



WPS e-NEWS

November 2014 Issue

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Welcome to the November 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.** This publication may also be found online in PDF format for printing at <http://www.dcpych.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](#)

WPS EVENTS!

WPS is holding two CME Salons this fall. In his presentation on Alzheimer's Disease, Paul Rosenberg, MD, will discuss "what's in the pipeline" including recent successes and failures in the field. He will review strategies both for treating the core disease and for treating the neuropsychiatric symptoms as well. Both pharmacologic and nonpharmacologic approaches will be reviewed.

George Kolodner, MD, DLFAPA, will focus on marijuana. Marijuana is one of the most ancient substances and yet much of what has been learned about it over the years has been forgotten. Now that interest in its

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effects and uses has increased, a review of the subject is timely.

October Salon:

Psychiatric Aspects of Alzheimer's Disease

Date: Sun Oct 26, 2014 3:00pm to 5:30pm

Location: Member Residence, Rockville MD (address provided upon registration)

Speaker: Paul Rosenberg MD, Associate Director, Memory and Alzheimer's Treatment Center Division of Geriatric Psychiatry and Neuropsychiatry, Johns Hopkins Medicine

Cost: \$35

CME: 2 AMA PRA Category 1 Credits™

Register by [CLICKING HERE](#) or view all events at www.dcpsych.org under Events - Master Calendar.

This activity is jointly sponsored by the American Psychiatric Association and the Washington Psychiatric Society. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the American Psychiatric Association (APA) and Washington Psychiatric Association. The APA is accredited by the ACCME to provide continuing medical education for physicians. The American Psychiatric Association designates this live activity for a maximum of 2 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the educational activity.

December Salon:

Marijuana, Medical and Otherwise: An Update on Clinical and Legal Issues

Date: Sunday, December 7th, 2014 3:00-5:30 PM

Location: Speaker residence, Chevy Chase MD (address provided upon registration)

Speaker: Dr. George Kolodner, MD, Medical Director, The Kolmac Clinic

Cost: \$35

CME: 2 AMA PRA Category 1 Credits™

Register by [CLICKING HERE](#) or view all events at www.dcpsych.org under Events - Master Calendar.

This activity is jointly sponsored by the American Psychiatric Association and the Washington Psychiatric Society. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council

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for Continuing Medical Education through the joint providership of the American Psychiatric Association (APA) and Washington Psychiatric Association. The APA is accredited by the ACCME to provide continuing medical education for physicians. The American Psychiatric Association designates this live activity for a maximum of 2 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the educational activity.

ASSISTANCE IN INTERACTING WITH MEMBERS OF THE MEDIA

With the assistance of the APA Office of Communications and Public Affairs we are exploring the WPS membership interest in participating in a training session for interacting with members of the media. This training would help us to reach out to members of the media to encourage appropriate commentary about psychiatric issues of community interest and importance. The training would likely occur on a future Saturday or Sunday yet to be determined. If you have interest in attending such a session, please email me (cnkaelber@verizon.net), providing your contact information, and any topics of special interest or expertise you have.

Charles Kaelber, MD

WPS Public Affairs Representative

cnkaelber@verizon.net

DLF APA

AREA 3 TRUSTEE REPORT

Area 3 Trustee Report for September 2014

The APA Board of Trustees met on Sept. 9 and 10 in Arlington, VA.

Highlights of the meeting included:

- Treasurer Frank Brown, M.D., reported that revenue for the year is \$5.2 million above budget, due to DSM-5.
- Medical Director/CEO Saul Levin, M.D., reported a welcome 5.5% increase in membership in the past year, including a 4.3% increase in dues-paying members.
- DSM-5. At August 31, total sales for DSM-5 were \$48.8 million. The book stood at #6 on Amazon,

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Jessica Brown, MD, FAPA

American Society of Adolescent Psychiatry -
Richard Ratner, MD,
DLFAPA

and in the Top 100 Books list.

- The American Psychiatric Foundation continues its excellent and wide-ranging work, including the new mental health and faith partnership.
- Chief of Communication Jason Young noted that many different logos are used by different APA components and products, resulting in dilution of the APA brand; these will be consolidated.
- The Ad Hoc Work Group on Real Estate presented alternatives to the Board for planning its new headquarters. The Board agreed to explore purchase of a suitable new home for APA, likely in DC or northern VA.
- In recognition of the current many widespread changes affecting the practice of psychiatry, the Board spent considerable time on its Strategic Planning Initiative, continuing work done by the Executive Committee at its recent retreat. Business and organizational theory and lifecycles were background materials.
- The Board focused on wide-ranging discussion of matters such as Key Strategic Questions:
 1. How do we achieve our mission?
 2. What is our core business?
 3. How do we add sustainable value?
 4. What are our most important priorities?

Respectfully submitted,
Brian Crowley, MD, DLFAPA
Area 3 Trustee
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MEMBER IN THE NEWS!

In case you missed it one of our own psychiatry residents from the Howard University Department of Psychiatry program was recently featured in the September 15, 2014 issue of Psychiatric News (Volume 49, Number 18, Page 1).

MANAGEMENT

Next Wave Group, LLC

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

Christine F. Cotter
WPS Committee Liaison



Dr Mona Thapa, who is a native of Nepal and grew up in Kathmandu, completed her residency in general psychiatry at Howard and is now enrolled in a fellowship in addiction psychiatry at Yale University.

In her interview she describes how her interests in psychiatry became more focused on addictions, human trafficking, and global mental health issues. She credits two mentors (William Lawson, MD, PhD, Chair of the Department of Psychiatry at Howard University, and Mansoor Malik, MD, Director of Howard's Psychiatry Residency Program) for their encouragement and guidance during her residency training.

While at Howard, Dr. Thapa was also active in the WPS Career, Leadership, and Mentorship (CLM) Program founded by Eliot Sorel, MD. More information is available in the Psychiatric News reference cited above. [CLICK HERE FOR THE ARTICLE!](#)

APA NEWS HEADLINES

APA has acknowledged national health observance days and months. Domestic violence has been in the news recently and in observance of Domestic Violence Prevention Month (DVPM), the APA has created talking points and other helpful resources.

Please [CLICK HERE](#) to see the talking points for media interviews and links to other APA resources are included in the DVPM news item.

[LATEST APA NEWSLETTER - OCTOBER 2014](#)

APA's Practice Guidelines for the Psychiatric Evaluation of Adults

The Web site address below links to a memo and the full text:

[http://www.psychiatry.org/practice/clinical-practice-guidelines/draft-guidelines-on-psychiatric-evaluation.](http://www.psychiatry.org/practice/clinical-practice-guidelines/draft-guidelines-on-psychiatric-evaluation)

To access the cover memo and guidelines, you will be prompted to use your member number to sign-in to

access the Web page. For additional information or questions, please contact:
guidelines@psych.org or 703-907-8623.

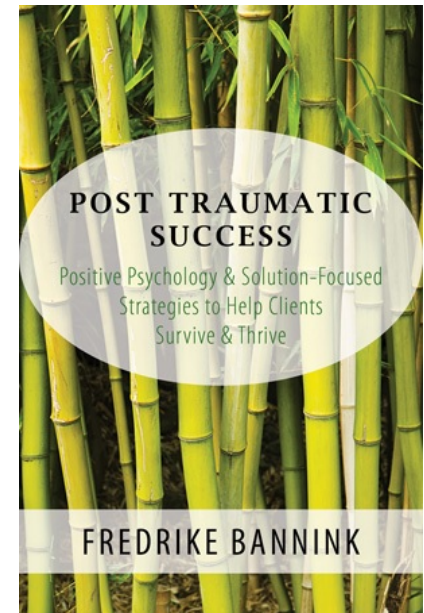
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OBITUARIES

Obituaries

John Chapman Urbaitis 1941-2014

John Chapman Urbaitis, former president of the Maryland Psychiatric Society and former director of psychiatry at Sinai Hospital, died suddenly Aug. 14 in Edinburgh, Scotland while attending the annual music festival there. He was 73. The cause of death was a heart attack, said his wife, Barbara Matheson.

In 1969, Dr. Urbaitis came to Baltimore to pursue a residency in psychiatry at Johns Hopkins Hospital. He would serve as psychiatrist-in-charge of psychiatric emergency services at Johns Hopkins Medical Institutions for two years and then head its community psychiatry program.

At Sinai Hospital, he was associate chief of psychiatry beginning in 1977, becoming director from 1991 to 1996. He remained on the staff at Sinai until his retirement last year. "John was the first person I worked for after fellowship," said Steven Daviss, M.D. "He was chair at Sinai at that time; I learned a great deal from him, his approach to patients and the art of using a team approach. I admired his commitment to patient care, and to the responsibility of professional organizations to embody and protect our professional values. He was one of the giants of Maryland psychiatry, and will be greatly missed."

An advocate for community mental health, Dr. Urbaitis championed the mission of providing quality psychiatric services to those who needed them because he understood firsthand how people handle serious psychiatric disorders. He had grown up on the grounds of a state hospital in Pennsylvania where his father, an M.D., was superintendent.

He was the founding director of the Maryland Council of Community Mental Health Centers and served for 12 years on the Board of Directors of Fellowship House, a rehabilitation center for those with severe psychiatric problems, beginning in 1978. He became its president in 1990. He was also on the board of the Mental Health Association of Metropolitan Baltimore.

In 1988, the Maryland Psychiatric Association elected him president. The following year, the Mental Health Association of Metropolitan Baltimore cited him as its Mental Health Professional of the Year.

“For decades, he was a member of the MPS Editorial Advisory Board, authoring many articles in *The Maryland Psychiatrist*, and of the MPS Distinguished Fellowship Committee,” said Heidi Bunes, associate director of MPS. “He had a far-reaching influence on psychiatry, both in Maryland and at the national level, and he is greatly missed.”

The MPS awarded him a Lifetime of Service Award in 2005. The annual award is given to a senior MPS member who has shown a consistent, career-long pattern of unwavering dedication, commitment, and leadership to the organization and who has made significant contributions to the mental health of the community through clinical work, teaching, administration, or research.

“Dr. Urbaitis is someone who can be admired throughout the country for his psychiatric leadership,” said Steven S. Sharfstein, a psychiatrist and incoming MPS president when announcing the award.

A gifted clinician and researcher, Dr. Urbaitis was instrumental in the treatment of psychiatric emergencies, publishing a book, book chapters and papers on the subject as well as studies on drug dependence, depression and neuropsychology. He was a Distinguished Life Fellow of the American Psychiatric Association and served in various capacities with that organization over the years.

In 2007, Dr. Urbaitis received the Ronald Shellow Award, given to a member of the APA Assembly who has served with distinction.

Dr. Urbaitis was born in Fort Monroe, Virginia on Feb. 24, 1941 to John Charles Urbaitis, a medical doctor, and Ethel Chapman, a psychiatric social worker and director of volunteer services at Warren State Hospital. He was the grandson of the Hon. Dr. Leroy Chapman, a Pennsylvania state senator from the 46th district, who served from 1931 to 1962.

In 1962, John Chapman Urbaitis graduated with a Bachelor of Science degree from Allegheny College. He

received an M.D. from Cornell University Medical College in 1966 and completed an internship in internal medicine at the Brooklyn Cumberland Medical Center in Brooklyn, New York. From 1967 to 1969, his military service was with the Public Health Service at the National Institutes of Mental Health's Clinical Research Center in Lexington, Kentucky.

Friends recall him as gentle—an old fashioned gentleman, who was clever yet modest. He could recall any fact, no matter how arcane, yet he never made anyone else around him feel unintelligent.

In his spare time, Dr. Urbaitis enjoyed reading, but his favorite pastime was listening to music. His collection was large and eclectic, mostly classical from medieval to contemporary, though he also embraced jazz and folk music. “John’s love of music brought him to Edinburgh every year,” says his wife Barbara Matheson, Ph.D., a renal physiologist. “He relished the concerts, visited the galleries and museums and browsed the book festival. I gave him strict instructions, however, not to bring any more books home.”

A devoted father, he was a quiet but strong presence in the life of his daughter, Jessie Chapman, an architect in Charlottesville, Virginia. “Thanks for always being there when I got in over my head,” she posted on his Facebook page under an old picture of the two of them in a swimming pool. “That perfectly describes my Dad,” she said. “He was always there for me.”

In addition to his wife of 49 years and his daughter, survivors include a sister Elizabeth Urbaitis of Pittsburgh, Pennsylvania, and a cousin Terry Chapman of Cape May, New Jersey.

A Memorial Service was held Oct. 4 at 1 p.m. at Second Presbyterian Church on 4200 St. Paul St. in Baltimore.

<http://www.legacy.com/obituaries/baltimoresun/obituary.aspx?pid=172437422/>