



Orange County Psychiatric Society

DISTRICT BRANCH OF THE AMERICAN PSYCHIATRIC ASSOCIATION

June 2015 Newsletter

PRESIDENT'S REPORT

By: Brenda Jensen, M.D.



Who Are Psychiatrists?

One of the long-standing missions of OCPS, CPA and APA has been to protect patient safety by ensuring that only biomedically trained individuals with proper oversight have the ability to practice medicine and prescribe medications. Organized psychiatry continues to make this argument throughout the country, with mixed results. Three states now allow psychologists to prescribe, New Mexico, Louisiana and most recently Illinois. Up to 15 states are considering new psychology prescribing legislation. In an era where scope of practice is becoming murkier in multiple areas of medicine, psychiatrists need to do a better job of defining who we are and what makes us uniquely trained to diagnose and treat individuals with mental illness.

While having a conversation with a nurse practitioner trained in medicine recently, I was quite surprised when she asked me what the difference is between psychiatrists and psychologists. After explaining the training needed to become a psychiatrist versus a psychologist, she thanked me and said she had never understood the difference before. Similar interactions have occurred in meetings with legislators on both the national and state levels. If a medically trained practitioner and elected representatives do not understand the difference between psychiatrists and psychologists, how are we to expect the general public to know the difference or to care whether psychologists should be allowed to prescribe medications?

continued on page 2

Dear OCPS Member:

I am pleased to announce a new benefit for both members that are accepting new patients and individuals seeking mental health services. It is a "Find a Psychiatrist" searchable database and I invite you to opt-in by clicking on this link: <http://apps.psychiatry.org/optinfap/Login.aspx> - link will take you to an easy to complete online form. You can also click on this link - <http://finder.psychiatry.org/> - to see the functionality of the new resource.

Before the APA shares this with patients and their families, we want to ensure that enough of our members are willing to participate. Therefore, we will be tracking opt-ins and will deploy the new resource when there is participation throughout the country. If you have any questions or need help, please contact APA Customer Service at apa@psych.org or 1-888-35-PSYCH or 1-888-357-7924.

Sincerely,

Saul Levin, MD, MPA
CEO and Medical Director
American Psychiatric Association (APA)

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In This Issue.....page

President's Message	1,2
Resident's Corner	3
Member Spotlight.....	4
Ethics Corner.....	5
OCPS Women's Forum	6
CPA Annual Meeting	6
The Microcosm of a Fractured Mental Health.....	7
Public Affairs Committee Report.....	7
OCPS Education Committee Report.....	8
Classified Ads.....	8
American Professional Agency	9
PRMS Psychiatrists Program	10

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Orange County Psychiatric Society

17322 Murphy Avenue
Irvine, CA 92614
Phone: (949) 250-3157
Fax: (949) 398-8120
E-mail: happelbaum@ocps.org
www.ocps.org

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The advertisements, Letters to the Editor, columns and articles published in this newsletter state the authors' opinions and do not represent endorsement of those opinions by the Orange County Psychiatric Society. Information submitted by advertisers has not been verified for accuracy by the Orange County Psychiatric Society.

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). 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). We appreciate your assistance and cooperation in this effort.

President's Report... continued from page 1

It would be fantastic if educational messages sponsored by district branches and the APA could reach the public and inform them about who we are as psychiatrists and how the training we undergo prepares us to practice medicine. However, while education from organized psychiatry is definitely a good start, it is unrealistic to expect that the message could reach everyone. Additional approaches are needed.

Former OCPS President Dr. Nicolaas-John van Nieuwenhuysen recently came up with a great idea that could go a long way towards educating the public. When psychiatrists see a patient for the initial intake visit, we can start the visit with a 2-3 minute description about what it means to be a psychiatrist. By explaining that psychiatrists are trained in medical school and then trained in a four-year residency program with an emphasis on psychotherapy and psychopharmacology, each patient would immediately have a better understanding about why psychiatrists are able to provide therapy and medication management. This knowledge would likely be transmitted to family and friends over time and would reach a greater segment of the population. It is a simple way to help our patients and the public understand who we are and what we do.

Concurrent to educating the public, advocacy efforts will continue on a state and national legislative level to ensure that individuals practicing medicine have adequate medical training. On the state level, CPA believes that the minimum requirements needed to prescribe medication include: (1) undergraduate biomedical education, (2) graduate biomedical education, training and supervised experience, (3) supervision, not collaboration, by a physician, and (4) state regulation by a board experienced in medical treatment.

One year ago, legislation passed in Illinois which allowed psychologists to prescribe after undergoing extensive additional education. While some aspects of the legislation are considered to be an improvement over the New Mexico and Louisiana prescribing laws, critical problems exist in this legislation. The Illinois law permits collaboration with a physician, not supervision, and the collaboration is loosely defined. There is no specificity regarding a formulary. The law also allows psychologists prescribing medication to be regulated by the Illinois Board of Psychology, which has no experience in regulation of medical treatment.

The APA recognizes the deficiencies in the Illinois legislation and is committed to stopping similar legislative efforts in other states. The APA will be hiring additional Department of Government Relations (DGR) staff members who are located in four regions of the country to assist states in each region fight psychology prescribing legislation. Additional staff members will also be hired for the national office. In addition, APA will hold a state advocacy conference in October to teach representatives from each state effective advocacy strategies.

We each have a responsibility to educate our patients and the public about who we are as psychiatrists. Our individual efforts, coupled with the APA's broader advocacy approaches, will help ensure that properly trained individuals practice medicine and patient safety is maintained.

RESIDENTS' CORNER

168TH AMERICAN PSYCHIATRIC ASSOCIATION

Annual Meeting - May 16-20, 2015

Toronto, Canada

By: Deena McRae, M.D., Residency Training Director,
Department of Psychiatry, U.C. Irvine School of Medicine



It is with great pride that we announce the residents who had posters accepted to the 2015 APA Annual Meeting and those who were involved in workshops or symposiums!

PGY-1

Darinka Aragon, M.D.

A Novel Case of Physiological Tremor Secondary to PTSD Successfully Treated with Acupuncture

PGY-2

Brendon Brockmann, M.D.

High Dose Lorazepam Effective and Safe in the Treatment of Severe Treatment—Resistant Anorexia Nervosa: A Case Report

Laura Lai, M.D.

Valproic Acid Intolerance in a Patient with Autism Spectrum Disorder

Short-term use of Prazosin for acute stress disorder:

A Case Report

Michael Marcus, M.D.

Treating Psychosis in a Patient with Parkinson's Disease

PGY-3

Stella Cai, M.D.

Internet-purchased Phenibut Withdrawal Delirium

Ijeoma Chukwu, M.D.

Co-leader of a workshop: The American Journal of Psychiatry Residents' Journal: How to Get Involved

Jeannie Lochhead, M.D.

The Treatment of Behavioral Disturbances and Psychosis Associated with Dementia

Michele Nelson, M.D.

The Treatment of Behavioral Disturbances and Psychosis Associated with Dementia

Alexis Seegan, M.D.

Symposium -Patient Suicide in Residency Training: The Ripple Effect

PGY-4

Steven Aguilar, M.D.

A Review of the Role of Estrogen in Psychiatric Disorders

Roberto Castanos, M.D.

Two Hemispheres of Psychiatric Training: Residency and Treatment in the East and the West

Surani Jayaratna, M.D.

Mitigation of Positive and Negative Symptoms of Schizophrenia by Treatment with Dextroamphetamine, Mixed Salts: A Case Report

Congratulations go out to Jonathan Serrato, M.D. for being elected as the CPA Resident-Fellow Member Deputy Representative, to Alexis Seegan, M.D. for being promoted to the CPA Resident-Fellow Member Representative, and Stella Cai, M.D. for being elected as the APA Resident-Fellow Member Trustee-Elect.

Advertising Rates

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Full page \$320

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Non-member

Full page \$400

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Quarter page \$230

Classified Ads

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First 35 words - \$37;
each additional word - 42 cents

Non-member

First 35 words - \$46;
each additional word - 52 cents

Member Spotlight : *Jonathan Serrato, M.D.*

Numerous outstanding and accomplished individuals comprise the membership of OCPS. In order to better recognize the unique and dynamic individuals who are OCPS members, "Member Spotlight" has become a regular feature of the OCPS Newsletter.

Jonathan Serrato, M.D. is one such member. His undergraduate studies were completed at Yale University. He attended medical school at UCI School of Medicine, where he earned his medical degree in June 2013. He will begin his 3rd year as a psychiatry resident at UCI Medical Center in July 2015.

Dr. Serrato has spent much of his life dedicating himself to serving the underserved as well as advocating for those whose voices are not so easily heard. From leading community service projects



OCPS President Brenda Jensen, M.D. presents to Jonathan Serrato, M.D. a certificate of recognition acknowledging Dr. Serrato as the first recipient of the OCPS Bill Callahan, M.D. Memorial Legislative Advocacy Award.

in high school to founding community outreach programs in college at Yale University, he always has been compelled to impact his community in a variety of ways. Dr. Serrato helped to found a non-profit organization to provide mentorship to high school students who come from minority, disadvantaged, or low-income areas and

encourage them to grasp the opportunity for higher education. Even his passion for pursuing a career in psychiatry stems from the desire to serve and influence the greatest underserved population of all – those suffering from mental illness. As he trains to become a psychiatrist, he hopes to bring change to the current state and future of mental health legislative policy and be a voice for his patients. He envisions that his career will involve advocating for those in dire need of mental health resources.

Dr. Serrato embodies some of the best qualities all psychiatrists should have: a commitment to the highest quality patient care, awareness of mental health disparities, an innovative way of thinking about improving access to care, and compassion for the mentally ill.

It is for these reasons that Dr. Serrato was selected as the first recipient of the OCPS Bill Callahan, M.D. Legislative Advocacy Award. As the inaugural recipient, Dr. Serrato was awarded with airfare and hotel accommodations in Sacramento to participate in the CPA Legislative Advocacy Day in April 2015. In addition, OCMA invited him to participate in CMA's Legislative Leadership activities, including dinner with OCMA/CMA leadership and California state legislators, and appointments with state Assembly members and Senators and/or their aides.

Dr. Serrato recently began his term as the CPA Resident-Fellow Member (RFM) Deputy Representative and will represent – along with Alexis Seegan, M.D., the CPA RFM Representative - California's psychiatry residents and fellows on the CPA Council and at APA Assembly meetings.

Dr. Serrato lives in South Orange County. When he is not working or doing good works in the community, Dr. Serrato enjoys playing music, particularly his guitar, spending time at the beach, traveling to various states and countries, going to baseball games, and is frequently spotted at Disneyland.



CPA President Tim Murphy, M.D., Jonathan Serrato, M.D., and Brenda Jensen, M.D. participate in CPA Legislative Advocacy Day on April 13, 2015 in Sacramento.

ETHICS CORNER

As a service to our members we are presenting ethics questions and their answers as reprinted from *Opinions of the (APA) Ethics Committee on the Principles of Medical Ethics with Annotations Especially Applicable to Psychiatry*.

Question: Can I ethically solicit the support of my patients to advocate for political or societal issues that affect their health care?

Answer: Implicit in your question is the recognition of the conflict between Section 2, Annotation 2 (APA), concerning protection of the unique relationship psychiatrists have with their patients from influence outside of the treatment goals, and Section 7 (APA), dealing with our responsibility to strive to improve our communities by interpreting social forces that affect mental illness treatment. It is laudable for physicians to lobby for important political and social causes, especially for those affecting the health care of our patients. However, when we seek to engage our patients in these efforts, we must exercise utmost sensitivity to the vulnerability of patients to our influence, and their desire for privacy. Conversations about political matters may be appropriate in the clinical setting with patients and their families, but vigilance must be exercised to avoid abusing the doctor–patient relationship. Blanket solicitations of support, waiting-room materials, or generalized mailings about social or political issues are usually insensitive to the unique circumstances of each patient. Optional referrals to lobbying or advocacy groups (such as NAMI) might be an effective means to avoid potential inappropriate use of the doctor–patient relationship and allow for the strengthening of the patient's freedom to choose how best to act. Finally, it is important for the ethical psychiatrist to ensure that his or her own personal needs or biases are not influencing the request made of the patient. Indeed, our own passions about a particular cause are best directed through our own advocacy work, rather than enlisting a patient's assistance. See Opinion 9.012, AMA Council Opinions.

Question: I am a psychiatrist in private practice in a fairly small town and have unfortunately come across some serious concerns about a colleague's sexual contact with a patient. The patient in question has asked that I not initiate contact with the allegedly offending colleague for fear of reprisal. I am unsure of my duties to the patient vs. the community vs. my colleague.

Answer: Unless you live in a state that requires reporting sexual activity with a patient (it is criminal activity in some states) you would need the patient's permission to report. Even then, your ethical duty to preserve the patient's confidentiality may supersede this legal requirement, depending on the benefits and risks for her that would be associated with reporting or not. Breaching confidentiality without the patient's consent might also put you at risk for a malpractice suit or licensing sanctions. You could consider suggesting to the patient that she report the colleague herself, possibly as part of a healing process, and she could choose whether to identify herself or not. You may also want to consult with a colleague to discuss possible courses of action in more depth.

OCPS Calendar of Events

July 30, 2015 – OCPS Women's Forum, OCMA offices

September 12, 2015 – OCPS Summer Social – Dr. Glass' building

September 25-27, 2015 – CPA Annual Meeting, Laguna Cliffs Resort and Spa, Dana Point

October 27, 2015 – OCPS Women's Forum, OCMA offices

November 18, 2015 – Donna Vanderpool, PRMS – Telepsychiatry – OCMA building

OCPS WOMEN'S FORUM

By: *Stephanie Lei, M.D., Co-Organizer*

A big thank you to those who attended our last OCPS Women's Forum on Work-Life Balance! The smart and tenacious women psychiatrists whom I've been so privileged to meet at our events are who really make the forum what it is.

For those of you who missed it, we had a great Urban Plates dinner (along with gourmet cookies from Cookie Connection, courtesy of Dr. Park), in the beautiful OCMA headquarters followed by an open discussion. This time we tackled our most oft-requested topic, including discussion of the most challenging aspects of work-life balance, pearls we would give our past self at each major stage of our career, and tips regarding maternity leave and childcare.

We had a wonderfully diverse group of 15-20 women psychiatrists. As a resident, I know I enjoyed just listening and soaking in all the knowledge and wisdom being shared. Meanwhile, despite the varying career (and personal) paths, we realized in processing and sharing experiences that there are quite a few commonalities.

Beyond the pressures all working women face of balancing work and personal life (eek, childcare), we are in a profession where many have to make difficult personal sacrifices in order to attain our professional goals. It was refreshing to see the support and camaraderie surrounding something so rarely discussed, yet so common. Another theme which turned out to be pretty much universal: No matter how much time we devote to our pursuits (academia, service of patients, motherhood), it is difficult to meet that perfect standard of "having it all" and we need to find ways to prioritize what's important to us. Seeing this sentiment shared by so many strong and successful psychiatrists definitely helped me feel much less alone in this, and it was helpful hearing specific tips that have worked well for some.

Our next meeting will be held on July 30th at the OCMA headquarters in Irvine. Free to OCPS members, fee for non-members to help cover costs of food and facilities. The next discussion will focus on women and leadership. Please watch for upcoming event announcements. If you are a female psychiatrist and have topics you would like to discuss in future forums, please share them with any of the organizers. Hope to see you there.



Organizers:

Stephanie Lei, M.D.

Michelle Park, M.D.

Yujuan Choy, M.D.

Deena McRae, M.D.

Laura Lai, M.D.

SAVE THE DATE !!!

The 28th Annual Premier Conference of the California Psychiatric Association

September 25-27, 2015

CME Clinical Scientific Program and Networking with Colleagues

Fun with Family and Friends at the Beautiful Laguna Cliffs Marriott Resort and Spa in Dana Point, CA

Topics and faculty to include:

- ▶ Updates in the Diagnosis and Treatment of Delirium
- Jose Maldonado, MD
- ▶ The Future of Psychiatry
- Renee Binder, MD, APA President-Elect
- ▶ Psychiatry, Chronic Pain and Responsible use of Opioids...
Just What you need to Know - Scott Fishman, MD
- ▶ Gun Violence, Rules and Regulations: an Overview for
Providers - Amy Barnhorst, MD
- ▶ Current Technology in Psychiatry - John Luo, MD
- ▶ Med Psych Updates
- David Folsom, MD and Rachel Robitz, MD
- ▶ Updates in Treatment of Alcohol Misuse and Withdrawal
- Jose Maldonado, MD
- ▶ Psychiatric Legal Updates - Dan Willick, JD and Saul Levin,
MD, APA CEO and Medical Director

Three inaugural professional caucuses:

Women in Psychiatry; California Psychiatry Residency
Training Directors; and Resident-Fellow Members (RFM).

Also

**Early Career Psychiatrists Mentorship and
Career Planning Symposium**

We hope to see you there!

Timothy Murphy, MD, CPA President

Robert McCarron, DO, CPA Program Planning Committee, Chair

*We invite new attendees to contact Dr. McCarron at rmmccarron@ucdavis.edu
so we can greet you with a welcome gift at registration.*

For more information please call 800-772-4271 or log onto the CPA
website www.calpsych.org
Watch for your brochure in June

Orange County, California

The Microcosm of a fractured mental health system

Public Affairs Committee Report

Richard Granese, M.D., Chair, Access to Care Committee

While I have so many concerns and issues facing the mentally ill in the community I would like to highlight just a few things that I have been most concerned about and have been trying to assist with. I am extremely passionate about this issue because if we cannot put providers in the community to see the patients we will NEVER be able to help ANYONE. OCPS has recognized that access to care is a serious issue and has appointed me to be the Chair of the Access to Care Committee.

The Patient Protection and Affordable Care Act (ACA) has resulted in millions of additional people seeking health care services in California. The ACA has placed 4 million previously uninsured people in the healthcare system in California. The problem is that we have no one to see this enormous influx of people. We are especially under served in psychiatry. We have a shortage of physicians and I predict this will culminate in a crisis at some point if we cannot find rational solutions.

I recently heard of a study by the Association of American Medical Colleges, that the demand would grow faster than supply resulting in a shortage 90,000 physicians by 2025. Medi-Cal wait times are 9 months, and the lack of qualified prescribes is failing to meet the commercial network adequacy requirements.

We really need to be thinking “outside the box.” The traditional model of delivering patient care is extinct and will never return. We need to be creative to find innovative solutions to delivering healthcare. Paramount to this model includes the close team based care that can occur by utilizing provider extenders such as Physician Assistants. With a team based approach we can utilize the psychiatrist as the “captain of the ship” and supervise and oversee medical treatment without being burdened with needless tasks that take away from direct patient care.

I have a project I am trying to implement with integrating mental health services in the primary care setting using increased technology opportunities such as e-consults and telemedicine in an algorithm approach as I alluded to above.

In addition to increasing provider sources we also need to expand our facility capacity. It is not safe to have gone from 9,300 inpatient beds to 6,500 from 1995 to 2012 in California. The fallout to the communities by way of increased violence to self and others is undeniable.

I hope that you are as passionate about the lack of psychiatric resources as I am and implore you to join me on our Access to Care Committee that can provide meaningful solutions. Those who want to join the Access to Care Committee should contact Holly in the OCPS office: (949)250-3157 or happelbaum@ocps.org.

OCPS was an exhibitor at the Mental Health Association's “Meeting of the Minds” conference held on June 9, 2015 at the Anaheim Marriott Hotel. Members who assisted Holly Appelbaum staff the table included Rimal Bera, M.D. and Nicolaas-John van Nieuwenhuysen, M.D., who answered a range of questions posed by visitors to the table. In addition to staffing the OCPS exhibit table, Dr. Bera, along with Andrew Kami, Ph.D., presented a workshop called “Schizophrenia: Latest Trends in Treatment and Medication Development”. Both speakers received rave reviews. Another OCPS member, Michelle Park, M.D., along with Maria Nin Swonk, LCSW, presented a workshop on “Prioritizing Health in Older Adults”, which was very well received. Over 500 people attended the conference, where many of the workshops were “standing room only”. The keynote presentation, “Coming Home from War: What are we Doing to Help Veterans Recover from Trauma-Induced Mental Illness?”, was delivered by OCPS' own Lawrence Albers, M.D., who is the Chief of Psychiatry and Mental Health at the Long Beach V.A. Healthcare System. Dr. Albers' talk was riveting and covered such issues as: 1. Is there hope for veterans to recover from PTSD and other trauma-induced disorders? 2. What are the best strategies for helping vets reintegrate after returning from war?; and 3. What is the V.A. doing to support them?

Thank you to all OCPS members who were presenters, conference attendees or helped staff OCPS' table. Your participation and involvement are greatly appreciated.



OCPS EDUCATION COMMITTEE REPORT

By: Sonya Rasminsky, MD, Education Committee Chair

It's been a great year for the Education Committee, with many successful events on a wide range of topics. Sadly, Dr. Michael Frazier is stepping down in July from his role as co-chair. Thank you to Dr. Frazier for all your hard work. We'll miss you!

In July, Dr. Emily Yee will be joining the Education Committee as co-chair and Dr. Darinka Aragon (PGY2 at UCI) will be joining as resident chair. We're thrilled to have them on board. We're starting to think about next year's program, so if you have any speakers to recommend, please get in touch.

Past Events:

On November 10, Vivien K. Burt, M.D., Ph.D., Professor Emeritus of Psychiatry at UCLA and the Co-Director of the Women's Life Center at UCLA, lectured on "Transparency and the Therapeutic Alliance: Real Life Decision Making in the Perinatal Period," presenting real-world guidance for managing psychiatric illness during pregnancy.

On March 16, James Fallon, Ph.D., Professor of Psychiatry & Human Behavior at UCI, spoke about his book "The Psychopath Inside: A Neuroscientist's Personal Journey into the Dark Side of the Brain." Dr. Fallon's riveting talk was followed by a book signing (and free books for those who attended).

On April 14, Gus Alva, M.D., Medical Director, ATP Clinical Research, provided practical guidance about new medications in his lecture about "Lurasidone, Vortioxetine, Vilazodone and Levomilnacipran: When, Why and How to Use Them."

On May 13, Robin Berman, M.D., Associate Professor of Psychiatry at UCLA, lectured to a packed audience on "Permission to Parent: How to Raise Your Child with Love and Limits." This event—which included a book signing—was co-sponsored by the American Academy of Pediatrics (AAP) and the Orange County Psychological Association (OCPA).

On June 11, Kristen Lambert, Esq, Vice President Risk Management, AWAC Services Company, in association with American Professional Agency, the APA's endorsed professional liability insurance provider, spoke about firearms and persons with mental illness. Her presentation explored the types of claims brought against psychiatrists resulting from a patient's violent/suicidal actions, applicable state/federal laws regarding "duty to warn", firearms violence prevention and access to firearms by persons with mental illness, and liability risks when treating patients who are violent/suicidal.

Upcoming Event:

November 18, 2015 - Donna Vanderpool, MBA, JD, Vice President, Risk Management, Professional Risk Management Services, Inc., will present a talk on Telepsychiatry. This event will take place at the OCMA offices in Irvine. Dinner will be available at 6:30 p.m. and the presentation will begin at 7:00 p.m.

CLASSIFIED ADS

PSYCHIATRISTS WANTED

The Mental Health Association of Orange County, one of the oldest and largest local nonprofit mental health treatment providers, has immediate openings for part-time psychiatrists to provide psychiatric assessments and medication management at one of our 3 Outpatient locations in Orange County.

Email resumes to Jeff Thrash, CEO
thrash@mhaoc.org

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