



MINNESOTA PSYCHIATRIC SOCIETY

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

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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.



Dr. Reem Shafi discussed her poster with keynoter Dr. Harold Sackheim.

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 Albott, 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.



The poster session was a crowd pleaser.



Dr. Brent Nelson fields questions from Conference Planning Committee Chair Dr. Ziad Nahas during an interactive Q & A session.



MPS President Michael Trangle, MD, with Poster Session Winner Suliman El-Amin, MD, and Mayo Psychiatry & Psychology Chair Mark Frye, MD

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

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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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Guest Editor

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. ■

Fall Program (continued from page 1)

The afternoon session began with our second national keynoter, Harold Sackheim, PhD, professor in the departments of psychiatry and radiology at the College of Physicians and Surgeons of Columbia University. Dr. Sackheim 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. Sackheim 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.

The full room and active sessions were a testament to MPS's excellent programming. We thank our esteemed faculty and planning committee, and our participants! A special recognition goes to our vanpool from Rochester! ■





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 to devote much of my passion and energy to try to 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 your 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.



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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. ■



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Wednesday, February 13, 2019,
6:30-8:30 pm **MSCAP Dinner Meeting**
Speaker Dave Hartford: The Hills Youth
and Family Services PRTF (Pediatric Res-
idential Treatment Facility), PrairieCare
Medical Office Building, 5500 94th Ave-
nue North, Brooklyn Park, MN 55443
www.MnPsychSoc.org, 651-407-1873

Saturday, March 9, 2019, 9am-12pm
MPS Council Meeting (members welcome!)
PrairieCare Institute, 1934 Hennepin
Ave, Ste 300, Minneapolis, MN www.MnPsychSoc.org, 651-407-1873

For more calendar updates, go to
www.mnpsychsoc.org

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.



PASSION FOR PATIENTS



By Lee Beecher, MD
With Dave Racer, MLitt

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.