



# Orange County Psychiatric Society

DISTRICT BRANCH OF THE AMERICAN PSYCHIATRIC ASSOCIATION

## NOVEMBER 2016 Newsletter

### OCPS Executive Council Roster (2016-2018)

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##### EARLY CAREER PSYCHIATRIST

Brian Maser, M.D.

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Resident Fellow Rep

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Emily Yee, M.D.

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Amanda Suzuki, M.D.

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Julie Giglio, M.D.

##### INFORMATION TECHNOLOGY

Anthony M. Kassir, M.D.

##### COUNCIL ADVISOR

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##### WOMEN'S FORUM

Michelle Park, M.D., Laura Lai, M.D.

Stephanie Lei, M.D., Yujuan Choy, M.D.

##### SPORTS PSYCHIATRY

Matthew Koury, M.D.

## PRESIDENT'S REPORT

By: Yujuan Choy, M.D.

On September 2<sup>nd</sup>, 2016, Richard Granese, M.D., resigned from his position as OCPS President.

I am saddened by Richard's resignation as I have worked closely with him over the past two years on the Executive Committee as the Secretary when he was then President-Elect. I have grown to respect him as a leader, appreciate his openness and honesty as a team member, and admire his passion for access to care. Although I will miss working with Richard on the Executive Committee, I am glad that he will remain active in OCPS as a member of the OCPS Government Affairs Committee, Chair of the Access to Care Committee, the APA Assembly Representative, and Co-Chair of a newly formed CPA Substance Use Disorder and Addiction Committee.



At the Council meeting on September 13<sup>th</sup>, 2016, the Council reviewed Chapter 5.2 of the OCPS bylaws that pertains to the resignation of the President:

*A vacancy in the office of President which occurs prior to the expiration of the incumbent's term of office shall be filled by the President-Elect, who shall complete the unexpired term and then shall serve the term as President for which he or she was elected. If the office of President-Elect becomes vacant prior to the expiration of an incumbent's term of office, the Council shall promptly hold a special election wherein the voting members of the Society shall elect a person to fill the vacancy for the unexpired term of office.*

The Council accepted Richard's resignation, and passed a motion for me to succeed as President, as dictated by our bylaws. I will be completing Richard's term of presidency, then serve the term for which I was elected from 2018 to 2020. I am confident that with the support of the Executive Committee, the Council, and the membership, I will be able to fulfill the mission of OCPS in my new role as President.

The Council then deliberated on options regarding the now vacant President-Elect position. The Council passed a motion to hold a special election before the next general election. Over the next few months, I will be forming a Nominating Committee to assist with identifying qualified candidates to present to membership. If you have any thoughts about potential candidates or are interested in running for the President-Elect position, please contact me about your interest. I will be sending out calls for nominations in the coming months.

### A few other noteworthy events since the last newsletter in March of 2016:

We welcomed our new Executive Director, Mary Ann Awad. Mary Ann has jumped right into the work and brings new energy to the society.

continued on page 2

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**In This Issue.....page**

President's Message .....	1,2
Addendum.....	2
Early Career Psychiatrist Committee Update.....	3
Education Committee Report .....	3
Assembly Report.....	4
Ethics Corner .....	5
Upcoming Events.....	5
OCPS Women's Forum.....	6
Resident's Corner.....	6
PRMS Psychiatrists Program .....	7
American Professional Agency .....	8

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In an effort to improve communications and to save money and trees, OCPS intends to "go electronic" as much as possible, especially with its communications with its membership. To that end, please provide your E-mail address to Holly in the OCPS office ([happelbaum@ocps.org](mailto:happelbaum@ocps.org)). Starting with this issue, the OCPS Newsletter will be sent to members by E-mail and also will be posted in the "Members Only" section of the OCPS website ([www.ocps.org](http://www.ocps.org)). We appreciate your assistance and cooperation in this effort.

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*President's Report... continued from page 1*

On June 11<sup>th</sup>, 2016, we held our biannual Installation dinner at the Center Club in Costa Mesa to celebrate the installation of the new officers, councilors and elected representatives. The guest speaker, Anthony Hernandez, Executive Director of Transforming Treatable Tragedies, received a standing ovation after sharing a powerful and moving story about his son's struggle with mental illness.

With the start of the new administration, committee chairs have also been appointed. We formed a new Sports Psychiatry Committee. A list of the new officers, councilors and committee chairs are printed in this newsletter. We are fortunate that we have many active past presidents, councilors, committee members and chairs, dedicated residents and active members of OCPS, all of whom make OCPS a distinguished and vibrant organization. There are many exciting events including, a screening of a film on post-partum depression, "Dark Side of the Full Moon," on November 29<sup>th</sup> and the Career Panel in January of 2017. All of these events are posted under "Upcoming Events" on the OCPS website: [www.ocps.org](http://www.ocps.org). If you are interested in joining any of the committees or have ideas for additional OCPS activities, please contact me. I welcome your feedback and suggestions, and I appreciate your involvement.

I am excited about the upcoming year and look forward to serving as your OCPS President.

Sincerely,  
Yujuan Choy, M.D.  
President  
Orange County Psychiatric Society

## Addendum

### A Word from the IT Committee

*Anthony M. Kassir, M.D.*

Have you ever had to miss an interesting educational event? We are now making videotaped events available to view on demand at our website, [www.ocps.org](http://www.ocps.org). To view a video, log in to our Members Only area using your last name and APA member ID number.

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*Orange County Psychiatric Society*

# EARLY CAREER PSYCHIATRIST COMMITTEE UPDATE

*Brian Maser, M.D.*

OCPS has always placed a high value on its youngest members and I am honored to be this year's early career psychiatrist representative. We currently have 49 early career psychiatrist OCPS members! There are many ways in the past that OCPS has promoted involvement amongst early career psychiatrists including our mentoring program with UCI residents set up by David Safani. We have also always maintained a commitment to offering OCPS social and academic events to residents free or at very low cost. Lastly, we host a yearly career panel where residents over dinner engage in a candid discussion with psychiatrists selected to represent all of the major employers in Southern California. Over the years this has been an invaluable resource to residents before their graduation and is in fact where I ultimately decided that I wanted to work for the Department of Veterans Affairs.

Last year's Career Panel event was held at the Catch in Anaheim on Oct 19th and was well attended by 16 residents and a number of recently graduated psychiatrists. This year we are working hard to have even more residents attend our Career Panel which will be held likely in January. Please keep an eye for an updated date and location in the coming weeks and spread the word to any current psychiatry resident and ECP and let them know to email Mary Ann to reserve their spot."

## EDUCATION COMMITTEE REPORT

*Sonya Rasminsky, MD, Education Committee Co-Chair, Emily Yee, MD, Education Committee Co-Chair, Darinka Aragon, MD, Resident Co-Chair and Amanda Suzuki, MD, Resident Co-Chair*

We started the 2016-17 year on August 30, 2016 with a superb presentation by California Psychiatric Association President William Arroyo, MD about California's End of Life Option Act, which went into effect in June. Dr. Arroyo outlined the history of the law, gave us an inside look at CPA's involvement, and provided a practical overview for psychiatrists. A video of the presentation will be available in the "members only" section of the web site.

### Upcoming Events:

On **November 29, 2016**, we will partner with the American Academy of Pediatrics and the Orange County Psychological Association for a screening of *Dark Side of the Full Moon*, a documentary film about postpartum depression. Shoshana Bennett, PhD one of the film's executive producers and a national expert in postpartum mood disorders, will lead a discussion after the film.

All events take place at the **OCMA building**, beginning with dinner at **6:30pm**, followed by the presentation at **7pm**. Events are free for OCPS members.

The APA Assembly Meeting in Atlanta preceded the annual APA meeting this year. The first exciting item I want to call to your attention is the recognition of Dr. Brenda Jensen receiving the Area 6 Assembly award for mentorship for Residents. APA CEO and Medical Director, Dr. Saul Levin reported The APA membership continues to grow and is currently at 36,490 members, the highest point in 13 years.

Interesting Action Papers to mention include: The update to APAs 2009 "Position Statement on Medication Substitutions," Pharmacists would be prohibited from substituting medications with similar mechanisms of action. For example, in Arkansas a pharmacist may substitute Lexapro with Paxil without consulting with the prescribing physician. Another very important Action Paper was "Standards for inpatient Psychiatric Care." Believe it or not but there are no real standards for what groups, services are offered for inpatient psychiatric units throughout the country. This action paper will recommend setting minimum program requirements for inpatient settings. Another Action Paper approved by The APA Assembly will direct the appropriate APA councils to draft another position statement regarding opposing Direct to Consumer advertising.

Dr. Gregory Dalack, Chair of APA Registries Work Group gave a detailed presentation on Staying Current in Quality of Care: Development of a Mental Health Registry. This is a new project on which the APA is embarking for the next year. Among the benefits are a means for providers and health delivery systems to monitor and assess their "value". In practical terms for members, this will facilitate compliance with PQRS under Medicare, fulfill MOC Part 4 credit for PIP data, and generate data for further research. For the APA, this has the potential to generate a new revenue stream, promote investment in the future of the profession, increase membership and member retention, and improve relationships with partner organizations. Other groups have already begun developing these technologies and applications, so it is important for APA to take the lead in this. Some potential concerns include privacy and anonymity of PHI and the slow acceptance of technology and EHR use in psychiatric practices and care settings. Right now, psychiatry as a specialty is lagging far behind other medical specialties and organizations in embracing this. Not surprisingly, this approach was first used by procedural specialties, such as surgery. More information will be forthcoming as this project rolls out.

Dr. Levin discussed the Medicare Access and CHIP Reauthorization Act of 2015 (MACRA) and the new changes for psychiatrists working with Medicare patients and how they will be paid. Congress repealed the sustainable growth rate (SGR) formula. The OCPSMACRA permanently eliminates SGR (and its annual threat of physician payment cuts) and provides positive annual payment updates lasting through 2019. The MACRA is designed to help move toward the goal of paying for value and better care. The Quality Payment Program has two paths, Merit-Based Incentive Payment System (MIPS) and Alternative Payment Models (APMs). MIPS and APMs will go into effect over a timeline from 2015 through 2021 and beyond. For more information on MACRA please refer to the AMA or CMS websites.



# ETHICS CORNER

*Julie Giglio, MD*

As the newly appointed Chair of the OCPS Ethics Committee, I will occasionally submit Ethics comments or questions that may be helpful and of interest to members. Today's Corner is taken from: Opinions of the Ethics Committee on The Principles of Medical Ethics 2016 Edition published by the American Psychiatric Association. It is a compilation of questions that the APA Ethics Committee has received over many years, and their answers to them, grouped in chapters by topic. This is a free reference available to APA members online (but you have to print all 86 pages yourself!).

**Question:** I am opening a new practice and want to put on my website my fees and that I will not be accepting insurances. I will print out claims forms for those peoples who want to submit claims themselves. Is it ethical to list the fees on the website -- in order to be straight-forward and clear?

**Answer:** Clearly stating one's fee and position regarding insurance assignment is consistent with Section 2, Paragraph 5, which advises the explicit establishment of the provisions of the contractual arrangement between patients and psychiatrist. In addition to posting this information on a website, it should also be a part of the contact with each patient. (2012)

The above reference refers to APA The Principles of Medical Ethics with Annotations Especially Applicable to Psychiatry, also available free to members online. Section 2 states: **"A physician shall uphold the standards of professionalism, be honest in all professional interactions and strive to report physicians deficient in character or competence, or engaging in fraud or deception to appropriate entities"**. Paragraph 5 states: **Psychiatric services, like all medical services, are dispensed in the context of a contractual arrangement between the patient and the physician. The provisions of the contractual arrangement, which are binding on the physician as well as on the patient, should be explicitly established."**

Submit your Ethics questions, and the Ethics Committee will attempt to find an answer them in the Ethics Corner!

## UPCOMING EVENTS

### Fall Retreat/Social

Saturday November 19, 2016  
Retreat is at 3-5pm  
Social is 5-8 pm  
at Dr. Robert Bota's Home.

# OCPS WOMEN'S FORUM

By: *Stephanie Lei, M.D.*

July 25, 2016 marked our seventh quarterly Women's Forum. Once again, we came together for a hearty dinner (this time from Panera), good company, and a fascinating discussion about issues pertinent to women in the field of psychiatry. Our topic for this meeting was gender related implicit bias and micro-aggressions in the workplace. As always, we had a range of psychiatrists from all stages of training and career, providing new perspectives. We participated in an interactive exercise to see what implicit gender biases might come into play in hiring practices. The results were surprising! Also discussed: what studies tell us about implicit bias, how micro-aggressions affect both women psychiatrists and our patients with mental illness, and strategies for minimizing these effects.



## Organizers:

Stephanie Lei, M.D.  
Michelle Park, M.D.  
Yujuan Choy, M.D.  
Deena McRae, M.D.  
Laura Lai, M.D.



Attendees



Organizers  
(Drs. Yujuan Choy, Stephanie Lei,  
Michelle Park, and Laura Lai).

## RESIDENTS CORNER

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

OCPS residents continue to be extremely active in the CPA and APA, as Darinka Aragon, R3, won the 2016 election for Resident-Fellow Member Deputy Representative. She is a fantastic addition to CPA Council and the APA Assembly and will further OCPS representation on the state and national level.

At UCI Psychiatry Residency we are settling into this new academic year with everyone transitioning into his or her own new rhythm and role. The R2's are guiding and mentoring the new R1's, with the R1's transitioning to life as a resident and learning how to place orders and complete clinical documentation. The R3's are immersed in the world of outpatient psychiatry with the joys of voicemail and prior authorizations. The R4's are starting to look to the future and consider job prospects for after residency. We look forward to seeing many residents at the OCPS Career Panel on October 25. Some R3's and R4's are currently in the midst of interviewing for fellowships as well. Our very own Pamela Howard, R4, has secured a forensics fellowship at Harvard University! Congratulations to her, but it comes as no surprise. We recently had our UCI Psychiatry Residency retreat in Carlsbad in September and will be taking the PRITE exam in October. Additionally, we will soon begin conducting interviews to recruit the next members of our residency family.



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