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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 2020, MPS members will elect a President-Elect and two Assembly Representatives, two Councilors. Candidate statements are included in this issue, along with your ballot. Go to page 4 to view our Councilor candidate statements. Vote by March 15!

President-Elect Chinmoy Gulrajani, MD

I am deeply humbled by my nomination to run for the office of the President of the Minnesota Psychiatric Society. The vital mission of MPS is Advocacy. Advocacy for the people we serve and for the profession at large. Hence, for the past few years, I have devoted my energies to this mission. As a member of the Legislative Committee, I have collaborated on many of our causes (scope of practice issues, pharmacist prescribing, parity, and others) and have led our lobbying efforts as Chair of the MPS PAC. I have also represented MPS at important stakeholder groups that have led to important statewide policy and statutory changes. All the burning social issues of our time (for example gun violence, the opioid crisis, recreational marijuana use) relate to Psychiatry, and it is more important than ever before that psychiatrists have a strong voice. In my role as President, I will continue to strive to ensure that we have a seat at the table where decisions are made and that your voice is heard where it matters.

I moved to Minnesota six years ago from New York to set up the state's first fellowship training program in Forensic Psychiatry. Prior to this, I served as Medical Director of inpatient and forensic psychiatry at a large tertiary level psychiatric hospital in New York City. During this time, I have served in leadership roles with the American Academy of Psychiatry and the Law (AAPL) and the Midwest chapter of AAPL. Within Minnesota, I am a member of the State Medical Executives Committee and lead the CME program at both MN DHS and at the Department of Psychiatry at the University. Looking back, I have much to thank Minnesota for. For it is here that I got married, bought my first home, and had my first child. Today I am proud to call Minnesota my home, and firmly believe (as one of my recruiters put it): "In Minnesota we take care of our own." I thank you for giving me this opportunity to care for my own. ■



MPS ED Traffic Jams Program Drew Leaders

On Saturday, November 23, MPS hosted a diverse group of professionals, state and national leaders from psychiatry, addiction medicine, emergency medicine, public safety, and more, who came together to address a shared concern – traffic jams in Minnesota emergency departments. The problem of Minnesota ERs inundated with psychiatric patients waiting for long periods for their ap-

(continued on page 5)



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.

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| 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

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Judith Kashtan, MD, DLFAPA

MPS PAC President

Chinmoy Gulrajani, MD, DFAPA



Renewal Season!

Linda Vukelich
MPS Executive Director

By now, hopefully, most of our current members have taken steps to renew their APA and MPS memberships. Your membership is your professional association's lifeblood. Not only does it fund our work on your behalf, but it empowers MPS and APA to speak for this important profession. I sincerely hope you find your experiences with MPS to be helpful, uplifting, and unifying. As your executive director, it is my privilege to work for you and to work with my colleagues at APA and with other district branch executives to continually build on our collective experiences and successes. We strive to serve your needs as a profession so you can focus on serving your patients.

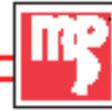
I am so grateful to partner with you in the challenge of growing beyond our current membership to achieve our next goal – a third APA Assembly Representative. Since I started over 20 years ago, we have not pushed past the elusive mark of 451 members. This truly is a challenge because we can proudly say we already serve the vast majority (80-85%) of Minnesota psychiatrists.

One way we are hoping to meet the goal in 2020 is by introducing group memberships – both for systems of employed psychiatrists and for self-defined groups of 4 or more. I am pleased to say that we are currently working on group memberships with 2 Minnesota health systems. If you are a current member, whether part of a system or not, and are not already included in a group membership, you can take advantage of group membership too. Individuals can form their own group when they either pay for three years in advance or encourage 3 new members to join to form a small group. Either way, you will get a 10% dues reduction for that period. So, reach out to your journal club, your coverage partners, or your clinical neighbors. If you have any questions or need additional information, I am happy to help. ■

MPS-Hosted NAMI House Party Started Conversations

Michael Trangle and his wife, Barb, recently hosted a well-attended NAMI House Party where Senator Paul Anderson and Representative Patty Acomb had a chance to hear stories and meet constituents. The evening was marked by tender stories, learning moments, and new bonds. Lawmakers want to hear from you. Call MPS to get connected. ■





MPS Moving Forward



Sheila Specker, MD, DFAPA
MPS President

MPS is an energetic, forward-thinking, advocacy organization for our patients' mental health care and can only do so with the generous donation of time and efforts of our members. For that, we are grateful. We have nearly 450 members; just a few more will allow us to have a

third delegate to the APA, which is a goal. This past quarter has continued to be active on many fronts and are highlighted in this newsletter.

Volunteering time and energy can be challenging and rewarding at the same time. MPS has created an "experts' panel" as resources in areas of interest and expertise and to be information sources. We have much talent to draw upon. More to follow on this development.

Our education programs have included a communications training highlighting skills desired for interacting with legislators, the media, and for those of us less adept users of social media, a crash course. The fall CME program highlighted former legislator Mindy Greiling who shared her compelling personal story of difficulty obtaining adequate mental health care for her son; Hennepin County Sheriff Hutchinson discussed his nationally known program in the criminal justice system. Senator Dean Phillips shared his dedication in legislative efforts in

mental health. We also learned about the Denver Health System which has an efficient and effective system for dealing with the mental health "logjam" in the emergency room.

Parity legislation passing this past session in Minnesota is a first step, but "the devil is in the details", and how to monitor and enforce it is the next challenge. We are all well aware of the disparity between reimbursements for physical and mental health/substance use care. The most recent Milliman report (November 2019) highlighted widening disparities in network use and provider reimbursement in addiction and mental health vs physical health. The federal parity law has not fixed those problems, leading to conclusions that there are compliance problems. We support close monitoring and linkages with those who are in oversight positions.

A bill to legalize recreational marijuana is on the horizon for the 2020 legislative session. MPS has created a policy statement opposed to the legalization because of its effects on youth brain development, its addiction potential, and development/worsening of psychotic disorders. I personally plan to be involved and advocate for our patients this next legislative session. MPS plans to develop a consensus statement with other organizations which share our concerns. There is power in numbers!

I encourage you to share your interest and talents on one of MPS' committees! ■

Representative Dean Phillips Attended MPS Fall Program



The fall conference focus on addressing the barriers to mental health care that are resulting in overutilization of emergency rooms drew attention from lawmakers. Rep. Dean Phillips addressed the well-attended meeting and provided a federal perspective on policies that can increase access for patients. MPS has continued the conversation with key staff since

then. Senator Klobuchar could not attend but sent a letter of support to conference attendees. Representative Craig has also met with leadership on this important issue. ■

MPS Spring Programs - May 30, 2020



Keynoter APA President Elect Dr. Jeffrey Geller

Join us May 30 as we welcome APA President-elect Jeffrey Geller, MD, DFAPA, who will present the keynote for our Recognition Dinner.

Call for poster proposals coming soon!

Attend the conference, share your research, and learn from other experts.

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





4 Councilor (Vote for 2)



Councilor
Matt Kruse, MD

I am honored to yet again run for the Councilor position for the Minnesota Psychiatric Society. I have been an active member of MPS since my second year of residency at the University of Minnesota. Since medical school, I have held a strong belief that organized medicine plays a critical role not only in my training and career development, but also in helping

to steer the psychiatry profession in the right direction. There is no replacement for the expertise and insight of front-line clinicians, but too often, psychiatry – and medicine in general – is driven by players and forces that forget the core of what physicians do.

I sincerely believe that all players in the healthcare system, including policy-makers, act from a place of good will and good faith. But organizations like MPS will continue to serve the critical role of making sure that psychiatrists have a seat at the table, with their insights and experience informing policy and practice. If re-elected, I hope to continue efforts to ensure these lines of communication are preserved and strengthened.

I sincerely appreciate your consideration. ■



Councilor
Marie Olseth, MD, DFAPA

Having served on the MPS Council the past few years, I have had the honor of advocating for psychiatrists and psychiatric patients.

I take the role seriously and I am not afraid to speak up and challenge the status quo. My role as an MPS Council member is enhanced by other healthcare advocacy that I am actively involved in. I

had personal meetings with State Senators and State Representatives on issues important to our work as psychiatrists, including meetings with State Senator Dr. Scott Jensen and State Representative Glenn Gruenhagen to discuss a Senate bill promoting transparency in healthcare pricing. I have discussed with many State Senators and State Representatives why we need legislation to make illegal the use of Clawbacks and Gag Clauses by Pharmacy Benefit Management Groups, and ongoing discussions with these groups about Prior Authorization legislation. I have learned more about how things actually get accomplished legislatively. Reform is an ongoing, active process that involves grassroots efforts, educating legislators, and authoring bills. I enjoy all of these processes, and I am comfortable being assertive for causes that I feel strongly will benefit patients and psychiatrists.

I have had the honor of representing MN at the APA Assembly meeting as well to advocate on the behalf of MN psychiatrists on this national level. As there are many causes that are addressed at these national assembly meetings, I made sure that causes pertinent to MN psychiatrists stayed a top priority at these national meetings. I also place a priority on educating our newest MN psychiatrists as I give lectures every year to psychiatric residents at UMN and the HCMC residencies. During these lectures I give residents information on how advocacy changes happen, as well as giving them updates on recent legislation affecting their work with patients.

I appreciate that our psychiatric members of MPS have felt comfortable approaching me with issues they want addressed at MPS Council meetings, and I follow-through with these requests from our members. I would like to continue working on these priority issues for MN psychiatrists and psychiatric patients. I would be honored to serve another term as an MPS Council person. ■

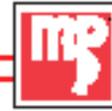


Lawmakers want to hear from you!
Join us for upcoming opportunities

Wednesday, March 4 - MMA Day at the Capitol, 12:30-6pm
MN Medical Association Day at the Capitol MN State Capitol, 75 Rev Dr Martin Luther King Jr Blvd, St Paul, MN
www.MnMed.org, 612-378-1875

Thursday, March 12 - MPS Advocacy Breakfast, 8-9:30am, before the MHLN Day on the Hill) Peddler's Pub Restaurant in the Best Western Kelly Inn Capitol Ridge Hotel (161 St Anthony Ave, St Paul) Park there & join us for MHLN Day on the Hill!

Thursday, March 12 - MHLN Day on the Hill 9:30 am) Informational Briefing @ Christ Lutheran Church (105 University Ave W, St Paul) 12pm) Rally @ Capitol Rotunda, Legislator Meetings 12-2pm. NAMIMN.org. Call MPS to set legislator visits.



Reaching the Next Generation of Psychiatrists – In High School!

George Realmuto, MD, DLFAPA

An unexpected opportunity found me, and in it, I discovered many very curious and idealistic students. I play tennis in the morning with about a dozen retired people and others with nothing better to do. One of the “coaches” has a daughter in the Health Organization Students of America. They meet monthly with health professionals to learn and discuss different health career paths. He knew I was a psychiatrist (besides tennis there is a social support aspect to the group). He asked if I would speak to the group that his daughter belonged to at Lakeville North High School. I showed up early for my turn. The school is huge and I strolled through a myriad of corridors to find the meeting place. The large room was chocked full of science stimuli. A wet lab, multiple sets of projects in process, inspirational posters, medals and honors from competitions. Cruising the walls and educational materials was a treat. Soon about 30 high school students filled the desks. Eager faces doesn't quite capture their enthusiasm. I said a little about myself and then asked them about their life goals. This was the turning point of the connection.

NO I don't mean work goals, I mean life goals. Having children. Finding happiness and work and family balance. Then I threw down the road to a physician gauntlet. Years of education, student loans, acceptance to medical school, the rigors of residency. But for each challenge I offered what I thought would be helpful and facilitated how their life goals and career goals could be compatible. There was a question about what psychiatrists did and about therapy. I said how I practiced therapy and how I needed therapy myself. The interest in our profession seemed to pique. The time was suddenly over as the high achieving students moved on to their other extracurricular activities.

It was such a fulfilling experience for me to see how I could cultivate an interest in psychiatry and other mental health careers and how we needed them to fill the workforce gaps. I would encourage you to be open to opportunities to share the gifts of our profession with young people. ■

MPS Fall Meeting *(continued from page 1)*

appropriate next detination is a complicated, and multi-faceted one, calling for a statewide solution. Many have studied the situation, and the 2019 Fall Program brought them together to share, learn, brainstorm, dream, and ACT to build a better roadmap. Participants heard from individuals and systems, looked at transitions of care, and learned about investments in bridge-building solutions to address those intersections. The day culminated with a call to action through an invitation from the Minnesota Association of Community Mental Health Programs to join ongoing work to improve Minnesota's health care delivery, system especially for those with mental illnesses and substance use disorders.

We thank the MPS Fall Program Planning Committee, chaired by John Vuchetich, MD, DFAPA, who worked closely with MPS Program Committee Chair and Fall Program emcee, Larry Hook, MD. This program's success was due in large part to their contributions. The work continues with the MPS 2020 Spring Scientific Meeting planning. If you are interested in serving on the Spring Program Planning Committee, please contact Linda Vukelich. The committee has just begun to meet. The date is set for Saturday, May 30, and the theme is Psychiatric Issues Across the Lifespan. Initial planning is exciting, and MPS members are encouraged to volunteer on the committee or submit presentation ideas and proposals. Watch for that invitation shortly! ■

MPS Members Communicate

Thanks to an APA Innovation Grant, MPS members attended a communications training in October covering media, advocacy, and social media. Many of those in attendance also volunteered to represent MPS as members of our new Experts Panel. The panel is essentially a speakers bureau that will work with the MPS Communications Committee to inform policy, elevate and lead public dialogue, and educate. Volunteers are still needed. Call MPS for information. ■





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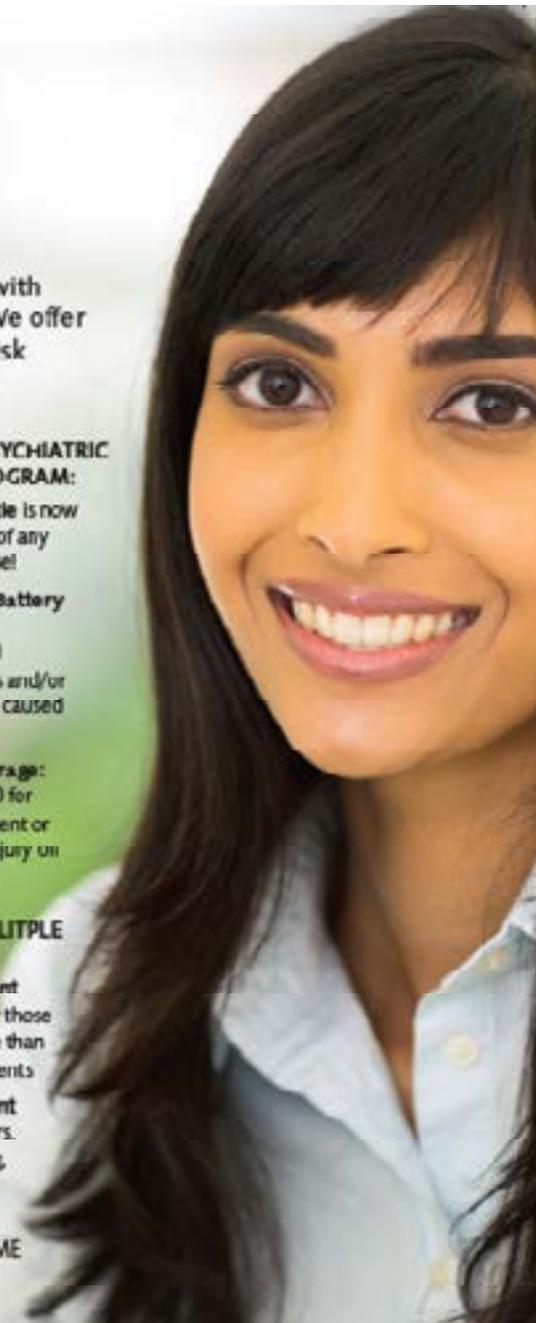
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- **Fire Legal Liability Coverage:** Limit of liability increased to \$150,000 for fire damage to third party property
- **Emergency Aid Coverage:** Reimbursement up to \$15,000 in costs and expenses for medical supplies
- **Insured's Consent to Settle** 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

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Parity enforcement website goes live

Linda Vukelich
MPS & MSCAP Executive Director

There is a new tool available to fight for parity in mental health and substance use disorder treatment in Minnesota – www.ParityPortal.org. Supported by an American Academy of Child and Adolescent Psychiatry (AACAP) grant and collaborative partners - Minnesota Chapter of the American Academy of Pediatrics, Minnesota Psychiatric Society, NAMI Minnesota, and Minnesota Medical Association - the Minnesota Society of Child and Adolescent Psychiatry (MSCAP) headed the effort.

MSCAP and its collaborators hope that the website will inform, enlighten, and encourage Minnesotans to recognize their rights under the law and to speak up when they are violated. The 2019 Minnesota Legislature passed the law giving Minnesotans the

strength of the law to fight for their rights, and it is essential that we all work together to get the word out and give it life.

The site's bold message is that insurance discrimination is against the law in Minnesota. The message is clear: insurance must treat mental health and substance use just like any other medical need. It's simple. Anything else is discrimination. And it's illegal. Visitors are reminded, "You can do something about it. Know your rights. If you think your insurance is treating your mental illness or substance use disorder claims differently, report it. It matters."

The site offers visitors simple, step-by-step instructions and brief examples of parity violations. By focusing on discrimination and the law, the site hopes to move away from outdated notions about expecting less in mental health and accepting unfair and unequal conditions. Instead, it en-

courages and empowers everyone to step up and speak up. The site also includes helpful hints and contact information generously offered by the Minnesota Department of Commerce to help users navigate complexities presented with some complaints that bridge more than one enforcement authority.

There are also print materials to help spread the word to patients and families they serve. Many are downloadable on the site and many can be ordered for distribution in waiting rooms, at events, etc.

Just as each person's story is important, the ParityPortal website is built on information contributed from Minnesota advocacy and professional organizations, provider groups, state and federal government, the Kennedy Forum, and national and other states' sites.

Please visit the site (www.ParityPortal.org) and get involved.

Now is the time. We are all in this together. ■

Minnesota law bans insurance discrimination.

Every story counts!

What does a mental health or substance use parity violation look like?

Longer delays.
"I can't get a mental health assessment appointment for 3 months, but I got an appointment for allergy testing in less than 1 week."

More disconnects.
"As an emergency physician, I can send my patients right to the specialty care they need – except to mental illness or substance use disorder care, because they don't exist."

Extra disruptions.
"My doctor has to call my insurance company every 3 days just so I can stay in alcohol treatment. No one ever made my cardiologist to prove that I still needed cardiac rehab."

Help is available.

Minnesota Department of Commerce
Call 651-539-1600 or
800-657-3602 (Greater MN only)
KnowYourRightsInsuranceRights@state.mn.us

www.ParityPortal.org

Insurance Discrimination is against the law in Minnesota.

Insurance must treat mental health & substance use just like any other covered medical need.

It's simple. Anything else is discrimination. And it's illegal.

You can do something about it. Know your rights.

Find out more about insurance discrimination and how to fight back at

www.ParityPortal.org

If you think your insurance is treating your mental illness or substance use disorder claims differently, report it. It matters. Your story matters.

Get help. Fighting insurance discrimination is important.

The Minnesota Department of Commerce can help: 651-539-1600 (800-657-3602, Greater MN only) KnowYourRightsInsuranceRights@state.mn.us

We must break the silence and bring transparency to a system that oppresses those with mental health and substance use disorders.

—Former Congressman Patrick J. Kennedy

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CALENDAR

MPS Spring Programs - May 30, 2020



Psychiatry Across the Lifespan
Research and Practice
Updates for Every Age

Minnesota Humanities Center
St Paul, MN

Minnesota Programs Win IPS Gold Award



The Psychiatric Assistance Line (PAL) and Fast-TrackerMN were honored at the 2019 APA IPS with the APA IPS Gold Award recognizing innovation in healthcare. Both are

collaborative efforts funded by DHS and supported by DHS staff. The duo was also honored later that month with the Psychiatry in Medicine's national award. Learn more at MnPsychConsult.com. Congratulations!

VOTE!
BALLOT ENCLOSED

Wednesday, March 4, 2020, 12:30-6pm

MN Medical Association Day at the Capitol MN State Capitol, 75 Rev Dr Martin Luther King Jr Blvd, St Paul, MN www.MnMed.org, 612-378-1875

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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. Call MPS to arrange legislator visits.

Saturday, March 14, 2019, 9am-12pm

MPS Council Meeting (members welcome!) PrairieCare Institute, 1934 Hennepin Ave, #300, Minneapolis, MN www.MnPsychSoc.org, 651-407-1873

March 27-28, 2020,

2020 Midwest APPL Conference (Midwest Chapter of the American Academy of Psychiatry and the Law) Marquette Hotel, Minneapolis, MN
Registration: www.siumed.edu/cpd

April 25-29, 2020,

APA Annual Meeting, Philadelphia, PA psychiatry.org/APA-Meeting/philadelphia

April 26-28, 2020,

MACMH Child & Adolescent Mental Health Conference, Duluth Entertainment Convention Center (DECC), Duluth, MN www.MACMH.org

Monday, April 27, 2020, 6:30-8:30 pm

MSCAP Dinner Meeting, Amberwing-Center for Youth and Family Well-being, 615 Pecan Ave, Duluth, MN www.MnPsychSoc.org, 651-407-1873

SAVE THE DATE! Saturday, May 30, 2020, 8am-9pm,

MPS Spring Meetings - Annual Recognition Dinner & Spring Scientific Session, Psychiatry Across the Lifespan, St Paul, MN www.MnPsychSoc.org, 651-407-1873

For more calendar updates, go to mnpsychsoc.org