MPS Elections: Meet the Candidates

In 2021, MPS members will elect a President-Elect, a Secretary-Treasurer, an Early Career Psychiatrist Representative, 2 Assembly Representatives, and 3 Councilors. Candidate statements are included in this issue. Vote online by March 15! See page 5 for online voting information.

President-Elect Matt Kruse, MD

I am delighted and honored to be nominated for the position of President-Elect of the Minnesota Psychiatric Society.

I first became a member of MPS as a second-year resident after Linda Vukelich spoke to my resident class at the University of Minnesota. Although I had already developed an interest in organized medicine, I was particularly impressed with Linda’s passion for her work and the mission of MPS. It was not long before I discovered that this is a quality shared among so many MPS members, which has further inspired me to remain involved.

Since then, I’ve worked as editor for the Ideas of Reference newsletter, a member of the Legislative Committee, and a general “show-up” person (which according to some is half the battle). Over that same time, I’ve seen MPS both thrive and struggle. Resident and Early Career psychiatrist involvement has surged, cultivating a generation of Minnesota psychiatrists who understand the importance of organizing, involvement, and activism. I’ve additionally seen MPS, through the wisdom and thoughtfulness of past presidents, consider its necessarily-changing role in the psychiatric

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MPS Spring Keynote Presenter is Dr. Patrice Harris

Dr. Harris is a child psychiatrist and AMA Immediate Past President. She will present, “Collaborative Leadership: the Path Forward for an Equitable Mental Health System”.

Join us virtually on Saturday, March 27 for “Psychiatry Across the Lifespan: Research & Practice Updates for Every Age”

Meet MPS Advocacy Intern Molly Wootten

Molly Wootten is a Master’s of Public Health student at the University of Minnesota and is a rising 4th year medical student at Des Moines University. She is interested in health policy and advocacy, especially around mental health and community health issues, and is pursuing a minor in health equity. She co-founded a group while an undergraduate student at Carleton College designed to start conversations and reduce stigma around student mental health issues. In her first two years of medical school, she led a student group that provided outreach and advocacy for community members experiencing homelessness in the Des Moines area. In her internship she will be assisting Linda and MPS lobbyist Bill Amberg in conducting research and lobbying for relevant legislation. She is excited to develop her legislative advocacy and health policy skills through her internship with MPS this spring.
Ideas of Reference

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MPS Fostering Connections
Linda Vukelich
MPS Executive Director

MPS has been busy creating virtual opportunities and fostering connections!

During these isolating and stressful times, it’s hard to connect, but MPS members are hard at work connecting with patients and serving in their communities. MPS is your association and we are here for you. In January, MPS hosted an event for early career (ECP) members that was built on wisdom shared by more experienced members from mid-career into retirement. The event, Adulting 101, was hosted by ECP Representative Candidate Josh Stein, whose idea it was to offer an open session to share “if I knew then what I know now” hints and hacks. The wisdom came from another MPS social “hub”, members of the MPS Senior Psychiatrists Committee, among others. It was a fun and interactive discussion that generated a lot of smiles.

Another open forum was offered two weeks later when the MPS Ethics Committee hosted its first Salon event which gave participants an opportunity to discuss, question, and learn about an issue of interest. This discussion focused on the timely topic of the Goldwater Rule. MPS Ethics Committee Chair Mary Beth Lardizabal skillfully facilitated the engaging discussion which was generated from MPS Member Jerry Kroll’s opinion piece published in the last issue of this newsletter. Dr. Kroll participated in the discussion along with members from training to retirement. The event was enthusiastically received, and the committee is looking for topics of interest to explore in more Salons – both virtual and in person. Please email me with your suggestions.

The MPS membership Committee is reviewing member opportunities to build connections, provide career support, and foster community. Please watch your email inbox for invitations to apply for APA Fellowship and for nominations to apply for APA Distinguished Fellowship. We are also very interested in identifying interested members who are available to help build individual connections with medical students and trainees. Whether you are in training or later in your career and are interested in mentorship, please contact me. The Residents Caucus is planning an educational event soon too.

The MPS Program Committee has been hard at work developing a virtual day of CME on Saturday, March 27. We are fortunate to have AMA Immediate Past President (and psychiatrist!) Dr. Patrice Harris as our keynoter. She will present a mid-day keynote on collaborative leadership. The rest of the day highlights psychiatric updates across the lifespan. We will start with perinatal and child & adolescent topics, follow with information on the impact of marijuana on the developing brain, then bridge to adulthood with first episode psychosis. We will explore co-occurring psychiatric and chronic medical conditions in adulthood and move along the lifespan to consider the impact of isolation and telehealth on geriatric issues. We will end the day with a discussion of end-of-life issues.

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New Ways of Thinking and Behaving

Allison Holt, MD, FAPA
MPS President

It’s been 9 months since George Floyd was killed, and although nothing can make up for his death, the effect it had on the antiracism movement has been encouraging. Since then, many large and small healthcare systems in Minnesota have committed to work towards racial health equity. One example is that medical education is beginning to teach that using race-based renal testing causes disparities in medical treatment for kidney disease.

Minnesota Doctors for Health Equity (MDHEQ) has continued to pressure the medical community to make foundational changes that level the playing field and grant access to healthcare for all. People of color are more likely to be exposed to COVID at work but are less likely to be vaccinated. This is a disparity that requires immediate action. Our State and health system planning for vaccination is flawed in multiple ways that are detailed in a letter to State officials. MPS signed on to this letter, as we have done with several letters written by MDHEQ. Check out their website [https://mdheq.org/] to understand how we all can get and stay involved in the drive toward antiracism in medicine.

Jim Curry, our MPS RFM Representative from Hennepin-Regions, proposed and chairs the new MPS Health Equity and Racial Justice Committee. They had their first meeting in early February and there were 11 attendees. This committee will infuse the principles of health equity and racial justice into all of our MPS work. Follow the committee, learn more about its mission, and volunteer at the MPS website, www.MNPsychSoc.org.

The end of 2020 brought a close to a dark year. The beginning of 2021 is a time to double-down on our efforts to end two fatal pandemics: COVID and racism. We are moving forward in our fight against COVID – let’s be sure we put just as much effort into fighting racism. It will take energy, commitment, and inspiration to fight racism, and it will be a long-haul. This will be hard work, but it is essential that we stay open to new ways of thinking and behaving. Lives depend upon it.

Legislative Update

MPS Lobbyist William J. Amberg, MA, JD

It has been a slow start to this “virtual” session of the Minnesota Legislature. It has taken much more time to get bills drafted because Legislative staff has been overwhelmed due to the difficulty of working from home. Typically, this process may take a week. With very few staff at the Capitol in person, the process can take as much as 3-4 weeks this year. Starting the last week of January, committees started hearing a few bills.

Also, Governor Tim Walz’s budget was recently released. His proposal includes budget cuts, some tax increases (including a $1 increase in the tobacco tax), and tapping some of the state’s budget reserves to deal with the projected $1.4 billion deficit for the 2021-2022 biennial budget. Gov. Walz proposed continuing the expanded coverage for telehealth services for Medical Assistance and MinnesotaCare. A major telehealth expansion bill will be one of the big focuses this session. The current bill has significant permanent changes for mental health in particular.

MPS’s number one legislative priority for 2021 is to pass legislation to move temporary telehealth expansion executive orders into law permanently, ensuring ongoing access in Minnesota.

In the health and human services area, Gov. Walz wants MN DHS to administer pharmacy drug benefits for M.A. instead of having them run by managed care companies.

The February Forecast is expected to bring good fiscal news, but it is not known if it will eliminate the deficit. After that, the Governor will submit a revised budget based on the new forecast. Then, the long process of putting together the state’s budget will begin in earnest. The Governor and Legislature will have one eye on Washington, DC at the same time looking for relief to the states, which could take the state from a deficit into a surplus.
Deane C. Manolis Remembered

September 10, 1936 — December 8, 2020

David W. Cline, MD, DLFAPA

Editor’s Note: The editors would like to take this moment to acknowledge Dr. Manolis’ contributions to this newsletter. His masterful edits improved each issue and his creative suggestions kept content interesting, resulted in multiple national awards. It is with deep regard and gratitude that we remember him, and continue to strive for excellence with each issue.

We lost a remarkable leader and admirable role model when Deane Christ Manolis died on December 8, 2020 after a 10-year battle with cancer. Deane was a deeply loved grandfather and partner, a wise and caring physician, a generous devoted friend, and a joyful adventurous traveler.

Deane and I arrived in Minneapolis in 1968, and our pathways crossed regularly but came together significantly through work with the Minnesota Psychiatric Society around a history project, which consisted of videotaping oral interviews of senior psychiatrists from the Minnesota community. This project was started by Marvin Sukov in 1970 using audiotape. He interviewed 12 senior psychiatrists, and Deane and I interviewed an additional 11 psychiatrists and transcribed all these interviews. We asked them to tell us about their experience during the era they practiced. These transcripts and DVDs are available through the Minnesota Historical Society’s Minnesota Psychiatry in the Mid to Late 20th Century Oral History Project. The DVDs and transcripts are personal and somewhat intimate accounts of those experiences. I got a copy of Deane Manolis’ interview and thought that quoting a small part of what he said would give a favorable memory of this marvelous person. This interview took place on December 23, 2010 in Deane’s home.

Deane: “Well, it is a little bit different being an interviewee as opposed to the interviewer, but I will do my best here.

I was born and raised in South Minneapolis. I have a younger sister. I was born in 1936, 11 years after my parents were married. So their friends were teasing them and they were a bit surprised when I finally was born.

My parents had kind of interesting backgrounds, especially my father. He immigrated from Greece when he was 13 years old—by himself. He came over to this country; a cousin in Chicago had sent him a ticket across from Greece to Italy and Italy to New York City. He came to Ellis Island and then on a train to Chicago all by himself. I remember that being a fascinating story when I was a youngster, but I never learned much about that story, and unfortunately my father died when I was 20. Young people are not interested too much in family history and so forth, so I never learned a great deal about it. In recent years, I have become much more interested, and I was able to pull together a lot of facts about my father from people who knew him, even from Ellis Island and so forth, and I wrote a little biography of his life for my children and grandchildren.

My mother was the daughter of a Swedish father and a German mother. Both immigrated from their respective countries. My father and mother met while working at a restaurant on Hennepin and Lake Street in the Uptown area of Minneapolis. This marriage was kind of unusual. Her family was very opposed to her marrying a Greek. Southern Europeans were sort of looked down upon by the predominantly Scandinavian German populous in Minnesota, but they worked hard and they started a small restaurant in South Minneapolis, and our family life was intertwined for all of my upbringing.

Actually, I started working in the restaurant myself when I was 11 years old and started by washing dishes, gradually learning to do a lot of things in the restaurant. From pretty early on I was a classic Greek nerd or geek today people would say. I was always reading books and always kind of wanting to learn things, and so some of my father’s relatives christened me as ‘The Little Professor’ [Deane graduated University of Minnesota in 1958 Magna Cum Laude and Phi Beta Kappa].”

Deane’s achievements continued to advance. He entered University of Minnesota Medical School in September 1957 but then stayed out a year because he came down with tuberculosis contracted in his clinical years and graduated in 1962.

He interned in California at Orange County General Hospital, and then had training in psychiatry at University of Minnesota including Minneapolis General Hospital and Veterans Administration Medical Center in Minneapolis. He was in the Minnesota National Guard for four years and later in the US Army as an officer and Chief of Psychiatry at Bassett Army Hospital, Fort Wainwright, Alaska.

He then returned to Minnesota in 1968. He married Nancy Berlyne Garrison in 1961. They had three children.

Deane made many contributions to the general medical society, but he did special work with the Minnesota Psychiatric Society, for which he received The Service Award of Minnesota Psychiatric Society in 1996 and Private Practitioner of the Year from 1998.

He was a Distinguished Life Fellow of the American Psychiatric Society as well. For the Minnesota Psychiatric Society, he was a President-Elect and President from 1989 to 1992, APA Assembly Representative, Newsletter Editor for eight years, and Chair of the History Committee from 2008 to 2011, which included our Oral History Project.

Deane held the rank of Adjunct (Clinical) Professor in the Psychiatry Department of the University of Minnesota Medical School and helped us recruit medical students into psychiatry. In that role, he organized and funded a scholarship for trainees to attend state...
Secretary-Treasurer
Lonnie Widmer, MD

I am honored to be nominated for a second term as Secretary-Treasurer of Minnesota Psychiatric Society (MPS). Prior to my first term as Secretary-Treasurer, I served two years as a Councillor. The past two years have been challenging and rewarding as the pandemic led to financial uncertainty for MPS. I appreciate the hard work of our Executive Director and other members of the Council to adapt and make hard decisions to help MPS weather the storm. MPS has been so important in advocating for psychiatric issues and our patients in Minnesota, and I look forward to the ongoing work.

For those of you who don’t know me, I have been working for Allina Health at United Hospital since finishing my training at Mayo Clinic in Rochester in 2008. At United, I am the lead for child and adolescent psychiatry and serve as the chair of the department. I have been fortunate to see a variety of patient populations. I currently do a combination of inpatient adolescent and outpatient perinatal psychiatry.

Early Career Psychiatrists (ECP) Representative
Josh Stein, MD

I am honored to be nominated as the Early Career Representative for the Minnesota Psychiatric Society. I grew up in Minnesota and attended the University of Minnesota for medical school, residency, and child adolescent psychiatry fellowship. I am currently completing my term as the President of the Minnesota Society of Child Adolescent Psychiatry. In the first five years of my career, I have served Minnesota’s pediatric population as the clinical director of PrairieCare’s medical office building in Brooklyn Park. Additionally, I provide education and support to our primary care colleagues through the Psychiatric Assistance Line and consultative psychiatry to Southlake Pediatrics. Finally, in collaboration with the MMA, I was certified as an instructor in QPR and CALM in an effort to educate our state’s population in suicide screening and prevention strategies.

Given the pandemic, our psychiatric community is more fractured and isolated than in the past. My goal as the ECP Rep would be to create connections with young enthusiastic doctors and our MPS population. In January of this year, we took our first step building this bridge with the successful “Adulting 101” MPS seminar. It provided the wisdom of years in practice to newly minted psychiatrists. The overarching theme of my term would be to help young doctors maintain and build upon their joy in medicine. Finally, a very specific goal would be to serve our residents and medical students who have sadly experienced the tragedy of suicide within their ranks. Early career psychiatrists’ recent connection to training will be harnessed to support and care for these notably at-risk populations.

ONLINE VOTING Voting is easier than ever!
2. Click on the MPS Elections graphic to begin.
3. Certify yourself using your APA Member ID number & your first & last initials where indicated.
4. Vote for each position.
5. Share your concerns & suggestions.
6. Volunteer if you can!
7. Submit — Thank you for voting!
APA Assembly Representative Candidates (Vote for 2)

APA Assembly Representative
Dionne Hart, MD

My name is Dionne Hart, MD, DFAPA, FASAM. I’m a community psychiatrist certified in addiction medicine and general psychiatry. I am also an adjunct assistant professor at the Mayo Clinic College of Medicine and Science. I humbly request your support for an additional term as your Assembly representative.

During my years of service, I have authored and co-authored multiple action papers and position statements that became APA policy or were approved by the Assembly. With the assistance of wonderful mentors like my predecessor Dr. Judith Kashtan, I have acquired the skills necessary to effectively present the science, salient data and personal stories to advance APA policy and meet our society’s strategic goals. My colleagues have recognized my commitment by assigning me to key APA committees and leadership positions. In 2020, I was appointed to serve on the Council for Advocacy and Government Relations, the APA delegation to the AMA House of Delegates as an alternate, and appointed chairperson of the Assembly Committee on Community and Public Psychiatry. Most recently, I was named the AMA Representative to the National Commission on Correctional Healthcare. Although I will represent the AMA, correctional facilities are the largest providers of mental healthcare, thus I will have another high-profile opportunity to further advocate for patients living with mental health disorders. If re-elected, I will continue to well represent MPS by advocating with passion and courage for patients living with mental health disorders as well as psychiatric physicians.

Thanks in advance for your consideration.

APA Assembly Representative
Maria I. Lapid, MD

It is my honor to be nominated for a fourth term as MPS Assembly Representative to the APA. I did my Psychiatry residency at the Mayo Clinic, Geriatric Psychiatry fellowship at the VA Minneapolis/University of Minnesota program, and Hospice and Palliative Medicine at the Mayo Clinic. I am currently Professor of Psychiatry at the Mayo Clinic, past Geriatric Psychiatry program director, and my clinical practice includes adult and geriatric psychiatry, as well as hospice and palliative medicine.

My interest in organized medicine dates back to my residency and fellowship years, having served as the MPS Member-In-Training representative, chaired the Resident Fellow Section of the Minnesota Medical Association, and served as the ECP Deputy Representative and subsequently ECP Representative to the APA Assembly.

Now as a mid-career psychiatrist and serving in the capacity of APA Assembly Representative since 2015, I have gained a deeper understanding of the Assembly processes by which issues related to mental health across the country are addressed, whether advocating for our psychiatric profession or advocating for our patients, and how and what actions are taken to address these issues. Being on the APA Assembly has given me insight into how the APA and District Branches work hard in tackling issues to help shape policies that will ultimately improve patient care and how we practice our profession. MPS is hard at work to improve mental health care in our state through education, advocacy, and sound psychiatric practice.

Nationally, the APA continues to work on matters relevant to all psychiatrists, including access to care, telehealth, opioid crisis, MOC, structural racism, and COVID-19 related changes in how we practice and care for patients. The impact of the COVID-19 pandemic has been felt by everyone. As psychiatrists, we have seen how disparities in mental health care have been amplified with less access to mental health care and services, which has a significant impact especially on the most vulnerable patients in need of care. However, despite these challenges, the pandemic has and will continue to provide us opportunities to be more creative and innovative in advancing our profession and more effectively care for our patients.

For me, active involvement in MPS and APA not only helps me learn and understand issues relevant to our profession, but more importantly, it allows me to be a part of the collective effort to address the issues and make a difference. It is an honor to represent state of Minnesota in the APA Assembly.
MPS Councilor Candidates (Vote for 3)

Mary Beth Lardizabal, DO, DFAPA

I am grateful for the opportunity to be of service as a Councilor on the MPS Council. MPS has been an important voice for Minnesota psychiatrists and the patients we serve, being involved on a state and national level. Now, more than ever, with the killing of George Floyd, the Covid pandemic, and political discord, our profession needs to be active and engaged, to fight for health equity and ensure the best care for all patients. If elected, I will work hard to fight for our patients’ mental health needs as well the professional needs of all MPS members.

I trained in adult psychiatry at the University of Illinois Chicago. I completed my child and adolescent fellowship at the University of California–San Francisco. My previous work experience includes medical director of child and adolescent psychiatric services at St Cloud Hospital. I also spent six years in the National Health Service corps in rural Down East Maine, providing psychiatric care for all ages. During that time, I was the medical director for the Calais Children’s project, a residential treatment center and also provided mental health and addiction services for the Passamaquoddy Indian reservation. I am currently the interim vice president for the Mental Health and Addiction Clinical Service line at Allina Health Systems, and the System medical director for child and adolescent psychiatry. I also maintain a small private practice, utilizing Integrative treatments.

Eduardo Colon, MD

My tenure in the Council of the Minnesota Psychiatric Society during 2020 made me more aware of the importance of our organization in supporting the practice of psychiatry in our state. In this time of incredible challenges, the importance of professional support in the midst of isolation, the need to expand and protect access to treatment for mental illness, and the interface between mental health, advocacy and social justice must be a part of the vision of our organization. Our communities, as well as our members, are in need of support, and the Minnesota Psychiatric Society must be a leader in this time of challenge. I would reiterate my interest in being a part of our Council for 2021.

Monica Taylor-Desir, MD, MPH, DFAPA

It is my pleasure to accept the nomination to serve as a Councilor for the Minnesota Psychiatric Society. I moved to Rochester, Minnesota in 2019 and am a Senior Associate Consultant with the department of Psychiatry and Psychology at the Mayo Clinic where I serve as a community psychiatrist for the Olmsted County Assertive Community Treatment Team and as the co-chair for our department’s Equity, Diversity and Inclusion Committee. Prior to joining Mayo Clinic, I worked as a community psychiatrist for tribal communities in Arizona and for 12 years and as the CMO and psychiatrist for a community in North Dakota for 3 years. I graduated from the University of Cincinnati College of Medicine and completed my psychiatry residency and a fellowship in community psychiatry at Emory University. I started my involvement with the APA as a resident and have been involved at the local level as the Arizona Psychiatric Society newsletter editor, treasurer, and secretary and as the North Dakota Psychiatric Society president-elect, at the national level, as ND APA Assembly representative. My clinical work has focused on suicide prevention in tribal communities, resilience and advocating to resolve mental health disparities. I am a current member of the Health Equity and Racial Justice Committee of the Minnesota Psychiatric Society. I look forward to working with you and hope that you will feel free to talk with me about your concerns and ideas for the future direction and projects of the Minnesota Psychiatric Society.

Looking for a change?

Choices Psychotherapy is seeking a child/adolescent/adult psychiatrist for its St. Louis Park (soon to be Minnetonka) and Bloomington locations. Due to the ongoing pandemic, Choices Psychotherapy is currently offering telehealth only.

As a contract psychiatrist, you have the opportunity to earn between $250,000 - $400,000 per year, working 3-5 days a week.

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.
Deane Manolis Remembered  

Looking back on his life, Deane regretted he did not spend more time with his family as they grew up but made up for this with his grandchildren. His wife, Nancy, died October 28, 2015. I attended her funeral at Good Samaritan Methodist Church in Edina.

I announced Deane’s death to the MPS Senior Psychiatrists Committee member at a recent monthly Zoom meeting. My colleagues remember him fondly and learned from the patients he sent them after he retired what high esteem they placed Dr. Manolis in.

As the end came, there were two beautiful things to see: the palpable peer relationship that Deane and Sue Murray had together the last few years of Deane’s life and the lovely obituary that appeared in the Minneapolis Star Tribune after his death.

I last saw Deane at Abbott Northwestern Hospital Emergency Room last fall. He was in there for a renewed treatment. I spoke to his physician after he passed away, and both of us stopped for a moment grieving Deane’s departure.

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Resumes/inquiries can be directed to:  
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