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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

Improving Minnesota's mental health care through education, advocacy and sound psychiatric practice.

Our vision is physician leadership creating the nation's highest quality, most affordable, and accessible system of mental health care.

www.mnpsychsoc.org

MPS Spring Scientific Meetings Focus on Integrated Care



Save Thursday, June 15, for the Annual MPS Recognition Dinner and Friday, June 16, for the MPS Spring Scientific Meeting. Plan to join fellow psychiatrists and others interested in integrated care for

Psychiatric Services & Integrated Care: The Multiplier Effect. The program will be presented at the Hotel Minneapolis and features local and national experts.

The Hotel Minneapolis was originally the Federal Reserve Bank, and honors its history, boasting a number of stately safes alongside marble columns in its beautifully renovated meeting and public areas.

Psychiatrists are in a unique position to help shape mental health care delivery in the current rapidly evolving healthcare reform landscape using integrated care approaches, in which mental health is delivered in primary care settings. In this model of care, a team of providers, including the patient's primary care provider, a care manager, and a psychiatric consultant work together to provide evidence-based mental health care. The program will offer something for everyone. A panel of Minnesota program experts will offer insights and lessons learned in an interactive format. Michael Farnsworth, MD, will share key information about how to create an integrated telepsychiatric service program, including a consideration of clinic

(Continued on Page 3)

Election Results

In March, MPS members elected President Elect Michael Trangle, MD; Secretary-Treasurer Carrie Parente, MD; Early Career Representative Patty Dickmann, MD; APA Assembly Representatives Maria Lapid, MD, and Dionne Hart, MD; and two Councilors. Mary Beth Lardizabal, DO; and Lonnie Widmer, MD.



Michael Trangle, MD, was honored to be elected President Elect, and plans to focus on the challenges facing MPS. He is hopeful that engaging as many psychiatrists as possible through MPS, speaking with "one loud voice" which melds clinical effectiveness with maximizing impact on patients and communities will be more effective. He asks for member support in the effort, listing several areas of focus:

- 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.
- Making the Maintenance of Certification (MOC) processes more efficient, simpler, and less expensive in time and effort.
- Increasing psychiatric workforce strategies, and addressing the shortage of psychiatric residents and fellows.

As someone who has spent most of his life in Minnesota, Dr. Trangle looks forward to serving MPS and its members. ■



Ideas of Reference

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Ideas of Reference	Editors
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Editor's Column

Allison Holt, MD

I would like to congratulate Deanna Bass, MD, our newly-named Psychiatrist of the Year. This award is an opportunity to honor our colleagues who give their time, expertise, creativity, and devotion to the betterment of the field, our patients, and our fellow psychiatrists. We might have inherent, traditional views of leadership qualities, but

this award allows us to expand our schema about what constitutes value. This can include not only those who lead committees, teach in a residency program, run departments, or who are first authors on research papers, but also those who work tirelessly in the background on committees, mentor in less formal ways, teach, and model good self-care so that our colleagues don't burn out, speak to the lay public, treat patients with humanistic care, develop new models of efficient and effective care, work with the legislature, etc.

There are differences in the way that men, women, minorities, and rural psychiatrists might practice and contribute. Much has been written about the notion that women tend to prefer to work cooperatively versus competitively. A colleague related that she noticed women often worked on committees that helped their department run better but didn't necessarily advance their careers. At a recent MPS Women Psychiatry meeting we talked about the child care drop out years and the negative effect it has on the upward advancement of women's careers (though it may not have a negative effect on the quality of a woman's career). Psychiatrists of color have barriers to traditional positions of status based on race. They also may choose to take on leadership roles in their own community, which might not be recognized by the larger community of psychiatrists. Rural providers may also be solo practitioners and, like minorities, become leaders in their community by virtue of their practice and necessity. They may never have an opportunity to serve on a committee but are definitely health care leaders.

In recognizing the truly notable psychiatrists among us, we should always consider the words success, value, and contribution. We are better off as a psychiatric society when we recognize a broad range of attributes as we continue to honor the truly best among us with the Psychiatrist of the Year award. ■

Congratulations! 2017 Election Results:

MPS President Elect Michael Trangle, MD
Secretary-Treasurer Carrie Parente, MD
Councilors Mary Beth Lardizabal, DO & Lonnie Widmer, MD
APA Assembly Representatives Dionne Hart, MD & Maria Lapid, MD
Early Career Representative Patty Dickmann, MD

2017 Award Winners:

Psychiatrist of the Year Dee Ann Bass, MD
Paul Wellstone Advocacy Award Representative Nick Zerwas
Special Recognition S. Charles Schulz, MD
Gloria Segal Scholarship Winners Ricci Lee Bender, Leah Schmelkin

Join us on June 15, 2017 to honor our award winners!

Go to www.MnPsychSoc.org or call 651-407-1873 for information.



Hand Off

Joel Oberstar, MD
MPS President

As you may recall, the MPS Council began a strategic planning process several months ago to achieve an overarching framework for our work on behalf of our patients and our profession in the years ahead. One important initial step in that process was a broad survey of current and past members. With over one hundred responses, we gained a rich perspective on what we, as an organization, appear to be doing fairly well and where some improvements may be warranted.

While our final analysis of the responses has not yet been fully completed, broad themes regarding the role of MPS in education and advocacy were evident. Both areas were seen by some as strengths and by others as areas for improvement. The role of MPS as a convener of networking events was hailed as opportunities for MPS to play a role in mentoring medical students, residents, and early career psychiatrists. Frustrations with the complex nature of the current mental health system were articulated as well; less clear was a unified direction MPS should take to help address those frustrations. The MPS Executive Committee (EC) and Council will now digest these responses and use them as a springboard for the next phase of the strategic planning process.

In May I'll be handing off the President's hat to our colleague Dr. Paul Goering, who I know shares my desire to see MPS serve our members well and gain increased relevance in our state's healthcare ecosystem. As my time as MPS President winds down, I thank MPS members for the humbling opportunity to serve you as President these past twelve months—it has truly been an honor. I also want to thank the members of the EC and Council for their engagement and collaboration over the year. I thank our committee leaders and all members who bring vibrancy to our organization. Lastly, I thank Linda for her incredible support over the past year and for her unwavering dedication to MPS and its members.

In closing, MPS is a wonderful organization with tremendous potential to serve the needs of our patients and our profession. I look forward to continuing my involvement as immediate past president and invite you to engage in shaping the direction of our society—and our profession—in the years to come! ■

MPS Spring Meetings *(Continued from Page 1)*

operations, administrative duties, technical issues, and clinical use. The morning will conclude with APA President Anita Everett, MD, speaking about ethics in team care.

MPS offers the afternoon workshop through a partnership with the APA. John Kern, MD, from the AIMS Center at the University of Washington, an expert trainer in the Collaborative Care Model, and part of the Centers for Medicare and Medicaid Services (CMS) Transforming Clinical Practice Initiative (TCPI), will provide a workshop emphasizing the key elements of the model (team-driven, population-focused, measurement-guided, and evidence-based) with emphasis on tools and resources for practice redesign. This program will describe the delivery of mental health care in primary care settings with a focus on

the evidence, guiding principles, and practical skills needed to function as a primary care consulting psychiatrist. Topics will include supporting accountable care, leadership essentials, and an introduction to implementation strategies. This live educational format will also allow participants to hear about programs that may be adapted to replicate, connect with experts, other psychiatrists, and mental health providers, and learn about pitfalls and possibilities of implementing integrated psychiatric care into other medical settings.

Please join us, and expect that you will walk away from the course with increased knowledge, motivation, and practical strategies for mental health care in the primary care setting. Registration is live at www.MnPsychSoc.org. ■

June 15 & 16 - MPS Spring Meetings - The Hotel Minneapolis
Psychiatric Services & Integrated Care: The Multiplier Effect



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Legislative Update

Dominic Sposeto, MPS Legislative Consultant

As I write this article, the state legislature is heading into the last two weeks of the 2017 session. Major budget and tax bills have been passed by both the House and Senate and legislative leaders are now in the process of negotiating with Governor Dayton. They must reach an agreement on these bills to gain the governor's signature and end the session by the constitutional adjournment date of May 22. Here is a quick update of the key issues of concern to the MPS.

MPS had heard from the APA that an organized group of psychologists was seeking legislation to grant prescribing authority to qualified psychologists in Minnesota. Fortunately, the legislation was not introduced so it was not debated this year. It is unclear whether legislation will be introduced for action next year.

Our joint proposal with the Minnesota Medical Association to add patient protections to the state's process for health plan prior authorization for medications did not pass. The bill would limit negative formulary and medication coverage changes during a patient's enrollment year. Patients who are undergoing a drug therapy that is working will not have their formulary changed in the middle of their enrollment year. Approved prior authorizations must remain valid for the duration of an enrollee's contract term. Health plans would be required to disclose to patients their drug formulary, related benefit information, cost-sharing and out-of-pocket expenses prior to the purchase of coverage by enrollees.



The prior authorization bill was favorably heard in the Senate but failed to gain a hearing in the House where opponents of the bill, including the state business community, convinced Republican leaders that the bill was contrary to cost-containment and therefore too expensive. The fear of state insurers leaving the individual health insurance market has given health plans significant sway at the capitol this year. The bill is dead for the year, but gain be picked up in 2018.

Both the House and Senate have passed legislation to fund health and human services for the next biennium, 2017-2018. The agreed upon bill would cut nearly \$500 million from DHS base spending. Base spending is the amount necessary to continue to fund existing state programs for the next two years. The HHS



spending base for 2018-19 was over \$2 billion more than the previous biennium. As proposed HHS spending would be \$14.5 billion within a \$45.5 billion biennial state budget.

Many of the budget cuts aren't really reductions in spending, but budget shifts that push expenses into the next biennium. For example, the HHS budget bill would delay capitation payments to health plans into the next biennium saving an estimated \$173 million. A Senate proposal to reduce physician payments under MA and MinnesotaCare by 2.3 percent from beginning in July 1, 2017 and reduce by 3 percent after July 1, 2019 was fortunately not adopted.

Both omnibus HHS bills do propose new spending on mental health. School-linked mental health services, child and adolescent behavioral health and crisis services would gain new funding. There is funding for mental health innovation grants, first psychotic episode treatment and support, and suicide prevention and crisis counseling via text.

However, the proposed reductions in health and human service spending while the state has a \$1.65 billion budget surplus is quite disappointing. The Republican controlled legislature has prioritized a package of tax cuts, and transportation funding.

Negotiations between the governor and legislators have not gone particularly well. It is possible that the legislature will pass their spending and tax bills to force the governor to veto them. Then they can start negotiations again. Both the governor and the legislature have emphatically stated they want to avoid another government shut-down like the one that occurred during Dayton's first term. Let's hope so. ■



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MPS Resident Caucus Another Member Offering from MPS

Laura Pientka, DO

The Minnesota Psychiatric Society had its first Resident Caucus Dinner of 2017 on April 3rd at the Wilde Roast Café. Residents from Mayo, Hennepin, and the University of Minnesota were joined by Drs. Megan Press and Patty Dickmann to discuss applying for and interviewing for jobs after residency, negotiating contracts, and the risks and benefits of working in various settings, including academics, private practice, and the public sector. It was a great opportunity to socialize as well as to learn valuable career advice. Another Resident Caucus Dinner is being planned for this summer.



Residents from all 3 MN programs met at the Wilde Roast Cafe on April 3.

The Resident Caucus was founded in 2011 by Dr. Patty Dickmann while in residency and Dr. Eric Brown, an early career psychiatrist at the time, to connect residents from the three psychiatry residency programs in Minnesota. The partnership exemplifies the core focus of this initiative — relationship.



Nicholas Allen and Andrew Connor (Mayo), and Steve Talsness (Hennepin) enjoyed the event.

Programming is determined by the Resident Caucus leadership with input from all residents. The MPS Council is happy to invest in Minnesota residents and fellows through this initiative with funding and administrative support.



Daniela Rakocevic (Mayo), and Laura Pientka (U of M) connected.

Local psychiatrists are invited to discuss practice climate in Minnesota, health care systems, and psychiatric issues of interest. If you are interested in being a guest speaker, please contact Laura Pientka



Ben Braus (Mayo), and Matt Kruse (U of M) networked.

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If you or someone you know is interested in learning more, please contact **Marquita Wagner** at mrwagner@healtheast.org or call **651-232-6116**.



May 20, 2017 7-9 pm
MPS Reception at the APA Annual Meeting
McCormick & Schmick's, Omni Hotel San Diego
www.MnPsychSoc.org, 651-407-1873

May 20, 2017 7-9 pm
U of M Reception at the APA Annual Meeting
Omni Hotel San Diego, Sail Terrace, 6th Floor
612-273-9816

May 21, 2017 6-8:30 pm
Mayo Reception at the APA Annual Meeting
The High Spirits, Marriott Marina - F Dock
333 West Harbor Drive, San Diego, CA
www.surveymonkey.com/r/2017APAREception

May 20-24, 2017
APA Annual Meeting San Diego CA
www.MnPsychSoc.org, 651-407-1873

June 15, 2017
MPS Recognition Dinner The Hotel Minneapolis
www.MnPsychSoc.org, 651-407-1873

June 16, 2017 8 am - 5 pm
MPS Spring Scientific Session The Hotel Minneapolis
www.MnPsychSoc.org, 651-407-1873

June 28, 2017 6:30-8:30 pm
MSCAP Dinner Meeting Rogers Behavioral Health
www.MnPsychSoc.org, 651-407-1873

July 11, 2017 6-8 pm
MPS Council Social for MPS Members
Bauhaus Brewlabs, Minneapolis, MN
www.MnPsychSoc.org, 651-407-1873

September 9, 2017 9 am - noon
MPS Council Meeting PrairieCare Institute
www.MnPsychSoc.org, 651-407-1873

For Calendar Updates, go to www.mnpsychsoc.org