



Nebraska Psychiatric Society

A Season of Change for NPS

It's autumn on the Great Plains, and in typical fashion for Nebraska the hot and humid days of summer ended on a Tuesday followed immediately by wind, rain and a bone-chilling cold descending on Wednesday. Indeed, just as the seasons are changing, so is our Nebraska Psychiatric Society. With the help of Laura Schabloske from Clairant Parters, the Executive Council is working to bring fundamental changes to NPS. However, unlike the vicissitudes of our Cornhusker weather, our NPS transition will be proceeding in a mindful and deliberate way.

Like assessing a new patient in the office, NPS is first asking who we are now as an organization, our predominant priorities, and what strategies we will map out in order to match our core beliefs and what we value as psychiatrists.

Like many patients at a first psychiatric office visit NPS may also be a bit hazy and ambivalent about these items (and we are told that is predictable). Discovering some clarity to these questions will be an exciting part of the process.

Many medical societies are struggling with similar issues we now face at NPS. How will we sustain NPS? Can we make NPS grow? How can we increase interest and participation in NPS? Are there new opportunities for partnerships? At the conclusion of our work—about the same time as 2019 comes to a close—we plan to have a some powerful tools to use in answering those questions. As always, the Executive Council welcomes your input and participation.

Fall Social Recap

NPS members and their families attended a Fall Social on October 25th at The Mark Jumbo fun center. In addition to great food and fellowship, NPS members elected Dr Steve Salsbrenner to the position of APA Assembly Representative. Current (and future!) NPS members bowled well into the evening—thanks to all who came and made it a great time.



(Left) Drs. Balasanova and O'Dell. (Middle) Drs. Juvet & Larisa Che, (Right) Future NPS Member.



The Nebraska Psychiatry Newsletter

*is published by the
Nebraska Psychiatric Society,
a district branch of the
American Psychiatric Association.*

Mailing address:
Nebraska Psychiatric Society
c/o Metro Omaha Medical Society
7906 Davenport Street
Omaha, NE 68114
(402) 393-1415
www.nebraskapsych.org

Authors' opinions do not necessarily reflect the official opinion of the Nebraska Psychiatric Society.

Board of Directors:

CYNTHIA PAUL, M.D., President
MARTIN WETZEL, M.D., President-Elect
PRAVEEN FERNANDES, M.D., Past President
& Assembly Representative
SYED FAIZ QADRI, M.D., Assembly Representative
BETH ANN BROOKS, M.D., Legislative Representative
& Ethics Committee Chair
MARTIN WETZEL, M.D., Newsletter Editor
IMAD ALSAKAF, M.D., Membership Chair
SARIT HOVAV, M.D., Early Career Physician Chair
SUBHASH BHATIA, M.D., Fellowship Chair
JUVET CHE, M.D., Resident/Fellow

Legislative & Ethics Updates

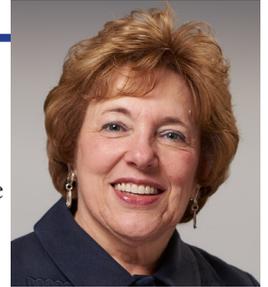
Legislative Update

Because the 2019 Unicameral concluded its legislative session in May, the summer has been quieter on the legislative front. Hearings include various interim studies, including one on September 27 assessing the mental and behavioral health needs in Nebraska along with access to and shortage of services. The Legislature's Revenue Committee chaired by State Sen. Lou Ann Linehan of Elkhorn has continued to meet throughout the summer trying to identify new sources of revenue, including proposals to eliminate some sales tax exemptions, which could be used to reduce local property taxes or lower the state sales tax rate (currently is 5.5%).

As the media has reported, the Geneva Youth Rehabilitation and Treatment Center moved its female residents into the Kearney facility for males in August because of deteriorating physical conditions at the Geneva center and an inability to provide optimal staffing. This is a heightened

concern for the Department of Health and Human Services (DHHS) Division of Child and Family Services who have oversight for the Geneva and Kearney facilities. NPS member Janine Fromm, M.D. is the newly appointed Executive Medical Officer for DHHS in July.

This summer the Mental Health Parity Compliance Act (H.R. 3165/S. 1737) came before the U.S. House of Representatives and Senate. This APA-supported legislation addresses concerns with mental health parity enforcement by requiring insurers to demonstrate their compliance with federal parity requirements, and directs the U.S. Secretary of Labor to collect analyses from plans following filing of a complaint. APA solicited support for this legislation, and NPS joined a large number of other district branches in signing a letter of support. The APA has designated mental health parity and collaborative care as among its highest legislative priorities for 2020.



Beth Ann Brooks, M.D.

There will be some interesting election contests on the state and national stages, so my advice is to study issues that are important to you and your patients, remain informed about each candidate and the various ballot initiatives, and exercise your constitutional right (and civic responsibility) to VOTE in all elections!

There have been no ethics complaints in recent months.

Please contact me at babrooks@med.wayne.edu if you have interest in serving on the NPS Legislative or Ethics Committee.

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

Medical School Updates

Creighton

Creighton university psychiatry residency program again had a wonderful year of recruiting with a class of 2022 possessing talent and geographic diversity (see separate section).

Dr David Rubin is now interim chair for the Creighton Department of Psychiatry effective June 2019. Dr. Rubin completed an internship in Internal Medicine and a residency in general psychiatry at Dartmouth-Hitchcock

Medical Center prior to his fellowship in child and adolescent psychiatry at MGH and McLean hospital. Following fellowship, Dr. Rubin joined the faculty of New York-Presbyterian/ Weill Cornell Medical Center where he served as Director of Inpatient Services, Director of the Day Hospital, Site Training Director and ultimately as Service Chief before returning to MGH and McLean to assume the directorship of the program that trained him.

UNMC

UNMC is opening the first Addiction Medicine program for the state of Nebraska. The first fellow for the program began training September 2019. Dr. Kenneth Zoucha is the fellowship program director.

On October 11, 2019, Dr Sheritta Strong was honored with the 2019 UNMC College of Medicine Early Career Achievement Award.

Dr. Salzbrenner is NPS Assembly Representative

Congratulations Dr. Stephen Salzbrenner who was voted to be on the NPS Executive Committee as Assembly Representative.

Dr. Salzbrenner works as a psychiatrist and Assistant Professor at UNMC.



Stephen Salzbrenner, M.D.

NPS Member Highlights

Beth Ann Brooks was awarded Physician Advocate of the Year at the Nebraska Medical Association Annual Membership Meeting on Sept. 6 in Lincoln. In addition to her remarkable tenacity for overseeing our governmental and regulatory agencies, Beth Ann is also well known for

her participation in multiple physician advocacy organizations, and peer mentorship. Congratulations to Beth Ann!

Janine Fromm is now the Executive Medical Officer for the Nebraska Department of Health and Human Services effective July 2019.

The Executive Medical Officer is a new position within DHHS with oversight of all other medical departments at DHHS. As a psychiatrist in this position Dr Fromm is planning to bring a holistic approach to all aspects of public health in Nebraska. Congratulations Janine!

Legislative Meet & Greet

Thank you to all who attended the Policymaker Meet & Greet on August 16th. We had 30 physicians and 13 lawmakers/candidates attend the reception. Kelly Caverzagie, MD, Chair of the MOMS legislative committee, gave remarks and thanked lawmakers for their service to the state of Nebraska.

We encourage you to continue to be a resource on health policy to your local, state, and national lawmakers.



(Above) NPS member, Nicholas Williams, DO and candidate for Congress, Ann Ashford

(Left) NPS members, Jason Ourada, MD and Alena Balasanova, MD

Say Hello to our new PGY-1 Residents



Alexandra Burt, M.D.

Dr. Burt was born and raised in Omaha, NE. She earned her bachelor's degree in Philosophy from Saint Louis University, and medical degree from the University of Nebraska College of Medicine. During medical school, she was involved with student-run free clinics and working with the ACT team at Community Alliance. Although she enjoyed various facets of medicine, she knew Psychiatry was her passion after her first exposure. She is especially interested in meditation and mindfulness, and how they relate to the field of Psychiatry, and also has great interest in working with patients who are part of underserved populations with mental illness. In her free time, she enjoys spending time with family and friends, listening to podcasts, making jewelry, attending concerts, and spending time outdoors.



Rachel Carpenter, M.D.

Rachel Carpenter was born and raised in Stillwater, Oklahoma. She earned her Bachelor of Science in Sociology from Oklahoma State University in Stillwater, and then her medical degree from the University of Oklahoma Health Sciences Center in Oklahoma City, though she did not switch her loyalties to OU. During her medical education, she was active in service, research, and leadership roles in the field of psychiatry. She plans to pursue fellowship training in child and adolescent psychiatry. In her free time, she enjoys perfecting blanket forts with her two-year-old son, doing anything else he wants to do, and cheering on her OSU Cowboys to their occasional victory.



Emily Hochstetler, M.D.

Dr. Hochstetler was born and raised in Topeka, KS (and yes, she did have a dog named Toto). She got her undergraduate degree from John Brown University in Siloam Springs, AR, and her medical degree from Creighton School of Medicine in Omaha. Before and during medical school, she worked as an MCAT instructor for Kaplan and loves teaching students about all things science and medicine. She has had a lifelong passion for mental health and had a healthy suspicion from the beginning of medical school that psychiatry would be where she belongs. This was confirmed during her psychiatry rotation during her third year of medical school, and she hasn't looked back. In her free time she enjoys running, swimming, and spending time with her friends and her dog.

Say Hello to our new PGY-1 Residents



Cyle Johnson, M.D.

Dr. Johnson grew up in Lake City, Iowa, and received a B.A. in English from Creighton University. He subsequently lived in Chicago and pursued creative writing at the graduate level before returning to Creighton for medical school. While in medical school he was a mentor with Big Brothers Big Sisters, an officer in the Psychiatry Interest Group, and assisted in forensic psychiatry and ECT research projects. He is particularly interested in neuropsychiatry, sleep medicine, and medical education. His hobbies include basketball, hiking, traveling, playing the guitar and harmonica, and rooting for the Creighton Bluejays.



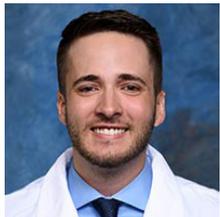
Lark Reasoner, M.D.

Dr. Reasoner was born and raised in Woodstock, IL. Although it is not “THE woodstock” with the rock concert, it is the town where the movie Groundhog Day was filmed, and the holiday is extensively celebrated. Dr. Reasoner earned her bachelor’s degree in chemistry from St. Olaf College while also participating in the music program by singing in the choir. She then completed medical school at Creighton University. During medical school she was continuously drawn towards psychiatry and is thrilled to be entering this fascinating field. Dr. Reasoner has found that Omaha truly feels like home and is excited to continue living in and exploring this city with her husband and two cats! During her free time Lark enjoys playing board games with family and friends, reading and collecting books, and lifting weights.



Andrew Reuss, M.D.

Dr. Reuss was born in Azores, Portugal during his father’s first assignment in the US Air Force. With deep family roots in Nebraska City and Columbus, he would visit every summer to see his family and help on the farm. After living in California, Florida, Washington D.C., and Germany, his family returned to Nebraska and settled in Papillion. After finishing high school at Papillion-La Vista South, he attended Nebraska Wesleyan University and received a bachelor’s degree in biology, with minors in chemistry and Japanese. After a year of teaching English in Japan, he returned to the U.S. and attended the University of Nebraska Medical Center, where he received his Doctor of Medicine. During that time, he participated in the Underserved Enhanced Medical Educational Track and served a term as secretary for the SHARING Student Clinics. He quickly decided Psychiatry was the right choice for his future after his first exposure during his third-year rotation. Currently, he has a strong interest in geriatric and inpatient psychiatry. In his free time, Dr. Reuss enjoys collecting and playing board games with friends, weightlifting, cooking, and reading science fiction.



Alexander Seger, M.D.

Dr. Seger was born and raised in Highland, Illinois. He attended Saint Louis University and earned two bachelor’s degrees in biology and Spanish. He completed his medical education at Creighton University School of Medicine. He discovered his passion for psychiatry during his third year of medical school. He has strong interests in teaching, mentorship, and physician advocacy. Dr. Seger spends the majority of his free time swimming, reading, painting, and traveling.



Samuel Warn, M.D.

Dr. Warn was born in Helena, Montana. He enlisted in the Air Force at 17 leaving his home state and serving all over the world for the next six years. He spent 3 years overseas and served in one deployment working for AFN in Afghanistan. He discovered medicine on that deployment and left the military to study neuroscience as an undergraduate at the University of Miami. In between his studies, he worked as a research assistant, personal trainer, and martial arts instructor. After Miami, he returned to the pacific northwest and went to medical school at OHSU in Portland, OR. He is particularly interested in veteran mental health and general psychiatry. This is his first time living in the Midwest. Outside the hospital he enjoys lifting weights, running, swimming, exploring to find new and exotic food/drinks, playing video games, and traveling.



Nicholas Williams, DO

Dr. Williams was born and raised in Southern California, but headed up the state to the Bay Area for his college career. He received his Bachelor’s at Cal Berkeley and his Master of Public Health at UC Davis. After dabbling in the exciting field of Home Theater as a Best Buy Sales Representative, he turned his efforts towards the environment, spending three years in an Environmental Protection Agency-Certified laboratory. It was there that he decided to commit his life to medicine, and Psychiatry is and always has been his one and only love. He is a huge fan of stand-up comedy, sports, film, and classic rock.