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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](http://www.mnpsychsoc.org)

# MPS Elections: Meet Our Candidates

In 2018, MPS members will elect a President Elect, and two Councilors. Candidate statements are included in this issue, along with your ballot. Councilor statements are on page 5. Vote by March 15! ■

## President-Elect

Sheila Specker, MD



I am pleased and excited to be asked to run for MPS President Elect. I have served MPS in many capacities through the years: Councilor, Education Program Committee chair for several years, speaker at the MPS CME meetings, and am also part of the women psychiatrists' group. Through this work, I have appreciated the dedication, compassion, and integrity of MPS in fostering top psychiatric care, advocacy, and education.

Minnesota has been home for most of my life. I trained in family medicine at the University of Wisconsin followed by a fellowship in addiction medicine and residency in psychiatry at the University of Minnesota. After training, I joined the faculty in the Department of Psychiatry and have specialized in addiction psychiatry. As part of an academic environment, I teach, have a clinical practice, and have been doing research in areas such as medication development, brain imaging and relapse, and currently, adolescent substance use early intervention. Education has been a keen focus; as the program director for the MN addiction medicine fellowship, I am passionate about training physicians (at any age) in addiction.

I believe MPS will continue to lead the way in advancing mental health care through advocacy, education, and leadership, using the talents of our members to leverage and improve systems of psychiatric care. There are many areas to tackle in this pursuit, including:

- Fostering connections amongst members, near and far, rural and urban, learners and practitioners
- Putting the newly developed MPS Strategic Plan into action
- Integrating care and incorporating new technologies into our practices
- Liaisons with government, NAMI, and other organizations which foster our mission
- Providing relevant and timely educational programs (upcoming: wellness, resiliency conference)

We have very talented and dedicated members; I hope to serve MPS in the role of president, thank you! ■

## MPS WELCOMES



**APA President-Elect Altha Stewart, MD**  
**Keynote Presenter**

**MPS Recognition Dinner**  
**Saturday, April 28, 2018**

**Charleston Event Center**  
**White Bear Lake, MN**



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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

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Matt Kruse, MD

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Linda Vukelich

Executive Council

- President: Paul Goering, MD
President Elect: Michael Trangle, MD
Past President: Joel Oberstar, MD
Secretary/Treasurer: Michael Koch, MD
APA Assembly Rep.: Dionne Hart, MD
APA Assembly Rep.: Maria Lapid, MD
Early Career Rep.: Patty Dickmann, MD
MSCAP Representative: George Realmuto, MD
Councillors: Matt Kruse, MD, Mary Beth Lardizabal, DO, Marie Olseth, MD, Lonnie Widmer, MD
RFM Representatives: Ben Braus, MD, Laura Pientka, DO, Stephen Talsness, DO

Executive Director: Linda Vukelich
Legislative Affairs: Dominic Sposeto

MPS PAC President: Chinnoy Gulrajani, MBBS

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- Constitution/Bylaws: Open
Ethics: Bill Clapp, MD
Membership/Fellowship: Eduardo Colon, MD
Nominating: Joel Oberstar, MD
Program: Sheila Specker, MD

Standing Committees

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Public Affairs: Dionne Hart, MD
Private Practice: Helen Wood, MD
Awards/Research: John Vuchetich, MD
Early Career Psychiatrists: Patty Dickmann, MD
Disaster Preparedness: Open
DHS Committee: George Realmuto, MD
Women Psychiatrists: Judith Kashtan, MD, Karen Dickson, MD



Guest Editor

Joel Oberstar, MD

A Call to Serve

The recent process of developing a strategic plan for our organization has been a rewarding one. One important aspect of the discussion was the desire to involve even more members in our committee structure and in the Council.

Contributing your time and talent to our organization is one of the most valuable commitments you can make to ensuring Minnesotans have access to the best mental healthcare in the nation.

There are opportunities to serve on numerous committees and membership is always invited to attend Council meetings. Please reach out to any of us on the executive committee or to Linda to learn more about opportunities for involvement. Some committees meet regularly throughout the year; some others are more time-limited (e.g., program committee). I'm sure we can find an opportunity that fits with the amount of time you're able to commit. Lastly, please consider "running for office" when the next election cycle arrives. Serving as an MPS officer provides a wonderful platform upon which to advocate for our patients and profession!

MPS supports MMA Health Equity Forum

Health Equity Forum
Wednesday, Jan. 24, 2018
5 - 8pm
317 on Rice Park Event Center
St. Paul
A special thanks to the following for their financial support of this forum:

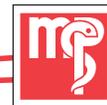


MPS Members, (l) Bob Nesheim, MD, and (r) Dionne Hart, MD, joined Linda Vukelich by Governor Dayton's January 2018 Health Equity Month proclamation.

On January 24, the Minnesota Medical Association (MMA) hosted a Health Equity Forum in St. Paul. The MMA's Health Disparities Work Group and the Health Equity Advisory Group have been working to understand the drivers behind racial and ethnic disparities in health care; guide the development

of information, tools and resources for physicians; and support education to raise physician knowledge and awareness of racial and ethnic health disparities. The Forum was planned to improve awareness of health disparities in Minnesota, and discover how we can all work together to achieve health equity in Minnesota. Speakers presented thought-provoking information and personal histories and stories, and facilitated groups tackled how to move the conversation to action. MPS members have been actively involved in health equity action and advocacy, and MPS is committed to helping its members serve and advocate for ALL Minnesotans with mental illness.

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THANKS TO OUR PARTNERS: TWIN CITIES MEDICAL SOCIETY, Minnesota Psychiatric Society, HealthPartners, ACP Minnesota Chapter, MN Community Measurement, Minnesota Medical Association, American Indian Cancer Foundation, Aquil Paha, American Academy of Pediatrics, Minnesota Health Equity, Children's Minnesota, ZVMS, Honoring Choices Minnesota, MAFIP



## *The invitation is clear, help us bring this strategic plan to life.*

Paul Goering, MD, DFAPA  
MPS President

One practice I am trying regularly to adopt is celebration. It is so easy to get carried away by all the things that need to be done, or to focus on all that is imperfect, that I frequently miss the opportunity to recognize what, of importance, has been achieved. Today, I would like to celebrate an MPS achievement. On January 13th the multiyear strategic plan was adopted by the Council. The plan should be a source of great pride for us. It will serve as a blueprint for the work we do, and help us prioritize our goals.

I was probably the only MPS member who, 10 months ago, could not name with confidence what is most important to MPS. I no longer have that problem. I am now able to say our mission is "Improving Minnesota's mental health care through education, advocacy, and sound psychiatric practice" and that we have 3 strategic priorities which are advocacy, education, and organizational advancement.

MPS's leadership appreciates each of you who was willing to give your time, opinion, and direction in the creation of the plan. You will find a copy of it in this mailing today.

On the 13th, we also began looking at a draft of the first year implementation plan. This is where I pivot from celebration, to where the more impactful work begins. I can hear George Realmuto's voice so clearly asking the questions on everyone's mind "How will we get this done?" and "Who will do what specifically?" This is not a new question for MPS, but one we have new opportunity to address in three important venues with our members: elections, committees, and invitation.

Our principle asset is our people, and this plan will succeed or fail related to what we, as members, do next. Shortly, we will be electing new officers. This is no small matter. We are asking a new slate of members to step forward and give of themselves in support of MPS, and, more importantly, psychiatric patients throughout Minnesota. I am extremely grateful for the work that Joel Oberstar has done to prepare today's slate of candidates as well as each psychiatrist who has agreed to step forward. However, before we know it, we will be having elections again in 2019. I can tell you, in no uncertain terms, we need to think about that today. We all need to look at ourselves and fellow members and be ask ourselves "Who will we ask to carry the torch next?", "What do they need to prepare?", and "How can I help prepare them?" This is particularly important, as we have many members who have not yet been active in MPS. To be considered for elected office, members need to have been active. We need to

engage and encourage them.

Another follow-up from the MPS Council meeting on the 13th was for Linda, Michael Trangle, and I to take an inventory of our current committees with a few key questions. Who is leading each committee? How robust is their membership? What is their work plan for the next 18 months? And how does the work plan align with our vision and strategic plan? If our members are the key to our success, the committees are the place the work needs to happen. Assuring that they are aligned, meaningful, and supported will be our most critical work moving forward. If any committees need new members or leaders, we need to act today.

Finally, I was grateful for an important lesson that was so simple at the Council meeting. We had two member guests, Dr. Madhuri Shors and Dr. Bob Jones. Both added so much to our dialogue. Neither is an elected officer. They came for one reason: they were asked. It struck me that their experiences may not be unique. There is not an easy path for a member to know how to best participate in MPS. Our meetings are open, but does everyone know that? We will need to be deliberate about how we make room for our members to be as active as possible.

Today, I started with celebration, and would like to end with the spirit of invitation. The invitation is simple, help us bring this strategic plan to life. What does that require? Simply put – it will require all of us. And, there is plenty of opportunity to go around. Everyone is not only welcomed, but needed. ■

**SAVE THE DATE!**

**Saturday, April 28, 2018**

**MPS SPRING SCIENTIFIC SESSION  
& ANNUAL RECOGNITION DINNER**



Keynote Presenter  
Bounce Back Project Founder Corey Martin, MD

## **Reclaiming Our Joy and Wonder as Healers**

**Charleston Event Center  
White Bear Lake, MN**



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## MPS Elections: Councilor - Vote for 2



### **Matt Kruse, MD** **Councilor**

I am honored and excited to run for another term as Minnesota Psychiatric Society Councilor. Raised in Illinois, I made my first move to Minnesota to attend Carleton College. After graduation, I was a research fellow at the NIMH before completing my MD/MBA joint degree at Yale University. I returned to

Minnesota for residency and then forensic fellowship at University of Minnesota. I am now on staff at Anoka Metro Regional Treatment Center. My interests include first-episode psychosis, forensic psychiatry, healthcare policy, and system improvement.

I have been involved with MPS for the past four years, serving on the legislative committee, co-editing the MPS newsletter and, for the past two years, as Councilor.

*(Continued on Page 7)*

### **Marie Olseth, MD** **Councilor**

Having served on the MPS Council this past two years, I have had the honor of advocating for psychiatrists and psychiatric patients. I take the role seriously and I am not afraid to speak up and challenge the status quo. My role as an MPS Council member is enhanced by other healthcare advocacy that I am actively involved in. I regularly attend meetings of another physician lobbying group which involves regular meetings with State Representatives and State Senators.

For example, I am writing this statement after just meeting with State Senator Dr. Scott Jensen and State Representative Glenn Gruenhagen to discuss a Senate bill promoting transparency in healthcare pricing. We also reviewed possible legislation

*(Continued on Page 7)*



### **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.

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📍 Offices in St. Louis Park & Chanhassen, MN

## Marie Olseth, MD *(continued from page 5)*

to make illegal the use of clawbacks and gag clauses by pharmacy benefit management groups. These practices prevent consumers from knowing the true cost of generic alternatives when visiting their pharmacy, which is why I support a bill being authored to make these practices illegal.

I also volunteered to represent Minnesota at a recent APA Assembly meeting in Washington DC. I regularly attend the MPS Legislative Committee meetings to provide input on needed policy work for our mental health community. My various areas of involvement all enhance my work on the Minnesota Psychiatric Society Council. I would be honored to serve another term as MPS Councilor. ■

## Matt Kruse, MD *(continued from page 5)*

I firmly believe that policy and system issues impact the health of patients as much as our clinical interventions do, and MPS has unique potential to influence the delivery of mental health care in Minnesota and serve as the most trusted, expert voice for mental health and psychiatry in the state. As such, I believe that MPS should strive to be as active as possible. An involved membership, and strong outreach to the state's trainees will be key to helping the organization reach its potential. As Councilor, I hope to continue engaging the state's trainees in Council meetings and committees to develop the next generation of active, lifelong members. I sincerely appreciate your consideration. ■



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.



**JOIN TODAY!**

*Your patients, your colleagues, and your profession thank you.*

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Web: [www.pinnaclebhc.com](http://www.pinnaclebhc.com)



Monday, February 26, 2018, 6:30-8 pm  
**MPS Legislative Committee Meeting / Conference Call**  
Nystrom & Associates, 1900 Silver Lk Rd, #110,  
New Brighton, MN. Call 651-407-1873 for site and  
call-in details.

Saturday, March 10, 2018, 9 am - 12 pm  
**MPS Council Meeting** (*members welcome!*)  
PrairieCare Institute, 1934 Hennepin Ave, Ste 300, Minneapolis,  
MN [www.MnPsychSoc.org](http://www.MnPsychSoc.org), 651-407-1873

Wednesday, March 14, 2018, 6:30 - 8 pm  
**MPS Virtual Statewide Lobby Training Dinner Event**  
The program will cover MPS legislative priorities,  
and review tools for busy psychiatrists to communi-  
cate with legislators. Host sites and virtual technology  
is being provided by Nystrom & Associates, Ltd.  
Call MPS (651-407-1873) for a location near you:

- Baxter/Brainerd
- Duluth
- New Brighton
- Rochester
- St Cloud

Register at [www.MnPsychSoc.org](http://www.MnPsychSoc.org).

April 9-10, 2018  
**gpTRAC Annual Regional Telehealth Conference**  
Hilton Minneapolis/St Paul Mall of America  
Zoi Hills at [hills069@umn.edu](mailto:hills069@umn.edu), 612-625-9938

Saturday, April 28, 2018, 8 am - 5 pm  
**MPS Spring Scientific Meeting** Charleston Event Ctr  
[www.MnPsychSoc.org](http://www.MnPsychSoc.org), 651-407-1873

Saturday, April 28, 2018, 5 pm - 9 pm  
**MPS Recognition Dinner** Charleston Event Center  
[www.MnPsychSoc.org](http://www.MnPsychSoc.org), 651-407-1873

Saturday, May 12, 2018, 9 am - 12 pm  
**MPS Council Meeting** (*members welcome!*)  
PrairieCare Institute, 1934 Hennepin Ave, Ste 300, Minneapolis,  
MN [www.MnPsychSoc.org](http://www.MnPsychSoc.org), 651-407-1873

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