



Orange County Psychiatric Society

DISTRICT BRANCH OF THE AMERICAN PSYCHIATRIC ASSOCIATION

January 2017 Newsletter

OCPS EXECUTIVE COUNCIL ROSTER (2016-2018)

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PRESIDENT'S REPORT

Yujuan Choy, M.D.



We had a very productive Council Retreat followed by the Fall Social on November 19th 2016 at Dr. Bota's residence. I am grateful to Dr. Bota for hosting both events at his beautiful home. Approximately twenty Council members and committee leaders attended the retreat. During the retreat, we reviewed the mission of OCPS (available at www.OCPS.org). Keeping the mission in mind, we came up with the following goals for the next two years:

-Advocacy work: on a local level, the Government Affairs committee plans to work with the Orange County Board of Supervisors, and collaborate with other patient advocacy groups on promoting legislation that has real impact on residents of Orange County.

-Boost Public Affairs efforts: public Affairs committee plans to increase OCPS visibility through the use of promotional items, establishing the OCPS Speaker's Bureau, and keeping a strong presence at the Mental Health Association and other community events. Look out for calls for volunteers to join us in these efforts in the coming year.

-Membership Recruitment: the committee discussed recruitment and retention of membership, including ways to encourage fourth year residents to continue OCPS membership after graduation. The goal is to increase our membership total to 300.

-Educational Events: OCPS is one of the most active district branches in California and holds many events for our members. We will continue to provide great events in the upcoming years. It would be helpful to hear from members as to what programs or events will keep them coming to OCPS.

I want to take this opportunity to thank my colleagues at OCPS for working together to fulfill the mission of OCPS in the aforementioned goals. I would also like to welcome Dr. Anish Dube, our new Public Affairs Chair, who will join us in this endeavor.

Now more than ever, it is important for our profession and our organization to make our voices heard. The stronger we are as a district branch, the more impact we can make on a local, state and national level.

On December 13th, 2016, President Obama signed the 21st Century Cures Act into law. This package of legislation is the largest health reform bill since the Affordable Care Act. The bill includes several important provisions that consolidate mental health resources, address shortage of clinicians in the mental health field, and increase accountability for mental health parity. There will also be a newly established chief medical officer within the Mental Health Services Administration (SAMHSA), which ensures that an administrator with clinical experience heads this

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important agency. It will be exciting to see how this bill will be implemented over time, and improve quality of care for our patients.

With the change in administration on January 20th, 2017, there is a possibility of the repeal of the Affordable Care Act. Under the Affordable Care Act, California expanded Medi-Cal to many low-income individuals under the age of 65 who were previously ineligible for coverage. As of March of 2016, more than 4.7 million Californians have received Medi-Cal benefits. The Affordable Care Act also made it possible for individuals with pre-existing conditions to be eligible for coverage, and children can remain covered under their parent's plan until the age of 26. If the Affordable Care Act is repealed, many individuals with mental illness and substance use disorders will be impacted. California legislation will likely introduce many new bills that will affect mental health coverage. Therefore, it is especially important that OCPS works closely with CPA this coming year to advocate for access and quality mental health care for our patients. In the recent CPA Council Meeting on December 3rd, 2016, it was evident that all district branches have the same mission.

The CPA Advocacy Day this year is scheduled for April 3rd, 2017 in Sacramento. OCPS has always been involved in CPA Advocacy Day and encourages residents to be exposed to advocacy work early in their training. As a result, we usually have strong representation of Orange County psychiatry residents during CPA Advocacy Day. OCPS is committed to continuing this trend. In 2014, OCPS established the annual OCPS William Callahan, M.D. Memorial Advocacy Award in memory of Dr. Callahan. This award pays all expenses for one psychiatry resident to attend the CPA Advocacy Day. This year, we also earmarked funds to support additional residents who would like to participate in Advocacy Day. As our funds are limited, I encourage members to consider donating to the OCPS William Callahan, M.D. Memorial Advocacy Award or OCPS general fund to allow us to continue this program. All donations can be made through our website (www.OCPS.org) under the donations page.

Recognizing the importance of nurturing young physicians to become advocates, the Orange County Medical Association has also worked with us this year to sponsor the OCMA William Callahan, M.D. Memorial Advocacy Award. This award will be given to one medical resident to attend the CMA Advocacy Day in Sacramento on April 18, 2017.

That is all for now. I wish you a Healthy and Happy New Year.

Sincerely,

Yujuan Choy, MD
President
Orange County Psychiatric Society

MEMBER SPOTLIGHT

Jonathan Serrato, M.D.



We would like to recognize **Hank Lai, MD** in this issue's Member Spotlight for all of his accomplishments and hard work both in and out of residency. He is currently a resident fellow member of OCPS. He graduated from the University of California, Berkeley with a bachelor's in Molecular Cellular Biology in 2008 and from medical school at Albany Medical College in 2014. He is currently a third year psychiatry resident at the University of California, Irvine Medical Center.

Although young in his professional career, Dr. Lai has already accumulated a vast amount of experience in leadership. He has served as a Resident Training Committee Class Representative and Graduate Medical Education Committee Representative. In the past he has been the UCI Psychiatry Residency Program IT Chair and UCI Psychiatry Residency Recruitment Co-Chair.

Dr. Lai has also demonstrated leadership within OCPS. He has been a member OCPS since 2014. He quickly became involved with the OCPS Public Affairs and Governmental Affairs Committee. Over these past few years, Dr. Lai has further developed a passion for advocacy. He was awarded the OCPS William Callahan, M.D. Memorial Advocacy Award in 2016 because of his passion for advocating for many who suffer with severe mental illness who are otherwise unable to represent themselves fully. While realizing that mental health involves the state of patients' physical and emotional wellbeing as well as their environment, Dr. Lai advocated for and succeeded in helping to implement changes to how psychiatric patients are evaluated in the emergency department. This resulted in decreased wait times in the ER for these patients. As part of the William Callahan, MD Advocacy Award, he then worked with Randall Hagar from the California Psychiatric Association to discuss with State Assembly Representatives key mental health legislation at the 2016 CPA Advocacy Day in Sacramento.

Additionally, Dr. Lai was awarded a scholarship in 2011 to experience the Betty Ford Center's model of substance abuse rehabilitation where he gained insight into the bio-psycho-social-spiritual model of addiction treatment. In 2013, he also received the APA HIV Psychiatry Fellowship. He was awarded a scholarship with a one-month elective at Zinberg HIV Clinic in Cambridge Health Alliance, Cambridge MA.

Aside from being a strong advocate for his patients, Dr. Lai enjoys engaging in an active lifestyle and traveling the world, most recently London, New Zealand, Fiji, Norway, and Thailand. Thank you, Dr. Lai, for your commitment to excellence in organized psychiatry and for being a strong advocate for our patients.

UPCOMING EVENTS

Residents are invited to: **Exploring Career Paths In Psychiatry:**
El Torito Restaurant in Orange, CA, Tuesday, Jan 31, 2017, 6:15pm.

Education Event: What A Psychiatrist Should Know About Sleep:
with Dr. Ruth Benca, OCMA Building, March 28, 2017, 6:30pm.

November 2016

Dr. Saul Levin (APA Medical Director and CEO) presented his report. The White House Task Force on Mental Health Parity heard testimony from several leaders and members of the APA, who voiced concerns and ideas to ensure full implementation of the law. Current initiatives include: health plan network adequacy, funding to audit health plans, public reporting on parity investigations, and producing a consumer guide to disclosure rights. APA is making MACRA implementation for Medicare providers as user-friendly as possible. This includes reporting exemptions for practices treating less than 100 Medicare beneficiaries, decreasing and making reporting requirements more flexible, and developing a registry – called PsychPRO – to facilitate MACRA reporting for members. As a result of the national election and the rapidly changing political climate, Dr. Levin encourages members who can advise the president-elect and newly elected members of Congress to reach out to their transitional teams.

This year's Assembly agenda placed greater priority on meeting time for Workgroups. Psychiatric Diagnosis and DSM – Efforts to harmonize DSM and ICD-10CM continue, as does efforts to evolve the DSM into a “living document. The long awaited DSM portal website to accept suggestions and recommendations for future changes should be available in a matter of weeks. The Access to Care task force has evolved into a standing committee of the Assembly. Initiatives include fostering better communication between APA and its constituent DBs/SAs to support state and local efforts at expanding access to care. Much of the time at this committee meeting was spent listening to stories from members throughout the country who face access to care issues because of workforce shortages.

President-elect Anita Everett, M.D. outlined her agenda of initiatives for her upcoming presidency, including increasing access to psychiatric care through new models of care such as working collaboratively with other providers and/or creating integrated models. Other key issues will be addressing physician burnout and improving resilience.

Among the more notable Actions taken during this session, the Assembly voted to:

- Approve (on consent) proposed APA Position Statements on Out-of-Network Restriction of Psychiatrists, Location of Civil Commitment Hearings, Mental Health and Climate Change;
- Approve the improved communication between outpatient and inpatient (hospitalist) physicians;
- Explore (with AMA) models for single payer and universal healthcare access delivery;
- Ensure privacy of protected health information in access of PDMP databases by law enforcement;
- Urge APA develop Position Statements on Screening and Treatment of MH Disorders during Pregnancy and Post-Partum and increase Parity of MH Care for persons with Intellectual and Developmental Disabilities;
- Urge APA to improve liaison between APA fellowship applicants and recipients and their local DBs;
- Urge APA to support smart-gun technology as part of an effort to reduce gun violence as a public health concern;
- Urge APA to advocate for improved quality and access to medical and psychiatric care in correctional and institutional settings;
- Urge the APA to collaborate with other state and national groups to combat the consequences of childhood poverty and to end this public health problem; Approve the proposed Position Statement opposing Psychiatrist prescribing or administering any euthanizing intervention to a non-terminally ill person.
- Refer a Position Statement on Confidentiality of Medical Records of Physicians who have previously been in treatment back to JRC for revision to address practices of state Medical Boards publically posting such information on their websites. (This last position statement helps protect physicians who have received inpatient treatment from having their entire medical file posted on line in some states.)

ETHICS CORNER

Julie J Giglio, MD, FAPA

In November, 2016, I attended the APA Ethics 2-day workshop in Washington DC. It included a lecture by Glen Gabbard, MD, Colleen Coyle, JD (APA attorney), and Ezra Griffith MD (APA Ethics Committee Chair) and Anita Everett (APA President-Elect). In addition to enjoying the beautiful Fall colors of the East Coast, I learned a great deal and feel better prepared to lead our own Ethics Committee!

At the workshop, they stressed that it is important to protect our APA members from improper complaints. Medical Boards are punitive enough without us duplicating their investigations. Therefore we should protect our physicians by following all the rules set forth by the APA to process a complaint, including assessing its legitimacy to go forward. I really liked this emphasis, because our committee members have expressed a desire to be a more POSITIVE resource to our members, not adversarial. We will keep answering your questions and educating as we are able. In this corner going forward, I will review ethical principles, one by one, and attempt to bring out relevant and current cases/questions for each one.

Another lecture stressed that there are many new ethical issues arising from internet and social media communication. It is advised to keep doctor-patient communications via the internet or texting to a minimum, as confidentiality breaches are much more likely, and of course we are hearing about hacking incidents in the news quite often. New ethical issues are arising over complex systems of care (ACOs, etc) with regards to privacy and authorization. Rules are way behind clinical practice. Be cautious!

It was made clear at the meeting that many of the ethical issues that arise are not black and white and must be sorted out for each unique occasion. Although there are rules and guidelines, each situation brings new details which may warrant changes in our thinking. Our OCPS Ethics Committee met this past week in January, and we look forward to your questions!

Government Affairs Committee

Andia Turner, MD

The Government Affairs Committee has had an active month! At our last meeting, a representative from NAMI-OC joined us, and an extensive discussion was had regarding the availability of mental health beds in Orange County. As some may already be aware, Fairview (a licensed state mental health and developmental disability center in Costa Mesa) is scheduled to be closed by 2021. With the continued shortage of psychiatric beds in Orange County, this will have a large impact on our community. In its place, NAMI is proposing a wraparound service that will offer evaluation, treatment, and post-acute care, with supportive housing and family psychoeducation. This is a proposal that the Government Affairs Committee, and OCPS, strongly supports. This proposal is in its early stages and we will continue to post updates in the newsletter as it progresses.

OCPS WOMEN'S FORUM

Michelle Park, MD.

The Women's Forum met for our 2nd annual Fall Social on October 17, 2016 to reconnect, network, and plan for next year's activities. For the first time in our brief history, OCMA members were invited to attend and we plan on opening up selected events in the future to other physician groups in Orange County to further encourage networking for our members with other women physicians. The meeting was spent discussing elements of prior events that we would like to replicate, including the opportunity for education in an informal setting and creating a community of women physicians with generational and career diversity. Future topics will include negotiation and work-life balance, which is a recurrent compelling theme for our participants. We also discussed ideas for future events and reviewed the types of events that other women's groups are holding at other district branches, so watch out for new activities in 2017! Our last event was on Work-life balance-wellness and self care. The Women's Forum committee members wish all of the members of OCPS a Happy New Year!



Organizers:

Dr. Yujuan Choy
Stephanie Lei
Michelle Park
Laura Lai

RESIDENTS CORNER

Shyna Yin, M.D., Evita Rocha, M.D., and Jonathan Serrato, M.D.

From the resident's corner, we have been able to launch the Extra Mile Award due to support from OCPS and the APA with the first recipients of this award being Sarah Wied, Grace Lynn, Daniel Kirsten, and Sean Comeau. Each of these recipients have either been resident or attending physician selected for outstanding patient care, demonstration of strong teamwork, or exemplary effort in their duties. We have also made strong headway in our Serenity Room, where it is near completion again thanks to the support of OCPS and the APA. This space is dedicated to fostering wellness and spiritual support through the use of mindfulness, meditation, and other methods.

We completed the interview season at UCI and are thrilled to see who will comprise next year's class given the strong applicants we've been privileged to interview and encounter. Many of the fourth years are starting to think deeply about their plans for the coming year and those applying for Child and Adolescent fellowships all matched. UCI expanded its Child and Adolescent program to 4 fellows per year and had a successful match. This holiday season, residents also volunteered at Orangewood Children and Family Center to help brighten the spirits of the children present there. Above all, we in the UCI residency program are grateful for the educational and leadership opportunities and support we have received from OCPS, having been inspired by events such as Dark Side of the Moon. The message of this film helps strengthen our resolve for advocacy, addresses stigma, and improves the quality of care we provide to our patients.



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