

PSYCHIATRIST

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Newsletter of the Southern California Psychiatric Society

President's Column

Aloha

Mary Ann Schaepper, M.D.



Aloha! I still feel the soft, warm breezes of Hawaii which during this year's American Psychiatric Association (APA) Annual Meeting reminded me of the meaning of *Aloha*: *Hello, goodbye, affection, love, peace, compassion and mercy.* *Aloha* is exactly what I want to express in this first newsletter. There are always good-byes. As Residency Program Director each June I am faced with saying good-bye to senior residents whom I have learned to appreciate. This sending off is made easier knowing they are welcomed by you as colleagues into our profession. We say *Aloha* to the interns bringing their dreams and new energy.

An important good-bye I would like to express to my colleague, Kathleen Moreno, MD whom I follow as president. I want to thank her for her thoughtful, personal and visionary leadership this past year. I especially appreciated her challenge the de-stigmatization of mental illness begins with us, which she left as a legacy at the April Installation of Officers meeting. I want to thank Robert Burchuk, MD for his service as Chair of the Managed Care Committee. His constant attention and incredible knowledge has supported us to adjust to rapid changes in these past years. Rod Shaner, MD's leadership as Chair of Public Psychiatry Committee kept us abreast of the ongoing public policy changes for which we are grateful to him. A special thank you is deserved by our outgoing officers, committee chairs and councilors for their sustained service to our society.

Aloha also brings hello. This year we are faced with challenges in mental health funding, parity, scope of practice, managed care push back especially to psychiatrists offering psychotherapy, new regulations in the initial boarding of residents, and even more important to our membership requirements for maintenance of certification (MOC) to remain boarded. Did I mention membership? The opportunities for our members and society to continue to be the effective, contributing, and inspiring force for our patients and the profession are limitless.

Yesterday an adolescent patient, let's call him John, called to tell our intensive outpatient team that he graduated from high school. We were thrilled! We remembered his desperate suicide attempt of drinking bleach, his complete hopelessness, disconnection from family/peers, and slow cognitive skills. He beat all odds! This young man received personal attention and comprehensive emergency treatment, pharmacotherapy, family and group therapy, parent education and psycho-educational testing. What his connected team created is a miracle! We all share in these competencies provided we stay connected and share our skills and commitment to our patients. SCPS is foundational for this level of patient advocacy, human connection, participation in pertinent societies, engagement in professional mentorship and education. Please take a moment and look at our website listing of committees you can join. Government Affairs, Public Psychiatry, Early Career Psychiatry, Education,

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Gay/Lesbian/Bisexual/Transgender, Women's, Disaster Response Committee are only a few to choose from. I am excited to work with you this year. Come join us at Council. Walk with us at the NAMI walk. Speak up for our patients and profession. We welcome your questions, interests, and active participation. I see what we, as a group of innovative, committed, and thoughtful psychiatrists, create for our patients, communities, and for our future. *Aloha.*

CDs and the syllabus from the Psychopharmacology Update 22 are available for sale.

Genetics and Psychiatry: What, Why and How? - Sheldon H. Preskorn, M.D.

Identifying and Managing Recurrent Mood Disorders - Frederick K. Goodwin, M.D.

The Use of Psilocybin in Psychiatry: An Experimental Model in Advanced-Stage Cancer Patients with Anxiety - Charles S. Grob, M.D.

Advances in the Treatment of Children and Adolescents with Bipolar Disorder - Kiki Chang, M.D.

Update on the Treatment of Schizophrenia - Stephen R. Marder, M.D.

Please click here for more information:

<http://www.socalpsych.org/Psych22-CDform.pdf>

SCPS has a Walk Team for the Los Angeles NAMIWalk 2011, which will be held at the Third Street Promenade on October 1, 2011. You can join the team as a walker or make a donation to the team. We will also have cool team T-shirts!! (\$15.75)

To see the team page:

www.nami.org/namiwalks11/LOS/scps

At the team page you can join as a walker. To make a donation, you have to do it through a walker's page. So far, I am the only walker listed on the team page. My page is:

www.nami.org/namiwalks11/LOS/mindi

It would be great if we could have a robust team to support NAMI.

Letter from the Editor

Six Down, One Hung Up and None Completely Dead

Colleen Copelan, M.D.



I am talking about most recent crop of psychology bills in seven states.

Since Hawaii 1985, a generation of psychologists across the nation—supported by their APA—have been pushing state legislatures to eliminate medical education as a requirement for pro-

viding medical care to people with mental illness. They argue that “medications” may simply be considered as another set of tools in the psychotherapy tool bag. And it’s their bag.

This year, 7 state legislatures got the psychological treatment but none have succumbed. In six states the bills failed, at least for this year, and in one state—Oregon—the bill languishes in committee, where it may yet be re-

vived. Oregon psychologists tried last year too.

It’s Wack-A-Mole. Remember that arcade game where the moles pop up and you wack ‘em back down as quick as you can? They never really die. They pop up somewhere else. Next year, some other state.

Keep your stick at hand.
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Pharmacology Research Institute [PRI], with offices in Los Alamitos, Newport Beach and Encino, has a part-time/consultative position available for a board-certified psychiatrist in **Los Alamitos**. Appropriate candidate should have a substantive interest in research, patient care and the chemical aspects of psychiatry. The physician will function as a co-investigator on clinical studies from which data are submitted to the FDA for review. An excellent opportunity for a psychiatrist who wishes to augment the responsibilities of private practice or an institutional affiliation (i.e., University, V.A. or private health care facility), by being on “the leading edge”! There is also an option to see private patients on site at PRI before and/or after the designated physician time for research patients. For consideration, please submit your C.V. or resume in confidence to:

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How to Help Tornado Survivors in Joplin, Mo. or Other States

To help manage the generous outpouring of support for Joplin, Mo., tornado survivors, disaster recovery experts have established some simple ways to help, whether volunteering or making donations.

Along with our partners at the Missouri Voluntary Organizations Active in Disaster, here are some specific ways to help those impacted by the recent storms and tornadoes.

Donate or Volunteer

The Missouri State Emergency Management Agency has established a web portal to coordinate donations and volunteers. Keep in mind that cash is the preferred method because it offers voluntary agencies the most flexibility in obtaining the most-needed resources and pumps money into the local economy to help businesses recover as well.

Those in Missouri can also call 2-1-1 in most areas for information on volunteering their time or making a donation. This 2-1-1 service, operated by the United Way, is available through much of Missouri. For those who are out of state or unable to get through on 2-1-1, call 1-800-427-4626. Those with medical skills interested in volunteering can go online at www.showmeresponse.org.

Remember, unsolicited donated goods such as used clothing, miscellaneous household items, and mixed or perishable foodstuffs require helping agencies to redirect valuable resources away from providing services to sort, package, transport, warehouse, and distribute items that may not meet the needs of disaster survivors.

Sheltering

Missourians who need disaster information, shelter information or referrals are urged to call 2-1-1, or 800-427-4626, or go to www.redcross.org for a list of open shelters. For individuals with a hearing loss, call 7-1-1 or use Video Relay Service to reach 2-1-1 or 800-427-4626.

Helping survivors in other states

For those who have been affected in Minnesota or other states outside Missouri or those who want to help can visit www.fema.gov/howtohelp.

Other Resources

If you or someone you know is looking for a friend or relative who may have been affected the storms, visit www.Redcross.org/safeandwell.

U.S. Department of Homeland Security
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A Center of the White House Office of Faith-based & Neighborhood Partnerships
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On June 1, 2011, the Southern California Psychiatric Society San Fernando valley Region and the Southern California Society of Child and Adolescent Psychiatry held a joint meeting at the beautiful home of William Arroyo, M.D., and his partner Marc. The meeting was called, "Schizophrenia: Challenges from Childhood through Early Adulthood." Rochelle Caplan, M.D., aroused a lively discussion about diagnosing schizophrenia in children. Stephen Marder, M.D. led a informative discussion about the holistic treatment of schizophrenia in early adults with the take-home message that with the right care, patients with schizophrenia can have quality of life; they are not "schizophrenic," but bear the burden of maintaining their illness. Here are some photos from the meeting.



Attendees Mingle Before Meeting.



Attendees Enjoyed Chinese Food Before Talks.



Rochelle Caplan, M.D. Leads Lively Discussion.



Stephen Marder, M.D. Discusses Schizophrenia in Early Adulthood.

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SCPS Welcomes the Following New or Reinstating Members

Zoe Aron, M.D.
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Jennifer Ferrer, M.D.
Mehera Halliwell, M.D.
John Jimenez, M.D.
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and select the link for the American Psychiatric Association members.

Items of Interest:

SCPS will have a walkteam at the 2011 LA NAMIWalk. See page 2 for more info.

SCPS Program Committee is planning a meeting on: "Technology, Psychiatrists and Professionalism," scheduled for Saturday, October 29, 2011.

SCPS Program Committee is already planning its 23rd annual Psychopharmacology Update, scheduled for Saturday, January 38, 2012.

SCPS leadership hosted a dinner for the presidents from the southern California NAMI affiliates on June 2, 2011. Many common goals and concerns were discussed and the two organizations look forward to future collaborations.

The first Council meeting of the 2011-2012 term is June 9, 2012.

SCPS will be applying for a "Competitive Grant" from the APA to assist with recruitment activities.

SCPS is working on a recruitment video for its website.

2012 dues statements will be mailed October 3, 2011.

The Women's Committee will be planning its next High Tea for October 2011 and it will be held in the San Fernando valley.

There will be no August newsletter.

SCPS Council and Newsletter Committee wish you a happy, healthy summer.



Psychiatrists Wanted

Join Team OPI
and build
your career
as a
Psychiatrist

Optimum Performance Institute, a leading young adult independent living facility, is seeking a dynamic team oriented psychiatrist to work with OPI's professional staff in serving young adults ages 17-28 to provide psychotropic medical evaluations and continuing follow up and care to OPI residents. The position provides the opportunity to participate in a multidisciplinary treatment model. Email curriculum vitae and hourly rates to tblaine@opiliving.com. Visit www.opiliving.com to learn about OPI. No phone calls please.

Woodland Hills,
California

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