



# WPS e-NEWS

March 2014 Issue

## CONTENTS:

### CME Committee

- Event

### Member in the News

### APA News

- APA Pract. Guides.  
- Comm. of Tellers  
- Election Results  
- Area 3 Trustee Rpt.

### Other organizations

### Books of Interest

### Classifieds

## WPS OFFICERS AND DIRECTORS

Gary  
Soverow, MD, DLFAPA  
President

Stephen Epstein, MD, FAPA  
President-Elect

Avram Mack, MD, DFAPA  
Immediate Past-President

Farooq Mohyuddin, MD

Welcome to the March 2014 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>.

## CME COMMITTEE

### **APA CME Program Manager – Miriam Epstein**

One of the primary benefits of WPS membership is access to high quality, low cost, lecture style CME events. Under the direction of Chairman Daniel Hicks, M.D. and based on needs expressed by membership, the WPS CME Committee develops and offers as many as six of these events per year with credits ranging from two to four per event. The events are sponsored jointly with the APA through whom each event is accredited.

The APA CME program is managed by Miriam Epstein, CME Senior Program Manager, APA Education Department. Miriam may best be described as exceptional. Her duties include supervising the APA CME staff, leading team meetings and overseeing team projects. She administers the development and review of the APA sponsored programs and jointly sponsored CME programs offered by WPS and other District Branches. Miriam manages the ACCME Activity Report and CME compliance process for APA's member requirement as well as the CME evaluation process for both the Annual Meeting and the Institute of Psychiatric Services. Miriam is responsible for oversight of the required needs assessments and assists in the preparation and development of the ACCME reaccreditation self-study reports. She serves as the staff liaison for the APA Subcommittee on Joint Sponsorship, CME liaison to the Council on Medical Education, and as CME liaison (with the Director of CME) to the Annual Meeting and IPS Program Committees. She is also responsible for CME website pages on psych.org and maintaining CME compliance for online courses. In addition to strict CME functions, Miriam is a key participant on the Focus Journal team; developing a structure for and assisting with the editorial management of the journal.

## Secretary

**Carol Trippitelli, MD**  
Treasurer

**Robert Johnson, MD FAPA**  
President - Virginia Chapter

**Marilou Tablang-Jimenez, MD DFAPA**  
President - Maryland Chapter

**Enrico Suardi, MD, MPH**  
President - DC Chapter

## APA REPRESENTATIVES

**Brian Crowley, MD, DLFAPA**  
Area 3 Trustee

**Elizabeth Morrison, MD, FAPA**  
Assembly Representative

**Roger Peele, MD, DLFAPA**  
Assembly Representative

**Elliot Sorel, MD, DLFAPA**  
Assembly Representative

**Urooj Saeed, MD**  
Area 3 MIT Representative

## AT-LARGE BOARD MEMBERS

**Dayadira Baez-Sierra, MD**

**Janet Hutchinson, MD, FAPA**

**Steven Israel, MD, FAPA**

**Gonzalo Laje, MD, MHSc, FAPA**

## COMMITTEE CHAIRS

**Hind Benjelloun, MD**  
Membership Chair

**Dan Hicks, MD, DLFAPA**  
CME Chair

**Catherine Stuart May, MD, DFAPA**  
Ethics Chair

**Gerald Perman, MD, DLFAPA**  
Communications Chair, Newsletter Editor

## ELECTED REPRESENTATIVES

**Miquel Alampay, MD**  
MIT Representative

The APA CME program has a national mandate, serving APA and all District Branches. Despite her wide ranging responsibilities and many clients, Miriam has worked closely with WPS CME staff as if WPS was her only client. As WPS CME management changed hands a few years ago, the new staff had a modest learning curve with respect to APA CME processes. Miriam invariably showed great patience and offered outstanding guidance during this time. Her insights and knowledge enabled WPS to gain its own expertise quickly such that, today, the application process runs very smoothly. In fact, APA used part of a WPS submission as an example for CME joint sponsorship materials. The WPS staff would not have reached that level without Miriam's positive interactions and concise guidance.

APA, WPS and all District Branches are fortunate that Miriam Epstein is in the position of managing the APA CME program. She is, simply, exceptional.

## CME EVENTS:

### CME Winter Symposium

#### CME: 4 AMA PRA Category 1 Credits™

As technology continues to advance, the means through which we treat our patients are expanding as well. Telepsychiatry is becoming more common place. Alternative modes of communication are now available. Electronic records are the norm. As mental health professionals, we need to understand the benefits and constraints of technology in our practices. This seminar will certainly provide valuable insights on the topic.

Title: *"Technology and Psychiatry, the Promise and the Pitfalls"*

Date: March 1st, 2014

Time 8:15 AM –2:00 PM

Location: Suburban Hospital Auditorium, 8600 Old Georgetown Rd, Bethesda MD

Our expert panel will discuss how digital and electronic technology is changing our practice, hopefully for the better, but also helping us be prepared for the problems that emerge.

#### Speakers:

Joan Turkus, MD, DLFAPA

--*"Technology and Ethics: Standing on Shifting Sands"*

Marc Levine, MD, FAPA

--*"Relating With, To and Through Technology"*

Donna Vanderpool, MBA, JD, Vice President, Risk Management, PRMS

--*"Telepsychiatry: Meeting the Standard of Care"*

Cost: \$120 for members, \$175 for non-members, \$40 for MITs

**Sanaa Bhatti, MD**  
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**  
ECP Representative

#### **ORGANIZATIONAL REPRESENTATIVES**

**Jessica Brown, MD**  
ASPP Representative

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

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

#### **MANAGEMENT**

**Next Wave Group, LLC**

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

**Christine F. Cotter**  
WPS Committee Liaison

Four hours of CME credit, continental breakfast and box lunch.

[REGISTER ONLINE](#)

or [www.dcpsych.org](http://www.dcpsych.org) under Events

We are also planning some exciting salons for the spring, and our Fall Symposium will be held September 27<sup>th</sup> at Suburban Hospital. Please let myself or one of the committee members know of any ideas you have for future programs or speakers, and also if you can volunteer your home for a salon.

-- Dan Hicks, MD, Chair

---

#### **MEMBER IN THE NEWS**

January 2014:

##### **First Collaborative Depression Screening in Primary Care Project In China, India, Iran, Romania recently completed**

Eliot Sorel, MD, Clinical Professor of Global Health and Of Psychiatry and Behavioral Sciences at the George Washington University School of Medicine & School of Public Health led an international physician's team that completed recently the first collaborative project on Depression Screening in Primary Care in China, India, Iran and Romania. This is a World Psychiatric Association Task Force (TF) on Non-communicable diseases and integrated care project. The TF is co-chaired by Eliot Sorel, MD & Juan-Jose Lopez-Ibor, Jr., MD. Among the project's findings were strikingly similar, high prevalence rates of depression in all of these countries and significant degrees of comorbidity with cardiovascular disorders, diabetes and other non-communicable diseases. The team is in process of doing a complete data analysis for possible publication and for reflection regarding the project's implications for health systems performance, integrated training & education, future research and health policy. Layan Zhang, MD, a St. Elizabeth's Hospital Resident and a member of the Career, Leadership and Mentorship (CLM) program of WPS, was part of the China component of this initiative. The project's findings will likely be presented at the WPA 2014 Madrid Congress this September."

---

#### **APA NEWS**

**DBExecs: REMINDER: Draft APA Practice Guidelines on Psychiatric Evaluation of Adults**

More than just  
medical professional  
liability insurance



MANAGER OF THE  
PSYCHIATRISTS'  
PROGRAM.

The draft APA practice guidelines on the psychiatric evaluation of adults are now available for review by all APA members. Downloadable PDF versions of the drafts are available on the APA website at [www.psychiatry.org/practice/clinical-practice-guidelines/review-draft-guidelines](http://www.psychiatry.org/practice/clinical-practice-guidelines/review-draft-guidelines).

The guidelines address the following topics, in the context of an initial psychiatric evaluation: assessment of suicide risk, assessment of risk of aggressive behaviors, cultural assessment, assessment of substance use, review of psychiatric symptoms and treatment history, assessment of medical health, involving the patient in treatment decision-making, documentation, and use of quantitative measures.

Thank you in advance for facilitating review of these guidelines by members of your District Branch, either by forwarding this message or by making a personalized announcement. After this general review is completed, the guidelines will be submitted to the APA Assembly and Board of Trustees for final approval and publication.

If you or your members have any questions, feel free to contact Seung-Hee Hong, APA Practice Guidelines Research Manager, at 703-907-8608 or [guidelines@psych.org](mailto:guidelines@psych.org).

Sincerely,  
Joel Yager, M.D.  
Chair, APA Council on Quality Care

Michael J. Vergare, M.D.  
Chair, APA Steering Committee on Practice Guidelines

James E. Ninger, M.D.  
Vice-Chair, APA Steering Committee on Practice Guidelines

Joel J. Silverman, M.D.  
Chair, APA Work Group on Psychiatric Evaluation

Laura J. Fochtman, M.D.  
Medical Editor, APA Practice Guidelines

~~~~~  
**District Branch/State Association Executive Directors**

**Fr: Dr. Saul Levin, MD, MPA, CEO and Medical Director**

At its meeting today, the Committee of Tellers approved the following results for the 2014 APA National Election. Please note that these results are considered public, but not official until approved by the Board of Trustees at its March 8-9, 2014 meeting in Arlington, VA.

President-Elect\*

|                            |               |                             |
|----------------------------|---------------|-----------------------------|
| <b>Renee L. Binder, MD</b> | 2,589 (46.0%) | 3,293 (59.7%) <b>Winner</b> |
| Mark Hyman Rapaport, MD    | 1,705 (30.3%) | 2,221 (40.3%)               |
| James E. Nininger, MD      | 1,330 (23.6%) |                             |

Treasurer

|                           |               |               |
|---------------------------|---------------|---------------|
| <b>Frank W. Brown, MD</b> | 2,967 (58.7%) | <b>Winner</b> |
| James Allen Greene, MD    | 2,090 (41.3%) |               |

Trustee-At-Large

|                              |               |               |
|------------------------------|---------------|---------------|
| <b>Anita S. Everett, MD</b>  | 3,110 (60.1%) | <b>Winner</b> |
| Stephen A. McLeod-Bryant, MD | 2,067 (39.9%) |               |

Area 2 Trustee

|                             |             |               |
|-----------------------------|-------------|---------------|
| <b>Vivian B. Pender, MD</b> | 555 (62.1%) | <b>Winner</b> |
| Jack Drescher, MD           | 339 (37.9%) |               |

Area 5 Trustee

|                            |             |               |
|----------------------------|-------------|---------------|
| <b>R. Scott Benson, MD</b> | 639 (54.3%) | <b>Winner</b> |
| Gary S. Weinstein, MD      | 537 (45.7%) |               |

Resident-Fellow Member Trustee-Elect (RFMTE)\*

|                         |             |                           |
|-------------------------|-------------|---------------------------|
| <b>Ravi N. Shah, MD</b> |             |                           |
| Heather M. Liebherr, DO | 231 (49.6%) | 276 (60.3%) <b>Winner</b> |
| Vittoria DeLucia, MD    | 132 (28.3%) | 182 (39.7%)               |
|                         | 103 (22.1%) |                           |

*\* A majority vote (>50%) is necessary in a three way contest. If a majority does not exist after tallying all first-choice votes, voters' second-choice votes for the candidate with the least amount of first-choice votes are tallied and added to the remaining candidates' tallies. This follows the procedure outlined for "Preferential Voting" in The Standard Code of Parliamentary Procedure by Alice Sturgis.*

~~~~~  
**Report of APA Area 3 Trustee for December 2013 meeting**

The APA Board of Trustees met on Dec. 7 and 8 in Arlington, VA.

Major Items included:

DSM-5: As of Nov. 30, 510,000 copies had been sold. Receipts stood at \$38 million (cost to produce DSM-5 over ten years = about \$22 million).

Gain in our investment portfolio is significant, with about \$106.1 million in total investments in the corporate structure.

We agreed to collaborate in a smoking cessation project for psychiatric patients with NIDA.

Membership has shown a 1.5% increase, with the number of dues-paying members also increasing by a small number in the past year.

The independent firm of Porter Novelli presented the first phase of their “comprehensive review of APA’s current communications strategy and messaging” with the goal to “develop a best-in-class communications capability in order to further and optimize the work of the Association.”

Parity. APA continues vigorous enforcement activities in support of increased compliance by third-party payers with the 2008 Federal Parity Act, in an effort to enhance access to and fair payment for psychiatric services. General Counsel Colleen Coyle reported on the status of matters in negotiation and litigation. Improvements are noted but we still have a long way to go.

American Psychiatric Foundation. New Medical Director/CEO Dr. Saul Levin and Executive Director Paul Burke reported on the Foundation’s exciting programs, including *Typical or Troubled*; *Healthy Minds*; *Give an Hour*; and *Right Direction*, an educational initiative to raise awareness of workplace depression

Respectfully submitted,  
Brian Crowley, MD, DLFAPA  
Area 3 Trustee

---

## **OTHER ORGANIZATIONS**

DB/SA Executive Staff:

Please see the attached calendar for the upcoming Providers Clinical Support System for Medication Assistance Treatment (PCSSMAT) webinars.

*If you have any questions about the schedule, please contact [pcssmat@psych.org](mailto:pcssmat@psych.org)*

[PCSSMAT Webinar Calendar](#)

---

## The Tenth Annual

### Paul Gray Visiting Scholar Weekend

Confidentiality in the Practice of Psychodynamic Psychotherapy and Psychoanalysis

Saturday, March 8, 2014 & Sunday, March 9, 2014

14900 Sweitzer Lane, Suite 102, Laurel, MD 20707

Telephone: 301-470-3635 (from Washington) 410-792-8060 (from Baltimore)

Presented by: Baltimore Washington Center for Psychotherapy and Psychoanalysis

*With*

--Paul W. Mosher, M.D.

Psychoanalytic Society of Upstate New York

--Barry Landau, M.D.

Baltimore Washington Center for Psychoanalysis and Psychotherapy

--Danille Drake, Ph.D.

Baltimore Washington Center for Psychoanalysis and Psychothera

Speakers Seminar Saturday, March 8, 3:15-4:30 P.M.

The Evolution of Current Legal Protections for the  
Confidentiality of Psychotherapy Information

[CLICK HERE FOR MORE INFO](#)

---

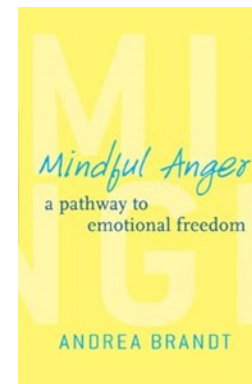
## **NEW BOOKS:**

[\*\*\*Mindful Anger: A Pathway to Emotional Freedom\*\*\*](#)

**Andrea Brandt, PhD**

**Hardcover, 240 pages, \$22.95**

Dr. Brandt acts as a compassionate guide through anger self-assessments and exercises, showing readers how to identify the causes of anger and deal with it effectively. Sharing stories from both her childhood and her present life as a psychotherapist, she encourages readers to learn and grow from past experiences in order to make room for emotional freedom in the future. Whether for you or your clients, this book offers simple tools of mindfulness to strengthen your connection with your inner world and learn to explore your anger.



---

## **CLASSIFIEDS**

### **Office for rent:**

Large office in 3 office suite with other mental health professionals. Newly renovated building in downtown McLean. Shared kitchen, waiting room, ample free parking. Available full or PT starting 4/1/14. Contact Virginia Jones, (703) 550-4355 or [virginiajones3@verizon.net](mailto:virginiajones3@verizon.net)

F/T or P/T: well qualified, personable psychiatrist interested in working with geriatric/medically ill patients in long-term care facilities in the Frederick area. Flexible schedule. Excellent pay. Growth opportunity with expanding consultation practice. E-mail CV to: [nramesh@pgs-nhcare.com](mailto:nramesh@pgs-nhcare.com) mail to: Psych Geriatric Services LLC. 12073- B Tech Rd., Silver Spring, MD 2090