



MIND MATTERS

Official Publication of the Illinois Psychiatric Society

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Welcome to Mind Matters, the official publication of IPS.

Please let us know how we can improve on your user experience so all of our members can continue to find value and enjoy this publication.

Administrative Coordinator: Kristen Malloy at kmalloy@ilpsych.org

Mind Matters Editor, Jasleen Singh, MD at jasleen2.singh@rosalindfranklin.edu



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President's Message -

By Steven Weinstein, MD

The Illinois Psychiatric Society had an active few months.

As IPS expands our scope and reach to support the needs of individuals who reside in disadvantaged communities, IPS leadership is actively engaging with state legislators and community-based organizations. Here are

some highlights:

- IPS leadership and members have stepped up our commitment to partnering with state and federal legislators. IPS leadership met with State Senator Dave Syverson and our colleagues in psychology, regarding our strong opposition to [SB2272](#). This bill seeks to expand scope of practice for psychologists licensed to prescribe psychotropic medications in Illinois to include children and seniors, and to allow them to prescribe a limited number of class II medications, including stimulants. IPS looks forward to continuing these important discussions regarding improving access to safe psychiatric care.
- IPS leadership also met with State Legislator and legislative leader Mary Flowers, as a first step towards building a relationship which benefits the children of Illinois as well as disadvantaged communities; both are prime concerns of Representative Flowers and IPS.
- Constituents of State Senate President Don Harmon, Michael Raida, MD, and Martha Zuehlke, MD, met with the State Senator. During this very positive meeting, we discussed our common interests in mental health issues

Carl C. Bell
Memorial Award

Brunch and
Brushes
Provides a
Mental Break

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- concerning citizens of Illinois.
- Through outreach from Adrienne Adams, MD, co-Chair of the Health Equity Anti-Racism Committee, the Committee and IPS leadership met with State Representative Maurice West, who represents the 67th District, in Rockford, IL. We had a robust and fruitful discussion regarding ways to address stigma and myths around mental health, as well as the need for active participation in Medicaid reform.

IPS also actively impacts legislative efforts on the national level, which is the main strength and focus of APA. IPS members Susan Scherer, MD and Ken Busch, MD met with Representative Marie Newman; while IPS Executive Director Meryl Sosa, Josh Nathan, MD; Daniel Yohanna, MD; and Ken Busch, MD met with Congressman Brad Schneider.

Contacting our state and federal legislators remains key to IPS influencing mental health care in Illinois, so please find out the names of your legislators and be on the lookout for an email from IPS; we may be asking YOU to meet with them.

[Read More](#)



State Legislative Update -

By: Mark
Peysakhovich
IPS Legislative
Consultant

It has been a busy summer for state mental health advocates, with some good news to share. Here are several key announcements from the State of Illinois that are worth noting.

Illinois Becomes Third State in the Country to Require Insurance Coverage for Mental Health Disorders And Establishes Innovative Statewide Response to Mental Health Crises

Governor JB Pritzker recently signed two pieces of legislation into law to establish a forward-thinking mental healthcare infrastructure in Illinois.

House Bill 2595: To expand access to quality and reliable insurance for mental healthcare, HB 2595 requires every insurer to provide coverage to all medically necessary mental healthcare across the state. This includes the treatment of mental, emotional, nervous or substance use disorders starting January 1, 2023.

The legislation requires the Illinois Department of Insurance to file a joint report on mental, emotional, nervous, or substance use condition parity to the General Assembly no

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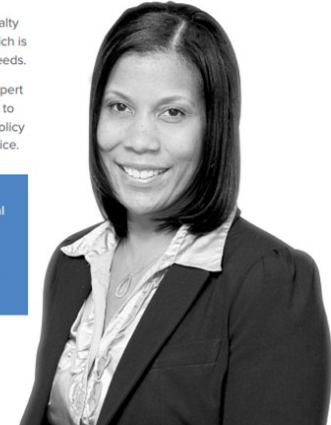
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later than January 1, 2022. requires medically necessary mental healthcare to be covered by insurance beginning January 1, 2023. Illinois follows California and Oregon in requiring coverage for mental, emotional, nervous or substance use disorders.

House Bill 2784 creates a first responder system that will coordinate 911 and 988 emergency responses when the national 988 mental health crisis line is established in the summer of 2022. This initiative – the first statewide approach of its kind in the nation – aims to reduce arrests for those with mental illnesses who are deserving of a specialist’s intervention.

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VIRTUAL ANNUAL MEETING 2021

Ethics and Equity: Moving Psychiatry Forward

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8:30 AM—5:30 PM | Virtual Conference

Back Men in White Coats



By: Jasleen Singh

At the end of August, APA hosted a screening of documentary “Black Men in White Coats” by Dale Okorodudu. This film starts off by identifying a crisis – black men are dying and not enough black men are becoming doctors. This was met with several statistics, that “100 less black men applied to med school in 2014 than in 1978” and that black men make up “2% of all physicians in America”. Dr. Dale

Okorodudu discusses the Black Men in White Coats movement and the perpetuation of healthcare disparities, which is further supported through the presentation of several case examples and media presentations. Exacerbated by the COVID-19 pandemic, social impediments of health transcend genetic predisposition and disproportionately affect the African American population. Such commentary is tied to the “loss of opportunity” for patients secondary to the lost opportunity for students. It is noted that the patient perception of having a black doctor allowing for race to not be a factor in medical care

contributes to increased compliance and decreased healthcare costs. It is proposed that the first step in progress is the responsibility of medical school admissions in actively addressing this disparity. Per Dr. Valerie Montgomery Rice of Morehouse School of Medicine, several medical schools do not have any black men in their classes, and this lack of diversity results in different conclusions on how to best care for patients. While medical school admissions may be a first step to target, obstacles arise in every stage of the process – before and after medical school and residency. The documentary then transitioned to the importance of role models and the notion of “you can’t be what you can’t see”. Given the lack of representation of black men in medicine, especially those who are relatable, from urban communities, it is not often regarded as a possible career path.

[Read More](#)



Legal Mechanisms for Family Involvement in Caring for Persons with Serious Mental Illnesses

By: Mark Heyrman

Monahan Law Group

markheyрман@outlook.com

Continuity of care for adults¹ with serious mental illnesses remains a problem in Illinois, particularly for persons who may, from time to time, be admitted to an inpatient psychiatric facility. For a variety of reasons, inpatient stays are usually quite brief. During these brief stays, hospitals are often unable to obtain information about the history of the treatment of the patients' illnesses, including what medications patients have received, whether those medications have been effective and what side-effects the persons may have experienced. Hospitals may also lack information about what types of discharge plans have been found to be successful or unsuccessful in the past.

This lack of information has many causes. Persons who are so seriously ill that they need inpatient care are often unable or unwilling to provide the needed information and/or unable or unwilling to identify the places where they have previously been treated or to give informed consent to obtain written records of previous treatment.² Often, even with written consent, there just is not time for the hospital to obtain those records before the person must be discharged.

Finally, some patients may require involuntary commitment and/or court-ordered psychotropic medication or electro-convulsive therapy (ECT)



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Dr. Scott McCormick,
Wexford Health Regional Director of Psychiatry-Illinois

Dr. McCormick earned his MD from the University of Chicago Pritzker School of Medicine; with a psychiatric residency at Massachusetts General. He has been on the psychiatric faculty at Harvard Medical School; and is board-certified in General Adult Psychiatry.

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IPS Hosts Trivia Night

By: Jasleen Singh

This August, IPS hosted a virtual networking event for all of its members in a night filled with fun and games - trivia, in particular. Participants had the option to register and compete in groups or to register as an individual and be placed in a group, to enhance networking opportunities and meet new faces. Several


under the Mental Health and Developmental Disabilities Code, 405 ILCS 5/1-100, et seq. Here too, the courts need information about the history of the person's illness and treatment.

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IPS Residents Successfully Escape!

By: Jasleen Singh

It was the evening of July 22, 2021, and several residents found themselves trapped after hours! They worked together tirelessly to escape a haunted office on Floor 13, but with a twist - they were able to do this from the comfort of their own home! As with many events this past year, the IPS resident gathering was not able to be hosted in-person. Thanks to an online platform that hosts virtual escape rooms for groups, IPS was able to arrange for residents to still enjoy some time together, relax, and network. The virtual escape room lasted approximately 1.5 hours and featured a variety of different elements, including print-and-play components, audio, and interactive rooms to travel through. While many hope for a return to in-person events in the coming future, IPS residents were definitely appreciative of this opportunity and overall enjoyed a night of bonding and fun!

teams competed and residents, fellows, attendings, and even some surprise family friends joined as they took on the challenge to solve the trivia. The event was broken into a variety of trivia categories with general knowledge, medical knowledge, and even an audio component where you had to name the song and artist. Groups were presented with trivia questions for each category, went into their breakout rooms to discuss, submitted their answers to the host via Google Form, and then came back together to learn the correct answers. Overall, it was a fun night and most remarked that they enjoyed it and learned new information - regardless of whether they took home the Starbucks gift card prize! While the pandemic has limited the ability to gather in large groups, IPS has tried to still give members the opportunity to meet with each other, whether via the resident Virtual Escape Room, Virtual Trivia night, or "Brunch and Brushes" event earlier this month. Next to come is the Virtual Annual Meeting, which promises to hold even more opportunities for learning, networking, and fun!



IPS HEALTH EQUITY & ANTI-RACISM COMMITTEE (HEAR-C)

The Carl C. Bell Memorial Award 2021

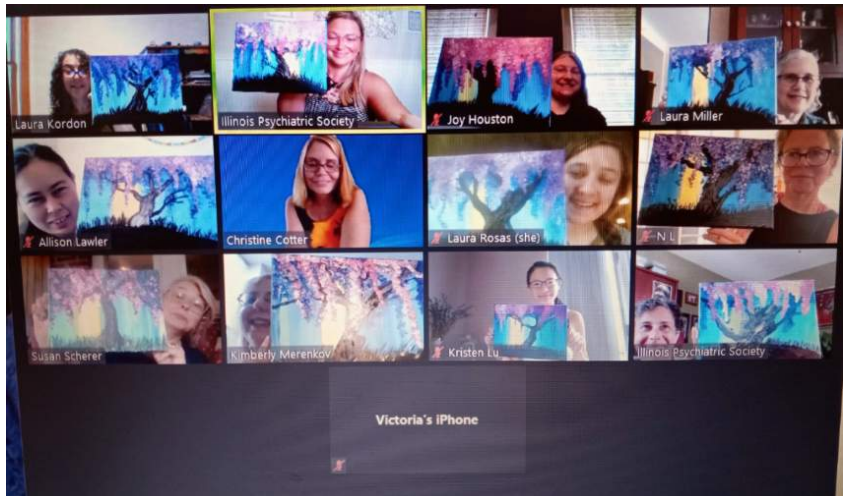
Art/Media Competition

The Carl Bell Memorial Award was established to honor the late Carl Bell, M.D who was a remarkable psychiatrist and nationally known for his community psychiatry work especially on the Southside of Chicago. Professor Bell authored of over 500 publications, recipient of the American Psychiatric Association Distinguished Service Award, Bernard P. Harrison Award of Merit, NCCHC's highest honor, for his long involvement with the organization and his groundbreaking work, E.Y. Williams Distinguished Senior Clinical Scholar Award from the National Medical Association in 1992, the Adolph Meyer Award for Lifetime Achievement in Psychiatric Research in 2019, in addition to working on many national scientific boards. Dr. Bell was a vocal crusader for health



equity and violence prevention in underserved communities, and a pioneer in alcohol research with developing our current understanding of the long-term effects of in-utero alcohol exposure. He was a well-respected and beloved teacher, colleague, mentor and clinician. Thus, the Carl C. Bell Memorial Award was developed in his honor to continue to champion mental health disparities, community violence and inspire our youth for future greatness.

[Award Details](#)



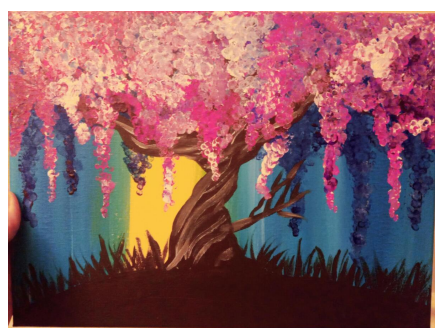
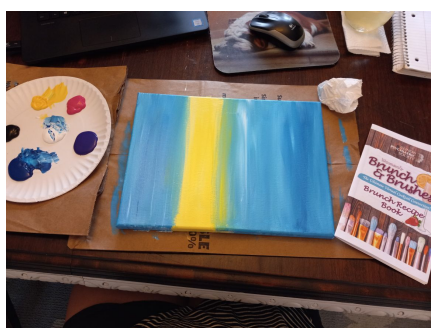
Brunch and Brushes Provides a Mental Break

On September 12, IPS hosted the Women's Brunch and Brushes virtual paint event. This event was in lieu of the traditional in-person Women's Brunch. IPS wanted to make this event more interactive, light, and fun to give members a mental break from all of the zoom meetings they have

attended during the pandemic. Attendees who registered in advance received a curated "paint kit" in the mail prior to the event which included all of the materials needed to create a beautiful painting. In order to keep with the brunch theme, also included in the kits were items to create a brunch cocktail and a printed IPS brunch cookbook.

Attendees laughed and chatted while following along with a paint tutorial. Some painted often and others had no experience at all but each painting ended up being beautiful. The tutorial selected was very easy to follow and provided a great framework but also allowed each person to bring their own unique touch to their artwork.

The best part was seeing a lot of new faces who hadn't attended IPS events in the past. It ended up be a lovely afternoon for all who attended.



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Building Relationships in Congress

Members of IPS met with Congressman Brad Schneider over the summer to discuss many issues including parity and collaborative care. Building these important legislative relationships is the key to making real change for our members and their patients.



From Left: Josh Nathan, MD; Daniel Yohanna, MD; Congressman Brad Schneider; IPS Executive Director, Meryl Sosa; and Ken Busch, MD

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Mind Matters Editor: Jasleen Singh, MD

Illinois Psychiatric Society

113 McHenry Road, Suite 239
Buffalo Grove, Illinois 60089
312-224-2600

Contact Us



