeavor, and I cannot imagine a more rewarding one.

Good courage and best wishes! ■

2015 Bob Baumer Resident Scholarship Winner Named

The Minnesota Psychiatric Society announces the recipient of the 2015 Bob Baumer Resident Scholarship, Dr. Randy Neil, a PGY1 resident from the Hennepin-Regions Psychiatry. Accepting the award, Randy commented that it is "Truly a privilege and honor to be selected for this award." Randy added, "Dr. Baumer dedicated his career to serving others and has been truly inspiring to those of us following in his footsteps. The impact Dr. Baumer had with the Assertive Community Treatment (ACT) teams still echoes within our program. As a leading psychiatry program we look forward to carrying on Dr. Baumer's tradition of excellence, compassion, and social responsibility to support mental health in the community." Dr. Neil continued, "Speaking on behalf

of our residents and the HCMC and Regions Behavioral Health teams, we are truly thankful for the principles, ideals, and conviction for helping others that Dr. Baumer shared with our program. As a program we are committed to implementing new ideas and services offered through this award to impact the citizens of Minnesota."

The Bob Baumer Memorial Fund was started to offer residents who have demonstrated an interest in community psychiatry the opportunity to attend educational events to help them improve access to quality care, connecting services to patients, and coalescing treatment junctures to ensure smooth transition into the community. ■



Hennepin-Regions Psychiatry Training Program
Pictured from left to right: Program Manager Mary Barraclough, Program Director Scott Oakman, MD, Randy Neil, MD, Program Manager Sandy Robinson



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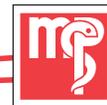
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November 21 MSCAP Summit Planned

Minnesota Community of Experts Summit

Drawing upon our community mental health providers' expertise, journalists with whom we have cultivated relationships, advocates in state government and the private sector, experienced stakeholders, and younger, passionate early career individuals, the MN Society of Child and Adolescent Psychiatry applied for a grant from the American Academy of Child and Adolescent Psychiatry to co-host the MSCAP-MACMH-NAMI Minnesota Community of Experts Summit on November 21st. The purpose of the event will be to engage and empower stakeholders to collaborate and take ownership and leadership of the Minnesota children's mental health system. The Summit will take place at the New Brighton Community Center.

By partnering with the Minnesota Association for Children's Mental Health and NAMI Minnesota, MSCAP organizers will bring together the state's best known advocates to share training resources to prepare all stakeholders, building a larger coalition of change-makers. Participants will hear how the mental health community came together in St Paul to name and fight stigma when a new crisis residential treatment center was blocked from

going into a neighborhood and serving its citizens. (See photo on page 8.) The agenda will also offer educational presentations on the Minnesota Mental Health system, a review of the 2015 legislative session, a citizen advocate perspective on current gaps, and a training session on basic advocacy. The Summit will bring experts in the areas of telemedicine, marijuana and the adolescent brain, and Minnesota's Child Protection System, followed by small group discussions and an interactive planning session to strategize ways to advocate as a community of experts. We will follow with a reporters' round table to learn about the press' role in communicating needs and concerns, and end with a summary session to develop final priorities.

The November 21st Minnesota Community of Experts Summit has the potential to be a coalition builder and a catalyst for change – its success depends on its participants. All are welcome. Join us and spread the word to your friends and colleagues – we all have a stake in children's mental health. Register online at www.mnpsychsoc.org. Contact MSCAP at 651-407-1873 with any questions. ■

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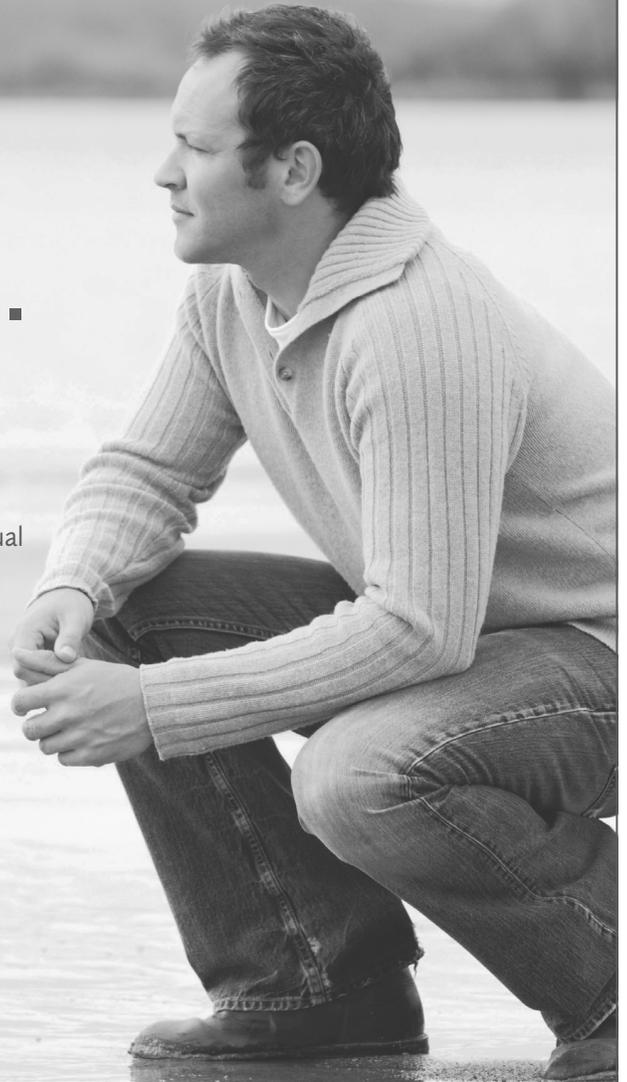


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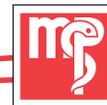


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CALENDAR

MPS Sightings



The MPS Resident Caucus hosted a meet and greet at Moscow on the Hill on September 16. Attendees came from the U of M and Hennepin-Regions programs, and enjoyed getting to know each other and planning more events together. All residents and fellows are encouraged to contact MPS with ideas and suggestions. Watch for more announcements too!

MPS hosted an Early Career Psychiatrists dinner event on September 9 at 300 First restaurant in Rochester. Experts from Greenwald Wealth Management shared insights and information specific to the needs of psychiatrists just starting out after training - and some just completing theirs. MPS is planning more ECP events under ECP Rep Maria Harmandayan, MD, MBA.



MPS Executive Director Linda Vukelich represented MPS at the September 2 press conference urging the St Paul City Council to support the proposed crisis residence. The proposal met with opposition, but mental health advocates and city proponents including Mayor Coleman led the way to its eventual approval. Attend the November 21 MSCAP Summit to learn more.

November 13, 2015

Cultural Psychiatry: Exploring Intersections & Building Bridges

Vadnais Commons, Vadnais Heights, MN

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November 14, 2015 9am-noon, Forum at 10 am

MPS Council Meeting - MMA Offices, Minneapolis, MN

November 21, 2015

MSCAP Summit - A Community of Experts

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December 9, 2015

MSCAP Monthly Dinner Meeting Washburn Child Guidance Center

Washburn Child Guidance Center, Minneapolis

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