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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
Minneapolis Golf Club
MPS 2022 Spring Meetings
MPS Business Meeting,
Educational Program
& Recognition Dinner



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 Spring Meetings focus on impacting Social Determinants of Mental Health

On Saturday, April 30, 2022, MPS will host our first in-person Spring Scientific Program & Recognition Dinner in three years, and the program committee has exceeded expectations. Join us for a day-long educational program centered on Impacting Social Determinants of Mental Health. All are encouraged to participate – for the content, the camaraderie, and the interdisciplinary connection. The event will be hosted at the Minneapolis Golf Club, located at 2001 Flag Avenue in St Louis Park.



Minneapolis Golf Club
2001 Flag Avenue, St Louis Park, MN 55426

Live MPS Member Business Meeting and Bylaws Vote:

MPS will host its first live (in-person AND virtual) vote as part of the 8-9am membership meeting. Members are called on to vote on key governance questions that will have long-lasting impact on the organization's leadership with new elected positions, term lengths and term limits central to the discussion. All members are urged to participate in the membership business meeting at no cost – both in-person and virtually. Registration is required and available online. Contact Linda (651-278-4241) with questions.

Expert multidisciplinary speakers



Continued on page 3

**Thank you, American Professional Agency, Inc.,
for sponsoring multiple student scholarships!**

All are encouraged to sponsor a student with your registration.
Thank you for supporting the future of Minnesota psychiatry!



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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A busy and productive time



Linda Vukelich

MPS Executive Director

It's been a very busy time for MPS and the MN Mental Health Community Foundation. As the executive director of both, I have been

privileged to coordinate and contribute to their growth and success. Under President Chinmoy Gulrajani, MPS will be hosting its first in-person vote during a membership business meeting since I began 25 years ago. We encourage all members to participate in the live vote – either in person at the event, or via zoom. We will be voting on proposed bylaws changes that will potentially have important governance impact.

April 30 marks a return to tradition for MPS with our first Recognition Dinner since 2019. Since then, we have acknowledged award winners but not been able to come together for our formal celebratory dinner event organized to congratulate award winners and thank those whose efforts support and sustain MPS. This year we will celebrate the 2022 MPS Psychiatrist of the Year and the Paul Wellstone Advocacy Award Winner along with our Gloria Segal Scholarship winners. We will honor two new APA Distinguished Fellows and one new APA Fellow. We will thank our leaders who have generously served MPS and celebrate together as a professional community.

The Foundation has been growing as well. This year, as was reported in the last newsletter, we launched the Emerging Leaders in Psychiatry Fellowship. The Foundation now manages five scholarship funds designed to serve the entire mental health community. Another project on a growth path is FastTrackerMN.org. FastTracker is an open-source online tool designed to help searchers and service providers connect to reduce frustration, improve coordination and transitions. Availability and service openings information are updated by the community of mental health and substance use disorder treatment providers benefitting all. Funding comes from DHS contracts, Twin Cities Medical Society Foundation grants. We are excited to report that the FastTracker is now integrated at key transitions between services, by both DHS and private insurance. Watch for more news in future columns. In the meantime, please use FastTracker and share it with your patients and teams. Look for FastTracker materials at the Spring Meetings. We'll bring plenty to share! ■

MPS Member Meeting and Live Vote
Saturday, April 30 8-9am
IN PERSON at the Minneapolis Golf Club
OR VIRTUALLY via ZOOM! Register & VOTE!



With Hope and Gratitude



Chinmoy Gulrajani MD, DFAPA
MPS President

In my last piece I had touched upon dwindling member engagement within MPS and had announced our new fellowship award for trainees titled “Emerging Leaders in Psychiatry”.¹ Another significant initiative aimed at improving member engagement is to create opportunities for younger members to get involved with MPS leadership and governance. To this end, we found that even though all MPS leadership positions have specified terms in the bylaws, these term limits are not enforced. Moreover, the current climate within the organization does not encourage contested elections for these positions, leading to disengagement from MPS of potentially interested members. Therefore, with the hopes of amending the bylaws so that term limits are enforced within MPS, a new set of proposals was put to vote in front of the MPS Council in our last meeting. I am happy to report that these initiatives passed the Council vote with broad support from Council members. They will now be presented to the general membership for voting at the spring meeting of MPS on April 30th.

This is my last newsletter article as President. I will be the first to acknowledge that I did not begin my term as President with any lofty goals for MPS. Instead, the central pillar of my term was to find ways to improve member engagement within MPS at a tough time plagued with the COVID 19 pandemic and its harrowing fall-out. Specifically, my focus was on trying to improve engagement of trainees with governance, who represent our future and will carry the proverbial torch forward. As I look back on the year that has passed, I am filled with hope and gratitude. I hope that the initiatives that I introduced during this last year will bear fruit in the form of increasing membership numbers, especially from the ranks of trainee and early career psychiatrists. I also hope that in the near future MPS will be led by a group of enthusiastic and committed young minds who bring with them fresh ideas laden with creativity and progression, that will continuously find new ways to improve the mental health of Minnesotans. Of course, none of this could be achieved without the open mindedness and support that I received from the Council, especially the immediate past president, Dr. Holt and the president-elect, Dr. Kruse. I am thankful to them for their willingness to work with me and entertain my proposals thoughtfully. I also thank our senior leaders,

many of whom lead our committees and provided timely guidance to me during times of uncertainty. Finally, I will be remiss if I did not thank our Executive Director, Linda Vukelich whose unwavering commitment and hard work in support of MPS and all its initiatives are indispensable to the existence of our beloved organization. Thank you. ■

1 Gulrajani C and Kruse M. Calling Emerging Leaders in Psychiatry. Ideas of Reference. 2022 Number 1, Volume 1.

MPS Spring Meetings *Continued from page 1*

Educational program overview

Since the COVID-19 pandemic began, we have gained a deeper understanding of the extent to which we are interconnected. We collectively made sacrifices and adjustments in our lives to mitigate COVID-19 infections to safeguard the health of ourselves, family members, members of our community, and strangers. Our personal sacrifice benefited all of Minnesota by decreasing the number of projected deaths and infections, but we also witnessed mental health disorders resulting from isolation, stress, and poor coping strategies. Finally, we also grappled with our status as ground zero for a social uprising watching Minnesota become more well known for division and unrest than home of several Fortune 500 companies, 10,000 lakes, theater, and innovative health care.

We are convening the community of physicians, professionals, and neighbors to rebuild, restructure, and reimagine the Minnesota mental health system. We intend to discuss mental health access and treatment in the context of external factors such as housing, legal barriers, education, and media. These factors known as the social determinants of health will be integrated into every discussion just as our patient's health is amalgamation of all of these factors. To achieve this goal, members of the Program Committee designed an educational program focused on building a strong mental health community based on collaboration with each other, stakeholders, and advocates.

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MPS Get Together at the APA Annual Meeting

Sunday, May 22, 5-7pm – Social House, 752 Tchoupitoulas St.



RSVP:

Linda Vukelich
(651-278-4241)
L.Vukelich@comcast.net

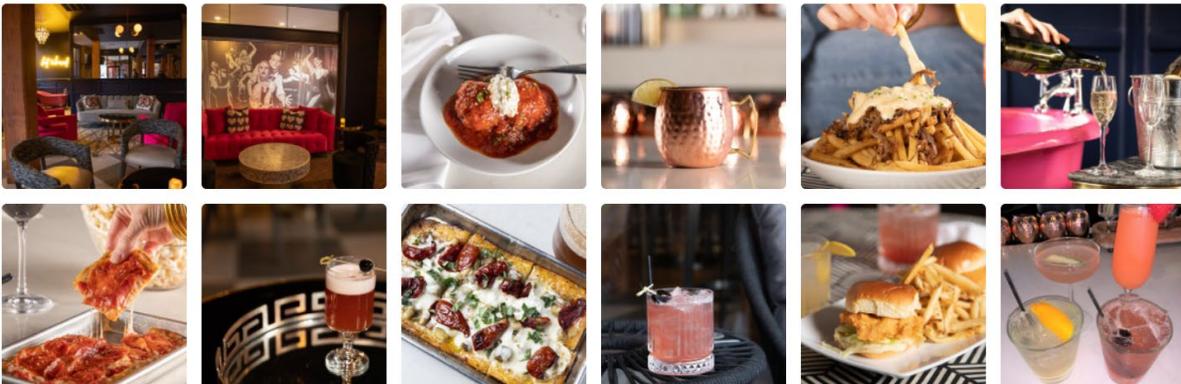
Event Hosts:

Chinmoy Gulrajani
(573-202-0933)
Matt Kruse
(815-351-1030)

SOCIAL HOUSE

MPS welcomes you back to our get-together at the Annual Meeting. Join us to take a break from the pace and catch up with friends in a casual atmosphere.

All MPS Members are welcome - guests too!



It's a quick walk from the Convention Center. Stop in and relax with us!



Minnesota Psychiatric Society Spring Meetings
Saturday, April 30, 2022
8am-5:15pm Symposium, 5:15-7:45pm Recognition Dinner
Minneapolis Golf Club

Impacting Social Determinants of Mental Health

Keynote Speakers:



APA President Vivian Pender, MD, DLFAPA



Author Ezra Griffith, MD, DLFAPA

MPS Spring Meetings *Continued from page 3*

Educational Objectives

At the end of the educational activity, the learner will be able to:

- Describe effective engagement strategies and essential elements of clinical care for optimal outcomes for psychiatric patients in marginalized, underserved, culturally diverse communities.
- Examine longitudinal impact of multiple biases on health care infrastructure, access, and innovation.
- Assess best practices for improving health care provider educational and professional diversity and opportunity.
- Formulate ways health care providers can redefine their role in terms of public health outreach and education.

Interdisciplinary speakers offer valuable insights with clinical implications

Topics being covered feature a multidisciplinary group of speakers representing a variety of disciplines. We start the educational program with a talk about the Twin Cities Recovery Program and how it connects with and serves its community. Gregory Kemp, CPRSI; Sheila Specker, MD, DFAPA, will present, What's TCRP? Why does it matter?

Medical Director of Minnesota's Medicaid & MinnesotaCare programs, Dr. Nathan T. Chomilo, will follow with, Racism, Not Race is the Risk Factor: The (mis)Use of Race in Medicine. He is a General Pediatrician and an Internal Medicine Hospitalist, and a well-known expert and advocate for diversity, equity and inclusion.

APA President Vivian Pender, MD, DLFAPA, has made social determinants of mental health the cornerstone of her presidency.

We are excited to hear this presentation, "Social Determinants of Mental Health: Clinical, Education, Research, & Policy Considerations", which brings with it in-depth research and lessons learned after this pivotal time.

In November, MPS and APA lost a treasured leader with the passing of Judy Kashtan, MD, DLFAPA. MPS Past President Allison Holt will lead a Special Recognition & Memorial Celebration. We welcome her family and friends who will be joining us for this special session.

The Program Planning Committee is pleased to feature another Flash Talks session highlighting presentations by trainees. We asked, "What is the next generation of psychiatrists passionate about?" All three speakers will be addressing topics aligned with our theme.

Javier Ortiz Orendain, MD, Mayo resident, will present, "Disparities in the Prodrome of Serious Mental Illness: A Retrospective Cohort". University of Minnesota medical student Sonya Meyer will address homelessness. University of Minnesota resident Jonas Attilus, will cover, "How Necropolitics Explains Health Inequity". Dr. Matt Kruse will again moderate the session which will include a panel Q&A session.

"Diversity in Graduate Medical Education" is a topic the Accreditation Council for Graduate Medical Education (ACGME) is committed to. William McDade, MD, PhD is Chief Diversity, Equity, and Inclusion Officer for the ACGME. He will present on the work of the ACGME to review corrective recommendations.

Moderated by MPS Councilor and Chief of Psychiatry at Hennepin Healthcare, Eduardo Colón Navarro, MD, the Health

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2022 Legislative Update

William J. Amberg, MA, JD

The state of the Legislative Session as they come out of Easter/Passover recess

The Minnesota Legislature returns from Easter/Passover Recess on Tuesday, April 19th with their work cut out for them before the constitutionally mandated adjournment on May 16th. The House Democratic majority and the Senate Republican majority could not be further apart in their priorities with only just over a month remaining in the 2022 session. Although a budget surplus well in excess of \$9 billion may sound like an easy session, it is not. Only \$3 billion is a state surplus, the rest is one-time money, primarily from the federal government. This is not a budget year: the two-year state operating budget was passed last year, so they do not have to pass any new spending. Before

leaving for the recess the Senate passed an \$8.1 billion tax cut bill, focused on income taxes and social security tax cuts. The House omnibus Health and Human Services bills have many items of new or increased spending. The Senate HHS bills spend little. The next steps will be to pass these bills through the full Finance Committee in the Senate, and the Ways and Means Committee in the House this week. Each bill will then go to the House and Senate floor for passage, and because they are different, they will come together in a Conference Committee to work out differences.

The Governor and House and Senate leadership will need to negotiate broad spending goals, called "targets," before the HHS and other conference committees will be able to negotiate and compromise on final bills. As stated above, they have a wide gulf between them to try to close.

The House omnibus HHS bills include provisions to fund workforce issues in mental health and it funds 988 implementation. Their bill also adds new funding for community health workers. In the interest of easing staffing shortages, their bill also reduces overnight staffing requirements for psychiatric residential treatment facilities.

The Senate HHS bills would establish grants for so-called mental health "urgency rooms." These would be used for emergency mental health patients under 25 years of age. Also, the Senate bill creates a separate "Department of Behavioral Health" which would be a cabinet level department doing all the mental health and substance use disorder work now under the Department of Human Services. The House does not have either of these provisions in their bills.

The House Higher Education bills include funding for Addiction Medicine Fellowships. The Senate version does not.

The "HERO pay" for front line workers has still not been agreed to, despite Congress giving the state \$250 million for this relief nearly a year ago.

Competency restoration has been hung up in negotiations between the Counties and the Courts, and may not get done this session, but the Star Tribune tried to give it a boost with this editorial. <https://www.startribune.com/a-complex-fix-for-a-crack-in-the-justice-system/600165704/>

Hopefully leadership at the Capitol will be able to compromise to achieve some accomplishments this session, but they only have about four weeks to get there. ■



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Congratulations, 2022 MPS Award Winners & Honorees!

2022 MPS Psychiatrist of the Year Carrie Borchardt, MD

2022 Wellstone Advocacy Award Winner Senator Melissa H. Wiklund

*2022 Gloria Segal Medical Student Scholarship Winners:
Molly Gannon & Ericka Wheeler*

2019-2022 Presidential Service Award Allison Holt, MD, FAPA

*2022 APA Distinguished Fellows:
Walter Rush, MD, DFAPA & Sreejaya Veluvali, MD, DFAPA*

2022 APA Fellow Matthew Kruse, MD, FAPA

Join us from 5:15–7:45pm on Saturday, April 30 at the Minneapolis Golf Club for the 2022 Recognition Dinner for awards presentations, dinner, and our evening keynote address, “Maintaining Human Dignity in Clinical Work”, presented by Ezra Griffith, MD, DLFAPA

MPS Spring Meetings *Continued from page 5*

Disparities Panel - ACT Lessons and Commitment Considerations panel session will include Monica Taylor-Desir, MD, DFAPA, recounting ACT Lessons. Senior Supervisory Attorney in the Civil Commitment Division at the Hennepin County Attorney's Office, Bill Neiman, JD, will update learners on commitment considerations.

Have you ever considered doing a podcast to advance health topics from another point of view beyond clinic walls? Emergency Physician and “Off the Charts” podcast co-host, Kari Haley, MD, will describe the origin, process, development and potential future of that podcast. She will co-present with Jimmy Bellamy, podcast partner, and senior communications consultant, who will contribute podcast and production expertise for the “The Creation of a Podcast: Using media to advance health topics” session.

Our day program will wrap up with, “Mental Health Outreach - Roots Crisis Team, Canopy Health”. Presenters Candace Hanson, MA, LPCC, and Anne Johnson, MA, LICSW, will describe Canopy MHC/Roots' history, values, and services, specifically, its culturally responsive practice and role as Minneapolis' Behavioral Crisis Response.

Our evening speaker and Recognition Dinner keynote presenter is psychiatrist and author Ezra Griffith, MD, DLFAPA. He will present, “Maintaining Human Dignity in Clinical Work” capping off a full day of connecting, questioning, and learning.

We appreciate our exhibitors, the Minnesota Health Community Foundation & FastTrackerMN.org, Professional Risk Management Services, Allina Health, APA Inc, CentraCare, and M?(is this MN Health Fairview? Health Fairview, for their participation and support. Exhibitors include malpractice insurance companies, physician recruiters and our Foundation's community-benefiting programs. Stop by and visit. APA Inc, is sponsoring a number of student/training scholarships to attend the event. We encourage everyone to consider adding individual sponsorships when registering. Supporting the next generation of psychiatrists is an imperative investment. ■

MPS Member Meeting & Live Vote

Saturday, April 30 8-9am

IN PERSON at the Minneapolis Golf Club

OR VIRTUALLY via ZOOM

Register & **VOTE** on key governance decisions.



CALENDAR

Saturday, April 30

MPS Spring Meeting & Recognition Dinner Social Determinants of Mental Health

Minneapolis Golf Club, 2001 Flag Ave, St Louis Park, MN
<https://fs30.formsite.com/vandaclients/MPS-Spring-Mtg/index.html>
Questions: Linda Vukelich (L.vukelich@comcast.net)

May 8, 2022, 9am-11am

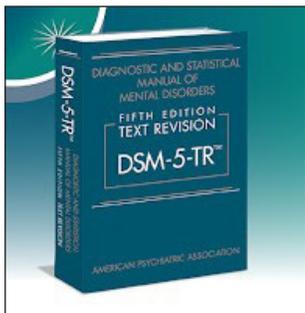
MPS Council Meeting - Members encouraged to attend.

Contact Linda Vukelich (L.vukelich@comcast.net) for links.

May 22, 2022, 5pm-7pm

MPS Get-Together at the APA - Social House, New Orleans LA

Call/text Matt Kruse, 815-351-1030, or Linda 651-278-4241



APA Releases DSM-5-TR—Fully Revised Version of DSM

APA recently released the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR). The manual, which the APA has published and updated since

1952, defines and classifies mental disorders in order to improve diagnosis, treatment, and research.

Developed with the help of more than 200 subject matter experts, DSM-5-TR includes the fully revised text and references of DSM-5, all of the updates that have been made to DSM-5 since 2013, and updated diagnostic criteria and ICD-10-CM insurance codes. It features a new disorder, prolonged grief disorder, as well as codes for suicidal behavior and non-suicidal self-injury. The category "Unspecified Mood Disorder" was restored in DSM-5-TR for mixed mood presentations that do not meet criteria for a bipolar or depressive disorder.

Diagnostic criteria have been revised for several disorders, primarily for clarification. These include changes in the criteria sets for eleven diagnoses.

For the first time in the history of DSM, two groups—the Ethnoracial Equity and Inclusion Work Group and the Cross-Cutting Culture Review Group, composed of more than 40 experts—provide a comprehensive review and update of the impact of culture, race, and racism on diagnosis.

APA members may purchase the manual at a discount on APA Publishing's website. ■

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