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

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Spring Meetings Focus on Suicide

"Suicide is a leading cause of death for Americans – and it's a tragedy for families and communities across the country," said CDC Principal Deputy Director Anne Schuchat, MD. "From individuals and communities to employers and healthcare professionals, everyone can play a role in efforts to help save lives and reverse this troubling rise in suicide."

At a time when suicide trends are rising, medical and mental health professionals need to come together to learn effective ways to address the problem and to lead a public health approach to re-frame and re-direct policy and public opinion to help patients. MPS is hosting a timely program on "Suicide: A Multidimensional Approach to Risk, Prevention & Assessment." The MPS Program Committee has developed a compelling program that examines suicide from a variety of perspectives to provide a comprehensive picture of this complex topic.

Our 2019 Spring program planning committee chair Rebecca Rossom, MD, MS, is a respected researcher and national expert on suicide prevention. She will start the day with a look at new tools to help improve suicide risk prediction. The program will proceed with a panel discussion about regulatory approaches to creating safer spaces and health care systems. The panel will include dignitaries, leaders, and clinicians involved in this evolving discussion, from national representatives from the APA and the Joint Commission, to local clinicians speaking from their experiences in Minnesota. Starting with a shared commitment to save lives and provide access, our panelists will review suicide data, discuss regulatory requirements, responses and surveyor standards, and consider solutions.

Attendees will hear about the importance of documentation in suicide assessments with forensic considerations. The afternoon will focus on unique needs and approaches to suicide prevention in adolescents, military, and rural populations. The day program will conclude with another interactive session offering participants the opportunity to learn from and connect with media and spokespersons about messaging and communications so we can join with media for public education and awareness building.

MPS is also delighted to continue its new tradition of hosting a poster session featuring Minnesota researchers and scholars.

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Topics Covered:

- Tools to Aid in Suicide Risk Prediction
- *Fake News, Sad Truth, or Something in between? Imagining Collaborative Alignment for the Next Quality Challenge*
- *Bullet Proofing your Documentation: Forensic Issues in Suicide Assessments*
- *Adolescent Suicide: Rethinking Lethality in Youth Suicide Attempts*
- *The VA's National Strategy for Preventing Veteran Suicide: The Public Health Approach*
- *Approaches to Address Suicide in Rural Areas*
- *Messaging & Communications: Joining with Media for a Public Education & Awareness Building*
- *APA's Long View*

Suicide: A Multidimensional Approach to Risk, Prevention & Assessment

Saturday, May 4, 2019

Minnesota Humanities Center
187 1st Avenue East, 10 Paul, MN 55106

Presented by the
Minnesota Psychiatric Society



"From individuals and communities to employers and healthcare professionals, everyone can play a role in efforts to help save lives and reverse this troubling rise in suicide." CDC Principal Deputy Director Anne Schuchat, MD

Event Features: National Speakers, Poster Session, Interactive Sessions, Exhibits

Register online at www.MnPsychSoc.org or call 651-407-1873

Congratulations 2019 MPS Award Winners!

2019 Psychiatrist of the Year: Suzanne Jasberg, MD

2019 Paul Wellstone Advocacy Award Winner: MN State Representative Dave Baker

Distinguished Service: George Realmuto, MD, DLFAPA

Distinguished Service: Dominic Sposeto

Presidential Service: Paul Goering, MD

Gloria Segal Medical Student Scholarships: Claire Brutocao & Claire Chappuis

Join us on May 4th to honor our winners at the Annual Recognition Dinner!



2 Ideas of Reference

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Ideas of Reference

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MPS Program Committee

Larry Hook, MD

Chair, MPS Program Committee

The program committee has been hard at work under the direction of our spring program committee planning chair Rebecca Rossom, MD, MS, and we hope to draw good numbers of MPS members along with their medical and mental

health team colleagues. As you can tell by the title, *Suicide: A Multidimensional Approach to Risk, Prevention & Assessment*, the program will address the various challenges related to suicide reduction and prevention from a variety of lenses with an inclusive mindset. Together we plan to inquire, review, discuss, challenge assumptions, develop partnerships and serve patients. Please consider attending with your clinical and administrative staff. We will all focus on research and data to build consensus and work together to reduce patients lost to suicide. Read more about the program in this issue.

Our spring meeting will also be a time to celebrate our professional community and offer gratitude to those whose contributions set them apart. We are honored to have APA President Bruce Schwartz, MD, DLFAPA, offering our keynote address for our 2019 Recognition Dinner where we will also celebrate our award winners and scholarship recipients. Join us for this annual celebration! ■

MPS Honors Dominic Sposeto

On May 4, MPS will recognize and thank Dominic Sposeto for representing MPS at the Capitol for over 30 years. He has been our consistent presence and advisor on all things legislative for the past three decades. His strong and deep knowledge of the legislative process has strengthened our advocacy and his unwavering calm have kept us in the thick of things. Mr. Sposeto has navigated us through some choppy waters over the years; fighting for the first state parity bill in the nation, steering commitment to balance medical and safety issues with civil liberties, negotiating the state's first physician – APRN supervisory practice agreements, and more. Dominic has seen the advent of the Provider Tax and birth of MinnesotaCare, the closure of state mental health institutions and development of CCBHCs, and recently the turn-around for CABHS. These are just a few factors that have shaped psychiatric practice in Minnesota during his career.

Within MPS, Dominic has worked with 30 MPS presidents, several legislative committee chairs, and hundreds of legislative committee members. He helped us start our PAC and has a record of skillfully advising bi-partisan support for candidates. Over the years, Dominic has made friends for psychiatry on both sides of the aisle, and across the broad spectrum of staff at the legislature allowing for meaningful collaboration.

While the executive director office has moved from Gus and Pat Rowe's kitchen table to the MMA and finally to our current self-standing location, Dominic was consistently representing psychiatry's interests at the Capitol, with regulators and governmental bodies, and with other legislative representatives.

The role of lobbyist is cloaked in mystery for most of us – it is both highly technical and very personal. Dominic is uniquely capable of juggling both aspects and

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As Time Goes On

Michael Trangle, MD, DLFAPA
MPS President

It is with mixed feelings that today I share my last column as MPS president. Given my tendency to procrastinate, my main reaction is relief. I'll also sorely miss the rewarding interactions with all of you, the smartest, most inspiring, caring group of professionals I've been honored to represent. Thank you very much for the opportunity.

More prosaically here's an update on key MPS issues:

We've had more psychiatric activity (meetings and letters) with legislators than ever before (thank you all again) and have had success. The parity bills are alive in both branches of Minnesota government after being tabled in the Senate until the night before the second deadline. We (and our NAMI colleagues) participated in a PR blitz that convinced the Senate committee chairman to hear the bill despite all his previous refusals.

So far we've successfully lobbied to kill a bill that automatically charges patients with felonies when they attack, spit on, or throw bodily fluids at or on any hospital staff regardless of their clinical condition.

A number of beneficial legislative bills are winding their way through the legislature including requiring insurers to pay for treatment provided by a clinical trainee, if treatment is denied a MH professional must review, college-linked mental health services, grants for women with PPD, suicide lifelines, Yellow Line diversion projects, school-linked mental health, youth shelter-linked mental health care, competency restoration task force, farmers' mental health, veterans' mental health, loan forgiveness for MH professionals, Bridges rental, landlord risk mitigation project, supportive housing for people with mental illnesses, and more funding for mobile crisis teams.

The American Psychiatric Association has a grant to help some district branches benefit from the new collaborative care codes. Collaborative care is a model that has over 90 controlled studies showing its effectiveness in managing depression and other psychiatric illnesses. In conjunction with the APA, MN Health Action Group (MHAG), and other key constituencies, a training will be developed and provided on providing and billing for collaborative care, with the ultimate goal of an efficient virtual collaborative process here in Minnesota.

The MPS survey results about engagement of Advanced Practice Psychiatric Clinicians (CNSs, NPs, and PAs) were as follows:

- Engaging them in educational activities/conferences: YES-11, NO-3
- Jointly lobbying for resources: YES-13, NO-1
- Creating some sort of affiliate status: YES-8, NO-6

There were no comments on the first two questions but all six of the respondents that voted "no" on question three wrote passionate comments about the risks/dangers of creating an affiliate status. These concerns will be discussed at length at our next MPS Council meeting.

Once again, let me thank you for the privilege of serving as your president for this past year. I know that you will have great leadership going forward with our new officers and Council! ■

Dr. Suzanne Jasberg Is 2019 MPS Psychiatrist of the Year

Patty Dickmann, MD

When the call went out for nominations for 2019 MPS Psychiatrist of the Year, MPS members responded with nominations for individuals who exemplify the best psychiatry has to offer. This award is especially meaningful because nominations come directly from peers in the psychiatric community.



MPS 2019 Psychiatrist of the Year Dr. Jasberg is an adult interventional psychiatrist at PrairieCare Edina. As an early career psychiatrist with strong leadership skills, Dr. Jasberg serves as the Director for the Edina Center for Neurotherapeutics, Medical Director for the First Episode Program, and an Adjunct Assistant Professor at the University of Minnesota Medical School. Dr. Jasberg co-developed PrairieCare's First Episode Program and clinical Transcranial Magnetic Stimulation Program over the past three years, which has expanded access to mental health care for patients struggling with first episode psychosis and treatment refractory depression. She is well-loved by her patients and also enjoys serving as a preceptor for medical students and residents. Dr. Jasberg was instrumental in creating the Science Museum of Minnesota's Mental Health: Mind Matters exhibit, writing the majority of the educational materials for this exhibit. She has also taken over PrairieCare's social media presence, providing education about various mental health topics three times weekly in attention-grabbing public Facebook posts. In summary, Dr. Jasberg's clinical work, leadership, community engagement, and educational endeavors made her the clear choice for the 2019 MPS Psychiatrist of the Year.

Join us on May 4 at the Annual Recognition Dinner as we congratulate Dr. Jasberg! ■

Saturday, May 4, 2019
MPS SPRING SCIENTIFIC SESSION
ANNUAL RECOGNITION DINNER
Suicide: A Multidimensional Approach to Risk, Prevention & Assessment
Minnesota Humanities Center, St Paul, MN



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MPS to Recognize State Representative Dave Baker



The Minnesota Psychiatric Society 2019 Paul Wellstone Advocacy Award winner is Representative Dave Baker. The Society awards this recognition to individuals who have displayed long term commitment to advocacy for Minnesotans with mental illness. The award honors the memory of Senator Paul Wellstone, a beloved advocate for justice and activism who fought for the needs of the mentally ill, by selecting

award recipients whose contributions personify these ideals.

MPS welcomes the opportunity to recognize Representative Baker's contributions to mental health as a legislator, taking con-

siderable effort and commitment on his part for many years. His efforts to secure the children's mental health care safety net and save the Child and Adolescent Behavioral Health Services Hospital (CABHS) will help the state continue to serve youth who need the level of intensive services only provided there. Representative Baker's steadfast commitment to building solutions and his leadership addressing the opioid epidemic will save lives. These issues are significant to the mental health community and organized psychiatry; this award honors him for all he does and with gratitude on behalf of all he serves.

Representative Baker will accept the 2019 Paul Wellstone Advocacy Award at MPS's Annual Recognition Dinner at the Minnesota Humanities Center on Saturday, May 4. ■

Dr. George Realmuto Honored

MPS is pleased to present the Distinguished Service Award to George Realmuto, MD. Dr. Realmuto has served MPS and this professional community in a variety of roles throughout his career. Dr. Realmuto has served MPS on the Legislative Committee, the Membership Committee, the Executive Committee, and as the MN Society of Child and Adolescent Psychiatry's Representative on the Council. A steadfast participant and outspoken leader, Dr. Realmuto can be counted on to tell it like it is. His candor and passion have served our community well over the years. In addition to being active in state and community advocacy programs, he has volunteered his time to represent Minnesota with AACAP and fought for national advocacy efforts as well.

Since 1980, Dr. Realmuto has served as a professor in the Division of Child and Adolescent Psychiatry at the University of Minnesota. He held critical administrative and clinical roles and is a renowned educator. His research has been in many areas, especially disruptive behavior disorders, developmental disabilities, and autism, and he has close to one hundred published papers. He well understands how limiting workforce issues are and has diligently pursued solutions in terms of increasing residency and fellowship opportunities and building and supporting innovative models of integrated and collaborative care delivery.

As the medical director of CABHS, he fought hard for children and teens whose complex needs would not have a home if not for his advocacy on their behalf.

Dr. Realmuto has served this professional community for nearly fifty years, generously offering his time and insights and working hard on solutions. MPS members honored him with the MPS Psychiatrist of the Year Award in 2016. MPS as an organization is happy to honor him now. He has truly personified our shared mission all along the way – Improving Minnesota's mental health care through education, advocacy, and sound psychiatric practice. ■

Gloria Segal Medical Student Award Winners Named

Every year, we recognize one outstanding 4th year medical student from each of Minnesota's medical schools. Winners demonstrate excellence in the care of psychiatric patients, show outstanding performance during pre-clinical and clinical rotations in psychiatry, and exhibit enthusiasm for the psychiatric profession. Award winners produce excellent scholarly and/or research activities and community involvement on behalf of those with mental illness. The 2019 scholarship winners follow.

Claire Brutocao - Mayo



Claire Brutocao will graduate from the Mayo Clinic School of Medicine in May. She is known for her academic achievement, starting with earning her undergraduate degree from Notre Dame. That is where her scholarship and leadership emerged with notable accomplishments covering a variety of interest areas, most notably as a founding officer for Compassionate Care in Medicine at Notre Dame.

Her leadership continued through medical school and she is currently serving as the Mayo Class of 2019 Representative. A scholar through and through, Ms. Brutocao has been a TA and curriculum developer since her second year. She is also a pre-med mentor.

Claire's volunteer service demonstrates her commitment to patient-centered service and empowerment. From the Emergency Room to victim service and community wellness outreach, her service choices leave an impact.

(Continued on Page 7)



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- **15% Child and Adolescent Psychiatrist Discount** for those whose patient base is more than 50% Children and Adolescents
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- **5% Risk Management Discount** for 3 hours of CME

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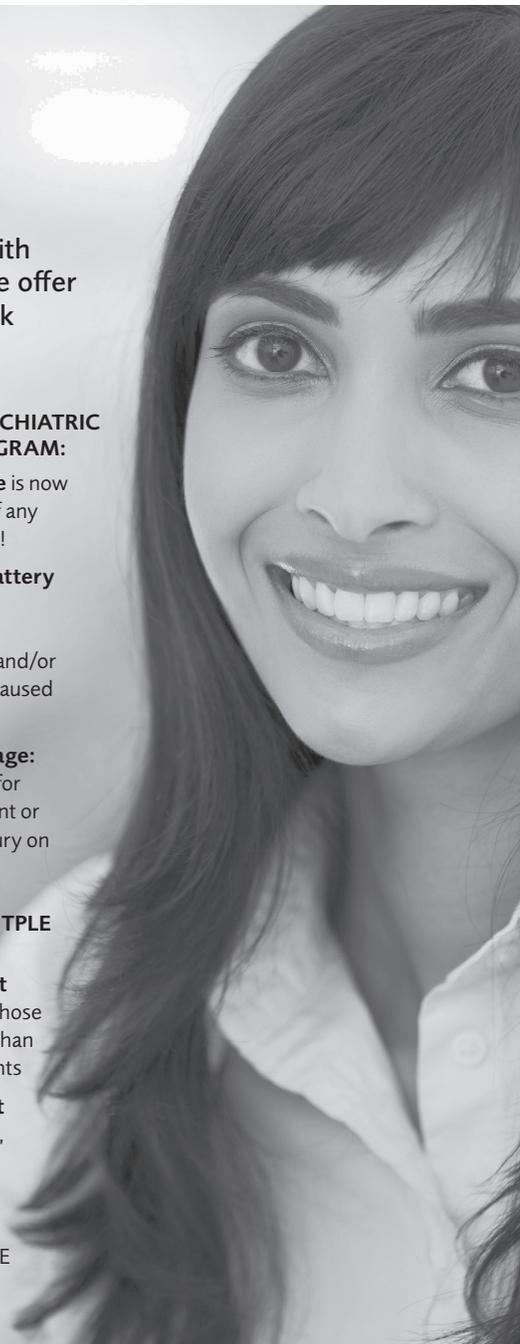
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Resumes/inquiries can be directed to:

Susan Davis

sdavis@choicespsychotherapy.net

952.544.6806 | choicespsychotherapy.net

Gloria Segal Medical Student Award Winners (Continued from Page 5)

Claire Brutocao - Mayo (Continued from Page 2)

She is already a seasoned presenter with posters covering a range of topics. In fact, we invited her to participate in the MPS Spring Meeting poster session to share her poster, *Psychiatric Disorders in Women with Polycystic Ovary Syndrome: A Systematic Review and Meta-Analysis*.

Congratulations to Claire Brutocao!

Claire Chappuis - U of MN



Our U of M Medical School 2018 Gloria Segal Scholarship winner is Claire Chappuis. Ms. Chappuis' CV demonstrates a priority on service and a focus on improving the human experience. Her volunteer experience has predominantly benefited the local community, both in outreach to individuals experiencing homelessness to supporting research in the U of M Department of Psychiatry's

Clinical Research. She also volunteers in organizational leadership at the U of M Medical School, leveraging her skills to organize volunteer events benefiting the local community and facilitate educational opportunities for fellow medical students. She currently serves as the co-chair of the Mental Health Awareness Committee (MHAC) through Gold Humanism Society and developed and facilitated a mental health awareness curriculum for 3rd and 4th year medical students and organized the annual conference.

Claire's work experience working directly with people equally reflects her focus on caring for others. She has uplifted patients in treatment through her passion for music which also informs her medical endeavors.

Ms. Chappuis is slated to present her Case Report, *Schizoaffective Disorder and Narcolepsy without Cataplexy: An Uncommon Co-Occurrence*, at the APA in San Francisco. Congratulations on all your success!

Dominic Sposeto Honored (Continued from Page 2)

making it look easy. He offers a calm and reassuring presence in meetings and learned consultation in times of complexity. His knowledge of the process goes with the territory, but his ability to outreach, advise, and reassure advocacy newbies along with experienced members is second to none.

We extend a sincere thank you to Dominic for all he has done for MPS and Minnesota psychiatry! ■

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CALENDAR

Ozra Nobari, MD, Wins National APA Diversity Leadership Fellowship Award



Congratulations to Dr. Ozra Nobari, one of the University of Minnesota Psychiatry Residency Training Program's third year residents, who recently was selected for the APA Diversity Leadership Fellowship Award! She is the U of MN program's first resident to receive this type of award. It is a very competitive fellowship award with only ten awarded per year.

The APA Diversity Leadership Fellowship is designed to develop psychiatry residents of minority and underrepresented groups into psychiatry leaders who can provide high quality and culturally sensitive mental health services to diverse, underserved and at-risk

populations. These populations include—but are not limited to—American Indians/Native Alaskans, Asian Americans/Native Hawaiians/Native Pacific Islanders, Blacks/African Americans, Hispanics/Latinos, LGBTQ, and religious minorities. The Fellowship motivates psychiatry residents through the experiential learning and training opportunities of the program.

Dr. Nobari will begin her 2-year fellowship on July 1. MPS congratulates Dr. Nobari!. Thank you for representing Minnesota! ■

Spring Meetings *(Continued from Page 1)*

The annual recognition dinner begins with a reception at 5:30 pm, dinner at 6:30 pm, and the awards program at 7 pm. Our evening will cap with a keynote presentation from APA President-Elect Bruce Schwartz, MD, DLFAPA.

Join us on May 4 at the Minnesota Humanities Center for collegial networking, stimulating presentations and inspiring awards. Register online at the MPS website, www.MnPsychSoc.org, or return your mail-in registration form in the brochure inserted in this newsletter. ■

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, 651-407-1873

Saturday, May 11, 2019, 9am-12pm **MPS Council Meeting** *(Members are always welcome!)* PrairieCare Institute, 1934 Hennepin Ave, #300, Minneapolis, MN 651-407-1873

May 18-22, 2019, **APA Annual Meeting** Moscone Ctr, San Francisco, CA Psychiatry.org.

Sunday, May 19 7-9 pm - **MPS Get-Together @ APA**, B55 Craft House & Kitchen, SF Marriott Marquis RSVP to Linda - L.Vukelich@comcast.net 651-278-4241.

Saturday, July 20, 2019, 9:30am-12pm **MPS Women Psychiatrists Brunch** - Host: Diana Pandey, Minneapolis, MN. Email dianampandey@gmail.com, 407-342-9335 to RSVP. Babysitting available!

For more calendar updates, go to mnpsychsoc.org

Congratulations, New Distinguished Fellows:

- Mary Androff, MD
- Beth Brandenburg, MD
- Kathleen Heaney, MD
- Robert Jones, MD
- Maria Lapid, MD
- Marie Olseth, MD
- KyleeAnn Stevens, MD
- Bruce Sutor, MD
- Helen Wood, MD