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



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MPS's Bright Future: Its Residents



Laura Pientka, DO, In Elite Leadership Program

By Allison Malmsten

Laura Pientka, DO, a second year University of Minnesota psychiatry resident, has been selected for the 2016-2018 American Psychiatric Association (APA) Leadership Fellowship program.

The APA Leadership Fellowship program aims to develop leaders in the field of organized psychiatry. Each year the award is given to 10 people who have demonstrated strong leadership, clinical skills, involvement, and accomplishments in teaching and research.

Recipients can be APA members enrolled in an accredited US or Canadian psychiatry residency program. Pientka is the third University of MN Department of Psychiatry resident to receive this honor in recent years. Patricia Dickmann, MD, was an APA Leadership Fellow from 2012-2014 and Brent Nelson, MD, received the honor in 2013-2015.

Pientka is active in many psychiatric organizations centered on advocating for psychiatrists and patients. In addition to leadership she is also very accomplished in research and teaching, as she continuously receives impressive reviews from student evaluations.

"Dr. Pientka possesses unquestionable potential to positively impact the field psychiatry," says psychiatry residency director Katharine J. Nelson, MD. "Her gifts as a leader, scholar, and clinician will serve her as an outstanding leadership fellow. She is certain to take full advantage of the opportunity this fellowship represents."

During her fellowship, Dr Pientka will attend APA conferences and meetings, participate on an APA council, and interact with national leaders in the field of psychiatry. ■

Bob Baumer, MD, Scholarship Winner Randy Neil, MD Attends Society for the Study of Society and Culture Meeting

On May 5th -7th 2016 several residents from the HCMC-Regions psychiatry residency program attended the Minnesota Cultural Society conference on the campus of the University of MN at the Hubert Humphrey School of Public Affairs. The 2015-16 Bob Baumer scholarship recipient, Randy Neil, MD, attended with fellow residents, Raghu Ghandi, MD, and Sugandha Bhosrekar, MD, who presented a poster on South Asian culture and its impact on psychiatry. Dr. Neil stated, "With an ever changing landscape in healthcare it is essential to understand how sensitivities in culture are addressed in policy and practices relating to clinical care, education, and patient advocacy. Having the opportunities to learn how to better serve our culturally diverse patient population will ultimately lead to more effective care, proper services, and better patient advocacy". Dr. Neil continued, "What makes the HCMC-Regions psychiatry program particularly special is that we are immersed into such diverse cultures, namely Somali, Hmong, American Indian, and Hispanic populations. Attending conferences such as this will only improve the care we will provide the people of Minnesota. We felt that Dr. Baumer's scholarship would be best served by attending this conference and



Left to Right: PGY-2 resident Raghu Ghandi, MD, PGY-2 Sugandha Bhosrekar, MD, & PGY-1 Randy Neil,

(Continued on Page 5)



Ideas of Reference

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Editor's Column

Matt Kruse, MD

I find myself excited and terrified to be quickly approaching graduation from residency. For the past four years, I've always known that, if all else fails, there's an attending physician I can call to fix everything. After graduation, it might be easy to feel as if I'm losing a critical safety net. But I'm really not.

Over the past four years, much of my growth and knowledge is due to my near daily interactions with the other fantastic residents in my program at the University of Minnesota. I also can't say enough about the outstanding colleagues and mentors I've accumulated through MPS and national APA meetings. It gives me great comfort to know these critical partnerships will persist throughout my entire career. It feels as though I'll never lose my safety net.

I find it fitting that this issue of Ideas of Reference honors a few of the many outstanding members of the Minnesota psychiatric community. Ultimately, the world of psychiatry is small and accessible. It's full of valuable colleagues, a few of whom you'll read about in these pages. I hope MPS can continue building bridges, fostering collaborations, and establishing mentorships among all of us moving forward. Whether still in medical school or approaching retirement, we are all in training, and all in this together. ■

MPS Spring Meetings Challenged, Prepared, and Celebrated

Linda Vukelich, Executive Director

The 2016 MPS Spring Scientific Program & Mental Health Community Foundation Gala, and MPS Recognition Dinner was held at the American Swedish Institute on Saturday, April 16. The program was designed to support ethical, high-quality practice by Minnesota psychiatrists, other physicians, and mental health professionals.

Building on the APA's *Principles of Medical Ethics with Annotations Especially Applicable to Psychiatry*, this conference asked participants to consider their responses to major ethical issues confronting contemporary psychiatry. Speakers explored our foundations of ethical behavior and offered a framework for approaching ethical dilemmas. The highly interactive conference included case studies and small group discussions on a variety of challenging ethical cases.

Our extraordinary faculty, Rebecca Weintraub Brendel, MD, JD, Director of the Master's Program at the Center for Bioethics at Harvard Medical School,

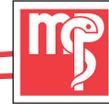


Meeting attendees participate in an interactive discussion on ethical dilemmas with a panel of state and national experts.



Small groups discussed cases.

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Transitions

Joel Oberstar, MD
MPS President

Each spring the MPS Council celebrates a transition in leadership. At the Council's May meeting, deep appreciation was expressed on behalf of Minnesota's psychiatrists to Dr. Lloyd Wells, whose year as MPS President concluded. I know I have large shoes to fill as I become President and am humbled by the trust placed in me by our members.

During the past year as President-elect, I have sought to listen carefully during Council and Executive Committee meetings, seeking to gain a better understanding of those matters most pressing to Minnesota psychiatrists. Over the course of the next several months, I aim to deepen my understanding of our membership's concerns. The remainder of 2016 and the early part of 2017 hold great promise for the betterment of our mental health system. A number of psychiatrists have sought appointment to Governor Dayton's Task Force on Mental Health, a group that aims "to develop comprehensive recommendations to design, implement, and sustain a full continuum of mental health services throughout Minnesota." The Governor anticipates receiving final recommendations from the Task Force by the end of this year, meaning the group will need to move swiftly. Those recommen-

dations as well as the views of others will lay the foundation for the 2017 legislative session and beyond.

Minnesota's psychiatrists play a critical role in our health-care system, a role that has increased in recent years given the shifting focus to "total cost of care" payment methodologies and an emphasis on the "triple aim." As many have opined, "there is no health without mental health." Psychiatrists by the very nature of the breadth and depth of our training and experience are uniquely positioned to help shape the future of Minnesotans' health. If we are to achieve lasting and substantive change for the better, we must work together with other clinicians (both those from within and without organized medicine) and myriad other stakeholders including policy makers, advocates, insurers and, most importantly, patients and their families.

As I begin my term as MPS President, I welcome your wise counsel regarding matters facing our profession. Please join us at a Council meeting; you are equally welcome to phone or email me as well. Together, let's resolve to continue our Society's fine tradition of advocating on behalf of our patients and our profession! ■

MPS 2016 Legislative Report

Dominic Sposeto, MPS Lobbyist

As the dust settled on another chaotic legislative session, there were a couple of major proposals that were casualties of our continued experiment in divided government. The legislature, for the second year in a row, failed to pass a long-term transportation funding plan. They also failed to pass a \$1 billion package of state construction projects that included funding for inpatient psychiatric beds at the Minnesota Security Hospital and the Anoka Regional Treatment Center.

The legislature did pass a \$182 million supplemental budget bill with over a third going to funding direct care and treatment for the mentally ill. It represents the greatest amount of state program funding for the mentally ill in recent memory.

Direct Care and Treatment. The legislature appropriated \$63 million for increased bed capacity and staffing at both the Anoka RTC and the St. Peter Security Hospital. Included in this appropriation is the creation of a new competency restoration program to be located outside of the Security Hospital campus, designed to free up 20 beds at Anoka and 12 beds at St. Peter.

The appropriation also includes full staffing of the state's

community behavioral health hospitals (CBHH) to get these facilities to 16 occupied beds apiece. This is intended to free up another 12 beds at Anoka and St. Peter for a grand total of 44 new available beds.

The appropriation also includes deficiency funding and operational adjustments for state operated services that should allow the commissioner to maintain adequate staffing at these facilities.

Certified Community Behavioral Health Clinics. The legislature agreed to establish CCBHCs for the federal Excellence in Mental Health Act demonstration project planning grants. The commissioner will develop standards and a prospective payment system for services. CCBHCs will provide coordination of care across settings and providers to ensure seamless transitions for patients across the full spectrum of health services. Minnesota is hoping to be one of eight states to receive these federal demonstration project grants.

Prior-Authorization for Medications. The Minnesota Medical Association- and MPS-sponsored legislation to simplify medication prior authorizations and ensure patients get the medications they need in a timely manner failed to gain passage. The Senate continued its support of the PA bill and included it in

(Continued on Page 5)



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MPS Meetings *(Continued from pg 2)*

and Colleen Coyle, JD, General Counsel for the APA, offered national perspectives while Minnesota Board of Medical Practice Executive Director Ruth Martinez, MA, shared the state lens. Steven Miles, MD, Chair of the University of Minnesota's Department



Distinguished Service Honoree Maurice Dysken, MD, with MPS Executive Director Linda Vukelich.

of BioEthics, offered thoughtful insights into gun violence using public health data, and members of the MPS Ethics

Committee were on hand to facilitate case discussions and be resources to participants.

The evening program featured exemplary MPS members whose contributions spanned decades. MPS Psychiatrist of the Year George Realmuto, MD, was recognized for his passion for patients, dedication to system reform, and numerous contributions to MPS and Minnesota psychiatry. Distinguished Service Honoree Maurice Dysken, MD, has gen-



2016 MPS Psychiatrist of the Year George Realmuto, MD, accepting the award.

erously shepherded the Gloria Segal Scholarship Award since 1997. Presidential Service Award Winner Mike, Koch, MD, has just completed his second term as president - a feat few before him have attained. Attendees were introduced to our 2016 Gloria Segal winners, Jimmy Wang from the University of Minnesota, and Keith Miller and Sunny Patel from the Mayo Graduate School of Medicine. Our keynote presenter, Colleen Coyle, JD, presented,

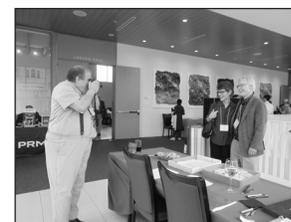
"APA in support of Psychiatry: Parity and Integrated Practice," focusing on new opportunities for psychiatry in the coming years. It was a festive event with a lot to celebrate, and everyone got their picture taken by official MPS photographer, Tom Segal. ■



Lloyd Wells, MD, (r) acknowledged his contributions and presented Mike Koch, MD, with the presidential service award.



Keynote Colleen Coyle, JD, with Carrie Borchardt, MD



MPS Photographer Tom Segal hard at work - capturing memories.

MPS 2016 Legislative Report *(Continued from pg 2)*

its version of the Supplemental Budget Bill. However, the House accepted the arguments of health plans and pharmacy benefit managers that the bill would increase health care costs.

State Bonding. The Governor led the charge for funding the state's inpatient psychiatric facilities through state bonds for capital improvement projects. At his insistence the final bonding bill included \$57 million for design and remodeling of the Minnesota Security Hospital, and \$2.25 million for safety upgrades at Anoka RTC. The bonding bill also included \$7.5 million for construction of a new Child and Adolescent Behavioral Health Services (CABHS) facility near Willmar.

However, a last minute fight over bonding for the Southwest light rail project resulted in the entire bonding bill failing to gain passage as the session ended at midnight Sunday. It is most likely that the governor will call the state legislature back into a special session to enact a bonding bill. This could occur in a few weeks, but is entirely up to the governor.

Prescription Monitoring Program. Minnesota's PMP was implemented in 2010 to detect diversions, abuse, and misuse of prescriptions for controlled substances. It is overseen by the Board of Pharmacy. This year, the legislature mandated that prescribers sign up for the program. The legislation does not require that prescribers use PMP to monitor all patient medications. By July 1,

2017 every prescriber who is authorized to prescribe controlled substances and who holds a current FDA registration must register and maintain a PMP user account.

Pharmacist - 90-day prescription. New law allows a pharmacist to dispense up to a 90-day supply of a prescription drug to a patient who has completed an initial 30 supply of the drug. The patient must return to the pharmacy for the refill. The quantity dispensed by the pharmacist cannot exceed the total quantity of the remaining refills authorized by the prescriber. The pharmacist is prohibited from dispensing a 90-day supply if the prescriber specified on the prescription that the pharmacist may not exceed the number of dosage units identified on the prescription or the prescription drug is a controlled substance. ■

Bob Baumer Scholarship *(Continued from pg 1)*

to learn how we can close the gap of disparity in care and services across socio-cultural groups."

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



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Growing Psychiatric Specialty Health System Seeks Psychiatrists

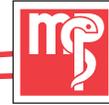
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First Eric Brown, MD, Residents Caucus Scholarship Awarded

Laura Pientka is a PGY-2 resident at the University of Minnesota and Resident-Fellow Member for the Minnesota Psychiatric Society. She is also the inaugural recipient of the Eric Brown, MD, Residents Caucus scholarship. The scholarship is named for Eric Brown, MD, a past president of MPS and the originator of the Residents Caucus, a resident-directed endeavor that allows residents to develop programming fitting the unique needs and interests of residents. This April, Laura traveled to Florence, Italy to present a poster at the Schizophrenia International Research Society's Biennial Conference. The poster was completed in collaboration with Drs. Charles Schulz, Kelvin Lim, and Suzanne Jasberg, and was titled "The Role of Comprehensive Psychosocial Outpatient Programming in the Treatment of First-Episode Psychosis Patients." The project followed First-Episode Psychosis patients and their participation in the University of Minnesota's outpatient services including family group, day treatment, individualized day treatment, and cognitive behavioral therapy group and the effects on 1-year re-hospitalization rates. The results of the project showed that the more outpatient services that patients participated in, the lower the rate of 1-year re-hospitalization. The University of Minnesota will continue to focus on encouraging patient participation in the First-Episode Psychosis Program and strengthening services offered by the program. ■

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- Psychiatry, University of Minnesota Medical Center, Minneapolis
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- Child/Adolescent Psychiatry, Outpatient, Elk River, MN (40 mins NW of Minneapolis)
- Child/Adolescent Psychiatry, University of Minnesota Masonic Children's Hospital, Minneapolis

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CALENDAR

NAMI Honors 2 Minneapolis Psychiatrists

Two University of Minnesota psychiatrists, Judith Kashtan and Gary Christensen, have been selected by the National Alliance on Mental Illness (NAMI) to receive 2016 Exemplary Psychiatrist awards. The awards go to psychiatrists who "go the extra mile" for mental health care and who actively support NAMI at the local or state level. Both psychiatrists were nominated by NAMI Minnesota.

Dr. Judith Kashtan is a Harvard trained, board certified psychiatrist, rated one of the top doctors in the Twin Cities by Minneapolis/St. Paul magazine and a top doctor for women by Minnesota Monthly magazine. She has been in solo private practice in downtown Minneapolis for over 25 years and is a Clinical Professor at the University of Minnesota.

Dr. Gary Christenson is the chief medical officer at Boynton Health Service at the University of Minnesota, and an adjunct Associate Professor of Psychiatry. He has been an incredible advocate for improving access to mental health services to students. For several years he has held a Cirque de Stress event on campus to help students deal with stress. NAMI Minnesota has always been a part of this event and has seen firsthand how beneficial it is to students. Over 3000 students and faculty attend every year. ■

July 9, 2016 **MPS Council Meeting**, Forum Guests: Psychiatry Residency Directors and Chiefs, PrairieCare Institute, 1934 Hennepin Ave, Ste 300, Minneapolis, MN 651-407-1873

July 13, 2016 **MSCAP Summer Social Event - Surly Brewing** St Paul, MN www.MSCAP.org 651-407-1873

September 9, 2016 **Psychological Trauma in Children, Adolescents and Young Adults: Definition and Treatment** Co-hosted by MPS and the Minnesota Society for Adolescent Psychiatry. Abbott Northwestern Hospital, Minneapolis, MN www.MnPsychSoc.org 651-407-1873

September 10, 2016 **MPS Council Meeting**, Forum Guest Eduardo Colon, MD, HCMC Dept of Psychiatry, PrairieCare Institute, 1934 Hennepin Ave, Ste 300, Minneapolis, MN 651-407-1873

September 24, 2016 **NAMI Walk** Contact Carrie Borchardt, MD, MPS Stigma Stompers Team Captain or Linda Vukelich. Minnehaha Park, Minneapolis, MN 651-407-1873.

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

Advances in Psychodynamic Psychiatry: The Classification of Personality Disorders

Despite good understanding of how to best classify personality disorders, there are new developments based on changes in our understanding, new nosological systems, and new evidence. For example, borderline personality disorder (BPD) can be better distinguished from narcissistic personality disorder (NPD), leading to changes in our understanding as well as our therapeutic technique. URL:<http://apapsy.ch/June-Course-of-the-Month>

Each month, APA members have access to free CME course on the APA Learning Center. Less than 30 minutes in length, this course can help you brush up on a trending topic over lunch. ■