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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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# MPS Elections: Meet the Candidates

In 2019, MPS members will elect a President-Elect, a Secretary-Treasurer, two Assembly Representatives, two Councilors, and an Early Career Representative. Candidates are included in this issue, along with your ballot. Vote by March 15!

## President-Elect Allison Holt, MD

It is an honor to be asked to run for president of MPS. There are several areas of opportunity for MPS. Over the 10+ years that I've been involved in MPS, we have grown into an organization that is becoming the go-to voice for psychiatric issues in Minnesota. We are becoming more vocal with our legislators and we have found that Minnesotans appropriately view us as experts in mental health and want our feedback. I think it is important

for us to meet with our legislators, as a group and individually, because other groups and individuals already do and historically their voices have been louder than ours.

We have a strategic plan to direct our growth over the next several years. In line with our plan, all of our committees are becoming accountable to the Council and the membership, including meeting regularly, reporting their progress, and fulfilling their charge to benefit our members and our patients. I see the president's role as being one of support to our committees as they do their important work.

Another area of continued advancement is education and expanding our membership. MPS has a tradition of being valuable to all Minnesota psychiatrists by offering educational opportunities. We host two educational meetings per year and the Council meets six times per year. I hope to continue to broaden our reach by finding new ways to be inclusive to all members, regardless of

*(continued on page 8)*



## Secretary-Treasurer Lonnie Widmer, MD



I am honored to be nominated for Secretary-Treasurer of Minnesota Psychiatric Society (MPS). I served the past two years as a Councilor for MPS and am excited to continue the work. For those who don't know me, I grew up in rural Minnesota and attended Creighton University School of Medicine in Omaha, NE. After graduating in 2003, I returned to MN for residency followed by child and adolescent psychiatry fellowship at Mayo Clinic in Rochester. I have been working in St. Paul at United Hospital since finishing my training in 2008. At United, I have been fortunate to see a variety of patient populations. I currently do a combination of inpatient adolescent, adolescent partial hospital program, and outpatient perinatal psychiatry. I am excited for this opportunity to continue my participation with MPS. ■

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- APA Leadership Insights & Goals



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Ideas of Reference

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President Elect: Sheila Specker, MD
Past President: Paul Goering, MD
Secretary/Treasurer: Michael Koch, MD
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APA Assembly Rep.: Maria Lapid, MD
Early Career Rep.: Patty Dickmann, MD
MSCAP Representative: George Realmuto, MD
Councilors: Matt Kruse, MD, Mary Beth Lardizabal, DO, Marie Olseth, MD, Lonnie Widmer, MD
RFM Representatives: Jim Curry, MD, Rana Elmaghraby, MD, Kriti Gandhi, MD
Executive Director: Linda Vukelich
Legislative Affairs: Tara Erickson

Constitutional Committees

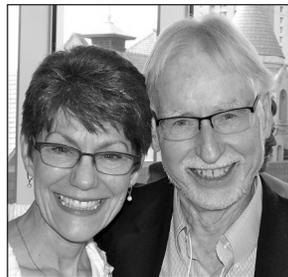
- Constitution/Bylaws: Bill Clapp, MD, DLFAPA
Ethics: Mary Beth Lardizabal, DO
Membership/Fellowship: Eduardo Colon, MD
Nominating: Paul Goering, MD, DFAPA
Program: Larry Hook, MD

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- Legislative: Jonathan Uecker, MD
Private Practice: Helen Wood, MD, FAPA
Awards/Research: John Vuchetich, MD
DHS Committee: George Realmuto, MD, DLFAPA
Women Psychiatrists: Karen Dickson, MD, DFAPA, Judith Kashtan, MD, DLFAPA

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MPS Senior Psychiatrists Committee Forming

Bill Clapp, MD
Chair, MPS Senior Psychiatrists Committee

Informal discussion held over the past year indicates that both psychiatrists and their spouses may be interested in forming a seniors group. Bill and Gay Clapp will host a get-together at their downtown Minneapolis condo on Thursday, March 28 from 6 to 8 pm.

This meeting will be primarily a social get-together, but I plan to reserve some time for discussion about the need/desire for such a group. This group could include elements of socialization, social support, and education. The actual goals of such a group are wide open to discussion.

Please consider getting together March 28 as we spend time getting to know each other better and sharing ideas about the possible need for such a senior psychiatrists group.

Questions? Please reply to Bill (wclappmd@icloud.com), Gay (clappgay@gmail.com) or Linda (L.Vukelich@comcast.net). ■

Early Career Psychiatrist Representative
Laura Pientka, DO



My name is Laura Pientka and I have been nominated as the Early Career Psychiatrist Representative (ECP) for the Minnesota Psychiatric Society. I completed my psychiatry residency at the University of Minnesota in 2018. I am currently completing my geriatric psychiatry fellowship this summer through the University of Minnesota. After fellowship, I will work as a geriatric psychiatrist at the Minneapolis VA Healthcare System and as Residency Site Director for educational activities in partnership with the University of Minnesota Medical School.

I have been fortunate to be a part of the Minnesota Psychiatric Society since my first year of residency training. Over the years, I've served as the MPS Resident-Fellow Member Representative for the University of Minnesota, chair of the MPS Resident Caucus, and currently serve as the chair of the MPS Communications Committee. I was also afforded the opportunity to testify at the Minnesota House of Representatives to increase the funding and development of more First-Episode Psychosis programs throughout the state. I was selected as an American Psychiatric Association (APA) Leadership Fellow where I had the opportunity to serve as the fellowship's chair of Council Experience and as a member of the APA Council for Medical Education and Lifelong Learning. These experiences have provided me with a better understanding and ability to promote awareness of issues and policies affecting psychiatric training, practice, and the patients we serve.

I would be honored to be selected as the MPS Early Career Psychiatrist (ECP) representative. I've often heard from mentors and colleagues that the transition from trainee to practicing psychiatrist, can be an exciting albeit challenging and stressful experience. I feel that one way that MPS can support and possibly increase its ECP membership is through the development of resources, mentorship opportunities, and events created specifically for ECP members. Building upon

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## As The Beat Goes On

Michael Trangle, MD, DLFAPA  
MPS President

It is a busy time for MPS. We continue to meet with state officials and legislators to highlight the need for parity. As you may recall Sam Muszynski who is our APA expert in this area came out from Washington DC to train key staff in MN Departments of Commerce and Health in how to hold health plans accountable. Whenever possible, we push for specificity about results so that we can truly see whether the situation is improving. We are in the process of finalizing legislative priorities and policy statements. The Minnesota Departments of Commerce and Health have been receptive, but being part of the executive branch in a political environment has made it difficult to commit to any particular course of action. The parity bill introduced into the legislature is a step in the right direction. All of your elected MPS Councilors have promised to meet with at least one of their legislators, and hopefully if enough of us convince our legislators of the need for such detailed accountability, we can make it happen. Linda Vukelich and our lobbyist, Tara Erickson, stand ready to help you reach out to your legislators and tell them how crucial this is.

I represented MPS at the recent kick off of MHAG (MN Health Action Group). This is an ongoing initiative that will probably last for a number of years where large and medium MN employers will focus on improving access and results for employees with mental health issues, especially depression and anxiety—whether as a primary diagnosis or comorbidity. Some of them have already chosen to pilot very interesting approaches—for example a large Twin Cities based national corporation is testing out the impact of including inpatient psychiatric care as part of their EAP network and benefits (no co-pay or deductible required).

We have been in communication with the MN Board of Medical Practice and the MN Chapter of the American College of Physicians about improving the language of questions asked when physicians renew their medical licenses so that it is less discriminatory for folks with mental illnesses and substance use disorders. We will soon focus on the initial application.

The commitment bill being introduced in the legislature will have some improvements in it including expanding Jarvis orders to include mood stabilizers, antidepressants, and anti-anxiety medications. When pre-petition screeners evaluate patients for commitment, they will be required to consider past medication issues that can also be used for Jarvis hearings. The court system will be required to hold the Jarvis hearing on the same day as the final commitment proceeding. It will be clear that patients in jails can be given forced meds—if they have appropriately-trained

clinicians available.

Our experienced and knowledgeable treasurer, Mike Koch, will be presenting a recommended change in how we safely manage our savings while generating a bit more interest.

Finally, I have not received much feedback on my inquiry to see if MPS members would like to reach out and include psychiatric NPs, PAs, and CNS's in our educational and lobbying efforts while still feeling free to disagree when it makes sense (such as saying “no” to PA autonomy). In order to get clarity, I have asked Linda Vukelich to do a quick poll of our members. Since it is only 3 questions, I'm hoping you all will be willing to respond in a timely manner. ■

## Legislative Update

Tara Erickson  
MPS Contract Lobbyist



The pace at the Capitol is starting to pick up because of the looming first committee deadline scheduled for March 15th and because of the increased amount of bill introductions compared to years past. To date, there are over 500 more bills introduced at this time than the previous biennium.

Governor Tim Walz released his first budget on Tuesday, February 19, which would fund fiscal years 2020 and 2021 beginning on July 1, 2019. The budget totals \$49.5 billion, a 9% increase over the previous biennium. Education and Health and Human Services received 9% increases. The budget also includes a \$1.27 billion bonding proposal, which is normally reserved for even-numbered years. It also included a 20-cent gas tax increase to support transportation and infrastructure investments.

In healthcare news, the Governor's budget includes a buy-in option for state-funded health insurance. The plan, called ONE-Care, would have coverage similar to MinnesotaCare, the state's Basic Health Plan. The proposal says that after start up costs, consumer premiums will fund the full cost of the program.

Governor Walz also recommended that the legislature repeal the sunset on the provider tax. The 2% tax on medical services currently goes into the Health Care Access Fund, which funds MinnesotaCare, care for the elderly and disabled, as well as a

*(Continued on Page 5)*



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## APA Assembly Representative (Vote for 1)



**APA Assembly Representative  
Dionne Hart, MD**

My name is Dionne Hart. I am board certified in general psychiatry and addiction medicine. I am the current Minnesota Representative to the APA Assembly. In that role, I've been honored to advocate for patients with mental illnesses and psychiatric physicians. I've authored multiple resolutions in areas such as the shortage of psychiatrists, scope of practice, mental care within correctional settings, gun safety, and the confidentiality and usefulness of prescription drug monitoring programs. One Assembly member once described me as "unflappable when providing powerful testimony and always receptive to feedback from peers".

I have used my tenure to publicly address issues of stigma, health care disparities, homophobia, xenophobia, and gender inequality, while promoting justice in health care. For example, I participated in multiple community conversations and media interviews focused upon mental health access and treatment in MN. I have served on multiple APA committees, most recently the Community and Public Psychiatry committee. In addition, I have secured visits to Minnesota from APA President Dr. Altha Stewart and AMA President Elect Dr. Patrice Harris, both distinguished community psychiatrists.

If reelected as your assembly representative, I will continue to serve as an outspoken advocate for patients and our profession by working to advance APA policy to address the shortage of psychiatrists in rural areas, increase the active participation of southeastern MN psychiatrists in organized medicine to expand our representation within the APA assembly, and collaborate with legislators to protect mental health access.

Thank you for considering my continued service as your Representative to the APA. ■



**APA Assembly Representative  
Maria I. Lapid, MD**

It is my honor to be nominated for a third term as MPS Assembly Representative to the APA. After completing psychiatry residency at the Mayo Clinic and geriatric psychiatry fellowship at the University of Minnesota/VA Minneapolis, I returned to Mayo Clinic in 2003 to join the staff and establish the geriatric psychiatry fellowship. I am professor of psychiatry at the Mayo Clinic, where my clinical practice includes adult and geriatric psychiatry, as well as hospice and palliative medicine.

I became interested in organized medicine during my residency and fellowship, having served as the MPS Member-In-Training representative, and also chaired the Resident Fellow Section of the Minnesota Medical Association. As an early career psychiatrist, I had the pleasure to serve for four years as the MPS ECP Deputy Representative and subsequently ECP Representative to Area IV APA Assembly.

Now as a mid-career psychiatrist and serving in the capacity of APA Assembly Representative in the past four years, I have gained a better understanding of the Assembly processes by which issues related to mental health across the country are addressed, whether advocating for our psychiatric profession or advocating for our patients, and how and what actions are taken to address these issues. Being on the APA Assembly has given me insight into how the APA and district branches work hard in tackling issues to help shape policies that will ultimately improve patient care and how we practice our profession.

MPS is hard at work to improve mental health care in our state through education, advocacy, and sound psychiatric practice. Nationally, the APA continues to work on matters relevant to all psychiatrists, including MOC, tele-health, state-targeted opioid grants, establishing best practices for opioid prescribing and pain management, defense of the ACA, disparities in compensation, and access to care. For me, active involvement in MPS and APA not only helps me learn and understand issues relevant to our profession, but more importantly, it allows me to be a part of the collective effort to address the issues and make a difference. It is an honor to represent the state of Minnesota in the Assembly. ■

■

### Legislative Update *(continued from page 3)*

number of prevention and intervention programs.

The Governor also prioritized opioid epidemic response and mental health services in his budget.

Mental Health Parity bills have been introduced in both the House and Senate, and MPS is taking an active role in the lobbying efforts. House File 1340/Senate File 1229 would require parity between mental health and other medical benefits.

MPS is also watching for a bill regarding scope of practice for physician assistants and a push to prescribe by both pharmacists and psychologists. ■

### Laura Pientka *(continued from page 2)*

the success of the existing MPS Resident Caucus, one possibility would include the creation of a caucus for ECP members.

I am honored to be nominated for this opportunity and look forward to serving as the ECP Representative for MPS. ■



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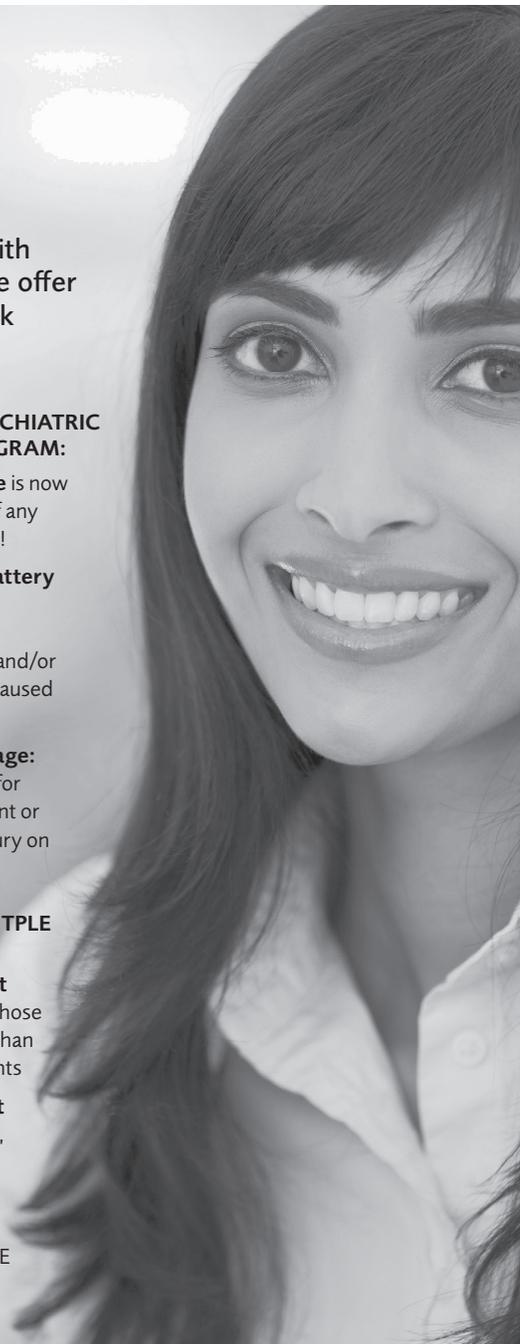
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## Councilors (Vote for 2)

Eduardo Colon, MD



It is an honor to be nominated for Councilor on the Minnesota Psychiatric Society Council. Throughout my many years at Hennepin County Medical Center (now Hennepin Health System) I have been keenly aware of the role of psychiatry in the healthcare scene of the state. The bridges between public psychiatry, academics, and private settings have never been as important in an environment beset with access challenges, financial barriers, and growing mental health needs. The role of MPS in representation, educational support, and leadership have become even more apparent to me in my administrative involvement as Chief of the Department of Psychiatry at HHS.

Following my brief college stint at St. John's University in Collegeville, I returned to my native Puerto Rico to pursue my medical school training, and escape from the tundra. My decision to pursue psychiatry as my life commitment led me back to the University of Minnesota where I completed my residency.

*(Continued on Page 8)*



Mary Beth Lardizabal, DO

I appreciate the opportunity to be of service to the Minnesota Psychiatry Society as a Councilor on the MPS Council. MPS has been an important voice for Minnesota psychiatrists and the patients we serve, being involved on a state and national level. Now more than ever our profession needs to active and engaged to ensure the best care for our patients. If elected, I will work hard to fight for our patients' mental health needs as well the professional needs of all MPS members.

I trained in adult psychiatry at the University of Illinois Chicago. I completed my child and adolescent fellowship at the University of California-San Francisco. My previous work experience includes medical director of child and adolescent psychiatric services at St Cloud Hospital. I also spent six years in the National Health Service corps in rural Down East Maine, providing psychiatric care for all ages. During that time, I was the medical director for the Calais Children's project, a residential treatment center and also provided mental health and addiction services for the Passamaquoddy Indian reservation. I am currently the medical director for child and adolescent psychiatry for Allina Health Systems. I also maintain a small private practice, utilizing integrative treatments. ■

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CALENDAR

**Allison Holt** (continued from page 1)

location or type of practice. Our Council is more integrated than ever between private practice and large system psychiatrists. That enriches our expertise and influence.

Minnesota has been home for most of my life. Prior to medical school I worked with my father selling medical billing software, and there I developed my appreciation for technology and business. I decided I wanted to become a psychiatrist because it felt meaningful and I believed I could affect change in lives with a mix of medication and therapy. I moved to Columbus, OH and went to Ohio State University for medical school, but came back to Minnesota for residency and fellowship in child and adolescent psychiatry at the U of MN. My psychiatry interests are addiction, forensic, correctional, advocacy, and systems of care. Recently, I traded clinical psychiatry in a private practice for work at Anthem. My hope is that I will be able to serve our patients on a broader, systems level in this role. In MPS, I have served as our newsletter co-editor since 2010, served as Councilor, been involved in the Women Psychiatrists Committee, and I have co-chaired and been a member of the Communications Committee.

I appreciate all of the work our membership, committees, and Council members do, day in and day out. I hope to support and guide our work in MPS as president. Thank you for your consideration. ■

**Eduardo Colon** (continued from page 7)

A two year period in Anoka State Hospital (now AMRTC) brought to life for me the importance and challenges of public psychiatry. I returned to the University to pursue my passion for Consultation Psychiatry for 6 years, and subsequently came to HCMC to join Dr. Michael Popkin around 24 years ago, in what I saw as a coming home to the place where I completed my internship, and fell in love with the mission of the hospital.

While standing by the sidelines admiring the work and dedication of my colleagues in MPS for many years, my role as Chief has led me to realize the importance of MPS's work, and I have been honored to serve as the chair of the Membership Committee over the last year. I look forward to serving in this new role. ■

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

Thursday, March 14, 2019, 9:30am-2:30pm **Mental Health Legislative Network Day on the Hill** (9:30 am) Informational Briefing @ Christ Lutheran Church (105 University Ave W, St Paul) 12pm Rally @ Capitol Rotunda, Meet with Legislators from noon to 2 pm. Register at [NAMIMN.org](http://NAMIMN.org). Call MPS to arrange legislator visits.

Wednesday, April 3, 2019, 6:30-8:30 pm **MSCAP Dinner Meeting**, Choices Psychotherapy, Ltd., 715 Florida Ave So, St Louis Park, MN [www.MnPsychSoc.org](http://www.MnPsychSoc.org), 651-407-1873

Saturday, April 6, 2019, 9:30am-12pm **MPS Women Psychiatrists Brunch** Hosted by Dr. Allison Holt, Chanhassen, MN Call 651-249-9114 or email [allisonroseholt@gmail.com](mailto:allisonroseholt@gmail.com) to RSVP. Babysitting available!

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**Saturday, May 4, 2019, 8am-9pm, MPS Spring Meetings** - Annual Recognition Dinner & Spring Scientific Session, **Suicide: A Multidimensional Approach to Risk, Prevention & Assessment**, **Minnesota Humanities Center**, St Paul, MN [www.MnPsychSoc.org](http://www.MnPsychSoc.org), 651-407-1873

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