



MIND MATTERS

Official Publication of the Illinois Psychiatric Society

Spring 2021 | Issue 46

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 - PREVENTION

Dear Members,
If I ruled the world, I would look way upstream and try to stop the hurts that lead to people's illness. In the latter part of my career, I think of what I'd like for my patients, and I find that I wish they were not patients.

Most of the patients I see are in residential care or foster or adoptive families. They've suffered awful things and will have to live with those damages using whatever workarounds they can for as long as they live. Reading about all their psychiatric hospitalizations and placement changes is pretty heartbreaking. But what hurts most is to see the back story, the history of their parents and grandparents whose lives were just as hard.

So, I ask myself, how can we help keep these children safe? But that quickly goes to How can we keep these children from becoming parents too soon when they are hurt and never fully "grow up" to whatever their full potential might be.

Sex education: Are children learning about their bodies and how to take care of them? Have they seen models of attuned and nurturing parenting? Their own lives have shown them that bodies and emotions are unimportant, perhaps just so many inconveniences. Bodies and emotions are things for grown people to trample on, to exert authority.

Generation after generation grows up learning that they don't matter, and they might as well do whatever they want since they

In Memoriam

Goodbye from
the Editor

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IPS Mobile APP
here and allow
for push
notifications:



iOS

Google

won't live past 20 or so. Why plan? Let's get something - own something that people will admire - have a baby. Or get a gun.

A 14-year-old boy I saw last week was pleased to have taken a gun from his retired-alderman neighbor's garage. This is the third gun he has stolen. Adoptive mom found it under the sofa. The second gun he took to school. That didn't go well - he was not allowed to return. He has taken and sold diamond rings, phones, lots of things. He just needs something.

An 18-year-old boy I met last month has three children. I asked him how often he sees them. He looked sharply at me, defensively, and said, "as often as I want." There are three different moms. He doesn't and can't support any of them, and the girls are not interested in him parenting the little ones (one is going on three years old).

A 16-year-old girl I met is pregnant and homeless, or rather she is "couch surfing." Her problem is that wherever she finds shelter, her mother shows up. Mother is also homeless. Mom steals from the home where they've been allowed to stay, and they both then get kicked out. Mom is a drug addict.

One place where I work has a sign that says, "Safety is Treatment." And we also know that "Housing is Healing."

I'm so glad that some families will soon be getting government relief money. Poverty is horrible. It kills.

Carl Bell, MD, gave a talk at UIC in the late '80s about the harm caused by witnessing violence. He gave us shocking statistics about the number of kids coming to his clinic (Community Mental Health Council, closed in 2013 due to loss of funding) who had seen a person murdered. He talked about how that experience impacts development and expectations. When a teenager sees a 19-year-old murdered or hears of a friend or cousin murdered, he absorbs the impression that he too will die by that age. With such a foreshortened future, school becomes irrelevant.

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State Legislative Update

By: Mark Peysakhovich
IPS Legislative Consultant

The More Things Change, The More They Stay the Same



Even putting aside remote pandemic legislating via Zoom, it has been a time of dramatic change and upheaval in Illinois State Government. But at the same time, our advocacy is focusing on more of the same: protecting the safety of our most vulnerable patients by fending off another attempt to expand psychologist prescription privileges, allowing them to prescribe Schedule II drugs to everyone, including children and seniors.

Let's start with the new...

New Speaker Elected

Let's start with perhaps the most exciting change in Springfield, the election of State Rep. Emanuel Chris Welch (D-Hillside) by his peers. Speaker Welch is the first-ever African American Speaker of the Illinois House of Representatives. He took over as the long tenure of his predecessor State Rep. Mike Madigan ended with his recent resignation from the General Assembly. Madigan had served in that position for all but two years since 1983.

The Illinois Psychiatric Society was delighted to welcome Speaker Welch to provide the Keynote Address at the recent Region Four Legislative Institute of the American Psychiatric Association. Speaker Welch spent an hour talking to the group and taking questions, acknowledging that access to quality mental health services remains a priority in Illinois. He also noted the disproportionately high suicide rates among African Americans and predicted that a post-COVID surge of mental health problems is coming. He concluded by asking IPS to work with him to address the state's many mental health-related needs.

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Advocacy 101 - April 8

Advocacy Month - April

Financial Planning for Physicians - May 20

Retirement/Closing a Practice - June 17

Watch for more details coming soon for the following:

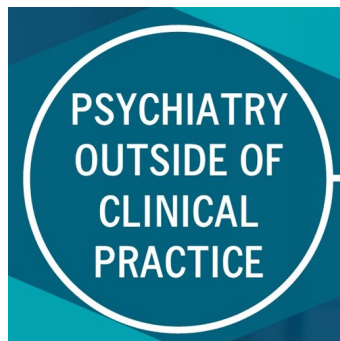
Resident Event - July

Trivia Night - August

Women's Event - September

Annual Meeting - October 9

IPS Launches Virtual Series



By: Jasleen Singh, MD

This year, Illinois Psychiatric Society is excited to host a Virtual Series, "Psychiatry Outside of Clinical Practice" occurring monthly on Thursday nights from February through June. This is an informal series that walks members through

various aspects of psychiatry that aren't commonly discussed or taught about during residency, including the business aspects of psychiatry. This educational series is aimed to impart useful knowledge across a range of career needs, from early practice to closing a practice. All sessions are recorded, and **prior sessions** are available for viewing through the IPS website.

The Virtual Series kicked off in February, discussing interviewing for jobs and contract negotiations. It featured an interactive panel Q&A featuring several members of our ECP Committee, as well as a contract lawyer who briefly discussed common pitfalls in contract negotiations. In March, the discussion transitioned to various aspects of private practice, with a panel of members in different styles and sizes of private practices who touched upon several topics including taking insurance, including psychotherapy, using EMR systems, taking overnight or

PRMS Psych-cess



PRMS is hosting their second iteration of **PRMS Psych-cess**, a virtual event for residents, fellows, and early career psychiatrists, on **Saturday, March 20th at 12pm EDT**, as well as **Tuesday, March 23rd at 7pm EDT**

emergency calls, and even billing. The next virtual session in April will be part of **Advocacy month**, and will feature IPS members and lobbyists who will discuss why advocacy is important and current IPS legislative priorities. It will also feature practical tips on how to become involved in advocacy, including at home activities. The May session will discuss Financial Planning for Physicians and the series will culminate with the June session on Retirement and Closing a Practice.

Register for the April Session - Advocacy 101



News Links From APA

[New Schizophrenia Guideline Resources](#)

[FAQs about Telepsychiatry](#)

[Project N95 – PPE Now Available 24/7](#)

[Update on 2021 Office/Outpatient E/M Billing and Documentation](#)



IPS is gearing up for another busy legislative session. We will be broadening our outreach and having a full month of virtual Advocacy/Lobbying activities during the month of April.

One of the components of **Advocacy Month** will be to set-up and facilitate short (20-30 min.) virtual group meetings with your legislators. These meetings will be done in small groups, with help from IPS and experienced members so, newcomers are encouraged to participate.

If you are interested in participating in this aspect of Virtual Advocacy Month, please complete the sign-up form below. If you do not know who your state legislators are, you can [look them up here](#) by inputting your HOME address.

Legislator Meeting Sign-Up

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Deadline to register for this activity is
March 26.

Two Psychiatry Residents to Create and Lead Class on Social Justice



Amber Bard, M.D.



Gabrielle Forestier, M.D.

By: Lala Park MD, Mind Matters Editor

I am proud to present two courageous, passionate resident physicians who led their peers in learning and talking about social justice and racism. These are essential yet often missing topics in our curriculum. Dr. Gabrielle Forestier and Dr. Amber Bard are third-year psychiatry

residents at the University of Chicago. In August 2020, the pair started a 4-part series class called Social Justice in Medicine and Psychiatry (hereafter referred to as "Series").

The goal of the class was to uncover structural and interpersonal racism and bias in medicine and psychiatry. This is important because racial discrimination and bias "inform our diagnosis, treatment process and therapeutic interactions with our patients," says Dr. Forestier. The Series started with a presentation on the history of racism in psychiatry, which turned into a discussion of race in the South Side Chicago, where the University of Chicago Medical Center is located. The Series concluded in November 2020 with discussions in trans-racial therapy in different settings, including inpatient, ED, and outpatient.

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APA Assembly Report

Arden Barnett MD, Jeffrey Bennett MD, Linda Gruenberg DO and Shastri Swaminathan MD

Your Representatives from IPS participate in the Assembly at large as well as being part of Area 4 Council of the Assembly.

Area 4 is a large geographic area comprising twelve Midwest states, each with one District Branch. The Area stretches from Ohio to the Dakotas and Minnesota to Missouri. The Area includes large DBs (e.g. Illinois Psychiatric Society) and small DBs (e.g. North Dakota Psychiatric Society).

The agenda at the Area 4 Council meetings held in conjunction with the Spring and Fall Assembly Meetings, generally revolves around the agenda of the Assembly with review of Action Papers and Position Statements.

The Area Council 4 meetings that occur in late winter and summer provide an opportunity to review specific DB issues in a more comprehensive manner.

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IPS Town Hall

By: Jasleen Singh, MD

On January 28, 2021, IPS hosted a virtual town hall with over 30 attendees. The event began with introductions by the executive board, former presidents, and attendees, who described their involvement with IPS and daily practice. After an extensive meet-and-greet of IPS members from various backgrounds, including several subspecialties and even residents, an outline was set for the rest of the town hall, to first provide an update on advocacy and subsequently hear from various IPS committees regarding updates and upcoming events.

The focus then shifted to recent accomplishments with advocacy and this year's plan to focus on telepsychiatry, access to care, and medical necessity bills. For the first time in 40 years, there is a new speaker of the Illinois house, and the General Advocacy Committee (GAC) hopes to speak with legislators as they form their opinions regarding upcoming bills and recruit more participants to help with this endeavor.

[Read More](#)

Member Spotlight

Michael Greenbaum, M.D.

Dr. Greenbaum is a child and adolescent psychiatrist who has been in private practice in Lake County since 1993. In addition to treating patients of all ages in his practice, he has been a consultant to various therapeutic day schools over these years, helping therapist trainees to work with and understand the diagnosis and

In Memoriam

IPS honors the members whose deaths were reported to APA from October 1, 2020, to December 31, 2020.

E. Eliot Benezra, M.D.
Downers Grove, Ill.

Charles L. Block, M.D.
Skokie, Ill.



treatment of psychiatric disorders in youth.

Since 1999, he has also been involved in clinical trials as a Principal Investigator at Capstone Clinical Research, partnering with Pharma in the development of medications for psychiatric disorders in children and adults.

His "second career" has been learning and performing Improv Comedy for the last 6 years. He is currently a member of 2 troupes: one of which, the **Therapy**

Players, is a group comprised of all mental health professionals. Many of the pieces they perform have psychological themes, and they have performed at various venues including mental health meetings and practices, both live and now virtually.

"Improvisation has strengthened my listening skills in my practice with patients and has allowed an outlet for creativity and to "play" and have fun, which is something we all need as humans. I would highly taking an improv class to anyone," said Dr. Greenbaum.

Robert M. Gluckman, M.D.
Glenview, Ill.

Robert Allan Greendale, M.D.
Highland Park, Ill.

David P. Gross, M.D.
Glenview, Ill.

Mortimer D. Gross, M.D.
Franklin Park, Ill.

Meyer Samuel Gunther, M.D.
Chicago, Ill.

Elaine S. Hacker, M.D.
Evanston, Ill.

Norris Hansell, M.D.
Champaign, Ill.

Yvonne S. Martens, M.D.
Monte Sereno, Ill.

Thomas C. Murphy, M.D.
Wilmette, Ill.

Joan Esther Patterson, M.D.
Willowbrook, Ill.

Ervin Varga, M.D.
Chicago, Ill.

Carl J. Wacker, M.D.
Mendota, Ill.

Eva L. Weber, M.D.
Chicago, Ill.

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Thank You and Goodbye from the Mind Matters Editor

By: Lala Park, MD

In a few months, I will be leaving the University of Chicago and Illinois Psychiatric Society for a



one-year fellowship in Addiction Psychiatry at the University of Washington. If you'd like to stay in touch with me, I am reachable at LalaPark17@gmail.com.

I started my intern year in Summer 2017 – that's when Dr. Bianca Busch, who was the IPS-RFM Committee

Chair at the time, introduced me to IPS. She and Dr. Daniel Yohanna have been my role models in advocacy. I cherish the memories from the pre-COVID days when Dr. Ishaq Lachin and Dr. Kristen Rosseau were my buddies on the Advocacy Day trips and at many other in-person IPS events. I am grateful to Dr. Hossam Mahmoud for giving me the privilege of being the Mind Matters editor and showing me the way. I am thankful to our President, Dr. Susan Scherer, for her approachability, openness, and genuineness in her leadership – what we needed during the difficult times we endured this past year. I really enjoyed working with Kristen Malloy and will not forget her outstanding organizational skills and her support for the IPS-RFM committee. And I will always admire Meryl Sosa for her expertise, passion, and leadership.

I will miss the core members of the IPS-RFM Committee: Dr. Jasleen Singh (Rosalind-Franklin), Dr. Perry Tsai (UIC), Dr. Sarah-Grace Carbrey (SIU), Dr. Jonathan Rubenstein (Peoria), Dr. David Rizk (Rush), Dr. Reuben Heyman-Kantor (Northwestern), among others. Each one of you helped me steer the Committee by actively taking on responsibilities. Together, we have shaped the RFM Committee's identity, and I'm proud of our upcoming mentorship program. I am confident that Dr. Jasleen Singh will do a fantastic job of taking care of the IPS-RFM Committee and the Newsletter when I'm gone.

Residency teaches a lot about medicine and psychiatry, but it can't teach everything; IPS has been an excellent place for learning outside residency. Thank you for giving me a leadership opportunity as the RFM Chair and for invaluable advocacy and networking opportunities through the Council and the Committees. There's nothing quite like being able to work with others who share the passion. Take care, everyone.



Congratulations, Meryl!

IPS Executive Director, Meryl Sosa, JD has been elected to join the NAMI-IL Board of Directors!

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Andrew Lancia, MD - 2020-2022

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Jeffrey Bennett, MD – 2019-2022

Linda Gruenberg, DO – 2019-2022

Shastri Swaminathan, MD – 2020-2023

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