



# WPS e-NEWS

June 2015 Issue

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Welcome to the June 2015 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](mailto:enews@dcpsych.org).** This publication may also be found online in PDF format for printing at <http://www.dcpsych.org>.

**Get Involved in WPS:**

One way to build professional relationships, learn new skills, and make a difference in your profession is to become involved in WPS. Opportunities range from writing articles, to assisting with events, being a mentor, serving on a task force, helping with elections, serving on a committee and more.

Tell us what your interests are: [CLICK HERE](#)

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**CME Committee Report**

**HELP!!                      HELP!!                      HELP!!                      HELP!!**

After years of devoted service, several of our Committee members are stepping down: Dr. Jessica Brown, Dr. Valerie Buyse, and Dr. Dan Hicks is turning over the Chairmanship. Thanks to Jessica and Valerie. Fortunately Dr. Beth Morrison and a new member Dr. Mary Lee are continuing, as well as Dr. Bill Lawson and (hopefully) our new president-elect, Dr. Joe Collins. Please consider stepping forward to help us plan our CME activities. This is one of the most important benefits of your membership, both for education and a chance for socialization with colleagues. Call Chris Cotter, our WPS staffer if you are willing to help out.

We have completed another successful year, with a fantastic Presidential symposium on Integrated Care, and a Media Training Program. Please mark your calendars for Saturday, Sept. 19<sup>th</sup> for a return of our fall symposium on Ethics in Psychiatry. Out Ethics Chair, Dr. Catherine May, has already solicited three dynamite speakers: Dr. Stephen Green, Mr. Armin Kuder, Dr. Philip Candilis, and Colleen Coyle from the APA Ethics Committee, as well as Donna Vanderpool from PRMS. Dr. May has also invited Dr. Richard Milone, Chair of the APA Ethics Committee. We are looking at a new venue, the Holiday Inn in Georgetown with plenty of free parking and good food.

We are also looking at two exciting salons in the fall, one by Dr George Kolodner, an update on alcohol treatment (new guidelines just came out!), and a one by Dr. Julia Frank will speak on Women's Mental Health. Our new president, Dr. Constance Dunlap, has already started working on her Presidential symposium for the spring on Psychiatrists and Violence. We also are looking into a psychopharmacology update on using the newer medications, a "How To" on advance directives for a private practice, and several others. Please let us know if you have any suggestions for topics, speakers, or are willing to volunteer your home for a salon. Also, [PLEASE JOIN THE COMMITTEE.](#)

--Dan Hicks, MD

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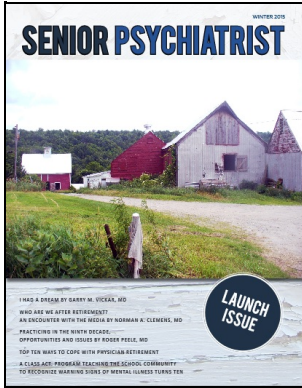


**Washington Psychiatrist**, your APA-award-winning quarterly electronic magazine, is seeking articles for the fall 2015 issue and beyond. Please email your contributions for consideration to [gpperman@gmail.com](mailto:gpperman@gmail.com).

Consult the Editorial Policy in a recent issue of WP at [www.dcpsych.org](http://www.dcpsych.org) for details about contributions to WP. Contact me anytime with questions.

Thank you.  
Cordial best regards,  
Gerald P. Perman, M.D., DLFAPA  
[gpperman@gmail.com](mailto:gpperman@gmail.com)

**The Senior Psychiatrist**



Did you know that if you are a Life member of APA you qualify to join the Senior Psychiatrists, Inc.? This group was formerly called the APA Lifers, but is now a separate 501(c)3 organization and is an APA Allied Organization, with representation on the APA Assembly. The Senior Psychiatrists, Inc. have just launched a new digital magazine, *The Senior Psychiatrist*. The group will be hosting two educational programs at APA in Toronto, as well as as membership reception and business meeting. Sound interesting?

Dues for your first year of membership are FREE (regularly \$50) and are good for one full year from the date you join. To find out more, go to <http://www.seniorpsych.org>.

[Click to browse magazine online](#)  
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**NEWS RELEASE**

**AMERICAN PSYCHIATRIC ASSOCIATION**

1000 WILSON BOULEVARD, SUITE 1825, ARLINGTON, VA 22209



**Suicide Rates Increasing for Both Veterans and Nonveterans;  
Veterans Using VHA Services Have Declining Suicide Rates**

ARLINGTON, Va. —Veterans who used services provided by the Veterans Health Administration (VHA) had much lower suicide rates than veterans who did not use those services, according to a new analysis of a decade of suicide data.

The research was published today in *Psychiatric Services in Advance*, a publication of the American Psychiatric Association.

Suicide is the 10<sup>th</sup> leading cause of death in the United States and veterans are at a high risk for suicide – every day roughly 22 veterans commit suicide. This study directly compared veteran and nonveteran suicide rates while for the first time also looking at veterans who had used VHA services and those who had not.

Researchers analyzed data from 23 states on more than 170,000 adult suicides over a 10-year period (2000-2010). During that time frame, the age-adjusted veteran suicide rate increased by approximately 25 percent while the comparable nonveteran rate increased by approximately 12 percent.

The analysis found that the rate of suicide decreased significantly for veterans who used VHA services, while it spiked for veterans not using those services and increased for nonveterans. The suicide rate for all veterans is significantly higher than for nonveterans.

As researchers led by Claire A. Hoffmire, Ph.D., with the VA's Center of

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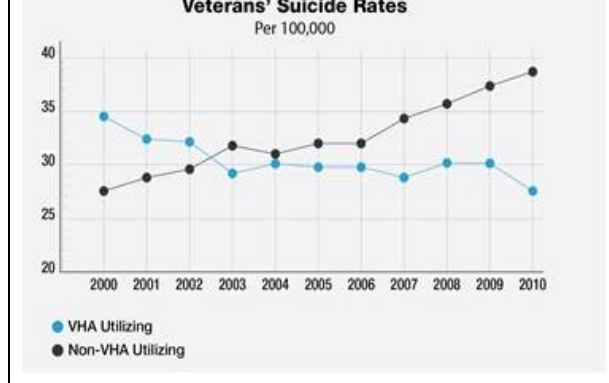
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the VISN2 Center of  
Excellence for Suicide  
Prevention, U.S. Department  
of Veterans Affairs, noted:  
"This report offers new,  
valuable insight into changes  
in suicide among veterans  
during this period of national  
increase. . . . [F]actors within  
the veteran population may  
make this group particularly  
susceptible to stressors and  
subsequent mental health  
conditions associated with  
increased risk of suicide,  
which may be partially

mitigated by use of VHA services."

While this study indicates a benefit of VHA services, it does not address the reasons veterans do not use VHA services, such as widely reported long wait times, other access issues, stigma about mental health care, concerns/misconceptions about quality of care, lack of knowledge about eligibility for services, and so on.

The American Psychiatric Association is a national medical specialty society whose physician members specialize in the diagnosis, treatment, prevention and research of mental illnesses, including substance use disorders. Visit the APA at [www.psychiatry.org](http://www.psychiatry.org).

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**APA Foundation Supports New National Effort to Reduce the Number of People with Mental Illnesses in U.S. Jails**

*The Stepping Up Initiative Offers Counties Research-Based Support to Address a Growing Crisis and Create Measurable Change*

**ARLINGTON, Va** – The American Psychiatric Foundation today joins other leading organizations in supporting the [Stepping Up Initiative](#), an unprecedented national collaboration designed to generate action in communities across the country for a common goal: to reduce the number of people with mental illnesses in U.S. jails.

*Stepping Up* is being led by the National Association of Counties (NACo), the Council of State Governments (CSG) Justice Center and the [American Psychiatric Foundation](#) (APF), with support from the U.S. Department of Justice's Bureau of Justice Assistance (BJA).

The number of people with mental illnesses in U.S. jails has reached a crisis level: 2 million individuals with serious mental illnesses like schizophrenia, bipolar disorder, and major depression are admitted each year, many of whom also have drug and alcohol use problems. Allowing them to continually cycle through jails does nothing to improve public safety, stresses already strained budgets, and hurts people with mental illnesses and their loved ones.

The *Stepping Up Initiative* provides counties with clear direction for developing an action plan that makes effective use of budgets to facilitate access to treatment and promote appropriate alternatives to jail. County leaders embracing the initiative's Call to Action are asked to pass a resolution committing to key actions, including collecting data to determine the extent of the problem within each jail, developing a plan with a team of diverse stakeholders that draws on sound research, and designing an approach to track progress. The initiative offers guidance and support to counties, including expert direction on collaborative planning and evidence-based practices.

People with mental illnesses, their family members, and advocates, will play an important role in the *Stepping Up Initiative* by participating in the work ahead and encouraging partners in government to embrace the Call to Action.

"The American Psychiatric Foundation is proud to be a key partner in launching Stepping Up," said APF Chairman Saul Levin, M.D., M.P.A. "People with mental illness need and deserve treatment, not incarceration. This front-line effort advances our mission to ensure that all people with mental illness have access to appropriate care."

The Stepping Up Initiative's Call to Action is being introduced today at 12 p.m. (EDT) at a press conference at the U.S. Capitol. In response, events across the country are scheduled to demonstrate support for the initiative and to highlight effective efforts to address the high prevalence of mental

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illnesses in jails. Scheduled events will take place in Johnson County (Kansas) at the Johnson County Crisis Recovery Center (Date: 5/5; Time: 11 a.m. EDT); Miami-Dade County (Fla.) at the Children's Courthouse (Date: 5/6; Time: 10:30 a.m. EDT); and Sacramento (Calif.) for the California State Association of Counties, on the north steps of the State Capitol (Date: 5/7; Time: 1:30 p.m. EDT). The events will also be available via [live-stream broadcasts](#).

For more information and to join the Call to Action, visit [www.stepuptogether.org](http://www.stepuptogether.org).

The American Psychiatric Foundation, a subsidiary of the American Psychiatric Association, works to create a mentally healthy nation by advancing mental health, overcoming mental illness, and eliminating stigma. Visit the APF at [www.americanpsychiatricfoundation.org](http://www.americanpsychiatricfoundation.org).

The American Psychiatric Association is a national medical specialty society whose physician members specialize in the diagnosis, treatment, prevention and research of mental illnesses, including substance use disorders. Visit the APA at [www.psychiatry.org](http://www.psychiatry.org).

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### MEMBERS IN THE NEWS!

#### National Psychiatric Leader Will Run Joint Huston Tillotson University and University of Texas at Austin Program

AUSTIN, Texas — A nationally recognized leader in psychiatric care and research will steer the landmark partnership between Huston-Tillotson University and the Dell Medical School at The University of Texas at Austin, bringing new health resources — especially mental health resources — to historically underserved residents of East Austin and other parts of Travis County, the universities announced Tuesday.

Dr. William Lawson comes to Austin from the Howard University College of Medicine in Washington, D.C., where he served as professor and chair of the Department of Psychiatry and Behavioral Sciences. He has been published in more than 180 publications, received numerous federal and local grants, and served as chief of psychiatry in Arkansas for the Veterans Administration and chief medical officer for the Tennessee Department of Mental Health.

[Read the rest of the article here...](#)

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### BOOK NEWS

#### American Psychiatric Publishing

A Division of [American Psychiatric Association](#)

Just Published!

#### Handbook of Medicine in Psychiatry, Second Edition

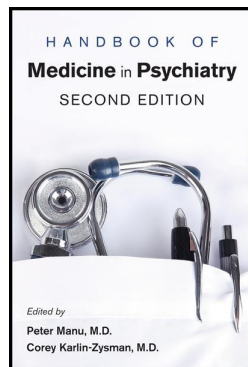
Edited by Peter Manu, M.D., and Corey Karlin-Zysman, M.D.

**\$85.00**

**\$68.00 APA Members**

**\$63.75 APA Resident-Fellow Members**

[MORE INFORMATION OR TO ORDER](#)



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### CLASSIFIEDS

#### Office Space Available

--Friendship Heights—Chevy Chase, Metro Accessible - Williard Ave

Ideal for mental health professional: psychiatrist, psychoanalyst, psychotherapist of any licensure. This is part of a three-office suite in newly refurbished building long popular with members of our profession. Within walking distance of Friendship Heights Metro, the building also provides a complementary metro shuttle service. It features a newly refurbished and updated entry and lobby, experienced and courteous staff, concierge service, and indoor parking for tenants and patients. The office is carpeted and has a well-designed built-in combination unit with desk, table space, storage and file drawers, and bookshelves, and faces north over a pleasant wooded park with stream, attractive Somerset neighborhood beyond. Building also has a brand-new expanded fitness center and roof-top pool.

The two current occupants wish to continue existing expense sharing agreement for housekeeping

The two current occupants wish to continue existing expense-sharing agreement for housekeeping, supplies, FIOS line for FAX and Internet access, other needs as they arise.

Available in mid-May. Address inquiries to: Chris Cotter, 301-540-3197 or [cfcotter@yahoo.com](mailto:cfcotter@yahoo.com)

### **Need billing help?**

In addition my work with WPS, I have years of experience doing billing and scheduling for individual practices. Please contact me at 240-888-9355 or [cfcotter@yahoo.com](mailto:cfcotter@yahoo.com) if you are interested.

--Christine Cotter