



# MIND

# MATTERS

Official Publication of the Illinois Psychiatric Society

FALL 2022 | ISSUE 52

### 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.

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### President's Message

By: Abdi Tinwalla, MD

It has been a busy few months for the Illinois Psychiatric Society. I do want to thank all the council and executive council members, our GAC committee Chairs Dr. Kenneth Busch and Dr. Susan Scherer, our Director of Operations, Kristen Malloy and our Legislative Consultant, Mark Peysakovich for

all their hard work in the past three months. We have been having numerous conference call and meetings on a weekly basis to achieve our goals for the year and to serve our members and our community.

In continuing with our mission to build relationships with our elected officials and to serve our communities, we had the opportunity to participate in several health fairs during the summer. On June 11 we had the opportunity to co-sponsor the Community Health Fair in Rockford with Rosecrance and Representative Maurice West.

On July 30, we participated in the Back-to-School Health Fair which was hosted by House Speaker Emanuel "Chris" Welch at Proviso West High School in Hillside. IPS was represented by myself, Drs. James Mackenzie, Jasleen Singh, Karen Pierce, Susan Scherer, Adrienne Adams, M3 Student Christian Alfonso, and Kristen Malloy. Drs. Mackenzie and Singh delivered a presentation to the participants regarding mental health issues facing children as they returned to school.

IPS was also involved in the Senior Health Fair hosted by



Member  
Spotlight: Dr.  
Tapan Parikh

Rooftop Happy  
Hour

What is the APA  
Assembly?

Committees  
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Event

To Tweet or Not  
to Tweet?

An Exercise in  
Treating the  
Person, not the  
Disease



## Stay Connected -

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## Annual Meeting - October 8

Republican Leader of the Illinois House Jim Durkin and State Senator John Curran on August 24 in Lemont. Several members from IPS (Drs. Shastri Swaminathan, Arun Pinto, Gunnbjorg Lavoll, Robert Edger, and myself) along with Kristen Malloy represented IPS at the health fair. The fair was well attended by the community members who were interested in learning about depression and anxiety and dealing with dementia and the resources available in the community.

In continuing our efforts to highlight mental health issues in our communities, IPS hosted a Legislative round table discussion on July 14, with Representative La Shawn Ford, Senator Adriane Johnson, and Representative Lindsey LaPointe that I had the pleasure of moderating. The discussion focused on the needs of the surrounding communities, increasing access to mental health care, gun control laws, and ways to get involved and work together with our elected officials.

Several IPS members participated in the Moore Equity in Mental Health 5K walk held on July 9<sup>th</sup>. The event helped raised funds to support mental health equity for young people of color, while promoting awareness and education about this imperative issue. Since we couldn't be in D.C. to join their walk in-person, we set up 7 local areas throughout the state of Illinois for our members and their families to participate. Members walked in Chicago, Evanston, Naperville, Peoria, Champaign, Springfield, and Benton. Thanks to our Area Team Leaders for helping make this year a success. We also far surpassed our goal of raising \$1,000 and raised over \$4,000 which put us in 2nd place from all the teams across the country! Congratulations and thank you to our Top Fundraiser, Dr. Laura Miller and all the participants for their efforts to make this event successful. We recently had a congratulatory meeting with the APA Foundation leadership where they acknowledged the efforts by our members.

Another exciting event was the Annual Rooftop Party for medical students, residents, and early career psychiatrists held on August 18. This was our first in-person event for our members since 2019. This year, we opened it up to all young psychiatric professionals. We had over 50 early career psychiatrists, residents, and medical students in attendance for a fun filled evening of networking on a beautiful rooftop deck. State Representative LaShawn Ford attended the event and addressed the attendees. Special thanks to Dr. James MacKenzie, Dr. Jasleen Singh, Dr. Sudhakar Shenoy and Austin Gephart for their assistance in organizing this event.

On the legislative front, this August, new legislation (House Bill 5776), expanding the scope of practice for prescribing psychologists, was introduced in the Illinois House of Representatives by state Rep. Maurice West.

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Rockford Community Health Fair with Representative Maurice West.



Coloring "stress catchers" with kids at the back to school health fair.

Medical Student Christian Alfonso giving a presentation to the Rockford Health Fair audience.

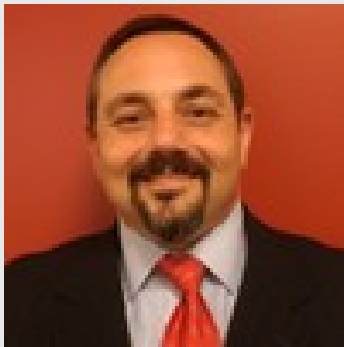


Senior Health Fair with Senator Curran.

Back to School Health Fair with Speaker Emanuel "Chris" Welch.



Senior Health Fair.



## State Legislative Update

By: Mark Peysakhovich  
*IPS Legislative Consultant*

### National 988 Suicide Prevention Hotline Goes Live To Save Lives Across Illinois

The Illinois Psychiatric Society is celebrating the roll out of the new 988 number in Illinois. This service, provided by the National Suicide Prevention Lifeline, has been in operation since 2005. Now, it's available nationwide via a three-digit dialing code – 988 – making it easier for those in crisis to get the help they need. Converting to this easy-to-remember number offers the public increased access to potentially lifesaving, trained crisis counselors. Over the last two years, the funding and implementation of 988 in Illinois has been a top advocacy priority for IPS.

Nationally, utilization of the new number rose dramatically since it went live in mid-July. Recently released data from the U.S. Department of Health and Human Services indicate that this August, the first full month of 988 operations, the Lifeline had a 45% increase in the total number of calls, texts and chats across the U.S. compared to the same period the year before. Illinois providers participating in the program are also seeing substantial increases in utilization.

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**2022 Annual Meeting  
This Weekend!**

**Saturday, October 08, 2022  
8:00 AM—9:00 PM**



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## MOORE EQUITY IN Mental Health

5K

### Illinois Psychiatric Society Places 2<sup>nd</sup> Nationally for the Moore Equity in Mental Health 5K

Compiled by: Jasleen Singh, MD

Contributing Authors: Dr. Adrienne Adams, Dr. Andrew Lancia, Eliza Hofman, Dr. Joy Houston, Dr. Arden Barnett, and Dr. Sudhakar Shenoy

On Saturday, July 9<sup>th</sup>, 2022, the Illinois Psychiatric Society participated in the American Psychiatric Association's Moore Equity in Mental Health 5K. Seven locations were established throughout the state of Illinois, for members and their families to join in and participate. Members walked in Chicago, Evanston, Naperville, Peoria, Champaign, Springfield, and Benton. Many joined the groups while some decided to participate within their local community instead. IPS was proud to surpass its goal to raise \$1,000 and actually came in second place nationally, raising over \$4,000.

#### PEORIA:

In Peoria, we had a great turnout for the Moore Equity in Mental Health 5K. We had residents, families, animals, and hospital executives join us on the Rock Island Trail. We even all stuck around afterwards to enjoy each other's company for dinner and drinks at the restaurant in the park. We even were able to celebrate a birthday. Participants commented on how wonderful it was to have everyone get together. And we even had people mention their disappointment that they could not join up, but they were glad to be able to donate in show of support.

~Dr. Andrew Lancia

[SEE MORE ABOUT EACH GROUP](#)



Champaign Group



Peoria Group



Naperville Group





Chicago Group



Springfield Group



Evanston Group



## IPS Hosts First Legislative Roundtable

By: Jasleen Singh, MD

On July 14<sup>th</sup>, IPS was proud to host its first Legislative Roundtable, moderated by IPS President Dr. Abdi Tinwalla, and featured three key panelists – Representative La Shawn Ford, Senator Adrienne Johnson, and Representative Lindsey LaPointe. The three panelists took turns answering several key questions that had been submitted prior to the event and concluded with participation in an interactive Q&A with the audience. They addressed critical issues such as the main concerns pertaining to mental health for constituents in their district, barriers to mental health in Illinois, how to improve access to services, social determinants of health/mental health,

and how people at the “ground level” can advocate and access funds to further mental health policy.

Several themes were evident from the panelists’ responses. They all noted the effect of trauma on their constituents - whether impacted by gun violence, poverty, climate change, public safety issues, economic development, substance use, or variable access to mental health services. Furthermore, the effect of isolation, as exacerbated by the pandemic and accompanied by loss and grief, was also discussed.

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ADVOCACY

### Legislation Meets Medicine: The Vision for a Student-Led Advocacy Committee

By: Hibah Arshad & Agnes Mynarska, CCOM Class of 2024

Earlier this year, the Illinois Psychiatric Society Medical Student Committee (IPS MSC) was formally assembled, joining



### My Summer Highlight: Pre-Doctoral IMPACT Research Program

By: Tristan Hazebrook, IPS Medical Student Committee Vice Co Chair, CCOM, 3<sup>rd</sup> year medical student

Over the summer, I had the opportunity to participate in the Pre-Doctoral



together medical students throughout Illinois in their shared passion for psychiatry. Since then, we have further developed a number of specific, goal-oriented sub-committees, including the Advocacy Sub-Committee. Our names are Hibah Arshad and Agnes Mynarska, and we are thrilled to serve as the IPS MSC's first-ever Advocacy Sub-Committee Co-Chairs.

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## Telepsychiatry in the Setting of COVID-19 and Beyond

By: Aida Mihajlovic, MD, Lara Segalite, MD, Corbin Pagano, MS4

*Republished from the Psychiatric Times*

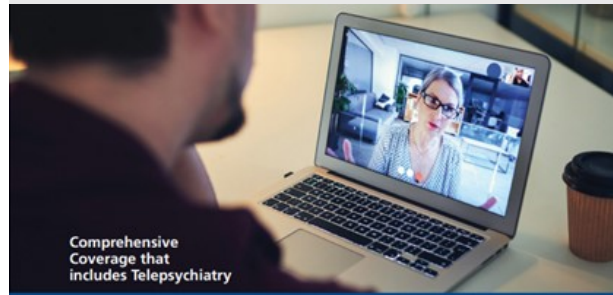
COVID-19 has become a global pandemic affecting the lives of millions worldwide. 1-3 Widespread outbreaks like COVID-19 have been found to be closely associated with symptoms of mental illness such as anxiousness, increased stress, feelings of hopelessness, and depressed mood.

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IMPACT (Innovative Methods in Pathogenesis and Child Treatment) Research Fellowship. I worked with Dr. Ana Radovic and her team on SOVA (Supporting Our Valued Adolescents) Program, Learn & Earn, and Screening Wizard Pilot Study. I learned about, and helped publish, the RCT for using a new tool called Screening Wizard to screen for depression and anxiety in a primary care setting.

Screening Wizard is a web-based enhanced screener for adolescents and parents that produces an extensive summary report for providers.

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## Member Spotlight: Dr. Tapan Parikh

In this spotlight, Dr. Sudhakar Shenoy, Chair of the Early Career Psychiatrists Committee, interviews Dr. Tapan Parikh who is a proud IPS member and the Medical Director for Acute Care Services at Ann and Robert H. Lurie Children's Hospital of Chicago.

### What made you decide to work in academia?

I have a passion for research and teaching. Within the first few minutes of meeting anyone in my professional life, I almost inadvertently mention that wanting to learn research and innovation was one of the main reasons why I decided to come to the United States from India. I have been able to gain a multitude of experiences through my journey as an immigrant and as an IMG [International Medical Graduate]. Amongst all those experiences, I found a lot of happiness in academic work, even during my training.



## What does it mean to do research as an Early Career Psychiatrist (ECP)? Do you have any advice for those who will graduate soon that may be interested in research?

There is no easy road to research for an ECP. I am fortunate to have the right mentorship and support at my workplace. I also aspire to do more than I am doing now. There is a difference between scholarly projects and research and then there are a lot of flavors research comes in. I would suggest to those graduating to follow their passion and try their best to find a place that would nurture their passion. Scholarly projects are a good place to start! Even though they can take time, these are much less complicated than IRB-approved research studies. There are several national conferences and annual meetings where a lot of research ideas can be presented, and we inevitably learn when we present and come back with more questions.

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## IPS Rooftop Happy Hour Event was a Huge Success!

IPS brought back the Resident Rooftop Event this summer as it's first in-person event, post-pandemic, except, this time ALL young psychiatric professional members were invited. There were over 50 resident, early career psychiatrists, and medical student members in attendance. Even Representative LaShawn Ford stopped by to talk with the young IPS members about advocacy and how to get involved. It was a

great, informal get together and we can't wait to do it again next year.



## What is the APA Assembly?

By: Arden Barnett, MD

This is an introduction to our members, as well as a request for your input.

Your IPS delegates are elected to represent you on a regional and national level in the APA Assembly. Your delegates are Shastri Swaminathan, Linda Gruenberg, Arden Barnett, and Joshua Nathan. Also our Area 4 Representative is Ken Busch who is responsible for the entire area including IPS. Christine Farag is our Area 4 RFM Deput Representative.





This article will give a brief summary of what the APA Assembly is, as well as the Area Councils.

First, the Assembly, for those of you not familiar, is a national body of psychiatrists elected by the district branches. The Illinois Psychiatric Society (IPS) is a district branch, for example. The Assembly is under the leadership of the Speaker and Executive Committee. Assembly delegates represent and pursue the interests that arise from the psychiatrists in each state. It is similar to the House of Representatives in Washington or the AMA House of Delegates, in how it functions.

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### IPS MSR and RFM Committees Collaborate for Virtual Mentorship Event

By: Aasna Gaur, Northwestern University, Class of 2023

On Sunday August 21<sup>st</sup>, 2022, Illinois Psychiatric Society hosted a virtual zoom event featuring six breakout rooms with residents representing their training programs: Rosalind Franklin, Rush, UIC, UICOMP, Loyola, and Lurie Children Hospital's Child and Adolescent Fellowship. During this career guidance event, the speakers provided insight to 4<sup>th</sup> year medical students applying psychiatry this cycle as well as medical students in their earlier years of training who are interested in the field of psychiatry. A variety of topics were discussed including information about rank lists and obtaining letters of recommendation in support of applications, research opportunities during residency, general tips and advice on the residency interview timeline and process, and different practice settings within psychiatry.

This career guidance event occurred just three days after the IPS Rooftop Terrace Happy Hour social on August 18<sup>th</sup>, 2022, that was hosted for young psychiatric professionals including medical students, residents, and early career psychiatrists as an opportunity to network with friends and colleagues from around the state.



### To Tweet or Not-To-Tweet: A Trainee's Perspective on Joining #MedTwitter

By: Yash Bhatia, 4th-year medical student, UIC College of Medicine. [ybhati2@uic.edu](mailto:ybhati2@uic.edu).

*Disclaimer: IPS does not endorse any Twitter accounts listed in this article.*

When considering whether to create a professional Twitter account, many thoughts may be running through your head:

*"What do I have to say that hasn't already been said!"*

*"I am a psychiatrist, shouldn't I be keeping my public persona under wraps?"*

*"I am not the self-promoting type...how can I survive on Twitter?"*

While it may seem daunting at first, #MedTwitter is akin to an academic conference or annual meeting that just never stops. By simply searching the hashtag on Twitter, one can access an active, dynamic network of medical professionals, healthcare researchers, students, and members of the public engaging in medical education and professional development. Medical providers and enthusiasts from around the world can share, discuss, and debate without temporal or (overt) institutional





## An Exercise in Treating the Person, not the Disease

By: Christian Alfonso, M4, UIC-Rockford

*Disclaimer: The individuals identified in this article have read the article in its entirety, approved the content, and consented for their name to be published.*

There is a moment of acknowledging an uncomfortable truth when making the decision to embark on a “lifestyle change”; an acknowledgement of the fact that some aspect of your being has been unnourished, unfulfilled, or unsatisfied and that you have been complicit in making that choice time and time again. It can be difficult. So difficult, in fact, that many people avoid that moment for as long as they can. For those who take that first step, the journey does not get much easier. Questions layer and fold in upon themselves. Answers feel as intangible or unobtainable as the Sun.

The journey of lifestyle change begins for many with an immediate presentation of any number of barriers, and often, a sense of hopelessness. Dr. Katrina Nguyen was critically aware of this when she began to expand her role as a pediatric gastroenterologist. There was a “recognition that there are barriers in developing a healthy lifestyle”, whether it is not knowing where to begin regarding healthier eating, or even a sincere lack of understanding that one is eating unhealthy food.

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2022 Theme

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**Resident/Fellow Rep.:**

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Linda Gruenberg, DO – 2022-2025

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- Experience working with the needs of vulnerable populations who have chronic or complex bio- psychosocial needs
- Experience working with justice involved and dually diagnosed populations

#### CONTACT:

Qualified candidates expressing interest in the opportunity, please submit a resume/CV and cover letter with Behavioral Health in the subject box.  
Send to [mcarrington@carringtonandcarrington.com](mailto:mcarrington@carringtonandcarrington.com)

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