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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 Fall Program: A Collective Step Forward

Linda Vukelich, MPS Executive Director

The Minnesota Psychiatric Society hosted its first in-person event in two years on Saturday, October 16. The 2021 Fall Educational Program, *Novel Approaches to Psychiatry*, offered all of us an opportunity to take a collective step forward. Masks were required and safe distancing expertly facilitated by the venue, assisting attendees who came together to safely reconnect and consider future MPS in-person plans. The program focused on the future too, featuring novel therapies, cutting edge technology, new approaches and creative delivery designs, all promising to help move us toward brighter days.

Psychiatry is constantly seeking answers and exploring new approaches to be able to offer patients as many tools as needed. This conference focused on novel approaches to psychiatry, from pharmacological interventions and psychedelics to innovations in neuromodulation, behavioral interventions and digital



therapeutics including cognitive learning, and novel care delivery models. Participants engaged in inter-disciplinary learning, exchanged ideas and considered expanded pathways to implement in practice.

The day began with a welcome and overview from Fall Program Planning Committee Chair Matt Kruse. Dr. Jessica Nielson presented a compelling, research-based presentation on therapeutic applications of psychedelics.

The Flash Talks Session featured residents and fellows presenting on new FDA-approved therapies was a new addition to the program. Manuel Gardea Reséndez, MD, presented on Lumateperone (Caplyta®), Mary Okafo, MD, covered Brexanolone (Zulresso), and Eric Leppink, MD, reviewed Valbenazine (Ingrezza). The talks concluded with an active panel question and answer session facilitated by Matt Kruse, MD. This new format showcased psychiatry's bright future in terms of scientific advances and appli-

Continued on page 5



Top, Attendees were offered safe seating options. 2nd row, left to right, Flash Talks Panel Q&A, Keynote Sophia Vinogradov on cognitive retraining. Left to right, Drs. Kelvin Lim, Brent Nelson, and Paul Croarkin covered TMS advances.



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Homecoming



Linda Vukelich
MPS Executive Director

The Fall MPS meeting was definitely a step forward. As someone who has been very cautious, I was focused on doing everything I could to plan for participant safety and comfort. The venue met my high demands and exceeded expectations with an experience that felt at once new and comfortably familiar. They created options for attendees who felt more comfortable with seating distance as well as space for conversations and reconnection. With classroom seating in the front and tables in the back and wings, hosting our first in-person day-long educational event the Minnesota Humanities Center felt to me like coming home. For me, the atmosphere of homecoming and familiarity grew throughout the day. It was terrific to see familiar faces in person and to catch up in ways Zoom just can't replicate.

We had a beautiful sunny day and there was a feeling of renewal – even among the fall colors. It was just the thing to boost spirits before we all hunker down for the winter months to come.

The planning committee did an amazing job – the program was excellent, and our speakers were outstanding. As I have already mentioned, the venue was a joy to work with and a beautiful, relaxing place to spend the day.

I'm so proud to have played a role in the fall meeting, but even more pleased to work with MPS leaders who so carefully chose to safely push forward. Their commitment to balancing the myriad of needs of members is truly a hallmark of a healthy organization. I know we could not meet everyone's needs, but please know that every effort was made toward that goal.

The MPS Program Committee is already looking forward to Spring 2022. Please look for information to come. Please consider volunteering for the Spring Planning Committee. We would love to hear from you! ■

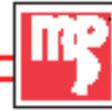


**MINNESOTA MENTAL HEALTH
COMMUNITY FOUNDATION**

As you consider your year-end giving,

please consider donating to the Minnesota Mental Health Community Foundation, the foundation started by MPS. Contributions are tax deductible and support the mission to support and promote outreach and education about psychiatric treatment and systems of care.

<https://www.4giving.com/donation/F18B>



Demystifying the Federal National Suicide Hotline Designation Act (988 Hotline)



Chinmoy Gulrajani MD, DFAPA
MPS President

Our nation's crisis mental health system is inadequate and underfunded. Recognizing this fact, in July 2020, the Federal Communications Commission announced that 9-8-8 would be the new universal hotline number for the National Suicide Prevention Lifeline by July 2022. Subsequently, in October 2020, the National Suicide Hotline Designation Act (NSHDA) that will support the implementation of the future 9-8-8 crisis hotline, was signed into law. The first step is to understand that the NSHDA not only provides for creation of a federal suicide hotline number but that it represents a complete overhaul of our nation's crisis mental health response system. I have laid out the main provisions of this Act (as stated in the model Bill proposed by NAMI) that will be implemented in states, to provide psychiatrists in practice an idea of important changes that are coming and will potentially impact the lives of our patients in crises for years to come.

The overarching goal of this Act is to ensure that all citizens receive a consistent level of 9-8-8 and crisis behavioral health services no matter where they live, work, or travel. The main purposes of this Act are to: Improving the quality and access to behavioral health crisis services; reduce stigma surrounding suicide and mental health and substance use conditions; further equity in addressing mental health and substance use conditions; ensure a culturally and linguistically competent response to behavioral health crises, and; to save lives. The Act recognizes that historically crisis response placed marginalized communities, including those experiencing a mental health crisis, at disproportionate risk of poor outcomes.

For effective implementation of the Federal 988 ACT, states must establish crisis hotline centers that provide crisis intervention services and crisis care coordination between crisis mental health teams, area hospitals, community behavior health centers and other agencies. Notably, these centers will have authority to deploy crisis and outgoing services including mobile crisis teams (MCTs). These MCTs will include licensed behavior health professionals and will include police as co-responders only as needed to respond in high-risk situations that cannot be managed without law enforcement.

Another important provision of the Act is that the centers must provide follow up services to individuals accessing the 988 suicide

prevention and behavioral health crisis hotline consistent with National Suicide Prevention Lifeline (NSPL) guidelines. Oversight for the centers will be provided by the state mental health / behavior health agency. The state will also be responsible for covering costs for uninsured persons in crisis.

To administer these services, states will establish a statewide 988 trust fund. The money in this fund can only be used for implementing provisions of this Act, and will not revert back to the state's common pool if unused in a particular fiscal year. The Act has proposed levying a monthly 988 fee on each subscriber of mobile / landline phones, at a rate that pays for the 988 service in perpetuity.

The provisions of this ACT must be implemented in states by July 2022. This requires the coordination between various state agencies to codify and implement appropriate legislation in the states by July 2022. Both NAMI and the APA are heavily invested in the coordination and implementation of these important provisions, which have already passed the legislatures in several states. In Minnesota, representatives from MPS and NAMI Minnesota are involved in these activities, with the hope that a draft Bill will be tabled in the upcoming legislative session. For our marginalized patients in crisis, this Act provides potentially life changing services that will drastically improve outcomes related to mental health crises. ■



reimaginecrisis.org



Minnesota Psychiatric Society

MEMBER SHOWCASE

MPS members contribute in so many ways.

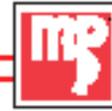
The MPS SHOWCASE honors members for contributions in science, medicine, community service, awards and recognitions, and more. MPS recognizes the following members:

2021 MPS NAMI Walks Teams – MPS Stigma Stompers & Mayo Psychiatry Residents & Fellows

Thank you, for representing MPS and for generously sharing your time and support for the important work NAMI does in Minnesota. A special thanks to our team captains, Carrie Borchardt, MD, DFAPA, and Allison Beito, MD, for organizing and creating space for MPS members to get together and represent psychiatry in the community.



Thank you for so positively representing psychiatry!



Wellstone Award goes to Rep. Kelly Morrison, MD

The Minnesota Psychiatric Society recently honored Representative Kelly Morrison, MD, with the 2021 Paul Wellstone Advocacy Award. The Society awards this recognition to individuals who have displayed long term commitment to advocating for Minnesotans with mental illness. The award honors the memory of Senator Paul Wellstone, a beloved advocate and activist for justice who fought for the needs of the mentally ill, by selecting award recipients whose contributions personify these ideals.

We welcomed the opportunity to recognize Representative Morrison's contributions to mental health as a state representative. Her approach to leadership as a physician legislator is central to her effectiveness, and as such, her voice resounds, not only for her patients and constituents, but for all Minnesotans. Her contributions to address mental health needs as a core healthcare service are highly valued by patients and providers who experience the impact of outdated views and approaches that have led to siloed care and antiquated divisions. Having an active and valued leader speaking on behalf of the community is

what the Wellstone Award is all about. MPS thanked Representative Morrison for being that leader and for all she does. The award presentation took place at the 2021 MPS Fall Program on Saturday, October 16. She accepted the award via zoom and shared a photo of herself with the award. Congratulations, Representative Morrison! ■

Fall Program *Continued from page 1*

cations for practice as well as its promising trainees and future leaders in the field. The Flash Talks session was a highlight and is sure to become a mainstay for future programming.

Kelvin Lim, MD, expertly presented the topic of Neuromodulation & Addiction which was further explored in the afternoon by Brent Nelson, MD, and Paul Croarkin, DO, DFAPA. Dr. Nelson presented, *Advances in Neuromodulation for Psychiatric Practice, Where We're Headed*, and Dr. Croarkin reviewed, *Brain Stimulation Advances for the Treatment of Adolescents with Depression*.

Keynote speaker Sophia Vinogradov, MD, DFAPA, examined how psychiatrists can promote cognitive and neural system recovery in early psychosis maximizing cognitive retraining techniques. APA Staff and Deputy Director of Digital Health, Nathan Tatro, MA, highlighted digital resources with his talk, *Digital Apps for Clinical Practice – What you need to know*.

The day's educational agenda rounded out with the final session on novel care delivery models. Larry Hook, MD, FAPA, and Beth Heinz, MHA, MSW, covered the EmPATH model. Dr. Hook reviewed the newly developed and launched EmPATH Unit at CentraCare in St Cloud, and Ms. Heinz discussed early data collected on Fairview's EmPATH Unit in Minneapolis. Both presenters candidly covered the starts and stops inherent with any new launch and noted the less predictable impact from the pandemic as well. Amherst H. Wilder Foundation Vice President of

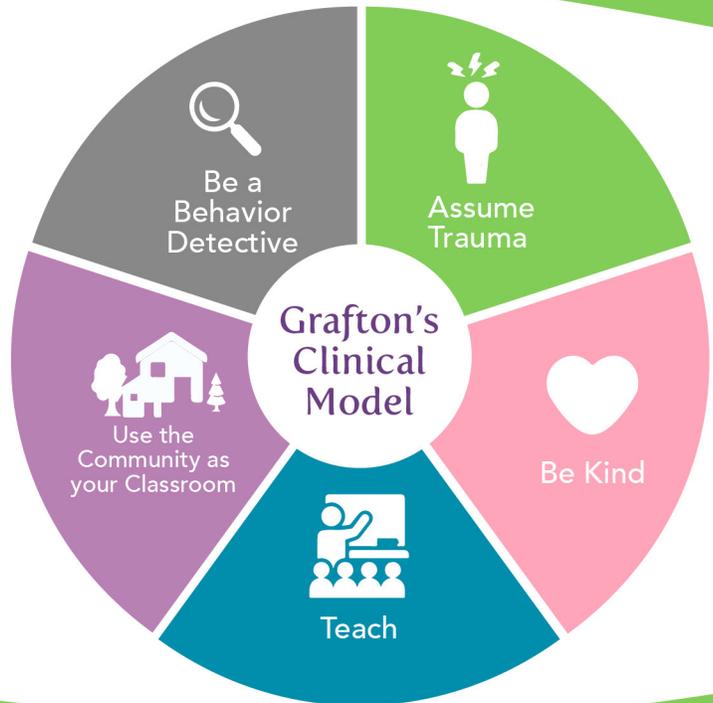
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What does the MPS Ethics Committee do? *It's probably not what you think*

INFORM	through trainee sessions on ethics in practice and professional standards
EDUCATE	with presentations for CME meetings
HOST	MPS Salon events to openly question, discuss, and learn about complex and/or controversial issues in practice.
SUPPORT	and collaborate with other MPS committees to achieve their goals within the ethics framework.
ADVOCATE	Worked with the MN Board of Medical Practice to address discriminatory language and assure applicants' access to life-saving care to maintain the health of the profession.
REVIEW	professional ethics complaints in partnership and under the authority of the APA.
BUILD	public trust by enforcing uniform ethical standards.
PROTECT	patients who expect quality care, and psychiatrists who require access to care themselves.
UPHOLD	Ethics and Standards, professionalism



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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.

Planning for the 2022 Session – What can you do now?

MPS Lobbyist William J. Amberg, MA, JD

Recently, Speaker of the House Melissa Hortman (DFL-Brooklyn Park) announced that the 2022 session of the Minnesota House of Representatives will be held in an all virtual environment. The reasons she stated were ongoing concerns with the Delta variant, as well as safety and security concerns. On the other side of the Capitol, Minnesota Senate President Jeremy Miller (R-Winona) announced that the Minnesota Senate will have remote and in-person options for testifying in committees. Senate Floor activity is still to be determined. More information will follow on protocols and procedures over the next several weeks. The Minnesota Capitol, where the House and Senate floor sessions are held, is open to the public.

The 2022 Session of the Minnesota Legislature will convene on January 31st, 2022. And with the session approaching now is the time to reach out to your state legislators and invite them to connect. Once the legislative session starts, they have less time to meet with people in their districts and visiting them at the Capitol usually means a brief 15-minute meeting.

The MPS Legislative Committee encourages you to take this

time to connect with your elected representatives. There are a number of avenues to consider, and some take just a few minutes, but every contact can make a difference. Legislators post ways to contact them on their Legislator profile. Sign up for their newsletter, attend town halls they host, or just call or email them to introduce yourself. Follow them on social media.

Now is a great time to host a House Party. If you're interested, contact MPS for help organizing. House parties are a longer, informal way to discuss issues that we are concerned about more in depth and get to know each other on a personal level.

MPS Legislative Chair Michael Trangle hosted a virtual house party on Saturday, October 30, 10:-30-11:30am. More information is posted on the Advocacy page of the MPS Website, <https://www.mnpsychsoc.org/advocacy1.html>. MPS policy papers and position statements are also posted there. You can find your legislative district and find out who represents you there and additional advocacy information. ■

Fall Program *Continued from page 5*

Community Mental Health & Wellness Pahoua Yang, MSSW, PhD, LICSW, LP, presented on the CCBHC model, noting psychiatry's role in the model to transform clinical care. Attendees actively engaged in the program and question and answer sessions. New 2021 legislature clearly defined psychiatry's leadership role in expanding access through CCBHCs, and this session offered insights into that role and opportunity.

Another highlight of the day was the 2021 Paul Wellstone Advocacy Award presentation to State Representative Kelly Morrison, MD, an OBGYN physician who, in her second term, is a health care leader, and patient advocate. She authored and was pivotal to legislative advanced in healthcare including telehealth access expansion. She accepted her award via Zoom from MPS Legislative Committee Chair Michael Trangle, MD, DFAPA, and MPS Lobbyist Bill Amberg, JD.

MPS Fall Program Planning Committee Chair Matt Kruse concluded the day and thanked our speakers and the full planning committee. Kudos to the entire committee for an excellent program and for leading MPS back into in-person learning! And thank you, attendees for helping us forge the way! ■

Mary Beth Lardizabal, DO, DFAPA, won the door prize supplied by exhibitor, Professional Risk Management Services, Inc. (PRMS). She is shown here with her prizes. American Professional Agency, Inc. and Intra-Cellular Therapies also exhibited.



Volunteers sought to serve on the Spring 2022 Symposium Planning Committee. We plan to focus on social determinants of mental health. Contact MPS to volunteer.



C A L E N D A R

November 15-19, 2021
REIMAGINE A Week of Action to Reimagine Our National Response to People in Crisis
www.reimagine.org

Saturday, November 20, 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, January 8, 2022, 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!

For more calendar updates, go to mnpyschsoc.org



www.reimaginecrisis.org



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.

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