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

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Innovation and Interaction at Fall Program

On Saturday, November 17, the Minneapolis Golf Club was the site for intellectual stimulation and professional development as MN psychiatrists gathered for the 2018 MPS Fall Educational Program, Technology and Transformative Psychiatric Practice. Program planning chair, Ziad Nahas, MD, skillfully led the planning committee in robust agenda development discussions. What resulted was a program that featured two national keynote speakers and the first-ever competitive poster session with 11 posters representing work from all three training programs and drawing from a pool of residents, fellows, and practicing psychiatrists. Presenters fielded a variety of questions and the discussions during and after the poster session were illuminating.

The program overview confidently stated, “The future of psychiatric practice is being designed today,” and the program agenda certainly made the case. New developments need to be critically explored and evaluated in terms of patient care and practice, and the program offered learners ample opportunity throughout the day for active discussions and lively Q&A sessions with presenters.

There was a new component too – the interactive poster session drew trainees, researchers, and visionaries together to share their work and discuss findings, implications, and ongoing plans with conference attendees. The eleven posters covered a variety of interesting topics and were judged for recognition by a review team of conference planning committee members. In the end, Suliman El-Amin, MD, took top honors and Sisi Ma, MD, earned second place. Conference planners and MPS leadership were pleased with the participation, which drew from all three Minnesota psychiatric training programs. All posters are being shared on the MPS website, www.MnPsychSoc.org.

The keynoters were recognized national experts whose presentations were the cornerstones for the day. John Pestian, PhD, MBA, from the Cincinnati Children’s Hospital Medical Center, kicked off the morning with a keynote addressing the application of machine learning and artificial intelligence to neuropsychiatry care. Interventional psychiatrist and chief medical information officer for PrairieCare Medical Group, Brent G. Nelson, MD, followed with a timely review focused on critical and measured review of digital aids and applications. Psychiatrist and University of Minnesota Medical School assistant professor, Sophia Alboit, MD, concluded the morning with a thorough presentation on the clinical use of ketamine, encouraging practitioners to participate in a registry to collect and further evaluate the use of ketamine in practice.

(continued on page 2)
Ideas of Reference

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Fall Program (continued from page 1)

The afternoon session began with our second national keynoter, Harold Sackeim, PhD, professor in the departments of psychiatry and radiology at the College of Physicians and Surgeons of Columbia University. Dr. Sackeim expertly presented, Brain Stimulation and the Future of ECT. Charles Lewis, MD, and Deniz Doruk Camsari, MD, thoroughly covered, TMS and EEG Markers of Adolescent Depression and Suicidality. Keith G. Rasmussen, MD, joined Dr. Sackeim for an interactive session, ECT and Clinical Practice Today. Professor and vice chair for clinical affairs for the Department of Psychiatry at the University of Minnesota, Ziad Nahas, MD, presented new research on epidural prefrontal cortical stimulation and deftly summarized the day.

MPS Welcomes our New Lobbyist, Tara Erickson!

MPS is pleased to introduce our new lobbyist, Tara Erickson, with TGE Consulting. Tara replaces long-time MPS lobbyist, Dominic Sposeto, who retired in October after a 40-year career.

After graduating from St. Cloud State University in 1999, Tara started at the Minnesota Capitol as a journalist working for KARE 11 News during the 2000 legislative session. However, as exciting as it was to be embedded with the Capitol Press Corps during Governor Jesse Ventura’s administration, she soon switched gears because her interest in shaping public policy outweighed the desire to write about it.

Since 2002, Tara has lobbied on various issues including health care, labor, shopping centers, and taxes. Her hard work has made her a known health care lobbyist at the Capitol and has earned her the respect of other lobbyists, staff, and lawmakers. In 2006, Tara started TGE Consulting and has grown her client base focusing on health care provider associations.

Mrs. Erickson serves on the YMCA’s Youth in Government Board and volunteers for a number of organizations including Toys for Tots and Loaves and Fishes. She is an active member of the Minnesota Governmental Relations Council (MGRC) - the professional association for public affairs professional in Minnesota. In her spare time, Tara enjoys being a mom to her two young boys, hiking with Rudy Roo the wonder dog, cooking lavish meals for friends and family, watching sunsets at the cabin, and reading a good book when she has time.
Musings on a transatlantic flight

Michael Trangle, MD, DFAPA
MPS President

My wife and I were on a “bucket list” vacation with only rare internet access when Linda Vukelich (MPS’ oh-so-reliable, energetic, and helpful executive director) reached me and reminded me that this column was coming due. I had been quite successful at repressing this and then procrastinating when I recalled the task. In my mind I trotted out the usual suspects such as parity, legislation, quality, and psychiatric practice issues, and remained stuck.

On our return flight from Tanzania, I watched “It’s a Wonderful Day in the Neighborhood”, the biopic on Fred Rogers and it blew me away and left me feeling inspired.

Mr. Rogers was an understated, empathic man with a gift for engaging children while teaching them healthy (these days we’d say “evidence based”) attitudes and ways of coping with tough real world issues. In his quiet way he created and popularized the genre of quality public TV. He saved public TV during an early political and financial crisis.

The movie transported me back to when I was younger and deciding to go into psychiatry as a career. I recalled the hope that I’d be able to truly improve the lives of my future patients and their families. I felt the potent mixture of excitement, hope, exhilaration, and fear. Emotionally I felt more alive and “in the moment” than I had for quite a while. Most of us have felt this when we start out and when we make big career changes (for me this also recurred when I chose to shift from primarily clinical work to choosing much of my passion and energy to try and improve the quality of psychiatric care and supporting the systems of care). This brief moment of “mindfulness” felt like an antidote or reprieve from the sense of feeling jaded and somewhat burnt out which insidiously creeps up on so many of us over the months and years of routine work.

My wish is for each of you to stop for a few uninterrupted moments and reconnect with who and where you were when you decided to go into psychiatry. Hopefully you too will rekindle a sense of caution, respect, and gratitude at being allowed into the interior worlds of our patients.

Separate from the above thoughts, I feel compelled to update you on some key upcoming events impacting MPS:

Our legislative committee will be grappling with parity, pharmacist prescribing, and asking you to meet with you new senators/representatives (armed with great talking points). Our new communications committee will start meeting, making media connections, and asking you to consider being on our panel of experts. Our new seniors committee is exploring how to best meet the needs of eligible members. MPS elections will be coming up and your involvement is appreciated.

Bob Baumer Scholarship Winner Reflections

Dr. Stumpf attended the 2018 IPS (Institute on Psychiatric Services) in Chicago, IL, and participated in APA Leadership Fellowship activities.

Vanessa Stumpf, MD

In September I had the joy of opening my email one evening and finding out that I was the recipient of the Bob Baumer Scholarship to use to attend IPS: The Mental Health Services Conference, in Chicago. Attending the conference has been one of the highlights so far during my intern year at HCMC and Regions, and I wouldn’t have had this opportunity without the generous scholarship. I can honestly say that there weren’t any sessions at the conference that I didn’t enjoy attending or find relevant to my practice as an intern at community hospitals. The sessions I attended varied from topics such as access to care for homeless clients, mental healthcare for LGBTQ and transgender individuals, gun violence, and advocating for our patients with psychiatric illness. I enjoyed the opportunity to network with other residents and psychiatrists from all over, including Sweden and Canada. During one of the sessions that I attended on preventing physician burnout, we did a group brainstorming activity and my group had members who practiced in all sorts of different areas of psychiatry and at different points in their careers: from interns to physicians nearing retirement. I was particularly struck by how passionate all the individuals in my group were about psychiatry and how, despite the challenges in our careers, everyone in the group was really devoted to finding creative ways to help our patients. During the conference, I kept thinking about how lucky I am that I chose a career where I’m surrounded by such amazing people, not only in my own residency program, but around the world! Getting this scholarship introduced me to a conference and community of people that I will continue to learn from, interact with, and will help grow my career as a psychiatrist.
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Taking Time to Give Back

“It was truly special to know that we are helping the HAEF.”

Residents from the HCMC-Region’s Psychiatry program spent a late summer’s day at CHS Field in St. Paul to raise money in support of a local scholarship program. Their efforts will help offset the tuition cost for Hmong learners pursuing their dreams of higher education. Randy Neil, MD, current chief resident for the HCMC-Regions program, commented, “One of the strengths of our program is the diversity of clients we treat and our residents chose to support the Hmong American Educational Fund (HAEF).” Dr. Neil added, “The HAEF is an organization that not only has an inspiring story of how it was founded by Chue Vang but continues to make a difference in the lives of many Hmong American learners.” Dr. Neil continued, “We felt that the HAEF represents an organization that closely aligns with our goals of being service-based to our community.”

Representatives from all HCMC-Regions classes (G1-G4) were present during the fund-raising activity. Dr. Neil added, “It was truly special to know that we are helping the HAEF.” Vang, the founder of the Hmong American Education Fund stated, “The HAEF started when I lost a younger brother due to a medical misdiagnosis. Due to the misdiagnosis, my brother passed away at the age of 31 in 2006. He was single and had no wife or children of his own. Devastated, I wanted to do something to honor his life and legacy. As a result, the HAEF was founded in 2011 and one of the first scholarships was named after him, The Nong Khai Junior Vang Memorial Scholarship. Since that time, the funds are allocated to Hmong learners to continue to pursue their educational goals.”

The Hmong American Education Fund (HAEF) is organized exclusively for nonprofit, charitable, philanthropic, and educational purposes to provide educational scholarships and services to Hmong-American students seeking specialized educational camps, internships, higher education, graduate school, and professional schools. More information can be found at www.thehaef.org.

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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MPS Executive Director Visits Washington, DC

MPS Executive Director, Linda Vukelich, attended the APA’s District Branch Executive Directors’ Leadership Meeting in November. In addition to attending the association executive professional development training and engaging in information exchanges with district branches, she attended the APA Foundation’s Vietnam Memorial Ceremony and reception where she connected with APA President Altha Stewart, MD, at the reception held at the new APA Headquarters.

The annual leadership training covered topics from general association management best practices to APA state and federal advocacy updates. Ms. Vukelich participated as a panelist describing activities to support effective parity enforcement in Minnesota.

North Memorial Health Psychiatrist

North Memorial Health (Minneapolis, MN) is actively recruiting both full-time and casual part-time Psychiatrists to join our team.

North Memorial Health is a comprehensive health care system that serves the north, central, and west communities in the Twin Cities metro area (Minneapolis, MN). But our reach extends far beyond these neighborhoods. Through our two hospitals (North Memorial Health Hospital & Maple Grove Hospital) and a metro-wide network of primary, specialty and urgent care clinics; outpatient centers; medical transportation; and home and community outreach, we are a regional leader in advanced medical care.

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**MPS-PAC and Elective Breathholding**

Bob Nesheim MD, MPS-PAC President
For the (honestly bipartisan) Board

Your MPS-PAC Board — with the research help of MPS lobbyist Dominic Sposeto — carefully reviewed all candidates running for the Minnesota House. We do not endorse, but simply chip in a bit, encouraging conversations. Dominic also helps us decide when to simply sit-out a race – with new faces of unknown disposition, or old races not likely to impact our legislative agenda in 2009. When possible, PAC contributions are hand-delivered to the candidate over conversations. A phone call, letter or follow up check-in is another goal — to remind recipients just who and especially where we are, and what our issues mean to their public. This is a portable forum for education, rather than simplistic spinning.

Not all funds we distribute stay “given.” Many sitting members are “PAC’ed out,” having already received their maximum. Some candidates encourage MPS members to then consider individual donations, which have broader limits; we did that in our districts, and would encourage you all to do likewise with your own candidates. They all need to know that we exist, that we are person-ally/actively involved, and that we generate local warmth and even heat, quite apart from MPS-PAC donations. This looks to be a hot year in the legislature with contested funding, health care reform, psychologist prescribing — all the serious issues that squeeze our practices and freedoms.

In the absence of the old checkoff contributions through APA, you’ll find in each newsletter a MPS-PAC contribution form. Any amount serves as your bona fide membership intent; our goal is still an unapologetic 100% MPS membership enrollment. We need to rapidly restock our MPS-PAC coffers for the next election cycle (2010), when all House and Senate seats will be “in play” as these same issues surface again.

MPS-PAC membership is an excellent defense for your profession in a time of dizzying change, amidst serious threats to patient access and safety. Thanks for your support!

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**Poster Session Photos**

**Poster presenters:** 1) Laura Sloan, MD, 2) Matel Bajzer, MD, 3) Jinal Desai, MD, 4) Suliman El-Amin, MD, 5) Jim Curry, MD, 6) Yee Xiong, MD.

View our posters at www.MnPsychSoc.org. MPS thanks all of our presenters and encourages everyone to watch for the Spring Scientific Session call for proposals. Call the office for more information - 651-407-1873 or email Linda Vukelich - L.Vukelich@comcast.net

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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 for book reviews, chapter summaries, policy recommendations for future patient-centered care, and to buy the book.