



Nebraska Psychiatric Society

When Just Seeking Shelter Isn't Enough

June is Pride Month—a celebration of LGBTQ+ equality, and the 50th anniversary of the Stonewall Uprising (<https://www.history.com/topics/gay-rights/the-stonewall-riots>). The Stonewall protests against police harassment were a major turning point in the movement to end systematic discrimination against the LGBTQ community. After Stonewall, activists refused to continue living in an urban subculture and moved their activities to public demonstrations, protests, and confrontations with public officials. Will those who suffer from mental illness ever have a 'Stonewall event'?

The stigma, discrimination, and shame accompanying mental illness is insidious; to bring mental health care up to the standards of other fields of medicine will most likely not be the result of a similar, tumultuous event as Stonewall, but from the staging of many, many miniature Stonewalls. When a colleague refers to a patient with mental illness using derogatory terms, by confronting the offender we can Stonewall. When professional boards require unnecessary information on personal mental health issues, by fighting for proper criteria we can Stonewall. When we advocate for professional-

ism in referencing mental illness in our language and attitudes with our trainees, peers, and professional societies, we can Stonewall.

When we proudly seek—no, demand—help for our personal mental health issues, we as healthcare professionals are also taking a Stonewall stand. Sometimes just avoiding attention to a situation isn't enough—sometimes we have to be proactive in vanquishing a social demon—and the demons of stigma, discrimination, and unequal medical care that are laying siege to mental illness are costly, disabling, and deadly. Yesterday's leaders of the gay rights movement took their battles out in the open. As psychiatrists, every day we as individuals and as a collective of specialists can also be proactive in displaying our pride for our profession and our advocacy for our patients and ourselves.

Please note the recent NPS activities to advocate for you as a professional, and for our patients—these include sponsorship of presentations on physician health, and advocacy at the national level for the very language we use in our everyday work.

We welcome your participation and feedback to make NPS stronger than ever in facing the challenges of mental illness.



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REMINDER

The Nebraska Pharmacy Drug Monitoring Program (PDMP) and Health Information Exchange (NeHII) are free sources of information for monitoring patient prescriptions and reconciling medication lists. Sign up today!

Legislative & Ethics Updates

Legislative Update

The 2019 Nebraska Unicameral concluded its business six days early on May 31 without addressing tax reform or substantial property tax relief. The senators passed a carefully structured 2019-2021 biennial state budget of \$9.3 billion containing 2.9% in spending growth, which Governor Ricketts signed without any line item vetoes. Contained within the budget was LB 327 which NPS supported; it increases behavioral provider rates by \$1.5 million in FY2019-20 and \$3.6 million in FY2020-21. The 84-day legislative session saw 739 bills introduced and 294 passed into law.

It was a busy legislative season, and I appreciated being able to work alongside the Nebraska Medical Association and the Nebraska Association of Behavioral Health Organizations (NABHO) with the guidance of our NPS lobbyist, Korby Gilbertson, and our NPS executive director, Carol Wang.

During the next few months, senators will turn their attention to a long list of interim

studies they have introduced. Because the foundation of any law is an idea, senators introduce interim studies which help guide research for future legislation. These study proposals vary significantly in topics, depth, and purpose; they can be used to identify stakeholders who may engage on an issue. They may also examine a concept that failed to advance in a prior session to help refine and improve legislation in future years. Not all interim studies will receive a hearing, but the following are of interest to NPS members: LR 156 (Senator DeBoer) to examine strategies to prevent suicide by youth involved in the Nebraska juvenile justice system; LR 160 (Senator Howard) to assess the mental and behavioral health needs of Nebraskans and the current shortages of services and resources; LR 226 (Senator Howard) to examine and assess prescribing practices of health care providers related to opioids and the effectiveness of the Nebraska prescription drug monitoring program; and LR245 (Senator Bolz) to examine advance planning for mental health care, distinct from advance planning for end-of-life care.

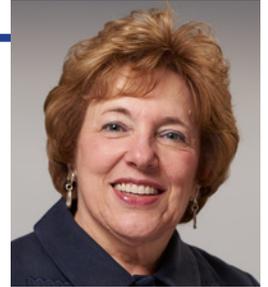
If you have an interest in advocacy and public policy, please contact me because the legislative team could use additional members now that my former co-chair, Kayla Pope, has relocated to Wisconsin.

Ethics Update

There have been no new ethics complaints to our district branch, and I have completed my term as a consultant to the APA Ethics Committee. Each of the APA's Ethics Opinions have been reviewed and revised as indicated. Any APA member can contact the APA Ethics Committee (Alison Crane) with specific questions if the APA's library of opinions does not address the member's concern.

Respectfully submitted,

Beth Ann Brooks, M.D., M.S.A.
Ethics and Legislative Chair



Beth Ann Brooks, M.D.

UNMC & Creighton Psychiatry News

UNMC

NPS Member Dr Sharon Hammer Named Medicaid Provider of the Year

In a ceremony at the state capitol on June 17, 2019, Dr Sharon Hammer was among three honorees named by Governor Pete Ricketts as Heritage Health Medicaid Provider of the Year. Dr Hammer's accomplishments cited for the award include her development of multiple clinical, educational and community service activities on behalf of mental health for women in the reproductive stages of life. Dr Hammer was also the only psychiatrist among the three providers honored on Nebraska's inaugural Medicaid Provider of the Year Day, as also proclaimed by Governor Ricketts.

Twitter for Psychiatrists (Courtesy Dr. Howard Liu, Chair UNMC Psychiatry --Twitter Handle: @DrHowardLiu)

After the APA, I sometimes hear concerns about the meeting's size and how challenging it can be to network. Twitter is fast becoming the preferred tool for social media connection at academic health care conferences. From surgery to emergency medicine to psychiatry, conferences encourage attendees to post comments and photos to amplify presentations and to connect with like-minded colleagues.

As a chair of psychiatry, I consider social media to be a useful professional development tool for faculty and trainees. While important to observe professional and ethical boundaries, it is a real-time

method to disseminate evidence-based practices and dialogue with colleagues around the world

Here is a quick primer for beginners:
Your ID: Create a Twitter handle (screen name) that is easy for others to find. I recommend @DrJaneDoe or @JaneDoeMD. Add a professional picture.

Your Content: I recommend keeping your content professional, as Twitter is an open platform where anyone might see your tweets.

Begin Following: Start following journals, colleagues, and societies of interest. For example, the APA is @APAPsychiatric.

Focus: Pick 3 key themes that matter to you the most, and focus your tweets on

these themes. You can find others who care about these themes by putting a “#” sign in front of the word – known as a “hashtag.” Examples include #psychiatry, #wellness, #depression, etc. If you want to learn more, curbside active Twitter psychiatrists and NPS members Dr. Daniel Gih (Twitter @DrDanielGih), Dr. Marley Doyle (Twitter @DrMarleyDoyle), and Dr. Sheritta Strong (Twitter @SAStrong2017). See you on social media!

Creighton

Residency News by Dr. Juvet Che Spotlight on Dr. Howard Liu, Chair of Psychiatry, UNMC

On April 10th, 2019 I sat down with Dr. Howard Liu current Chair of Psychiatry at the University of Nebraska Medical Center (UNMC) to cover some wide-ranging information on Dr. Liu's background, training, role as department chair, vision for the department going forward...and his love for twitter. Background: Dr. Howard Liu grew up in West Des Moines, Iowa, where his pulmonologist father first exposed him to a career in medicine. He did his undergraduate at Northwestern University where he doubled majored in Biology and History--during this time as an undergraduate student enjoyed the blend of humanities and science. He attended medical school at the University of Michigan, and did a rotation at the Intensive Outpatient Unit (IOP) at the Veterans Affairs (VA) clinic in Michigan where he participated in treatment of patients with mental illness. Ultimately, he went into psychiatry because it allowed him to blend his love for the sciences and humanities.

How have your Background, Training and life experiences prepared you for your current job as the Chairman of Psychiatry at UNMC?

Dr. Liu was formally the medical school clerkship director at UNMC, he also held the position of state workforce director, and Assistant Vice Chancellor for

Faculty Development at UNMC. He was a member of Association of Directors for Medical Education in Psychiatry (ADMSEP). For nine years his career focus was on medical student education, and fostering and maximizing potential for students interested in the field of mental health. In his role with Behavioral Health Education Center for Nebraska (BHECN) he worked on problems related to improving access to healthcare; he also learned the value of inter-professionalism, how to achieve academic missions, all while serving the healthcare needs of the state.

What is the role of UNMC department of psychiatry in addressing the Mental Health needs of Nebraskans and also Mental Health workforce needs of the state?

UNMC has served the majority of the workforce needs of the state, and especially in rural areas. Since we get funding from the state, UNMC bears a social responsibility for serving the health care needs of Nebraskans. In the past fifty years, UNMC has been a pioneer in telepsychiatry. The department of psychiatry is also starting a new ACGME accredited General Psychiatry

Creighton University Department of Psychiatry 2019 Graduation Banquet

June 8th, 2019 was an exciting day as the ceremony held on Creighton University's Main Campus celebrated the completion of training for residents from the Department of Psychiatry. A total of 11 residents completed training and 9 are staying to practice in Nebraska. Dr. Steven Ayers will be joining UNMC/Nebraska Medicine with a primary focus in emergency psychiatry. Dr. Nicholas Basalay will be joining Boys Town with a primary focus in inpatient and outpatient psychiatric care of children and

adolescents.

Dr. Andrew Baumgartner will be joining UNMC/ Nebraska Medicine with a primary focus in geriatric psychiatry. Dr. DeAndre Bluit will be joining the Dallas VA with a primary focus in integrated care. Dr. Spencer Gallner will be joining a private outpatient practice (Psychiatric Services, PC) in Omaha. Dr. MacKenzie Mertz will be joining an inpatient and outpatient practice in South Dakota. Dr. Melissa O'Dell will be joining UNMC/Nebraska Medicine and performing clinical work at Charles Drew. Dr. Dana Raml will be joining UNMC/Nebraska Medicine and acting as the Assistant Psychiatry Clerkship Director. Dr. Crystal Reyelts will be joining Creighton and CHI focusing on outpatient and partial psychiatric care for children and adolescents Dr. Heather Spain is completing the child psychiatry fellowship and will be joining Boys Town Behavioral Health, focusing on child and adolescent psychiatry. Dr. Mark Thomsen will be starting practice at Nebraska Medicine and Lasting Hope.

Award Presentations

Paul Fine Award for Outstanding Performance as a Child Fellow: Dr. Nick Basalay; Cecil L. Wittson Award for Outstanding Performance as a House Officer in Psychiatry: Dr. Melissa O'Dell; Graduation Resident Quality Improvement Leadership Award: Dr. Crystal Reyelts; Golden Couch: Dr. Alëna Balasanova; Golden Heart: Dr. Tom Magnuson; Golden Apple: Dr. Angelo Zieno; Golden Star: Jarad Anthony, MS from Lasting Hope Recovery Center

Words Matter – AMA Adopts Resolution Adopting Current SUD Terminology, Introduced by NPS Member Dr. Alëna Balasonova

Research shows that the language we use in the practice of medicine—particularly when discussing substance use—has profound effects on our attitudes towards our patients, how we feel about our work, degrees of stigma associated with these conditions, and ultimately outcomes. The AMA recently passed Resolution 502, authored by Dr Balasonova, which “asks that our American Medical Association (AMA) use clinically accurate, non-stigmatizing terminol-

ogy (substance use disorder, substance misuse, recovery, negative/positive urine screen) in all future resolutions, reports, and educational materials regarding substance use and addiction and discourage the use of stigmatizing terms including “substance abuse, alcoholism, clean and dirty” and that our AMA and relevant stakeholders create educational materials on the importance of appropriate use of clinically accurate, nonstigmatizing terminology, and encourage use among

all physicians and U.S. healthcare facilities.” According to the AMA website, “There was compelling testimony from the US Surgeon General that physicians should be ‘wrapping our arms around’ people who have substance use disorder instead of stigmatizing them.”

NPS Leadership Update

Nebraska Psychiatric Society has new members and new roles to celebrate. Dr Sarit Hovav is now serving as the Regional representative to the APA;

Dr. Stephen Salzbrenner is our newly appointed chair of Public Affairs; Dr. Alëna Balasonova is the newly appointed chair of Early Career Psychiatrists.

Congratulations to all!

Annual Membership Meeting 2019

NPS members gathered on April 24 at the MOMS conference room for a presentation by Kevin Borchert, Nebraska's Prescription Drug Monitoring Program Director. Mr. Borchert discussed the

extent of the prescription drug overdose problem both locally and nationally, and initiatives for practitioners to address the crisis. He encouraged practitioners to enroll and utilize the PDMP

to make better informed decisions and provide better care for their patients.

Music, Medicine, and Mental Health with Dr. Richard Kogan

Over 85 people attended the lecture-recital by internationally renowned concert pianist and psychiatrist, Richard Kogan, M.D. Dr. Kogan spoke about the life and thought processes of composer and pianist George Gershwin. Kogan performed well-known Gershwin pieces such as “Rhapsody in Blue” and selections from “Porgy and

Bess.” Following the performance, Dr. Kogan discussed the impact of music in medicine.

Thank you to the Metro Omaha Medical Society Foundation, The Physicians Foundation, UNO School of Music and Nebraska Psychiatric Society for sponsoring this event.



Drs. Subhash and Shashi Bhatia, Richard Kogan, and Beth Ann Brooks

Upcoming Events

Moral Injury of Healthcare with Dr. Wendy Dean

July 25 | 5:30 PM
Core Bank Conference Rm
17807 Burke St.
Omaha, NE 68118
RSVP on omahamedical.com

Physician & Policymaker Meet & Greet

August 16 | 6:00 PM
Midtown Crossing Club Room
200 S 31st Ave. Omaha, NE
RSVP on omahamedical.com

2019 IPS Conference

October 4-7 | Chicago, IL

2019 AACAP Annual Mtg

October 14-19 | Chicago, IL

APA Assembly Meeting

November 15-17 | Washington, DC