



Nebraska Psychiatric Society

May 2020

Mission: Nebraska Psychiatric Society exists to advance the profession of psychiatry, serve the needs of our members and provide support for psychiatric services across Nebraska.

Vision: To become a trusted voice and resource for psychiatric services in Nebraska.

A Message from the President

These are uncertain times—novel—and COVID is definitely more than one single novel virus—it is an epic new story in human history.

No doubt there will be future descriptions of medicine pre-COVID and medicine post-COVID. We are all now adjusting to new ways of living, working and thinking about our world, adding to the amount of background stress (“allostatic load”) that is taxing our collective neocortex with even more distraction than what was there prior to the pandemic.

What about the story of our Nebraska Psychiatric Society? As President it is my pleasure to announce that aside from the additional individual burdens we each are bearing, the state of NPS is strong. We are plotting a very exciting future as we celebrate some of our recent accomplishments:

1. Strategic Mission Planning. Last fall the Executive Committee began a strategic planning process, and from that work we have an ambitious and clear road map to guide our next years. This includes our new mission and vision statements (see above), and redrafting our bylaws and officer descriptions to make NPS more agile and reflective of modern medical societies. Our focus is on building our value to our members, communicating that value well, and in turn leverage that value to grow and strengthen NPS.

2. In record speed with only days notice NPS pulled together a unified and convincing campaign to defeat the psychologist prescribing certificate bill, LB817, from advancing out of committee. We partnered with the NMA and Nebraska

PA organizations in a very effective strategy of letter-writing and testimony to the legislature. Borne out of this effort—and consistent with our new mission—we are adding strategies to improve access to bona fide psychiatric services across Nebraska.

3. NPS is serving as a liaison for outside organizations seeking subject matter expertise in psychiatric issues. Examples include our members serving on committees providing physician wellness strategies, consulting with Central Medical Services on regional initiatives, and providing guidance on telehealth billing and coding during the COVID outbreak. And finally I am most proud and excited about our current leadership at NPS. Cindy Paul has been an awesome president, stalwart and passionate, and is also remaining as an active participant in leadership as Past President to guide and push our activities. Steve Salzbrenner as President-Elect and Assembly Representative brings a great source of connectivity to UNMC, as well as abundant creativity and energy. Jason Ourada is our Treasurer and is taking on additional roles, including advocacy for rural outreach. Janine Fromm is our new Membership Chair, a key role in our strategic roadmap. Beth Ann Brooks continues to be our indefatigable Legislative Representative and Ethics Committee Chair. Alëna Balasanova is our dynamic Early Career Physician Chair, Subhash Bhatia our steadfast Fellowship Chair, and Andrew Reuss and Emily Hochstetler our new and ready Resident/Fellow Representatives. Our administrative support from MOMS continues to be invaluable.

Our thanks to all NPS members for your support of our organization, your dedication to our profession, and the care of Nebraska citizens.



Martin Wetzel, M.D.



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Legislative & Ethics Updates

Legislative Update

The legislative session of the Nebraska Unicameral began on January 8, and bill introductions concluded on January 23. There were 487 new bills introduced, for a total of 1221 bills in the 2018-2020 biennium. Each bill is assigned to a committee and receives a public hearing, and thereafter the committee votes whether to advance a bill to floor debate; the hearings ended on February 27. Bills prioritized by a Senator or Committee receive debate time by the full legislature. This is the “short session” of the two-year biennium and is projected to end its 60-day session on April 23.

The bill of greatest interest to organized psychiatry and our patients in this session was LB817, introduced by Senator John Stinner of Gering, which would have permitted psychologists to prescribe psychotropic medications. NPS collaborated with the Nebraska Medical Association to form a coalition of opponents, and the bill was heard by the Health and Human Services Committee on January 24. A special thanks to NPS members Chelsea Chesen, Joan Daughton, Karl Goodkin, Sharon Hammer, Jason Ourada, and Martin Wetzel who joined me along with 3 representatives from NMA, a UNMC medical student, & a physician assistant in testifying against LB817. The bill failed to advance out of HHS, but Senator Stinner has indicated he plans to introduce a similar bill next year, and if necessary, the following year (2022) after which he will be term limited. We need to maintain our advocacy in defending patient safety by demanding medical training for prescriptive authority rather than the

medication training that psychologists propose. Telepsychiatry across Nebraska and collaborative care are in place to increase access in underserved and rural areas.

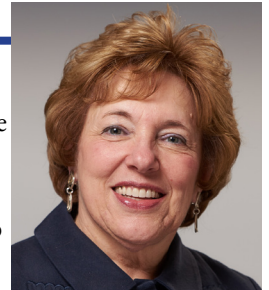
Also failing to advance was Omaha Senator Justin Wayne’s LB1133 which would have increased the individual liability amount for physicians, as well as increasing the total cap on recoverable damages under the Hospital Medical Liability Act.

NPS monitors bills of interest to psychiatry and our patients. We are active in making our positions on key bills known to the legislative committees via letter-writing and testimony, but we rely on our members to communicate with their individual senators to discuss issues in greater depth and provide examples of why a bill should be supported or opposed if it advances to a floor vote. Your expertise is what we need so our profession and patients can be protected. We thank those who have engaged in legislative activities and invite others to become involved.

Ethics Update

The APA Ethics Committee conducted a phone survey of each District Branch with respect to ethics activities over the past three years. In late January, NPS provided details associated with four ethics complaints; one concerned a non-member with no further action possible, and another exceeded the 10-year time frame established by APA within which a complaint can be made about a member. In 2017 a hearing was held in response to an adverse State of Nebraska licensure

action; the NPS member would have been suspended for a prescribed period of time but failed to renew membership before the formal sanction could be invoked by the APA. The fourth complaint involved a membership application where there was question about an earlier licensure issue, which was resolved when the applicant provided information about interim activities. An article in the February 2, 2020 Psychiatric News, discussed “Confidentiality Key in Responding to Reviews” when negative reviews are posted online. The APA has a document, “Resource Document on Responding to Negative Online Reviews” which can be accessed at <https://www.psychiatry.org/psychiatrists/search-directories-databases/library-and-archive/resource-documents> to assist members in protecting patient confidentiality, responding when appropriate, and reflecting on one’s practice and approach to patients.



Beth Ann Brooks, M.D.

Respectfully submitted,

Beth Ann Brooks, M.D., M.S.A.

Ethics and Legislative Chair

New Fellows, Distinguished Fellows, & Members

Congratulations to the following NPS members for their recognition by the American Psychiatric Association:

Fellow: Jason Ourada

Distinguished Fellows:

Sheritta Strong
Stephen Wengel
Martin Wetzel

New & Returning Members:

(2019)	(2020)
Gregory Keane	Ramoncito Ocampo
Heather Berney	Marin Broucek
Matt Wittry	Geetanjali Sahu
Nathan Herman	
Venkata Kolli	

Strategic Planning Update: NPS Announces New Mission, Vision

NPS recently completed a vigorous strategic planning initiative and we are pleased to announce the results. We have drafted a new mission and vision for NPS, and a timeline to fulfill our important goals.

Our NPS Mission: Nebraska Psychiatric Society exists to advance the profession of psychiatry, serve the needs of our members and provide support for psychiatric services across Nebraska.

Our NPS Vision: To become a trusted voice and resource for psychiatric services in Nebraska.

Thanks to everyone for filling out the Membership Survey as part of our strategic planning—results will be ready in May.

2019 Fall APA Assembly Meeting Update

Hello NPS members, I am your new Area 4 APA Assembly Representative, which means I attend a couple APA Assembly meetings every year and vote on various actions on behalf of NPS. There are typically two representatives from NPS so we need one more. We are currently looking for anyone interested in joining me as my counterpart for this important responsibility. It's a great chance to meet like-minded people, learn about what is happening across the various regions served by the APA, and be a part of the important process of advocating for our profession and our patients. I would like to express gratitude and appreciation on behalf of myself and entire Nebraska Psychiatric Society for the excellent work and devotion of Drs Faiz Qadri and Sarit Hovav who previously held the position. Their dedication to the mission of the Nebraska Psychiatric Society to advance the profession of psychiatry, serve the needs of our members and provide support for psychiatric services across Nebraska is truly commendable and their shoes will be tough to fill.

The Fall APA Assembly meeting was held in Washington, DC from No-

vember 15-17 and here are some of the highlights:

Affiliate Membership

The Assembly voted to approved action paper 2019A2 12.N, which asks that the APA refrain from making available any category of voting or non-voting membership that would be open to any non-physician.

Accountability for climate change

The Assembly voted to approve action paper 2019A2 12.A, which asks that:

1. The APA be provided an annual carbon footprint report for all travel booked through the APA's contracted travel agency by 2020.
2. Individual users - employees, Assembly members, Trustees - of the contracted travel agency be provided an estimated carbon footprint for all booked air travel.
3. The APA Board of Trustees implement a policy to off-set carbon emissions of all travel related to APA organi-

zational operations effective 2021.

4. The APA complete a feasibility study regarding the goal of becoming carbon neutral by 2030 and report back to the Assembly at the Spring Assembly 2021.

5. The APA Council on Communications publicize these efforts broadly in APA publications and receptive media outlets.

Variability in State Law Concerning Emergency Hold

The Assembly voted to approve action paper 2019A2 12.E, which asks that APA form a work group to examine state, territorial, and provincial laws concerning emergency holds and create a Resource Document outlining these findings.

Steve Salzbrenner, MD

Area 4 Assembly Representative



Steve Salzbrenner, M.D.

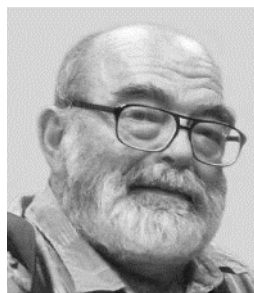
Remembering our Colleagues - In Memoriam:



John Baldwin, MD



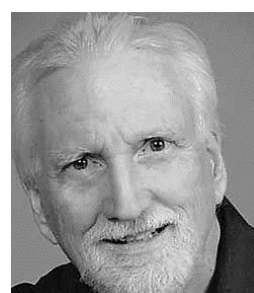
Nathan Bruce, DO



James Severa, MD



James Dunlap, MD



Steve O'Neill, MD

Welcome 2020-2021 Creighton Psychiatry Residents



Mark Mullen, MD

Mark grew up in St. Louis, Missouri and went to undergrad at Spring Hill College-- a small Jesuit school in Mobile, AL. He then returned home to complete medical school at Saint Louis University. His professional interests include medical education, public policy, and advocacy. He will be getting married in May before moving to Omaha with his fiance, Rae Koch, who is currently working in health advocacy at Missouri Foundation for Health. Mark is always looking for a good podcast and was recently a listener contestant on NPR's "Wait! Wait! Don't Tell Me!"



Phil Ryan, MD

My name is Phil Ryan. I was born and raised in Le Mars, IA. I graduated from the University of Iowa in 2008 where I majored in Integrative Physiology. After college, I spent most of the next 7 years managing group homes for people with autism and intellectual disability. I attended medical school at the University of Iowa. My passions outside of medicine include cheering for the Iowa Hawkeyes and seeing live music with a particular love for jam, bluegrass, and funk.



Abby Jaeger, MD

I am an Omaha, NE native and a graduate of Westside High School. I attended Grinnell College in Iowa, where I earned my B.A. in Biology. While at Grinnell, I also played soccer and basketball. After graduation, I spent one year as an AmeriCorps member working with high school juniors, focusing on ACT and college preparation. I then spent a year working in a retinal specialty clinic and also trained and worked as an EMT. I attended Lewis Katz School of Medicine at Temple University and was drawn to the field of psychiatry. I am excited to return to my midwest roots and pursue my psychiatry residency training at Creighton. In my free time I enjoy running, golf, and intramural sports. I also like music and art, as well as exploring new restaurants. When at home, I like to relax with a TV show or board game. I also enjoy hanging out with my cat, Gilbert Grape.



Brooke Gertz, MD

After graduating high school from my quaint hometown of Marysville, Ohio, I earned a degree in English from the University of Notre Dame. Ultimately, I decided to pursue medicine at the University of Cincinnati, where my husband and I met. We got married during our third year, and he will be joining me in Omaha as an orthopedic surgery resident. We love to run together and to enjoy the four seasons that the Midwest provides. I am especially interested in child and adolescent psychiatry, and I cannot wait to join the Creighton team!



Bransen Guild, MD

Bransen Guild grew up in Fort Collins, Colorado where he later earned a B.S. in Biomedical Sciences from Colorado State University. He then attended medical school at Rocky Vista University in Parker, Colorado. He is currently an incoming resident with the Creighton University Psychiatry Residency Program. He is thrilled to start his career as a psychiatrist in Omaha, NE as well as start a new chapter in his life with his wife Allison. In his free time, Bransen enjoys cycling and spending time with his family and friends outdoors.



Nick Distefano, MD

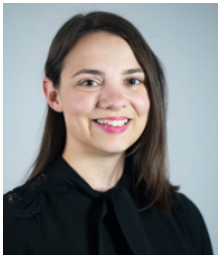
My name is Nick Distefano. I am from Omaha, Nebraska. I went to Creighton Prep in Omaha for high school and then Rockhurst University in Kansas City, Missouri, where I studied Biochemistry. Following that I went to Creighton University for medical school. In my free time I love all things outdoors: hunting, fishing, camping, hiking, if it's outdoors I love to do it. I also am a self proclaimed foodie and "professional" backyard barbecuer whose specialty is a simple St. Louis style rib recipe. If there is a new restaurant in town, you better believe I'll be trying it out soon. I am super excited to continue my training through Creighton's Psychiatry program and everything that the future has in store.

UNMC Welcomes Its 2020-2021 Psychiatry Residents

For the past two years the UNMC Department of Psychiatry has been diligently working to establish a new psychiatry residency program. This process came to fruition on March 20, 2020 when the UNMC Psychiatry Residency Program matched its inaugural class of incoming residents. In 2020, the National Resident Matching Program recorded 1858 total psychiatry

positions with a match rate of 98.9%. UNMC offered and filled 4 positions after receiving 593 applications and interviewing 54 candidates. Dr. Michaelyn Everhart, Dr. Matthew Kelly, Dr. Andi Ngo, and Dr. Emily Royer will be joining UNMC in July. "I'm excited by the news that we matched with first-class people," said Residency Program Director Dr. Daniel

Gih. "We now have an opportunity to shape the next generation of Nebraska mental health providers." Associate Program Director Dr. Jeana Benton echoed this sentiment stating, "I'm thrilled to be welcoming these individuals to UNMC. They each bring unique experiences that will truly be an asset to our program."



Michaelyn Everhart, MD

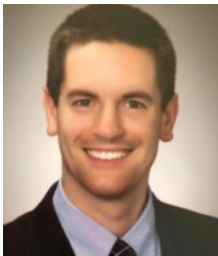
Dr. Michaelyn Everhart is originally from Burlington, KS. She attended the University of Kansas for both her undergraduate degree in Behavioral Neuroscience and medical school. She has an interest in emergency psychiatry.



Andi Ngo, MD

Dr. Andi Ngo is from Honolulu, HI. He attended Creighton University for his undergraduate work and continued on to pharmacy school completing his Pharm. D. He attended medical school at the University of Hawaii John A. Burns School of Medicine.

His interests include child psychiatry and addictions.



Matthew Kelly, MD

Dr. Matthew Kelly is from Papillion, NE. He received a Biochemistry degree from the University of Nebraska, Lincoln. He graduated from the UNMC School of Medicine in 2015 and has been serving as a flight surgeon in the Navy since that time. His

interests include consult/liaison, geriatrics, and integrated behavioral health.



Emily Royer, MD

Dr. Emily Royer grew up in both Kalamazoo, MI and Elkhorn, NE. She received her undergraduate degree in sociology from the University of Nebraska, Omaha and will receive her M.D. from UNMC. Her interests are

in general adult psychiatry and reproductive psychiatry.

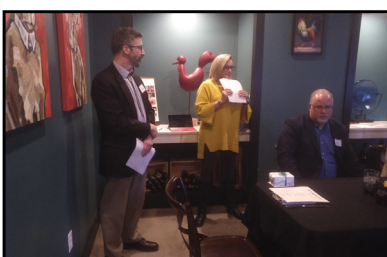
UNMC Welcomes Dr. Riley Machal

Dr. Riley Machal will be joining the UNMC faculty as an instructor on July 31, 2020. Dr. Machal graduated from UNMC and will arrive in Omaha shortly after finishing her residency at the Ohio State University Wexner Medical Center. "I always knew I would

return to Eastern Nebraska upon completion of residency to be close to family," Dr. Machal said. "Having gone to medical school at UNMC, returning for my interview felt like coming home. I was very impressed with the many

changes being made in the department of psychiatry and was attracted to the opportunities available." Dr. Machal plans to work with patients dealing with serious and persistent illness.

2020 Annual Meeting - March 11



Dr. Wetzel (President) & Dr. Paul (Past-President) conduct the business meeting at the 2020 NPS Annual Meeting



There were 20 members at the Annual Meeting held at Stirnella. Tom Magnuson, MD and David Vlach, MD gave a panel presentation on telepsychiatry.