



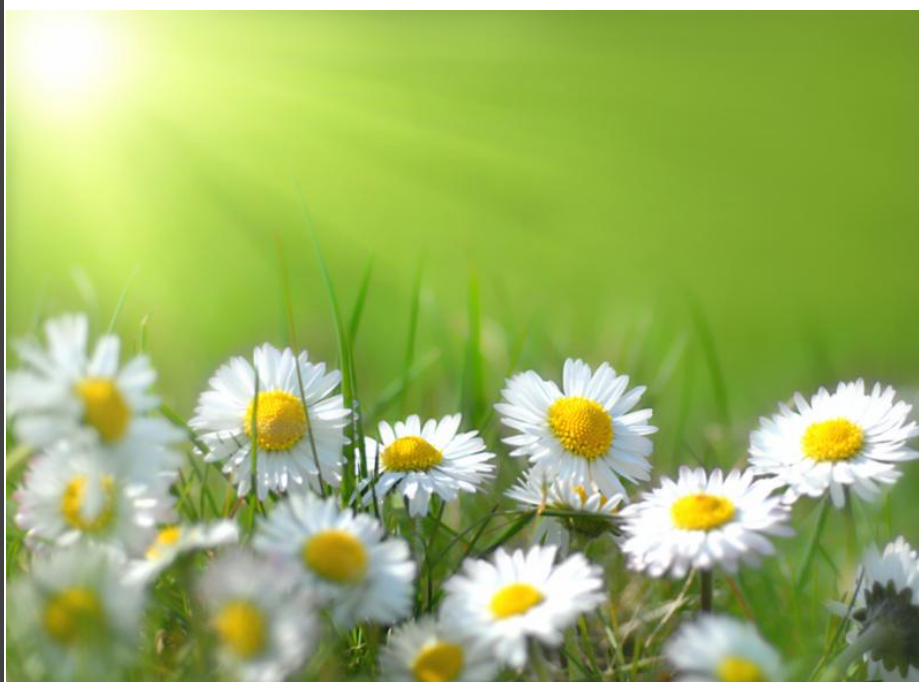
THE OCPS SCOPE

A Newsgram for the Members of the Orange County Psychiatric Society

Visit our Website

Spring has Sprung

March 2021 Edition



What's Inside:

- [Message from the President](#)
- [Advocacy Update](#)
- [Member Spotlight](#)
- [Member Education](#)
- [Editor Notebook: Reentry "We Are Back"](#)
- [Advertisements](#)

Message from OCPS President, *by Dr. Robert Bota*



Dear OCPS Members:

In the last year, we have learned so much about humanity, kindness, and resilience in front of challenging circumstances. We have grown and morphed into a new, robust, independent organization dedicated to serving our diverse membership. A little over a year ago, OCPS, SDPS and NCPS separated from CPA. Since then, we have accomplished together many of our stated goals. We formed a partnership with SDPS and NCPS and hired a new lobbyist organization. Also, we continued to collaborate with the other two psychiatric organizations in activities pertinent to our common goals. OCPS is now more vital than ever before, and our new initiatives have significantly increased our recognition at the state and national levels.

I am equally proud to report OCPS internal projects have continued during this time, focusing on diversity, equality, and inclusion for all our members. Our committees' activities have consolidated, and many have increased. Our member participation is what makes us the great organization we all treasure. I want to invite all to participate in the events you are interested in and bring your ideas to the table, even on a PRN basis. Your participation could range from involvement in local and government affairs to suggestions of topics for future CME activities to volunteering to give a talk or participate in a panel presentation.

Finally, in a time of unprecedented transformation of medical care, I believe that we should work together to build a more robust system focused on helping each other

network with other psychiatrists and share information about our work challenges, interests, and needs. A closer connection between the residents, private practice, and employed physicians would allow for tremendous mentoring opportunities. It will promote greater mobility to switch jobs for all our members and will support the hire new, locally trained physicians in our local private and academic practices

As our country is slowly moving toward a new normal, I am looking forward to working together with the OCPS membership to identify more growth opportunities. Our renewing commitment to OCPS and its principles will greatly benefit us, our chosen profession, and the patients that need us more than ever.

Sincerely,

Robert Bota, MD
OCPS President

Member Participation

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

Advocacy Update, by Roula Creighton, MD

Dear Members:

It has been a fast paced whirlwind of a transition. Since separation from CPA at the end of 2020, we have quickly established an alliance with two other APA District Branches and formed the California State Alliance of Psychiatrists (CSAP). We've engaged an excellent lobbying and management firm SYASL, and started the work of legislative engagement. If you have not met them, you can hear their introductory talk from last November [HERE](#). And as we've entered the first legislative session of the year, there has been a lot of activity. The CSAP Government Affairs committee has had many lively discussions about the current political climate and bills being considered. As someone who is new to this process, it is clear that our members have an important role to play and a valuable perspective to share. Through this infrastructure, we are able to effectively advocate for our patients and our profession. Please look for regular updates from CSAP through their newsletter.



If you are interested in getting involved, reach out to Paul Yoder:
Paul@syaslparkers.com

Roula Creighton, MD
OCPS President-Elect
Chair, CSAP Board

Upcoming events of interest:

California Medical Association's 47th Annual
Legislative Advocacy Conference
April 5 - 9, 2021
Co-sponsored by CSAP

[REGISTER
HERE](#)

CSAP Newsletters:

Volume 1, Issue 1	Volume 1, Issue 7
Volume 1, Issue 2	Volume 1, Issue 8
Volume 1, Issue 3	Volume 1, Issue 9
Volume 1, Issue 4	Volume 1, Issue 10
Volume 1, Issue 5	Volume 1, Issue 11
Volume 1, Issue 6	Volume 1, Issue 12
Special Edition: February 24, 2021	Volume 1, Issue 13

Member Spotlight: Dr. Anish Dube, MD, MPH, FAPA



Anish R. Dube, MD MPH represents your Orange County Psychiatric Society (OCPS) at the American Psychiatric Association (APA)'s Assembly (term: 2019-22), where he sits on the Assembly Procedures Committee. Dr Dube's effort as APA Assembly Rep. is an important function to carry the opinions and suggestions from our OC members to APA nationally. With background in both adult and child psychiatry, child development, forensics and public health, he has an excellent foundation and experience to represent all of us.

Dr. Dube is also a member of the Council on Children, Adolescents and their Families and serves as the Selection Committee Chair for the APA Foundation (APAF)'s Child and Adolescent Psychiatry Fellowship. Anish works for the County of Orange's HealthCare Agency and provides direct clinical care to young people involved in the justice system. In the past few months, he participated as a panelist on two of the APAF's 'town hall' meetings and was featured on MedScape and NPR's Morning Edition on school reopenings and mental health.

When he is not busy procrastinating, he likes to read, make gelato and prepare for the next travel plan that's likely to be canceled. Most recent recommendations in fiction: *Summertime* (J.M. Coetzee) and *Sleep of Memory* (Patrick Modiano) and in non-fiction: *Something Deeply Hidden* (Sean Carroll) and *So You've Been Publicly Shamed* (Jon Ronson). Successful gelato flavors: Vanilla Bean, Matcha Green Tea and Pumpkin Spice. Anish is also an avid silence enthusiast, language critic and fond of Urdu and Spanish poetry. He supports sports teams based in Los Angeles.

Member Education, *by John Luo, MD*

The OCPS Education Committee, in partnership with our counterparts at the San Diego Psychiatric Society, has created monthly CME events which have been held over Zoom videoconference. This collaboration between SDPS and OCPS is going very strong and has been quite successful with over fifty attendees at these sessions. We have planned monthly 1.5 hour CME sessions through November 2021.



Previous topics have included professional use of social media, sleep medicine for psychiatrists, new ambulatory evaluation and management coding changes, and an overview of treatment of traumatic brain injury.

Future CME topics (*free to OCPS members!*) include:

- Building Your Private Practice
- Psychiatric Emergency Response Team
- Maternal Psychiatry
- Forensic Psychiatry
- How to Provide Feedback
- The Easy Road to Getting Your Maintenance of Certification
- Half-day event planned for psychopharmacology in November

Be on the lookout for flyers for each of these events to register.

Summary for professional use of social media:

Over the years, social media has become part of the everyday fabric of our personal and now professional lives. Many professional organizations and healthcare systems have a presence now on Twitter, YouTube, LinkedIn, Facebook, and Instagram to name a few. Early professional use has been to focus on practice marketing and building a reputation/presence online. Nowadays, social media has been used to decrease mental health stigma, reduce isolation for our patients, advocacy for parity, and peer mentoring/supervision to name a few. While this embrace of social media has been very positive, there is also a downside risk of decreased privacy and potential damage to reputation.

Here are links to help monitor your online privacy and reputation:

Alerts: <https://alerts.google.com> sign up for alerts when someone searches on your name/practice, also check Google and other search engines periodically for what pops up on the first page of searches

Personal search engines: check out <https://www.truepeoplesearch.com/> and ask them to remove you at <https://www.truepeoplesearch.com/removal>, also see what is on Spokeo.com and Pipl.com

Professional reputation: check out what patients are saying about you at RateMDs.com, Healthgrades.com, and Vitals.com to name a few.

John Luo, MD
Chair, OCPS Education Committee

Editor Notebook, *by Barton Blinder, MD, PhD*



Re-entry: "We are back"

How amazing and propitious—it is Spring and we are preparing to emerge from a year of gloom and the ominous cloud hovering above us. Facing the unpredictable, we saw and heard continually of rising statistics tallying the mortality and morbidity spreading through our country and the world.

With the hope of protection by vaccination and reasonable mitigation, we are preparing and beginning to re-enter in-person, professional, and

daily activities. Especially looking forward to reuniting with family and dear friends in the intimacy and communication that enlivens and sustains us.

Telepresence and virtualization have been a mixed blessing during the pandemic. However on further analysis, we may find the “absence of presence” and the shift to the “vicarious” has taken a toll that for some may result in disengagement and rupture of relationships that may need revitalization and repair. I believe we need a type of “radical hope” as we face the year ahead and confront the aftermath of the pandemic. Let’s envision not only a restoration, but an openness to changes to be made in our personal lives, our professional activities, and our community from lessons learned during the challenges of the past year.

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 Karina@ocps.org. **Note:** Prior to publication, all submissions will be reviewed and are subject to approval by the Newsgram Editorial Committee.

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
- An add placed for a full year receives a discount of one month free

ADVERTISEMENTS



refer a colleague

FOR EVERY REFERRAL,
**WE DONATE TO
MENTAL HEALTH**



Refer a psychiatrist or behavioral healthcare group practice to PRMS and we will make a donation to support the mental health community.

**WE ARE DOUBLING DONATIONS TO \$100 PER REFERRAL
FOR THE ENTIRE MONTH OF APRIL!**

**YOUR REFERRAL COULD BENEFIT THE
ORANGE COUNTY PSYCHIATRIC SOCIETY.
START EARNING DONATIONS TODAY!**



PRMS.com/Refer
(800) 245-3333
TheProgram@prms.com

Actual terms, coverages, conditions and exclusions may vary by state. Insurance coverage provided by Fair American Insurance and Reinsurance Company (NAIC 9557). FAIRCO is an authorized carrier in California, ID number 375-7. www.fairco.com

[Click Here for More Information on PRMS](#)

Orange County Psychiatric Society