

Welcome to the first-ever electronic version of Mind Matters.

We are new to this so your input is highly valued. This will be a work in progress as we continually make changes with each issue to make it the best we can for you, our members. 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, Lala Way, MD at Lala.Way@uchospitals.edu*

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President's Message

Dear members,

I hope this message finds you well, and that you and your families are coping physically, mentally and socially.

During the past few months, we have witnessed a public health crisis unprecedented in recent times. The deadly pandemic of COVID-19 has resulted in enormous levels of mortality and morbidity. From a mental health perspective, a combination of fear of infection, quarantines, self isolation, restrictions on movement and travel bans have caused significant stress for patients and healthcare professionals alike. While dismayed by the losses, I am also comforted by the excellent work that has been done to help combat the epidemic in Illinois, and I am proud of our members who have demonstrated leadership in these difficult times.

Shortly before COVID-19 was declared a public health crisis, March 4, 2020, IPS members descended onto the Capitol Building in Springfield, Illinois for our annual Advocacy Day. Having been to several advocacy days in the past, I found this Advocacy Day to be one of the most successful ones we have had. Many of our members were able to meet with their legislators, be it representatives or senators. In addition we had the chance to support SB 2561, the telehealth bill that APA and IPS worked on drafting together. Senator Laura Fine was the sponsor of our bill, and on Advocacy Day, there was a hearing for the bill at the Senate Insurance Committee, during which IPS

Senator

5 Ways to Curb Your Facebook Use During the CoViD Pandemic

What do you think of this first e-issue of Mind Matters?

Please choose one.

I love it!

Select

It is ok and serves the purpose.

Select

It needs improvement

Select

testified in favor of SB 2561. This bill aims at increasing access to healthcare by ensuring that telehealth is offered as an option to accessing care, ensuring reimbursement by both public and private payers in Illinois.

In the context of the epidemic of COVID-19, the importance of telehealth has become even more evident, and we worked with other professional associations in Illinois to urge Governor Pritzker to issue an Executive Order expanding telehealth services, which took place on March 19, 2020.

This year the IPS Annual Meeting was supposed to take place on March 28, 2020. However, in the interest of the safety of our members and our staff, and in line with guidance from health authorities and the Governor's order on social isolation, we decided to postpone our Annual Meeting to a later date this year. We will keep monitoring the public health situation, and we will inform our members once we have been able to secure a future date.

We continue to monitor the situation with COVID-19. During these challenging times, we are grateful for APA for making available resources online for psychiatrists and other mental health professionals. While my hope that by the time this message is published the COVID-19 epidemic will have subsided, I would be remiss not to share some of resources with you:

- APA: Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks
- CDC: Mental Health and Coping During COVID-19
- APA Update on Telehealth Restrictions in Response to COVID-19

Sincerely,
Hossam Mahmoud, MD MPH DFAPA

**PRACTICING
TELEPSYCHIATRY?**

[ACCESS FREE RESOURCE >](#)



Stay Connected - Get the NEW IPS Mobile APP!



IPS now has a mobile APP to offer you faster content and more engagement. It will allow for immediate advocacy updates, event information and more.

Download the IPS Mobile APP here:

iOS

The American Psychiatric Association is extending the member dues grace period to June 1, 2020.

This means that you have more time to take advantage of great member resources, and more time to renew for the remainder of the year.

***Be sure to allow for push notifications.

State Legislative Update

By: Betsy D. Mitchell, MPA
IPS Legislative Consultant

Typically, the Legislative Update at this time of the year would include a highlight and status of the legislation IPS was either supporting, opposing or monitoring. The Illinois General Assembly has not met in Springfield since March 5, 2020. In early March, at least one person at the Capitol tested positive for COVID-19. Currently, no provisions allowing Illinois legislators to vote remotely are in place.

Instead of holding committee hearings, in mid-April legislators began meeting in newly formed working groups in the Senate and House; each centered around major issues (healthcare, housing, the budget). Although the working groups meet virtually and without public or media participation, IPS is working to keep abreast of all developments within the groups the best we can under the current circumstances.

Prior to Governor Pritzker's "stay at home" order in mid-March, IPS had strong concerns over two newly introduced bills:

[Read More](#)

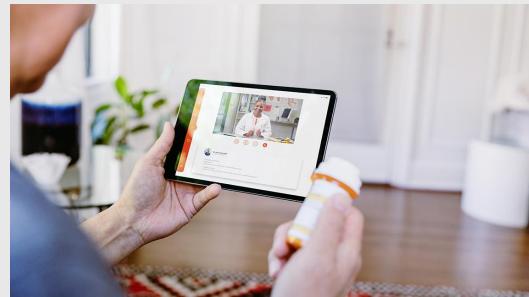


***In re H.P.*, 2019 IL App (5th) 150302: Order for involuntary administration of psychotropic medication reversed.**

By: Meryl Sosa

In this case, the Illinois Appellate court considered whether the State should present the evidence of known interactions between multiple medications so as to satisfy the statutory burden of showing that the benefits of the treatment outweigh the harm.

[Read More](#)



Training in the time of COVID-19: an intern's perspective

By: Laura Rosas, MD

What an interesting first year of being a doctor. If internship wasn't hard enough, we're struggling through unprecedented times. I didn't expect to get a crash course on telepsychiatry, but here it is! Uncooperative patients are still uncooperative. They hang up the phone or throw the iPad across the room.

[Read More](#)

Reflections on the 2020 Advocacy Day

By: Jordan Weil, MD

March 4th this year was my first time attending the IPS Advocacy Day. The 40 or so psychiatrists took the bus from Chicago to Springfield and joined up with colleagues from Carbondale, Champaign, and elsewhere in Illinois to advocate for making mental health care a higher priority for our State government, and for improvements to the regulatory environment that affects psychiatric practice. This year, we focused on supporting SB2561 which would increase access by requiring commercial insurance and MCOs to cover telepsychiatry, and opposing several bills related psychology prescribing, in order to increase patient safety.

I expected that meetings with lawmakers would be an orderly sitting in an office after arranging a constituent meeting sort of thing. I was wrong. In fact, the only items on the schedule that actually happened at their appointed times were the comings and goings of the bus. We ran into Dr. Dan Yohanna's Senator, Julie Morrison, outside of an elevator and asked for her support to increased state hospital bed access. We waylaid other lawmakers in hallways and on the stairs. We chatted up another representative after looking for them all day and happening to see them come out of the bathroom from two stories above them near the rotunda. There were some formal events, like Dr. Mahmoud testifying before Senate Insurance Committee in favor of SB2561 and a meeting with a Senate leader, but even these planned events shifted on the schedule.

[Read More](#)



Virtual Career Fair-

September

More information coming soon.

Women's Brunch –

Sunday, October 11, 2020

East Bank Club, Chicago, IL

IPS Annual Meeting –

Rescheduled for

Sunday, November 15, 2020

Mid-America Club, Chicago IL

More information coming soon.



Incoming President's Message

It will be an honor and privilege to serve you this coming year as Illinois Psychiatric Society President. I will be depending on the support of our Executive Director, Meryl Camin Sosa, and Administrative Coordinator, Kristen Malloy, the Immediate Past President,

Hossam Mahmoud, the President Elect, Steve Weinstein, and the IPS Officers and Councillors. IPS is led by a strong team, including many distinguished past presidents, for whose help I am very grateful.

IPS has taught me the importance of getting acquainted with our State Legislators and Members of Congress, and maintaining contact with them. They rely on us to tell them what we and our patients need. Mutual understanding and trust require our time and attention. Progress absolutely requires these relationships.



In re Robert M., 2020 IL App (5th) 170015: Order for involuntary administration of psychotropic medication affirmed

By: Meryl Sosa

In this case, the Illinois Appellate court affirmed the order of the involuntary administration of psychotropic medication to Robert M.

On July 21, 2016, Robert was admitted to Alton Mental Health Center (Alton) after being found unfit to stand trial.

[Read More](#)

My term coincides with the first full year of the coronavirus pandemic, which has already devastated prisoners, migrants, people of color and the poor. Access to food, housing, and healthcare are our patients' most urgent needs. We psychiatrists must find ways to reach them and lift them up as best we can. We'll employ telepsychiatry and collaborative care, and create new ways to expand access to care. Let us advocate together for initiatives to help our patients and our members in Illinois.

Contact IPS with your own solutions to meet the exponentially increasing needs. Lead a task force, join a committee, collaborate with IPS. The IPS Council wants to know your hopes and needs, strengths and ideas. I hope to meet you, and hope we will see surprising and positive changes in the coming year. Thank you for your trust, and please keep in touch.

With my warmest good wishes for the health and safety of all of you, your loved ones, and your patients,

Susan M. Scherer, MD

Past President of Illinois Council for Child and Adolescent Psychiatry

susan.m.scherer@gmail.com | 708-205-6018



Psychiatry's role during pandemic

By: Royce Lee, MD

We know from research conducted after the 2003 SARS pandemic that PTSD rates approximately double in both healthcare workers and the at-risk population. This means that psychiatrists and allied behavioral healthcare workers are in a position to mitigate the cascading effects that pandemics cause.

At the University of Chicago, we have formed a Disaster Recovery Program based on best-practice recommendations and what evidence is available from the field of disaster response. Our program has three main components: 1. Training peers to help others in stress-regulation techniques, 2. A 1-800 peer support hotline for healthcare workers, 3. Zoom-based mindfulness sessions. We have



Meeting with Senator Duckworth

By: Kenneth Busch, MD, Chair, IPS GAC

Members of IPS met with Senator Tammy Duckworth and her Staff on February 18, 2020 in the District office in Chicago. This meeting was arranged by IPS in conjunction with APA's Congressional Advocacy Network to talk with the Senator about priority issues impacting our patients in Illinois and nationally.

Some of the issues IPS addressed with Senator Duckworth included Federal parity, children's mental health and Veteran's care. The Senator provided some information about her priorities on Capitol Hill such as a bill in Congress to require universal background checks for guns.

Senator Duckworth spoke about the need to

chosen this approach based on two things. Firstly, we know that the social and emotional cohesiveness of groups is protective against trauma. Secondly, we have gained institutional experience with secondary traumatic stress from the historic opening of the Level 1 Trauma Center on the South Side of Chicago. This experience taught us valuable lessons about what works and what doesn't work in clinicians "on the front lines".

This work occurs under the framework of continuous quality improvement (CQI) and near-real time processing of data from the front line. If you have questions about our approach, please do not hesitate to contact me at royce@uchicago.edu.

increase residency training opportunities to address physician shortages. The Senator highlighted telepsychiatry as an excellent way to provide mental health care for patients in under-served areas. She asked IPS to further provide input on expanding access to care in Illinois and nationally.

This meeting was very productive for IPS. It is a good example of IPS relationship building with a key Member of Congress through the APA's Congressional Advocacy Network.

IPS thanks Senator Duckworth for taking the time to meet with us and we hope to have a followup meeting with the Senator later this year.



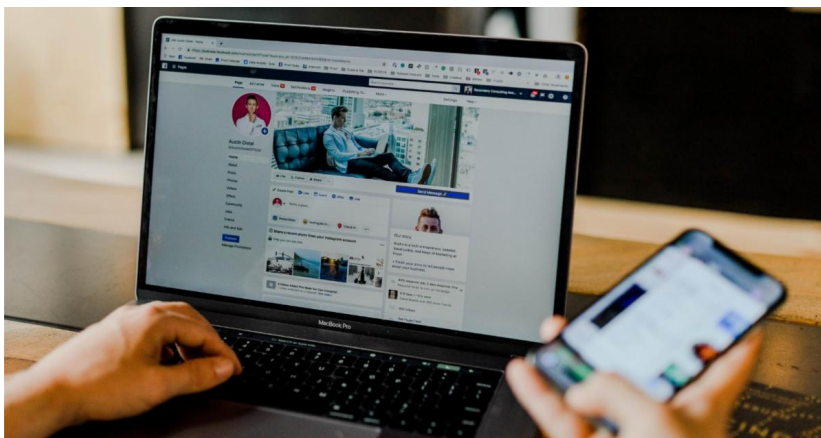
Welcome to our Incoming Council Members

President-Elect: **Steve Weinstein, MD**
Secretary: **Andrew Lancia, MD**
Councilor Position 1: **Dennis Beedle, MD**
Councilor Position 2: **Scott Gershan, MD**
Downstate Councilor: **Mary Dobbins, MD**
Resident/Fellow Rep: **Lala Way, MD**
Early Career Rep: **Chandan Khandai, MD**
APA Representative: **Shastri Swaminathan, MD**

COVID-19 Resources

IPS is monitoring the evolving COVID-19 pandemic in Illinois, and has created a resource guide for psychiatrists and the community. We will keep this page as updated as possible but please let us know if you have additional resources that you think would benefit the entire membership.

[COVID-19 Resources](#)



5 Ways to Curb Your Facebook Use During the CoViD Pandemic

By: Christina Girgis, MD

I am one of the biggest advocates of social media use for physicians, particularly for professional purposes. Social media use enhances networking, education, collegiality and advocacy efforts. More physicians use Facebook than any other platform, though Instagram, Twitter, YouTube and now TikTok are gaining

IPS Leadership:

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President Elect:

Susan Scherer, MD - 2019-2020

Treasurer:

Abdi Tinwalla, MD - 2019-2021

Secretary:

Steven Weinstein, MD - 2019-2021

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Cathy Gould, MD - 2018-2020

John Korpics, MD - 2019-2021

Aida Mihajlovic, MD - 2018-2020

Sandra Swantek, MD - 2019-2021

Early Career Psych Rep.:

Chandan Khandai, MD - 2019-2020

Resident/Fellow Rep.:

Mariam Aboukar, DO - 2019-2020

Downstate Councilor:

physician followers with time. As an avid Facebook user, I will use that platform for the following discussion.

While Facebook has some wonderful attributes, our reality and therefore our Facebook usage have recently changed with the novel Coronavirus pandemic. People are staying inside, working from home, with children out of school and nowhere to go. There's no toilet paper to be found and of course people are getting sick and dying. The uncertainty of it all is causing worsening anxiety and depression in our patients and ourselves.

[Read More](#)

Andrew Lancia, MD - 2019-2021

Immediate Past President:

Joshua Nathan, MD - 2019-2022

APA Representatives:

Arden Barnett, MD – 2019-2022

Jeffrey Bennett, MD – 2010-2022

Linda Gruenberg, DO – 2019-2022

Shastri Swaminathan, MD – 2017-2020

Mind Matters Editor:

Lala Way, MD

Illinois Psychiatric Society

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

Contact Us

