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Orange County Psychiatric Society

DISTRICT BRANCH OF THE AMERICAN PSYCHIATRIC ASSOCIATION

MARCH 2013 Newsletter

President's Report

By Jeffrey C. Glass, M.D.

OCPS Recognized

On February 28, I attended the annual Mental Health Association of Orange County Community Service Awards luncheon, along with several colleagues from OCPS. When the awards were given out, I was delighted and honored to learn that I had been named as recipient of this year's MHA's Community Service Award in the professional category.

Yet when my name was first floated for nomination for the MHA Community Service award, my initial thought was that although it is very nice that my colleagues want to recognize me, I really should not be at the head of the line for this nomination. After all, there are so



many other colleagues who are actively involved in all of the good works of the OCPS, including a number of colleagues who are committed to advocacy efforts to improve access to care for those in need. Subsequently I was all the more humbled after learning of all of the noteworthy efforts of the other nominees and honorees, who were all deserving of this award.

Although pleased and honored to have received this award, in my view it is evident that my selection has far more to do with the recognition of OCPS' advocacy efforts than anything that I might have accomplished personally. I believe that this selection is all about a broader recognition of the importance of making efforts to improve access to mental health care for those in need.

As such, I believe it represents recognition of OCPS by the entire mental health community in Orange County. OCPS has impacted the community, both for the leadership role we have taken, and for all of our efforts to improve access to care for those in need.

Late-breaking news underscores the significant impact OCPS is having in Orange County. At the time of publication of this newsletter we have just learned that OCPS's efforts have led to some very important and meaningful results. Today the Orange County Board of Supervisors voted to adopt implementation of the 5270 LPS law in Orange County. This occurred as a direct result of a sustained and committed advocacy efforts by OCPS.

This award should therefore be properly viewed as a group award to OCPS. It reflects the efforts of a number of psychiatric physicians who are actively involved in leadership roles in the Orange County Psychiatric Society.

In particular, it reflects the work of the Government Affairs and Public Affairs Committee, The outstanding efforts to advocate for our patients and to improve access to care that have been made by those OCPS members who comprise the Government Affairs / Public Affairs Committee deserve to be highlighted. These individuals include:

Jody Rawles, M.D. - the current chair of the Government Affairs Committee, who not only spends a great deal of his professional time providing care to those in acute need, and teaching resident physicians how best to do so, but in addition, volunteers so much of his time in efforts to improve both quality of care and access to care. Dr. Rawles was the recipient of the 2011 Ed Rudin Government Affairs award given by the California Psychiatric Association.

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Disclaimer:

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.

Brenda Jensen, M.D. - who inspires all of us with her enthusiasm, level of commitment, as well as insightful contributions that far exceed the level that would be expected at this stage of one's career. She is both a shining star and a rising star. Dr. Jensen also currently serves as President-Elect of OCPS. Under her leadership, the future effectiveness of OCPS with respect to Government Affairs issues, and as a whole, appears very bright.

Charles Nguyen, **M.D.**, immediate past president of OCPS, who in many ways has dedicated his career to community service. It should be noted that Dr. Nguyen was a past recipient of MHA's Community Service Award, and he currently serves on the MHA board.

Donald Sharps, M.D., who for many years has focused his professional career to improving care at the county level. Dr. Sharps has in so many ways provided the GA Committee with insightful suggestions that have greatly enhanced our effectiveness. Dr. Sharps is also a past recipient of the MHA Community Service Award.

Richard Granese, M.D., who has stepped up and single handedly taken on the challenge of chairing the Access to Care Task Force, thereby spearheading OCPS' efforts to take a leadership position in the development of policy proposals to meet the enormous challenges posed by the implementation of the Affordable Care Act. Instead of waiting for policies to be dictated to us from the national level, Dr. Granese has spurred us on to develop our response via a grassroots effort at the local level. As an initial step, he organized and served as moderator for our recent panel discussion on the Affordable Care Act. This event, which took place on January 31, 2013, was very interesting and informative.

Larry Faziola, M.D. - He has already made significant contributions by organizing and compiling survey data that we believe will be extremely valuable to assist with advocacy by educating legislators and their staffs regarding our concerns.

Laura Dardashti, M.D. - who has recently stepped up and joined the GA Committee out of concern and desire to assist with legislative issues at the state level. In her new roles both as Lead Consulting Psychiatrist for the Department of State Hospitals as well as Medical Director of Beacon Health Strategies she will be in a unique position to help guide us with many important issues.

Rimal Bera, M.D. - who has served for many years the Public Affairs Chairman (I'm not going to emphasize just how many years as I graduated along with him in the same residency class!) and has helped OCPS to maintain a visible presence in the mental health community, which in turn, enhances our effectiveness in advocacy efforts.

Thomas Okamoto, **M.D.** - who has recently stepped up to bolster our efforts in the public affairs arena, and has immediately become an active participant providing valuable input in the myriad of public affairs and government affairs issues we face.

Our Resident Physician GA Committee members including David Safani, M.D., Brian Maser, M.D. and Surani Jayaratna, M.D. Dr. Safani has served on the GA Committee throughout his residency. Over this time he has made so many substantial contributions that I must admit I often forget that he is still a resident! Dr. Maser recently joined the GA Committee and literally hit the ground running with significant contributions in his very first meeting. Dr. Surani Jayaratna has just joined the committee and we look forward to her participation. It is

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Public Affairs Committee Report

By: Rimal Bera, M.D., Chair, OCPS Public Affairs Committee

It is my great honor to report to the OCPS membership that our president, Dr. Jeffrey Glass, is the 2013 recipient of the Mental Health Association's Community Service Award in the professional category. This award was presented to Dr. Glass during a luncheon event on February 28, 2013, at the Turnip Rose property "Celebrations" in Costa Mesa.

For those of you who were not present, I would like to share an excerpt from Dr. Glass' acceptance speech:

If my selection is meant to recognize efforts to improve access to care for those in need, then I believe this award actually should be a group award. A group award reflecting the efforts of a number of psychiatric physicians who are actively involved in leadership roles in the Orange County Psychiatric Society, and in particular, the Government Affairs and Public Affairs Committee.

Although it is certainly very nice to receive this honor, the fact of the matter is we are in it together, and OCPS' accomplishments are group accomplishments. So in my view this award represents recognition of OCPS and the importance of the advocacy work we do.

OCPS will be sponsoring an exhibit table during the Mental Health Association's "Meeting of the Minds", scheduled for May 15, 2013, at 8:00 a.m. – 4:00 p.m., at the Anaheim Marriott. Volunteers are needed to staff OCPS' exhibit table and answer questions from the public. If you are interested in helping in this way, please contact Holly in the OCPS office, (949) 250-3157 or happelbaum@ocps.org.

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26th Annual Premier Conference

September 27-29, 2013

La Quinta Resort and Club, La Quinta, CA For more information, contact Lila Schmall at CPA at (916) 442-5196 or lila-schmall@calpsych.org

The Impact of the Affordable Care Act on Psychiatrists: A Panel Discussion

By: Richard Granese, M.D., Chair, OCPS Access to Care Task Force

I wanted to update the membership on our panel discussion "The Impact of the Affordable Care Act on Psychiatrists" that took place on Thursday, January 31, 2013. The program was well attended, with 50 psychiatrists and other interested parties present. The participants were interested in hearing how the new Affordable Care Act will affect behavioral health at a local level. The evening began with a very informative presentation by Randal Hagar, director of Government Relations for the California Psychiatric Association, followed by information from various leaders from different practice backgrounds regarding the delivery of psychiatric services. There were many questions from the audience.

I feel that this event was a very helpful first step in looking at creative ways that different practice models function to provide access to behavioral health. We thank all the panelists for their time and dedication for this program: Randall Hagar, Clayton Chau, M.D., medical director, Behavioral Health Services, CalOptima, Peter Hauser, M.D., VISN 22 Mental Health Services Lead, Long Beach V.A. Medical Center, Roderick Shaner, M.D., medical director, County of Los Angeles, Department of Mental Health, W. David Chu, M.D., College Hospital, and Patricia Cahill, M.D., who works for Kaiser.

CONGRATULATIONS TO

Brenda Jensen, M.D.

for her appointment as an ECP member of the APA Council on Advocacy and Government Relations.

REPORT from the OCPS EDUCATION COMMITTEE

By: Nancy Tran Dom, M.D., Chair, **OCPS** Education Committee

This spring's educational programs will help us navigate the risks involved in starting or joining a practice and will address how we can best prepare to respond to the mental health care needs of our community during emergencies or after traumatic experiences.

Moira Wertheimer, BSN, JD, will be giving a presentation on "Life After Residency: Risk Considerations When Setting Up Practice" on Tuesday, April 30, 2013. Ms. Wertheimer is an attorney and the assistant vice president of Healthcare Risk Management at Allied World Assurance Company. She will address many important topics including: understanding issues when forming a new practice, joining an existing partnership, or beginning as an independent contractor; appreciating the importance of evaluating issues prior to joining or forming a practice including contracts, employment status, compensation, exclusivity provisions, and insurance coverage; having an understanding of record retention guidelines/regulations; the importance of policies regarding standard documentation and risks involved with EMR and written documentation; and the importance of supervision of trainees, office staff, and related malpractice issues. This event will take place at the UCI Medical Center in Orange. Dinner will begin at 5:45 p.m. and the one-hour presentation will begin at 6:15 p.m., followed by time for questions.

Matt Brisbois, the Newport Beach Fire Department life safety specialist, will be giving a presentation on "Emergency Preparedness" on Thursday, June 6, 2013. Dr. Donald Sharps will also share his experience with Hurricane Katrina and the County of Orange's disaster response plan. This event will take place at the OCMA offices in Irvine. Dinner will begin at 6:30 and the presentation will begin at 7:00.

Both events will be free for OCPS members and \$15 for non-members. Dinner will be provided with RSVP. Please RSVP with Holly Appelbaum (happelbaum@ocma.org).

President's Report continued from page 2

remarkable that these individuals have volunteered to join in advocacy to improve access to care despite simultaneously navigating the intense demands of residency training.

In a broader sense, it occurs to me that the work of advocacy when it comes to governmental affairs, whether at the local, state, or federal levels, is simply an extension of what psychiatrists do each and every day.

As physicians we advocate for our patients every day in numerous ways.

We advocate for our patients every time we petition the insurance companies to grant access to care. We advocate for our patients to gain access to necessary medications that comprise a lifeline to so many.

We advocate for our patients when we help them to obtain the disability benefits that they are entitled to, but are unable to obtain on their own.

Yet the dedication of these individuals, as well as other OCPS colleagues not on the GA Committee but who have individually and collectively stepped up to advocate for improved access to care is to be applauded. They have taken time out of their busy professional and personal lives in order to advocate for those in need, many of whom are unable to advocate for themselves.

They do so out of the realization that as an organization OCPS has a chance to make a difference. By advocating for our patients, and for improved access to care, OCPS is making a difference. And it seems the entire mental health community has noticed.

Advertising Rates

Member

\$320 Full page \$240

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\$400 Full page \$300 Half page Ouarter 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 — Laura Dardashti, 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" is our newest regular feature of the OCPS Newsletter.

Laura Dardashti, M.D. is one such member.

Dr. Dardashti received her B.A. in Chemistry from The College of Wooster (in Ohio). Upon graduation, she worked as a medicinal chemist synthesizing chemotherapeutic agents prior to her attending the University of California, Irvine School of Medicine (formerly College of Medicine). After receiving her M.D., she went on to complete an internship in general surgery and a residency in psychiatry at UCI Medical Center Department of Psychiatry and Human Behavior. In 2005, she earned her certification as a medical acupuncturist at the Helms Medical Institute through the UCLA Medical Acupuncture for Physicians programs as well as completing fellowship training in pain management at the USC Keck School of Medicine, Division of Pain Medicine, Department of Anesthesiology. Dr. Dardashti is Board certified by the American Board of Psychiatry and Neurology in psychiatry and pain medicine.

While still in residency, Dr. Dardashti worked as a psychiatrist at Pacific Clinics in Orange and as an adolescent and adult psychiatrist at T&G Communications in an outpatient private-practice setting. She also gained experience with the psychiatric forensic population through her work at various California Department of Corrections facilities as well as experience in conducting clinical trials with psychotropic medications through her work as a sub-investigator with Clinical Innovations.

After completion of her psychiatric training, Dr. Dardashti continued her career as a psychiatrist working with the severe and persistently mentally ill at the County of Orange Behavioral Health Services (August 2004 – June 2007). In 2006, Dr. Dardashti began her tenure at the Department of State Hospitals – Metropolitan, where she continues to work today. In July 2012, Dr. Dardashti was appointed as the Lead Consulting Psychiatrist for the Department of State Hospitals. In that position, Dr. Dardashti is the lead coordinating psychiatrist for all California Department of State Hospital facilities in restructuring clinical care via input from clinical staff in collaboration with Sacramento. Some projects involve development of a psychopharmacology service, CME service, and prescribing guidelines for treatment refractory patients with the goal of reducing aggression and improving the manner in which clinical care is delivered for the patient and the provider. In September 2012, Dr. Dardashti was named medical director of Beacon Health Strategies which contracts with CalOptima to arrange, coordinate, and manage specialty mental health outpatient services for Orange County Medi-Cal beneficiaries who qualify for services offered through the Orange County Mental Health Plan.

In 2010 Dr. Dardashti received The Sustained Superior Accomplishment Award by the California Department of Mental Health. This award is presented for an employee's sustained act of superior job performance over a two-year period which results in an exceptional contribution to the efficiency of state government. While at Metropolitan, she has served as the chair of the Pharmacy and Therapeutics Committee for 2 years and, to date, remains actively involved in the committee as vice chair. She has also been highly committed to reducing violence towards patients and staff in the State hospitals through her activity with the Safety Now Coalition and serving as a Union Steward for the Union of American Physicians and Dentists.

Dr. Dardashti began her involvement with OCPS on the Education Committee while in her residency. She later was elected as the Early Career Psychiatrist Representative to the OCPS Council, a position which she held for two terms (2006-2008 and 2008-2010). She was then elected to serve as a Councilor for OCPS in 2010 and was re-elected to that office in 2012. Dr. Dardashti has served as the OCPS representative to the CPA Annual Meeting Planning Committee and the OCPS Disaster Psychiatry representative to the APA.

While having several publications, including in *Nature*, and patents for her work as a medicinal chemist, she has also been published in the *New England Journal of Medicine* for her role in the use of arsenic trioxide to treat acute promyelocytic leukemia and has an upcoming article in *CNS Spectrums* (in press) on treatment guidelines for schizophrenia.

Dr. Dardashti lives in Orange County. In her spare time, she has been busy with remodeling her 85 year -old home and enjoys exercising, art and traveling.

Ethics Corner

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

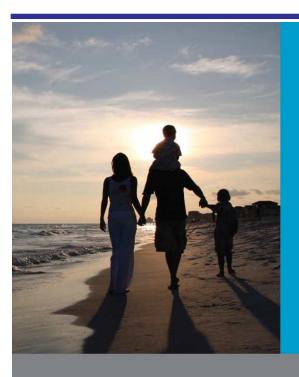
Question: State-licensed psychiatrists are hired as independent contractors through an independent medical services company to provide all medical and mental health services for a state's prisons. At one facility, the inmates are convicted sex offenders sentenced by the courts to a facility with special treatment capabilities for this population. The treatment is administered using a multidisciplinary team, and offenders are told their treatment records are confidential except for cases of dangerousness issues (e.g., threat of self-harm or harm to others). Psychiatrists are part of the treatment teams, and may or may not have much direct contact with inmates, but at a minimum attend every six-month review meetings where they are privy to the inmates' confidential treatment materials.

Near the end of the inmates' incarcerations, an Inmate Release Committee, composed of lay staff administrators, meets to determine which inmates should be screened for possible involuntary civil commitment as sexually violent predators. If the decision is to have them screened, two or three psychiatrists perform

the evaluations. Sometimes these evaluating psychiatrists have been members of the inmates' treatment teams. At times these psychiatrists have allegedly relied upon and revealed confidential treatment material, such as from group therapies, when conducting evaluations and rendering commitment decisions on their own patients.

Is it ethical for a former treating psychiatrist to conduct an evaluation?

Answer: Psychiatrists who are members of a treatment team, even if their contact with inmates is limited, have nevertheless established a physician-patient relationship. Therefore, based on the background information provided, the practice of treating psychiatrists later serving as adversarial evaluators for the state governmental jurisdiction on their patients would constitute a violation of Section 4 of The Principles of Medical Ethics with Annotations Especially Applicable to Psychiatry. At the onset of treatment inmates must be informed of the psychiatrist's dual relationship to them and to the prison system, and that their records can later be used to help determine whether they will be civilly committed as sexually violent predators (SVP). Absent that warning psychiatrists should not engage in SVP evaluations. (2004)



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HOW DOES ONE BECOME A DISTINGUISHED FELLOW OF THE APA?

By: Michael Wolf, M.D., Chair, OCPS Distinguished Fellowship Committee

It has been a few years since OCPS published the guidelines for election to Distinguished Fellowship in the APA, so we have decided to print the guidelines below. Please contact me or any member of the Distinguished Fellowship Committee or Holly Appelbaum in the OCPS office if you have any questions or wish to be considered for nomination for Distinguished Fellowship. Nominations for Distinguished Fellowship are primarily the responsibility of the District Branches. The procedures are as follows:

The District Branch nominates from its list of eligible members and asks those members who it believes meets the following requirements to complete the Distinguished Fellowship nomination form:

As a basic requirement, the nominee must be a General Member or Fellow of the APA for not less than eight consecutive years. Beyond that, the nominee must be excellent in at least five of the categories listed below. It should be noted that Board certification as described under #1 below is a requirement of Distinguished Fellowship.

- (1) Certification by the American Board of Psychiatry and Neurology, the Royal College of Physicians and Surgeons of Canada, the American Osteopathic Association or equivalent certifying board.
- (2) Involvement in the work of the district branch. chapter, and state association activities. Since Distinguished Fellowship is an APA honor, participation in this category and/or category 3 is extremely important. Length and quality of service, as documented by the supporting letters, are taken into consideration. No credit is given for membership alone in the APA or district branch. Elected offices, committee work as a chair or member, newsletter work, website design/maintenance for the DB, political action committee oversight, or special projects at the district branch/chapter level are examples of activities earning credit in this category. Presentations at local meetings are usually considered under teaching activities.
- (3) Involvement in other components and activities of APA. Involvement in the work of Area Councils, the Assembly or Board of Trustees counts toward credit here, as does holding elected office or a salaried APA

position. Other examples of activities earning credit in this category are work on APA Councils, Committees, or Task Forces and service on the editorial boards of APA publications. Presentations at APA meetings are usually considered under teaching activities.

- (4) Involvement in other medical and professional organizations.
- (5) Participation in non-compensated mental health and medical activities of social significance.
- (6) Participation in non-medical, non-incomeproducing community activities.
- (7) Clinical contributions.
- (8) Administrative contributions.
- (9) Teaching contributions.
- (10) Scientific and scholarly publications.

SCHEDULE OF EVENTS 2013

	2013
April 16, 2013	CMA Legislative Day - Sacramento
April 30, 2013	"Life After Residency" by Moira Wertheimer, Assistant Vice President, Healthcare Risk Management, AWAC Services Company, UCI Medical Center, Building 3, Conference Room 101, Orange
May 15, 2013	Mental Health Association "Meeting of the Minds" – Anaheim Marriott
May 18-22, 2013	APA Annual Meeting, San Francisco
June 6, 2013	Emergency preparedness – Matt Brisbois, Life Safety Specialist, Newport Beach Fire Department, and Donald L. Sharps, M.D.
Sept 27-29, 2013	CPA Annual Meeting – La Quinta Resort and Club. La Quinta

Classified Ads

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Orange County Health & Psychology Associates (OCHPA) offers Intensive Outpatient Programs (IOP) 3-5 days/week to adults and adolescents with Mood Disorders, Eating Disorders, and Dual Diagnosis. Please feel free to contact us at 888-700-0805 or info@ochpa.com with any questions.

APA's 166th Annual Meeting

Earn Education Credits through the APA Annual Meeting Self-Assessment:

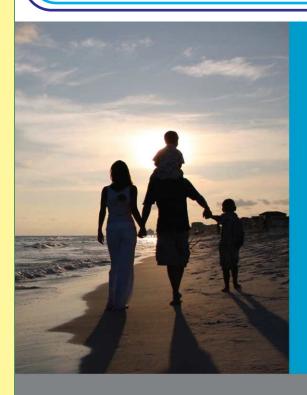
http://annualmeeting.psychiatry.org/scientific-program/ self-assessment/self-assessment

Which annual meeting sessions are best attuned to your needs? To answer that question and help you create an individualized schedule of sessions, APA has developed an educational activity—the 2013 APA Annual Meeting Self-Assessment in Psychiatry. The self-assessment is a 100-question examination on psychiatric practice areas covered in the ABPN content outline for the recertification exam and includes material related to APA practice guidelines and the core competencies of medical knowledge, patient care, interpersonal communication skills, systems-based practice, and professionalism. Participants can earn up to 8 hours of AMA/PRA Category 1 credit and fulfill a self-assessment component of the maintenance of certification process. Annual meeting registrants have been auto-enrolled and notified by email.

WANTED

PART-TIME ASSOCIATE MEDICAL DIRECTOR

Magellan Behavior Health is seeking a board certified psychiatrist to serve as a part-time Associate Medical Director in our California Care Management Center (CMC). Associate Medical Directors play a critical role in our CMC by providing utilization management and have a direct impact on the care of patients in the region. Past experience with utilization management is preferred but not required. Experience with eating disorders and/or child psychiatry is a plus but not mandatory. Psychiatrists interested in exploring this opportunity should contact Kevin Palisi at (860) 507-1955 or e m a il kjpalisi@magellanhealth.com. Apply on line at http://www.magellanhealth.com.



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JOIN YOUR COLLEAGUES WHO HAVE CHOSEN TO BE REPRESENTED BY OUR PROFESSIONAL TEAM AND OUR PROGRAM WHICH IS ENDORSED BY THE TWO MOST PROMINENT ASSOCIATIONS IN YOUR PROFESSION — THE AMERICAN PSYCHIATRIC ASSOCIATION AND THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY.

AS AN ALLIED WORLD POLICYHOLDER YOU WILL BENEFIT FROM THE EXPERIENCE OF AN INTERNATIONALLY RECOGNIZED RISK MANAGEMENT TEAM WHO WILL GUIDE YOU THROUGH THE EVER-CHANGING EXPOSURES THAT YOU MAY ENCOUNTER IN YOUR PSYCHIATRIC PRACTICE. OUR RISK MANAGEMENT TEAM IS AVAILABLE TO OUR INSUREDS 24 HOURS A DAY, SEVEN DAYS A WEEK OR THROUGH OUR HOTLINE.

WHEN IT COMES TO MALPRACTICE INSURANCE FOR PSYCHIATRISTS, GO WITH A WORLDWIDE LEADER

COVERAGE WILL BE UNDERWRITTEN BY AN INSURANCE SUBSIDIARY OF ALLIED WORLD ASSURANCE COMPANY HOLDINGS, AG



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 Kathi Heagerty, BSN, JD Risk Manager



- More than 20,000 psychiatric claims handled
- Over 40,000 issues responded to by the Risk Management Consultation Service (RMCS) since inception in 1997
- Accredited by the ACCME
- Administrative and governmental billing defense coverage
- Coverage for forensic and telemedicine psychiatric services
- ECT/EST included at no additional charge
- Premium discounts and much more!

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