



Nebraska Psychiatric Society

Spring 2023

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!

Spring is finally here, and I hope you are all enjoying the season. While I'm getting excited to get out and garden, my best times are spent with family—and I sincerely hope you are all enjoying time with your families as well. As you know, I'm passionate about the wellness of Nebraska's Psychiatrists and I wish you balance, peace and contentment. Our jobs can be quite stressful, so take the time to tend to your personal garden of wellness, and have a little fun whenever you can!

There have been some hot topics for psychiatry on the national and local level. Several states have passed legislation allowing psychologists to prescribe medication. These states include New Mexico, Louisiana, Illinois, Iowa, Idaho, and Colorado, as well as the Public Health Service, the Indian Health Service, the U.S. military, and the U.S. territory of Guam. Nebraska has been able to defeat this legislation so far, but the fight will continue as more states across the nation push for psychologist prescription authority. Abortion, DEI and transgender issues have also been at the forefront on the

national and local stage, leading to extensive debate and calls to action among our colleagues.



Steve Salzbrenner, MD

Amidst it all, please know how valued you are. You work hard and have a critical mission! NPS is here for you, and we need each of you 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. My primary focus continues to 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/>.

Gratefully,

Steve Salzbrenner, MD
NPS President



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
- MARTIN WETZEL, M.D., Past President & Assembly Representative
- AL ĚNA BALASANOVA, M.D., Secretary/Treasurer
- HARMIT SINGH, M.D., Legislative Chair
- MARK MULLEN, M.D., Newsletter Editor
- MELISSA O'DELL, M.D., Membership Chair & Assembly Representative
- RILEY MACHAL, M.D., Membership Chair
- SARA ZACHMAN M.D., Early Career Physician Chair
- STEVE WENGEL, M.D., Fellowship Chair
- JASON OURADA, M.D., Rural Chair

Please consider donating to the APA Political Action Committee--if every member of the APA donated \$50, APA would have the most powerful professional lobby in Washington. Go here <https://www.psychiatry.org/psychiatrists/advocacy/apapac> to join.

Legislative Update

During this current Nebraska legislative session (scheduled for January 4 to June 9) senators introduced over 800 bills, plus constitutional amendments and resolutions. In response to being faced with this juggernaut, the NPS executive committee formed a legislative subcommittee to review all the bills (with the help of NABHO, outside colleagues, and the NMA). Recommendations for NPS positions were provided to the NPS Executive Committee. There are many bills that are extremely worrisome and others that are quite promising for mental health.

We also were faced with a new system for providing feedback on bills while they are reviewed in Committee (the first step for any bill) and any point in the process. Anyone can make comments on a bill online. Comments submitted through this new portal will be available to all legislators and staff, and may be read and/or discussed during hearings and floor debate. Comments submitted online and verified prior to the deadline, and identified as comments for the public hearing record, will be included in that record. Comments are limited to 500 words. The link for the portal is: <https://www.nebraskalegislature.gov/bills/>

The highly contested bill LB 574 was signed into law by Governor Jim Pillen at the Nebraska State Capitol on Monday, May 22, 2023 amidst increased security at the Capitol Friday as supporters and opponents of the bill showed up in large numbers.

LB 574, that includes the Let them Grow Act and the Preborn Child Protection Act, passed its final votes 33 'yes' votes and 15 'no' votes. Once the bill was signed into law, the new abortion ban goes into immediate effect because of the emergency clause that is attached to the Preborn Child Protection Act. Nebraska joins 14 other states in this country and have banned abortions. There are other states like Iowa that have tried to implement stricter laws and have been blocked by the court.

The bans and limits on transgender care will go into effect on October 1, 2023. This states the intentional and knowing performance of gender-altering procedures by a health care practitioner for an individual younger than 19 years of age is a violation of the Act and shall be considered unprofessional conduct. The Act's prohibition does not apply to the continuation of treatment using puberty-blocking drugs, cross-sex hormones, or both when the course of treatment began before the operative date of the Act, October 1, 2023. This law will have significant impact on the mental health care of our patients.

One bright spot was the movement of LB 276 "Adopt the Certified Community Behavioral Health Clinic Act" to almost certain passage. It is currently in Select File, and it had unanimous support from all the legislators and the governor. This gesture of support for mental health care with real dollars and resources should embolden us to continue advocating for our patients, our providers, and for the mental health of all Nebraskans.

LB 276 was also signed into law on May 26, 2023.

The Act allows for the creation of Certified Community Behavioral Health Clinics (CCHBCs) throughout the state of Nebraska. CCBHCs will ensure access to coordinated comprehensive behavioral health care. CCBHCs will serve anyone who requests care for mental health or substance use, regardless of their ability to pay, place of residence, or age and will help reduce emergency care visits and incarceration of mentally ill patients.

Note that this session is unprecedented in our state history, so what happens next is anyone's guess. There is the possibility that senators may soon be assembling Omnibus bills, also known as "Christmas tree" bills, where multiple bills can become linked together, as a way of getting some important state business accomplished. For example, the Health and Human Services Committee

advanced LB570 (Overdose Fatality Review Teams Act) to General File, with the Committee Amendment containing provisions from LB419 (extends Medicaid coverage for postpartum from 60 days to 12 months) and LB75 (State Child and Maternal Death Review Team). It is also unclear how this supply of bills left over from this long session will be dealt with next year during the short session.

On a more somber note, Colorado passed a bill to allow psychologists to practice medicine (so-called "prescription privilege"), but not without a number of amendments to try and put up some guardrails to protect the public. We fully anticipate another attempt for passage of a similar bill in Nebraska, a matter of when and not if.

Because there are so many new senators in the legislature, after the election NPS sent a letter of welcome to all members, encouraging senators to reach out to NPS as a resource.

You as a member of the APA are always encouraged to reach out to your local representative by email, phone call or letter, and let them know your opinion on legislation. The link to find your senator is here: https://www.nebraskalegislature.gov/senators/senator_find.php

Your voice as a constituent matters. If you are interested in testifying next year during a committee hearing, the APA has resources to help, and we also have NPS members that have testified in the past who will gladly guide you through the process (it's painless). Please feel free to reach out to any member of the Executive Committee if you want assistance with legislative issues.



Harmit Singh, M.D.

Assembly Report

Overall, the APA and your representatives are working hard to advocate for mental health and ensure that our voices are heard. From focusing on diversity and inclusion to pushing for the adoption of the Collaborative Care Model, we are making strides towards improving the care we provide to our patients.

The Assembly of the APA and your representatives (Martin Wetzel, Steve Salzbrenner) have been busy this year advocating for you, your patients, and the mental health of the populations we serve. Most recently we attended the Area 4 Council winter meeting held in Chicago in March. We received updates from the APA General Assembly, legislative information at the national level, and updates from our Area 4 District Branches (The Fightin' North Central of the APA: Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota and Wisconsin).

Some highlights include: The APA has grown to 30,073 members; all states are trying to rise to the challenge of member participation, legislation, communication, and making the APA as meaningful as possible. Diversity, inclusion and equity remains a strong focus of activity for the General Assembly, as well as scope of practice legislation and promoting the Collaborative Care Model (CoCM). The Federal Omnibus bill has funding available for primary care providers to use to adopt CoCM; we hope that this funding and APA efforts can give CoCM some real traction in primary care.

There is a new model for APA General Assembly candidates to campaign this year--candidates will be holding live web stump speeches and Q & A.

Our next Area 4 meeting will be at the beginning of the APA General Meeting in San Francisco, followed by our summer meeting in August. As always,

if you think “There ought to be a law (i.e. an official APA policy)”, please let us know, and we can draft an action paper for the assembly.



Martin Wetzel, M.D.

Respectfully submitted,
Martin Wetzel MD, DFAPA

NPS members enjoyed game night at Spielbound on May 16



Nebraska Residents Head to Fellowships; by Dr. Haley Schuster

Five Nebraska Psychiatry residents matched into fellowships during the 2023 Match, matching into highly sought after and prestigious programs all across the country. We could not be more proud of these fine psychiatrists and excited for what their futures hold!

Welcome 2023-2024 Creighton Child and Adolescent Psychiatry Fellows



Brooke Gertz, M.D. is currently a PGY-3 at Creighton University Psychiatry Residency Program. She couples matched in Nebraska, where she is currently doing her psychiatry training at Creighton and her husband completing his orthopedic surgery program at UNMC. She has loved every stage of her training at Creighton thus far all while expanding their family to include two young children. She is thrilled to stay at Creighton to complete her Child Fellowship, she looks forward to the challenge of treating children in various stages of development and supporting their parents in that process. In the future, she remains open to inpatient and outpatient work, and everything in between!

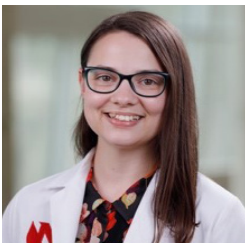


Kristen Keeley, M.D. is currently a PGY-3 at Creighton University Psychiatry Residency Program. She was overjoyed to learn on fellowship match day she will have the privilege of becoming a triple Bluejay by joining Creighton's Child and Adolescent Psychiatry Fellowship program. Upon graduating, she plans to stay local and continue serving the Omaha community. Professional interests include teaching and exploring novel neuromodulation strategies and how they may be safely utilized for our pediatric population.

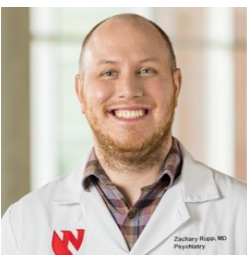
Spreading Their Wings! 2023-2024 Fellows Who Will Continue Training Outside of Nebraska



Cyle Johnson, M.D. is currently the Chief Resident of Academics for the Creighton University Psychiatry Residency Program. He will be completing a fellowship in Sleep Medicine at Stanford University for the 2023-2024 academic year. He plans to pursue a career combining sleep medicine and psychiatry in an academic setting.



Michaelyn Everhart, M.D. is currently a PGY-3 at UNMC's Psychiatry Residency Program. She will be completing her Child and Adolescent Fellowship at the University of Colorado in Denver, CO. She hopes to continue working with the LGBT+ and gender diverse youth, so that she can continue being a better physician and advocate for that population.



Zack Rupp, M.D. is currently a PGY-3 at UNMC's Psychiatry Residency Program and has loved his time there thus far. Before coming to UNMC, he did a one-year family medicine residency in rural Kentucky. He matched into a Child and Adolescent Fellowship at Children's Hospital Medical Center in Cincinnati, Ohio. He hopes to work in a rural setting and has a particular interest in providing in-school psychiatric care.

NPS Executive Board Member Dr. Alëna Balasanova Presented Award

Alëna Balasanova, MD, an associate professor in the UNMC Department of Psychiatry, was named a recipient of the American Psychiatric Association 2022-2023 Nancy C.A. Roeske, MD, Certificate of Recognition for Excellence in Medical Student Education.

This award was established in honor of Nancy C.A. Roeske, MD, and serves as a tribute to her unique and creative contributions to psychiatric education. The certificate is awarded annually to APA members who have made outstanding and sustaining contributions to medical student education.

According to Vishal Madaan, MD, chief of education and deputy medical director of the APA, Dr. Balasanova received the award for her outstanding and sustaining contributions to medical student education in addiction psychiatry as a faculty member in the UNMC Department of Psychiatry.

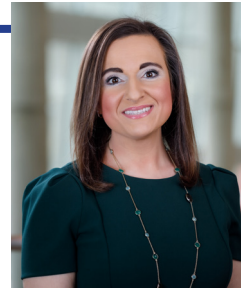
Dr. Balasanova has developed novel educational programs for medical students, residents, fellows and allied health professionals. She also holds a courtesy appointment in the UNMC College of Allied Health Professions for her work in physician assistant education. Dr. Balasanova was the founding director of the Outpatient Addiction Psychiatry Clinic and Longitudinal Integrated Mental Health/Substance Use Outpatient Clinic, an internationally recognized clinical experience for psychiatry residents. Most recently, Dr. Balasanova helped develop and currently co-directs the Addiction Psychiatry Consultation-Liaison Service in the hospital.

Dr. Balasanova said the best way to succeed as a clinician and educator is to integrate both specialties.

“I could just teach or just see patients, but I feel the best way to do both jobs is to put them together,” she said. “On our

consult service, we will see patients at the bedside and provide them clinical care and simultaneously teach students on how to evaluate a patient. And you can add research to the mix by writing and publishing about those experiences. So really, you can integrate all of it.”

On the research front, Dr. Balasanova integrates medical education by mentoring students on scholarly writing, which has led to first-author peer-reviewed publications for 10 students.



Nebraska Psychiatric Society Seeks Social Media Chair

NPS is excited to announce an incredible opportunity to join our organization as our Social Media Chair! If you possess a passion for mental health issues with a genuine interest in advancing mental health awareness and have experience in managing social media platforms this position is for you. As the Social Media Chair, you will play a pivotal role in shaping our organization's digital presence and engaging with our members, mental health professionals, and the community at large. You will be instrumental in promoting our mission, events, and resources across various social media platforms.

Your responsibilities will include:

- Developing and implementing a comprehensive social media strategy to enhance the society's online visibility and reach.
- Creating social media content, including engaging posts and videos to effectively communicate our message and initiatives.
- Managing and updating the society's social media accounts, including Facebook, Twitter, LinkedIn, and Instagram.
- Monitoring social media trends and staying up-to-date with current mental health practices and industry news to incorporate into social media campaigns

- Responding to comments, inquiries, and messages promptly and professionally. This is a voluntary position, offering a chance to make a meaningful impact in the field of mental health, build professional connections while contributing to the Nebraska Psychiatric Society's mission.

If you are interested please reach out to us at stephen.salzbrenner@unmc.edu

We look forward to welcoming you to our team!

Nebraska Psychiatry Residents Take Podcasting by Storm

Check out these podcasts and recommend them to your colleagues, friends, or family! Nebraska psychiatry is making a name for itself in this exciting new space. Ratings, follows, shares, and reviews are a great way to support your fellow Nebraskans!

Millennial Mental Health Channel

Featuring CUSOM second year child fellow, Justin Romano, MD.



Millennial Mental Health Channel is a podcast by a child psychiatrist and a school therapist who aim to make learning about mental health fun and destigmatizing. The show is produced in Omaha NE. Episodes range from bread-and-butter mental health topics like depression, anxiety, and substance use disorders to more detailed topics in the news like concussions in football, generational trauma, and transgender mental health.

New episodes are released every other week and are typically 45-60 minutes long. Hosts Eddie and Justin incorporate multiple educational elements into the show including storytelling, neuroscience, population statistics, and pop culture. This ensures that there is something for everyone in every episode. Regardless of topic, this podcast is focused on being non-judgmental, spreading love, and fostering understanding. MMHC is a podcast made by millennials, but for everyone.

History of Madness

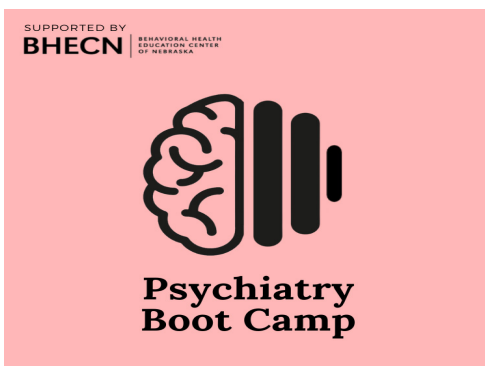
Featuring UNMC second year residents Nina Luo, DO and Max Lydiatt, MD.

History of Madness is podcast about the history of psychiatry, from its greatest triumphs to its darkest moments. In it, hosts Nina Luo and Max Lydiatt, two second year psychiatry residents at UNMC, explore the story of our field through a combination of storytelling, expert interviews, and book discussion. With topics ranging from lithium to lobotomy, and from syphilis to SSRIs, this podcast is an exploration of the idea that it is impossible to know where we are going, until we understand where we came from.



Psychiatry Boot Camp

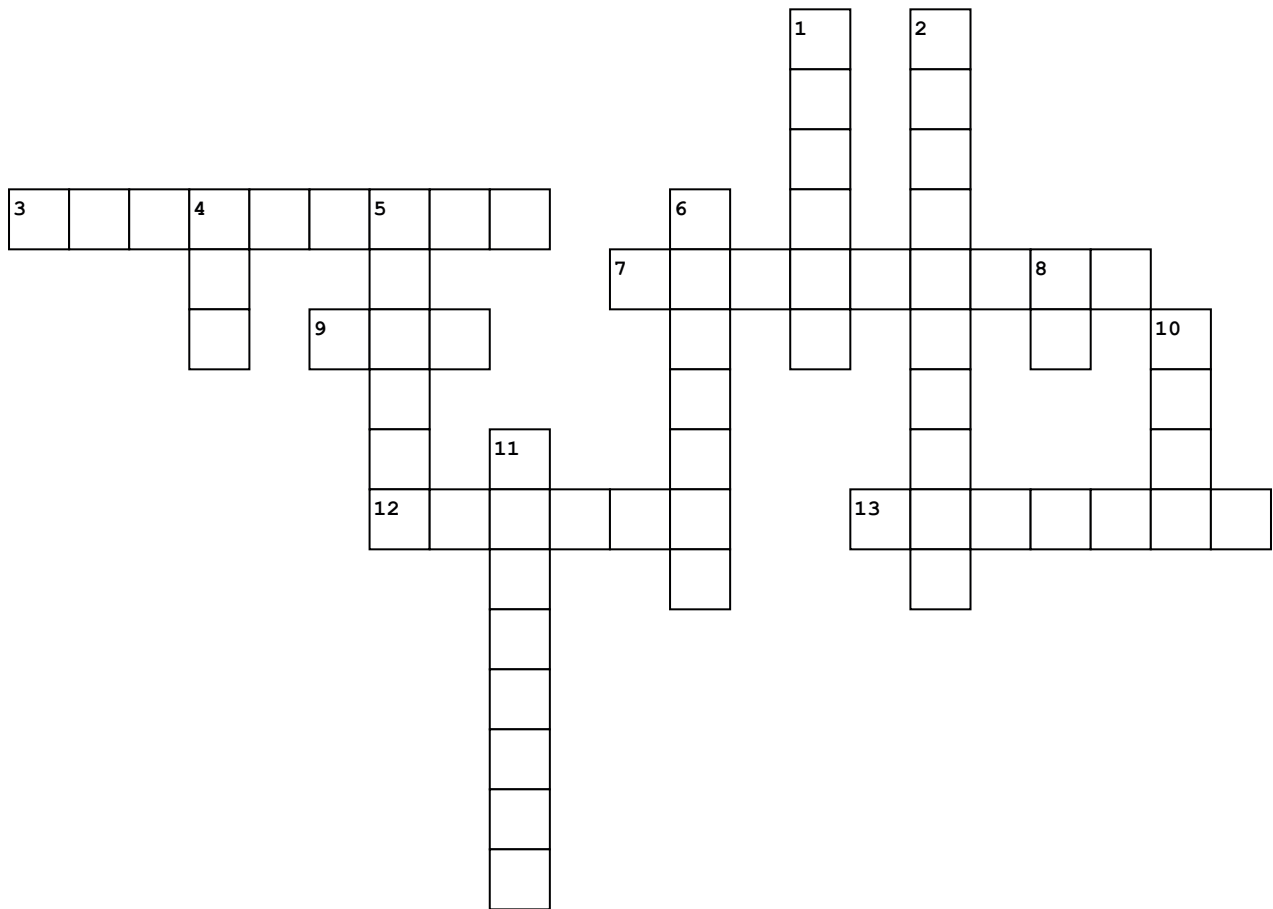
Featuring CUSOM third year resident Mark Mullen, MD.



Psychiatry Boot Camp is a place to learn psychiatric nuts and bolts. The course is designed based upon published literature about “residency prep courses” or “boot camps” which take place at academic medical centers across the country. The podcast’s genesis owes to a recent paper about the transition to residency which demonstrated that interviewed residents unanimously felt that boot camps were one of the most important tools for a successful first year of residency. The podcast features a star-studded line up and takes a conversational tone, perfect for learning about suicide risk assessment while washing dishes, or reviewing management of acute agitation

while walking your dog. Both CUSOM and UNMC faculty are prominently featured—let them know what you think!

NPS Crossword

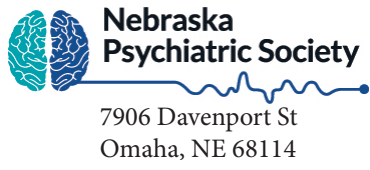


Across

- 3. posited "dementia praecox"
- 7. Syndrome w/ stuporous or hyperactive subtypes
- 9. Hyperthermia, rigidity, confusion... but no clonus
- 12. Dance-like movements
- 13. Elemental mood stabilizer reducing suicidality

Down

- 1. Shrink's know: It's not just a river in Egypt
- 2. Magic Mushroom regaining popularity
- 4. Effective therapy stigmatized by Jack Nicholson
- 5. System containing circuit of Papez
- 6. Eponymous syndrome of replacement by imposter
- 8. primitive, sexual, aggressive drive (Freud)
- 10. "Laughing sickness," prion disease
- 11. Obsolete ice pick procedure



7906 Davenport St
Omaha, NE 68114