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Ideas of Reference

is the newsletter of the Minnesota Psychiatric Society, a District Branch of the American Psychiatric Association.

Saturday, April 30

MPS Spring Meeting & Recognition Dinner

**Social Determinants of Mental Health
Minneapolis Golf Club**



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 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! ■

President Elect: Mary Beth Lardizabal, DO, DFAPA

I appreciate the opportunity to run for the office of President of the Minnesota Psychiatry Society. MPS has been a critical voice for Minnesota psychiatrists and the patients we serve. Now more than ever, our profession needs to be active and engaged to ensure the best care for our patients. If elected, I will fight for our patients mental health needs as well the professional needs of all MPS members. Our work for mental health parity, diversity, equity and inclusion, state and federal reforms to improve mental health care and access, the support of physicians facing staffing shortages, and burnout during the pandemic are my priorities. I currently serve as the Chair of the MPS Ethics Committee and as an MPS Council member.

I trained in General Adult Psychiatry at the University of Illinois–Chicago. I completed my Child and Adolescent fellowship at the University of California–San Francisco. I spent six years in the National Health Service corps in rural DownEast, Maine providing psychiatric care for all ages and learning about the demands of practicing in a rural area. 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 have worked at Allina Health for 16 years. During my time at Allina Health, I have served in a number of leadership positions including Chief of Staff at United Hospital and Interim VP of our Mental Health and Addiction Clinical Service Line. I am currently the System Medical Director for Child and Adolescent Psychiatric Services as well as the System Medical Director for Provider Wellbeing. I also maintain a small private practice, utilizing integrative treatments. ■



Meet MPS Advocacy Intern Tara Cantrell



Tara Cantwell is a Master's of Public Health student at the University of Minnesota studying Community Health Promotion. She is interested in health policy, advocacy, and research. Prior to graduate school, she worked at Boynton Health at the University of Minnesota and developed an interest in college student health— especially mental health. After graduation, she hopes to pursue a PhD in Social Epidemiology and conduct research that translates into health policy. Outside of school, she enjoys yoga, cross stitching, cheering for the Minnesota Timberwolves, and hanging out with her calico cat. 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. ■



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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Ideas of Reference

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MPS Lives its Mission



Linda Vukelich
MPS Executive Director

This year I will celebrate 25 years with MPS. I'm proud to be with an organization that lives its mission – and what a mission it is! I encourage everyone to periodically take a moment to review where we've been, where we are, and, where we're going. It's encouraging to see the strides that have been made against the odds at the time, and even more important to consider what more is possible. The MPS guiding principles solidly direct the organization to persevere, to aspire, and to achieve.

Mission

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

Vision

Physician leadership creating the nation's highest quality, affordable, and accessible system of mental health care.

Guiding Principles

- MPS brings the expertise and physician leadership of our members to solve Psychiatry and Mental Health issues in Minnesota
- MPS is committed to continuous improvement of the quality of care and the well-being of all Minnesotans with psychiatric illnesses
- MPS works in collaboration with others to fulfill its vision

Thank you all for contributing every day toward the MPS vision and for all you do to serve your patients and uphold the values of your profession. I'm looking forward to the future for Minnesota, MPS, and everyone who will benefit from access to high quality, affordable care provided by well-trained psychiatric professionals who I am proud to serve through MPS.

Join us in person on April 30 to reunite to learn and celebrate. I will look forward to seeing you there! ■

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Social Determinants of Mental Health
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Calling Emerging Leaders in Psychiatry



Chinmoy Gulrajani MD, DFAPA
MPS President
and
Matt Kruse, MD
MPS President Elect

Within the past couple of years advocacy efforts of MPS have been vital to changing the course of meaningful legislation in Minnesota. These include creating an exclusion for severe and pediatric mental illness in the PA independent practice bill, successful opposition of a bill that would automatically classify assaults by mentally ill patients as felonies, and helping defeat efforts to classify “anxiety disorders” as an indication for medical cannabis, to name a few. These victories were especially noteworthy since many of them were achieved during the COVID-19 pandemic when all business was conducted remotely, without in-person meetings. While the pandemic did not prevent some aspects of MPS governance from being carried out seamlessly, it did reduce member engagement in committees and the council.

In the last couple of years we have witnessed a dedicated cadre of younger members willing to devote their energies to MPS governance, but their numbers are still small. Our active committees, meanwhile, continue to be run under the guidance of senior members, most in the latter half of their careers, and many shouldering the responsibility of chairing committees for years on end. While the wisdom of our experienced leaders is vital, this inertia has led to dwindling initiatives and, in some cases, dormant committees.

While no one can predict the future of the pandemic, additional uphill legislative battles are inevitable. Our long-standing campaigns for parity, telehealth reimbursement, and appropriate scope of practice are all here to stay and future challenges to them will require a vigorous response from MPS.

Therefore, today we are happy to announce a new initiative aimed at incentivizing our members in training for their involvement in MPS governance. This initiative will include a monetary grant of \$250, a certificate, and a commemoration award that will be granted to one Minnesota Resident / Fellow Member each year for their involvement with MPS governance by way of committee membership, committee leadership, and special activities conducted in service of MPS. Such activities could include event planning and organization, membership campaigns, or other functions yet to be envisioned. As of now, this grant is being funded by three existing members of MPS. However, by way of this article, we are also soliciting donations for our newly minted “Emerging Leaders

in Psychiatry” scholarship.

So, if you are a Resident or Fellow member in training who has always wanted to explore involvement with MPS, what are you waiting for? Get in touch with our executive director or any officers that you are acquainted with and ask them to get involved. We have several leadership opportunities available for Resident / Fellow Members to contribute and shape the future of Minnesota Psychiatry in a meaningful way. ■

January 2022 Legislative Update

William J. Amberg, MA, JD

The 2022 Minnesota Legislative session convened on January 31, 2022. The Legislature has a more than \$8 billion budget surplus right now, so there will be an opportunity for new spending on programs. The final budget forecast will be announced at the end of February, which will set how much the Legislature and Governor can spend. Unlike at the Federal level, Minnesota cannot deficit spend. Although full coffers may lead one to think that this legislative session will be smooth sailing, 2022 is also an election year, and election politics will undoubtedly slow things down and complicate a deal on a supplemental budget. (The two-year state budget was passed last year, but with the large surplus, there will be supplemental appropriations made). Further complicating matters is the fact that legislative districts will be drawn. Since the House is under Democratic control and the Senate is Republican led, it is very unlikely that they will agree on redistricting maps.

This will set up another interesting political twist as some incumbent legislators will be paired with other sitting legislators in the same districts. This often creates out-of-character behavior as they seek party delegate endorsements with Republican members in a paired district moving further to the right politically, and similarly situated Democrats moving further to the left.

Committee deadlines are yet to be set, but typically occur in March and early April. Also, the 9-10 day Passover-Easter recess is yet to be set. The last day of the 2022 legislative session is May 16. ■



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Candidate Statements *Vote online by March 15!*

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1. **Go** to the MPS website homepage, www.MnPsychSoc.org.
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!*

Marie Olseth, MD, DFAPA



It is with great pleasure that I submit my candidacy for MPS Council Member. For those who do not know me, I am a native of MN and I attended the University of MN Medical school. I started my Psychiatry residency at UW Madison and finished at the University of MN. I started my own private practice over a decade ago after working for several years at Park Nicollet. 6 years ago, I added additional providers to my practice to form a small group practice. My practice

currently consists of myself, a psychiatric DNP, a psychiatric PA, a therapist, and staff.

I have served on the Council for the past 4 years advocating for MN Psychiatrists and psychiatric patients. As the only Council member who is in private practice and who owns a small business with employees, I bring a unique perspective to the Council to contribute to a fuller understanding of our priority issues. I am passionate about the mission of improving the quality of care we provide to patients. I have served on the MPS Policy Committee for several years, advocating for legislation that minimizes obstacles to providing treatment to people who need mental health care.

As the nature of healthcare delivery changes, we will face new challenges to providing quality psychiatric care to patients. I would be honored to continue addressing these evolving challenges that we face by serving another term as an MPS Council person. ■

MPS Councilor Candidates (*Vote for 3*)

Monica Taylor-Desir, MD, MPH, DFAPA



I am seeking to continue service as a Councilor for the Minnesota Psychiatric Society. I have been grateful to serve as Councilor to MPS for the past year. I 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. I am a current member of the Health Equity and Racial Justice Committee of the Minnesota Psychiatric Society. I also serve on the National Network of Depression Centers Racial Diversity and Equity Workgroup. Prior to joining Mayo Clinic, I worked as a community psychiatrist for tribal communities in Arizona 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. My service to the APA began at the local level as the Arizona Psychiatric Society newsletter editor, treasurer, and secretary and as the North Dakota Psychiatric Society president-elect and at the national level as ND APA assembly representative. I also have the pleasure of serving as the American Psychiatric Association Foundation Board member. I welcome an opportunity to further our network of psychiatric professionals that will advocate for our patients and improve the landscape of practice in Minnesota. ■

MPS Councilor Candidates (*continued on pg 6*)

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Watch for details via email & on the MPS website



MPS Councilor Candidates (cont from pg 5)

Jim Curry, MD



It is a great honor and privilege to be nominated for the position of Councilor for MPS. The Minnesota Psychiatric Society became a professional home for me during residency. I am proud of the great work that is done representing psychiatry, advocating with patients, and responding to the mental health needs of the community. I began as a program representative for the Hennepin Regions Psychiatry Residency program, working

alongside terrific representatives to introduce residents to MPS. This provided a window into the Council, and I joined several committees including the Communications and Legislative Committees early on. For those who do not know, I am a fortunate Minnesota transplant from outside of Chicago. I attended UIC (University of Illinois at Chicago) for medical school and my MPH in policy and administration. At that time, I continued longstanding leadership in AMSA and joined the Chicago Medical Society branch of the AMA.

To further cultivate my passion for health policy, I designed an elective with MPS to intern with the Executive Director Linda, and learned a great deal about the organization and its history. This helped me lead a course on advocacy and policy for co-residents, and allowed me the experience to form the Committee for Health Equity and Racial Justice (HERJ) in MPS. At every turn, it has all been possible thanks to the society's fantastic leaders and their encouragement and mentorship. That is a tradition I hope to continue on the MPS Council. Thank you for the opportunity. ■

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4. **Vote** for each position.
5. **Share** your concerns & suggestions.
6. **Volunteer** if you can!
7. **Submit** — *Thank you for voting!*

Collaborative Care Model – *Minnesota, the time for action is now.*

Residents in MN with depression and anxiety have long had difficulties accessing care in a timely manner, outcomes have been poor and have not been improving, and folks with MA insurance have even a harder time getting in. The pandemic has increased the intensity of depression and anxiety, the numbers of Minnesotans needing treatment for depression and anxiety, and worsened access. Meanwhile, patient outcomes on MN Community Measurement's Depression Suite of Measures have failed to improve significantly.

The Collaborative Care Model (CoCM) is the only behavioral health integration model with a clear base of evidence of more than 80 randomized control trials. CoCM has been proven to deliver better patient outcomes, faster; diverting people from crisis and resulting in cost savings. It has also been proven to reduce health inequities. In addition, the model delivers improved physician satisfaction (both primary care and specialist) and improved patient satisfaction, thus achieving the quadruple aim.

Medicare, commercial, and employer markets in MN reimburse for this high-value care, and Medicaid in 22 states also pays for CoCM. MN Medicaid does not. In the majority of practice settings, Minnesota MA (and MNCare) only pay for a few of the necessary collaborative care services.

A group of more than two dozen mental health leaders, medical leaders and employers from across MN was convened by ICSI in 2021. The group resoundingly expressed that integrated behavioral health care in primary care, specifically CoCM, is a solution that must be expanded. (https://www.icsi.org/wp-content/uploads/2021/11/ICSI_BH-Integration-in-MN.pdf)

Because payer alignment is necessary to ensure economic viability for providers and patient access to care, one of the key findings of the multi-stakeholder group was: "CoCM codes need to be covered by Medicaid in Minnesota."

MPS is leading the effort with the Minnesota Mental Health Legislative Network on the policy recommendation to mandate that Minnesota Medical Assistance and MN Care pay for all necessary collaborative care services in all settings (CPT Codes 99492, 99493, 99494, and 99484, and corresponding G-Codes G0502, G0503, G0504, and G0507). The rates for all CoCM codes need to be set at a sustainable rate AND broadly publicize this fact and the details of the sustainable rate.

We need MPS members' help us make this happen. Join us at the MHLN Day on the Hill on Thursday, February 24 and at the MMA Day at the Capitol on March 1. Both events are virtual. ■



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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.



CALENDAR

February 28, 2022, 2-3pm CT
Frontiers in Psychiatric Treatment: Depression
Mount Sinai Psychiatry
(www.mnpsychsoc.org/events)

February 28, 2022
20th Annual NAMI—U of M Psychiatry Dept Research Dinner (Namimn.org)

March 1, 2022, 1pm
MN Medical Association Virtual Day at the Capitol
(www.mnmed.org)

March 5, 2022, 8am-12pm
Virtual Area 4 Legislative Institute
Contact Linda Vukelich for links (L.Vukelich@comcast.net)

March 12, 2022, 9am-11am
MPS Council Meeting - Members encouraged to attend.
Contact Linda Vukelich (L.vukelich@comcast.net) for links.

March 17, 2022, 11am-4pm CT
Clinical Challenges in Inpatient Psychiatry
Mount Sinai Psychiatry
www.mnpsychsoc.org/events)

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MPS Spring Meeting & Recognition Dinner Social Determinants of Mental Health
Join us in person at the Minneapolis Golf Club
Details to follow. Interested committee volunteers please contact Linda Vukelich (L.vukelich@comcast.net)

*For more calendar updates, go to mnpsychsoc.org, Events tab
www.mnpsychsoc.org/events)*



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