



## 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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## Highlights From The OCPS Social Committee Event





On December 2nd, the OCPS Social Committee held their first event -- an adventure hike from Top of the World/Alta Laguna Park to the Aliso and Wood Canyons Regional Park.

OCPS members, Drs. Stella Cai, Rimal Bera, Roula Creighton, Carolyn Nguyen, Douglas Kahn and their families enjoyed this 4.5 mile hike through an unspoiled and tourist-free coastal canyon passing the charred fire area where they saw nature in the process of renewal. Everyone enjoyed the beautiful weather, and the children had a great time exploring Cave Rock where prehistoric native Americans lived.

Future hikes, with varying degrees of "difficulty" will be planned during the year, with our next hike scheduled for Saturday January 26th. Ideas for social events are welcome and should be directed to Dr. Roula Creighton at [roulsm@gmail.com](mailto:roulsm@gmail.com).

## Upcoming Events

- **January 26, 2019** - OCPS Social Committee Family Hike - 9:00 am - El Moro Canyon Loop Trail, Laguna Beach. Contact [Dr. Roula Creighton](#) for more information.
- **January 28, 2019** - Membership Committee Meeting - 6:30 pm \*
- **February 5, 2018** - Council Meeting - 6:30 pm \*
- **February 12, 2019** - Government Affairs/Public Affairs Committee Meeting - 6:30pm. \*
- **February 27, 2019** - Women's Forum Event - "New Beginnings" - 6:30 pm - OCMA Offices. For more information and to register, click on the following link: [Womens Forum](#)
- **February 28, 2019** - Mental Health Association of Orange County 25th Annual Community Service Award Luncheon
- **April 6, 2019** - Annual OCPS CME Meeting "**Hot Topics in Psychiatry**" - 8:00 am to 4:00 pm - OCMA Offices
- **May 18-22, 2019** - APA Annual Meeting and 175th Anniversary Celebration - Moscone Center - San Francisco, CA. To register and learn more about the meeting, click the following link: [APA Annual Meeting](#)

\* For more information on these committees or meetings, and/or to inquire about participating, please contact Natalie Kaczur at [Natalie@ocps.org](mailto:Natalie@ocps.org)

## Yujuan Choy, MD, nominated for MHA 2019 Community Service Award

On Thursday, February 28, 2019, the Mental Health Association of Orange County (MHA) will be holding its 25th Annual Community Service Awards Ceremony, a gala celebration luncheon at the Center Club in Costa Mesa. This event recognizes individuals who have made a positive contribution to the mental health community in Orange

County. **Dr. Yujuan Choy** is this year's OCPS nominee for the professional category of this award. Dr. Choy has made many contributions to mental health to earn this well-deserved nomination. Congratulations Dr. Choy!



## From The Executive Director *by Natalie Kaczur*

A year has flown by since I assumed the role as Executive Director of OCPS. I've met so many new and interesting people, and have learned so much. But I feel like I still have more to learn in order to support our Executive Committee and Council in providing you, our membership, with timely information pertinent to your practices, opportunities to grow professionally, resources that assist with patient care, and opportunities to interact with your colleagues.

I have served as an Executive Director of other medical membership organizations for the past 20 years, and I have to say that the leadership of OCPS is the most active that I've seen in terms of ensuring that their members receive valuable benefits from their membership in OCPS. Our committees are very active in providing a myriad of opportunities for members who want to become involved.

I realize that everyone is super busy with balancing work, family and the various commitments involved with both. But I'd like to invite you to take advantage of what OCPS has to offer -- either by participating in our events and/or serving on a committee of your interest. Both are a great way to become involved, but not have over-arching or lengthy commitments. Most of the committees meet once a month, and some once a quarter. Others meet via teleconference. And now we even have a social committee dedicated to providing our members (and their families) with the opportunity to engage with colleagues in a fun and relaxed atmosphere. If it's educational events you are looking for, we try to hold one every quarter and this year, we are having our first CME event on April 6th!

In closing, I look forward to another great year and in helping our leadership provide "added value" to your membership in OCPS.

If you are interested in joining any of the OCPS committees or attending any of the upcoming events, please do not hesitate to reach out to me at [Natalie@ocps.org](mailto:Natalie@ocps.org).

## Orange County's Most Distinguished Psychiatrist

The Orange County Psychiatric Society is currently seeking nominations to honor outstanding psychiatrists who have advanced care, research, and education in the region. Recipients will be recognized in the OCPS Scope newsgram.

Anyone may nominate a physician whom they believe to merit consideration. Nominators do not need certify that the nominee meets the below criteria. Following nomination, the candidate will be invited to complete an application detailing their merits. Membership in OCPS is not required for nomination. Self-nominations will not be considered.

Criteria for consideration of the award will include:

- Current or initial certification by the American Board of Psychiatry and Neurology.
- Exhibit distinction and excellence as a clinician, physician scientist, physician educator, and/or humanitarian service.
- Provide professional services, research, or education to the populace of Orange County, or reside within Orange County.
- Have completed at least four years of practice following residency or fellowship.
- Must have good standing with, and current accreditation from, a State Medical

Board.

To submit a nomination, you may access the form by clicking on the button below. Nominations are due by **February 18, 2019**.

**Nomination Form**

## New California Laws *(shared by Professional Risk Management Services)*

The following new State laws, applicable to physicians, were passed and went into effect January 1, 2019. They include the following:

### NALOXONE

Prescribers are required to offer a prescription for *naloxone hydrochloride* or another drug approved by the FDA for the complete or partial reversal of opioid depression to a patient when ONE or more of the following conditions are present:

1. The prescription dosage for the patient is 90 or more morphine milligram equivalents of an opioid medication per day;
2. An opioid medication is prescribed concurrently with a prescription for benzodiazepine; or
3. The patient has an increased risk of overdose

Examples:

- A patient with a history of overdose
- A patient with a history of substance use disorder
- A patient at risk for returning to a high dose of opioid medication to which the patient is no longer tolerant

Further, prescribers are required to educate those patients (and additional persons designated by those patients or a minor's parent/guardian) on overdose prevention and the use of naloxone hydrochloride (or similar medication) prescribed for reversal of opioid overdose.

Any prescriber who fails to abide by the prescription OR education requirements "shall be referred to the appropriate licensing board. . . for the imposition of administrative sanctions deemed appropriate by that board."

For more information: [Medical Board of CA FAQs, full text of the law](#)

### SECURITY PRESCRIPTION FORMS

Controlled substance security prescription forms must include a unique serialized number in a format approved by the Department of Justice.

For more information: [Medical Board of CA Memorandum, full text of the law](#)

### OPIOIDS PRESCRIBED TO MINORS

Prescribers are now required, with limited exceptions, to discuss the following with a minor, minor's parent/guardian, or another adult authorized to consent to the minor's medical treatment before issuing the first opioid prescription in a single course of treatment:

- The risks of addiction and overdose associated with the use of opioids;
- The increased risk of addiction to an opioid to an individual suffering from both mental and substance abuse disorders;
- The danger of taking an opioid with a benzodiazepine, alcohol or another central nervous system depressant;
- Any other information required by law.

For more information: [full text of the law](#)

Another law that passed, and becomes effective in **2022**, requires that practitioners authorized to issue controlled prescriptions transmit prescriptions electronically to pharmacies, with limited exceptions.

For more information: [full text of the law](#)

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## New Cybersecurity Resources

The Department of Health and Human Services (HHS) recently issued [new cybersecurity resources](#) to manage threats and protect patients, including resources for small healthcare organizations. The resources include:

- [Health Industry Cybersecurity Practices: Managing Threats and Protecting Patients](#) - Reviews five current threats (phishing attacks, ransomware attacks, loss/theft of equipment/data, insider, accidental or intentional data loss, and attacks against medical devices) and presents practices to mitigate those threats.
- [Technical Volume 1: Cybersecurity Practices for Small Health Care Organizations](#)
- [Technical Volume 2: Cybersecurity Practices for Medium and Large Health Care Organizations](#)
- [Resources and Templates](#)

## Inclusions in the Newsgram

If you have ideas for inclusions in this newsgram, or you have something you would like to include that would be of interest to our members, please contact Ms. Natalie Kaczur at [Natalie@ocps.org](mailto:Natalie@ocps.org). **Note:** Prior to publication, all submissions will be reviewed and are subject to approval by the Newsgram Editorial Committee.

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Orange County Psychiatric Society

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