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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 Fall Meeting Hits the Mark!

Mark your calendar and plan to attend the MPS Fall Educational Meeting, *Technology and Transformative Psychiatric Practice!* The full-day event is taking place on Saturday, November 17, at the beautiful Minneapolis Golf Club.

Plan to attend and learn about how technology and care teams are transforming psychiatric practice today. The program presents available tools for clinicians to use right away in practice and offers insights on how to optimize those tools with patients. Our program committee, chaired by University of Minnesota Department of Psychiatry Professor of Psychiatry Ziad Nahas, MD, includes members representing our state's educational and clinical institutions and MPS members from a variety of clinical settings.



Harold Sackheim, PhD,
Columbia University

Speakers will cover utilizing artificial intelligence in neuropsychiatric illnesses and review digital aids and applications. Timely topics including the clinical use of ketamine, innovations in ECT, and TMS. New research findings about TMS and EEG markers of adolescents' suicidality, combining Behavioral Activation Therapy with TMS, and Epidural Prefrontal Cortical Stimulation will cap the program.

Our keynote presenter is Harold Sackheim, PhD, Professor of Psychiatry and Radiology at Columbia University and Chief of Biological Psychiatry at the New York State Psychiatric Institute. His keynote presentation will enrich this learning experience with its focus on innovations in ECT. Dr. Sackheim is an international authority on the conduct and analysis of brain imaging studies. We are delighted that he will be a part of this program.

In addition, the program committee has included a poster session to enrich the program participants' experience and promises to showcase local innovators and researchers whose work may potentially help direct the future. For more information, please see the informational flyer insert in this newsletter.

Exhibitors will be on hand to offer direct, interactive exposure to the newest technologies. Mark your calendar and plan to join MPS colleagues and others for social interaction and networking while learning about the newest cutting-edge technology, transformative psychiatry improving clinical excellence.

Registration is now open. MPS and APA members are invited to take advantage of reduced rates for members. Medical students, residents, and fellows are welcome to register at no charge as MPS guests. Other care team members representing other disciplines are also invited to register. Please help us spread the word to your colleagues. Go the MPS website, MnPsychSoc.org, and register today! ■



SAVE THE DATE – Saturday, November 17, 2018
Technology & Transformative Psychiatric Practice
Presented by the
Minnesota Psychiatric Society
Minneapolis Golf Club
2001 Flag Avenue South, St. Louis Park, MN 55426

Topics Covered:

- Diagnostics / Assessment Apps
- Metrics Best Practices
- Psychopharmacology
- Interventional Psychiatry
- Transformative Psychiatry
- Ketamine
- Transcranial Magnetic Stimulation
- Electroconvulsive Therapy

Event Features:

- National Experts
- Poster Session
- Interactive Exhibits

Watch for registration and program information! www.MnPsychSoc.org – 651-407-1873



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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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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

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Guest Editor
Chinmoy Gulrajani, MD

MPS PAC - An Advocacy Tool

I am writing this column as the new MPS PAC Chair. I have served on the MPS PAC Board for some time, and I am honored to step into this leadership role following Bob Nesheim's impassioned good work as the chair for over 10 years. Since 2007, he worked closely with MPS Lobbyist Dominic Sposeto and administrator John Raymond. We are entering a transitional period in many ways, but our primary role is still to provide the opportunity for individuals interested in the future of Minnesota's political institutions to contribute to the support of candidates for state and local office. I invite you to visit the MPS PAC website to learn more about the MPS PAC and to peruse its goals.

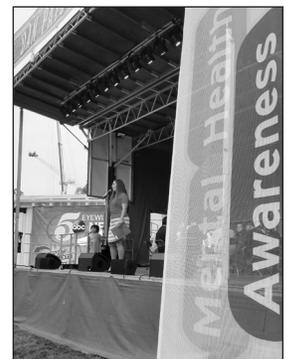
Since the MPS PAC's inception, MPS Lobbyist Dominic Sposeto has informed and advised the Board on candidate contribution decisions. MPS PAC Board recently met with him to review the 134 state campaigns that will impact Minnesota's future. Following a close review of candidates, the Board decided to contribute to 8 candidates (3 republicans and 5 democrats) representing various areas in the state. A contribution will also go to the Tim Walz gubernatorial campaign. The predominant decision point was based on previous support or stated positions that align with the PAC's purpose and goals. Candidate support for MPS legislative priorities was also taken into consideration. We are grateful to Dominic for his guidance over the years, and wish him well in his retirement.

The MPS PAC is only as effective as its membership and donation base. Please consider joining the PAC today! There is a link on the website that makes it easy to participate. In order to assure the voice of psychiatry is heard in our state, we need to be politically active. ■

Mental Health Awareness Day at the State Fair



MPS and its members were involved in all aspects of the inaugural Mental Health Awareness Day at the MN State Fair. The event was sponsored by the Governor's Advisory Council and NAMI Minnesota. MPS President Dr.



Michael Trangle and Kaz Nelson, MD (right) took to the stage while Executive Director Linda Vukelich (left bottom) staffed the Foundation's booth featuring Fast-TrackerMN.org. The day was a great success - despite foreboding storms and threatening rain! Special guests including St Paul Mayor Melvin Carter (shown above left with DHS Assistant Commissioner Claire Wilson). The theme for the day - and always! - was "Mental Health is Health."



Sharing Good Fortune and Future Success

Michael Trangle, MD, DFAPA
MPS President

Since my last missive, MPS activities have continued apace. Sheila Specker has become our next President-Elect, Laura Pientka and Patty Dickmann will be co-chairing our new Communications

Committee, Bill Clapp will be chairing our new Senior Committee, our new Ethics Committee chair is Mary Beth Lardizabal, our Membership Committee chair is Eduardo Colon, and Karen Dickson (with Judy Kashtan's support) is facilitating our Women's Committee.

Linda Vukelich and our consultant Melissa Martinez-Sones are streamlining and harmonizing our constitution and bylaws to conform with the APA's current requirements.

Linda and I just applied for an APA grant to support our new Communications Committee and help support our trainees.

As I reflect on MPS's changes and the engagement of so many bright, energetic, and thoughtful young members and trainees who are stepping up, I'm inclined to share my thoughts which were presented at HCMC/Regions' most recent residency graduation, but please add "MPS members" wherever you see "residents":

"At graduation ceremonies/celebrations like these, much time is spent where residents highlight the teaching excellence of their various faculty favorites. You highlight what you've learned, who you really appreciate, who you want to honor, and you get to roast and toast each other in moving, and at times humorous, ways. You have certainly have earned this right and should enjoy it to the max!

"Reciprocally, we faculty highlight the accomplishments, the honors, and accolades garnered by our residents and highlight the humorous situations and promise of all our residents (all very deserved).

"What tends to get neglected is what we faculty gain from our years/decades of close association with you residents.

"I want to share how my perspective has changed over my decades of close contact (and I think by extension this is also true for the many other faculty that share my demographic, i.e. baby boomers. Early on many of us focused on a perceived lack of professionalism and responsibility and would say "what's the matter with kids today?" Eventually many of us shifted our framing of the issue to "it's a Generation X issue" instead of an individual failing, and eventually it shifted to "it's a millennial issue". But after more years, as more of us attendings began to feel stressed by issues along the "burn out" continuum, it dawned on more of us that we had a fair amount to learn from you all!

"We baby boomers have always been so numerous that we've traditionally been very self-referential and have assumed that our characteristics, paradigms, attitudes, and even idiosyncrasies are just "the way it is" and when we became teachers, the way it should

be for students and residents.

"This meant that everyone should share our tendencies to have a very strong work ethic, to be goal-centric, be competitive, team oriented, and strive to be disciplined and put work (and patients) before our own families and before relaxation and recreational activities. For at least the first half or maybe the first 2/3 of my career, the terms "work-life balance" and "sustainability" were not used very much and the real priority was to do a great job with and for patients.

"But by having close enough contact with you all, hearing your pressures, doubts, hesitations, anxieties, fears, successes, pyrrhic victories, and empathizing and feeling with you as you learn and grow is an amazing gift to us. It keeps us grounded in reality, on our toes clinically and in many ways keeps us more human, more compassionate, and much more appreciative of who you are becoming."

So if I were there I'd take my hat off and THANK YOU for all that you've given me and my fellow attendings/older MPS members over the years.

Let's lift our glasses and all share in a toast thanking each other for all that we've given and all that we've received as we have participated in this wonderful dance called a residency and MPS's (past and future) efforts to improve psychiatric care in MN.

Thanks and good fortune and learning to you in the future. ■

Minnesotans Reach Out to Puerto Rico



MPS Membership Committee Chair Eduardo Colon, MD, joined like-minded colleagues earlier this summer on a trip to Puerto Rico where they offered services and supplies, and helped in the

ongoing rebuilding efforts there. You can help! There is a University of Minnesota Medical School Puerto Rico Outreach Fund collecting donations to support the Puerto Rican Empowerment Through Neurodevelopmental Education (PRENDE) at crowdfund.umn.edu/puertorico. The APA Foundation is also hosting an effort and collecting donations through its Disaster Relief Fund. Go to APAFdn.org for more information. ■



NAMIWalk - Saturday, September 22

Join the MPS Stigma Stompers Team - or stop at the booth for a psychiatrist button to wear with your team tee-shirt. Minneapolis and Rochester!



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VICE PRESIDENT, RISK MANAGEMENT



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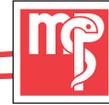
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Burnout Among Psychiatry Clinicians in Minnesota

Synopsis of discussion at the spring scientific meeting of the Minnesota Psychiatric Society

Believing that clinician wellbeing is essential to addressing the Triple Aim of healthcare, leaders from across Minnesota launched an effort in 2016 to tackle the issue. Facing a rising epidemic of burnout in physicians and advanced practice professionals, healthcare leaders across Minnesota collaborated to launch a statewide improvement effort focused on reducing burnout through the Minnesota Hospital Association. In 2016, the baseline year of the initiative, 104 individual hospitals (representing 56 healthcare sites/systems) participated in a baseline survey of burnout in their frontline clinicians. Of the 13,693 physicians and APPs invited to participate, 43% responded to the survey. In 2017, the Minnesota Hospital Association (MHA) surveyed the front line again, this time involving 113 individual hospitals (representing 63 sites/systems) and inviting 19,350 physicians and advanced practice professionals to participate, achieving a response rate of 29%. Individual clinicians were invited to self-identify the specialty grouping most aligned with their area of practice; in the 2017 survey, 257 respondents chose psychiatry as their specialty area – 44% MDs, 3% DOs, 24% APRNs, 1% PAs, and 28% another clinician type.

Almost half (49%) of psychiatry respondents feel great stress because of their work, close to the statewide average of 51%. One-third (33%) of psychiatry respondents are emotionally exhausted (also close to the statewide average of 34%). A slightly smaller percentage of psychiatry respondents compared to statewide overall respondents suffer from depersonalization (13% compared to 17%). Using the two-question Maslach Burnout Inventory screen, 35% of Minnesota psychiatry respondents are burned out (compared with 37% of respondents statewide).

When exploring the drivers of burnout, we find that over one-third of Minnesota psychiatry respondents disagree with the notion that they have enough time for what is important (34% compared with 36% across the state). Approximately one-fifth report they disagree with the idea that they have control over how they work (21% compared to 30% statewide) and one-fourth disagree with the notion that resources are allocated fairly (25% compared to 28% statewide). This driver data, coupled with the burnout prevalence data, reveal a problem that is ripe for response, growing in magnitude, but likely responsive to change. When asked to identify those key factors that would enable them to thrive professionally, Minnesota psychiatry respondents reported that work-life balance (61%), meaningful work (57%), control (45%), and high-quality care (37%) would be the most important areas for attention.

Efforts to develop a statewide quality improvement roadmap around burnout, focused on organizational level interventions and actions, practice level interventions and actions, and individual level interventions and actions, is underway, in partnership with Chief Medical Officers and Chief Executive Officers from hospi-

(Continued on Page 8)



Growing Psychiatric Specialty Health System Seeks Psychiatrists

PrairieCare, a physician-owned psychiatric healthcare system in the Minneapolis/St. Paul metropolitan area, is recruiting child, adolescent and adult psychiatrists for its Brooklyn Park, Chaska, Edina, Maple Grove, Maplewood and Rochester sites. Child/Adolescent clinical duties may include treating youth in inpatient, partial hospital, intensive outpatient, residential and clinic settings. Adult patients are served in intensive outpatient programs and busy outpatient clinics with therapist, social work and nursing support on site. Academic appointment on the faculty of the University of Minnesota Medical School possible for interested candidates. Reports to Chief Medical Officer. Requires BC/BE in Psychiatry and unrestricted license to practice medicine in Minnesota.

With multiple sites across Minnesota, PrairieCare is rapidly growing and boasts one of the region's largest groups of psychiatric physicians. Our organization is focused on offering dedicated clinicians the opportunity to practice high quality psychiatric care in a supportive, team-based group practice.

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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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New Opioids Awareness Resources Available

Professionals, families and others now have additional resources to increase awareness about the misuse and abuse of opioids. Minnesota is addressing the issue through a comprehensive, targeted state-sponsored response to the opioid crisis designed to increase awareness and reduce deaths through prevention, treatment, and recovery.

Anchored by an informative website, KnowTheDangers.com, the initiative aims to increase awareness among focus populations at high risk, as well as the general public at large through the use of culturally responsive awareness and prevention outreach.

Resources available on the website were created in direct response to research conducted with treatment professionals, those in recovery, law enforcement, educators, and others. The site includes education on opioids, information and access to Fast-TrackerMN.org to locate and set treatment appointments or find where to obtain naloxone. The statewide campaign also includes public service advertising, social media, informational materials, and more.

For more information, visit www.KnowTheDangers.com. ■

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Wednesday, September 26, 2018,
6:30-8:30 pm **MSCAP Dinner Meeting**
M Health NAVIGATE, M Health Specialty
Clinic, Park Place East, Ste 255, 5775
Wayzata Blvd, St Louis Park, MN
www.MnPsychSoc.org, 651-407-1873

Saturday, November 10, 2018, 9am-
12pm **MPS Council Meeting** (members
welcome!) PrairieCare Institute, 1934
Hennepin Ave, Ste 300, Minneapolis,
MN www.MnPsychSoc.org,
651-407-1873

Saturday, November 17, 2018, 8am-
5pm **Cutting-Edge Technology &
Transformative Psychiatric Practice**
Minneapolis Golf Club, St Louis Park.
www.MnPsychSoc.org, 651-407-1873

For more calendar updates, go to
www.mnpsychsoc.org

Burnout (continued from page 5)

tals and healthcare systems across the state. The same data-driven approach that has worked well in other areas of quality and safety improvement is being used in this statewide action framework and revealing best practices that are bending the burnout curve. These best practices are being shared collaboratively across the state so other health systems can benefit. CEOs and CMOs of have been encouraged to identify the highest priority focus areas within their respective organizations through this data, key areas for action, and to embark upon an improvement path to mitigating burnout in their healthcare professionals. ■

About the authors: Rahul Koranne, MD, MBA, FACP, is the MN Hospital Association chief medical officer. Heather Britt, MPH, PhD serves as the Senior Director of Healthcare Burnout Research.

PASSION FOR PATIENTS



By Lee Beecher, MD
With Dave Racer, MLitt

A 2017 book Passion for Patients (written with Dave Racer) tells the story of Dr. Lee Beecher's 42 year independent psychiatric practice and long-standing mental health APA and community advocacy. Go to Leebeecher.com for book reviews, Chapter summaries, policy recommendations for future patient-centered care, and to buy the book.