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Ideas of Reference

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



MINNESOTA PSYCHIATRIC SOCIETY

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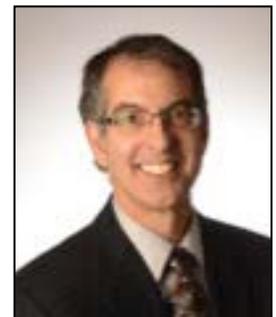
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MPS Elections: Meet Our Candidates

In 2017, 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 Michael Trangle, MD



Initially, I was a bit surprised and certainly honored when asked to run for president of the MN Psych Society. I thought about it further and the challenges facing MPS gradually sunk in:

- Better engaging our psychiatric colleagues – both current and potential MPS members.
- Building upon the great work of current MPS leaders to have MPS' voice grow into a potent motivator for the legislature and DHS to better meet the needs of our patients.
- Meeting the challenge of psychologists lobbying for prescriptive privileges.
- The need to make the Maintenance of Certification (MOC) processes more efficient, simpler, and less expensive in time and effort.
- Increasing strategies of psychiatric workforce which are exacerbated by recent Federal rule changes which have decreased access for immigrants.
- The shortage of psychiatric residents and fellows.

As someone who has spent most of my life in Minnesota (my formative years, University

(Continued on Page 3)



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 secretary-treasurer for MPS for the past two years, and a councilor for several years prior. I have been practicing psychiatry in Minnesota for over 11 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 information technology.

We are facing rapid, inevitable changes in the funding and delivery of healthcare. I believe

(Continued on Page 3)



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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Editor's Column Goldwater Revisited

Matt Kruse, MD

In 1964, *Fact* magazine published a poll demonstrating what psychiatrists thought of presidential candidate Barry Goldwater's mental health. Goldwater later won a libel suit against the magazine. In the aftermath of the Goldwater v. Ginzburg decision, the APA codified a guideline stating that it is unethical for a psychiatrist to provide opinions about a public official's mental health unless an examination was conducted and an appropriate release has been obtained. This guideline was unofficially dubbed the "Goldwater Rule."

The Goldwater Rule has been held sacred among psychiatrists for decades. Recently, though, the formerly iron-clad rule is appearing to rust. On February 13, a letter to the editor was published in the *New York Times* citing President Trump's behavioral oddities and expressing concerns about his mental health. The letter was signed by 35 mental health professionals, half of them psychiatrists.

This letter, among others, has raised multiple questions about the Goldwater Rule, and a series of difficult questions.

What is the role of organized psychiatry when the Rule is broken? Should organizations denounce such violations? Further, what are the ramifications of violating the Rule? Aside from spreading clinically unreliable information, such statements may undo progress made against mental health stigma. The letter and statements by journalists and politicians, in many ways, equate mental illness as synonymous with undesirable traits such as close-mindedness and aggression. Indeed, rule violations are typically driven by dire concerns and strong emotions, and are unlikely to include empathic or humanizing statements.

On the other hand, the authors of the letter justify their actions by asserting that the Rule limits their ability to assuage or inform concerns raised by journalists acting as armchair psychiatrists. It's true that at some point in the future, there may be a public figure whose mental health, just as any medical illness, could raise legitimate fitness for duty concerns. In such an event, who should be the one to raise such concerns? ■

New APA Resource Helps Early Career Members on the non-clinical side of medicine

Your early career as a psychiatrist is an exhilarating time as you continue to develop your identity as a physician and explore new opportunities. It can also be challenging as you tackle the business side of medicine and manage your career. Your APA membership can help with business of medicine resources, professional development, and career management – now collected on one APA webpage.

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.



Advocacy

Joel Oberstar, MD
MPS President

Psychiatrists are not only clinicians trained to help patients in need, we are also potent advocates for them in myriad arenas. One critical role we must play as a professional society is that of patient advocate at the legislature, where hundreds of bills are introduced each biennium impacting Minnesota's mental healthcare system. In furtherance of our advocacy efforts, the Council has relied heavily on the Legislative Committee and our political consultant/lobbyist, Dominic Sposeto, to set the MPS legislative priorities for the first half of the 2017-2018 biennium.

While there are easily a dozen potential legislative topics of interest to our Society's members and patients, the Council has elected to dedicate resources to just a few, focusing on major initiatives like ensuring patient- and psychiatrist-friendly prior authorization processes (PA) for prescription medication. Many have seen the effects of time-consuming and overly-burdensome PA processes and MPS is pleased to work with the Minnesota Medical Association and others in the Fix PA Now! coalition (fixpanow.com). Ensuring a rational PA system will benefit us all.

Supporting medical students who have an interest in psychiatry has also been a focus of our Society over the years, particularly through the Gloria Segal Award, which recognizes medical students of exceptional quality and with strong interest

in psychiatry. For over two decades, Maurice Dysken, MD, has lead this effort; he has now expressed a desire to transition out of this leadership position. Please join me in thanking Dr. Dysken for his service over these many years! I am pleased to announce that John Vuchetich, MD, PhD, has agreed to take over this important duty; Dr. Vuchetich has had extensive experience working with medical students at UMN and currently supervises residents rotating on Assertive Community Treatment teams in the metro.

In closing, I thank all of you who responded to our survey regarding those things MPS does well, not so well, and not at all. Your candid feedback is critical to the early stages of strategic planning currently underway. Those who haven't yet responded may continue to do so through the electronic link you should have received earlier; feel free also to email me (joeloberstar@prairie-care.com) directly with your thoughts/comments/feedback!

Lastly, please join me in expressing appreciation to Lloyd Wells, MD, who chaired the nominating committee that generated the slate of nominees before you at this time. Dr. Wells and the committee have put forth a commendable slate of leaders and advocates for your consideration. Their willingness to serve is inspiring to us all! ■

Michael Trangle, MD (continued from page 1)

of MN Medical School, Park Nicollet Medical Center for 10 years, Allina for 7 years and HealthPartners/Regions Hospital for 17 years), I care about our patients, communities, and colleagues. Over the years, I've helped to lead or participated in various projects attempting to improve the care, supports, and opportunities for our patients, clinics, hospitals, and communities (DIAMOND, MN 10x10, BH RARE, the East Metro Mental Health Crisis Alliance) but access, flow, and resources for many of our patients have worsened.

I am hopeful that engaging as many psychiatrists as possible through MPS, speaking with "one loud voice" which melds clinical effectiveness with maximizing impact on our patients and communities will be more effective. I am humbly asking for your support in this effort.

Thanks for your consideration. ■

Carrie Parente, MD (continued from page 1)

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. ■



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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.

Assembly Representative Maria Lapid, MD



It is my honor to be nominated for a second term 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. I am currently a professor of psychiatry at the Mayo Clinic College of Medicine

and Science 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. Serving in the capacity of APA Assembly Representative in the past two years has given me an understanding of the Assembly processes by which issues related to mental health across the country are addressed, whether advocating for the profession or for patients, and how and what actions are taken to address these issues. My involvement as an assembly member has made me realize how the APA and district branches work hard in tackling issues to help shape policies that will ultimately improve patient care and how we practice our professions. It is a honor to represent the state of Minnesota on the Assembly. ■

Assembly Representative Dionne Hart, MD



My name is Dionne Hart. I'm an adult psychiatrist and a current representative to the APA assembly. As MN assembly representative, I've been honored to advocate for patients with mental illnesses and our profession. I've authored multiple resolutions focused upon the shortage of psychiatrists, scope of practice, mental care within correctional settings, gun safety, and improving the confidentiality of prescription drug monitoring programs. One assembly member recently described me as "unflappable when providing powerful testimony and always receptive to feedback from peers".

I have used my tenure to address issues of stigma, health care disparities, homophobia, and gender inequality while promoting justice in health care. For example, I planned multiple community discussions focused upon mental health access. In addition, I was appointed to multiple APA committees and served as a mentor to other assembly members.

If reelected, I will continue to my role as advocate as an assembly representative but also as the Minnesota Medical Association's Board of Trustees' first African American trustee and AMA delegate. My goals for the next three years include addressing the shortage of psychiatrists in rural areas, increasing the active participation of Southeastern MN psychiatrists in MPS, and meeting with legislators to protect our patients. ■

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MPS Elections: Councilor - Vote for 2

Councilor Lonnie Widmer, MD



I am honored to be nominated as a candidate for councilor for the Minnesota Psychiatric Society. It is more important than ever to get involved and advocate for our patients and for each other as providers. We are facing an uncertain time in medicine and psychiatry, with major political changes happening on both the national and local level. As a country we continue to debate how we, as a nation, will pay for healthcare. Locally, we have ongoing

struggles with access to care, bed shortages, mental health parity, and the stigma surrounding mental health.

I grew up in rural Minnesota and left the state to attend Creighton University School of Medicine in Omaha, NE. After graduating in 2003, I returned to MN for residency followed by child and adolescent psychiatry fellowship at Mayo Clinic in Rochester. I have been working in St. Paul at United Hospital since finishing my training in 2008. At United, I have been fortunate to see a variety of patient populations in a variety of settings. I currently do a combination of inpatient adolescent, adolescent partial hospital, and outpatient child and adult psychiatry. My passion and focus in the adult population is perinatal psychiatry and women's mental health. I am excited for this opportunity to be more involved with MPS. ■



Early Career Representative Patty Dickmann, MD

I am honored to be nominated as Early Career Psychiatrist Representative for the Minnesota Psychiatric Society. I am a proud Gopher fan, having completed my undergraduate education, medical school, and psychiatry residency at the University of Minnesota. Following residency graduation in 2014, I joined the faculty at the

Minneapolis VA Medical Center where my leadership roles include Medical Director of the Community Resource and Referral Center, Medical Director of the Opioid Treatment Program, and Psychiatry Residency Site Director.

My involvement in political advocacy started during residency, when I was selected to be an APA Leadership Fellow. This fellowship afforded me the opportunity to advocate for mental

Councilor Mary Beth Lardizabal, DO



I appreciate the opportunity to be of service to the Minnesota Psychiatry Society as a councilor on the executive council. MPS has been an important voice for Minnesota psychiatrists and the patients we serve, on a state and national level. Now more than ever, our profession needs us to be active and engaged to ensure the best care for our patients. If elected, I will work hard to fight for our

patients mental health needs as well the professional needs of all MPS members.

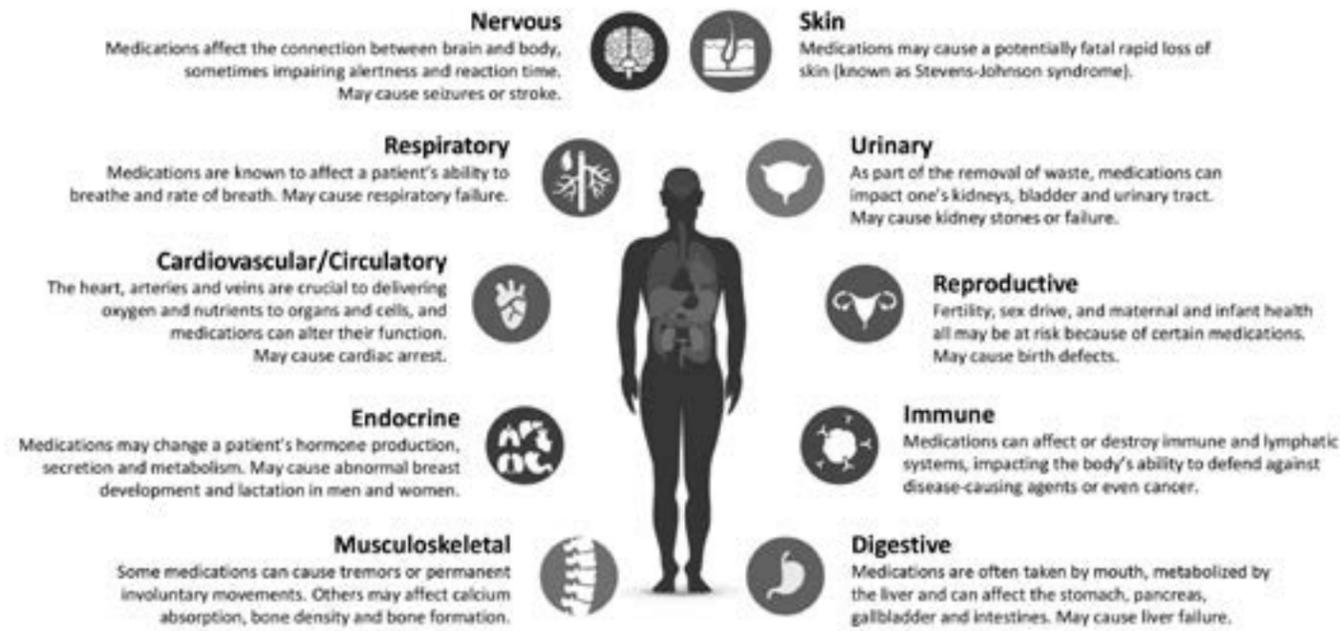
I trained in adult psychiatry at the University of Illinois Chicago. I completed my child and adolescent fellowship at the University of California –San Francisco. My previous work experience includes medical director of child and adolescent psychiatric services at St. Cloud Hospital. I also spent six years in the National Health Service Corps in rural Down East Maine, providing psychiatric care for all ages. During that time, I was the medical director for the Calais Children's Project, a residential treatment center, and also provided mental health and addiction services for the Passamaquoddy Indian Reservation. I am currently the medical director for child and adolescent psychiatry for Allina Health Systems. I also maintain a small private practice, utilizing integrative treatments. ■

health patients and prescribers on Capitol Hill. I also served on the APA's Council on Addiction Psychiatry, Ethics Committee, and Political Action Committee. Locally, I served as MPS's Resident-Fellow Member representative to Area IV meetings during my last two years of residency.

If elected as the Early Career Psychiatrist representative, I will promote positive change within our professional community, advocate for our patients, and serve as a female voice at traditionally male-dominated regional and national meetings. As a former mentee of Dr. Eric Brown, I am committed to reinstating the MPS Resident Caucus he started in 2011. By hosting quarterly dinner meetings with community speakers, the Resident Caucus served as a robust platform to promote professional development and networking between the state's psychiatry residency programs. ■

Psychiatric Medications Affect All Body Systems

Safe, appropriate prescribing requires expert medical knowledge of all body systems.



Prescribing Can't Be Taught In Just Ten Weeks

Key Differences Between Psychiatrists and Psychologists

Differences That Matter

Psychologists are not medical doctors and under legislative proposals to allow certain psychologists to prescribe medications, would not be required to get the training necessary to safely prescribe powerful medications.

- Psychiatrists are medical doctors (MDs) with up to 12 years of medical training in biology, anatomy, microbiology, pharmacology, chemistry and the other biomedical coursework. Also included are clinical rotations and training, medical internship and four years of residency learning

- Psychologists are trained to test for deficits in psychological functions and human behavior. They focus on behavioral change through talk therapy, not underlying biological causes and problems.

Requirements for the Practice of Medicine are Increasing

- A crash course in prescribing cannot substitute for the comprehensive knowledge and skills physicians achieve through medical education and rigorous clinical experience.

- Non-physician professionals who do prescribe (e.g., nurse practitioners, physician assistants) have significantly more medical training than what the psychologists propose for themselves. These non-physician providers also generally require strong supervision and have limits on the types of drugs that can be prescribed.

- Lowering standards to prescribe is a dangerous and costly venture. These proposals often place licensure regulation



to diagnose mental and physical disease and prescribe medications to treat illnesses.

- Psychologists have an academic degree (PsyD or PhD) in the study of psychology and human behavior. They do not have the underpinnings of any medical coursework. They may do an internship that is generally performed at counseling centers or schools.
- Psychiatrists are trained to review medical records, examine patients, order and analyze appropriate lab reports and determine if an illness is actually the manifestation of an underlying medical-mental illness.

of proposed "medical psychologists" or "prescribing psychologists" under state psychology boards that lack the necessary medical expertise to oversee and ensure safe practice and standards of care. ■



Psychiatrist—\$30,000 Sign-on Bonus!

HealthEast is seeking a Psychiatrist to join its growing mental health team. HealthEast is the leading health care provider in the Twin Cities' East Metro area. HealthEast is expanding its inpatient mental health units at St. Joseph's Hospital to better serve the community. The full expansion will include a total of 36 rooms, nearly 50% increase in the inpatient mental health care units.

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- Call every 4th weekend (negotiable)
- H1B Visa accepted

Qualifications:

- Must be BE/BC Psychiatry
- Ability to obtain MN license, DEA
- Geriatric certification and experience highly preferred
- ECT (Electro Convulsive Therapy) certification highly preferred

For more information:

Email: mrwagner@healtheast.org or call 1-866-610-7219

New Employment Contracting Resources Available

The MMA has posted new resources for physicians that will help them know what to expect, and how to approach some common terms, pitfalls and opportunities in physician contracts. Specifically, the resources include common components in a contract, frequently asked questions on restrictive covenants, and the dos and don'ts of negotiating. For more information, go to www.MnMed.org and search for "Physician Employment Contracting." ■

DHS Site Details Impact ACA Repeal Could Have on Minnesota

As the future of the Affordable Care Act is debated in Washington, DC, many are wondering what impact it will have on Minnesotans. The Minnesota Department of Human Services has created a website to answer that question. ■

Minnesota Health Professional Loan Forgiveness

Minnesota's Loan Forgiveness Program recruits and retains health care professionals to needed areas and facilities within Minnesota. The application cycle begins in November and closes Friday, January 6, 2017, at 5 pm CST. Selections are made based on suitability for practice as indicated by personal and professional experience and training noted on an application, as well as other relevant factors. Psychiatrists are eligible to receive \$12,000 annually. For more information, contact the Minnesota Department of Health Health Policy Division, Office of Rural Health & Primary Care. ■



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.

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MSCAP Children's Mental Health Summit Develops Consensus Statements

MSCAP Executive Director Linda Vukelich

On January 28, the Minnesota Society for Child and Adolescent Psychiatry, with support from a grant from the American Academy of Child and Adolescent Psychiatry, hosted its second Pulling Together for Children's Mental Health Summit. The event brought together stakeholders representing psychiatry, primary care, advocacy, policy, and consumer and family



members. Drawing from collaborating partners, the Minnesota Academy of Family Physicians, the Minnesota Medical Association, NAMI Minnesota, AspireMN, the Minnesota Chapter of the American Academy of

Pediatrics, and MPS, Summit participants engaged in a highly interactive exercise. MSCAP Past President David Einzig, MD, and MSCAP President Josh Stein, MD, led the day's activities and facilitated consensus development sessions following each presentation. The agenda for the day covered, Trauma, Funding, Parity, Prior Authorization, School-Linked Mental Health Grants, and Workforce Shortages. In addition to learning about each topic, attendees participated in productive and interactive consensus development sessions. The consensus statements are being edited and formatted to be shared with legislators - many of whom are new to their roles. In addition, there will be ongoing communication via social media as these important discussions continue. For more information, go to MSCAP.org or call 651-407-1873. ■

Did you know?

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Evaluate New Tech on APA's Mental Health Apps Page

Dozens of health care management apps are available, and deciding which, if any, to use can be confusing. APA is helping psychiatrists navigate mobile health technologies to determine whether an app will work for you and your patients. This resource includes information on how to evaluate apps and opportunities for additional guidance. ■

2016-2017 100% Club Announced

2017 marked another great year for the 100% Club – with more than 100 residency programs meeting the requirements to be recognized for the 2016-2017 year. In addition to the benefits of membership, 100% Club residents and their programs receive exclusive benefits like a practice resource gift, chief resident welcome kits, and access to free SET for Success for the program director.

Congratulations to Minnesota's 100% Club Gold Award Winner - the University of Minnesota Psychiatry Residency Program, and to the Hennepin-Regions Psychiatry Residency Program for achieving Bronze Status for 2016-2017. The future of psychiatry rests with trainees, and Minnesota has the best! We are grateful to our RFM Representatives on the MPS Council. They are Drs. Ben Braus, Laura Pientka, and Steve Talsness, and each actively represent the resident fellow perspective. ■

2017 APA Annual Meeting Registration Now Open

Join us at this year's Annual Meeting in San Diego from May 20-24, 2017. APA's Annual Meeting is the premier psychiatry event of the year. With over 450 educational sessions and courses, there is no better event to help you expand your knowledge, network, and meet certification and licensure requirements. Members receive a steep discount on registration. Link: <http://psychiatry.org/psychiatrists/meetings/annual-meeting> ■

March 11, 2017

MPS Council Meeting PrairieCare Institute
www.MnPsychSoc.org, 651-407-1873

March 15, 2017

MSCAP Dinner Event Muffuletta Restaurant
www.MSCAP.org, 651-407-1873

May 6, 2017

MPS Council Meeting PrairieCare Institute
www.MnPsychSoc.org, 651-407-1873

May 20-24, 2017

APA Annual Meeting San Diego CA
www.MnPsychSoc.org, 651-407-1873

For Calendar Updates, go to www.mnpsychsoc.org



MPS Council Meetings are Open to Members

L to R: Dominic Sposeto; Dionne Hart, Josh Stein, Jimmy Ching, Joel Oberstar, Rana Elmaghraby, George Realmuto, Sophia Vinogradov, Ben Braus, Laura Pientka, Matt Kruse, Patty Dickmann, Paul Goering, and Lloyd Wells. Call 651-407-1873 for more information.