



WPS e-NEWS

December 2013 Issue

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Welcome to the December 2013 edition of WPS e-News, a publication of the Washington Psychiatric Society. Our intent is to provide members with important news and notices in an easy to read format. **We welcome your submissions. Please send all notices to enews@dcpsych.org.** This publication may also be found online in PDF format for printing at <http://www.dcpsych.org>.

President's Column

Lest you, our faithful members, were laboring under the misapprehension that the WPS, the Board or its committees were using your dues to finance golf outings or trips to Hawaii or other island junkets, I thought it best to keep you apprised of what we have been doing on your behalf over the past few months.

First, we have developed a three-year strategic plan which started with the creation of three task forces charged with developing and arranging the implementation of goals for that time frame. One was titled, Relationships with Outside Organizations with like concerns, chaired by Richard Ratner, MD. The second was the Value to Membership group, chaired by Robert Johnson, MD. And, the last was concerned with WPS Governance and Bylaws, chaired by Avram Mack, MD.

Classifieds

WPS OFFICERS AND DIRECTORS

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Enrico Suardi, MD, MPH
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APA REPRESENTATIVES

Brian Crowley, MD, DLFAPA
Area 3 Trustee

The first task force will be an ongoing committee whose purpose will be to forge ties with groups such as allied mental health professionals, patient advocate organizations, local medical schools and government entities to promote our interests and those of our patients. The second will task already existing committees such as membership and CME to increase participation of new and current members in group social and education activities and to learn more about membership concerns and address them. Finally, the third task force will combine with the Nomination Committee and has developed a list of proposed bylaws which has been forwarded to the APA for their review and will be then discussed by the Board and presented to the WPS membership for final approval.

We have also been engaged in other issues having a bearing on psychiatric practice. At the behest of and under the able leadership of Ann Birk, MD, a task force was formed to address the issue of violence and psychiatric patients. The group has come up with a brief list of recommendations which will be presented to the Board in January and then sent to the APA for further national action. The hope is that this will lead to safer and more effective preventative practice for us and influence state and national governments to support our efforts in the public arena.

We will be scheduling more CME events for the membership in the coming months. We will also hold an Awards Dinner in March to express appreciation to local members and citizens who have performed special activities to further the interests of our members and our patients. It will also be an excellent opportunity to meet and socialize with WPS officers and colleagues. A Board reception will be held in January or February with Saul Levin, MD the new APA medical director and APA staff to promote familiarity and future action on issues of mutual concern. More will be forthcoming about these events.

Letters have been sent by me at the behest of the Board to the new APA medical director, Saul Levin, MD asking for timely approval of the action paper submitted and approved by the Assembly to end the pharmacy practice, especially by CVS, of sending unsolicited faxes to us asking to renew medications for our patients who often are unaware of this solicitation and are not in need of the medications. Another letter was sent to Dilip Jeste, MD, Chair of the APA Nominating Committee, asking that consideration be given to expanding the number of candidates for each office so that a group of officers more truly representative of the wide range of APA members and their opinions could be elected.

We will continue to work intensively on these issues and others of interest to the WPS membership as they arise in

Elizabeth Morrison, MD, FAPA
Assembly Representative

Roger Peele, MD, DLFAPA
Assembly Representative

Eliot Sorel, MD, DLFAPA
Assembly Representative

Urooj Saeed, MD
Area 3 MIT Representative

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Catherine Stuart May, MD, DFAPA
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Gerald Perman, MD, DLFAPA
Communications Chair,
Newsletter Editor

ELECTED REPRESENTATIVES

Miquel Alampay, MD
MIT Representative

Sanaa Bhatti, MD

the future. We strongly encourage you to become more active in the WPS and its committees so that we can more effectively develop action on your behalf and of benefit to our patients. An increase in our membership will ensure that we maintain our three delegates to the APA Assembly which is determined by membership numbers of each District Branch and continue to be what is considered the most active and influential Branch in the APA

My most sincere thanks go out to those of you who are already active in the WPS and who support us in other ways.

--Gary Soverow

WPS Events:

We have another exciting salon coming up this month, presented this Sunday from 3-5:30 PM in a member's home with light refreshments. Location will be available on registration.

On November 24th (Bethesda) Dr. Jennifer Payne from Johns Hopkins Women's Mood Disorders Clinic will be presenting a salon entitled Perinatal Mood and Anxiety Disorders: Debunking Myths and Advances in Treatment Options. She is Associate Professor of Psychiatry at Johns Hopkins School of Medicine, and Director of the Women's Mood Disorder Center and the Mood Disorders Clinical Trials Group as well as as Co-Director of the Resident Outpatient Program. She has published and lectured extensively and is considered a national expert on women's reproductive mental health.

Sunday, November 24, 2013, 3:00 - 5:30 pm

2 AMA PRA Category 1 Credits™

Perinatal Mood and Anxiety Disorders: Debunking Myths and Advances in Treatment Options

Speaker: Jennifer Payne, MD, Director, Women's Mood Disorder Center, Johns Hopkins School of Medicine

Location: Member Residence in Bethesda (address provided upon registration)

[ONLINE REGISTRATION](#)

If you have suggestions for other programs, speakers or are willing to volunteer your home for a salon, please contact our WPS staff person, Chris Cotter, at cfcotter@yahoo.com.

MIT Representative

Todd Christiansen, MD
Maryland Legislative
Representative

**Constance Dunlap, MD,
DFAPA**
Federal Legislative
Representative

Charles Kaelber, MD, LFAPA
Public Affairs
Representative

Mark Niciu, MD
Early Career Psychiatrist

C. Prasad, MD, DFAPA
VA Legislative
Representative

Ryan Shugarman, MD
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ASPP Representative

**Richard Ratner, MDM,
DLFAPA**
ASAP Representative

**Thomas Nathan Wise, MD,
DLFAPA**
Academy of Psychosomatic
Medicine

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Next Wave Group, LLC

Patricia H. Troy, M.Ed., CAE
WPS Executive Director

Christine F. Cotter

Area 3 Trustee Report for October meeting of the Board of Trustees

--Brian Crowley, MD, DLFAPA

The APA Board of Trustees met in Philadelphia on October 13 and 14, 2013.

Major items:

DSM-5. As of the end of September, 382,000 copies had been sold. Receipts stood at \$33.7 million, dramatically ahead of projections. (Over a ten year period, it cost APA about \$22 million to produce DSM-5.) Comments received show that the book is being widely accepted and praised for content, organization, format, and clarity.

The number of dues-paying members shows an uptick, a slow growth over the past year. This is a very welcome development, and reverses a years-long slide in membership.

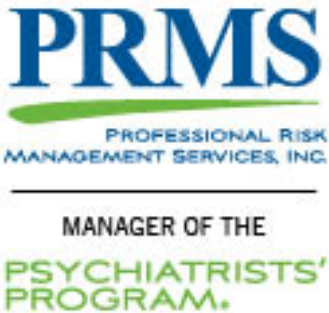
Parity Enforcement Initiative. As previously reported, over the past several months APA has been pursuing an aggressive combined litigation and public relations campaign to enforce patients' rights to adequate payment for mental health services under the 2008 federal Parity Act. At our Board meeting, I commented that judging from the reception I got when presenting this program at my DB and the Area 3 Council, it is a membership retention program, strongly meeting a need. This ongoing program has many moving parts, and sensitive details of litigation and negotiation require confidentiality while the work progresses.

APA General Counsel Colleen Coyle has authorized the following statement for publication:

"APA continues its efforts to enforce the Mental Health Parity and Addiction Equity Act.

"Anthem/WellPoint litigation. In September, APA and the Connecticut Psychiatric Society amended their complaint against Anthem/WellPoint in the United States District Court for the District of Connecticut. Anthem/WellPoint have told the court that they intend to file a Motion to Dismiss the Complaint in early November. APA and CPA are gearing up to answer and defend against that Motion. If APA and CPA are successful, discovery will begin shortly thereafter.

More than just
medical professional
liability insurance



“Blue Cross Blue Shield of Vermont. APA and the Vermont Psychiatric Society challenged BCBSVT’s practice of requiring prior authorization for mental health visits after the first 10 and its payment of psychiatrists less for the same CPT codes than other doctors. The challenge to date has included a series of letters, meetings with Vermont legislators, testimony before the Vermont Mental Health Oversight Committee and meetings with the Green Mountain Care Board and the insurance commissioner in Vermont. BCBSVT agreed to eliminate the prior authorization requirement for participating psychiatrists and is considering the arguments we made concerning rate parity. These efforts continue.

“APA continues to receive complaints from individual members concerning companies who have implemented the new CPT codes in a manner that violates MHPAEA and is addressing those complaints with members and the various insurance companies. Please continue to report violations to cptparityabuses@psych.org”

The Health Care Reform Strategic Action Work Group, chaired by Drs. Anita Everett and Paul Summergrad, reported on the many challenging yet exciting dimensions in this era of changing practice, including developing strategies and tools to help APA shape the future.

The APA and the Foundation continue to operate in a fiscally sound manner, with substantial and growing reserves.

The American Psychiatric Foundation reported on some of its exciting ongoing programs, which include Typical or Troubled; Judges Leadership Initiative; Partnership for Workplace Mental Health; and PBS Healthy Minds/Give an Hour.

This was the final Board of Trustees meeting for outgoing Medical Director and CEO Dr. Jay Scully. With warmth and enthusiasm, The Board thanked him for his long, very successful and dedicated service to APA. This was the first Board meeting for incoming Medical Director/CEO Dr. Saul Levin, who demonstrated the skill and energy with which he is assuming his new position.

Assembly Notes, from 8 - 10 November meeting

--Roger Peele, MD

Dear Astronautics*

Urooj Saeed, Beth Morrison, Cam Ritchie, Carolyn Robinowitz, Deborah Hales, Pat Troy, Christine Coffey, Saul Levin, Richard Ratner, Darrel Regier, Bill Narrow, Eliot Sorel, I, and a couple of hundred others attended the fall Assembly meeting at the JW Marriott this weekend. The following is VERY UNOFFICIAL AND VERY INCOMPLETE:

Information items:

1] *The highlight of the meeting was a rousing talk given by Patrick Kennedy in which he suggested that psychiatrists and neuroscientists were the astronautics of inner-space of the brain. His main theme was the need to cease the stigmatization, the marginalization, the sense of shame associated with the mentally ill in this country in order to advance treatment, advance policy, advance the real integration of brain and body. As is often true of advocates in recent decades, he feels we are better served with "brain" than "mind." He was quite candid about his own brain disorders, bipolar and substance-related, and how psychiatrists had been invaluable to him. At the same time he said that the stigmatization theme also exists within psychiatry. [While not mentioned by him, his remarks reminds us that the recent DSMs have been determined NOT to imply that everyone has a mental disorder, thus the "cause clinical significant distress or impairment" is part of almost every DSM criteria set, a theme that separates us from other medical specialties's diagnostic systems and from science.]

2] The new APA CEO/Medical/WPS Member, Saul Levin, gave a winning presentation. The PowerPoint is attached.

3] Membership remains at about 33,000 members.

4] As of 1 November, 488,862 DSM-5s have been sold, bringing in \$36,394,763.

5] Parity regulations were released about the same hour Friday that the Assembly began. Within hours, APA staff rapidly provide a very useful summary.

6] Last May, WPS had a motion asking that the APA Practice Guideline component develop a guide as to polypharmacy. The response was, "there is little evidence to inform guidelines on this topic." [This past week, some of us heard that there are well considered authorities who routinely use four to six medications in treating Bipolar and in treating PTSD.]

7] Carolyn Robinowitz presented the work of the APA AMA team, which continues to influence the AMA.

8] Three initiatives associated with Sorel - the mentoring program, the integration of psychiatry with primary care and global psychiatry - continue to make gains.

9] Nominated for Speaker-elect:

Glenn Martin [NY]

James Batterson [MO]

10] Nominated for Recorder:

Daniel Anzia [IL]

Stephen Brown [WY]

The Assembly voted on 36 motions. A few of the highlights:

1] Called on a creation of an APA component to develop recommendations to addressing the shortage of psychiatrists in the US. Also a more specific motion to address the shortage of VA psychiatrists.

2] Asked that the name "Member-in-Training" [MIT] be replaced with "Resident-Fellow Member" [RFM]

3] RFMs [see "2]" supra] are required to maintain "Patient Logs," but the requirements are vague and seem somewhat counter to a new residency training requirement, "milestones." A motion calls on the APA Council on Medical Education and Lifelong Learning to develop templates residency programs can use to help RFMs meet the ACGME requirements as to logs and as to milestones.

4] The Assembly continues to press for a referendum process that has a lower hurdle than the present APA Bylaws requires, requirements that are impossible to reach.

5] WPS motion to establish a component to collect information on the impact of the new CPT developments and consider recommendations about CPT coding was sent to the Assembly Executive Committee. The Assembly was given a document indicating that in Massachusetts, there is a difference between what CPT codes are paid to psychiatrists and what is paid to other medical specialists

6] WPS motion to allow deputy members of the Assembly to vote was sent to the Assembly Executive Committee.

7] WPS motion that the APA's DSMs have changes in nomenclature and propose new disorders be timed to take effect when they take effect in the rest of medicine was postponed until next May because the relevance of the motion will be clearer after the APA DSM workgroup makes its report in December.

MEMBERS IN THE NEWS!

The National Medical Association (NMA), has announced that it is my distinct pleasure to announced that William Lawson, M.D. has been selected as the interim Editor-in-Chief of the Journal of the NMA (JNMA). The position holds a one year term and is effective immediately. As medical professionals, we must continually balance our tried-and-true methods with breakthrough technologies and techniques that present new opportunities to improve patient care, while introducing new learning, risks, and other variables into medical decision-making.

Dr. Ahaghotu will be working closely with Dr. Lawson in the organization's effort to transition the JNMA to a digital publication. Additionally, the role as interim Editor-in-Chief does not preclude Dr. Lawson from applying for the permanent Editor- in-Chief position going forward.

Dr. Lawson is currently Professor and Chairman of the Department of Psychiatry at Howard University College of Medicine. Dr. Lawson was the Chair of the Section of Psychiatry and Behavioral Sciences of the National Medical Association. He is a past president of the Black Psychiatrists of America. He has over eighty five publications involving severe mental illness and its relationship to psychopharmacology, substance abuse, and racial and ethnic issues. He has a long standing concern about ethnic disparities in mental health treatment, and has been an outspoken advocate for access to services of the severely mentally ill.

Dr. Lawson was named as one of "America's Leading Black Doctors" by Black Enterprise Magazine, was the Andrea Delgado Honoree and Lecturer for the Black Psychiatrists of America, received the Jeanne Spurlock Award from the American Psychiatric Association, received the E.Y. Williams Clinical Scholar of Distinction Award from the Psychiatry

and Behavioral Sciences Section of the National Medical Association, a Multicultural Workplace Award from the Veterans Administration for his outstanding contributions to the advancement of diversity and multicultural understanding, named as a national mentor by the National Alliance of the Mentally Ill and received numerous awards for excellent teaching. He is on the Scientific Advisory Boards of the National Alliance for the Mentally Ill and the Depression and Bipolar Support Alliance. He has received state, federal, and foundation support for pharmacological research and to develop new and effective treatments. Dr. Lawson received his bachelor's degree from Howard University, Master's from the University of Virginia, and Ph.D. in Psychology from the University of New Hampshire.


He received his M.D. degree from the University of Chicago, and did his residency at Stanford University Medical Center. He completed a fellowship in clinical psychopharmacology at the National Institute of Mental Health intramural program. He is certified by the Board of Psychiatry and Neurology in Psychiatry with Added Qualifications in Addictions. He is a Distinguished Fellow of the American Psychiatric Association and a member of the American College of Psychiatry. He currently is directing a \$6.5 million contract with the National Institute of Mental Health intramural program to research mood and anxiety disorders in African Americans and other ethnic minorities.

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**James Griffith, M.D.**

GW School of Medicine and Health Sciences Taps James Griffith, M.D., as Chair of the Department of Psychiatry and Behavioral Sciences\* WASHINGTON (Nov. 7, 2013) — The GW School of Medicine and Health Sciences (SMHS) is pleased to announce the appointment of James L. Griffith, M.D., as the Leon M. Yochelson Professor and Chair of the Department of Psychiatry and Behavioral Sciences. Griffith has served as the chair of this department in an interim capacity since 2011, and has been a member of the faculty since 1994. Griffith is also a professor of neurology at GW and serves as a psychiatric consultant for Northern Virginia Family Services in the Program for Survivors of Torture and Severe Trauma.

“As the former chair of the Department of Psychiatry and Behavioral Sciences, I am pleased that Dr. Griffith has taken on this role because of his clear vision for the continued success of the department,” said Jeffrey S. Akman, M.D., Bloedorn Chair of Administrative Medicine, vice president for health affairs and dean, SMHS. “Under his leadership,



the department has flourished and has become a destination for physicians who want to train in the area of global psychiatry. Dr. Griffith's expertise and keen management skills have helped him to lead the department for the past several years and will continue to contribute to the success of the psychiatry and behavioral sciences program at GW." As the Leon M. Yochelson Professor and Chair of the Department of Psychiatry and Behavioral Sciences, Griffith will oversee a department that has achieved a high level of recognition for its innovations in medical student education and a psychiatry residency that is regarded as one of the top programs in the nation.

Under Griffith's leadership, the Washington Center for Psychoanalysis recently joined the department as a new academic division, and the department has gained national recognition for its programs in global psychiatry and the rehabilitation and treatment of political torture-survivors in the U.S. and other countries. "I am honored to serve as Chair of the Department of Psychiatry and Behavioral Sciences," said Griffith. "Our GWU Department of Psychiatry has long stood as a beacon for humanism in psychiatry, treating patients with scientific evidence-based principles, but within the family, community, and cultural contexts of their lives. As chair, I aim for our department to provide national leadership in creating effective and efficient treatment methods that can be portable across different clinical problems, in different clinical encounters, and with different patient populations. We will need to accomplish this for the psychiatrists we train to possess skill sets necessary for future work in primary care settings, medical homes, and community health centers over the coming decade." Griffith regularly presents at national meetings and is widely published, including three professional books. He has also served in leadership positions within the Academy of Psychosomatic Medicine, the American Psychiatric Association, the American College of Psychiatrists, and the Society for the Study of Psychiatry and Culture.

Griffith is the recipient of many awards and honors, including the Human Rights Community Award from the United Nations Association of the National Capital Area, the SMHS Margaret B. and Cyril A. Schulman Distinguished Service Award, and the SMHS Distinguished Teacher Award. He has been selected by the Washington Psychiatric Society as its "Psychiatrist of the Year," and was recently selected by Washingtonian Magazine as a "Top Doctor in Washington." Most recently, he was awarded the "Creative Scholarship Award" for his book, *Religion that Heals, Religion that Harms* from the Society for the Study of Culture and Psychiatry. Griffith took on the role of Chairman of the Department of Psychiatry and Behavioral Sciences in October 2013.

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## **APA NEWS**

**Follow APA on Facebook and Twitter**



Did you know APA's main Twitter [@apapsychiatric](#) was named by [Huffington post](#) as a top mental health expert to follow? [@APAPsychiatric](#) has more than 12,750 followers and tweets daily on breaking news and the latest dialogue within the psychiatric community. APA's [Facebook](#) page, another resource for members, is updated daily with medical news, member interviews in the media, and the latest on APA meetings, and other events.



[@apapsychiatric](#) and APA's patient/public education Twitter [@apahealthyminds](#) (which has more than 9,150 followers) made the top 50 best Twitter feeds for psychology majors by [bestcollegesonline.com](#). APA social media enhances the exchange of ideas and research to provide the best patient care.

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Office for rent: Bright lg/med size; suite of mental health professionals; quiet Foggy Bottom medical building. Waiting room, 2 rest rooms and kitchenette. 1 block to Metro. Available immediately. \$825/mo. Also 2nd informal office: \$10/hr or daily. Contact 202-457-9122 or [charlenenemetz@gmail.com](mailto:charlenenemetz@gmail.com)

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