



# WPS e-NEWS

April 2013 Issue

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

## WPS NEWS

### CME Committee Report

Dr. Dan Hicks, Chair

Our dedicated committee includes Dr. Beth Morrison, Dr. Bill Lawson, Dr. Jessica Brown, Dr. Valerie Buyse, Dr. Weronika Gondek, Dr. Kylee Stephens, Dr. Joe Collins, and supported by our dedicated staff person Chris Cotter. We meet monthly to plan your upcoming educational events, and we look forward to your input and suggestions on educational programs and speakers. We also look for people who can host one of our salons in their home for 20-30 people. Please let me or Chris Cotter know if you are willing to do so.

With the dramatic changes in CPT coding, we have all been struggling to understand and implement these codes in our practice. Dr. Beth Morrison has been gracious enough to give several presentations to help people become more comfortable with using the codes, and hopefully we will have more updates in the future.

We have two more salons planned after our March 10<sup>th</sup> salon with Dr. Liza Gold on Psychiatric Disability Evaluations. The salons are \$30 with light refreshments and 2 hours of CME.

April 14<sup>th</sup> from 3-5:30, Dr. Mayada Akil will be reprising the presentation she did at the annual meeting on Neuroscience. Dr. Akil is Medical Director of the Outpatient Department at Georgetown University Hospital, and also heads the Mood and Anxiety Disorder Clinic. She is also Senior Advisor to the Director at NIMH since 2003. This will be an excellent chance to update your knowledge about research and developments in the field of neuroscience.

On May 5<sup>th</sup> from 3-5:30 Dr. Joseph Rasimas will be presenting a salon in Washington, DC on Novel Treatment Approaches to Treatment Resistant Depression. Dr. Rasimas works with Dr. Carlos Zarate at NIMH in the area of Mood Disorder/ Depression.

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

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In addition to the salons, we are looking forward to another exceptional Psychiatric Medicine in 2013. Jerome Blackman, M.D., will be our key speaker at the **September 28th** event to be held at Columbia Country Club in Chevy Chase, Maryland. He is a Distinguished Fellow of the APA, and a Fellow of the American College of Psychoanalysts. His first book, *101 Defenses: How the Mind Shields Itself*, was published by Routledge in 2003. Dr. Blackman has lectured throughout the United States, and in 2009 was an invited lecturer at Peking University and at Jiao Tong Medical School in Shanghai. The event is planned for 4 CME credits.

Please check the WPS calendar and keep an eye out for more details on these meetings, including CME approvals. We will send details to the membership as soon as possible.

To register online, go to <http://www.dcpsych.org>. Not all events are yet open for registration.

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### **CPT Coding Issues**

by Sam Muszynski, Director, Office of Healthcare Systems and Financing

As you're all well aware, major changes to the CPT coding used by psychiatrists went into effect on January 1, 2013. As I write this the payers continue to be all over the place in their responses to the new coding. We met with the major payers before January 1 in an effort to ensure that they would be able to make the transition smoothly and several of them have accomplished this feat reasonably well. We continue to work with the many payers who have apparently been unable to adjust their systems to maintain appropriate reimbursements under the new coding format.

Unfortunately, the apparent inability of many payers to at least maintain the reimbursement levels psychiatrists were receiving in 2012 has created a number of problems for APA members and their patients. The problems seem to differ from plan to plan and even from psychiatrist to psychiatrist within a plan's network. Some of the issues the Office of Healthcare Systems has heard about with some regularity are:

- Plans' inability to process the two codes now needed to represent psychotherapy with medical evaluation and management (E/M), previously coding using one code with minimal value given to the E/M, which is often a major part of psychiatric care. There are variations on this with some plans paying only for the E/M code, while others pay only for the psychotherapy code.
- Plans paying for the two codes, but at such reduced fees that psychiatrists are receiving less than they did for providing the same services in 2012 when they had no means of accurately representing the E/M work they performed.
- Plans charging patients two co-pays for a visit with a psychiatrist because two codes are used to record the visit—something that never occurs with visits to primary care physicians who often use several codes for a patient encounter.
- Plans requiring prior authorization for the use of E/M codes 99214 and 99215.
- Plans not paying anything at all because of computer problems with processing the claims.
- Plans refusing to recognize and/or pay for the psychotherapy add-on codes (90833, 90836, and 90838).

More than just  
medical professional  
liability insurance

**PRMS**  
PROFESSIONAL RISK  
MANAGEMENT SERVICES, INC.

MANAGER OF THE  
**PSYCHIATRISTS'  
PROGRAM.**

Serious problems have also been created for out-of-network psychiatrists whose patients, while continuing to pay the psychiatrist the same fees as in 2012, are running into the same payment problems mentioned above.

We have an ongoing program of liaison with payers regarding these issues and are launching a new focused effort aimed at amelioration. Where resolution is not forthcoming, the APA will commence an even more focused action with the problem payers and will consider all appropriate options as necessary see link below.

We will report these developments to you on a regular basis. It is important that this be a two-way communication loop, and we continue to urge you and your members to report on issues with payers as they occur. At a minimum we ask that you or the member provide the name of the payer, the nature of the problem and their contact information so we can follow-up with them for more details. This information should be sent to us at [hsf@psych.org](mailto:hsf@psych.org) or by fax at 703-907-1089.

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### **WPS Creates Listserve Devoted to 2013 CPT Coding and Billing Matters**

In addition to the CPT Coding Seminars that the Washington Psychiatric Society has held, we have created a listserv that will be devoted to CPT coding and billing questions. This listserv is available to any APA member. It will be a grass-roots opportunity to share information and ask questions. (And, if you have a question, there are likely many others with the same question!)

To subscribe to the listserv, you need to follow these steps:

1. Go to: <http://wps.memberclicks.net/login> and login with your username and password.
2. Click on "My Profile" on the left.
3. Click on the "My Features" tab on the top
4. Click on "E-lists".
5. Click "subscribe" next to the e-list you want to subscribe to.
6. Enter in your email address and check the "email delivery" box to make sure you get the messages sent to your email box.
7. Once you are subscribed, you will get the emails sent to your email box, and you can begin sending messages by typing an email to - [cptcoding@dcpsych.org](mailto:cptcoding@dcpsych.org).

We hope that this online service will help all of us master the new art of CPT coding!

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### **Distinguished Fellow**

APA has provided the list of WPS members who are eligible for Distinguished Fellow status in 2013. Distinguished Fellowship is awarded to outstanding psychiatrists who have made significant contributions to the psychiatric profession in at least five of the following areas: administration, teaching, scientific and scholarly publications, volunteering in mental health and medical activities of social significance, community involvement, as well as for clinical excellence. Distinguished Fellow is the highest membership honor the APA bestows upon members.

The process entails submission of a completed nomination form and references letters from current APA Distinguished Fellows. If you are eligible and have provided an email address to WPS, you will be receiving a package that includes the nomination form, guidelines, sample references letters, and a list of current Distinguished Fellows.

Those who are eligible but have not provided an email address will receive the same package via mail. Completed packages must be submitted Christine Cotter with WPS by June 1, 2013. The WPS Board will review the submissions for further delivery to APA by July 1, 2013. APA will make the final decisions in the fall.

WPS encourages all who are eligible to apply. Distinguished Fellow status is a great accomplishment for you and for WPS. Please contact Ms. Cotter if you have any questions. She may be reached at [cfcotter@yahoo.com](mailto:cfcotter@yahoo.com) or 240 888 9355.

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### **Updates on Past Events**

#### **WPS- Member Area III Council Meeting, Philadelphia, held March 16, 2013**

Area III Council consists of Assembly Members from Area III, Area III being Delaware, Maryland, New Jersey, Pennsylvania, and WPS. Among the two dozen attending, seven WPS Members: Urooj Saeed [Area III MIT Deputy Representative], Beth Morrison [WPS Assembly Representative], Brian Crowley [Area III Trustee on APA Board of Trustee], Bill Narrow [APA Headquarters], Richard Ratner [American Society of Adolescent Psychiatry Representative], Eliot Sorel [WPS Assembly Representative], and me [WPS Assembly Representative].

The Assembly meets twice a year and at each meeting considers twenty to thirty motions ["Action Papers"], which helps set the agenda of the APA [e.g., calling for the development of Practice Guidelines in 1989]. Year after year since Oscar Legault joined the Assembly as WPS Assembly Representative in 1974, WPS has been prominent in initiating Action Papers. At this meeting, Area 3 passed 7 Action Papers:

1. That self-defense training be part of training of psychiatric residents [Urooj Saeed, primary author].
2. In APA elections, there has been tight rules as to the degree that campaigning can be done on District Branch [DB] electronic communications. Maryland has an Action Paper to open up campaigning on DB electronic communications, such as the DB listserv.
3. That the name of the APA Committee on Electronic Health Records be renamed the Committee on Mental Health Information Technology and that the Committee's mandate be broadened [Maryland motion].
4. That the APA have representation on Health Level 7 [HL7] [Maryland motion]. HL7 is an organization that fuels the language of health information technology.
5. That the APA establish an Ad Hoc Work Group on Gun Violence [New Jersey motion].
6. That the Practice Guideline Task Force develop a general guide on the use of more than one psychotropic medication in the treatment of psychiatric disorders [WPS motion].
7. That DSM-5 be provided free to all APA Members, that is, DSM-5 be seen as an APA Member benefit [WPS motion].

Next hurdle for these motions is the Assembly that will meet in juxtaposition to the APA Annual meeting in May in San Francisco. As a rule, we have seen about half of WPS Actions Papers pass the Assembly, about a fourth fail, and about a fourth pass in a compromised state to where is it hard to judge if it was a lost or a win.

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### **Career, Leadership, and Mentorship Program for young physicians**

**Thursday February 28, 2013**

CLM 5th Anniversary Celebration

Chef Geoff Restaurant

New Mexico Avenue, NW Washington, DC



[More pics of the event](#)

[Program information](#)

[Meeting Details](#)

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### **APA NEWS**

#### **APA Art Association + Exhibit MAY 19-22**

Did you know that APA has an Art Association and they exhibit at the Annual Meeting?

The APA Art Association was founded by the late Norman R. Schulack in 1969 in Miami, FL. The APA Art Association offers the chance to set free and enfranchise the dormant artist within each and every one of us. A vast world of imagery and ability to reach beyond arbitrary barriers and a whole new set of human values awaits those willing to leap. Beware, however, that once the hurdle is behind, it is essential to be neither timid nor alarmed (though some may be startled) at the extent of the liberated artist's domain. Membership in the APA Art Association is open to all full-time staff members of the APA and the Canadian Psychiatric Association, their spouses or significant others (we define "significant others as spouse-like partners)

For further information or to submit your entries and dues, contact Robert H. Trivus, M.D., President, APA Art Association, phone: 412-531-2520, email: [trivusr@earthlink.net](mailto:trivusr@earthlink.net)

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## **MARK THE DATES**

### **WPS CME Events (details to follow when available)**

#### **April 7, 2013**

CPT Coding Discussion

3:00-4:30pm

Moderated by Elizabeth Morrison, MD

Hoffman Auditorium, Psychiatric Institute of Washington

4228 Wisconsin Ave, NW?

Washington, DC 20016

[Online Registration Form](#)

#### **April 14, 2013**

Salon - CME Program

3:00-5:30pm

Mayada Akil, MD

"Why Should Psychiatrists Care about Neuroscience"

Community Room, 1<sup>st</sup> Floor

1201 N. Garfield Street, Arlington, VA 22201

Cost: \$30

2 Credits pending

[Online Registration Form](#)

#### **May 5, 2013**

Salon – CME Program

3:00pm

Joseph Rasimas, MD

Topic – Novel Treatments for Resistant Depression

Washington, DC location TBA

#### **September 28, 2013**

Psychiatric Medicine Conference

Jerome Blackman, M.D.

Columbia Country Club

Chevy Chase, Maryland

#### **Events Pending Details**

Annual Meeting - Spring

Charlie Chaplin CME Program - Spring

Board of Directors Planning Retreat - Summer

Awards Dinner – Fall

CLM Programs throughout the year

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## Events hosted by Other Organizations



### Psychiatric Society of Virginia

#### 2013 Spring Meeting

A Place for Psychotherapy in Modern Psychiatry

March 22-23

Richmond, VA

[www.psva.org](http://www.psva.org)

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#### March 28, 2013

2013 LUTHER ROBINSON SYMPOSIUM

#### "Diagnosing and Treating Depression in Medical and Public Health Settings"

8:30am-4:30pm

Howard University Hospital

Tower/Walter Lester Henry Auditorium

2041 Georgia Avenue NW; Room 1204B

Washington, DC 20060

Registration is \$50 (incl. CME fee)

Free for students (with ID)!

Space is limited! Email [L.Robinsonsymposium1@gmail.com](mailto:L.Robinsonsymposium1@gmail.com) to register or call 202-865-1480 for more information.

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#### April 3, 2013

Foundations of Disaster Mental Health (FDMH) Webinar: Red Cross Disaster mental health training offered

12:00-3:00pm

If any member of WPS is interested in becoming a Red Cross mental health volunteer, the Red Cross is offering its required orientation course next week. The model has changed, and RC mental health volunteers are now able to provide psychological first aid to survivors of disasters as well as help for volunteer and staff responders. Mental health volunteers may go for several weeks long deployments (for example, Hurricane Sandy relief operations are ongoing) or participate in briefer, local responses that require the Red Cross to set up shelter operations. If you still need to meet this requirement and would like to take this training on April 3rd, please send me an email. This course fulfills the requirements for entry-level mental health training and is part of the development of DMH-eligible mental health professionals. It is not open to non-

mental health professionals. **Please reply directly to [Linda Frazier](#) at the Red Cross if interested.**

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**April 10, 2013** - April 13, 2013  
World Psychiatric Regional Congress  
8:00 AM - Sat Apr 13, 2013 5:00 PM  
Bucharest, ROMANIA  
[www.wpa2013bucharest.org](http://www.wpa2013bucharest.org)

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**May 18-22, 2013**

**American Psychiatric Association 166th Annual Meeting**

San Francisco, CA

Member registration and housing for the 166<sup>th</sup> Annual Meeting is now open.

The 2013 APA Annual Meeting focuses on the theme of *Pursuing Wellness Across the Lifespan* using science and education to improve patient care. The APA Annual Meeting is designed to provide your members with the tools and in-depth learning experiences to expand your knowledge and improve your patient care. We invite you to help us market this extraordinary meeting.

**By attending the 2013 APA Annual Meeting, attendees will...**

**Learn** – *Expand your knowledge base with new advances in the field of psychiatry, best practices, and clinical research*

Over 400 clinical and scientific sessions in specialty tracks:

- DSM 5
- Anxiety and Mood Disorders
- Personality Disorders
- Psychopharmacology
- Psychotherapy
- Schizophrenia and other Psychotic Disorders
- National Institute on Drug Abuse (NIDA)
- Military Psychiatry
- Ethics Wellness
- Integrated Care
- Benefit from world-renowned lecturers, including four Nobel Laureates

**Discover** – *Learn everything you need to know about the new DSM-5*



- Register for five special Master Courses including **DSM 5: What You Need to Know**

**Value** – *Participate in over 400 clinical and scientific sessions; earn CME; explore the exhibit hall; receive discounts on publications, journals, and CME products – all in one location*

**Network** – *Expand your peer network and meet new colleagues from around the world*

[Register Today!](#)

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### **9<sup>th</sup> Congress of the International Neuropsychiatric Association**

*Treating Neuropsychiatric Illness: A Multidisciplinary Effort*

September 25-27, 2013

The Congress Plaza Hotel and Convention Center

Chicago, IL

[www.inawebsite.org](http://www.inawebsite.org)

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### **OBITUARIES**

#### **Dr. Alexander Doudoumopoulos, MD**

On Wednesday, November 28, 2012. Beloved husband of Elizabeth Wyman Doudoumopoulos; loving father of Sarah W. Dillinger and her husband, Todd P. Dillinger and Nicholas A. Doudoumopoulos and his wife, Pamela J. Burgess; loving grandfather of Anna, Stephanie and Alexander. A memorial service will be held at PUMPHREY'S BETHESDA-CHEVY CHASE FUNERAL HOME, 7557 Wisconsin Ave., Bethesda, MD 20814 on Tuesday, December 18, 2012 at 1 p.m. Interment private. In lieu of flowers, memorial contributions may be made in his honor to Fisher Center for Alzheimer's Research Foundation, One Intrepid Square, West 46th and 12th Avenue, New York, NY 10036. Please view and sign the family guestbook at:

[www.pumphreyfuneralhome.com](http://www.pumphreyfuneralhome.com)

#### **Ralph Emil Wittenberg, MD**

On January 28, 2013, at The Washington Home, Dr. Ralph E. Wittenberg of Washington, DC passed away as a result of congestive heart failure. A psychiatrist in private practice and medical director of the Family Mental Health Institute, he was born May 5, 1934 in Detroit, MI. He is survived by his daughters, Amy Hillman, Alyssa Wittenberg and Holly Wittenberg, and by his brother, Dr. Bernard Wittenberg. No services will be held.

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### **CLASSIFIEDS**

F/T or P/T, well qualified, personable psychiatrist interested in working with geriatric/medically ill patients in long-term care facilities in the Baltimore, Frederick and Montgomery counties area. Flexible schedule. Excellent pay. Fax CV to: 301-681-4699 or email to: [jbarclay-beard@pgs-](mailto:jbarclay-beard@pgs-)

[nhcare.com](http://nhcare.com)

Falls Church, VA/Tysons Corner. Full or part-time offices available, shared waiting room, mail room, filing cabinet space, pleasant and collegial atmosphere with other mental health professionals, MD,Ph.D., LCSW). Near I-66 and Beltway. Contact Allan Melmed, MD at 703-356-5888x1 or [amelmed01@yahoo.com](mailto:amelmed01@yahoo.com).

OFFICE NEEDED Psychiatrist needs Maryland office starting July 27th. Location in/near Chevy Chase is preferred. Sharing w/other psychiatrists or psychotherapists would be ideal. Space needed for 3-5 days/wk. Big windows are a plus. Stanley Slater, MD. (240) 447-9051/ e-mail: [slaters2@verizon.net](mailto:slaters2@verizon.net).

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