



## Orange County Psychiatric Society

A District Branch of the American Psychiatric Association

# THE OCPS SCOPE

A Newsgram for the Members of the Orange County Psychiatric Society

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## Message From The President

*by David Safani, MD, MBA*

It was wonderful seeing so many of you at our installation dinner. It was a tremendous opportunity for us to get together and celebrate our organization's continued success.

During my installation address to the members, I discussed five key goals for my term that I would like to share:

- Serving as a resource to legislators and collaborating with the mental health board and other influential players in Orange County's mental health field to bring meaningful change in the areas of access to care and quality of care for our patients.
- Improving the financial infrastructure of the organization to alleviate our heavy reliance on member dues. One such change is adjusting our tax designation to allow us to accept charitable donations.
- Increasing membership value and creating additional opportunities for member involvement.
- Increasing our presence in the community through strong relationships with other organizations and providing education to the community.
- Improving communication between leadership and membership. This newsgram is one way we hope to do just that.



None of these goals could be accomplished without a strong Executive Committee and Council, and I am fortunate to have the best team a President can ask for. I am confident

that we will be able to achieve all the goals outlined above. I am very excited about this upcoming year and hope to see all of you at this year's Fall Social on September 8th (details to be announced).

Thanks for reading this newsgram, and I hope you enjoy it! Special thanks to the editorial board: **Dr. Bart Blinder** (chair), **Dr. Anish Dube** and **Dr. Robert Bota** -- and to our Executive Director, **Natalie Kaczur**, for putting this newsgram together so beautifully.

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## Highlights From The OCPS Installation Dinner

The OCPS Installation Dinner, recognizing the incoming officers, was held on April 28th at the Center Club in Costa Mesa. **David Safani, MD**, was installed as the new President of OCPS, with **Robert Bota, MD** assuming the role of President-Elect, **Roula Creighton, MD**, serving as Secretary and **Larry Faziola, MD**, OCPS's new Treasurer. Guests enjoyed the cocktail hour spending time catching up with colleagues and friends, followed by a delicious dinner. **Yujuan Choy, MD**, Immediate Past President, was honored with the Service Award, **Jeffrey Glass, MD**, received the Advocacy Award and **Darinka Aragon, MD** was awarded with the Outstanding Resident-Fellow Award. Congratulations to the award recipients for their hard work and contributions on behalf of OCPS and its members.

Senator John Moorlach gave the keynote presentation. He captured the audience with his stirring personal account of his involvement in the local and statewide homeless crisis, and the need for increased access to mental health care for these individuals. He invited the audience to become involved in legislative efforts to increase access to care and provide pathways to recovery and independence.



The 2018-2020 OCPS Executive Committee (L to R): Robert Bota, MD, Yujuan Choy, MD, David Safani, MD, Larry Faziola, MD and Roula Creighton, MD



OCPS Council Members and Committee Chairs (L to R) *First Row:* Robert Bota, MD, Nicholaas-John van Nieuwenhuysen, MD, Carolyn Nguyen, MD, Yujuan Choy, MD, David Safani, MD, Larry Faziola, MD, Richard Granese, MD, Douglas Kahn, MD. *Second Row:* Roula Creighton, MD, Anish Dube, MD, Thomas Okamoto, MD, Sonya Rasminsky, MD, Rimal Bera, MD and Anthony Kassir, MD



Yujuan Choy, MD, presenting Dr. Jeffrey Glass with the Advocacy Award



Darinka Aragon, MD, presented with the Outstanding Resident-Fellow Award



Yujuan Choy, MD, receives the OCPS Service Award and President's Award

## Upcoming Events

Mark your calendars now for these upcoming events:

- **August 21, 2018** - Women's Forum Event. "Toxic Masculinity" - Bucca di Beppo, 11757 Harbor Blvd, Garden Grove, CA 92840. 6:30pm. To register, go to: <https://www.eventbrite.com/e/second-annual-womens-forum-night-out-august-21-2018-tickets-48416628439>
- **September 8, 2018** - Fall Social. Location TBA. 2:00pm
- **September 20-23, 2018** - CPA Annual Meeting, Dana Point, CA

## CURES 2.0 Webinars and Training Available

The DOJ has created a special series of webinars designed to teach prescribers and

dispensers the ins and outs of the CURES 2.0 system. The webinars will cover a variety of the CURES 2.0 system's features including Patient Safety Alerts, Compacts, and Peer Messaging. The DOJ will also provide step-by-step instructions on how to access CURES Patient Activity Reports and how to reset user passwords. Webinar registration and schedule information can be accessed by clicking the links below.

Webinars are scheduled on the following dates and times (all times PDT):

- Wednesday, August 15, 2018 at 12:00-1:00 p.m. Register at <https://attendee.gotowebinar.com/register/5444321277132979458>
- Wednesday, August 29, 2018 at 12:00-1:00 p.m. Register at <https://attendee.gotowebinar.com/register/5446018923086316546>
- Wednesday, September 12, 2018 at 12:00-1:00 p.m. Register at <https://attendee.gotowebinar.com/register/2501548774134793986>
- Wednesday, September 26, 2018 at 12:00-1:00 p.m. Register at <https://attendee.gotowebinar.com/register/5862281930734563330>
- Wednesday, October 10, 2018 at 12:00-1:00 p.m. Register at <https://attendee.gotowebinar.com/register/6879248822566931458>

After registering, you will receive a confirmation email containing information and instruction about joining the webinar.

For questions on webinar registration or to request in-person CURES training, please contact the CURES HelpDesk at [CURES@doj.ca.gov](mailto:CURES@doj.ca.gov) or (916) 210-3187.

## Member Spotlight: Uma Rao, MD



**Dr. Uma Rao** is Professor and Vice Chair (chief) for Child and Adolescent Psychiatry in the Department of Psychiatry and Human Behavior at the University of California, Irvine (UCI). She is also the Director of Education and Research in Psychiatry at the Children's Hospital of Orange County (CHOC). Additionally, she is the Director of the Biobehavioral Research on Adolescent Development (BRoAD) Lab at UCI.

Dr. Rao is highly enthusiastic to collaborate with behavioral/mental health professionals and institutions across Orange County to improve the clinical care for youth and families. She is also looking forward to work collaboratively in contributing new knowledge for the prevention and treatment of early-onset behavioral/mental health disorders, and thereby assist our youth in achieving their full potential as adults.

Dr. Rao has been involved in mood and substance use disorders research for over 25 years. Her primary areas of interest are adolescent depressive and addictive disorders, including neurobiological and psychosocial predictors of onset and longitudinal clinical course in youth with familial and/or environmental risk, developmental/ethnic influences on clinical presentation and neurobiological processes, as well as intervention research. Dr. Rao's research also includes physical/medical conditions that frequently co-occur with these disorders in which chronic stress is an influential factor, specifically obesity and pain, from a health disparities perspective. She plans to extend this work to juvenile diabetes mellitus.

Dr. Rao has received research funding from the National Institutes of Health as well as private foundations. She has published numerous research articles in scientific journals and has received awards from the American Academy of Child and Adolescent Psychiatry, the Indo-American Psychiatric Association and community agencies for her scientific and volunteer contributions.



UCI Graduation - June 23, 2018

### Mentorship Dinner - June 7, 2018

L to R: Douglas Kahn, MD, Dave Safani, MD, Sara Weid, MD, Brenda Jensen, MD, Darinka Aragon, MD, Anish Dube, MD, Hank Lai, MD, and Vy Nguyen, MD



## In Memorium - Irwin Kempler, MD 11/13/30 to 2/8/18



**Irwin (Ike) Kemper MD** was a pioneer psychiatrist in Orange County. He was active in organizing psychiatric inpatient services at Hoag Hospital (1965-90) and in formation of the Orange County Psychiatric Society (originally a branch of SCPS). He also served at Fairview State Hospital and volunteered for many pro bono humanitarian programs.

Ike was a model of dedicated, compassionate care of patients and active consultation with medical colleagues. He was always available to advise and mentor psychiatrists arriving in the community.

*Ginny and Ike Kempler*

## APA Psychotherapy Caucus - An Opportunity to Raise Awareness

APA's Caucus on Psychotherapy is a special interest group that reports to the Council on Quality Care. Its diversity of theoretical orientations, demographics, and work roles are joined together by a commitment to the idea that psychiatry is (or should be) much more than psychopharmacology, and that psychotherapy is an important aspect of psychiatric identity and psychiatric skills.

Among its varied activities, the Caucus provides psychiatrists interested in

psychotherapy and psychosocial treatment a voice to communicate with the APA so that they may bring to the APA's attention important or emerging issues that affect residency training, patient care, and the practice of psychiatry with respect to psychotherapy and psychosocial treatment. It is the vision of the Psychotherapy Caucus to raise the profile of psychotherapy and psychosocial treatment in psychiatry, and to secure skills in these treatment areas as part of the training and identity of psychiatrists of the future so that the field and its practitioners are truly practicing within a biopsychosocial model.

First convening during the APA 2014 Annual Meeting in New York, the Caucus included 10 - 15 members. Caucus membership (via listserv subscribers) has since reached over 250 members and continues to grow. APA members may join the Caucus on Psychotherapy by signing into [psychiatry.org](http://psychiatry.org), visiting the member profile, and then selecting "Psychotherapy" from the caucuses listed.

For more information on joining the Caucus on Psychotherapy, please contact Samantha Shugarman, APA's Deputy Director of Quality and Caucus Liaison, at [sshugarman@psych.org](mailto:sshugarman@psych.org). For questions about Caucus issues and other subject matter content, please contact Barton Blinder, MD, PhD, Caucus on Psychotherapy Steering Committee Member and Orange County Psychiatric Society newsletter editor at [bblinder@msn.com](mailto:bblinder@msn.com).

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Orange County Psychiatric Society

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