



Nebraska Psychiatric Society

Shaping Public Opinion of our Profession

“A physician shall continue to study, apply, and advance scientific knowledge, maintain a commitment to medical education, make relevant information available to patients, colleagues, and the public, obtain consultation, and use the talents of other health professionals when indicated.” ---American Psychiatric Association, Principles of Medical Ethics With Annotations Especially Applicable to Psychiatry.*

APA President Altha Stewart in a recent editorial in *Psychiatry News** calls on us to follow the ethical guidance on leadership as outlined above from Section 5 of our principles. Adhering to most of the directives in this section is a no-brainer—it is mandatory to get CME to maintain our license, and educating our patients is an ingrained part of our everyday practice. The same is true for consultation and teamwork with other health professions—these do not require “extra effort” beyond what we consider our day-to-day responsibilities.

What does require additional effort is the principle to “make relevant information available to colleagues and the public.” Dr. Stewart proposes that we take this to heart, and consider expanding our role in shaping public opinion of our profession. Among the recommendations:

Commit to working with a young colleague, trainee, or medical student to teach and encourage his or her interest in becoming a psychiatrist leader.

Recognize the significant influence of popular culture on beliefs, attitudes, and habits and the opportunity we have to reduce the stigma associated with mental illness using current media and communication strategies. Become comfortable with technology and innovation as part of the psychiatry of the future.

Consider funding fellowships to embed residents, fellows, and early career psychiatrists in the entertainment industry and news media: The resulting relationships will foster an ongoing collaboration between APA and media and entertainment outlets.

To battle stigma, guide public conversations about our profession, and shape the next generation’s mental wellness, Dr Stewart is calling out the fact that we are the experts who should be doing the messaging. We (and our partners in APA and NPS) have the tools to get the word out, and we have the responsibility to take this leadership role in our communities.

Your colleagues in Nebraska Psychiatric Society thank you for your participation in our mission, and encourage you to consider more involvement in 2019. And of course, we wish you all the best for the holiday season and all of next year.

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*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.

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NPS New Logo & Redesigned Website
www.nebraskapsych.org

Mental Health Parity

NPS executives along with Legislative Co-Chair, Kayla Pope, and I met with American Psychiatric Association (APA) government affairs staff, the Nebraska Department of Insurance, a Nebraska senator's representative, and our NPS lobbyist Korby Gilbertson,

regarding enforcement of the federal Mental Health Parity and Addiction Equity Act of 2008. The State is working with a national coalition to develop a parity common compliance reporting template. It appears present law NE LB 44-710.03(13) is sufficient regulation because it requires Nebraska insurers to comply with federal law, where federal law preempts Nebraska law (present and future).

2018 Election Results

The 2019 Nebraska Unicameral convenes on January 9, with 11 new senators elected in November (and two additional newcomers as soon as Governor Ricketts appoints replacements for Senators Murante (Gretna) and Watermeier (Syracuse) who both won other offices). Expectations are the composition of the Unicameral will be slightly more moderate, but deadlocks are likely and will require true across-the-aisle negotiation in any contentious issues. We are anticipating strong competition for various committee chairs, including DHHS (open because Senator Merv Riepe of Ralston lost his bid for re-election), Education, Executive Board leadership, Judiciary and Revenue.

Bills of Note

Legislative bills require introduction the first 10 days of the upcoming 90-day legislative session, and we anticipate there will be bills attempting to alter scope of practice for select professional groups. Because every bill will receive a hearing from its assigned legislative committee, we work hard to be present and monitor bills that can affect our patients and the profession of psychiatry. We will inform you of any bills requiring letters of opposition and/or in-person testimony at committee hearings, but please note that there is often minimal advance notice of hearing dates. Once a committee votes to take a bill out of committee, the entire Legislature debates the bill; any bill must clear three different rounds of debate before the passed version goes to

the Governor for signature or veto. If the Governor does not approve a bill, the Legislature can override the bill with 30 votes. All introduced bills are on the web at www.nebraskalegislature.gov.

Medicaid Expansion

The state-wide initiative for Medicaid expansion passed by more than 42,000 votes. Once enacted, Nebraskans who earn up to 138 percent of the federal poverty level (\$16,753 for a single person or \$34,638 for a family of four) now will be eligible, making Medicaid more available to single adults and couples without minor children, as well as parents and disabled individuals with incomes higher than the current "traditional Medicaid" cutoff. The funding for its implementation undoubtedly will add to tense budget and tax reform discussions.

Taxes

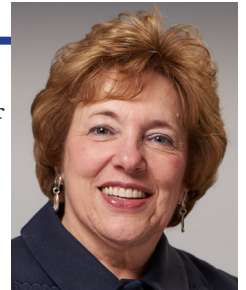
A source of new funds for the state will be the collection of on-line sales tax, but just where the money goes is up for likely heated debates; we anticipate proposals for property tax relief versus money for shoring up funding for Corrections, DHHS, and the University.

Ethics Update

The APA offered an Ethics webinar on November 17 providing valuable information to use when ethics issues arise. While we have had no ethics complaints for several years there were three issues raised this year--all have been resolved according to American Psychiatric Association protocol. Thank you to those members who served as investigating officer and on the hearing panel.

Respectfully submitted,

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



Beth Ann Brooks, M.D.

NPS EVENTS:

Winter Membership Meeting

"How to be an Effective Policy Advocate"

Wednesday, February 13th

Dinner - 5:30 PM

Program - 6:15 PM

MOMS Boardroom

RSVP: hsmith@omahamedical.com

Executive Committee Meeting

Wednesday, March 13th

5:30 PM

MOMS Boardroom

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

Tuesday, March 26th

Reception - 6:00 PM

Lecture-Recital - 7:00 PM

UNO Strauss Permorning Arts Center (6305 University Dr. N)

Register to attend:

omahamedical.com/events

OTHER EVENTS:

2019 Annual Meeting

May 8-22

San Francisco, CA

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

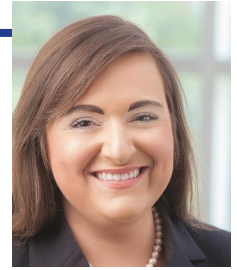
Dr. Balasanova Authors Policy at National AMA Conference

Alëna A. Balasanova, M.D., FAPA is the Nebraska delegate to the Young Physicians Section (YPS) of the AMA, where she serves on the Strategy and Leadership Committee and participates in the Section Council on Psychiatry. At the AMA Interim Meeting November 8-13 in National Harbor, Maryland, Dr. Balasanova authored a resolution to promote the use of accurate, nonjudg-

mental clinical terminology referencing substance use disorders and addiction. The resolution was passed as amended by the YPS and will be introduced to the AMA House of Delegates at the 2019 Annual Meeting in Chicago.

Earlier this year, the Nebraska Medical Association House of Delegates voted unanimously to pass Dr. Balasanova's

resolution "Destigmatizing the Language of Addiction," introduced on behalf of the Metro Omaha Medical Society.



Alëna Balasanova, M.D.

Your Nebraska Psychiatry Society At Work

"Do No Harm" Movie Night Event

Sponsorship 194 practicing physicians, medical students and residents signed up to attend a film screening of "Do No Harm," a documentary examination of the strain of residency programs on trainees. The event featured a reception where people could mingle at the restaurant Kitchen Table beforehand, and following the screening there was a facilitated discussion about physician burnout, stress among medical students and residents. NPS volunteered two mental health professionals to offer aid if needed. Follow up has been a monthly invitation to continue the conversation at the Metro Omaha Medical Society.

Candidate Meet & Greet

NPS brought support to an opportunity for healthcare professionals to meet candidates for the 2018 mid-term election, held on September 28th, 2018 at the Midtown Crossing Clubroom. Numerous lawmakers and candidates for local and national office were in attendance.

Nebraska Licensing Regulations

NPS has taken an active role in offering revisions to the physician licensing application forms, recommending adoption of language that does not discriminate against providers with mental health or substance use disorders, but still offers sound protection to the public from impaired physicians.

Elimination of Dues

Not a chance! (But made you look) Dues are due—and we can't keep doing all this heavy lifting without funds to make it happen. We thank you in advance for your renewal.

NPS 2018 Fall Social Event Recap

Drs. Martin Wetzell and Sharon Hammer hosted the 2018 NPS Fall Social Event at their home in Omaha in October. A full representation of NPS members across many ages and vocations attended, including several

honorary members destined for future full membership. A brief presentation outlining highlights of 2018 and upcoming events preceded a celebration of great food, lively discussion, introductions to new faces and rekindling of

past friendships. Thanks to Carol Wang and her staff for coordination, and to all the members who made it a wonderful event.



Drs. Melissa O'Dell and Syed Faiz Qadri



(from left) Dr. Beth Ann Brooks, Dr. Janine Fromme, Carol Wang (NPS Executive Director) Dr. Alëna Balasanova and Dr. Subash Bhatia.



Dr. Beth Ann Brooks welcoming a new member of Nebraska Future Psychiatrists.

Say Hello to our new PGY-1 Residents



Geoffrey Allison, M.D.

Dr. Allison was born and raised in the lone star state, growing up amidst the cotton fields of Lubbock, TX. He earned his bachelor's degree from Texas Tech University in Lubbock, his master's degree from the University of North Texas HSC in Fort Worth, and medical degree from Texas Tech El Paso SOM. During medical school, he served as a teaching assistant and volunteered at local children's charities. Throughout clinical rotations, he liked every specialty, but found where he belonged in psychiatry. He has strong interest in child and adolescent psychiatry. His family ties bring him back to Nebraska, where Dr. Allison spent summers on his family's farm. Husker by heritage, he is an avid Nebraska football fan. During his down time, Dr. Allison lifts weights, plays tennis, and stays in touch with family and friends.



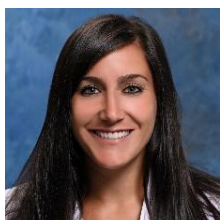
Stephanie Bennington, D.O.

Dr. Bennington considers herself a Fremont, NE native, but is originally from Hemingford, NE. She obtained her Bachelor's degree in Psychology from the University of Nebraska-Lincoln and then moved to Boston for her master's degree at Boston University School of Medicine. After graduate school, she took a few years off to have her son and help her husband manage his law office. After realizing that being a stay-at-home mom was much harder than she thought, she decided to finish her schooling and moved with her son to Missouri for medical school at Kirksville College of Osteopathic Medicine. During these 4 years she spent hundreds of hours driving between Nebraska and Missouri to see her husband, so being able to complete her psychiatry residency in Nebraska was her top priority. After traveling to multiple states for her schooling, she plans to never leave Nebraska again (okay maybe just for vacation!). In her free time, she attempts Pinterest crafts with her 5-year-old son and her 6-month-old daughter and has yet to successfully complete one. On the weekends you can usually find her buying decorative boxes and containers at The Container Store or planting flowers and working in her backyard garden.



Alexander Dragic, M.D.

Hailing from Mesa, Arizona, Dr. Dragic completed his undergraduate coursework in Biology and Sociology at Arizona State University. Logging several years in a multitude of industries, spanning from technology sales to laboratory research, Dr. Dragic ultimately returned to his true calling in pursuit of medicine. Serving as president of the Emergency Medicine Club at Ross University, Dr. Dragic helped coordinate university resources for local E.M.S. and through his work with patients at the Salybia Mission Project, a free clinic for the indigenous peoples of Dominica. He also dedicated time to ongoing student mentorship while volunteering with local food banks and community-based organizations. When he's not in the hospital, Dr. Dragic enjoys diverse cinema, unassuming casual fare, and can be seen at the local dog park with his Labradoodle Huxley.



Alisandrea Elson, M.D.

Dr. Elson is from Omaha, Nebraska. She attended Santa Clara University and Creighton University, where she obtained a bachelor's degree in English, Creative Writing. She pursued a Masters degree in Creative Writing at City College of New York and worked at Sterling Publishing Company in New York City, prior to attending Creighton Medical School. She loves all aspects of psychiatry and plans on exploring multiple areas in the field. Alec loves traveling the world in her free time. Her favorite trips have been to Bora Bora, Iceland, Russia, Japan, and Peru. She also enjoys reading, flying, biking, trying exotic food, and spending time with her husband and family.



Rebecca Leval, M.D.

Dr. Leval was born and raised in Washington D.C. She received her bachelor's degree in Near Eastern Languages and Civilizations from The University of Chicago, where she helped found a training program for emergency responders. Dr. Leval then completed a post-baccalaureate program at Georgetown University while working as an Emergency Department scribe and volunteering as an EMT. She attended Trinity School of Medicine while volunteering in local clinics. Dr. Leval then worked in forensic neuropsychology prior to starting residency. In her free time, Rebecca enjoys watching classic movies, debating political issues, reading, and going on outings with her dog.

Say Hello to our new PGY-1 Residents



Amanda Emmert, D.O.

Dr. Emmert is from the small town of Sweet Home, Oregon. She attended college at Oregon State University in Corvallis, Oregon, where she obtained a bachelor's degree in Public Health. She completed medical school at Western University of Health Sciences,

College of Osteopathic Medicine of the Pacific Northwest in Lebanon, Oregon. During her time in medical school, she served as the president of the Rural Health Club and was extensively involved in child and adolescent advocacy projects. One of her favorite volunteer projects was teaching a children's cooking class called "Kids in the Kitchen" to low-income youth in her community. In her free time, she enjoys exploring her new home in Omaha with her husband, Ben, and their chocolate lab, Moose. She also enjoys serving in children's ministry at Life Church in Omaha. Her career interests include child and adolescent psychiatry and perinatal psychiatry.



Jeannie Ngo, M.D.

Dr. Ngo was born and raised in Boise, Idaho. She attended Creighton University for her bachelor's degree in Chemistry as well as her medical degree. She is inspired by Creighton's commitment to serving the marginalized as well as

the supportive community at Creighton. During her time at Creighton, she found meaning in involvement in the Schlegel Center for Service and Justice, Creighton ILAC trips to the Dominican Republic, and as a Director of Magis Clinic (Creighton's student-run free clinic for the homeless in Omaha). She has always been interested in working with the pediatric population and plans to pursue a fellowship in Child and Adolescent Psychiatry. In her free time, she enjoys attending Broadway musicals with her sisters, cultivating plants, seeking out the best brunch wherever she goes, and telling everyone she meets how incredible Creighton is.



Justin Romano, M.D.

Dr. Justin Romano grew up in Cheyenne Wyoming, where he split his time between science and music. At the University of Wyoming he focused on the health sciences, getting his degree in physiology with an emphasis on environmental physiology. Prior to

starting medical school, Justin volunteered in a public hospital in Argentina and worked as a caregiver for persons with dementia and Parkinson's disease. He attended the University of Washington School of Medicine as one of the Wyoming WWAMI students. While at the University of Washington he helped create and organize Arts for Health, an organization that brought together students from different professional programs to learn about the therapeutic value of music and host concerts for local nursing homes and charities. Outside of the hospital, you can find Justin working in the garden, singing and playing guitar, rooting for the Broncos, or exercising with his energetic Australian cattle dog "Freckles."



Ruben Solis, M.D.

Dr. Solis was born in Amarillo, TX. He attended Texas Tech University, obtaining a BS in Molecular Biology. Prior to medical school, he studied abroad in Spain and Mexico and worked in the Intensive Care Unit in Austin, TX. He graduated from the

University of North Texas Health Science Center where he organized mental health screenings for refugees. Dr. Solis is interested in working to overcome the stigmas associated with mental health, especially in the Latino community. He is interested in Pediatric Consult Psychiatry as well as Spiritual Psychiatry and plans to practice in Omaha after graduation. Dr. Solis is a basketball fanatic. His other hobbies include studying theology, grilling, and spending time with his wife and children.

Creighton University enthusiastically welcomes the 2018 Postgraduate year one psychiatry residents. These Residents would spend the next four to five years training at both the University of Nebraska Medical Center and Creighton University. These diverse groups of physicians would undergo a transformational process during their time of training that would take them from students of medicine to leaders in the field of mental health. Their passion for serving the mentally ill is obvious and we look forward to their immerse contribution to the field of psychiatry in Nebraska and beyond. The Nebraska Psychiatry Society (NPS) would takes this opportunity to welcome Dr. Alisandrea Elson and Dr. Amanda Emmert who have joined the executive leadership team at NPS as associate Resident Representatives .

Contributed by: Juvet Che, M.D., Resident Representative NPS

Distinguished Fellow APA Application Process

As a member of the Nebraska Psychiatric Society, a District Branch of American Psychiatric Association (APA) you may be eligible to apply for Distinguished Fellow of APA, the highest honor an APA member can achieve.

The applicant should have at least eight years of uninterrupted General Member or Fellow status of APA in good standing and the following:

SUPPORTING INFORMATION

1. Certification by American Board of Psychiatry and Neurology or an equivalent board
2. Involvement in the activities of the District Branch, Local or State Medical Association
3. Involvement in other components and activities of APA.
4. Involvement in other medical and professional organizations
5. Participation in non-compensated Mental Health and Medical Activities of social significance
6. Participation in non-medical, non-income-producing community service
7. Clinical Contributions in academic or nonacademic settings
8. Administrative contributions as a manager/ midlevel manager
9. Teaching contributions as paid or volunteer faculty
10. Scientific and scholarly publications in peer reviewed journals, book chapter, book editor

The applicant should have some excellence in at least five of the above 10 categories. Additionally, it requires three letters of support provided by current Distinguished Fellows and/ or Distinguished Life Fellows. Please see below the time line for the DFAPA application process.

APPLICATION TIMELINE

1. Mid-February: District branches receive a list of eligible members for Distinguished Life Fellow from APA.
2. Between February and July District branch conducts local outreach campaign to encourage eligible members to apply.
3. July 1st is the deadline for receipt of completed application including letters of support. Applications sent via mail must be postmarked by this date.
4. Between July and October the APA Membership Committee scores each application and makes recommendations to the APA Board of Trustees.
5. In December the APA Board of Trustees votes on the Membership Committee's recommendations.
6. Late December District Branch is notified of approval of candidates for Distinguished Fellowship.
7. January 1st Members' status officially updates on APA membership rolls. Also, in January newly elected Distinguished Fellows receive congratulatory letter.
8. In April newly elected distinguished fellows are invited to attend the
9. Convocation of Distinguished

Fellows at the APA Annual Meeting.

10. In May Convocation of Distinguished Fellows occurs at the APA Annual Meeting.

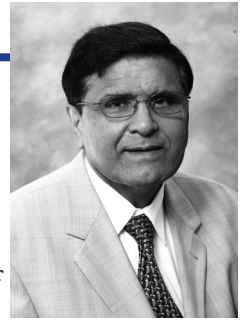
11. Distinguished Fellows are recognized and receive a Distinguished Fellow Medallion.

Looking forward to having your completed application by July1, 2019!

For more information please contact:

Carol Wang, Executive Director
Nebraska Psychiatric Society
7906 Davenport Street
Omaha, NE 68114
cwang@omahamedical.com
402) 393-1415

Subhash Bhatia, M.D. Fellowship Chair



Subhash Bhatia, M.D.