

Inside

| | |
|--------------------------------|---|
| MPS Fall Program | 1 |
| Guest Editor: Larry Hook | 2 |
| President's Letter | 3 |
| Angie Craig Roudtable..... | 3 |
| Ethics Corner | 5 |
| Membership Committee | 5 |
| In Remembrance | 7 |
| MPS Fall Program (cont)..... | 7 |
| MPS Around Town | 8 |
| Calendar | 8 |

Ideas of Reference

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



Fast-Tracker
Your Link to Mental Health Resources
www.Fast-TrackerMN.org



MINNESOTA MENTAL HEALTH
COMMUNITY FOUNDATION



JOIN TODAY!
Your patients, your colleagues,
and your profession thank you.

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

MPS Fall Meeting Tackles Traffic Jams in Minnesota ERs

What are you doing Saturday, November 23rd? Please consider joining MPS and the diverse group of professionals convening to address a shared concern – traffic jams in Minnesota emergency departments. Minnesota ERs are being inundated with psychiatric patients, who often wait for long periods for their appropriate next destination. Often, roadblocks elsewhere in the system contribute to this issue. Everyone feels the impact, whether they are a patient, a provider, a caregiver, a public safety officer or first responder, a legislator, or family member. It's a complicated, multi-faceted problem that calls for a statewide solution. Many have studied the situation and this program brings them together to share, learn, brainstorm, dream and act to build a better roadmap. We will hear from individuals and systems, look at transitions of care, and learn about investments in bridge-building solutions to address those intersections. We have all been stuck in traffic for too long. It's a matter of public safety. Now is the time to come together and construct a smoother pathway for the future.

The MPS Fall Program Planning Committee, chaired by John Vuchetich, MD, DFAPA, working closely with MPS Program Committee Chair Larry Hook, MD, have invited state and national leaders from psychiatry, addiction medicine, emergency medicine, public safety, and more, to present solutions to consider for Minnesota. Starting with the patient, participants will hear from former state legislator and family member, Mindy Greiling recounting her son's experiences with mental illness, public safety and corrections. Our keynote presenter is Scott Simpson, Medical Director of Psychiatric Emergency Services for the Denver Health Medical Center, and Associate Professor and Emergency Psychiatry Fellowship Program Director at the University of Colorado School



of Medicine. Dr. Simpson will share Denver Health's challenges in delivering high quality, accessible emergency mental health treatment, and describe promising interventions to improve the treatment of behavioral emergencies. Emerging leader and newly elected Hennepin County Sheriff David Hutchinson will discuss the intersection between corrections and public safety, describing compelling innovations introduced and implemented in his first year in office. Our look into this issue will proceed with a deep dive into safety net, bed capacity, and transition issues with experts from DHS, Allina Health and the Minnesota Hospital Association.

The afternoon offers interactive learning opportunities featuring panels exploring roles, expectations, and communications gaps between emergency physicians and psychiatrists – each sharing their best hopes and tools for the patients they share. Our keynote speaker will serve as moderator for this important discussion. We will continue our day with an in-depth discussion of expanded community care models and how they can serve patients to help to alleviate the need for emergency or inpatient services. This is followed by findings generated from intensive study and promising pilots addressing transitions from the ED and shared standards for mental health. Finally, we will review the care pathway

Continued on page 7



2 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.

Ideas of Reference accepts advertising. Rates follow:

| Display ad | 1 Issue | 2 Issues | 4 Issues |
|------------|---------|----------|----------|
| Full Page | \$500 | \$400 | \$350 |
| 1/2 page | 350 | 300 | 250 |
| 1/4 page | 225 | 200 | 175 |
| 1/8 page | 125 | 100 | 75 |

Classified Rates: 25 words or less for \$75 with each additional word at 35¢. All advertising copy is subject to approval by the editors. Meetings and events may be listed on the Calendar of Events free of charge. *Ideas of Reference* has a quarterly circulation of 450. Deadlines are the 15th of the month prior to publication.

Ideas of Reference

MN Psychiatric Society
2233 Hamline Ave No, #217
Roseville, MN 55113
Phone: (651) 407-1873
www.mnpsychsoc.org

Editors

Matt Kruse, MD
Jimmy Wang, MD

Managing Editor

Linda Vukelich

Executive Council

President

Sheila Specker, MD

President Elect

Allison Holt, MD

Past President

Michael Trangle, MD

Secretary/Treasurer

Lonnie Widmer, MD

APA Assembly Representative

Dionne Hart, MD, DFAPA

APA Assembly Representative

Maria Lapid, MD, DFAPA

Early Career Representative

Patty Dickmann, MD

MSCAP Representative

George Realmuto, MD, DLFAPA

Councilors

Eduardo Colon, MD

Matt Kruse, MD

Mary Beth Lardizabal, DO, DFAPA

Marie Olseth, MD, DFAPA

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

Bob Jones, MD

Nominating

Michael Trangle, MD, DLFAPA

Program

Larry Hook, MD

Standing Committees

Legislative

Jonathan Uecker, MD

Private Practice

Helen Wood, MD, FDAPA

Awards/Research

John Vuchetich, MD, DFAPA

DHS Committee

George Realmuto, MD, DLFAPA

Women Psychiatrists

Karen Dickson, MD, DFAPA

Judith Kashtan, MD, DLFAPA

MPS PAC President

Chinmoy Gulrajani, MD, DFAPA



MPS Program Committee Guest Editorial

Larry Hook, MD

The MPS Program Committee is busy with the fall program coming up on November 23, and you will read more about that on page 1. Be sure to participate in

this community event led by MPS to effect change in longstanding gaps and problem connection points for the patients who most need psychiatric and addiction services and are, as a result, interacting in disproportionate and unfortunately high numbers with emergency services, criminal justice, and corrections. The program brings together national, statewide, regional, and local leaders and practitioners to share experiences and provide learning opportunities for continued growth for psychiatric practitioners as well as our community colleagues. We are hopeful you will be able to join us for this exciting event!

We are also planning the Spring Meeting for 2020 and plan to cover psychiatric issues over the lifespan. If you are interested in serving on the spring program planning committee, please let Linda Vukelich know. We are looking for planners, presenters, or both! We plan to offer focused talks on issues from child to geriatric psychiatry and everything in between. We are looking for emerging research, compelling perspectives, and fresh takes on all topics of interest to psychiatrists. We may even dive into prenatal, postnatal, and end of life issues. Pitch us your ideas!

The charge of the MPS Program Committee is to oversee MPS educational efforts with 2 programs every year. All MPS members are welcome and encouraged to get involved, whether you are a resident, mid-career member, or in retirement, this is an opportunity for all. ■

Monday, October 28, 2019

MPS Communications Training

12-1pm Networking Lunch

1-2:30pm) APA Communications/Media Relations – Glenn O’Neal, Deputy Chief of Communications/Director of the Office of Corporate Communications & Public Affairs, APA

2:45-3:45pm) Social Media Training – Joe Loveland, Loveland Communications

3:45-4:45pm) Legislative & Advocacy Relations – Tara Erickson, MPS Lobbyist

4:45-5pm) Wrap Up – Sheila Specker, MD, DFAPA, MPS President

Graduate Minneapolis Hotel
618 SE Washington Ave, Minneapolis, MN 55455

Call (612) 379-8888, or go to graduatehotels.com for directions.

Hosted by the MPS Communications Committee



Let's Do It!

Sheila Specker, MD, DFAPA
MPS President

Our society is the most active that I have seen in my 25+ years of being a practicing psychiatrist and member of MPS. From the development of new initiatives and committees to the expansion of educational offerings, MPS has spread its influence and enthusiasm and passion for our patients' mental health promotion. Our energetic communications committee led by Laura Pientka will offer communications training on October 28, 2019 for those of us from inexperienced to experienced in conveying our key messages as psychiatrists. Many of us (myself included) have not grown up in psychiatry with knowing how to leverage getting our messages out and the role of social media, legislative, and advocacy strategies. Osmosis doesn't work for this—specific training does. I highly encourage members to participate in learning more about how we can further expand our influence.

Several crises in mental health services and substance use areas call for action from us. One such area is the logjam which occurs in accessing mental health and substance use services such as in emergency rooms. This logjam was recognized by Rep. Angie Craig who convened a roundtable to open this discussion and look for legislative actions to improve the situation. MPS was well represented by Larry Hook, MD, Mary Beth Lardizabal, DO, DFAPA, Linda Vukelich, and me, and was among the 30 participants from a wide range of backgrounds including criminal justice, first responders, health systems, police, and physicians from addiction medicine and

emergency medicine. The MPS Fall Program will continue this discussion by partnering with corrections, emergency services, DHS, community care systems, ICSI, and more. Safety nets, bed capacity, crisis teams, and development of "bridge clinics" for patients with opioid use disorders will be some of the areas discussed.

Legalization of recreational marijuana is a major concern of MPS due to the psychiatric manifestations and impact. I was invited to speak on this topic at the Minnesota Society of Addiction Medicine; in doing so it highlighted for me the importance of linking with other organizations on common goals. Along this theme, MPS sent a resolution to the MMA with our position opposing legalization (but supporting decriminalization); this included our statement that if a law was passed, the age limit should be 25 due to the clear risks to the developing brain.

Our committees are active and take on new challenges. New content for our newsletter is premiering this issue with a section on "Everyday Ethics," presented by our Ethics Committee. How often is it that we are presented with situations involving ethics and would like some feedback? Our Ethics committee is planning on providing some food for thought. This issue also includes a membership committee article sharing thoughts on Distinguished Fellowship from a private practice point of view. Look for more regular newsletter contributions from our active committees going forward. ■

MPS Represented at Congresswoman Angie Craig Roundtable



MPS President Sheila Specker, MD, DFAPA, Larry Hook, MD, Mary Beth Lardizabal, DO, DFAPA, and Executive Director Linda Vukelich brought MPS perspectives and resources to a roundtable discussion convened by Congresswoman Angie Craig. The group convened represented the various perspectives, professionals, and systems responsible for managing psychiatric and addiction-related crisis as well as their intersection with health care and criminal justice systems. MPS members will serve as reviewers for proposed legislation and offer insights from the perspective of the psychiatric profession. Federal legislation has an important impact on Minnesotans and MPS will work with the APA experts on this important task. All MPS members interested in public policy, advocacy, and the legislative affairs on behalf of psychiatry and the patients impacted by these efforts, are encouraged to contact MPS. The MPS Legislative Committee has many opportunities for member involvement ranging from a few hours to committee work. Anyone with interest can find the fit for their schedule. ■





YOUR SPECIALIZED PRACTICE IS SAFE WITH US



WE PROTECT YOU

PRMS understands that each psychiatric specialty possesses its own unique set of challenges. Our medical malpractice insurance program is tailored with rates that reflect your specific risks and expert risk management materials relevant to your specialty.



VICTORIA WATKINS, RPLU
ASSISTANT VICE PRESIDENT, INSURANCE SERVICES



Specialty-specific protection is just one component of our comprehensive professional liability insurance program. Contact us today.

More than an insurance policy

(800) 245-3333 | PRMS.com/Dedicated | TheProgram@prms.com



Actual terms, coverages, conditions and exclusions may vary by state. Insurance coverage provided by Fair American Insurance and Reinsurance Company (NAIC 35157). FAIRC is an authorized carrier in California, ID number 3715-7. www.fairco.com



Ethics Corner

Mary Beth Lardizabal, DO, DFAPA

This will be a new feature of the MPS newsletter. As chair of the Ethics committee I have led discussions in our committee about how we, as the MPS ethics committee, could be more engaged with MPS members and our communities. Certainly there are many ethical issues that we encounter almost every day, both at work and in the world. How often should we refill prescriptions without seeing the patient, How do we manage nonpayment—or no show appointments? How do we establish our professional boundaries? What do we do when we receive a friend request from a patient on Facebook? Do we make public diagnoses of political figures we have never met or examined? As psychiatrists, our responses may be different than our colleagues in primary care. Our APA code of Ethics holds us to a higher standard. Each Newsletter, members of our committee will write about current topics that are relevant to our members. We are also happy to respond to general questions from our members.

We hope that this column will be interesting and useful reading. ■

Membership Committee Column

Helen Wood, MD, DFAPA

I would like to express my gratitude to everyone at MPS for both inviting me to apply for the APA distinguished fellowship award and supporting my application with letters of support (and subsequent phone calls and emails of encouragement). I am humbled by your kind words and cherish your experience and wisdom in this field. I was not sure I would get approved for this. I am not running a busy department, am not applying for CMO or director jobs, nor jettisoning my practice to work in a high profile corporate environment. I really love seeing patients. Longitudinally. Over time. This is the joy of private practice. I believe this is protective against burnout. It is a small practice, and patients seek out my expertise in addiction, mood disorders, and psychotherapy. I don't have many openings, but when I do, they go fast. Being able to bear witness to other's struggle, pain, joy and recovery is enough of an accolade. There are not always happy endings to these stories, but the meaning is in the work along the way. So to be honored by my peers at MPS is unexpected, and I cherish it. Thank you. I would encourage others who are nominated to complete the application and apply. It is not often that we hit the "pause" button and reflect on the last decade (or more) of our work. It is important to look back, as well as forward. It may surprise you too. ■



RED RIVER BEHAVIORAL HEALTH

Hiring Psychiatric Staff in Grand Forks, ND

- Psychiatrists - Child & Adolescent and Adult
- Psychiatric Nurse Practitioner - PMHNP

We're offering:

- Highly competitive salaries.
- Incentives available - sign-on bonus, relocation, etc.
- Strong benefits including, 401(k) match, 20 days of PTO and more.



RED RIVER BEHAVIORAL HEALTH SYSTEM

Visit us online: www.redriverbhs.com
or contact Lyndsey Newton at
Lyndsey.Newton@meridianprograms.com
612.454.2050





We've got you covered.

For over 30 years, we have provided psychiatrists with exceptional protection and personalized service. We offer comprehensive insurance coverage and superior risk management support through an "A" rated carrier.

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)
- **Fire Legal Liability Coverage:** Limit of liability increased to \$150,000 for fire damage to third party property
- **Emergency Aid Coverage:** Reimbursement up to \$15,000 in costs and expenses for medical supplies
- **Insured's Consent to Settle** is now required in the settlement of any claim – No arbitration clause!
- **First Party Assault and Battery Coverage:** Up to \$25,000 reimbursement for medical expenses related to injuries and/or personal property damage caused by a patient or client
- **Medical Payments Coverage:** Increased limit to \$100,000 for Medical Payments to a patient or client arising from bodily injury on your business premises

IN ADDITION WE CONTINUE TO OFFER THE FOLLOWING MULTIPLE PREMIUM DISCOUNTS:

- **50% Resident-Fellow Member Discount**
- **Up to 50% New Doctor Discount** (for those who qualify)
- **50% Part Time Discount** for up to 20 client hours a week or less
- **10% New Policyholder Discount** (must be claims free for the last 6 months)
- **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

(Above Coverage Features and Discounts are subject to individual state approval)



Visit us at apamalpractice.com or call 877.740.1777 to learn more.

 **American Professional Agency**
LEADERS IN PSYCHIATRIC MEDICAL LIABILITY INSURANCE

ENDORSED BY THE AMERICAN PSYCHIATRIC ASSOCIATION



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.

Choices Psychotherapy offers a dedicated billing department, a comprehensive administrative team who schedule all appointments, verify benefits, collect co-pays, reschedule patients, and assist with prior authorizations and refills. We have administrators who are dedicated to marketing your practice, and taking the guesswork out of the ever-changing rules related to billing, HIPAA, codes, etc.

Resumes/inquiries can be directed to:
Susan Davis

sdavis@choicespsychotherapy.net

952.544.6806 | choicespsychotherapy.net

In Remembrance

Minnesota mental health lost a long-time champion for the mentally ill in August. Martin Segal, MD, was a pathologist by vocation and a steadfast supporter by avocation. Although his wife, former Congresswoman Gloria Segal was well-known for her advocacy on behalf of people with mental illness, Dr. Segal was the quiet leader who, with his family, supported the Gloria Segal Medical Student Scholarships over the past 25 years. The Gloria Segal Family was recognized for their support and leadership with the Paul Wellstone Advocacy Award in 2012. MPS offers its condolences to the Segal family who also lost Tom Segal in early August. Tom was a familiar face at MPS events as he served as the official MPS photographer over the past 10 years. Tom lived with schizophrenia and ultimately lost his battle and died by suicide. His story reminds us all mental illness is just as deadly as other physical illnesses, and lives are at risk. The Segal Family is testament to this message and MPS is grateful to call them a partner. Our condolences. ■

MPS Fall Program *(Continued from page 1)*



Keynote Presenter Scott Simpson, MD

addressing pediatric mental health care in the ED and initiate formal discussions to build on takeaways.

This event is so much more than a day of CME, and MPS leadership and the planning committee hope that hosting this community-wide event leads to improved connections for professionals and the people they serve as a starting point for far-reaching system improvement for the state. ■



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
 West Superior Boulevard
 Minneapolis, Minnesota 55412

Topics Covered:

- Keynote
- Public Safety, Criminal Justice, Courts & Corrections
- Primary & Specialty Healthcare
- Emergency Services & Crisis Teams
- Medication
- IOP Collaborations
- Expanded Community Care Models
- Patient Stories
- Inspiring Collaborative Initiatives

Event Features:
 Super Seminars, Multidisciplinary Collaborative Clinical, Community-wide Collaboration and Learning Building, Interactive Learning, Exhibits

Search for registration and program information! www.MnPsychSoc.org • 612-467-1873

MINNESOTA PSYCHIATRIC SOCIETY
 2233 Hamline Avenue North, #217
 Roseville, MN 55113

PRSR STD
 US POSTAGE
 PAID
 TWIN CITIES MN
 PERMIT NO. 1435

Address Service Requested.

CALENDAR

MPS Around Town



MPS Stigma Stompers participated in NAMI Walks in Minneapolis and Rochester on September 28. MPS and Fast-Tracker sponsored both events.



(Left) MPS and Fast-Tracker took part in Mental Health Day at the State Fair and shared thousands of pieces of information and giveaways with fair-goers. This was the event's second year. (Right) Fast-Tracker was at the Stomp Out Suicide Walk in August with resource information for participants.



The Psychiatric Assistance Line (PAL) and Fast-Tracker were honored in New York City in early October with the APA Foundation's Community-based Program Gold Award to address Minnesota's shortage of Child and Adolescent Psychiatrists with consultations, referrals and primary care provider trainings.

Monday, October 28, 2019, 12-5pm
MPS Communications Training Minneapolis Graduate Hotel, Lunch Provided. Space is limited. Residents, MPS committee members, and Experts Panel Volunteers are encouraged to participate. www.MnPsychSoc.org

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

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



Did you know?

There is a monthly credit card payment option for APA/MPS dues payments. Call 1-800-35PSYCH or go to www.psych.org.



JOIN TODAY!

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