

Inside

President Elect	1
MPS Summer Awards Event	1
From the Executive Director.....	2
Scholarships!	2
President's Letter.....	3
Interested in Ethics?	3
Advocacy in Action.....	5
Area 4 Event	5
Carl Malmquist Remembered .	7
Calendar	8

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

Building Value as a Community

Matt Kruse, MD
MPS President Elect



I am still humbled to be the new president-elect of the Minnesota Psychiatric Society. I've spent substantial time during my involvement with MPS pondering the role it plays, and the role it should play. These questions are the ones that the MPS presidents before me have considered, and there is little reason to doubt that future MPS presidents will have these questions at the core of their tenure.

Between legislative changes, practice innovations, global pandemics, and other unknowns, the landscape that our physicians navigate is always changing. Accordingly, in recent years, MPS has restructured its committee structure, recruited active members, and developed relationships with allied organizations so that it has the resources and energy to respond quickly and advocate for its membership. Recent examples of its responsiveness include its advocacy for telehealth, CME programming that addresses several of the latest practice concerns for psychiatry, and liaising with media about cannabis legislation. I believe that MPS needs to remain a nimble and responsive organization to best serve its membership and Minnesota's psychiatric patients.

Ultimately, one of the most common questions I get when discussing my involvement with MPS and encouraging others to join is, "What does MPS do?" I hope that, as MPS continues on the trajectory established by recent past-presidents, the value of MPS will become ever more self-evident. ■

Saturday, July 17, 2021 4 - 6 pm

MPS Summer Social Event

Join us for this in-person event hosted by the MPS Council!



Falling Knife Brewing Company

783 Harding Street NE #100, Minneapolis, MN 55413 (Go to the back room for our private event.)

At 5:30pm we will have a short program to acknowledge

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New APA Distinguished Fellow – Dr. Sophia Vinogradov

2020 MPS Psychiatrist of the Year – Nominations due from members by July 1.

Gloria Segal Scholarship Winners Drs. Jeremiah Atkinson & Deenah Farrell

Eric Brown and Bob Baumer Scholarship Winners

RSVP to Linda Vukelich - L.Vukelich@comcast.net or 651-278-4241



2 Ideas of Reference

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MPS—Could we really be... post-pandemic?



Linda Vukelich
MPS Executive Director

Things are changing. But the last year and a half have really been all about change. From “pivoting” to “reimagining” to “reframing”, we’ve all been thrust into a situation that I, for one, never imagined. What now? Executive orders are expiring. States are re-opening. Limits are lifting. And masks are disappearing.

Recently the MPS Council met to consider our first in-person, indoor, open-to-all-members event. In an amazing feat of leadership and optimism, the Council will be hosting an event for MPS members and their guests on Saturday, July 17 at Falling Knife Brewery in Minneapolis. Join us for appetizers and beverages from 4 to 6pm as we reconnect and come together to honor our 2021 MPS Award winners. This truly is a celebration, and we all have a lot to collectively celebrate. Thanks for sticking with MPS and please know it is our mission to be there for you too! We welcome your involvement and appreciate your input and suggestions. Please stay in touch.

If you haven’t submitted a nomination for 2021 MPS Psychiatrist of the Year, there’s still time, please do. Nominations are due July 1.

I have more breaking news! The MPS Fall Scientific Meeting will be held IN PERSON! Stay tuned! The conference planning committee is starting to work on the program content and has landed on a focus - Novel Approaches to Psychiatry. A lot has been happening and the field has learned a great deal. This is good news for psychiatrists and great news for patients! Watch for more information to come and plan to join us this fall!

Thank you for being a member. Please know that your membership matters and we want to work with you to serve the profession to its best ability. Let’s continue to partner to build our future. ■

RFM Members - Apply today! Scholarship Applications due July 1!

The Eric Brown, MD, Residents Caucus Scholarship Fund awards one \$250 scholarship each year to a Resident or Fellow to pursue individualized academic or career exploration goals. [Apply online by July 1!](#)

The Bob Baumer, MD, Community Psychiatry Scholarship Fund awards one \$500 scholarship each year to a Resident or Fellow to attend the APA Mental Health Services Conference (formerly IPS), or another national, accredited, specialized psychiatric educational conference [Apply online by July 1!](#)

* Applicants are welcome to apply for both scholarships, but only eligible to receive one scholarship per year.



Physician, Heal Thyself



Chinmoy Gulrajani MD, DFAPA
MPS President

By all accounts it has been a tough year for Minnesota. The COVID-19 pandemic brought with it a crisis of unprecedented proportion. And its full devastation had not yet sunk in when Minnesotans were initially faced with the tragic murder of George Floyd. The months that followed bore witness to the pain, frustration, and helplessness that Minnesotans felt. From race-related trauma to cardiopulmonary crises, from eviction to unemployment, Minnesotans from all walks suffered and struggled. I recall a time not so long ago when hospital beds were saturated, and physicians from all specialties were being diverted to help manage critically ill COVID-19 patients. And no matter what the crisis, our diligent physicians rose to the challenge without skipping a beat. Keeping their own fears and anxieties in abeyance, they toiled away day in and day out to heal others.

But such incessant service under these pressures comes at a cost, one that physicians are not exempt from paying. In a profession already notorious for its stresses, this dual calamity added fuel to the burning fire of burnout and depression. Still reeling under the aftermath of two medical student suicides, Minnesota recently

also lost one family practice resident and a radiologist to suicide.

In the last few months, every single psychiatrist I have interacted with has told me about the increased clinical load they are burdened with due to a higher number of people seeking treatment via telepsychiatry. Gone are the days of unexpected breaks sprinkled through the day on account of patient no-shows. Indeed, the practice of telepsychiatry has, ultimately, turned out to be a double-edged sword for psychiatrists: the benefits of its typically low no-show rate are tempered by uninterrupted back-to-back patient visits and meetings. Add this to the misery of increasing social isolation, and you have a profession that is in dire need to take care of its own health.

Today, as the summer sun's warmth and growing vaccination rates begin to thaw the wintry gloom of social distancing, I call upon all of our members to get together and make a pledge, not only to support others, but also to take good care of our own selves. Whether through music, sports, yoga, meditation, or reconnecting with loved ones, I urge all of our members to make time for activities that bring them joy, for now is the time to heal. ■

Want to Learn more about Ethics? Consider joining the Ethics Committee!

Ethics Committee Chair Mary Beth Lardizabal, DO, DFAPA, welcomes all MPS members to consider serving on the committee. The committee focuses on education and building awareness, advocating for the profession by supporting professionalism, and professional ethics.

Earlier this year, the committee hosted a salon discussion for members on the topic of the Goldwater Rule. Framed as an interactive "all opinions welcome" and "no-easy-answers" event, the evening offered an opportunity to connect, consider, discuss, debate, and learn. The committee plans to continue to host similar events and hopes to engage members in these thought-provoking conversations to learn from the best, our psychiatrist peers.

In concert with the APA and MPS, committee members have been engaged in work to address licensing application language, confront bias, and encourage all medical professionals to proactively and transparently care for their health without feeling like they will risk their license by acknowledging and seeking care. The good news is that work is progressing, aiming to benefit medical students, physicians and patients alike.

The committee also addresses and upholds ethical principles through a shared responsibility with the APA. The committee will be viewing a new training video on the process so it's a great time to get involved! Interested members are invited to join us in person or remotely.

Ethics is also a lens through which the new Health Equity and Racial Justice Committee works. The MPS Ethics Committee already works with all MPS committees, but we anticipate considerable collaboration as MPS works to address the systemic injustices that are intrinsically issues in need of ethical consideration.

As you can see, the Ethics Committee is a cornerstone unit of MPS. Join us today! ■



refer a colleague

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Refer a psychiatrist or behavioral healthcare group practice to PRMS, and we will make a donation to support the mental health community.

WE ARE TRIPLING DONATIONS TO \$150 PER REFERRAL FOR THE ENTIRE MONTH OF MAY!

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Advocacy in Action

George M. Realmuto MD, DLFAPA

The University of Minnesota stays in touch with alumni, faculty, and donors by publishing a quarterly newsletter that focuses on a topic, research area, or innovation. The last edition was dedicated to mental health. I read with interest the numerous stories. The feature story was that of a recently-graduated gifted Gopher running back whose life during his college days included the death of his mother, a number of knee injuries that essentially ended his future football career, and the stress of post-college transition. During his senior year, after spending time with his teammates, he attempted suicide on his way back to his apartment. So well-known in many ways to the University community, apparently no one knew of his more personal psychological inner life. While many of the stories in the newsletter focused on mental illness and accessing services his story raised another question for me. While stigma surrounding mental illness may be a challenge to obtaining care, what are the cultural impediments to sharing intimate psychological pain with our informal support system such as a coach or fellow teammates? The singular culture of our achievement-oriented values and externally-validated measures of success are powerful drivers of our behavior. Mr. Brooks' story makes a compelling argument to prize both the pain and the performance. But how?

Another two pieces in the newsletter were the motivation for me to write a letter to a University Regent. The President of the University Joan Gable penned a piece called "Focusing on mental health". In it she described the following program: "PRISMH is rooted as a systemwide effort through our new strategic plan MPact 2025. With a centralized and coordinated communications function supported by University Relations." I tend to be suspicious of administrative-speak. A further article from reporter Andy Steiner uncovered: "While there is much excitement around its potential, PRISMH is still in its infancy." "We haven't really formed yet..." "We really haven't developed a plan of work. We haven't named a committee." Steiner continues: "But the work is beginning and an important change she believes is on the horizon." As a mental health advocate and concerned about the mental health and wellness of young people I could not abide by this vacant initiative. My follow-up was a letter to the once Speaker of the House now Regent of District Two, Steve Swiggum. He returned an email to me stating his intention

to bring my letter to President Gable.

MPS members have considerable expertise both in the organization of a system of care for mental illness and an understanding of what is necessary to create mental wellness. I petitioned for an effort to add permission for, recognition of and safe space for dialogue and emotional sharing. Yes, and we need adequate, available and accessible mental health services

There are projects that the University should try but if they fail, we learn from our failures. Mental wellness is not like that. We cannot allow failure. ■

Area 4 Council APA Assembly

Presents

"BLACK MEN IN WHITE COATS" PANEL AND DOCUMENTARY DISCUSSION

August 28, 2021

10 a.m. – 12 p.m. (Eastern) via Zoom

Guest Panel Speakers

William McDade, MD, PhD
Frank Clark, MD
Rahn Bailly, MD, DFAPA, ACP

Chief of Diversity, ACGME
APA Task Force on Racism
APA Trustee

RSVP by August 6, 2021 to Dr. Eileen McGee at eileen@themcgees.net

Personalized links to view the film will be sent out via email to those who RSVP. Zoom meeting link will be sent to attendees prior to the event date.



Bringing 60+ years of person-centered, trauma-informed & data-driven clinical experience to Minnesota



Providing residential treatment services to youth with behavioral health challenges complicated by intellectual disability, intellectual delay, and/or autism.

If you want to join us in providing a critical need within Minnesota's system of care, join us!

Learn more at www.Grafton.org

We are currently seeking a Board Certified Child and Adolescent Psychiatrist for a new sub-specialized Psychiatric Residential Treatment Center in Cold Spring. Contact communications@grifton.org for more information on this opportunity.



Carl Malmquist Remembered

Will Dikel, MD, DLFAPA

Carl Malmquist, MD, DLFAPA, passed away on May 24, 2021 at the age of 90. One of his former protégés, Will Dikel, MD, DLFAPA, remembered Dr. Malmquist with the following:

Carl Malmquist was my mentor. We met regularly for many years, and he generously shared his knowledge and wisdom with me.

In addition to teaching me the finer points of child, adolescent, and adult forensic psychiatry, our conversations spanned a wide variety of other topics. He was well-versed in the humanities, literature, music, philosophy, and art. He was fascinated with human nature, and his insights broadened my perspectives on the essential aspects of behavior.

During his academic career he published more than 140 articles and wrote two books. Although he was internationally acclaimed for his expertise in forensic psychiatry, he tended to be an unassuming and a humble individual.

Carl exemplified the highest standards of professional ethics. He was highly regarded by his colleagues in psychiatry, sociology, and the law.

As a mentor, he was generous, giving, and supportive. He had a remarkable ability to help me identify the core issues of a case, and to communicate those issues effectively.

Personally, he had a wry sense of humor, and our meetings always included a large dose of laughter.

I was extremely fortunate to have him as a mentor and a friend. He will be missed. ■

MPS members are welcome to attend a memorial service on Thursday, July 22, 3pm. at Normandale Lutheran Church, 6100 Normandale Rd, Edina, MN, followed by a gathering at the Edina Country Club, 5100 Wooddale Ave, Edina from 4-6pm.

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CALENDAR

Saturday, July 10, 2021

APA/APAF Moore Equity in Mental Health 5K

Benefitting APA Foundation's Moore Equity in Mental Health Community Grants Initiative. (<https://www.psychiatry.org/psychiatrists/cultural-competency/moore-equity-in-mental-health-5k#register>)

Tuesday, July 13, 2021, 12-1pm

APA Crisis Systems Transformation Webinar

A free virtual webinar (https://zoom.us/webinar/register/WN_T_jq-CGLQn207bLRSeqtyw)

Saturday, July 17, 2021, 4-6pm

MPS Summer Social & Awards Event hosted by the MPS Council

Falling Knife Brewery, 783 Harding St NE, #100, Mpls, MN
Email L.Vukelich@comcast.net or call 651-278-4241 to RSVP.
Open to all MPS members & guests. Join in person to reconnect with friends and honor 2021 MPS award winners!

Saturday, September 11, 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 to connect and participate!

Saturday, Sept 18, 2021, 9:30-12pm

MPS Women Psychiatrists Brunch

Hosted by Kristen Case, MD. Join this informal group of MPS women psychiatrists to connect. Kids welcome! Babysitting available. RSVP for babysitting too. L.Vukelich@comcast.net

For more calendar updates, go to mnpsychsoc.org



Come Visit us at these family-friendly in-person events!

Saturday, August 7, starts at 9am

Emotions in Motion 5K/10K Run/Walk for Mental Health, Mpls

Saturday, August 21, starts at 9am

Stomp Out Suicide 5K, Goodview Park, Wyoming, MN

Monday, August 30, starts at 8am

Mental Health Awareness at the State Fair, St Paul, MN

Saturday, September 18, starts at 9am

Thumbs Up 5&10K Run/Walk/Bike/Blade, Elk River, MN

Saturday, September 18, starts at 10am

Walk for Recovery, MN State Capitol Grounds, St Paul, MN

Saturday, September 25, starts at 11am

NAMI Walks, Minnehaha Pk, Minneapolis, MN - Rochester, MN

Mindfulness-Based Cognitive Therapy

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

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The program is open to adults who have experienced one or more episodes of depression, anxiety, panic disorder, Bipolar Disorders, co-occurring substance use disorders and co-occurring problems with a medical condition or pain.



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