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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 ballots chart our future

In 2024, MPS members will elect a President-Elect, a Secretary-Treasurer, and 2 Councilors. Candidate statements are included in this issue. Vote online by March 15! ■

Meet the candidates

President Elect: Lonnie Widmer, MD

I am honored to be nominated for President-Elect of Minnesota Psychiatric Society. I have been a member of MPS since 2007 and served as a Councilor for MPS from 2017 to 2019. Since 2019, I have been serving as Secretary Treasurer. I am always amazed at the hard work and dedication of MPS to advocate for patients, families, and our members. The opportunity to work closely with our outstanding Executive Director, Linda Vukelich, has been wonderful.

As president, I would continue to advocate for mental health parity and increased access and funding for the various levels of care our patients need. I am beyond frustrated with the large numbers of patients who have extended stays in emergency departments and inpatient units because the appropriate level of care in the community is not available. I look forward to learning more about and addressing the

needs and important issues of MPS members.

I grew up in Kimball, MN and graduated from College of St. Benedict with a degree in biology in 1999 followed by Creighton University School of Medicine in Omaha, NE. I then went on to a general psychiatry residency and fellowship in child and adolescent psychiatry at Mayo Clinic in Rochester, MN. After finishing my training in 2008, I joined Allina Health at United Hospital as a child and adolescent psychiatrist. I have worked in various levels of care including inpatient, partial hospital, and outpatient clinic. My clinical experience includes caring for child and adolescent, perinatal, and



Continued on page 2

MPS Annual Spring Meetings set for March 16

Join us on Saturday, March 16 at the Minneapolis Golf Club for the 2024 Annual MPS Spring Meetings. Our educational theme is, *Psychiatry 2024: Choosing an Innovative Path*. The journey to and through a career in psychiatry is one filled with joys and sorrows, challenges, and surprises.

How do we find work life balance given the frantic pace of change in medicine and society? And how do we guide our patients in choosing

"It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change."

- Charles Darwin

their best path to health?

We will cap the day of learning with our Annual Recognition Dinner where we will take time out to reconnect and socialize while we celebrate our award winners. Look for emails soliciting your vote for 2024 MPS Psychiatrist of the Year! Please plan to join us

for this special annual event - and bring a guest for a fun evening with friends!

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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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Full Page	\$500	\$400	\$350
1/2 page	350	300	250
1/4 page	225	200	175
1/8 page	125	100	75

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Health Equity & Racial Justice
Jim Curry, MD, MPH

Ready for what's next?



Linda Vukelich
MPS Executive Director

It's been a busy winter and we have a lot more in store! It's a great time to get involved, take action and make the most of your MPS mem-

bership!

Winter means it's election season for MPS. MPS is a membership organization that relies on its members to engage so its leaders can build. Read about our candidates and fully participate - plan to vote by March 15.

Winter also means the Minnesota Legislature is in Session. Your MPS Legislative Committee is hard at work advocating for psychiatry and psychiatric patients. Our priorities continue to focus on parity enforcement and collaborative care. MPS will continue to work with medical and mental health advocacy partners to support our efforts and expand our impact to urge safeguards for patients around legalized cannabis, medical aid in dying, and more. Join us on February 28 for the MN Medical Association Day at the Capitol including the MPS Advocacy Training and lunch. The next week, March 7, is the MHLN Day on the Hill and the MPS Advocacy Training Breakfast is at the Radisson Hotel St Paul Downtown across the street from the Capitol. If you would like to serve on the MPS Legislative Committee or simply want more information, call or text me - 651-278-4241. You can also RSVP for advocacy events.

The pages of this newsletter offer details on professional, social, and educational events planned for you.

- February 29 - MSCAP Dinner Event at Hazelden Betty Ford Foundation's Center for Teens, Young Adults and Families
- March 15 - MPS Residents Caucus Emerging Leaders Forum Event hosted by MPS Spring Meetings Keynoter and APA Foundation Executive Director Rawle Andrews, Jr., Esq.
- March 16 - MPS Spring Educational Meeting, Psychiatry 2024: Choosing an Innovative Path

Now is the time to get involved, to take action and to get the most of your MPS membership! ■

President Elect Candidate Lonnie Widmer, MD

Continued from page 1

general adult populations. I have held leadership positions within Allina Health including Lead Child and Adolescent Psychiatrist and Chair of the Department of Psychiatry at United Hospital. I currently serve as System Medical Director of Child and Adolescent Psychiatric Services.

I live in Stillwater, MN with my husband Joe, son Guy, and two dogs Turbo and Darwin. When not at work I enjoy spending time on the St. Croix River in the summer and curling around the Twin Cities in the winter. ■



From the MPS President – Are you in?



Mary Beth Lardizabal DO,
MPS President

The ending and beginnings of each year tends to turn our minds to reflect on the past year and set our intentions for the next year. For MPS, 2023 was a very productive year with active work of our committees and 2 wonderful symposia. For 2024 My hope is that we continue to grow as a professional organization. To me this means we need to focus on the building blocks of membership and engagement that will allow our organization to meaningfully engage in the work needed to strengthen our profession.

For many in Medicine the past few years have been exhausting and our professional identities may seem less important or less respected, with the changing landscape of healthcare. We may have become so used to connecting by virtual sessions that face to face conferences may seem less appealing. But I attended the last APA meeting in San Francisco. It was invigorating to be with my colleagues, speaking up about things that mattered to our patients and to our profession. It was also exciting to hear about new research and new progress in the field of psychiatric care. I felt more connected and was proud of our profession.

We are lucky that in our state of Minnesota we have many active members with a number engaged in the APA Assembly and national committees, including Dr. Dionne Hart who was recently elected as the Area 4 Rep on the APA Board of Trustees. She will be a great voice for the needs of Minnesota psychiatrists.

And again, the foundational work this year is to increase our membership and actively engage our members. Our membership committee has worked so hard to recruit new members and renew our memberships, but they could use some help. Being able to increase our membership by a small number of members can increase our representation in the APA Assembly! This means we need communication with our colleagues, getting your institution to get a group APA membership, or bringing a friend to MPS functions. Are you in?

Another meaningful way to make a difference is to get involved with advocacy and join our Legislative Committee. Our legislative committee has been a force in influencing our Minnesota legislators about bills that would affect mental health care delivery. We will continue to be active in 2024 as there are a number of potential bills that need to be addressed coming before the state house this

session. Are you in?

One of our wonderful symposia in 2024 highlighted Climate Change Psychiatry. There was such enthusiasm about this critical topic. There was interest in started a Climate Change Psychiatry committee and working with other District Branches and the national APA committee. Are you in?

If you are a Trainee, early career, mid-career, late career, or retired psychiatrist — We need you to step up and lean in! if you don't, Who will?

In Gratitude for all you do to advance our profession. ■

Minnesota Society of Child and Adolescent Psychiatry February 2024 Dinner Meeting

Thursday, February 29, 2024 – 6:30 - 8:30 pm



Hazelden Betty Ford Foundation's Center for Teens, Young Adults and Families

11505 36th Avenue North, Plymouth, MN 55441

Agenda

Network with other MSCAP members / MSCAP Presidential Update
Learn about Hazelden Plymouth / Tour

MSCAP Member Host: Tan Ngo, MD

MSCAP will provide dinner. Please register in advance.

MSCAP Members - \$25, Residents / Early Career Psychiatrists - No Charge. Advance registration required.

To contact MSCAP, or for more information, call 651-278-4241 or email Linda Vukelich at l.vukelich@comcast.net

REGISTER ONLINE - MSCAP.org



MPS Elections *Vote online by March 15!*

MPS Councilor Candidates (Vote for 2)

Fi Fonseca, MBBChBAO (MD), MS



I am delighted and honored to be nominated for the position of Councilor of the Minnesota Psychiatric Society. I joined MPS as a consultation-liaison psychiatry fellow after moving to Minnesota from Michigan. Joining MPS and getting involved was a way for me to feel more connected to our vibrant psychiatry community as a newcomer. Over the past year and a half, Minnesota has become a place I call home, and I

attribute this partly to the connections forged with the wonderful folks within MPS. I am consistently struck by the dedication and passion our MPS members have for organized medicine and advocacy for our patients and profession, and excited about working together alongside all of you in this new position during this pivotal time.

Dr. Fi Fonseca (they/them) is a Senior Associate Consultant in Psychiatry at the Mayo Clinic in Rochester MN, working within the outpatient Behavioral Medicine Practice (BMP) and the Transgender and Intersex Specialty Care Clinic (TISCC). They are also a Mayo Clinic Scholar, pursuing a postdoctoral master's in clinical and translational science. Their professional interests include queer and reproductive health, cultural and integrative psychiatry, psychotherapy, bioethics, medical education, and advocacy for their patients and profession. They currently serve as co-chair for the MMA LGBTQ+ section, ACLP LGBTQIA2S+ SIG, and AGLP ECP committee. They have served previously as APAF Diversity Leadership and SAMHSA fellowship chair on the APA Board of Trustees, and as RFM president for the Michigan Psychiatric Society. ■

Walter Rush, MD, DFAPA



I have spent my career doing direct clinical work on Assertive Community Treatment teams and recently on First Episode Psychosis teams. Immediately following residency training at Dartmouth where I worked closely with ACT researchers, I arrived in Minnesota just as teams were being rolled out. I advocated for best practices as we developed an ACT program that would work for Minnesota. It is a good time for team-based mental health services

right now which seem to be generating some interest given their good outcomes and their potential to alleviate workforce shortages.

For ten years I served on the Board of the American Association of Community Psychiatrists. Sitting in those meetings I used to reflect that I was surrounded by some of the smartest people I knew. I phased out of that role when I took a year sabbatical to live on a sailboat with my wife and two children. I enjoyed that year for reasons different than I anticipated. Since

returning I have focused my extracurriculars closer to home, participating on the legislative committee within MPS. A primary interest of mine is to establish parity, especially for our SPMI population, and am currently leading the parity workgroup.

My literary contributions have come more as letters to the editor than scientific articles. As a Councilor for MPS I will have further opportunities to advocate for our patients and our profession. ■



ONLINE VOTING *Easier than ever!*

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!*



Secretary-Treasurer Matt Kruse, MD, MBA, FAPA



I'm delighted and humbled to submit this statement for my candidacy as MPS Secretary-Treasurer. I am currently the immediate Past-President of MPS and have been involved in MPS since my second year of residency over 10 years ago. My interest in serving as Secretary-Treasurer stems from my "all hands on deck" and "where do you need me?" approach to MPS. No matter how much time and energy I give to MPS, the rewards always seem to be far more. Accordingly, I continue to be driven

to serve MPS in any way I can.

My training includes an MD/MBA dual degree, and my interest in healthcare policy and healthcare economics has given me

a working knowledge of basic finance that I believe will serve me well in this role. If elected to this position, I am hoping to keep the ship afloat – nothing more and nothing less. MPS has weathered multiple financial storms in the past several years, including lockdown-related restrictions on in-person meetings and a temporary dip in membership. I am optimistic as I see both of these challenges reversing and I have no doubt that nothing more than safe and steadfast strategy will continue to keep MPS finances robust as it continues to serve the Minnesota psychiatric community.

Thank you in advance for your consideration. ■

Minnesota's Red Flag Law

MPS Legislative Consultant Bill Amberg, JD

Disclaimer: The following is not a legal opinion but is meant for general information purposes only. If you have questions about a specific situation in your practice you should consult an attorney with experience in these matters.

The Legislature passed a bill called Extreme Risk Protection Orders (ERPO), a.k.a. the Red Flag law, which allows law enforcement officers, city or county attorneys, family or household members, or guardians to petition to have firearms removed from a person who may be at risk of suicide or harming others. It was part of the large public safety and judiciary omnibus budget bill. Most of this bill has already become law, but the provision of interest to MPS became law January 1, 2024. A small part of this new law is a modification of the longstanding duty to warn law for health care professionals. (See Minn. Session Laws, Chp. 51, Art 14, sec. 2, subd. 5 (2023) (<https://www.revisor.mn.gov/laws/2023/0/Session+Law/Chapter/52/>))

Unfortunately, the bill never went to a health committee, and

it never came up at MHLN meetings. Mental health professionals that have a statutory duty to warn about a danger to self or others of a patient must communicate with the sheriff of the county where the patient lives. The new law that is of interest to MPS is as follows:

"When a mental health professional has a statutory duty to warn another of a client's serious threat of physically violent behavior or determines that a client presents a significant risk of suicide by possessing a firearm, the mental health professional must communicate the threat or risk to the sheriff of the county where the client resides and make a recommendation to the sheriff regarding the client's fitness to possess firearms."

I have been told by lawyers at the Legislature that worked on this law, that this new law falls under the good faith/indemnification protection in the mandatory reporter law. They also note that it is different than Tarasoff, in that a specific target does not have to be named. I will continue to research this issue and its impact on psychiatry in Minnesota. ■



6 Spring Meetings celebrate the future, innovative paths

Continued from page 1

We offer an excellent educational program for the day, starting with continental breakfast, exhibits and posters! Immediately following the welcome and overview, we will hear from our esteemed and engaging keynote presenter, American Psychiatric Association Foundation Executive Director Rawle Andrews, Jr., Esq. who will present, Finding Peace of Mind in Dynamic Times: Acknowledging, Coping with, and Treating Invisible Injuries in the Digital Age. Panelists will share insights and expertise covering four unique psychiatric practice models. Dr. John Kuzma will cover a psychiatric hospitalist staffing model followed by Dr. Ron Groat discussing nontraditional community settings practice. Dr. Michael Fisher will navigate the world of Locum Tenens in psychiatry and Dr. Kyle Cedarmark will review large group practice. The next session will focus on reaching out to communities with Drs. Sheila Specker and Ian Latham will present, Lowering the Barriers to Buprenorphine Treatment for Opioid Use Disorder. Then Dr. Sophia Albott will cover Next Generation Treatments for Resistant Depression: the UMN Interventional Psychiatry Approach.

Before lunch, attendees will have time to dive into the poster session and talk to presenters. Right after lunch, George Realmuto, MD, DLFAPA, will offer a short address from the MPS Membership Committee and poster session winners will be announced. The afternoon kicks off with our Flash Talks featuring a talk on AI and psychiatry by University of Minnesota medical students Linzie Wildenauer and Katie Cooney and a talk on transitioning patients from outpatient psychiatry to primary care presented by Mayo resident Annie Wanniger, MD. We follow with presentations focusing on virtual innovations. Dr. Tyler Oesterle will present, Digital Technologies in the Treatment of SUD, and Dr. James Van Doren will offer his insights on Web-based private practice, and we will learn about telepsychiatry from Dr. Allison Holt. Dr. Mary Beth Lardizabal will cover Physician Unions and Dr. Sandra Shallcross will finish the day with encouraging tools and next steps in her talk, New Directions in Clinician Well-being: Empowerment for Change.

The evening program is our annual review and celebration. Join us as we acknowledge and honor Gloria Segal scholarship

winners and MPS award winners, especially our annual member-nominated Psychiatrist of the Year. There's still time to nominate a deserving colleague. Our evening keynoter is again, Rawle Andrews, Jr., Esq. In keeping with our theme of forging innovative paths and a strong future, he will present APAF Leadership Fellowships – An Investment in Psychiatry's Future. Come to the Spring MPS meeting for inspiration and fellowship in meeting our changing times. ■

POSTER SESSION – Submissions welcome!

Medical students, residents,
fellows, post-docs, and junior
faculty are invited to submit
poster proposals.

Monetary prizes will be awarded.

Deadline – February 29, 2024

[Poster Proposal Online Form](#)

MPS Senior Psychiatrists going strong!



MPS Seniors is going strong and continues to meet almost every month. We offer fellowship, food and interesting discussions. Usually we meet on the second Thursday of the month from 6:00-8:00 pm. At our February meeting we decided to occasionally meet instead on Saturday morning at 10:00, in an effort to accommodate some who find Thursday evenings to be difficult. We will not be meeting in March. Our next meeting will be Thursday April 11. All MPS members who self-identify as a senior, and their partners are welcome to attend. For more information or to be added to our email list, contact Carrie Borchardt at carriemborchardt@gmail.com.



MPS Event Offerings: Local Decisionmakers, APA Foundation Executive Director Rawle Andrews, Jr, Esq, and Local Experts



Minnesota Psychiatric Society

Join us Friday, March 15, 2024
5:30 – 7:30 pm

MPS Residents Caucus Emerging Leaders Forum Event



Join us for this special gathering featuring Rawle Andrews, Jr., Esq., American Psychiatric Association Foundation Executive Director!

Mr. Andrews is visiting Minnesota to keynote our 2024 Spring Meetings. He oversees the APAF Leadership Fellowships and has generously agreed to spend Friday evening in Minnesota specifically to connect with Minnesota trainees.

This informal event is hosted by the MPS Council – including a catered buffet dinner and beverages from Under Pressure Brewing & Blendery.

Under Pressure Brewing & Blendery

8806 7th Avenue North, Golden Valley, MN 55427
(We have booked a room for our private event.) [Website](#)

All that's missing is you!  

Join fellow trainees and early career psychiatrists for this special event! The MPS Council invites you to attend as our guests for dinner, beverages and socializing.

RSVP to Linda Vukelich: 651-378-4241 / L.Vukelich@comcast.net and for information or to find the group.

Minnesota Psychiatric Society Spring Meetings

Psychiatry 2024: Choosing an Innovative Path

Saturday, March 16, 2024
7:30am-4:30pm – Educational Program • 5:00-8:30pm – Recognition Dinner

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

REGISTRATION OPEN – [CLICK HERE TO REGISTER](#)

Keynote: Rawle Andrews, Jr., Esq., American Psychiatric Association Foundation Executive Director
"Finding Peace of Mind in Dynamic Times: Acknowledging, Coping with, and Treating Invisible Injuries in the Digital Age"



POSTER SESSION – Submissions welcome!
Medical students, residents, fellows, psychiatrists, and junior faculty are invited to submit poster proposals. Monetary prizes will be awarded.
Deadline – February 29, 2024 [Click here to submit a poster](#)

Jointly provided by the American Psychiatric Association and the Minnesota Psychiatric Society

Psychiatry 2024: Choosing an Innovative Path

The journey to and through a career in psychiatry is one filled with joys and sorrows, challenges, and surprises. How do we find work/life balance given the frantic pace of change in medicine and society? And how do we guide our patients in choosing their best path to health?

Join us on Saturday, March 16!

February 28, 2024!

MMA Physicians' Day at the Capitol
MPS Advocacy Training and Lunch



Physicians and physicians-in-training from across the state will don white coats and gather again in person at the state Capitol to advocate on behalf of medicine.


[Register here](#)

Minnesota Psychiatric Society hosted morning events:

- 11:30 am – 12:45 pm
- Minnesota State Capitol Building, Conference Room G20A
75 Rev. Dr. Martin Luther King Jr Blvd, St Paul, MN
- Advocacy Training & MPS Legislative Priorities Review
Presenters: Michael Trangle, MD, DLFAPA & MPS Legislative Consultant Bill Amberg, JD
 - [Position Paper on Policy](#)
 - [Collaborative Care Model Talking Points](#)
- Lunch hosted by MPS

Call (651-378-4241) or email (L.Vukelich@gmail.com) Linda Vukelich to register and for more information about MPS morning events. Register for MMA afternoon events [CLICK](#)

Start Mental Health Day on the Hill with MPS!



Connect with other psychiatry participants for breakfast

Peddler's Pub Restaurant
Radisson Hotel St Paul Downtown
161 St Anthony Ave, St Paul, MN
(Formerly the Kelly Inn. Across the street from the Capitol Complex)

Thursday, March 9, 2023 8:00am - 9:30am

MPS Advocacy Training Breakfast guests are welcome to park at the hotel for the rest of the day at no charge.

RSVP to Linda Vukelich - LMVukelich@gmail.com / 651-278-4241



Dionne Hart, MD, DFAPA wins Area 4 Representative Position on the APA Board of Trustees!



Congratulations, Dr. Hart!

Here is Dr. Hart's Platform and Candidate information.

As a social worker, I worked with families challenged by poverty, abuse, housing and food insecurity, and health disparities. They were in survival mode. I was unaware that these issues were known as social determinants of health, or efforts to speak on their behalf was advocacy.

Yet, it was advocacy for them that led me to medical school. Medical school was difficult as I lacked mentors and lost my rock, my father. I found myself in the same survival mode as my former clients. It was not until residency at Mayo Clinic that I had the resources and opportunities to thrive through mentorship. At Mayo Clinic, I gained skills to advocate for underserved patients.

A naturally avoidant person, I enjoyed caucusing, providing testimony, and word-smithing resolutions. When applying for academic promotion, I was asked to provide a list of authored resolutions. The request caused me to pause because I had never compiled such a list. For each policy or position statement, I focused on improving patient outcomes, not garnering credit. I compiled the list then returned to work.

My life's work is advocating for underserved populations, including minoritized and rural communities and those involved with criminal justice systems. These activities have sustained me. It is not an exaggeration to say that my career in corrections would have been impossible without my engagement in organized medicine.

What is your most important achievement? Recently, the APA has sought to remove barriers to achieve health equity and end systemic racism within the APA and psychiatric treatment. External influences and internal challenges risk the sustainability and progression of these efforts. It is my earnest desire to influence the APA's future strategies to maintain these gains by performing outreach to communities like my adopted rural home and to seek efforts to end the status of correctional facilities as America's largest mental health providers.

Where does the profession of psychiatry need to be in five years? In five years, the APA and APAF, psychiatry must lead efforts to increase awareness and understanding among both

the public and within the House of Medicine that mental health is health, the criminalization of severe mental illness is unethical and unacceptable, preventive mental health care saves lives and preserves function, and physician led teams are the gold standard for achieving the best patient outcomes. Now and five years and beyond, it is essential that the APA prioritize educating the public and our patients to integrate preventive health into the practice of psychiatry, improve health care access and outcomes, and draft model legislation and policies that prioritize parity, equity and high quality mental health care.

What is something about you most people don't know? Most people do not know that I aspired to be a physician and a dancer. From age five, I studied ballet. I dreamt of performing with Debbie Allen. I could hear her say, "...And right here's where you start paying in sweat." Every weekend without fail, I'd choreograph new dance routines. The reality is that I lacked the talent to become a professional dancer; however, there are moments when the right beat hits my soul, my feet begin to tap, and soon I'm dancing. Nowadays, it's not Debbie Allen's voice that pops up in my head but my embarrassed children saying, "She's dancing again." And that's okay because, now and then it feels good to dance like no one, especially judgmental children, are watching.

Biographical information:

- Co-President, Zumbro Valley Medical Society, Rochester, MN 2016-2022; Adjunct Assistant Professor of Psychiatry, Mayo Clinic Graduate School of Medicine and Science, 2014-present;
- Chair, American Medical Association Minority Affairs Section, 2009-2016;
- Chair, APA Assembly Committee on Public and Community Psychiatry, 2019-present
- Member, APA Council on Government Relations and Advocacy, 2019-present.

Professional Activities:

- 5% - Mayo Clinic Alix School of Medicine, Admissions Executive Committee
- 80% - Clinical care:
- 50% Chief of Psychiatry at a correctional medical center,

Continued on page 9



Promoting Wider Use of and Access to Clozapine for Treatment-Resistant Psychosis

NAMI Ramsey County

Clozapine is recognized as the gold-standard for treatment-resistant schizophrenia disorders which comprise approximately 20-30% of all individuals with these diseases. Yet, in Minnesota less than 5% of these individuals are prescribed clozapine. (The Clozapine Handbook, 2020)

Our mission at NAMI Ramsey County is to support, educate and advocate for people in our community living with mental illnesses as well as their family and friends. This includes partnering to advocate for wider use and access to clozapine which continues to be underutilized in our state even though it is approved for use in treatment-resistant schizophrenia after failing two antipsychotics or where there is risk of suicide. Research shows that clozapine offers superior efficacy with the lowest all-cause mortality among antipsychotic medications as well as other advantages. Family members with loved ones receiving treatment with clozapine report positive, often life-altering, and in some cases, life-saving impacts, supporting meaningful recovery while reducing the risk of relapse and substance use.

In order to increase awareness of this highly-effective medication, NAMI Ramsey County sponsored an educational webinar last spring featuring experts from the CURESZ Foundation and the University of Minnesota as well as panelists from NAMI Ramsey and Team Daniel. <https://my.nicheacademy.com/rcladult/course/61057/lesson/174423>

This year we will expand our website to include information on clozapine and resources for individuals and families.

One of the main obstacles encountered by families is how difficult it is to locate a provider who will prescribe clozapine. Although there are a few national websites that maintain a clozapine provider list, only a couple of psychiatrists in Minnesota are included, so families are left to make countless phone calls or hope that through word-of-mouth they can find someone to help. In order to begin addressing this issue, NAMI Ramsey County is excited to work with MPS to identify clozapine prescribers within the FastTrack system, so in the future, families will be able to use this helpful tool to quickly search for clozapine providers.

As we move forward with this effort, we welcome your input. Please email your comments on barriers and solutions to increasing the rate of clozapine use in Minnesota to namiramseycounty@namimn.org.

We look forward to hearing from you. Together we can make a difference! ■

Dionne Hart Wins Area 4 Rep on APA BOT

Continued from page 8

- 30% providing psychiatric services within an emergency department in Minnesota's busiest trauma center, 10% state operated behavioral hospital and 10% on-call acute withdrawal management center
- 10% organized medicine
- 5% Administrative duties

Professional Income:

- 8% Minnesota state
- 57% US Department of Justice
- 30% Hennepin Healthcare hospital
- 5% Zumbro Valley Health Care

We have full confidence that Dr. Hart will do an amazing job! ■



CALENDAR

February 28, 2024, 11:30am-mid afternoon
MMA Physicians Day at the Capitol & MPS Advocacy Training Capitol, Capitol Bldg, (MPS Training & Lunch - Rm G20A. 11:30am-12:45pm, MMA Events 1pm, St Paul, MN Email Linda (LMVukelich@gmail.com) or call/text 651-278-4241

March 7, 2024, 8-9:30am
MPS Advocacy Training Breakfast - Peddler's Pub Restaurant, Radisson Hotel St Paul Downtown, 161 St Anthony Ave, St Paul, MN Email Linda (LMVukelich@gmail.com) or call/text 651-278-4241 to RSVP. Park at the hotel for the day.

March 7, 2023, 10:30am-5pm
MHLN Day on the Hill - Briefing, Rally & Legislator visits, St Paul, MN Contact Linda (651-278-4241) to connect with MPS groups and for help that day.

March 15, 2024, 5:30-7:30pm
MPS Residents Caucus Emerging Leaders Forum Event Under Pressure Brewing, Golden Valley Go to www.MnPsychSoc.org, or contact Linda Vukelich for more information, L.Vukelich@comcast.net, 651-278-4241

March 16, 2024, 7:30am-8:30pm
MPS Spring Meetings, Psychiatry 2024: Choosing an Innovative Path Minneapolis Golf Club, St Louis Park, MN Go to www.MnPsychSoc.org, or contact Linda Vukelich for more information, L.Vukelich@comcast.net, 651-278-4241

May 4-8, 2024
APA Annual Meeting, NYC, NY Registration open Watch for MPS Get-together at the APA event information coming soon

For more calendar updates, go to mnpsychsoc.org, Events tab



Call Linda 651-278-4241 to register or for more information.



Choices Psychotherapy

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- Schedule: 3-5 days a week, flexible hours
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- Collaborative Environment: Work with a team of dedicated professionals
- Growth Opportunities: Be part of a dynamic team

Resumes/inquiries can be directed to:

Susan Davis

sdavis@choicespsychotherapy.net

952.544.6806 | choicespsychotherapy.net