



MIND MATTERS

Official Publication of the Illinois Psychiatric Society

SPRING 2023 | ISSUE 54

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

Hello fellow colleagues,
As I write this message, I am realizing that this is my last message as President of IPS and the year has gone by so quickly. There is so much work to be done, but I am glad to be

leaving the job in the capable hands of my successor, Dr. Andrew Lancia. I will continue to work with him and the Executive Council as the immediate past president. I do want to thank Kristen Malloy for the many years of dedicated service she has provided to IPS and in recognition of her work, the council has promoted her to the position of Interim Executive Director. She has been instrumental in keeping IPS going after the departure of our previous Executive Director, Ms. Meryl Sosa.

I am pleased to update our members that thanks to the hard work put in by our Advocacy, Lobbying and Communications teams, and support from APA, we were able to prevent the psychologist prescribing bill to move out of the senate committee this time around. Please refer to the detailed article in this newsletter for more information regarding the history of the psychologists prescribing bill in Illinois. Our work is not done and IPS will continue to fight for patient safety and improved

State Rep
Lindsey
LaPointe with
IPS at Area 4

The 'M' Word

IPS at the APA
PAC Event

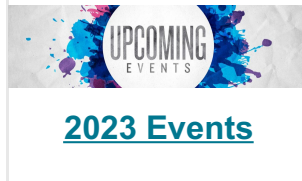
Mental Health
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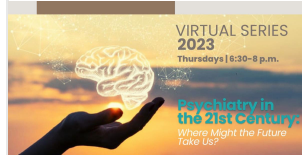
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MD

Privacy Matters
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Dr. Stevan
Weine's new
book: Best
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2023 Events



April 27 Virtual Series: Session 4



May 12- Addressing Pediatric Mental Health in Emergency Clinical Setting

access to psychiatric services in Illinois. We need IPS members to continue to work with their legislators and the public to help educate them regarding the dangers of prescribing without appropriate training and safeguards in place. IPS will continue to develop a community presence by participating in various health fairs and committees hosted by government organizations such as HFS, DHS, Illinois Courts, IDFPR and many others. I encourage our members to reach out to Kristen Malloy if they have an interest in participating.

In this message, I also wanted to acknowledge all the hard work our IPS subcommittees have been putting in every year. A big thank you to all the committee chairs and their committee members. IPS does a lot of its leg work at the committee level, and we want to include any members interested in serving.

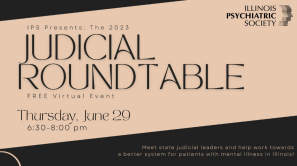
The Planning Committee has been working hard to bring you all the programming and networking events for the 2023 year, including an upcoming Judicial Roundtable with key players in the Mental Health Court system as a first step in working together towards a better system for all our patients. The Annual Meeting is scheduled for October 7 at the Le Meridian in Oak Brook, IL. This year's theme is "Commitment to Patients, Commitment to Life" and will include educational sessions on suicide prevention, 9-8-8, drug court and commitment issues, and physician burnout. It will also include the first-ever poster session for medical students and residents along with the usual awards dinner. Be on the look out for information regarding these and other exciting events throughout the year.

The Child and Adolescent committee has been working closely with the Illinois Council of Child and Adolescent Psychiatrist (ICCAP) to develop a virtual collaborative care event scheduled for May 12 that will address the pediatric mental health emergency and ways that all physicians can work together.

The Heath Equity and Anti-Racism committee (HEAR-C) has developed the first Carl C. Bell Memorial Award and Essay contest for Illinois high school students, and we are excited to announce that even though the deadline for essays is not until June 1, we have already received a handful of submissions.

The Early Career Psychiatrist (ECP) committee is for those who are within 1-7 years out of training. This committee is starting to have some informal get togethers to connect over their shared experiences and they are developing a new and exciting leadership training program within IPS.

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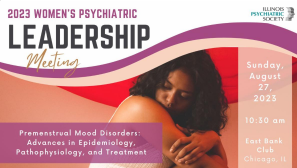


June 29
Judicial
Roundtable



July 20
Rooftop
Terrace Happy
Hour

July 29
MOORE Equity
5K



August 27
Women's
Psychiatric
Leadership
Meeting

October 7
Annual Meeting
"Commitment
to Patients,
Commitment to
Life."
Details Coming
SOON!



State Legislative Update

By: Mark Peysakhovich, *IPS Legislative Consultant*

Legislative session for the newly sworn in Illinois General Assembly started in mid-January this year. Since then, 2,545 bills have been introduced in the state Senate and 4,014 bills have been introduced in the state House of Representatives. The legislature continues to work through those bills as its scheduled May 19, 2023 adjournment looms ever closer.

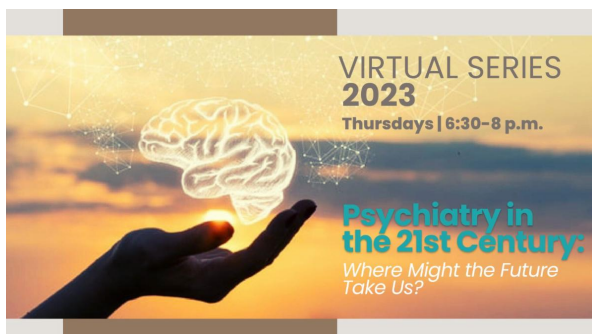
Of those, 6,500+ pieces of legislation, hundreds touch on various aspects of behavioral and mental health and health care. The Illinois Psychiatric Society leadership team has invested countless hours working through hundreds of those bills to determine their relevance and priority in relation with IPS' mission.

In the coming months, we will be closely tracking and taking action on dozens and perhaps hundreds of bills prioritized by IPS.

Among these many important legislative proposals, three key bills stand out at this point in the legislative process. Here is some information on those bills:

IPS **supports** House Bill 3978, which establishes a state scholarship program for psychiatric residents who commit to staying and practicing in Illinois for a specified amount of time. The bill helps improve patient access to psychiatric services by increasing the number of psychiatrists available to meet the needs of Illinois' patients.

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2023 Virtual Series:

Psychiatry in the 21st Century

Last Session: April 27

Addressing Cannabis Use in a Changing Legal Landscape

Guest Speakers: Jesse D. Hinckley, MD, PhD

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PRACTICING PART-TIME? WE CAN COVER YOU

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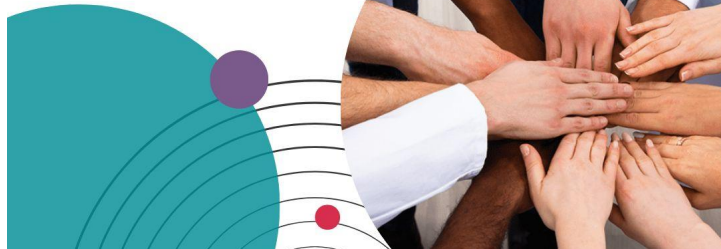


VIRTUAL WORKSHOP AND DISCUSSION FORUM

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



Access to mental health has long been a challenge, even for those of means. Join us for an interdisciplinary collaboration of pediatricians, family medicine physicians, and psychiatrists as they present different case vignettes and discuss their respective approaches to case formulation and management. Learn from the experts working in collaborative care and take a step towards greater access to the gold-standard of care provided to Illinois patients. Topics for discussion include developmental disorders (e.g., autism spectrum disorder,) regulation disorders (e.g., ADHD, mood disorders), and trauma in the context of the COVID-19 pandemic.

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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
Space is Limited.

Advocacy in Springfield:

Opposing Scope Expansion with Prescribing Psychologists

By: The IPS GAC Leadership Team



Psychologists have pushed for prescription privileges since the early 90s. Many bills have been introduced across the country for many years. While the majority of these bills have been rejected, there are 6 states (Illinois, New Mexico, Louisiana, Iowa, Idaho, and Colorado) that have passed laws to allow psychologists to prescribe. Each state has slightly different requirements, but the general premise is the same.

In Illinois, IPS has vigorously opposed legislation that allows prescribing privileges for psychologists (RxP) for decades. However, in 2014, the Senate President Pro-Tempore re-introduced the psychology prescribing legislation in Illinois. Despite our strong opposition, the proponents for the psychologist prescribing bill were able to get the legislation passed. IPS's strong lobbying efforts didn't stop there. We then successfully worked to incorporate important language, crucial for patient safety. Our contributions ensured didactic and practical education standards, and limitations on scope. They were not allowed to prescribe to patients under 17 or over 65, or to anyone pregnant or with serious medical conditions, developmental or intellectual disability. They were not permitted to prescribe narcotics, stimulants, or benzodiazepines. Psychologists from out of state could not be licensed without meeting the Illinois standards.

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IPS Meets with IDFPR

By Dr. Joshua Nathan

As spring warmth broke through Illinois' unpredictably icy winds, IPS representatives met with leadership from the Illinois Department of Financial and Professional Regulation (IDFPR) to inaugurate our working relationship.

Representing IPS were President Abdi Tinwalla MD, President-elect Andrew Lancia MD, Past President



What it is like to be in Leadership Role in the APA Assembly

By: Kenneth Busch, MD
Area 4 Representative, APA Assembly

Many of you know what the APA Assembly is all about. So, I would like to take this opportunity to share with you my particular role as Area 4 Representative. The entire Assembly is divided into 7 Areas. Each Area consists of several

Steve Weinstein MD, Council Member Joshua Nathan MD, Interim Executive Director Kristen Malloy, and IPS's contract lobbyist Mark Peysakhovich. We were honored to have a 60-minute meeting with Secretary Mario Treto, Director Cecelia Abundis, Deputy Secretary Paul A. Isaac, Deputy Director Sarah Snow, and Chief Medical Officer Shami Goyal MD. During introductions, Secretary Treto shared that he served previously as Chairman of the Board for Howard Brown Health, where he supported mental health care providers, and developed his understanding of the critical role IDFPF plays in the health and safety of physicians, other health care providers, and all the people of Illinois.

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states, except Area 2 for New York and Area 6 for California. Area 4 includes 12 Midwest states with Illinois, Ohio and Michigan among the largest and North Dakota and South Dakota being some of the smallest. Assembly delegates for each state are elected by constituents in their District Branches while the Representative (Chair) for each Area is elected by the delegates from that particular region.

IPS has a long tradition of leadership in the Assembly and APA. To recall some for their dedicated service: Dr. Nada Stotland, Dr. Daniel Anzia, and Dr. Sidney Weissman. And a few since deceased: Dr. Prakash Desai and Dr. Patrick Staunton.

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Community Engagement: CCOM Medical Students Paint Murals at a Therapeutic Day School

By: Julia Lambert, OMS-II, CCOM

As medical students and physicians, we have a unique obligation to our respective communities. Lawrence Hall is an organization that emphasizes this with respect to a rather impressionable population. The program is a community-based organization committed to helping Chicago's youth, families, and communities heal

from the adverse effects of childhood trauma. Francesca Valenziano, the Volunteer Coordinator, describes the program as annually serving over 1,400 youth and families. The core programs offered help peel back various difficult layers of childhood trauma and foster long-term healing, stability, and connection.

Some of the core programs that Lawrence Hall offers include:

- Child and Family Treatment Center (CFTC): Providing treatment intervention for youth experiencing extreme emotional challenges, including residential services as well as behavioral and creative therapies.

- Therapeutic Day School: Creating individualized educational programs for every student and fostering autonomy, skill mastery, and experiential learning.
- Creative Therapies: Encouraging healing and self-discovery through guided fine art and recreational activities.
- Foster Care: Providing safe, nurturing homes for children who have been removed from their birth families due to neglect and/or abuse.
- Transitional and Independent Living: Teaching older adolescents ages 17-21 how to successfully live on their own.

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A Peek into Psychiatry in the 21st Century: IPS Kicks Off 2023 Virtual Series

By: Jasleen Singh

Celebrating advances in the field of Psychiatry, this year IPS continued its annual virtual series with a four-part lecture series centered around the theme of “Psychiatry in the 21st Century: Where Might the Future Take Us?”.

Attended by about forty people, the first lecture featured Dr. Philip Janicak, MD who discussed Advances in Therapeutic Neuromodulation. Falling under the general umbrella of interventional psychiatry, neuromodulation includes both invasive and non-invasive techniques, with non-invasive methodologies further being broken down into whether seizure activity is involved in the technique, as seen with Electroconvulsive therapy (ECT).

Dr. Janicak focused much of his lecture on FDA-cleared neuromodulation techniques of ECT and TMS. FDA-clearance is a concept used for medical devices and focuses on safety, as opposed to FDA-approval, which applies to medications. Other FDA-cleared neuromodulation techniques include Deep Brain Stimulation (DBS) and Vagal Nerve Stimulation (VNS)

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State Representative Lindsey LaPointe with IPS at Area 4 Legislative Institute

By: Kenneth Busch MD, Susan Scherer MD, Sudhakar Shenoy MD

It was an absolute honor and privilege for IPS to join State Representative Lindsey LaPointe at the annual Legislative Institute hosted by Area 4 of the APA Assembly. The institute was part of Area 4’s winter meeting focusing on advocacy and legislative affairs on Capitol Hill

and in the surrounding states in the region.



Prior to becoming a full-time legislator, Representative LaPointe received a master's degree in social work from the Jane Adams College of Social Work at the University of Illinois in Chicago and worked on justice reform and addressing homelessness. Since 2019 she is serving as Representative for the 19th district in the Illinois House on the northwest side of Chicago. Representative LaPointe was our Keynote Speaker at the institute and shared her views on mental health and ways to make improvement.

Of particular importance was the recent appointment of Representative LaPointe to Chair the House Mental Health and Addiction

Committee in the 103rd General Assembly in Springfield. In her presentation she talked about collaboration and partnerships with psychiatrists and other professionals to address a wide variety of mental health challenges facing our communities.

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The 'M' Word – Balancing Choice and Necessity

By: Gary Wu, MD

Some time ago, I came across an article in the New

York Times titled 'Doctors Gave Her Antipsychotics. She Decides to Live With Her Voices' authored by Daniel Bergner. The article briefly touches upon the history of antipsychotics and highlights a woman's journey through navigating the voices in her head, trying to understand the voices, and walking the reader through her personal choice to co-exist with her voices rather than to medicate herself. Ultimately, she set out to lead Hearing Voices Network (HVN) groups to bring awareness to the fact that the M-word (medication) is not the single panacea for mental illness. As the article references, this movement shifts mainstream thinking away from medications toward acceptance and co-existence with our current understanding of psychiatry and

IPS at the APA PAC Event in Chicago



It was a pleasure and honor for IPS and Area 4 of the APA Assembly to host Congressman Jonathan Jackson and Congressman Raja Krishnamoorthi at the Sheraton Suites O'Hare Hotel. The event was organized by the APA PAC committee and Area 4 as part of their winter meeting.

Congressman Jackson started serving in 2023 representing the 1st district of Illinois after former Congressman Bobby Rush announced his retirement. Congressman Krishnamoorthi is serving his 4th term and represents the 8th district including many of the northwest and western suburbs of Chicago.



They shared their views on what is happening in the U.S. House of Representatives on Capitol Hill in regard to mental health. We thank both Members of Congress for taking the time to join us with Area 4 and hope to serve as a resource to them in the future.



Mental Health and M2 Year

By Seerat Dhindsa, OMS-II

Isolation and guilt can be unfortunate side effects of the second year of medical school (M2 year). The study hours run rampant, especially as spring approaches and board examination season approaches with it. A post-boards life is simultaneously the light at the end of the tunnel and unfathomable. For those who do not have flourishing support systems - or those who may face



Mental Health While on Medical School Rotations

By: Tristan Hazebrook, CCOM OMS-III

Imagine starting a new job every 4 weeks, meeting an entirely new group of people, building a new expertise, and on top of all those things, not even knowing where the bathroom is. Not only is it an introvert's nightmare, but it is also known as the "third year of medical school." Many look forward to these two years as we finally get to put all

obstacles in protecting their time and well-being due to socioeconomic, personal, or cultural barriers - existing through this experience can quickly become overwhelming. For those with support, the guilt accompanying maintenance of relationships compounds upon the ever-present study guilt. Activities and special events with family and friends are often missed, and true understanding of our niche experience is difficult to find outside of the medical school world.

Being seen by others has never been more vital, which is why I have gathered some quotes from my peers hoping to offer greater community. The question posed is simple, but necessary:

[MORE](#)

our hard-earned knowledge to the test. The sweatpants change to scrubs and a white coat, and we embark on the “journey of a lifetime.” While it is an exciting change of pace from the monotony of studying, there are so many unknowns in front of you every day. The rigorous testing schedule is gone, but in return you have no schedule at all. Can you commit to dinner next week with friends, or do you have to cancel again, because you may be working till 7 pm and don’t know it yet? Planning trips becomes near impossible considering you’ll be starting a new rotation in April, and you aren’t sure if they work weekends or even when they work.

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Member spotlight: Christina Carr MD

In this spotlight, Dr. Sudhakar Shenoy, Council Member and Chair of the Early Career Psychiatrists Committee, interviews Dr. Christina Carr, who is a proud IPS member and a psychiatrist at the Sheridan Correctional Center for Illinois Dept of Corrections (IDOC) through Wexford Health Sources Inc.

Q. Dr. Shenoy: Dr. Carr, thank you so much for doing this interview with me on International Women’s Day. Can you tell me about yourself?

A. Dr. Carr: First and foremost, I am a mom to a wonderful 7-year-old daughter. I am a wife and a proud sister to 5 brothers and sisters. Originally, I’m from San Antonio, TX. I first studied theater, including theater as a political tool, and comparative religion in college before I went off to work as a political organizer for electoral and social justice campaigns. I got to do a lot of exciting work, including working on former President Obama’s senate campaign and organizing for Planned Parenthood. During those years, I developed an appreciation for the work needed in improving community healthcare, especially mental healthcare. I eventually went to medical school when I was 30 years old, and I knew I wanted to be a psychiatrist.

Q. Dr. Shenoy: That is a fascinating transition. Where did you do your med school and training?

A. Dr. Carr: I trained at Harvard for both Medical School and Psychiatry residency. I specifically chose to pursue residency at one of the five Harvard-based psychiatry

programs with a focus on community mental health and psychotherapy.

Q. Dr. Shenoy: Boston must have been an expensive city to live in during med school. How did you stay afloat?

A. Dr. Carr: Well, I had a boat! I mean, literally! Housing was so expensive that my partner and I decided to live on a boat. So, we bought a boat online for \$3000 off something like Craigslist. We weren't sure it would float, we were cramped for space, and the roof leaked everywhere when it rained.

Q. Dr. Shenoy: That's one impressive way to run a tight ship. You had your daughter during residency and entered motherhood. Surely that must have rocked the boat?

A. Dr. Carr: Ha-ha! Yes, one of my fondest memories is when my daughter was learning to walk, she would be swaying as the boat swayed. I would often wonder if it was her waddling or was it the boat?

Q. Dr. Shenoy: How has life changed now that you have moved inland to Illinois?

A. Dr. Carr: I live in rural Illinois on 9 acres of land, open skies, and expansive flatlands. When we moved here, we immediately got chickens and a pet pig. My daughter has her cousins and family around. We moved to Illinois to be around my husband's family. I certainly do not miss the boat life, but I miss the boating community dearly.

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Privacy Matters on Social Media

By: Christina Girgis

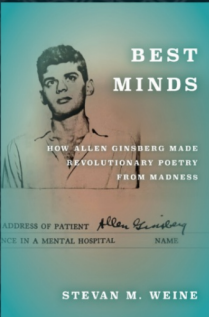
Social media has become an integral part of our lives and it is no surprise that our privacy is often at risk when using these platforms. With so much of our personal data being shared and stored on social media, it is important to be aware of the

potential dangers that exist. It is also an important tool for physicians to stay connected with their patients, colleagues, and the medical community. However, there are risks associated with using social media that physicians must be aware of to ensure their patients' privacy is protected.

As a physician, patients trust you with their most personal and sensitive information. It is therefore your responsibility to protect their privacy and maintain their trust. With the rise of social media, however, it can be easy to accidentally breach that trust by sharing information that should remain confidential.

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BOOK TOUR



MARCH 2023	MAY 2023
• P & T KNITWEAR	• NAROPA UNIVERSITY
APRIL 2023	• AADPPP ANNUAL MEETING
• THIRD MIND BOOKS	• MECHANICS' INSTITUTE
• THE SEMINARY CO-OP	JUNE 2023
• YALE CHILD STUDY CENTER	• THE WORLD OF BOB DYLAN 2023
• UIC HUMANITIES INSTITUTE	SEPTEMBER 2023
• UIC COLLEGE OF MEDICINE	• THE CUT-UPS @ 2023
• FROLIC & DETOUR	• BEATS CONFERENCE
• COLUMBIA UNIVERSITY CLUB OF CHICAGO	
• POLITICS & PROSE	

MORE INFO <https://conta.cc/3L3sgA4>

Mind Matters Speaks with Dr. Stevan Weine about his new book *Best*



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Minds: How Allen Ginsberg Made Revolutionary Poetry from Madness

(Fordham University Press, 2023).

What is your elevator pitch for Best Minds?

Best Minds is a revelatory look at how poet Allen Ginsberg transformed experiences of mental illness and madness into some of the most powerful and widely read poems of the twentieth century.

What drew you to Allen Ginsberg?

His poems, especially his 1956 poem “Howl” which opens with: “I saw the best minds of my generation destroyed by madness.” His poems shook the walls of the city and they centered on madness and mental illness, which was also an important part of his life. This was a mystery I wanted to investigate.

How did Best Minds come about?

I read everything I could find on Ginsberg, but had more questions, so I wrote him a letter and a few days later he called me back. He asked me if I was writing a book. He then gave me access to his archives, to his psychiatric records and those of his mother, and let me interview him several times. This was an incredible opportunity to explore the mysteries of the relationship between life experience and art.

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