



Nebraska Psychiatric Society

Winter 2022

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:

Greetings fellow NPS members!

It's been a while and much has happened over the last few months. Hopefully you enjoyed your summer and are now enjoying this Nebraska Fall! My time was filled with swim meets, fishing with my daughter, taking my son to perform Elvis at nursing homes, watching movies and spending quality time with family. If I'm being honest, I could have used another vacation, but I'm guessing that sentiment is pretty universal! It's been an action-packed year with a myriad of healthcare topics making their way into politics and creating lively conversation in many of our homes. Some of these hot topics have been reproductive rights, firearm purchasing, physician-assisted suicide, equity, and the economy.

Amidst it all, I hope you have been able to find some work-life balance and peace. You work hard, have a critical mission as psychiatrists, and you deserve some rest and relaxation! NPS is here for you and we need you all healthy and energized in order to fulfill our mission of advancing the profession of psychiatry, serving the needs of our members and providing support for psychiatric services across Nebraska. Please let us know if we can help you personally in any way. As the new NPS President, my primary focus will be physician burnout and I welcome any of your comments or ideas regarding Psychiatrist burnout. You can submit comments on the NPS website at: <https://www.nebraskapsych.org/contact/>.

One exciting development at NPS is the creation of the Beth Ann Brooks legislative advocacy award which highlights her many years of deep commitment to keeping us informed and getting all of our voices heard when it comes to important legislation that affects the practice of Psychiatry. Congratulations, Dr. Brooks! Dr. Brooks is stepping down from her legislative chair duties at the end of the year, so we are looking for a passionate NPS member to step into the critical role of legislative chair. Please feel free to reach out to me or Beth Ann to learn more.

As I embark on this journey as President, I would like to express my sincere gratitude to previous Presidents Martin Wetzel and Cynthia Paul who have provided great examples of leadership and dedication to the NPS mission. I would also like to thank Carol Wang who has selflessly and tirelessly served as our executive director. Finally, it is important that you all know NPS is a team effort and the executive board are incredibly dedicated to serving you and meeting your needs as psychiatrists in Nebraska. I am proud to serve with each of them and grateful for all they do.

To meet your unique needs, we need to hear from YOU, so please don't hesitate to reach out to me, anyone on the executive board, or use the website to contact us.

Gratefully,

Steve Salzbrenner, MD
NPS President



Steve Salzbrenner, M.D.



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:

STEVEN SALZBRENNER, M.D., President
& Assembly Representative

MARTIN WETZEL, M.D., Past President
& Assembly Representative

AL ĚNA BALASANOVA, M.D., Secretary/Treasurer

MARK MULLEN, M.D., Newsletter Editor

MELISSA O'DELL, M.D., & RILEY MACHAL, M.D.
Membership Chairs

SARA ZACHMAN M.D.
Early Career Physician Chair

STEVE WENGEL, M.D., Fellowship Chair

JASON OURADA, M.D.,
Rural Chair

The 107th Legislature, 2nd Session ended April 20, with 593 new bills introduced in 2022's short session, for a total of 1277 bills over the two years.

This session appropriated the most money in history from both mid-bien-nium budget adjustments and federal pandemic funds via the American Rescue Plan Act (ARPA). A massive tax relief package estimated to provide \$3.4 billion in tax relief by 2027 was passed, which some speculate could negatively impact Nebraska's current reserves of \$1.4 billion. Senators were unable to reach consensus on criminal sentencing and corrections reform; if new prisons are built, the tax cut may not be sustainable. Abortion and gun rights bills failed to advance this year, but those issues are certain to return for legislative debate in future sessions, along with medical marijuana.

Eleven current senators are term-limited, and two chose not to seek re-election. All incumbent senators who were on the ballot were successful. Senator Mike Hilgers was elected as the Nebraska Attorney General, so the Governor-Elect, Jim Pillen, is expected to name a replacement for the remainder of Senator Hilgers' term. [In June, Governor Ricketts appointed Kathleen Kauth of Omaha (who retained her seat in the election) to serve District 31 following the death of Senator Rich Pahls, and in July the Governor appointed Robert Dover of Norfolk to complete the final two years of the term left vacant by the resignation of District 19 Senator Mike Flood, who left the Legislature following his election to the 1st Congressional District seat in the U.S. House of Representatives previously held by former Representative Jeff Fortenberry.] Fourteen new senators will undertake their duties in January 2023, a large turnover for the 49-member Legislature. The following bills of interest to NPS were passed in the 2022 legislative session:

LB519, a Good Samaritan bill, immunizing those reporting sexual assault from drug and alcohol possession charges.

LB767, the Pharmacy Benefit

Manager Licensure and Regulation Act, adding safeguards for the access to and cost of pharmaceutical medications.

LB792, was amended into the mainline budget bill regarding General Fund dollars and appropriated funds to the Youth Rehabilitation and Treatment Center in Kearney.

LB852 creates a mental health point-of-contact in every school across the state. LB912, amended into LB852, provides mental health first aid training to school personnel, teachers, and administrators.

LB905 provides perinatal mental health screens at prenatal and postnatal visits, as well as during well-child check-ups.

LB1011 funds a 15% increase for Medicaid provider rates specifically for behavioral health, as well as child welfare, developmental disabilities, and nursing homes.

LB1014 was amended into the ARPA budget package, LB1014A, investing \$10 million for Children's Hospital to create two pediatric mental health urgent care centers across the state, as was LB1075 appropriating Children's Hospital \$1.8 million to integrate behavioral health care into primary care practices across the state via telehealth. [ARPA funds have to be obligated by the end of 2024 and fully expended by the end of 2026.]

LB1066 was amended into LB1014A to provide \$2.5 million for acute care psychiatric beds in rural areas and \$25.5 for the Behavioral Health Education Center of Nebraska (BHECN) to fund increased training opportunities and telepsychiatry services across the state through 2025.

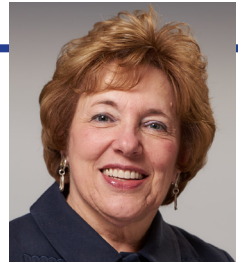
LB1067 and LB1068 allocated an additional \$2.6 million in General Funds to BHECN for the expansion of mental health training to six sites across the state to address underserved areas and the need for additional psychiatric residents, physician assistants, psychiatric nurses, psychology interns, and internships for mental health therapists.

LB1173 became the priority bill for child welfare in creating a strategic plan for child welfare services in Nebraska, specifically the Eastern Service Area.

LB1269 requested \$10 million from ARPA funds for the Rural Health Professional Student Loan Repayment Program; the request was not included in the original ARPA package by the Appropriations Committee, but the package successfully was amended into LB1014A to allocate \$5 million for the program. [And LB1007 made changes clarifying when federal pandemic funds are used for the student loan program, the existing requirement of a local match can be waived so this requirement is not a barrier to rural areas acquiring health professionals.]

Two bills of interest that did not pass this session were LB895 which would have provided restrictions on prior authorizations by managed care organizations in Medicaid and LB976 that sought to authorize certified community behavioral health clinics (CCBHCs) in state statute.

In November and December, the Health and Human Services Committee has held interim study hearings on legislative resolutions intended to examine various topics which have received attention in the Legislature. LR366 focused on the current CCBHC's in Nebraska; LR397 investigated the needs, workforce, and funding for mental health care across the state; and LR368 will highlight the deficiencies and inefficiencies in Nebraska public policy regarding disability service provision. Interim studies often forecast bills which will be introduced during the next legislative session, and it is expected that another CCBHC bill will be introduced in 2023 by Senator Anna Wishart because she knows the value of CCBHCs and is an advocate for mental health services.



Beth Ann Brooks, M.D.

Legislative Update, Cont'd.

ETHICS CORNER

I find the "Ethics Corner" in the monthly Psychiatric News very useful in discussing various issues and how to minimize ethical as well as legal dilemmas. There are no pending Ethics issues before NPS as of this report.

It has been my high honor to chair the NPS Legislative and Ethics Committees over the past 6-8 years, but I will be stepping away from those duties at the end of this year. Now, on to 2023 and beyond!

Respectfully submitted,
Beth Ann Brooks, MD, MSA
November 15, 2022

2022 Fall APA Assembly Meeting Update

APA Assembly Report: November 5-6, 2022

The APA Assembly met (virtually) in conjunction with our Area 4 Council meeting. Highlights include:

Area 4 continues to have the highest percentage of members contributing to the APA Political Action Committee (APAPAC). We currently have a 65% participation rate. Members are encouraged to contribute even a small donation to promote our mission in elections and legislation at the local and national level. Go to psychiatry.org/APAPAC to donate.

Residents in Area 4 are also encouraged to participate in APA Resident Fellowships--a list of fellowships can be found at <https://www.psychiatry.org/residents-medical-students/residents/fellowships/external-fellowships-and-awards>.

The Ohio branch will be sponsoring a webinar for residents, titled "Residency is Over, Now What?" on December 10, 2022--Ohio has put together a top group of new career psychiatrists to lead the discussion on what to expect, and avoid, early out of training.

The Assembly had a lively and productive session over two days. APA leadership continues to discuss ways to engage and serve our members, particularly psychiatrists serving in rural and frontier locations. Highlights from the session include:

Position Statements--Engaging Law Enforcement to Address Mental Health in Jails and Prisons (4.B.1), Vaping Products and E-Cigarettes (4.B.19).
Action Papers--Firearms (12D and 12C), ABPN Certification (12E),

Assisted Suicide (12F), Observers in Psychiatric Encounters (12G), Returning to two in-person Assembly meetings per year (12I), and Ensuring Reproductive & Emergency Medical Care for APA Staff and Conference Attendees (12C).

(Action papers can be viewed at <https://www.psychiatry.org/about-apa/meet-our-organization/assembly/action-item-tracking-system>).

Respectfully submitted,
Martin Wetzel MD, DFAP
Area 4 Assembly Representative



Martin Wetzel, M.D.

APA Area 4 Council Meeting

The APA Area 4 council meeting was held on 8/13 and 8/14 in Cleveland. In attendance were our 2 Assembly Representatives, Dr. Martin Wetzel and Dr. Steve Salzbrenner.



Welcome 2022-2023 Creighton Psychiatry Residents



Justin Allen, MD is a psychiatry PGY-1 at Creighton University. He completed a Bachelor of Science degree in Kinesiology at the University of Utah followed by medical training at the University of Texas Medical Branch at Galveston. He is thrilled to be in Omaha and to be receiving excellent training in preparation for a career in the field of Psychiatry.



Albert Dickan, MD is a psychiatry PGY-1 at Creighton University. He completed medical school at Creighton, where he served as vice president of the school's Psychiatry Interest Group for one year and regularly volunteered with the Magis Psych Clinic, a student-run, free clinic. He is open to all areas of psychiatry but has particular interests in consultation-liaison and medical education.



Nancy He, MD is a PGY-1 Psychiatry resident at Creighton University. She grew up in Omaha and went to Creighton University for both undergraduate and medical school. She is considering child and adolescent psychiatry.



Lalangi Marasinghe, MD is a PGY-1 psychiatry resident at Creighton University in Omaha, NE. She is originally from Grand Forks, ND and earned her bachelor's degree at Carleton College in Northfield, MD in biology and biochemistry. She earned her medical degree at the University of North Dakota School of Medicine.



Grethel Perez, DO completed her bachelor's in Biology at University of Miami in Coral Gables, Florida before heading to the Midwest to complete medical school at Des Moines University. She has been loving her time in Omaha, enjoying all the city has to offer, and has especially enjoyed connecting with her coresidents so well and so quickly!



Josh Robak, MD is a PGY-1 at Creighton University Psychiatry Residency. He completed medical school at the University of North Dakota where he served as co-president of the psychiatry interest group for one year. He is especially interested in child and adolescent psychiatry and public health.

Welcome 2022-2023 Creighton Psychiatry Fellows

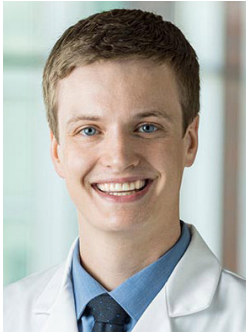


Rachel Carpenter, MD is a first year Child and Adolescent Psychiatry Fellow. She completed medical school at the University of Oklahoma and psychiatry residency at Creighton. Her passions are her children - a 5-year-old son and 2-year-old twin daughters.



Lark Reasoner, MD was born and raised in Woodstock, IL. 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 and Adult Psychiatry Residency at Creighton University.

Welcome 2022-2023 UNMC Psychiatry Residents



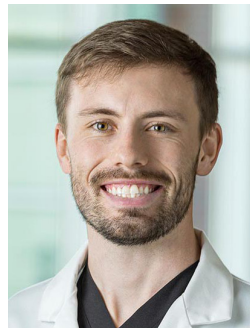
George Blankenau, MD is originally from Lincoln and completed his undergraduate degree at the University of Kansas. He and his wife then moved to Omaha for medical school, where he developed his interest in mental health. Shortly before starting residency at UNMC, George and his wife had their first child, and they are enjoying raising him in Omaha!



Jacob Givens, MD is a native Omaha resident and cannot wait to give back to a community that has given him so much during his educational journey. Getting the opportunity to work in a community mental health clinic really was a rewarding experience for Jacob. As his third-year rotations went on, Jacob found himself gravitating toward patients with psychiatric diagnoses on other services, often finding those patient encounters more rewarding and fulfilling.



Harrison Greene is originally from Omaha and completed his undergraduate degree at the University of Kansas. He then returned to Omaha, decided to pursue a different passion and enrolled in culinary school. After cooking for four years, he left the kitchen behind and prepared to apply to medical school. He completed medical school at UNMC and is now a first year Psychiatry resident there!



Casey Reihe is a South Dakotan native who has lived on both sides of the state during his childhood and young adulthood. His wife, a Nebraska native, and he moved to Omaha for residency at UNMC, and they love it here! They have 1 dog, a doodle mix, who enjoys playing with "Mr. Monkey" and tearing up our outdoor mulch.



Mukanya Tchombela, was born in the Democratic Republic of Congo. He and his family moved to the US - Colorado in 2011 where he completed his high school, undergraduate in Chemistry, master's in biomedical sciences, and medical school. He and his wife decided to move to Omaha, NE for his residency in Psychiatry because they loved the quiet atmosphere of the city, the environment (Parks and trees), the people, and the lower cost of living. He chose to pursue Psychiatry because he believes that our mental health and emotional wellbeing make the greatest impact in our lives. So, promoting mental health care in individual and community level is his passion. In their free time, they enjoy watching historic movies and spending times in the parks when the weather permits. He also enjoys biking on trails.

Introducing the First Bhatia Family Endowed Chair of Psychiatry at Creighton University

After nearly 50 years of service to Creighton University, two cornerstone members of the department have made the joint decision to retire. As a final act of generosity, Subhash and Shashi Bhatia have endowed the first “Bhatia Family Endowed Chair of Psychiatry” at Creighton University. While the married couple moves through the universe as a duo, each of their storied careers deserves uproarious applause.

Subhash Bhatia is a Distinguished Life Fellow of the American Psychiatric Association, and a Diplomat of the American Board of Psychiatry and Neurology with subspecialty certifications from the Board in Geriatric, Addiction, and Forensic Psychiatry. He is also a member of the National Academy of Medical Sciences, Emeritus Fellow of the American College of Psychiatrists, and Over Seas Life Fellow of the Indian Psychiatric Society. From 1991 to 2017, Subhash served as chief of mental health and behavioral services at the US Departments of Veteran’s Affairs Nebraska-Western Iowa Healthcare system. He has spent countless hours volunteering at the student-run Magis clinic, and in addition to an impressive litany of publications has served as an

irreplaceable mentor in the lives of many a developing psychiatrist.

Shashi Bhatia is a Distinguished Life Fellow of the American Psychiatric Association, and a Diplomat of the American Board of Psychiatry and Neurology in Child Psychiatry. She is a Life Fellow of the American Academy of Child and Adolescent Psychiatry, a Fellow of the American College of Psychiatrists, and a Fellow of the Indian Association of Psychiatry. She took on a major role as a faculty mentor at Creighton University, and over the years has held positions within our very own Nebraska Psychiatric Society in addition to the Nebraska Council on Child and Adolescent Psychiatry.

Dr. Rajesh Tampi, MD is now well underway with his chairmanship at Creighton University. Dr. Tampi was previously servicing as the Chair of Psychiatry and Chief of Geriatric Psychiatry at Cleveland Clinic in Akron, OH. He completed his medical school at the University of Kerala Medical College in India before completing additional psychiatric training in England and his psychiatry residency in Vermont. He then completed a geriatric psychiatry fellowship at Yale University, where he has spent many

years on faculty. Dr. Tampi is a prolific researcher and writer, currently serving as the editor-in-chief of the World Journal of Psychiatry and acting as a reviewer for more than 50 journals including the American Journal of Psychiatry and American Journal of Geriatric Psychiatry. He is a former president of the American Association for Geriatric Psychiatry and is a distinguished fellow of the American Psychiatric Association. Dr. Tampi has said that his storied career stands upon four pillars: 1) Bringing world-class clinical care to the patient’s doorstep, 2) Developing the next set of leaders in psychiatry, 3) Improving scholarship and research in the field, and 4) Being a good citizen who improves the lives of his community.

The Nebraska Psychiatric Society is gracious to the Bhatias for their many years of involvement with the psychiatric community. Individually and as a pair they have contributed immeasurably to the success of our community. With this final gift, they have brought another world class psychiatric clinician to Omaha to continue the tradition of excellence in psychiatry to which our community has become so accustomed.

Dr. Janine Fromm Retires as DHHS Executive Medical Officer —Dr. Roger Donovanick and Dr. Matt Wittry Assume New Roles

On June 30th, the Nebraska Department of Health and Human Services announced that Dr. Janine Fromm was retiring as Executive Medical Officer. Dr. Fromm was the first to serve in the role of Executive Medical Officer and was active in overseeing Nebraska state facilities and mental health programs. DHHS also announced that Dr. Fromm’s replacement will be Dr. Roger Donovanick. In addition, Dr. Matt Wittry was named as Chief

Clinical Officer for Youth.

Dr. Donovanick previously served as the Medical Director for the Lincoln Regional Center for the last five years. He will continue the mission of improving quality of care for patients admitted to state facilities. Dr. Wittry has worked with DHHS on a consultative basis since 2020 and has agreed to take on this new, expanded role within DHHS. He will be providing clinical oversight and programmatic direction for youth

in DHHS care.

Our thanks to Dr. Fromm for the great leadership at DHHS and our best wishes to doctors Donovanick and Wittry in their new positions.

By: Martin Wetzel

Introducing NPS Executive Committee



Alëna Balasanova, MD, FAPA is Associate Professor of Psychiatry at UNMC and Clinical Associate Professor of Psychiatry (CS) at Creighton University School of Medicine. She has been involved with NPS since coming to Nebraska in 2016: first as ECP chair, then Area 4 Representative, and most recently being elected Secretary-Treasurer.



Mark Mullen, MD is a psychiatry PGY-3 at Creighton University on the medical educator track. He completed medical school at Saint Louis University, where he spent a year on the board of the St. Louis Metropolitan Medical society and was involved for 4 years with the AAMC's "Organization of Student Representatives (OSR)." He is considering a career in forensics, consult-liaison, or inpatient psychiatry.



Melissa O'Dell, MD, is an Assistant Professor of Psychiatry at UNMC where she serves as Director of the Active Support for Psychosis in Recovery (ASPIRE) multidisciplinary clinic. She has been involved with NPS since serving as a resident-fellow member and is excited to return to the board as a Membership Chair.



Riley D. Machal, MD is a psychiatrist sub specializing in the treatment of psychotic disorders and catatonia. She serves as Co-Director of the Active Support for Psychosis in Recovery (ASPIRE) Clinic – a multi-disciplinary clinic providing wrap-around physical and mental health-care to those in the Omaha area living with psychotic disorders. She is new to NPS and excited to take over as Co-Membership chair.



Stephen Salzbrenner, MD is Assistant Professor of Psychiatry at UNMC and Assistant Clinical Professor at Creighton School of Medicine. He started Nebraska Medicine's esketamine program in 2019 and plans to expand it. He leads Nebraska Medicine's Treatment Resistant Depression subspecialty clinic. He is also involved with UNeMed which is UNMC's technology transfer component and won their "Startup of the Year" honor in 2020 for his company, Breezmed, which was built around a prior authorization software solution he invented and patented. He serves on the Health Information Technology Board of the Nebraska Health and Human Services Committee. He also served in the Navy and worked as a Psychiatrist in Iraq in 2005 during Operation Iraqi Freedom. He has been an NPS member since 2010, has served as Area 4 Assembly Representative since 2019 and is excited to now serve as President.



Steven Wengel, MD is professor of psychiatry in the UNMC Department of Psychiatry and UNMC's assistant vice chancellor for campus wellness. He serves as the chair of the NPS APA Fellowship Committee.



Martin Wetzel MD, FAPA is the Behavioral Health Medical Director for Healthy Blue of Nebraska. He is an Area 4 Assembly Representative to the APA and has served NPS as Newsletter Editor and President.



Sara Zachman, MD, MPH is an addiction psychiatrist and assistant professor in the UNMC Department of Psychiatry. She is new to NPS and excited to serve as the Early Career Physician chair.