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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

2019 Legislative Session

Tara Erickson, MPS Lobbyist

Efforts to address mental health in Minnesota were strong this year as advocates and legislators alike made the issue a priority. The Senate introduced SF1 which became a mental health omnibus bill with its own target within the Senate. Ultimately language from the bill was folded into the HHS Omnibus bill.

Mental health parity was included in the final HHS omnibus bill. The language requires health plans to work with the Department of Commerce and submit data regarding compliance with federal mental health parity laws, with the ultimate goal of ensuring that more individuals have access to covered mental health care. NAMI worked with MPS and other key organizations to get the bill hearings and provide key testimony in the House and Senate. Press attention was given to the bill and the Senate was ultimately pressured to support it. A Community Summit on Parity is planned for this fall to spread the word, provide resources, and encourage providers and patients alike to recognize and address parity infractions.

Language and funding to establish a Competency Restoration Task Force was included in the final HHS bill as well. The language establishes a task force to study the increase in individuals deemed incompetent to stand trial. One member of the task force will represent MPS.

There were also major reforms made to solitary confinement in Minnesota's state prisons. Individuals now must undergo a mental health assessment before placement in solitary confinement and forego placement in a secure treatment unit if the screening indicates a serious or acute mental illness.



Dick Lentz, MD, testifies against language that would assign felony assault charges to patients in health care settings who even attempted to hit or spit at any health care worker.



Linda Yukelich joined Senator Paul Uke's meeting with Mayo residents and fellows to discuss the importance of parity implementation. Senator Uke authored the successful bill to protect patients from unlawful discrimination.

There was a major increase in funding for suicide prevention in the state, with \$5.6m appropriated in FY20-21 and \$7.46m in FY22-23.

Other funding increases were made in the HHS bill to school and shelter-linked mental health grants and to mobile mental health crises services. Funding was also allocated to sustain certified community behavioral health clinics (CCBHCs).

Earlier in session, several workplace violence bills were introduced that would have had negative consequences at hospitals for psychiatric patients and other patients experiencing mental health issues. HF421/SF541 would make the act of assaulting or throwing bodily fluids/feces at a hospital worker a felony. The Senate Judiciary Committee heard the bill in March, and NAMI and MPS testified against the bill, citing no protections for individuals suffering from mental illness. MPS member Dick Lentz, MD, shared concerns for patients which generated considered discussion from Senate Committee members who acknowledged the need to protect hospital workers but, noting concerns about unintended consequences on those suffering from mental illness, ultimately tabled the bill. ■



The upcoming elections matter. Every contribution matters. Join the MPS PAC and participate!



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Ideas of Reference

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New Editor

Jimmy Wang, MD

Dear MPS readers,
I am honored to be given the opportunity to serve as a co-editor for Ideas of Reference. Like many fellow MPS members, I see this newsletter as a way to keep one's finger on the pulse of mental health in our state.

I emigrated from China as a child and have fondly called Minnesota my home for over two decades. I attended the University of Minnesota for college, medical school, and psychiatry residency. Now in my 4th year of residency, I have increasingly come to appreciate how advocacy and policy shapes the lives of our patients and loved ones. Beyond this, I have also developed a special interest in exploring how psychiatry can leverage technology to improve outcomes. As a co-editor, I hope to promote these areas while continuing to grow as a learner and practitioner.

Ideas of Reference serves as a vibrant forum where we can come together to share our struggles, ideas, and passions. I look forward to working with this community over the next year to collaborate on improving mental health in Minnesota.

Fall Program Addresses Minnesota's Mental Health Access Traffic Jam

Saturday, November 23, 2019
Minneapolis Marriott West Hotel

SAVE THE DATE - Saturday, November 23, 2019
Minnesota's Mental Health Access Traffic Jam: Coming Together to Build a Better Roadmap
Presented by the Minnesota Psychiatric Society
Minneapolis Marriott West
9960 Wayzata Boulevard
Minneapolis, Minnesota 55426 USA
Topics Covered: Key Intersections: Public Safety, Criminal Justice, Courts & Corrections; Primary & Specialty Healthcare; Emergency Services & Crisis Teams; Innovations: ICSI Collaboratives; Expanded Community Care Models; Patient Stories; Ongoing Collaborative Initiative
Event Features: Expert Speakers, Multidisciplinary / Multisystem Content, Community-wide Collaboration and Solution Building, Interactive Sessions, Exhibits
Watch for registration and program information! www.MnPsychSoc.org - 651-407-1873

Find real-time mental health services & substance use disorder treatment openings at www.Fast-TrackerMN.org





Footprints

Sheila Specker, MD, DFAPA
MPS President

MPS is active, proactive, and involved. I have seen a strong direction and mission outlined through establishment of a strategic plan which incorporates active committees with leads, and consistent efforts to be involved in community events and action. Each of us is called upon to spread the message of the importance of mental health recognition and treatment. We are in a unique position to educate and advocate in addition to the specialist care we already provide.

One such opportunity was being invited as the MPS President to be on panel at the MMA forum on legalization of marijuana. The MMA's ultimate goal was to decide on their position. I provided data on the effects of marijuana on youth brain development, the risk for addiction, and the cognitive and other psychiatric consequences. I was surprised that in the audience of about 60 physicians, 1/3 were in favor of legalization, 1/3 opposed, and 1/3 thought the MMA should be neutral. We had good representation from psychiatry and addiction medicine physicians and we need to continue to be active and speak out.

In this newsletter, Tara Erickson describes the legislative activity this session with a main accomplishment being the passage of the mental health parity bill, strongly endorsed by both House and Senate. While it does not provide financing, it does require health plans to be more transparent in their practices and must report annually to the Department of Commerce. We nevertheless still

have a ways to go in obtaining equitable care for our patients. My own experiences in obtaining residential substance use care have been extremely frustrating. For example, when I attempted to obtain more than seven days of coverage for a homeless patient who relapsed with opioids and benzodiazepines and was just hospitalized for suicidality, the physician reviewer said it didn't meet "criteria" (which he would not share) but then said since the patient was not behaviorally acting out, actively suicidal, or in withdrawal, he didn't meet "medical criteria" for that level of care. As we all know, there is a tremendous variability across payers.

To this end, there are key events upcoming which bring together community partners in a dialogue around Minnesota's new Parity Enforcement Law. A Parity Implementation Community Summit (date TBD) is jointly hosted by the MN Society of Child and Adolescent Psychiatry and co-hosted by MPS, NAMI Minnesota, the Minnesota Medical Association, AspireMN, MN Association of Community Mental Health Programs, and the Minnesota Chapter of the American Academy of Pediatrics. It will provide information, tools, and public education and outreach materials.

I would also bring your attention to other upcoming events: an APA Communications Training hosted by the MPS Communications Committee and supported with a grant and expertise from the American Psychiatric Association (details in this newsletter) and the annual fall conference, this year on community psychiatry.

Let's carry on the message! ■

MPS Contributes to MMA Recreational Marijuana Forum

MPS President and Addiction Psychiatrist, Sheila Specker, MD, was a featured speaker and contributor at the MMA Recreational Marijuana Policy Forum on June, 2019.

Physicians discussed recreational marijuana policy from a physician lens, reviewing research, sharing viewpoints and weighing in on MMA policy decisions concerning the issue which was tabled during the 2019 Session and is likely to return.

MPS sponsored refreshments for the event. The MMA poll showed participants equally divided between opposing, supporting and needing more information. ■



APA Briefs

Psychiatrist Patrice Harris, MD, is AMA President

APA Member Patrice Harris, M.D., took office as president of the American Medical Association (AMA) on June 11. Dr. Harris, a practicing psychiatrist trained in child/adolescent and forensic psychiatry, served on the AMA Board of Trustees beginning in 2011 and was secretary in 2014-2015 and chair in 2016-2017. She is currently chair of the AMA Opioid Task Force.

APA Endorses Federal Parity Compliance Act

APA endorsed "The Mental Health Parity Compliance Act," a new bipartisan bill that would enhance the transparency and accountability of insurers' coverage of mental health and substance use benefits, in compliance with the federal parity law. APA urged the swift passage of the bill, which was co-sponsored by Sen. Chris Murphy (D-Conn.) and Sen. Bill Cassidy (R-La). ■



2019 MHCF Scholarship Winners Named

Recipients will focus on psychotherapy and outreach to the Hmong community.

The Minnesota Mental Health Community Foundation, formed by MPS, leads a competitive process to determine annual scholarship recipients. Both scholarships ask applying MPS Resident-Fellow Members to describe their interest and each funding opportunity's expected impact.

Eric Brown, MD, Residents Caucus Scholarship

The Eric Brown, MD, Residents Caucus Scholarship Fund awards one \$250 scholarship each year to a Resident or Fellow to pursue individualized academic or career exploration goals. Eric Brown, MD, was president of the MN Psychiatric Society and the life force behind the MPS Residents Caucus which he started to empower residents and fellows to determine their own programming and direction. Dr. Brown was a lifelong learner and firm believer in self-directed exploration and development. The Eric Brown, MD, scholarship offers its recipient the opportunity to explore individual research and career aspirations with funding to support those dreams.

Congratulations to Lyuba Megits, MD, our Eric Brown, MD, Residents Caucus Scholarship recipient. Dr. Megits' application described her interest as a 4th year psychiatry resident at the University of Minnesota. Throughout her training, she has had the opportunity to explore and develop her interests in psychotherapy. She is currently gaining additional training through the Minnesota Psychoanalytic Society and Institute (MPSI) in the Psychoanalytic Psychotherapy Training Program (PPTP). She notes, "Throughout the three trimesters that I have had the opportunity to attend didactic course work and case consultations, I gained a great deal of understanding into how psychoanalysis and psychodynamically-oriented psychotherapy intertwine with the practice of psychiatry. I feel very fortunate to have developed this facet of my training and for my ability to see and hear more deeply how my patients are communicating their stories." She feels particularly empowered to have the neuropsychiatric background of understanding the brain circuitry in development. Dr. Megits will use the scholarship to continue to pursue her training and explore the growing interest within both branches for integrating and finding a common ground.



Lyuba Megits, MD

Bob Baumer, MD, Community Psychiatry Scholarship

The Bob Baumer, MD, Community Psychiatry Scholarship Fund awards one \$500 scholarship each year to a Resident or Fellow to attend the APA IPS: The Mental Health Services Conference.



Yee Xiong, MD

Robert Baumer, MD, DFAPA, was a community psychiatrist, cherished colleague and passionate patient advocate. His passion for his work, unending loyalty toward his patients and drive to ensure access to clinically excellent services for those who are most disenfranchised contributed towards his being recognized as a visionary and a driving force to integrate psychiatry into public-sector health systems. Debra Baumer established this fund in memory of her husband to honor his legacy and continue to support community psychiatrists in Minnesota.

Yee Xiong, MD, described her interest in the scholarship and the opportunities it offers, "As the second Hmong psychiatrist in the state of Minnesota, I stand at the forefront of tackling mental health disparities in the Hmong community. The Hmong community encounters a complex interplay of disproportionately high prevalence of depression, anxiety, PTSD, and suicide in the setting of ongoing social marginalization, chemical use adaptation, and a unique social determinant of mental health. I hope to become a psychiatrist whose services are extended beyond community mental health centers/hospitals into the locus of care for the seriously mentally ill: the community itself. By using the clan organization and complementary and alternative health modalities as stepping stones to shared decision-making and evidence-based care, my approach to community psychiatry can become tools for prevention, treatment, action, and support to promote good mental health for the Hmong community and the neighboring communities that mental illness and its stigma transmit to." Dr. Xiong will also pursue APA scholar opportunities in New York City. ■

Contribute to the Foundation and help us with the important endeavors it supports to build and sustain Minnesota's psychiatric community. (www.MnPsychSoc.org/foundation).



MINNESOTA MENTAL HEALTH COMMUNITY FOUNDATION

2019 APA Annual Meeting - Celebrations and Acknowledgement for MPS Members

Celebrations



New Distinguished Fellow Helen Wood, MD, DFAPA, accepted her medal at the 2019 Convocation.



New Distinguished Fellow Kathleen Heaney, MD, DFAPA, celebrates her achievement with APA President Altha Stewart at the President's Reception.



The Annual Convocation of Distinguished Fellows is a true celebration, complete with red carpet photo ops. New Distinguished Fellow Kathleen Heaney, MD, DFAPA, captures the moment.

Presentations



Bob Nesheim, MD, DLFAPA, joined GAP colleagues for a presentation about supervision.



It's a family affair for Maria Lapid, MD, DFAPA (left) and Simon Kung, MD (right) whose children shared their perspectives as children of psychiatrists for a special panel.



Laura Pientka, DO, joined Leadership Fellowship peers from across the country to offer a presentation on social media. Dr. Pientka is MPS Communications Committee Chair.



Dionne Hart, DFAPA, (2nd from left) shared her experiences on leadership and diversity as a panelist with AMA President Elect Patrice Harris and APA President Altha Stewart, among others.

Meetings



MPS APA Assembly Representative Dionne Hart, DFAPA, discusses the action paper she authored on Time's Up Healthcare at the Assembly. The action paper received overwhelming support.



MPS Assembly Reps, Dionne Hart, DFAPA, (left) and Maria Lapid, MD, DFAPA, (right) join fellow psychiatrists and incoming AMA President Patrice Harris, MD, DFAPA.



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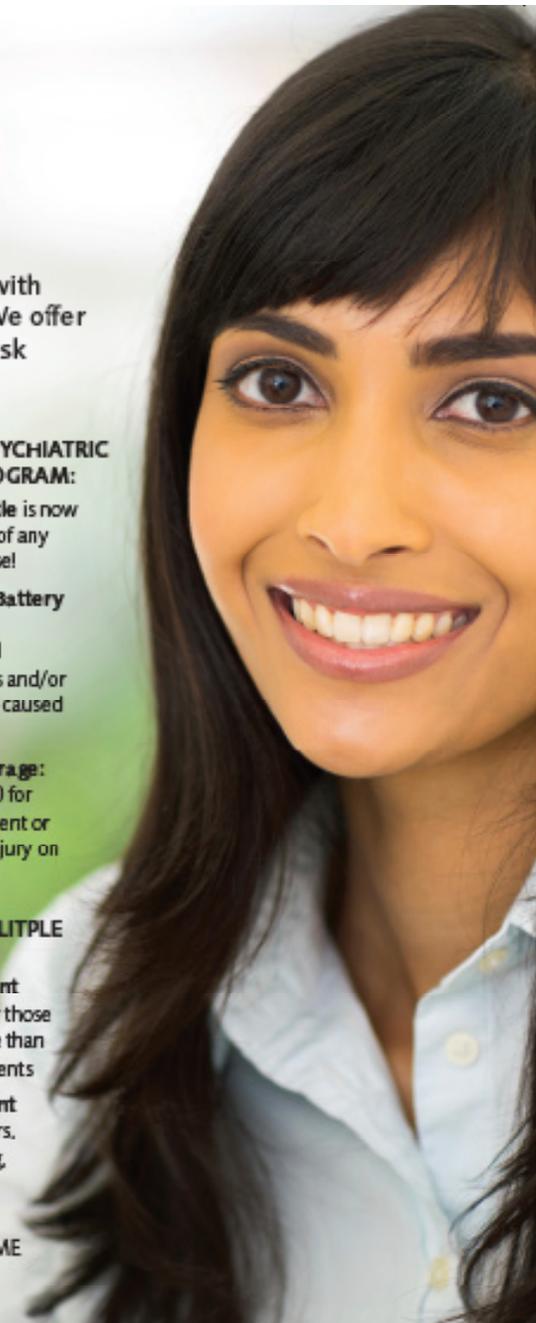
ANNOUNCING NEW ENHANCEMENTS TO THE AMERICAN PSYCHIATRIC ASSOCIATION PSYCHIATRISTS' PROFESSIONAL LIABILITY PROGRAM:

- **Defense Expenses related to Licensing Board Hearings and Other Proceedings:** Increased Limit to \$50,000 per proceeding with NO annual aggregate (higher limits are available up to \$150,000)
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- **15% Child and Adolescent Psychiatrist Discount** for those whose patient base is more than 50% Children and Adolescents
- **10% Claims Free Discount** for those practicing 10 years, after completion of training, and remain claims free
- **5% Risk Management Discount** for 3 hours of CME

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A NEW OPPORTUNITY

Choices Psychotherapy is seeking a child/adolescent psychiatrist and an adult psychiatrist for the St. Louis Park location.

Choices Psychotherapy has been established in the St. Louis Park community since 1993 and in 2016 opened a second location in Chanhassen. In this contract position you will have the opportunity to work independently and collaboratively with a flexible work schedule.

Choices Psychotherapy is one of the only clinics in the Twin City Metro Area that has a psychiatric team offering psychotherapy in addition to medication management. We focus on developing a collaborative relationship that is client driven.

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*Resumes/inquiries can be directed to:
Susan Davis*

sdavis@choicespsychotherapy.net

952.544.6806 | choicespsychotherapy.net

MPS Get-together in San Francisco

In keeping with tradition, MPS hosted a get-together at the APA Annual Meeting in San Francisco. It took place on the same night and in the same building as the President's Reception, giving MPS members the opportunity to congratulate the Distinguished Fellows on their way to and from the reception. We were delighted to host the casual event offering folks a casual, relaxed timeframe to stop in, get connected, and still make it to the array of compelling events and fun things to do. Watch for notice and plan on joining us next year in Philadelphia! ■



MPS Council Meetings

MPS Council meetings are open to members and the Council welcomes your participation! Join your MPS leadership as it grapples with issues of importance and works hard to develop MPS and serve its members. Your input is valued! Meetings are now accessible via ZOOM technology as well. Call Linda Vukelich for more information. The calendar and meeting location information is on the website. ■



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CALENDAR

Monday, August 26, 2019, 8am-pmm
Mental Health Day at the State Fair Look for the MPS and Foundation booth featuring Fast-Tracker. Look for us in Dan Patch Park near the Grandstand.

September 26-28, 2019, **Principles in the Care of Transgender and Intersex Patients 2019** Mayo Clinic, Rochester, MN ce.mayo.edu/psychiatry-and-psychology/

Saturday, October 5, 2019, 9:30am-12pm
MPS Women Psychiatrists Brunch Hosted by Dr. Frances Go, St Paul, MN Call 651-260-7254 or email fsgo@umn.edu to RSVP. Babysitting available!

Saturday, November 9, 2019, 9am-12pm
MPS Council Meeting (members welcome!) PrairieCare Institute, 1934 Hennepin Ave, #300, Minneapolis, MN 651-278-4241

Saturday, November 23, 2019, **Minnesota's Mental Health Access Traffic Jam: Coming Together to Build a Better Roadmap**, Minneapolis Marriott West, Minneapolis, MN www.MnPsychSoc.org 651-407-1873

For more updates, go to mnpsychsoc.org

MPS Distinguished Service Award

On July 18, the MPS Council hosted its annual summer get-together at Moscow on the Hill in St Paul. Guests in attendance took the opportunity to acknowledge 2019 MPS Distinguished Service Award winners, George Realmuto, MD, DLFAPA, and Dominic Sposeto. Participants braved the tropical temperatures on a Thursday evening to come together.

MPS President Sheila Specker, MD, DFAPA, thanked Dr. Realmuto for his generosity and passion throughout his career. She noted his leadership and volunteerism, his successful advocacy and contributions to research. Dr. Matt Kruse described Dr. Realmuto's impact on his career with gratitude.

Long-time MPS lobbyist, Dominic Sposeto, was our other honoree. His reassuring style, steadfast presence and vast knowledge of the legislative process were noted. Dr. Mike Koch, former MPS Legislative Committee Chair, described his contributions over their years together. Dr. Realmuto seconded those comments with his own personal stories and expressions of gratitude to Dominic for his legislative consultation and support.

MPS congratulates Dr. Realmuto and Mr. Sposeto and recognizes their unique and unparalleled distinguished service and contributions to Minnesota's psychiatric community and mental health system. ■



MPS President Sheila Specker, MD, presents Dr. George Realmuto, MD, DLFAPA with his Distinguished Service award.



Dominic Sposeto accepts his Distinguished Service Award from MPS President Sheila Specker, MD.



Former MPS Legislative Committee Chair Mike Koch, MD, comments about his time with Dominic Sposeto.

MPS PAC
Mental Health Access Traffic Jam

JOIN TODAY!

The upcoming elections matter. Every contribution matters. Join the MPS PAC and participate!