



MIND MATTERS

Official Publication of the Illinois Psychiatric Society

FALL 2023 | ISSUE 56

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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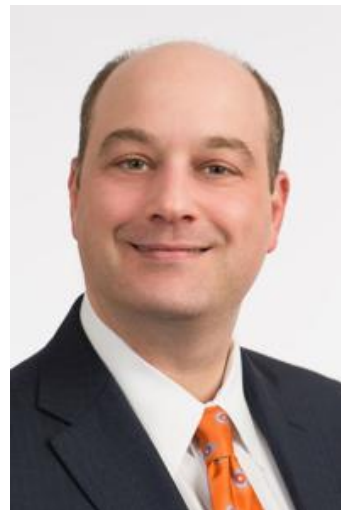
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President's Message

By: Andrew J. Lancia, MD

Busy summer days! We have been very active recently with health fairs, a women's meeting, a fireside chat, legislative planning and discussions, and of course, getting ready for our annual meeting on October 7, 2023 at Le Meridian Chicago in Oakbrook Center. The most exciting day, however, was

when we received emails from two of our members separately asking about how they could get involved. If we could have that every day, the Illinois Psychiatric Society would rocket to a powerhouse in our nation. I am so grateful to all those who have been a foundation to our society for years. Our discussions are ever informed with historical reference while we form our vision for the future.

Recently, we sat down with Senator Fine who mediated a discussion between IPS and core psychology prescribing advocates. We had a good discussion which continued to highlight our concerns regarding oversight and safety. We are hopeful that legislators recognize the

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New Fellow and
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reality of these deficits, as well as realize the limitation of this approach to solving the access issues of our state. If you have not read our [Mental Health Blueprint: Policy Pillars to Improve Access to Care](#), please check it out on the website.

The blueprint has been seen throughout the state and by our legislators. Now is the time to move towards greater access in an evidence-based and systemic approach. We have been discussing and drafting legislative initiatives to encourage Collaborative Care. We have supported the expansion of residency positions and have encouraged help in recruiting faculty to teach medical students, residents, and fellows. We have even started discussions on revamping the mental health code in Illinois to help remove archaic language, improve efficiency, and emphasize safety that does not only incorporate physical harm.

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ILLINOIS
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SOCIETY



Don't Miss the 2023 Annual Meeting!

Commitment to Patients, Commitment to Life

A Psychiatrist's Duty to Safeguard and Improve their Patients' Lives.

Saturday, October 7

Le' Meridian Chicago - Oakbrook Center
2100 Spring Rd, Oak Brook, IL 60523

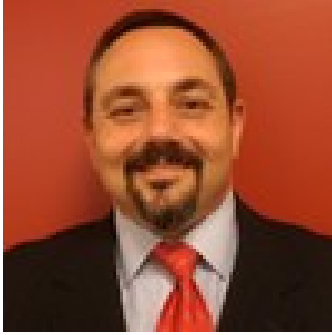
Psychiatrists have a duty to safeguard and improve their patients' lives. Fulfilling this duty can entail many challenges, like working within a well-intentioned but flawed, mental health

system while still trying to safeguard their own well-being in order to provide the highest quality of care.

Educational sessions will cover the latest on suicide prediction and prevention, the mental health court system in IL, and physician well-being and burnout. Other highlights include IPS' first poster session, a presentation of the inaugural winner of the Carl Bell award, and our annual awards dinner! Join us to explore what it means to have a commitment to our patients and to life.

[LEARN MORE and RSVP](#)

State



Legislative Update

By: Mark Peysakhovich,
IPS Legislative Consultant

State Is Working to

Reduce Stigma and Promote Telehealth Access to Mental Health Services in Rural and Agricultural Communities

When it comes to mental health services in rural and agricultural communities, both ends of the pipeline -- supply and demand -- need priming. People in rural and agricultural communities need better access to mental health services. At the same time, mental health stigma keeps many more people in those communities from seeking help. The stigma can sometimes be felt especially acutely in small communities where “everyone knows everyone.”

Boosting efforts to address these concerns, Governor JB Pritzker and the Illinois Department of Agriculture announced new funding through the Farm Family Resource Initiative (FFRI), a program aimed at breaking down the stigma of accessing mental health services in smaller communities.

“As Governor, as a father, and as someone who has personally witnessed the mental health epidemic among family and friends,

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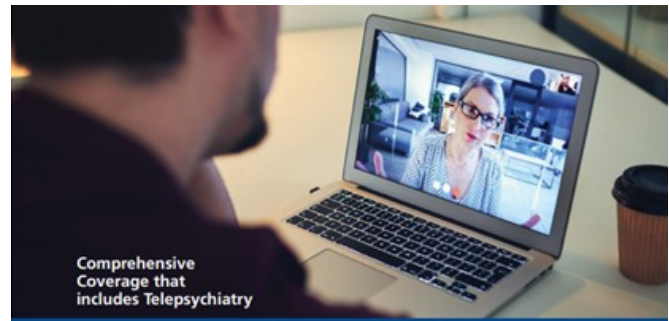
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IPS HEALTH EQUITY & ANTI-RACISM COMMITTEE (HEAR-C)

The Carl C. Bell Memorial Award 2023

Essay Competition

The **Carl Bell Memorial Award** was established by the IPS Health Equity and Anti-Racism committee (HEAR-C) in 2022 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. Dr. Bell authored over 500 publications and was the recipient of many awards throughout his career. 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 fight for mental health equity, end community violence and inspire our youth for future greatness.

Submissions received this year were written by high school students from across the state in response to the questions “What does mental health mean to you, your peers and/or your community? Do you feel mental health has been affected by societal factors such as healthcare inequity, community violence, post-pandemic anxiety, isolation, or racial injustice?”

The essays received were impressive. Many essays discussed personal or family struggles with mental health, others highlighted social determinants of health they witnessed in their communities, and yet others voiced hope to make a difference so people struggling with mental illness would have access to support.

[MORE](#)

The 2023 Carl Bell Essay Competition Winner!

**Congratulations,
Donovan Hopkins**

Age 18
Grade 12
Thornwood High
School
South Holland, IL

2023 Carl Bell Essay Competition - Honorable Mentions

Natalie Anne Banks
Age: 18
Excel Academy of
Southwest



Mental health, to me, is an essential aspect of overall well-being. It encompasses our emotional, psychological, and social well-being and affects how we think, feel, and act. It also

plays a crucial role in how we handle stress, relate to others, and make choices.

Similarly, my peers and my community value mental health as a critical part of our lives that significantly impacts our ability to function effectively in daily tasks.

Regrettably, societal factors such as healthcare inequity, community violence, post-pandemic anxiety, isolation, and racial injustice can and have significantly affected mental health. It's vital to address these issues to improve mental health awareness and support in my community and beyond. Healthcare inequity, particularly, has been a longstanding barrier to achieving optimal mental health. As a black male living in an underserved community, I've witnessed firsthand how disparities in access and quality of mental health services exacerbate mental health outcomes.

The complex interplay of economic, social, and racial factors creates a chasm between need and service utilization (Cook, 2006). Many individuals grappling with mental health issues often face a double jeopardy: stigmatization and lack of resources, making their symptoms unrecognized, undiagnosed, or untreated. Community violence also leaves indelible marks on mental health.

Violence, as the World Health Organization (2002) suggests, can lead to a cascade of psychological effects, including post-traumatic stress disorder (PTSD), depression, and anxiety.

It's particularly stark in communities like mine, where the reality of violence becomes a distressing part of everyday life. Unquestionably, the COVID-19 pandemic has intensified these pre-existing mental health stressors. The fear and uncertainty surrounding the virus, amplified by isolation from social distancing measures, have magnified the mental health crisis (Pfefferbaum & North, 2020).

My peers and I have experienced this heightened state of anxiety, a stark reminder of the pandemic's effects on our mental well-being. The undercurrent of these

Immanuel Ogundipe
Lindblom Math and Science Academy

Makayla Grison
Age 17
Grade 12
Lindblom Math and Science Academy

Brooke Miller
Age 18
Grade 12
Romeoville High School

Zaria Symone Stewart
Age 17
Grade 12
Marian Catholic High School

Yohanna Endashaw
Age 16
Grade 11
Niles West High School

Micah Giovanni Grison
Age 17
Grade 12
Lindblom Math and Science Academy

Creighton M. Endsley
Age 18
Grade 12
Belleville East High School

Zion Mitchem
Age 16
Grade 10
Carl Sandburg High School

Chukwulozie Charles Izuegbunam Onwuta
Age 17
St. Charles East High School

Jocelyn Trotter
Age 18
Grade 12
Plainfield East High School

societal factors is often racial injustice, from my experience, plays a powerful role in mental health. Systemic racism can contribute to chronic stress, heightening the risk for various mental health disorders (Williams & Williams-Morris, 2000). I believe addressing racial disparities is pivotal to improving mental health outcomes, particularly within minority communities. All these factors demonstrate how societal issues can significantly influence mental health.



[MORE](#)

Past the Finish Line: Another Successful 5K by IPS

By: Josh Eloge, MD

On July 29, 2023, individuals from across the country walked, ran and rolled as part of the APA Foundation's Moore Equity in Mental Health 5K -- an event created to build awareness of mental health inequities faced by young people of color. This was the 3rd year of the Moore 5K, an event dedicated to honor the late Bebe Moore Campbell, an American Author and Mental Health Advocate. This year's race raised over \$81,000 which will be used to support new programs developed to improve the mental health of young people of color.



This was the second year that IPS's Health Equity and Antiracism Committee (HEAR-C) organized the event for the IPS membership with the help of team leaders from Chicago, surrounding suburbs, Peoria, Springfield and Champaign. This is also the second year that IPS members raised the most money for the Moore 5K among all APA district branches!

Personally, my family and I enjoyed joining the Evanston team this year (led by Team Leader Eliza Hofman, M4 at RFUMS). When I wasn't running after my daughters on their bikes to keep them on track, I enjoyed walking and connecting with other IPS members and their families.

Thank you to all who donated and participated. Thank you to the other members of the HEAR-C in developing IPS's strong leadership nationally in this event, as well as Kristen Malloy's dedication to getting the word out. And a special thank you to Dr. Arden Barnett for being the top fundraiser for Team IPS! Looking forward to seeing you at the Moore 5K next year!



The Final Year

By Agnieszka Mynarska and Tristan Hazebrook



Area 4 Hosts Summer Meeting in Kansas City

By: Kenneth Busch, MD and Sudhakar Shenoy, MD

Third year was both anxiety-provoking, full of unknowns and unstable schedules, and exciting, as the “sweatpants” changed to scrubs and a white coat. Thus far, fourth year has followed a similar pattern, but with a sprinkle of confusion and confidence added. Now that fourth year has come upon us, I thought it appropriate to chronicle its new challenges and excitements. This is in response to my good friend Tristan Hazebrook’s piece in the [Spring 2023 newsletter](#) last year about mental health as a third-year medical student.

Whether you’re a first-year medical student who has just joined the IPS family (welcome!), a rising second-year about to embark on a challenging year, or a third-year who has just finished their first few rotations of the year, this is for you. Every year comes with its own vibe.

[MORE](#)

Area 4 of the APA Assembly was pleased to host its summer meeting on August 26-27 in Kansas City, Missouri for our Representatives from the 12 states in the region.

IPS has an exceptional delegation which includes: Dr. Linda Gruenberg, Dr. Arden Barnett, Dr. Joshua Nathan and Dr. Susan Scherer. We are very grateful to Dr. Sudhakar Shenoy for serving as IPS Alternate Representative in Kansas City.

Other IPS members who are delegates to special-interest groups in the Assembly consist of: Dr. Lisette Rodriguez-Cabezas (Association of Women Psychiatrists), Dr. Aida Mihajlovic (American Association of Social Psychiatry), and Dr. Seeba Anam (Asian-American Psychiatrists) constituents.

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IPS Mentorship Program - Open Recruitment

By: Jasleen Singh

The IPS Resident-Fellow Member Committee is again recruiting for mentors and mentees for our IPS mentorship programs.

As a reminder, we have two mentorship programs, one for medical student mentees to be paired with resident-fellow mentors, and another for resident-fellow mentees to be paired with attending mentors. Thus, residents and fellows can both serve as mentors to medical students as well as be a mentee paired with an attending mentor.

Of note, ECPs are also in the unique position where they can serve as a mentor to a resident/fellow and also may choose to be a mentee paired with a senior attending.

If you are interested in signing up to be a part of the IPS mentorship programs, please sign-up using the links below:

[RFM: Connect with an Attending Mentor](#)

[RFM: Become a Mentor to Medical Students](#)

Attendings: Become a Mentor
to Residents

Med Students: Connect with a
Resident Mentor



IPS Health Fairs

By: Tristan Hazebrook

In recent months, IPS has participated in several health fairs. One recent fair was hosted in Rockford by State Representative Maurice West. Another took place at Proviso West High School and was hosted by Speaker of the House Emanuel “Chris” Welch. Both fairs drew impressive crowds and had their own distinct character.

The Rockford event was vibrant and included a DJ playing music. The aroma of burgers and hot dogs being grilled by State Representative West’s team filled the air. Despite the hot and breezy weather, community members of all ages flocked to engage with the event. IPS members spoke with attendees, discussing topics like finding psychiatrists and the pivotal role psychiatrists play in healthcare. We also passed out brain-shaped stress balls imprinted with the IPS website link to a resource page, alongside nutritious granola bars. By the end of the event, we had spoken with many people about the importance of mental health and had even run out of our main resource page, having dispersed hundreds of copies.

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IPS and ICCAP Host Collaborative Symposium

By: Theodote Pontikes and Thomas L. DiMatteo

On May 12, 2023, family medicine physicians and pediatricians joined members of the Illinois Psychiatric Society (IPS) and the Illinois Council of Child and Adolescent Psychiatry (ICCAP) for a virtual workshop

symposium and discussion forum titled “Addressing the Pediatric Mental Health Emergency in Clinical Settings: Illinois Physicians Collaborative in Support of Children’s Mental Health.” This half-day CME activity was sponsored by an Advocacy and Collaboration Grant awarded to ICCAP by the American Academy of Child and Adolescent Psychiatry (AACAP). It was well-attended and incorporated problem-based learning highlighting the importance of interdisciplinary collaboration between primary care physicians and pediatric psychiatrists with respect to diagnostic accuracy, safety risk assessments and management of youth with acute psychiatric illness in an outpatient primary care setting, particularly in rural and otherwise underserved areas.

VIRTUAL WORKSHOP AND DISCUSSION FORUM

Addressing the Pediatric Mental Health Emergency in Clinical Settings

Illinois Physicians Collaborative in Support of Children’s Mental Health

FRIDAY, MAY 12
8 AM-NOON



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Fireside Chats

for Resident Members

Sessions Every Other Month

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for informal Q&A sessions
with Attendings from
different backgrounds

www.illinois.psychiatricsociety.org

IPS RFM Committee Launches Fireside Chats

By: Jasleen Singh

In an effort to ramp up engagement amongst resident-fellow members and allow for ongoing networking, mentorship, and learning, this year IPS Resident-Fellow member committee launched a series of Fireside Chats. Formerly known as Real Talk sessions, this year's Fireside Chats will feature various attendings of different backgrounds - practice setting, specialty training, and more!

This semester, the RFM committee is excited to welcome Dr. Adrienne Adams on September 5th and Dr.

Sundee Randhawa on November 7th. The goal of these sessions is to allow for an informal and interactive discussion so that trainees can hear from attendings about their various experiences and "pick their brain".

The Fireside Chats are open to any IPS Resident-Fellow member to attend. Attendees can ask about anything from residency and fellowship training to interviewing for jobs, different career paths, and work-life balance. We welcome trainees to join us for these exciting sessions to learn from and connect with Illinois' leading psychiatrist mentors.

Stay tuned for upcoming Fireside Chats and the announcement of our two featured speakers for the second semester!

[LEARN MORE](#)



A Multidimensional Reflection on Barriers to Psychiatric Care

By: Hibah Arshad, MS4 at
Midwestern University- Chicago
College of Osteopathic Medicine

While it is widely accepted that the clinical years in medical school are crucial for gaining first-hand exposure to medical management and patient interaction, an often overlooked advantage of rotations is the opportunity to more closely understand barriers to care and the many ways in which they can manifest. For example, while there are established protocols and medication regimens in the event of psychiatric decompensation, an individual's access to these interventions may be obstructed by insurance limitations and legal hurdles. Unfortunately, this example remains a present-day reality for many.

As I've navigated my own clinical rotations, I've witnessed numerous patients narrate this exact experience,

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The President's Unity Agenda

By: Kenneth Busch MD

Most of our initiatives in government affairs are centered around particular bills in Springfield and on Capitol Hill. We lobby our State Legislators and Members of Congress to advance or forestall specific legislation from moving forward. A roundtable of Judicial leaders was recently convened by IPS for education about the Judicial branch.

An opportunity came up this past year to participate at the White House Health Care Briefings and to share with colleagues about the Executive branch and how it works to promote health care advocacy.

President Biden's goals in the Unity Agenda include improving mental health, beating the opioid epidemic, supporting Veterans and Service Members and ending cancer as we know it. These are particular areas where members of both political parties can come together for making progress on key issues for all Americans.

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IPS Member, Phyllis Loeff, MD, in the News

Reprint from the Chicago Tribune

This 96-year-old woman still finds purpose in practicing psychiatry in her Highland Park home

By: Darcel Rockett



Three words come to mind when meeting Dr. Phyllis Loeff: stylish, gracious and smart. Loeff, like so many others, gets up early every day to prepare for work. She exercises, gets dressed and dons makeup before seeing patients in the study at her Highland Park home.

At 96, Loeff is a psychiatrist who has been practicing for over 50 years. While working at such an age may

seem a feat unto itself for many, Loeff is humble.

“There’s people who have bad things happen ... people who get very depressed and can’t find a way out of the depression — these are patients that I have experience of working with and helping,” Loeff said. “There are people who have behavior patterns that they have to understand or find a way of changing because it bothers other people. I help them readjust themselves to an acceptable place in relationship to those who are close to them. There are people who have lost somebody recently, older people, people over 65, I’m sure I have more of those patients than most younger doctors have because they know that I understand that time of life.”

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Congratulations to This Year's NEW Distinguished Fellows (DFAPA) and Fellows (FAPA)

Distinguished Fellowship (DFAPA) is awarded to outstanding psychiatrists who have made significant contributions to the psychiatric profession. Excellence, not mere competence, is the hallmark of an APA Distinguished Fellow.

Members can achieve the distinction of Fellow of the APA (FAPA) or Distinguished Fellow of the APA (DFAPA). These are honorary statuses that reflect your dedication to the work of the APA and signifies your allegiance to the psychiatric profession.

Distinguished Life Fellows:

Neal Spira, MD

Distinguished Fellows:

Lillian Joy Houston, MD
Niranjan Karnik, MD, PhD

Life Fellow:

Susan Pearlson, MD



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