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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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Virtual Fall Educational Series Connects

Linda Vukelich

Nothing about 2020 has been predictable.

From a global pandemic to racial unrest, we were all suddenly involved in a world actively experiencing and reacting to new challenges. During the summer of 2020, after several months of quarantine and following the events resulting from the murder of George Floyd, MPS Program Committee and key Executive



Committee members saw the need to reach out to members virtually rather than wait for traditional in-person forums. As we all know, these significant issues have impacted life and medical/psychiatric practice in 2020. MPS will continue to offer creative options to connect and learn as we all proceed and adapt.

Leaders also noted that the need for connection was more vital than ever, so MPS Members, medical students, residents and fellows were welcomed to register and participate for free. All mental health and medical professionals were invited to join the discussion to share, learn, and build together.

Planners opted to re-format the traditional day-long event into a 6-week series of evening events due to Zoom fatigue concerns. This series brought together Minnesota experts to share tools and information for active learning and problem solving. Participants identified challenges, learned about new tools and successful approaches, and were better equipped to adapt resulting strategies. The series started with a focus on society's and medicine's role in

historic and institutional racism and where to go from that point as medical professionals. We looked at the psychological impact of the pandemic, heard about effective approaches to community and secondary trauma, and covered models that are designed to proactively stem its impact. Telemedicine has emerged as an effective tool to safely deliver medical care, and participants learned more about how it has been used historically and what the future holds for its long-term use in all aspects of mental health care.

If you were not able to join us, please consider reviewing the material posted on the MPS Events page for information about these vital and impactful issues. MPS thanks our Planning Committee members, our speakers, and all meeting participants!

Watch for information about the 2021 Spring Conference soon. We will plan to offer a full day virtual conference covering psychiatric practice and research updates across the lifespan.

The MPS program committee welcomes your fresh input and individual expertise to help with one conference or on an ongoing basis. If you would like to serve on the program committee, please contact Linda Vukelich. ■

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.



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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Perspectives

Linda Vukelich
MPS Executive Director

Recently someone reminded me about a historic (and flagrantly unfair, from my viewpoint) institutionalized injustice that we all took for granted. Do you remember when Medicare only covered 50% of the cost for treatment for mental illness when general medical care was covered at 80%? Do you remember the generally shared reaction? "That's the coverage for mental illness."

As we more clearly recognize historic and institutionalized injustices that we have taken for granted, accepted without question, or rationalized, we can move forward to create a different standard and better future. Let's not forget all the ways we have progressed. Let's let those advances move us forward in other areas.

These ideas give me hope even as I see public interest and attention drift away from the more complicated, entrenched issues that commanded the headlines and energized our neighborhoods. Let's strive to continue to set our sights and our attention on these important core issues, even when they leave us frustrated and exhausted, or worse, disappointed and disenfranchised. We owe it to ourselves and we owe it to our future.

The elections have stirred so much energy – both positive and negative. It's getting hard to keep up with all the changes and to focus on the important truths that matter most. Let's focus on our essential values and stand up for our best shared future. ■

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Choices Psychotherapy has been established in the St. Louis Park community since 1993. In 2016 we opened a second location in Chanhassen, and our third location in Bloomington will open in January 2021. 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.

CVs can be directed to sdavis@choicespsychotherapy.net.



A better view of 2020



Allison Holt, MD, FAPA
MPS President

Lately, I'm counting down the days until the new year, 2021. This year, 2020, will look better in the rear-view mirror. In my first year of residency, one of the residents hung up a paper chain link countdown to the end of our intern year. Each day,

whoever was on call had to take down one of the links. I feel a bit like I did in my intern year – I'd been through a lot but there was still much ahead. Today, as it was in residency, the future is uncertain but I am hopeful.

For that reason, it's more important than ever that we support ourselves and each other. MPS members are doing this by getting together – sometimes in person (socially distanced) and most often virtually. We've had two virtual women's brunch events that have been well-attended. Our senior's committee also hosted a few get-togethers in person and they plan to have virtual groups through the winter. These will be close-captioned for those who have hearing impairment. Our resident's caucus is planning to meet at least once before the end of the year, bringing the three MN residency groups together for camaraderie.

MPS is trying to meet members' educational needs by continuing to offer CME opportunities. In September and October, we delivered six online educational meetings in lieu of our fall conference. We

plan to do an online spring conference, but we will take what we learned from the fall series to virtually deliver a one-day conference.

Larry Hook has been our conference committee chair for two years and has decided to take a step away from that work to pursue other interests and needs. We hope he will continue to be a part of our lives and our work, as he has for many years. We are now looking for a member to step-in and step-up to chair the program committee. You will have many people to help out – you don't have to do it alone.

Our educational series this fall focused on race, trauma, and telepsychiatry; the common thread was health equity. To me, this is the most important topic of the year. Jim Curry is developing an MPS health equity committee. He wrote an article in this issue of *Ideas of Reference* about our MPS history project that lives in the MN History Center. Now seems like a perfect time to update our recordings with our learnings from 2020. One of the recordings from the late 1970's talked about wanting to develop telepsychiatry – it only took us another 30-40 years to do so!

These times of change can be jarring and tiring, but they also bring new opportunities. Although this has been a challenging year, I think we will ultimately be richer for the experience. Best wishes for a beautiful fall season. ■

Dr. Paul Goering honored

"All I ever really wanted was to be part of a community that cared about what they did and with those they do the work"



United Hospital Foundation recognized Dr. Goering as the 2020 Service to Humanity Physician Honoree. You can still view the program & support our Mental Health Campaign!

• Give – Make a gift to United Hospital Foundation's Mental Health Campaign. Phase II of the Mental Health Campaign

will continue into 2021.

• Share – Help us spread the word! Share our critical and exciting campaign plans with your network, friends, and family.

Discussing Mental Health is one way we collectively can work to reduce stigma.

- Watch – Don't worry if you missed it! The 2020 Service to Humanity Gala can be viewed at any time here: <https://vimeo.com/461611269/6c3b038909>

United Hospital Mental Health & Addiction services provides care to children, adults, and seniors, hospitalized and in clinic-based programs. Allina Health is the largest provider of Mental Health & Addiction Services in our region. ■

Dr. Goering is a past president of MPS and active member.



Minnesota History Center and MPS

Minnesota psychiatry's and MPS's rich history are just a click away

James A Curry, MD, MPH
Hennepin Regions Training Program RFM Representative, MPS Council

Just over forty years ago, physician leaders in psychiatry came up with a sort of time-capsule for the field, the 'Minnesota Psychiatry in the Mid-to-Late Twentieth Century Oral History Project.' Interviewing one another, they cataloged their life experiences up to the present in the 1970s. In the early 2000's, another group of physicians added to this inheritance of interviews until around 2011. Some of these interviewees you may know, or have learned from.

One of the earliest interviewees was Ronald C Young, MD in May, 1979. He was the then Medical Director of seven years for the Department of Welfare, tasked with overseeing the ten, later nine state hospitals, and many more direct care facilities, in an era already shifting from state to community based care. Much of it occurred with broadening federal intervention, such as Medicaid and Medicare funding bringing a choice of where to receive care for institutionalized patients. Or, new standards required more patient space and "ventilation". Many changes were based on ameliorating stigma, like renaming State Hospitals to Institutes, but landing on Regional Treatment Centers. Some were on technology or medical progress, such as sending out for appendectomies versus doing everything 'on the farm'.

Speaking of his training, among a gauntlet of settings, at 'the General' hospital he commented, "I had, as a resident, responsibility for probably 20 in-patients at any given time or all the time,

and I think about 120 out-patients. So we would see, in addition to our inpatient cases, twenty or thirty out-patients in an afternoon... It was a hectic, interesting service... but when you have that kind of a workload, you just try to keep from drowning." Interviewer: "Yes."(Young, 1979 p. 5)

Closer to home, for Dr Young to help set up a psychiatry unit at a general hospital in—Thief River Falls, MN (an hour and a half flight from the Twin Cities), there was an obvious but exciting need for "telecommunication capability, two way television". There were hopes that a looming gas shortage might galvanize telemedicine development- if only that was all it took! (p7) Despite the time gap, it's amusing how reminiscent Dr Young's experience is with the present. Recognize any of the above trends? Efforts came and went, advocating for mental health system improvements with fits and starts. Change always reflected an awareness of what was lacking or still to come, but if you look you will find the progress—and opportunities. Along with a trove of documents donated by the Minnesota Psychiatric Society (MPS), these transcripts make up an important collection in psychiatry available to all and archived by the Minnesota Historical Society. ■

Citations:

Young, Ronald C- Collections online
https://media.mnhs.org/things/cms/10291/405/AV2011_14_35_M.pdf

MPS Supports NAMI Walks with Events across Minnesota



MPS, MSCAP, and the Minnesota Mental Health Community Foundation sponsored NAMI Walks in events in Minneapolis, Rochester and Apple Valley on September 26. Despite the pandemic, NAMIs in Minnesota reported successful fundraising results. Thanks to Josh Stein, MD, Alison Beito, MD, and Carrie Borchardt, MD, DFAPA, for their leadership and organizing efforts! ■



MPS 2020 Legislative Session Review

Tara Erickson
MPS Lobbyist

Despite the fact that COVID-19 drastically transformed the 2020 legislative session, a number of issues pertinent to MPS were addressed, including prior authorization reform, limitations on scope of practice battles, and the loosening of telehealth regulations.

The pandemic opened up new opportunities for telemedicine and MPS is working with other professional associations and advocacy groups such as the Mental Health Legislative Network, NAMI and Minnesota Psychological Association to ensure that waiver changes that allowed for increased use of telehealth services in Medicaid are made permanent. These services have helped patients who have challenges getting to appointments because of housing instability, transportation or child-care issues.

Special Sessions have largely been working towards police reform following George Floyd's murder, and the House passed HR1 - a resolution declaring racism a public health crisis. Minority members of both caucuses formed the People of Color & Indigenous (POCI) caucus and they plan to introduce legislation focusing on helping minorities thrive in Minnesota. Recently the House and Senate

DFL revealed the Minnesota Values Project which will include a variety of proposals for the 2021 Legislative Session. Areas of focus include transforming healthcare, fully funding education, additional criminal justice reform, protection for Minnesota workers, infrastructure projects, and the environment. Expanding the current MinnesotaCare plan to allow anyone to buy into it is an initiative they hope would ensure people's access to healthcare wouldn't be based on employment but would rather follow the individual.

Lastly, Minnesota Management and Budget (MMB) announced that the state's budget deficit is estimated to be \$4.7 billion moving into the 2022-2023 biennium. The February forecast projected a surplus of \$1.513 billion, prior to COVID-19. Under Minnesota's constitution, lawmakers must balance the budget so major budgetary cuts or tax increases will be proposed in the months ahead. MPS will keep you updated about potential cuts to health and human services programs. ■

The Goldwater Rule: Why breaking it is unethical and irresponsible

Excerpted from the August 3, 2016 APA Blog by Maria A. Oquendo, MD

We live in an age where information on a given individual is easier to access and more abundant than ever before, particularly if that person happens to be a public figure. With that in mind, I can understand the desire to get inside the mind of a Presidential candidate. I can also understand how a patient might feel if they saw their doctor offering an uninformed medical opinion on someone they have never examined. A patient who sees that might lose confidence in their doctor, and would likely feel stigmatized by language painting a candidate with a mental disorder (real or perceived) as "unfit" or "unworthy" to assume the Presidency.

Simply put, breaking the Goldwater Rule is irresponsible, potentially stigmatizing, and definitely unethical.

The Goldwater Rule is published as an annotation in the *Principles of Medical Ethics with Annotations Especially Applicable to Psychiatry*. I encourage you all to read the full text of the rule below, and keep it in mind during this election cycle, and other events of similarly intense public interest.

The "Goldwater Rule:"

On occasion psychiatrists are asked for an opinion about an individual who is in the light of public attention or who has disclosed information about himself/herself through public media. In such circumstances, a psychiatrist may share with the public his or her expertise about psychiatric issues in general. However, it is unethical for a psychiatrist to offer a professional opinion unless he or she has conducted an examination and has been granted proper authorization for such a statement." ■



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APA News & Notes

College Mental Health, Telepsychiatry: Best Practices, Policy Considerations & COVID

As a result of COVID-19, college students have been abruptly displaced from their campuses, leaving many to rely on telehealth to continue seeing their on-campus mental health provider. While numerous state and federal regulations have been introduced to increase access to telehealth services during the pandemic, challenges to continuity of care remain unique to college students. Learn more in this new resource developed by APA's Committee on Telepsychiatry and APA's College Mental Health Caucus. <https://www.psychiatry.org/psychiatrists/practice/telepsychiatry>

Free Virtual Conference on First-Episode Psychosis - Nov. 12-13

Register today for the Third National Conference on Advancing Early Psychosis Care in the United States, Addressing Inequalities: Race, Culture and COVID. All sessions address key issues and challenges around how to provide the best possible care to individuals who experience early psychosis. Choose from four in-depth tracks: Systems-Level Improvements, The Human Experience, Culturally Informed Care, and The New Normal. Learn more and register at SMIAdviser.org/virtual

November Course of the Month – Advances in Understanding and Treatment of Treatment-Resistant Depression

Major depressive disorder (MDD) is a primary cause of disability in the U.S. and worldwide. Current, commonly utilized treatments are not effective in a substantial group of individuals who may be described as suffering from treatment-resistant depression (TRD). As a group, these individuals tend to suffer a chronic, more severe course of illness, utilize the majority of health care resources devoted to the treatment of depression, and are at elevated risk for suicide. This course will explore and describe critical current topics in the understanding and treatment of TRD. Go to <https://education.psychiatry.org/> to search the "Members Course of the Month" for this and other options.



Calling all MPS members!

People working on the front lines of COVID-19 are experiencing unparalleled levels of stress.



We are seeking mental health professionals willing to volunteer their time to help provide them with support and a listening ear.

Sign up to help today.

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Volunteer an Hour of Your Time

Individuals on the front lines of COVID-19 are experiencing unparalleled levels of stress.

In their seminal paper on AIDS and occupational risk for physicians, Zuger and Miles wrote,

“Medicine is an inherently moral enterprise, the success and future of which depend to a great extent on the integrity of individual professionals as they face the duties the calling of healer entails.”

Zuger A, Miles SH. Physicians, AIDS, and occupational risk: historic traditions and ethical obligations. JAMA 1987;258:1924-1928.

We* are looking for mental health professionals who are willing to set aside specific times to be available to talk with individuals on the front lines and provide them with support over the telephone. We are asking for licensed mental health professionals who are willing to set aside at least one hour a week until the end of August. We do not know how frequently the time will be utilized or what the demand for the service might be. We just feel it is important to offer trained support to our community at this time. You may volunteer for as many hours as you have available, but we ask that you at least be available for one consistent hour each week. If you are unavailable at the usual time one week, that can be accommodated. If you are interested, you can complete some basic information and capture your availability to volunteer at <https://www.signupgenius.com/go/805084AA8AA2FA1FD0-covid19>

Go to www.MnPsychSoc.org to get to the COVID Cares Volunteer Sign-Up Site & COVID Cares Schedule

Resource & Referral Tools are available at:

<https://www.mnpsychsoc.org/covid-care-support-services.html> & <https://fasttrackermn.org>

Questions? Contact l.vukelich@comcast.net, trishas@trishastarkphdip.com, or wilgarrett@comcast.net.

Thank you for your willingness to support our community during this difficult time.

*(Minnesota Psychiatric Society, Minnesota Psychological Association, Minnesota Association of Black Psychologists, and Mental Health Minnesota, along with Fasttrackermn.org)

Spread the word! Post the printable flyer in your clinic.

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CALENDAR

Thank you on behalf of all Minnesota



by Assistant Commissioner and acting Behavioral Health Director Gertrude Matemba-Mutasa

Reprinted from *Behavioral Health Monthly*, October 2020, a monthly wrap up of news from the Behavioral Health Division at DHS. Subscribe to the newsletter.

At the Minnesota Department of Human Services, we work hard every day for the people of Minnesota.

As providers of behavioral health services, you work hard every day WITH the people of Minnesota.

We never forget that. And we, like all people in the state, are so thankful for the work you do to help so many people, day in, day out. We know it's hard work. Most of the people who work in the Behavioral Health Division worked in direct service in the past, and as people's careers progress, some will again in the future.

I guess with the coming holidays, I'm feeling reflective and thankful for all we have, all we do, and all the wonderful people I have the privilege of working with, both at DHS and in the community.

So while we have a complicated role in the service ecosystem, I want you to know how much everyone here at DHS appreciates your work, your choice of a career, your support in this difficult work, and your belief that all people deserve the opportunity to live their best lives.

In short, thank you for all you do. ■

Saturday, November 14, 2020, 11:30am-1pm
MPS Member Forum & Council Meeting Email L.Vukelich@comcast.net for links to virtually participate. Open to all MPS members. Join the Council to connect and participate!

Saturday, November 14, 2020, 11:30am-1pm
NAMI Minnesota 2020 Fall Conference, Mental Health in Challenging Times www.NAMIMN.org

For more calendar updates, go to mnpysoc.org

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