

IPS 

MIND MATTERS

Official Publication of the Illinois Psychiatric Society

SPRING 2022 | ISSUE 50

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 -

I write this message in early March, deeply saddened and enraged as Ukrainians are murdered by the Russian military, and over one million Ukrainians are refugees. To paraphrase points made in a recent [Lancet article](#)¹, while world leaders and the media largely focus on physical harm, we know this crisis is jeopardizing the mental wellbeing of millions of individuals.

As psychiatrists, we need to “unmute”, to step out of our comfortable, usual focus on the individual patient. We need to condemn the war and war crimes, and become educators about the mental health consequences on the Ukrainian people. Early intervention programs that seek to curtail the mental health impact of this war are essential. Also, I encourage you to read this [statement](#) by the APA, to find ways to help.

In Illinois, our emphasis at IPS over the past year has been to develop a stronger, more engaging and more meaningful advocacy program. I am pleased to report that our efforts already have demonstrated great outcomes. Many members are passionate about our state legislative priorities, such as opposition to Senate Bill 2272, which sought expansion of psychologist prescribing to include children and seniors, and to prescribe stimulants. Due to our background advocacy in 2021, the Illinois Senate MH committee delayed its vote on this expansion of scope, as legislators made clear that some voices in the matter (including IPS) had not yet been heard. During this interim period, we made a few changes in our approach to legislative advocacy. Our lobbyist interacted more directly with a

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Details Coming
Soon!

Virtual Series -
March 31
April 28

ECP Event

Legislative
Roundtable

Rooftop Event

Career Fair

Annual Meeting

wider range of IPS members and stakeholders while increasing membership engagement in the process of legislative advocacy. In addition, IPS had ongoing communication with our psychologist colleagues who promoted expansion of their scope of practice; and IPS submitted language to address concerns about their credentialing process. We have been successful in delaying passage of hastily and poorly written legislation. Our first priority continues to be patient safety.

Also, IPS is pleased to announce that our combined efforts with many health partners lead to HFS finally providing billing codes for collaborative care services. This should lead to more health centers adopting a **collaborative care model**, where patients receive psychiatric care through their primary care providers, supported by psychiatric consultation. Further adoption of this model of care is an essential component to provide patients access to safe and effective mental health treatment.

We must continue our legislative advocacy so that IPS remains a credible and strong negotiating partner. IPS leadership and members continue to meet with legislators so they get to know us and know we look forward to working with them. My immense gratitude goes out to Ken Busch, MD and Susan Scherer, MD, Chairs of the Government Affairs Committee, for their guidance during this process. And as I have said before, don't be surprised if IPS reaches out to you to speak to your legislator.

IPS continues to offer our members outstanding programs to stay focused on and active in advancing health equity and anti-racism. We had a great turn out for the first two episodes of our 2022 Virtual Series, Health Equity Anti-Racism Training. In February, attendees heard excellent presentations on the social determinants of health, followed by a lively conversation on how psychiatrists can make a difference in this essential aspect of health. For all our hard work with patients, it was humbling to be reminded that most of our health is determined by things outside the doctor's office, such as quality housing, nutritious food, safe communities, and financial stability. I look forward to being part of the remaining sessions. On March 31, the HEAT session will address Social Justice in Psychiatry. Registration is now open, and you can register for this event [here](#). Stay tuned for the April event, which addresses how forming partnerships with community organizations is key to promoting better mental health within those communities.

Finally, I'm look forward to attending the APA national meeting, May 21-25, in New Orleans. You can register [here](#). A peaceful transfer of power occurs at the meeting, with Abdi Tinwalla MD, becoming the IPS President after a brief convocation. He has made significant contributions at President-elect, and I'm confident IPS will continue to benefit from his work as President.

Best wishes,
Steve Weinstein, MD
President, Illinois Psychiatric Society

**Virtual Series:
Health Equity Anti-
Racism Training
(HEAT)**

Health Equity Anti-Racism Training (HEAT)



Session 3:
March 31 at 6:30pm

**Social Justice in
Psychiatry: Panelists
Include:**

VIRTUAL SERIES | Thursdays at 6:30 pm



Patrice A. Harris, MD, M.A.
Co-Founder and CEO of
eMed
25+ years of private practice
in Adult, Child, Adolescent
and Forensic Psychiatry



Karla Fiaoni, JD
Defense Attorney
Former Chief of Police and
Assistant State Attorney



**Jessica Simpson
MD Candidate**
Loyola University Chicago
Stritch School of Medicine
(SSOM) and Founder of
White Coats for Black Lives
Chapter at SSOM

[REGISTER for the MARCH Session](#)

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IPS Sets the HEAT Series Ablaze with Session on Bias and Cultural/Structural Humility

By: Jasleen Singh, MD

IPS ignited the spark towards continued discussions regarding important themes of equity and diversity with its virtual series. The Health Equity Anti-Racism Training (HEAT) series will

occur monthly and feature expert panelists who will discuss topics of Bias and Cultural/Structural Humility, Social Determinants of Health and Health Disparities in Psychiatry, Social Justice in Psychiatry, and Community Partnership/Engagement.



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State Legislative Update

By: Mark Peysakhovich
IPS Legislative Consultant



Governor Pritzker Creates New Position to Coordinate Mental Health and Addiction Services and Policy

In February, Governor J.B. Pritzker released his proposed FY23 state budget. Fiscal highlights include a \$140 million boost to mental health care providers through rate enhancements as well as \$70 million allocated for a new 9-8-8 crisis hotline system, including call centers and crisis response services for mental health issues statewide.

In an important policy development, acknowledging growing public interest in mental health and the overwhelming demand for services, the Governor also announced that he is creating the position of Chief Behavioral Health Officer (CBHO) within his office. The CBHO will report directly to the Governor and serve as a member of his Cabinet.

The Governor's announcement builds on the work of several key legislators who are true experts and champions on mental health-related policy issues. They have been advocating for this office for years and have even introduced legislation establishing the state CBHO position. Specifically, the Illinois Psychiatric Society wishes to congratulate State Representative Deb Conroy and State Senators Sara Feigenholtz and Laura Fine for achieving this important policy goal and to thank them for their tireless work to expand and improve mental health services in Illinois.

We agree with the Governor when he said, "Behavioral health is an area where Representative Deb Conroy is a real leader, and with partners across the [Statehouse] rotunda like Senators Sara Feigenholtz and Laura Fine, I'm confident the Chief Behavioral Health Officer will succeed in streamlining and coordinating these services across state agencies."

The IPS will continue to provide input to officials as the new CBHO policy is implemented and a search for candidates for this crucial position is conducted.

Mindfulness Matters

By: Sally Chu, MD

Wake up. Go to work. Go home. Sleep. Wake up. Work. Home. Sleep. For many, this easily becomes a typical routine when focusing on our desire to succeed professionally, especially during the pandemic when following social distancing guidelines. Occasionally this routine may be broken up by a conference, a meeting, or a day off, but frequently each day can be summarized by the same framework: wake up, go to work, go home, sleep. Eventually, the routine may become mundane, and burnout may settle in due to stressors at work or at home, despite one's best efforts. It is important in times like these to have incorporated into your routine something to help you destress and to be aware of things that could break the routine, whether that is an exercise class, meditation, going out to eat, a night in, catching up with friends or family, or something else to unwind.



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Social Media Matters

Member Spotlight - Anita Rao, MD

By: Nik Raju, MD

Facebook, Instagram, Twitter, Snapchat, TikTok. In the midst of our busy professional and personal lives, it can be tempting to tune out the chatter in the virtual world and focus on the world physically in front of us. Many of us remember - like it was yesterday - the days of dial-up Internet that would occupy the household telephone line as well as the first email clients that would ping us when a new message arrived. You might be thinking, "Why engage in a technology that is seemingly so new?" Anyway, "Isn't social media primarily used by teenagers and college students?"

Certainly, teenagers and young adults were among the earlier users of social media, especially at the time each of these platforms went online. According to Pew Research Center survey data, in 2006, only 11% of American adults 18 years and older were using social media.

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The guiding principle throughout my career has been to integrate the expert lens of psychiatrists with individuals who are experts in their unique lived experiences. I operate at the intersection of psychiatry, the media, medicine, the public, and the private sector. However, most recently, I have focused my attention on mental health and media in recognizing its vitality to mental health literacy and empowering the public through self-knowledge. Most importantly, I have observed a dearth of psychiatric representation leaving a gaping hole in the public discourse of the spectrum of mental illness and mental wellness, thereby creating a vacuum of misinformation.

Currently, I am the first physician to be an MIT Open Documentary Visiting Fellow, exploring documentary forms, mainly focusing on collaborative, interactive, and immersive storytelling and examining its novel application to mental health literacy.

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IPS RFM Committee Launches "Real Talk" Initiative

By: Jasleen Singh, MD

The IPS Resident-Fellow Member (RFM) committee is piloting a new initiative to better serve the interests of our resident-fellow members. The first two events of this new format will occur in April and June, with a plan to develop further sessions on a regular basis, starting this summer!

The committee is shortening the monthly meeting and condensing the normal meeting with its updates and discussions to the first 30 minutes. The second half-hour of the meeting will be reserved for this new initiative, coined "Real Talk". The goal of this initiative is to allow 30 minutes for residents and fellows to have an informal conversation with an attending. These sessions will be targeted *specifically* towards RFM interests, allowing for discussion of various topics including subspecialties, academia, private practice, contract negotiation, work-life balance, etc. The goal of this "Real Talk" initiative is to allow for a short, low-key informational session where RMFs can have their questions answered in real time, on various topics, from people with various perspectives!

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Janssen Neuroscience applauds those working together at the county, state, and federal levels, especially at the intersection of criminal justice and mental health reform, to champion a better future for individuals with serious mental illness, including schizophrenia and mood disorders.

We can and should continue to set a higher standard for how we support individuals with serious mental illness.

Janssen's unwavering commitment to delivering innovative mental health therapies spans 50 years, and we will continue to champion treatments to improve the lives of those with serious mental illness.



PHARMACEUTICAL COMPANIES OF *Johnson & Johnson*

Yoshie Ford, Unlited Artwork from Reflectors Art in Health



"When a person living with serious mental illness relapses, it's devastating and progressively makes it harder to achieve their potential. That's why we continue to work tirelessly to provide medicines and conduct research that offer hope for the individual and their families, so they can live fulfilling and healthier lives."

—Courtney Billington
President, Janssen Neuroscience

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IPS Medical Student Committee Kicks Off!

By: Julia Lambert

The Illinois Psychiatric Society Medical Student Committee has finally taken off! With students from several medical schools across the state meeting monthly, we have begun to piece together the future of this uniquely collaborative

group.

While those working behind the scenes have been doing so for some time now, after much anticipation our first official meeting kicked off in early December, making us an incredible 3 (almost 4!) months old. Rest assured, we have done so much more than your average 3-month-old. During this time, the group has already been evolving and changing as students from now 4 medical schools meet to get to know one another and deliberate their goals and visions for what is to come.

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Mental Health Stigma in South



Behaviorist vs. Psychiatrist:

Asian Communities

By: Jasleen Singh, MD

Society has witnessed major advancements in science and technology, yet stigma against mental health persists. The recent public focus on mental health has resulted from increased advocacy efforts. Nowadays, we often hear celebrities discuss personal struggles with mental health on various social media platforms. During the COVID-19 pandemic, the rising incidence of suicide and psychiatric diagnoses has hastened the need to address societal stigma against mental health.

[MORE](#)

Reflections from Past IPS President

By: Alex Spadoni, MD

An alarming trend appears to be occurring in Illinois and throughout the country: replacements of words psychiatry and psychiatrist with behavior disorders. Departments of psychiatry have now become departments of behavioral sciences. Hospital psychiatric units are now behavioral units. Outpatient clinics are now behavioral resources. When did schizophrenia, bipolar illness, depression, and anxiety become behavioral problems?

[MORE](#)



Mentorship Matters! IPS Launches New Mentorship Program

By: Jasleen Singh

In early 2021, IPS developed a mentorship program for resident, fellow and ECP members to engage in a personalized program with attending mentors for guidance, career advice, or even general life advice. Mentorship opportunities were structured based on results of collected surveys in order to accommodate the needs of IPS members and find mentors with knowledge/expertise to meet such needs.

This year, IPS has launched a new mentorship program to broaden the scope and allow for resident/fellow members to serve as mentors for medical students. In a joint effort with the newly formed IPS Medical Student committee, medical students are able to receive guidance and mentorship from residents/fellows regarding medical school, the field of psychiatry, psychiatric subspecialties, the residency application process, and any other topic they choose to discuss!

As we launch this new MSR (Medical Student/Resident) Mentorship program, the original Mentorship program for RFM/attendings has also been relaunched for those who may have not had the opportunity to participate previously.

Please see the below surveys to participate in either/both mentorship programs. Surveys must be filled out by March 31st, as pairings will be finalized and established in April.

For **medical students interested in receiving mentorship**, please fill out the following survey: <https://forms.gle/nPdhXRkBvRhxD6L6>

For **residents/fellows interested in providing mentorship** to medical students, please fill out the following survey: <https://forms.gle/NPzE7YihDhZQeuEr5>

For **residents/fellows/ECPs interested in receiving mentorship** from attendings, please fill out the following survey: <https://forms.gle/xAwoaxhBtuKUC2PY8>

For **ECPs/attendings interested in providing mentorship** to residents/fellows, please fill out the following survey: <https://forms.gle/AZXH7Q5vJtwNMpKA7>

Current Mentorship Program Testimonials:

"This mentorship program has been invaluable and is such a unique offering. Thoughtful mentorship, especially for early career psychiatrists at pivotal, early stages of their

career, can be life-changing -- it has been for me." ~ECP Mentee

"Very rewarding experience. I have enjoyed the opportunity to meet with and engage with my resident. My resident is engaged, productive, and interested"
~Attending Mentor

"This has been a great program and I've learned quite a bit from my mentor. I hope this pilot program continues."
~Resident Mentee

"I have enjoyed working as a mentor...I would be glad to be linked with other mentees."
~Attending Mentor



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Learn About the Collaborative Care Model

Article from APA - Explore this effective model in integrated care.

Over the past decade, the integration of behavioral health and general medical services has been shown to improve patient outcomes, save money, and reduce stigma related to mental health. Significant research spanning three decades has identified one model – the Collaborative Care Model – in particular, as being effective and efficient in delivering integrated care.

The report [**Dissemination of Integrated Care Within Adult Primary Care Settings: The Collaborative Care Model**](#), developed jointly by the American Psychiatric Association (APA) and Academy of Psychosomatic Medicine (APM), reviews the current evidence-base for the Collaborative Care Model, essential implementation elements with detailed examples, lessons learned by those who have implemented the model, and recommendations for how to advance its use to better meet the whole health needs people with mental health conditions

[**MORE**](#)

A Glimpse Inside the IPS Retirement Committee

By: Gunnbjørg Lavoll, MD



The Retirement Committee is a group of retired psychiatrists within the Illinois Psychiatric Society, which has a goal of sharing common interests.

When you retire, you can lose your sense of identity. Leaving one's medical profession provokes a sense of losing structure, of having lost meaning and direction. We experience existence as chaos, being in the heart of a maelstrom.

IPS Leadership:

President:

Steven Weinstein MD -2021-2022

President Elect:

Abdi Tinwalla, MD - 2021-2022

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Andrew Lancia, MD - 2021-2023

Secretary:

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Dennis Beedle, MD - 2020-2022

Peter Chien, MD - 2021-2023

Scott Gershan, MD - 2020-2022

Christina Girgis, MD - 2021-2023

Early Career Psych Rep.:

Sudhakar Shenoy, MD - 2021-2022

Resident/Fellow Rep.:

However, retirement can also be a time of integration and creativity and connecting with friends and family. There is time to reflect and learn about the world and society from lenses other than from that of medicine.

The Retirement Committee tries to address this profound change and new stage of life. Due to the COVID-19 pandemic we have met virtually via Zoom for about a year.

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Jasleen Singh, MD - 2021-2022

Downstate Councilor:

Mary Dobbins, MD - 2020-2022

Immediate Past President:

Susan Scherer, MD - 2021-2024

APA Representatives:

Arden Barnett, MD – 2019-2022

Jeffrey Bennett, MD – 2019-2022

Linda Gruenberg, DO – 2019-2022

Shastri Swaminathan, MD – 2020-2023

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