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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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# Commerce Department Leads Parity Enforcement in Minnesota

As part of the Minnesota Department of Commerce's role in consumer protection and regulating the insurance industry, the department was awarded a Health Insurance Enforcement and Consumer Protections grant by the US Centers for Medicare & Medicaid Services.

Part of the funding for the grant will support activities related to planning and implementing provisions of the Public Health Service Act regarding Parity in Mental Health and Substance Use Disorder health insurance benefits. Implementation of the grant's work will run through October 2018.

Commerce Commissioner Mike Rothman said, "I look forward to empowering patients and working together to guarantee their rights to access health care treatments for mental health and substance use disorders. Commerce is here to ensure that these services are treated equally by health plans."

Focus of the grant relating to Mental Health and Substance Use Disorder, includes:

- Helping consumers understand their applicable health insurance coverage and
- Helping care providers understand their patients' insurance coverage to assist patients in receiving needed care and insurance coverage

To achieve the goal of assisting consumers in receiving benefits in parity with medical insurance, Commerce intends to enforce consumer protections and improve regulation of health insurance by:

- Ensuring parity of mental health and substance use disorder insurance coverage with medical coverage insurance, as reflected in:
  - o Covered services
  - o Cost sharing parameters
  - o Provider network access
  - o Nonquantitative treatment limitations (NQTIs), such as prior authorizations
- Developing and delivering educational and

communication outreach for Minnesota consumer stakeholders, including:

- o Communicating through the media and online and print educational materials so insurance consumers and their care providers "know their rights"
- o Teaming with and presenting to advocacy groups, care providers, public interest groups, agents/brokers and legislators
- o Organizing public hearings as needed
- o Delivering consumer education through public events and town-hall style outreach events across Minnesota
- o Offering an email address, an enhanced website, and phone number for consumers and their care providers to send comments, questions and issues
- o Responding to consumers, health care providers and consumer interest groups
- o Meeting with insurance representatives
- o Meeting with insurance agents/brokers and delivering agent/broker training
- o Working with other state and national organizations to identify policy and advocacy needs

**If you believe that a patient is being treated in violation of Minnesota law or the federal Mental Health Parity and Addiction Equity Act, contact the Minnesota Department of Commerce at 651-539-1600 (800-657-3602, Greater Minnesota, only) or email the issue to:**

**[KnowYourRights@state.mn.us](mailto:KnowYourRights@state.mn.us)** ■



## 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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1/2 page	350	300	250
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### Ideas of Reference

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### Editor's Column

Matt Kruse, MD

On November 11, the MPS fall educational meeting will focus on "Contemporary Issues in Forensic Psychiatry." I am very much looking forward to a day that promises to be both fascinating and applicable to all psychiatrists, regardless of area of practice.

As a recent graduate of the forensic psychiatry fellowship at the University of Minnesota (and a presenter at the upcoming conference), I'll admit to some bias. Forensic psychiatry is a subspecialty that is broad and not without its niche specialists. But I've found that my forensic training has improved all areas of my practice. Whether it be through civil commitment, court-ordered treatment, decision-making capacity, or disability, all psychiatrists will encounter forensic issues in their career.

I hope that everyone will consider attending the MPS meeting in November, as it will distill a broad and often-misunderstood subspecialty into a handful of some of the most important and applicable topics to psychiatric practice in Minnesota today. Stay tuned for further updates as they are finalized in the lead-up to November 11. ■

## Congratulations, MPS Members!

Please share your accomplishments and recognitions with MPS. Email Linda Vukelich (L.Vukelich@comcast.net) today.

The University of Minnesota Department of Psychiatry welcomes three new adult psychiatry faculty members.

- Dr. Jonathan Homan's role will include two days a week practicing at the Community University Health Care Center. He will also serve as associate program director of the Child and Adolescent Psychiatry Fellowship.
- Dr. Lora Wichser, MD, will practice on the adult psychiatry inpatient unit at the University of Minnesota Medical Center and will serve in the role of associate program director for the Psychiatry Residency.
- Dr. Vincent Vallera, MD, will serve as the first psychiatrist member of the behavioral health team providing integrated mental health services at the M Health Clinics and Surgery Center. He will also provide psychiatric care at the University of Minnesota Physicians Psychiatry clinic.

The Minnesota Mental Health Community Foundation named 2017 Winners:

- Katie Thorsness, MD, is the 2017 Eric Brown, MD, Residents' Caucus Scholarship winner.
- Erica Lensink, DO, was awarded the 2017 Bob Baumer, MD, Community Psychiatry Scholarship.

The Minnesota Medical Association honored Dionne Hart, MD, with the 2017 President's Award for her "selfless commitment to the autonomy of physicians in the care of patients, and to the integrity of the practice of medicine." ■

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## Signs of progress, and planning for the future

Paul Goering, MD, DFAPA  
MPS President

On Saturday, September 23rd, I spent the evening with 900 other people at the Hilton Hotel for the Abbott Northwestern annual fundraising ball. It was called Starry Night, and focused on Mental Health and Addiction. Local celebrities MC'd the event, and shared their stories of personal and family experiences. It was a night of celebration that raised over one million dollars, and ended with a touching, and at times humorous, presentation by Dr. Beth LaRusso, medical director of psychiatry. She shared a message of gratitude and hope. At the end, she asked for people to stand if they or their family had been affected by mental illness or addiction. You can imagine the room full of participants in tuxedos and ball gowns standing together. It was a clear sign of how much progress has been made on addressing stigma when such events gather so many in the community with a large spot light shining up. And, for those of you who thought September 23rd sounded familiar for another reason, you are right. It was the NAMIWalks annual gathering, which drew almost 5,000 people.

For me, it was a glass half full day in a glass half empty year. The reality of the opiate addiction crisis and the growing burden

on patients and emergency rooms, as patients in crisis continue to experience prolonged stays to get their needs met, is a never-ending drum beat. The specter of changes in the Affordable Care Act is unending, leaving us with questions of how the mentally ill and those with addiction will fare. Will the minimum benefit-set and pre-existing condition clauses stay? Will coverage for millions of those who depend on Medicaid remain?

So, the day was bittersweet. Therefore, I decided to take my cue from those who are wiser. It was a day worth celebrating for all that it accomplished. A day to be fully-in. It was followed by September 24th, which needed to be a day we start planning for what comes next, the future.

To that end, I would like to briefly share with you some progress on our strategic planning efforts. On September 9th, the MPS Council met and spent a full 2 hours with an expanded group of members focused on the questions "who are we, and what are the most important trends that will affect us and our patients, in the future?" Our facilitators, Roger Meyer and Melissa Martinez-Sones, led us through this work with some important next steps to follow. We have asked them to reach out to the community (both within MPS and the field of psychiatry, but also key partners) to ask the same two questions. With their help, we hope to complete a draft of a plan by late fall/early winter. Then, we will seek broad input to understand how well we characterized our priorities and look for any important elements we overlooked. My hope is that it will be as direct as possible, even if it means getting in my old (previously totaled) Volvo and coming to your community. More to come.

This brings me back to the present. As you know the Council and Executive Committee endorsed developing a strategic plan to prepare us for the complex challenges we face. We started with a survey to gather input from MPS members. Let me share a few updates. We have included a session to gather input and discuss planning as part of the November 11 MPS Fall CME Meeting, and encourage all to participate. Additionally, Linda Vukelich and Joel Oberstar have helped us complete an APA Innovation Grant Application to potentially support this work. Finally, we will be updating the Executive Committee to assure our plans to complete strategic planning in 2017 are successful. ■

### Depression/Suicide Series In Spanish

Jim Jordan, MD

This month the Spanish language version of *Understanding Depression: the Suicide Connection - Entendiendo la Depresión: la Conexión Suicidio*, is being broadcast on Twin Cities Public Television-tpt 2.2 (MN Channel). The series is part of the 2017 September National Suicide Awareness Month. At the bottom of this article I have attached the link to a brief video of my Spanish language introduction describing the aim of the series. Please share this with your Latino friends and colleagues. I want to thank all those who participated in and provided financial support for the exceptional technical work required to complete the Spanish translation production for our Latino community.

We continue our effort to build the website content for the future and we welcome your comments and help with this work. To see the complete English and Spanish versions of our series, check out our website, <http://understandingdepression.org>.

**Register today! SATURDAY, NOVEMBER 11, 2017 - MPS FALL EDUCATIONAL MEETING  
CONTEMPORARY ISSUES IN FORENSIC PSYCHIATRY IN MINNESOTA**



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# MPS Fall Program Covers Minnesota Forensic Psychiatry Issues

Plan to attend the MPS Fall educational program, Contemporary Issues in Forensic Psychiatry in Minnesota, on Saturday, November 11. The program will take place at the Minnesota Humanities Center, located at 987 Ivy Street in St Paul. Forensic issues are becoming central to psychiatric practice across systems. Psychiatrists need to be aware of, and prepared for, forensic issues in general psychiatric practice. This program is also valuable to primary care physicians, psychologists, social workers, physician assistants, registered nurses, advance practice nurses, clinic administrators, lawyers, and judges.

The MPS Program Committee has planned a full day covering forensic issues in psychiatry that are critical considerations in Minnesota's mental health system as funding is limited, resources are stretched, and the pressure to serve increasing numbers of individuals needing psychiatric care grows. Forensic issues connect health care, policy, and corrections, each potentially

profoundly impacting the other, both for the individual and the system. By attending this program, learners will explore these contemporary issues in forensic psychiatry and acquire knowledge to apply in practice.

Our featured presenter, Patrick Fox, MD, is the chief medical officer for the Colorado Department of Human Services. He oversees the provision of clinical services at the Department's facilities and institutions and provides guidance on health policy. Dr. Fox has presented nationally and internationally on a wide range of topics related to law and mental health. He will present two timely and powerful topics, one on legalization of marijuana and its impact on a state, the other on mental health reform in the wake of a tragedy through the lens of experiences with the Aurora theater shooting.



Patrick Fox, MD

Participants will also hear from Chinmoy Gulrajani, MD, FAPA, program planning committee chair, and program facilitator, who will offer context and provide an overview for the day with, *Then, Now and Then: Forensic Psychiatry in Minnesota*. Direct Care & Treatment (DCT) Medical Director KyleeAnn Stevens, MD, FAPA, will deliver, *DCT – Providing Care in a Changing Landscape*, and Lyuba Megits, MD, and Rana Elmaghraby, MD, will present, *Duty to Warn vs. Privilege: Finding the Right Balance in High Risk Patients*. Matt Kruse, MD, will discuss, *Staff Assaults: Legal, Ethical and Clinical Considerations*, and Michael Farnsworth, MD, DFAPA, will review *Telepsychiatry: Managing Potential Pitfalls to Minimize Practitioner Risk*. The Day will conclude with an interactive session covering *Planning Psychiatry's Future in Minnesota*, facilitated by Roger Meyer.

Plan on attending on November 11 for a day full of important information, and time to reconnect with colleagues. For more information or to register, go to [www.MnPsychSoc.org](http://www.MnPsychSoc.org) or call 651-407-1873. ■

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- **15% Child and Adolescent Psychiatrist Discount** for those whose patient base is more than 50% Children and Adolescents
- **10% Claims Free Discount** for those practicing 10 years, after completion of training, and remain claims free
- **5% Risk Management Discount** for 3 hours of CME

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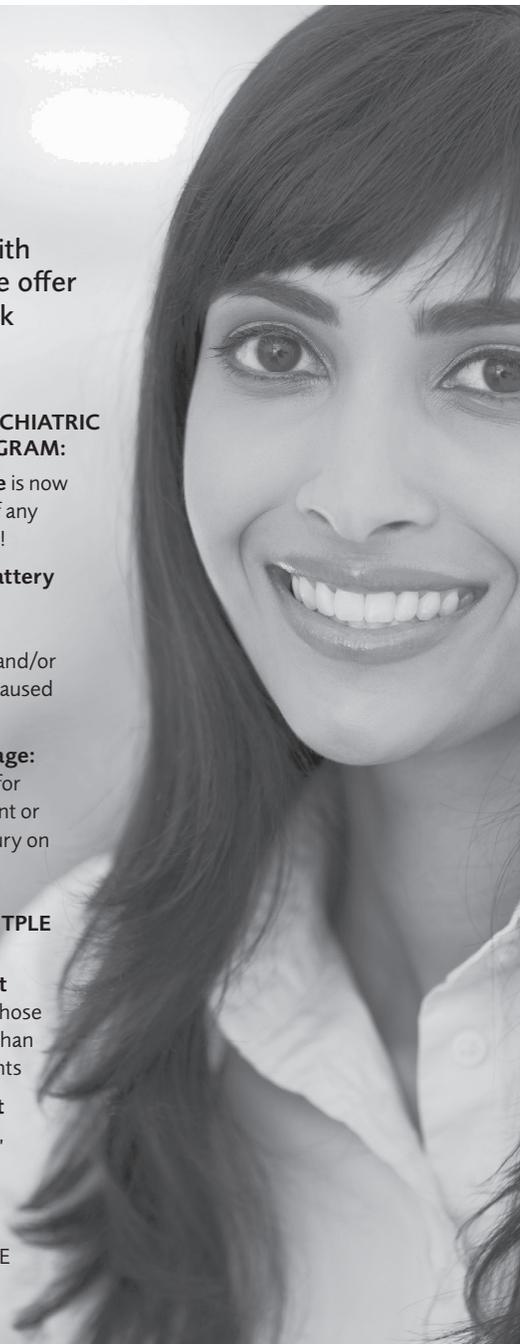
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# MN Mental Health Community Foundation Scholarships Awarded

## 2017 Bob Baumer, MD, Community Psychiatry Scholarship

The **Bob Baumer, MD, Community Psychiatry Scholarship** awards one \$500 scholarship each year to a resident or fellow to attend the APA's IPS: The Mental Health Services Conference, or another national, accredited, specialized psychiatric educational conference. Recipients are selected based on the following criteria:

- Is a current resident or fellow in a Minnesota program
- Has an interest in community psychiatry, supporting continuum of care between inpatient and outpatient care, and/or working with interdisciplinary teams
- Agrees to write a report about the impact of their scholarship on their career development

### The 2017 scholarship winner is Erica Lensink, DO.

Dr. Lensink is a Hennepin-Regions resident who will use the scholarship to focus on learning about innovative areas of public health and community psychiatry at the IPS Conference. She is especially passionate about the field of structural competency, championed by one of the 2017 keynote speakers, Dr. Helena Hansen. She will bring what she learns back to her residency program, and share and teach others about how medicine should take into large account the role of race, class, and inequality. She is also excited for the networking opportunities and plans to become a part of a larger web of mental health professionals who are also passionate about critical thought and integration of public health and community into practice as psychiatrists.

### About Robert Baumer, MD

In addition to being a community psychiatrist and APA Distinguished Fellow, Dr. Robert Baumer was a cherished colleague and passionate patient advocate. His passion for his work, unending loyalty toward his patients, and drive to ensure access to clinically excellent services for those who are most disenfranchised, contributed towards his being recognized as a visionary and a driving force to integrate psychiatry into public-sector health systems.

Applications are collected in August, reviewed by the Foundation Board, and awarded in September. ■

## 2017 Eric Brown, MD, Residents' Caucus Scholarship Winner Named

The **2017 Eric Brown Residents' Caucus Scholarship** winner is **Katie Thorsness, MD**, a University of Minnesota resident. She is devoting her 4th year of residency to learning the art of reproductive/maternal psychiatry and is initiating several projects to enhance education in this area, as well as programs to support the needs of our community. She is developing an afternoon seminar on "high-yield" reproductive psychiatry topics/resources for psychiatry residents (across all MN programs), psychology learners, and faculty (with on-line resources accessible to other specialties). Included in this endeavor will be a future "Champions Circle" with multidisciplinary and multi-specialty champions to discuss reproductive psychiatry and the needs of our patients on a programmatic and systemic level.

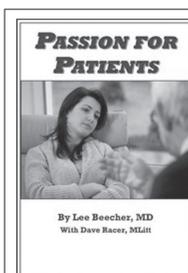
She will also partner with two faculty psychologists to develop and start a Women's Wellbeing Clinic (WWBC) at the University. The WWBC will provide reproductive-informed psychiatric care to women utilizing a multidisciplinary, team-based approach, and result in a powerful, multi-generational improvement in the mental health of our community.

Dr. Thorsness will utilize her scholarship to attend the Perinatal Mental Health Conference in Chicago this November; particularly to fund supplemental workshops during the conference (obstetric psychopharmacology as well as therapy adaptations during the perinatal period).

The **Eric Brown, MD, Residents' Caucus Scholarship Fund** awards one \$250 scholarship each year to a resident or fellow to pursue individualized academic or career exploration goals.

### About Eric Brown, MD

Eric Brown, MD was president of the Minnesota Psychiatric Society and the life force behind the MPS Residents' Caucus. Dr. Brown was a lifelong learner and firm believer in self-directed exploration and development. He founded the MPS Residents' Caucus to empower residents and fellows to determine their own programming and direction. He engaged the leadership of the Minnesota Psychiatric Society as a resident representative and furthered his commitment to trainee-directed leadership as its president. This scholarship honors Dr Brown's contributions as a resident and his leadership and commitment to the next generation of psychiatric leaders. It offers recipients the opportunity to explore individual research and career aspirations with funding to support those dreams. ■



A 2017 book *Passion for Patients* (written with Dave Racer) tells the story of Dr. Lee Beecher's 42 year independent psychiatric practice and long-standing mental health, APA and community advocacy. Go to [Leebeecher.com](http://Leebeecher.com) for book reviews, chapter summaries, policy recommendations for future patient-centered care, and to buy the book.

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## CALENDAR

### MPS Around Town



Clockwise from top left: \*Sue Aberholden presented 2017 NAMI Exemplary Psychiatrist awards to MPS members Drs. Dionne Hart and Eduardo Colon. \*MPS Poster at NAMI Walk filled with signatures! \*Some MPS Stigma Stompers stop for a photo at the



Minneapolis walk. \*MN Mental Health Community Foundation NAMI Walk Kilometer Sponsor sign \*Fast-Tracker Kilometer sponsor sign \*MSCAP Summer Social Event participants network.



Saturday, November 4, 2017, 9:30 am - noon  
**MPS Women Psychiatrists Brunch**  
Hosted by Toni Magnuson  
[www.MnPsychSoc.org](http://www.MnPsychSoc.org), 651-407-1873

Saturday, November 4, 2017, 8:30 am - 5 pm  
**NAMI State Conference: Advocacy in Action**  
St. Paul RiverCentre, St Paul, MN  
[www.NAMIhelps.org](http://www.NAMIhelps.org), 651-645-2948

Saturday, November 11, 2017, 7 am - 8 am  
**MPS Council Meeting** Minnesota Humanities Center  
[www.MnPsychSoc.org](http://www.MnPsychSoc.org), 651-407-1873

Saturday, November 11, 2017, 8 am - 5 pm  
**MPS Fall Educational Meeting – Forensic Psychiatry: Investigation & Application in Practice**  
Minnesota Humanities Center, St Paul, MN  
[www.MnPsychSoc.org](http://www.MnPsychSoc.org), 651-407-1873

Saturday, November 15, 2017, 6 pm - 9:30 pm  
**The Curious Incident of the Dog in the Night-Time**  
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Mixed Blood Theater, Minneapolis, MN  
[cme@parknicollet.com](http://cme@parknicollet.com), 952-993-3531

For calendar updates, go to [www.mnpsychsoc.org](http://www.mnpsychsoc.org)

### MDH Launches Opioid Dashboard

Minnesota Department of Health (MDH) has launched an Opioid Dashboard, a one-stop shop for opioid-related data and information. The Opioid Dashboard includes data and information about: opioid overdose death, nonfatal overdose, use, misuse, substance use disorder, prescribing practices, supply, diversion, harm reduction, co-occurring conditions, and social determinants of health. Each indicator has five tabs: description, analysis, source, resources, and prevention. For questions, please contact Kate Erickson at [Kate.Erickson@state.mn.us](mailto:Kate.Erickson@state.mn.us) or 651-201-5483.

The Opioid Dashboard is live: [www.health.state.mn.us/opioiddashboard](http://www.health.state.mn.us/opioiddashboard). Sign up for email updates by entering your email on the right hand side of the Opioid Dashboard. ■