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Ideas of Reference

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



MINNESOTA PSYCHIATRIC SOCIETY

Improving Minnesota's mental health care through education, advocacy and sound psychiatric practice and achieving health equity.

Our vision is physician leadership creating the nation's highest quality, most affordable, and accessible system of mental health care.

www.mnpsychsoc.org

MPS Forms Health Equity & Racial Justice Committee

Jim Curry, MD, MPH
Health Equity & Racial Justice Committee Chair

The Minnesota Psychiatric Society strives to improve Minnesota's mental health care through advocacy, education, sound psychiatric practice and achieving health equity. That is the MPS mission, the charge to its leaders and membership, as it always has been throughout its history. Except, until this year, you would have inferred by our activity that advocacy, education and sound psychiatric practice were pursued to achieve health equity. However, without clear and deliberate intent we know that even good intentions risk, at best, keeping health inequities in place.

In November, the MPS Council overwhelmingly approved adopting this Mission Statement addition—achieving health equity—and other proposals to make the implicit explicit. And we welcome your participation and leadership. That includes the formation of the new Standing Committee on Health Equity and Racial Justice, ready for your membership. MPS is also adopting language in all Councilor positions for achieving health equity, and seeking opportunities for advocacy as an organization outside of traditional health care partnerships. Both internal and external policy

changes will be explored to ensure existing and new practices live up to these values. The full resolution is posted at www.MnPsychSoc.org.

Developments of this scale do not occur often or in between strategic planning, or arise with such unanimous support. But, this is not a regular undertaking and these are not normal times. What we see happening around our profession is increasing ownership, naming of problems hiding in plain sight, and the appetite for action has to follow. We cannot lose sight of this urgency, or entertain stopping there. Whether it is called parity or disparity, stigma or discrimination, injustice or inequity, psychiatry is no stranger to these struggles. And yet, it is also that medical profession nearest the law. If it is easy to believe, 'things cannot get worse', we need only look at the history of mental health care, often in our lifetime. But we can also prove that with accepting this responsibility things will get better, and within our lifetime.

Contact Linda Vukelich (L.Vukelich@comcast.net / 651-278-4241) to serve on this new committee. ■

MPS welcomes new Lobbyist, Bill Amberg



Bill Amberg, MA, JD, has three decades of experience in law and politics, with nearly twenty years of government relations work as a registered lobbyist in the State of Minnesota. Among his proudest legislative accomplishments are playing a key role in the passage of the "Freedom to Breathe Act," protecting the scope of practice for several health care professions, and looking out for the health care needs of the most vulnerable Minnesotans. He served as an Assistant Attorney General in the Health and Antitrust Division of the Minnesota Attorney

General's Office. After law school graduation, Amberg spent over a decade working for Congress and as a political campaign consultant in Minnesota and around the country. He is a licensed attorney in the State of Minnesota. Bill enjoys traveling, reading, playing sports like hockey, soccer, and softball, and spending time with family and friends.

Bill has represented clients in the mental health public policy area for many years. On a

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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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Jim Curry, MD, MPH



Exchange Invited

Linda Vukelich
MPS Executive Director

This issue of *Ideas of Reference* elevates continued exchange of ideas and appreciates the value of different perspectives. I was delighted to get an email from MPS member, Jerry Kroll, MD, offering to share a different point of view on the Goldwater Rule article from our last issue. It's gratifying to hear that the newsletter is being read by members and valued enough to engage an ongoing exchange of ideas. That's about as good as it gets from an editorial point of view! As we all manage another season dramatically cloaked in the pandemic, let's recommit to connect. MPS is hosting events to encourage members to join together for short social events, safely offered using virtual tools. Some are designed to engage specific groups, including the ECP event on January 14 and others regularly offered by MPS committees. For example, the MPS Senior Psychiatrists Committee meets virtually on the second Thursday evening of the month, and all are welcome to participate, including family members. The group starts with a discussion on a specific topic to share learnings and naturally builds relationships from there. The Ethics Committee has been planning to host salon events to discuss and learn from participants. Dr Kroll's response helped the committee to formulate the structure around an ethics discussion of the Goldwater Rule. That virtual event is planned for January 31. All are invited! If you have other topics to suggest, please let us know! The committee chairs are listed on page 2 of the newsletter, and I'm happy to help coordinate connections with them.

Finally, I suspect we have all had enough of 2020. The good news is that 2021 is here and, despite this first distressing week, I remain optimistic for a much brighter tomorrow. I will look forward to sharing it with you! ■

New MPS Lobbyist Bill Amberg

Continued from page 1

professional and personal level, he knows the critical and yet often underrepresented role that mental health plays within overall health. His years of work representing clients within the mental health field prepares him well to advocate on behalf of the Minnesota Psychiatric Society. He notes that MPS is a widely respected professional association, so when he was alerted to the RFP, he raced to construct a proposal. Bill is very honored to have the opportunity to represent the Minnesota Psychiatric Society and looks forward to accomplishing your legislative priorities in 2021. ■



What a Year!



Allison Holt, MD, FAPA
MPS President

What a year! The events of 2020 affected us all, but in many different ways. We likely won't agree on which event had the most impact, and our feelings, thoughts, and opinions about the events will change over time. I hope we all learned much

from this year—I like the saying to never let a good crisis go to waste.

With all the stress (chronic and acute), we've needed to learn to set boundaries around our time, our emotional energy, and our physical bodies. This is easy to say and difficult to do. The level of acuity makes it seem that we can't say no—that it is actually a matter of life and death. Despite this, we must take the time to rest, nourish ourselves, move our bodies, and connect with others.

As I'm writing this article, our Senior Psychiatrists Committee is having a virtual get-together. They choose to take the time to

share their lives with others who are in the same stage of life. We are all faced with seemingly simple choices which can have profound effects on our lives. I can choose to work 12+ hours per day, or I can finish writing this article and then take my piano lesson. I'm choosing the piano lesson, even though this article isn't perfect, and my work is only about 2/3 done. Sometimes we just have to stop.

My guess is that we will talk about this year for the rest of our lives, but I bet we will have a different take on it in 2 years, 5 years, 10 years, and on. This year is almost done but it seems that the massive changes in our world aren't nearly finished. But then, are they ever? Let's all take some time in these last few weeks of the year to rest, recharge, rekindle, and resume our work with vigor...and hopefully with peace too. ■

MPS 2021 Legislative Priorities - An Invitation to Members

The MPS Legislative Committee, chaired by Michael Trangle, MD, DLFAPA, is hard at work in the policy arena. All members are welcome to join the committee for monthly meetings during session and subcommittee work supporting our 3 priorities. MPS is committed to advancing parity and health equity as basic tenets of our work and will purposefully weave these values within and through our legislative goals.

Telehealth — State support and expansion improves access. Permanently instituting the telemedicine expansions that have proven to work during the pandemic, including reimbursement equity, will be an immediate focus. Subcommittee Chair Matt Kruse, MD

Worsening Access — Inpatient psychiatric bed and outpatient resource shortages including workforce issues and training investments are central to this goal. Subcommittee Chair George Realmuto, MD, DLFAPA

Crisis Response System — This long-term priority addresses the multi-layered convergence of crisis response needs, systems, funding, and navigation. Subcommittee Chair Chinmoy Gulrajani, MD, DFAPA

What skills, talents, and passion can you bring to this work? Any level of involvement is welcome. We need your help and your voice. We need researchers, writers, story tellers, testifiers, and citizens who care. From the safety of your home or office, you can participate in as many ways or as limited as fit for you. Contact Linda Vukelich (L.Vukelich@comcast.net / 651-278-4241) to serve on the Legislative Committee. ■

Mark your calendar and join us for these important advocacy dates:

Minnesota Medical Association (MMA) Virtual Advocacy Week 2021
Mental Health Legislative Network (MHLN) Day on the Hill 2021 - March 11



MPS Ethics Committee presents:

The Goldwater Rule – A Virtual Salon Discussion

Sunday, January 31, 2021 – 6-7pm



Join MPS Ethics Committee members and invited discussant and plan to participate in this interactive – All opinions welcome –

This is a “there-are-no-easy-answers” event!

Join us to connect from the comfort of your home to share your perspective on this timely topic!

We will look forward to hearing what you have to say. Thanks for joining us!

No charge for MPS Members but pre-registration is required.

Online Registration available at www.MnPsychSoc.org

Background resources published in MPS newsletters:

APA Rule, 2020-5 – Kroll Rebuttal, IOR 2020-6

Questions? Contact Linda Vukelich L.Vukelich@comcast.net or 651-278-4241.



OPINION The Goldwater Rule: A Response & Opposing Viewpoint

Op Ed by Jerry Kroll, MD

Editors Note: Signed articles express the opinion of the author and do not necessarily reflect policies of MPS.

The re-publication in the November 2020 issue of *Ideas of Reference* of then-APA President Maria Oquendo's reminder (from August 3, 2016) of "Why breaking the Goldwater Rule [GR] is unethical and irresponsible," deserves a response of an opposing viewpoint.

The GR has generated controversy within the APA, first regarding what is unethical about a psychiatrist speaking publicly about a public figure, and second, about the APA's placing the GR into the formal AMA Manual of Ethics, with Annotations for Psychiatry.¹ To many, the justification for considering the rule unethical appeared flimsy, concerned primarily with psychiatry protecting its image while being insensitive to the moral, contextual and legal dimensions about mandating what psychiatrists could say publicly.

A brief summary of the APA's three arguments defending the necessity and legitimacy of the GR follows: 1) APA standards for assessment and diagnosis of patients require an in-person interview covering all components of the time-honored formal psych evaluation as taught to medical students and psychiatry residents. Anything less is unethical; 2) Our patients will be distressed to see psychiatrists abandon proper diagnostic procedure and speculate publicly, without consent of the subject, about diagnostic and psychodynamics details of the subject. Actual patients will wonder if they can trust psychiatrists with their private information. 3) Such public comments about public figures by psychiatrists casts the field of psychiatry in an unfavorable light (wild speculation; voodoo jargon; headline seeking) in the very areas the profession has fought so long to gain public respectability. Psychiatry will become an object of ridicule.²

Arguments questioning the GR^{3,4} include: 1) that the requirement for an in-person interview is anachronistic, disproportionately privileging the in-person examination despite both the frequent coverage of public figures on the internet for all to see, and a strong body of psychological research on assessment and clinical judgment questioning the validity of unstructured interviews⁵; in addition, government health programs, private health insurance companies, and psychiatry board exams routinely diagnose without in-person interviews; 2) Possibly some patients will be distressed to see psychiatrists speak publicly about public persons, but I know that my many refugee patients will be delighted to see me step forth and critically appraise those public figures who have been so damaging to immigrant rights and well-being. Context matters in deciding ethics. 3) It is not my ethical responsibility to protect the psychiatric profession from embarrassment, especially when I am asked to remain silent in the face of a greater evil than the disapproval of the APA, or some hypothetical patients.^{6,7} My public statements may be discourteous and imprudent, or may be germane and in the public interest, but these are irrelevant to personal ethical considerations that psychiatrists, like all humans, contend with and live by. I daily struggle with ethical issues in my personal and professional life: Did I do the right thing; what do I owe to my patients? What do I owe to other humans and to society. These are real issues to me, not a fabricated GR Rule. ■

REFERENCES (Endnotes)

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- 2 Appelbaum PS: Reflections on the Goldwater Rule. *Journal of the American Academy of Psychiatry and the Law*, 2017, 45, 228-32.
- 3 Martin-Joy, J: Diagnosing from a Distance: Debates over Libel Law, Media and Psychiatric Ethics from Barry Goldwater to Donald Trump. Cambridge, Cambridge University Press, 2020
- 4 Kroll J, Pouncey C: The Ethics of APA's Goldwater Rule. *Journal of the American Academy of Psychiatry and the Law*, 2016, 44, 226-35.
- 5 Lilienfeld, SO, Miller JD, Lynam DR: The Goldwater Rule: Perspectives from, and implications for, Psychological Science. *Perspectives on Psychological Science*, 2017, 13, 3-27. doi.org/10.1177/1745691617727864
- 6 Pouncey C: President Trump's Mental Health – Is It Morally Permissible for Psychiatrists to Comment? *New Engl J Med*, 2017. Doi:10.1056/NEJMP1714828
- 7 Lee BX: The Dangerous Case of Donald Trump: 27 Psychiatrists and Mental Health Experts Assess a President. New York, St. Martin's Press, 2017



NUTRITION COUNSELING

Choices Psychotherapy partners with other professionals & groups in the Minneapolis community in treating mental health disorders.

Nutrition counseling can help your clients:

- Achieve optimal nutrition & health
- Manage disease symptoms through food choices
- Improve their relationship with food
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- Understand healthy eating & cooking

Choices' Psychotherapy nutrition counseling service is offered by our Registered Dietitian who will partner with your patients to better their lives through motivational interviewing, health coaching, meal planning and development of effective skills and strategies to meet nutritional needs.



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NAMI Minnesota 2020 Honorees

NAMI Minnesota recognized its 2020 award winners on November 14, 2020, during its annual conference held virtually due to the pandemic. MPS member and former MPS president Carrie Borchardt, MD, DFAPA, serves as the NAMI Minnesota Board President.

- **Provider of the Year**
NorthPoint Health & Wellness Center RECLAIM
- **Volunteer of the Year**
Doug Kraft
- **Professional of the Year**
Cindy Nollette, MA, LP
- **Media Award**
Frank Lee, Brainerd Dispatch
- **Legislator of the Year**
Representative Rena Moran (Dist 65A)
Senator Jerry Relph (Dist 14)
- **Educator of the Year**
Sandy Lewandowski, Superintendent Intermediate District 287
- **Special Board Award**
Trisha Stark, PhD
- **Best Independent Event**
Nickel Open Fund

MPS congratulates these deserving 2020 honorees! ■

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.



UPCOMING EVENTS TO HELP YOU STAY CONNECTED

MINNESOTA PSYCHIATRIC SOCIETY PRESENTS
EARLY CAREER PSYCHIATRISTS' VIRTUAL EVENT



Thursday, January 14, 2021 – 7-8 PM
“ADULTING 101”

TIPS TO HELP MAKE STEPPING INTO PRACTICE LESS OF A LEAP

Connect and discuss transitions tips and planning for a successful future and a the life you imagined.

Join us for open discussions with professionals who have been where you are. Learn what they would have wanted to know when they started.

Hosted by MPS.

Facilitated by MPS Early Career Rep Nominee Josh Stein, MD

Open to all MPS members!

There is no charge to participate.

Preregistration is required.



Do you have questions about finances, career paths, work-life balance? You are not alone! Your peers are with you and your seniors have been there. Learn what their younger selves would have loved to know. Please complete our registrant survey to help us plan for your questions.

Contact Linda Vukelich with any questions – L.Vukelich@comcast.net – 651-278-4241

Join Fellow Women Psychiatrists

Selfies then. Selfies now. Menu–your choice!



Get reconnected! Have brunch with friends!

MPS IS HOSTING A VIRTUAL BRUNCH

Grab your breakfast, coffee, etc., and plan to see and catch up with folks from across Minnesota!

Saturday, February 20 9:30-11am

Virtual host: Karen Dickson, MD, DLFAPA

RSVP to Linda Vukelich, L.Vukelich@comcast.net, (651-278-4241) to get the secure ZOOM link emailed to you. Register early! Registration closes February 17!

Call Karen at 651-253-9458 for information or with questions.

Kids & pets – welcome!



Tiaras – optional!

HONORING REV. DR. KING: EXAMINING BIAS IN OURSELVES

Hosted by APA Area 4
Kenneth Busch, M.D. Representative

Clarence Chou, M.D. Deputy Representative

Eileen McGee, M.D. Program Chair, Area 4 Program Committee

Cheryl Wills, M.D. Area 4 Trustee

Saturday January 16, 2021
10 AM-12 PM Eastern Time

RSVP:
eileen@themcgees.net
Please RSVP with your name and email address. Registered attendees will receive a Zoom link for the event.

Join us for a lecture presented by Cheryl Wills, M.D. followed by an interactive break-out room discussion of implicit bias. Please complete the 10-minute implicit bias test (Race IAT) prior to the seminar at <https://implicit.harvard.edu/implicit/takeatest.html>

Your MPS RFM Council Representatives invite you:

Join fellow residents and fellows for our virtual Residents' Caucus!



Plan to attend in early- to mid-February!

"ZOOM WITH A VIEW" to connect with RFM members from all 3 MN programs!

We will gather over a meal together.
Watch for notices and register early to receive a doordash gift certificate!



This is a kid and pet friendly event, so plan to show off a little!

This is YOUR Residents Caucus!

Contact your RFM Rep or a planning committee member to suggest topics or speakers!

Mayo RFM Representative Allison Bieto – beito.allison@mayo.edu

Hennepin-Regions RFM Representative Jim Curry – jacurry28@gmail.com

University of Minnesota RMF Representative Laura Sloan – lsloan@umn.edu

Planning Committee Chair Rana Elmaghraby – rana@umn.edu

No charge for MPS Members but pre-registration will be required.
Please email [Linda Vukelich](mailto:Linda.Vukelich) or call 651-278-4241 with any questions.

MPS thanks our sponsor, APA Inc.

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CALENDAR



Calling all MPS members!



SUPPORT OUR COMMUNITY

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 lvukelich@comcast.net, trishas@trishastarkphdhp.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)

Thursday, January 14, 2021, 7-8pm
MPS Early Career Psychiatrists' Virtual Event — “Adulthood 1010” Online Registration available at www.MnPsychSoc.org. Call 651-278-4241 or email L.Vukelich@comcast.net with any questions.

Saturday, January 16, 2021, 9-11am
APA Area 4 Event — “Honoring Rev Dr King: Examining bias in Ourselves” FREE online Registration: Email eileen@themcgees.harvard.edu. Please complete 10-minute implicit bias test (RACE IAT) prior to seminar at <https://implicit.harvard.edu/implicit/takeatest.html>.

Sunday, January 31, 2021, 6-7pm
Virtual event hosted by the MPS Ethics Committee — “The Goldwater Rule - A Virtual Salon Discussion” Online Registration REQUIRED and available at www.MnPsychSoc.org. Call 651-278-4241 or email L.Vukelich@comcast.net with any questions.

Saturday, February 20, 2021, 9:30-11am
MPS Women Psychiatrists Virtual Brunch Email L.Vukelich@comcast.net for links to virtually participate. Join this informal group of MPS women psychiatrists to connect. Kids & pets welcome!

Saturday, March 13, 2021, 9-11am
MPS Member Forum and Council Meeting Email L.Vukelich@comcast.net for links to virtually participate. Open to all MPS members. Join the Council to connect and participate!

For more calendar updates, go to mnpsychsoc.org