



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

2019 Year in Review

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Message from OCPS President, *by Dr. David Safani*



Dear Valued OCPS Members,

A very warm and Happy New Year to you all! I would like to take this opportunity to review our 2019 accomplishments and discuss some exciting plans in store for 2020.

In an effort to further engage and support our members, we hosted several educational and social events. We held our first ever full-day CME event in what is poised to become an annual tradition. This well-attended event included national experts, like Dr. Timothy Fong, speaking on timely topics. Our social events included hikes and museum tours, in addition to our annual summer social. We remained active in governmental affairs, working with our partners at the National Alliance for Mental Illness (NAMI) and Mental Health Association (MHA) to continue advocating for our patients. We represented OCPS on suicide prevention efforts, for example as part of the County Pediatric Suicide Prevention Taskforce. We strengthened our relationships with other district branches in California, exploring ways to improve statewide advocacy and education efforts. Details of these achievements are shared below.

None of these would be possible without the dedication and hard work of a proficient Executive Director. Our crowning achievement was signing Karina Amaya as our new Executive Director. It is hard to believe that she has been with us for less than a year, especially given how integral she is to our day to day activities and planning now. She brings energy and ambition back into the organization. Without Karina, none of these achievements would have been possible. Thank you, Karina!

I want to emphasize that each time I used "we" above, I am acknowledging the hard work of the committees, and especially the committee chairs. The tireless hours of work put in by these volunteers ensure OCPS' goal of providing the highest quality member benefits. The Committees make OCPS what it is. If you have yet to serve on a committee, I strongly encourage you to reach out to Karina at Karina@ocps.com to express your interest. [CLICK HERE](#) for a list of committees and chairs. They are open to all members and you can attend without any commitment. It is a wonderful opportunity to meet your colleagues and work on meaningful projects.

If you thought 2019 was an amazing year, look out for 2020. Our biannual installment dinner of new officers and councilors is scheduled for Saturday, March 21st. We are planning our 2nd Annual CME Meeting this year. Building on our momentum from last year, we expect this event to be larger with even more nationally renowned speakers. Our Most Distinguished Psychiatrist Awards will be presented later this year. We also plan to host several smaller educational dinner events and will continue to have social events including opportunities for networking with non-psychiatrist partners. We will continue to work with the other district branches in strengthening statewide advocacy, while also continuing our local advocacy for Orange County.

None of this would be possible without the contributions of all OCPS members. Thank you for your continued dedication to our cause and thank you for allowing me the honor

of serving you all during these exciting times. If there is anything else that we can do to bring value to your membership, please do not hesitate to share your thoughts and suggestions with us at any time. We will be sending a survey to find out what you value most about your OCPS membership and will aim to bring you more of those things in 2020 and beyond. Be on the look out for the survey. We look forward to seeing more of you at many of the upcoming events.

Sincerely,

David Safani, MD, MBA, FAPA
President, OCPS

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President, OCPS

Upcoming Events/Announcements

- **March 21, 2020** - OCPS Installation Dinner 2020: The Center Club, Orange County. Details forthcoming. We have space available for exhibitors! If you know anyone who may be interested in a sponsorship opportunity, please provide contact information to Karina Amaya at karina@ocps.org.
- **April 25-29, 2020** - APA Annual Meeting: Philadelphia, PA. To learn more about the meeting, click the following link: [APA Annual Meeting](#)

MOST DISTINGUISHED PSYCHIATRIST AWARD 2020

DEADLINE EXTENDED!

OCPS is currently seeking nominations to honor outstanding psychiatrists who have advanced care, research, and education in the region. For additional information and nomination form, please [CLICK HERE](#).

For more information on OCPS committees, meetings, or conferences, and/or to inquire about participating, please contact Karina Amaya at Karina@ocps.org

2020-22 OCPS Officer and Councilor Nominees

The OCPS Nominating Committee submitted their nominations for elected OCPS Officers and Councilors for the 2020-2022 term. The below nominees were approved by Council at the December 10, 2019 Council Meeting. Ballots will be going out to general membership in early February in anticipation of the Installation Dinner scheduled for March 21, 2020.

Executive Committee

President-Elect:

Roula Creighton

Secretary:

Alexis Seegan

Treasurer:

Lawrence Faziola

Early Career Psychiatrist (ECP) Representative:

Vandai Le

Councilors (9)

Barton Blinder

Richard Granese

Brenda Jensen

Douglas Kahn

Carolyn Nguyen

Charles Nguyen

Thomas Okamoto

Jonathan Serrato

Nicolaas-John van Nieuwenhuysen

Inaugural CME Event

OCPS held its Inaugural CME Event on April 6, 2019. This full day event was well-attended and enjoyed by everyone present. The Education Committee put together a program that included information and training on the collaborative care model of psychiatric treatment, media training, addiction, and even a townhall debate on the GoldWater Rule. Dr. Timothy Fong was the keynote speaker and presented on *The Impact of Addiction on California*. Dr. Fong is a Professor of Addiction Psychiatry at the UCLA Semel Institute for Neuroscience and Human Behavior, Director of the UCLA

Addiction Psychiatry Fellowship at UCLA, Co-Director of the UCLA Gambling Studies Program, and on the Executive Committee of the UCLA Cannabis Research Initiative. OCPS is committed to educating members through high-quality events such as these. Plans for the second annual CME event are currently underway. Details forthcoming.



Key note Speaker: Dr. Timothy Fong



Dr. Chris Cho, along with Drs. Anish Dube and Drew Park speak on the Goldwater Rule



Dr. Drew Park takes the mic

Career Day 2019

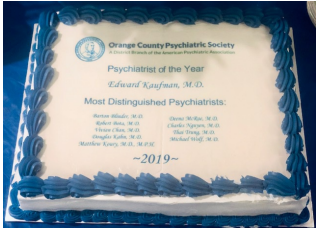
On May 9, 2019, OCPS held a Career Panel for resident physicians throughout Southern California. The event was titled “Exploring Career Paths in Psychiatry” and was held at Karl Strauss Brewing Company in Anaheim, CA. There was an impressive turnout of resident physicians and medical students at the event eager to learn about career and fellowships options after residency. Between eating pretzel bites and sipping on beer, seven volunteer attending psychiatrists shared stories about their own paths out of residency and employment experiences. The event was hailed a resounding success by the residents in attendance who found it to be enlightening and enjoyable. We offer the sincerest gratitude to the volunteer attending psychiatrists that were willing to take time to share their wisdom. Thank you Dr. Laura Dardashti (California State Hospital System), Dr. Anish Dube (Forensic/Child-Adolescent Fellowship), Dr. Angela Yu (Orange County Behavioral Health), Dr. Lesley MacArthur (Private Practice), Dr. Matthew Reed (Pain Medicine/Academics) and Drs. Varin Gosein and Sophia Le (California Department of Corrections and Rehabilitations) for making this event possible.

Most Distinguished Psychiatrist 2019



From left to right: Drs. David Safani, Barton Blinder, Nicolaas-John van Nieuwenhuisen, Doug Kahn, Edward Kaufman (award recipient), Michael Wolf, Matthew Koury, Robert Bota, and Larry Faziola

Dr. Edward Kaufman was the recipient of the 2019 Most Distinguished Psychiatrist Award. This award is meant to honor outstanding psychiatrists who have advanced care, research, and education in the region. Nominees included Drs. Barton Blinder, Robert Bota, Vivian Chan, Douglas Kahn, Matthew Koury, Deena McRae, Charles Nguyen, Thai Trung, and Michael Wolf. Dr. Kaufman was awarded at the June 2019, Council Meeting. Dr. Kaufman's career spans over 40 years of practice in psychiatry. His journey features time as president of the American Academy of Addiction Psychiatry as well as Editor-in-Chief of the American Journal of Drug and Alcohol Abuse. He also had a long career at UC Irvine where he was Director of Clinical Services and Psychiatry Residency Education. Currently, Dr. Kaufman serves as the Medical Director at Northbound Treatment Services in Newport Beach. Congratulations Dr. Kaufman on receiving this well-deserved award!



Social Committee Events: Walk & Dine/Hike

The OCPS Social Committee remained active in 2019 and is looking forward to a very social 2020! If you haven't had an opportunity to join in on the fun, plan to do so soon! Information for upcoming events will be sent out via email blast. Here's a look at a few of the events from this past year:

June 1, 2019
The Walk & Dine gathering in Laguna



November 17, 2019
Peters Canyon Loop Trail hike went well. It was a little more strenuous than expected, but there was some excitement, and all who attended had a great time!

Beach was a hit! It included a Tavern, a Gastro Pub, and was topped off with a delicious Gelato!



OCPS Summer Social

OCPS members and their guests gathered for the annual summer social on September 14, 2019 at the home of OCPS President. Dr. David Safani. Good company, great weather and amazing food was enjoyed by all in attendance. It was a relaxing and enjoyable evening. Thank youth all of those who were able to attend for making it such a successful and fun event. And to those of you who could not attend, we hope to see you there in 2020!



Member Spotlights:

Dr. Rimal Bera is a Professor in the Department of Psychiatry and Human Behavior at the UC Irvine School of Medicine. He was interviewed about "How to Talk to Someone Who is Depressed." You can read the article via the following link: [Dr. Bera Interview](#)

Ethics Q&A

Question: A psychiatrist sees a patient at a reduced fee until the patient obtains insurance, and then bills the insurance company the full amount for subsequent sessions. Is this ethical?

Answer: If the doctor states the usual and customary fee to the patient at the beginning of treatment, but then reduces the fee given the patient's limited resources, it is not unethical to restore to a higher fee when the patient's financial situation improves, that is, the patient now has insurance coverage. (Section 2) (2018)

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 Karina Amaya at

If you would like to place an ad in the OCPS Scope and/or the OCPS Website, the following is the pricing structure:

- \$100 for a 150-200 word ad restricted to the classified section in the newsgram or the website for one month
- To include a link to a .pdf file, add \$25
- To include a logo in the ad, add \$25
- To advertise for one month in both the newsgram and website, the cost is \$200 and inclusion of a .pdf link and/or logo is free
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