

IPS 

MIND

MATTERS

Official Publication of the Illinois Psychiatric Society

SUMMER 2021 | ISSUE 47

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 -

Becoming the President of IPS is an honor and privilege. I want to acknowledge and thank immediate Past-President Susan Scherer, MD, and Past President Hossam Mahmoud, MD, for their leadership and mentoring.

Many of us are breathing a sigh of relief as masks get put in the drawer for now, and we try to establish a new normal. Unfortunately, this positive news comes as so many Illinois families grieve their losses. The year forced us to see the rates at which Black and Brown people are dying from health care inequity, violent policing, and intra community violence. We have lived through a year of protests, rioting and insurrection. IPS is committed to doing the important work to address systemic racism, violence, and poverty, especially as it impacts community and individual trauma.

Our IPS Council and Committees are dedicating time and energy to become an anti-racist organization. Our Mission Statement, "To advocate for the highest quality care for patients with psychiatric disorders which include substance use disorders, to represent the profession of psychiatry, and to serve the professional needs of its membership," bends under the weight of our state and national crises and suggests we need to re-engage in strategic planning. Yet IPS has begun to respond. Under the leadership of Dr. Mahmoud, IPS revised our By-laws to lower barriers for IPS members to nominate themselves or others to our governing Council. We strive to have the Council reflect the diversity of our communities. In addition, I am excited to partner with and support Adrienne Adams, MD, and Joshua Eloge, MD, Co-Chairs of the newly formed Anti-Racism

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Committee. Both efforts are promising reflections of the commitment IPS is making to look internally, as well as being effective mental health advocates for all citizens of Illinois.

IPS has a long history of effective legislative advocacy for psychiatry through our Government Affairs Committee, and its Chair, Ken Busch, MD. We are focusing on a few key pieces of legislation. IPS is strenuously opposing [SB2272](#). This legislation would allow psychologists who are licensed to prescribe psychotropic medications in Illinois to treat children, the elderly, and prescribe schedule II medications. While IPS will make the case that our psychologist-prescribing colleagues lack the education and training to treat these vulnerable populations, psychiatry is left to answer who will. We know a significant percentage of psychiatrists are older and are expected to retire soon. Demand for a spot in a psychiatric residency program is increasing among medical students but the number of psychiatry residency programs remains unchanged. Our IMG colleagues are getting left out of residency programs. This reduces the number of psychiatrists who practice in underserved areas, for example, to fulfill J1 visa requirements. IPS will be a leading voice to promote access to psychiatric care which is safe and evidence-based.

In 2019, IPS achieved some success on the path to increasing access to safe and effective psychiatric care when the Illinois legislature passed a bill drafted by APA, requiring the Illinois Department of Insurance (IDOI) and the Illinois Department of Health and Family Services (HFS) to pay for collaborative care codes.

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State Legislative Update -

By: Mark Peysakhovich
IPS Legislative
Consultant

Mental Health Policy Takes Central Stage in Springfield

As the mental health impacts of the pandemic continue to reverberate, society's very perception of the concept of "mental health" is evolving in real time. Over a period of a month, it became ok to not be ok. Friends began to confide in each other about mental health challenges that had previously been unmentionable. Mental health struggles that had been too personal or embarrassing or painful to discuss before, came up in social media posts. As people came forward and asked for help, the challenges of Illinois' tattered patchwork of mental health services came into stark focus.

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Office for Rent starting August 1.

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IPS has a lot of exciting events coming up soon. Watch for more details on the following:

July 10
Equity in Mental Health 5K

July 22
Resident Virtual Escape Room

August 19
Virtual Trivia

September 12
Women's Brunch

October 9
IPS Annual Meeting

Join Team IPS in the MOORE Equity in Mental Health 5K



You're invited to join IPS for the July 10 virtual Moore Equity in Mental Health 5K!

Whether you walk, run, roll, or support us, this 5k will raise awareness about mental health inequities facing Black, Indigenous and people of color (BIPOC) youth.

Proceeds will go toward the American Psychiatric Association Foundation's Moore Equity in Mental Health Community Grants Initiative, and will support individuals and community organizations that are working to improve the mental health of BIPOC youth.

JOIN TEAM IPS

JOIN TEAM IPS today! Members, along with friends and family, can join our team, raise funds, and participate on July 10th. There will be a short virtual presentation scheduled for 11 a.m. CST and then you can get out and walk in your community for the cause. We hope to (virtually) see you there!



Anti-Racism Committee Takes Shape

By: Drs. Adrienne Adams and Josh Eloge – Anti-Racism committee Co-Chairs.

“Americans have long been trained to see the deficiencies of people rather than policy. It’s a pretty easy mistake to make: People are in our faces. Policies are distant. We are particularly poor at seeing the policies lurking behind the struggles of people.” -Ibram X. Kendi, *How to be An Antiracist*.

America continues to experience a tumultuous year, including a domestic terrorist attack against our capital, violence against the American Asian and Pacific Islander community, and a barrage of police shootings against people of color. For many, there is great disillusionment that in 2021 we continue to be mired in racism, sexism, xenophobia, and homophobia- all reflections of intolerance against anyone perceived as different from a cis white male gender. Despite these serious problems, there are glimpses of hope that our society will use this time to truly embrace diversity, inclusion, equity, and justice.

The Illinois Psychiatric Society, along with other organizations, institutions, professions,

and every person who has begun the work of learning to become an ally for all people. We as psychiatrists oppose social injustice, racial inequity, health inequities, and will continue to work with our patients and their families for optimal well-being and resilience. We have also developed an Anti-Racism committee with the following mission statement to promote parity and justice: The mission of this committee is to identify policies that create and sustain systemic racism and identify ways to intervene to change policies to eliminate health disparities. The committee will advocate for anti-racism policies that affect our patients, our communities, and our colleagues. The committee may identify ways to support efforts to educate patients, communities and our profession, but the primary priority will be creating action in anti-racism policies.

The primary goal of the Anti-Racism committee is to affect policy change, and we hope to do that through advocacy work with our state legislators, as well as by coordinating with other community and professional agencies focused on Anti-Racism work. Thus far we have had a few exciting meetings as a committee and have several action items to work on.

Contact Kristen Malloy at kmalloy@ilpsych.org if you would like to learn more, or would like to join this committee.



APA Announces Two New Membership Categories

Beginning in January 2022, APA is instituting two new membership categories approved by the Board of Trustees and Assembly in 2018. The membership categories are “semi-retired” and “retired,” and qualified members can opt into these categories for the 2022 membership renewal year at my.psychiatry.org and select the “Retired Opt in” tab.

A semi-retired member is defined as a general or life member who is near retirement age and works less than 15 hours a week in all administrative or clinical roles. A retired member is defined as a general member who has reached retirement age and is fully retired from all administrative or clinical roles. These categories will replace the “Rule of 95” starting with the 2022 renewal year. Those in the life category prior to 2022 can remain there or can move into one of the new categories. Once moved into a new category, it is not possible to move back into the life category.

The Rule of 95 allowed members whose age and years of APA membership equaled or exceeded 95 to become life members and pay dues on a graduated basis. The new categories provide more flexibility for a more diverse and changing workforce and simplifies the membership structure. Life status will no longer be tied to the Rule of 95 but will be achieved by either being a member for 30 or more years or



APA Nominations now OPEN!


Nominations are now open for [APA's 2022 national election](#) for the offices of **president-elect; treasurer; trustee-at-large; Area 3 and 6 trustees; and resident-fellow member trustee-elect**. We are best served by a diverse board that reflects the APA and the changing demographics of the country.

Please consider running for one of the open seats on the [Board of Trustees](#) in [APA's 2022 election](#).




The Communication Committee is Recruiting Volunteers

By Dr. Jasleen Singh and Dr. Hossam Mahmoud



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Communication is essential to the foundation of psychiatry; it is also paramount to creating communities, strengthening professional society work, and supporting shared goals. IPS is one of the most active district branches of APA, yet we recognize that there is an opportunity to bolster our communication with our members to inform, engage and support our membership and society. Under the leadership of our new President, Dr. Steve Weinstein, IPS will be prioritizing more efficient communication across the Society, with a plan to expand our social media footprint and the use of other electronic platforms. In order to meet the communication needs of IPS and our members, we have formed the Communication Committee. IPS is seeking members to join the Committee and help shape the future of communication at IPS. If you are interested in joining the communication committee, please contact kmalloy@ilpsych.org.

Importance of Advocacy in Residency and Beyond

GET INVOLVED!

By: Nik Raju, MD

April was IPS Advocacy Month.

To kick off

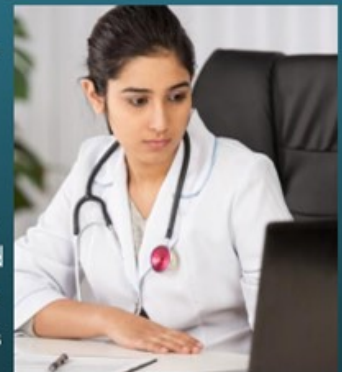
advocacy efforts in April, IPS hosted a virtual session called Advocacy 101, led by Daniel Yohanna, MD. Dr. Yohanna is the past president of IPS, a current member of the IPS Government Affairs Committee, and the Interim Chair of the Department of Psychiatry and Behavioral Neurosciences at the University of Chicago Pritzker School of Medicine. IPS Lobbyist Mark Peysakhovich and APA Region 2 Senior Regional Director of State Government Affairs Amanda Chesley, JD also provided valuable insights into advocacy through their efforts directly working with policymakers.

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Member Spotlight
Gunnbjorg Lavoll, MD and Robert Edger, MD



IPS members, Gunnbjorg Lavoll, MD, and Robert Edger, MD, have lived a beautiful life as a couple who have practiced together and now enjoy their change of pace in retirement.

They met on a medical trip to China in 1983 and have been together ever since. They practiced in the same office for 36 years and were able to consult with each other about difficult cases, learned together about psychopharmacology, and shared good friends and colleagues. "We loved to travel and ski around the world together and we

have a country home in Beverly Shores, Indiana that has given us joy over the past 19 years," said Dr. Edger.

Dr. Lavoll did her general psychiatry residency at Northwestern and child psychiatry fellowship at Michael Reese Hospital, after moving to the United States from Norway. Her focus was on mood disorders and ADHD. Dr. Edger's practice focused on mood disorders and autism. He enjoyed teaching and supervising residents at Lurie Children's Hospital.

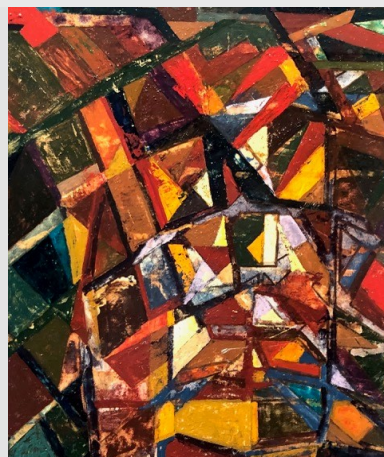
In retirement, Dr. Lavoll and Dr. Edger have been busy with many hobbies that bring them joy now that they have more time to explore. They love to cook and have many dinner parties with friends. They have also both started taking computer lessons, focusing on Apple products. Dr. Edger said, "We have started from basically a Kindergarten level and are now somewhere around the 3rd grade level in our skills. We have a wonderful teacher."

Dr. Lavoll continues to supervise residents at Lurie Children's Hospital and is involved in the Fourth Presbyterian Church. She likes to read and enjoys getting together with friends and family. Dr. Lavoll hopes to do more Advocacy work with IPS in the future.

In addition to making time for friends in his coffee club, Dr. Edger is taking more time for his love of art. He went to art school in the early 80's to learn printmaking, and in retirement he has developed a functioning print studio. "I have always done artwork since I could walk. I have my own etching press and am exploring abstract art. I made a point to take an hour of each day to draw, paint, or etch for the past 40 years. It has helped me process the stresses that attend our profession. I simply feel better when I do it," Dr. Edger said.

"Thank you for giving us an opportunity to share our world with you. We are both looking forward to a time when we can enjoy being together in person once again," Dr. Lavoll said.

Some of Dr. Edger's work:





Addictions Update

By: David Lott, MD

In order to keep our readership informed, I want to give several updates relating to substance use disorders. At the top of the list is opioids, with a continuing rise in overdose deaths, worsened further by the COVID-19 pandemic. For instance, Illinois saw a 36% increase in overdose deaths in Jan-Sep 2020 compared to the same time period in 2019 (1).

Fentanyl analogues and other illicit synthetic opioids continue to fuel the rise in opioid use and deaths, though other factors also play a role. As in many other areas, the increase in Illinois is disproportionately affecting Black and Hispanic people, one more example of the vast racial inequities we face. Identifying and combating structural racism is a key part of addressing this crisis.

[Read More](#)



Doe v. Great America LLC.

By: Mark Heyrman

markheyрман@outlook.com

This recent case involves the scope and application of an important provision in the Illinois Mental Health and Developmental Disabilities Confidentiality Act (“the Confidentiality Act”), 740 ILCS 110/1. The Confidentiality Act generally protects from disclosure of all records and communications involving mental health treatment and provides broad definitions of “records” “communications” and “mental health treatment.” However, an important exception is that when a party to a lawsuit introduces a mental health condition as a claim or defense in the litigation, the individual waives the right to confidentiality.

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The Joy of Gardening

By: Daniel Hardy, MD

Approaching the close of my septuagenarian decade it occurs to me that the only men I have ever known who enthusiastically



Webinar Offerings:

[Updates in Geriatric Care](#)

June 21 to July 2

Rajesh Tampi, M.D., Brandon Yarns, M.D., and Susan Lehmann, M.D., will lead a two-week intensive course on common psychiatric disorders that



endorsed retirement were golfers, fishermen, or gardeners. Women, almost invariably the wiser of the sexes, seem better adapted to meeting life's challenges with grace.

Having already mastered to my satisfaction golfing and fishing in that I have perfected the slice and once

caught a fish, I offer my thoughts to all who—poor souls like I—fail to appreciate the satisfaction of clubbing a small ball, or outsmarting a fish. Therefore, I shall proceed to expound on the Joy of Gardening, with apologies to Irma Rimbauer and Alex Comfort.

First, gardening is not for the faint of heart. It requires a lot of lifting, kneeling, and bending. Lifting seldom exceeds 40 pounds. Use your legs, not your arms. Kneeling is easy. Getting up is hard. Fortunately, there are available on the market reasonably priced roller carts with knee pads and arm grips which make it easier. Bending is trickier. If it hurts use a roller cart.

Second, plant in the sun, partial shade, or shade and fertilize as directed by the info which comes with your plants.

Third, water only in the morning or the evening. If you water in the full sun most of it will evaporate and you will risk sunburn which can be dangerous as well as painful. If you garden in the full sun wear a cap with a visor and use adequate sun screen. Rest as needed and drink plenty of liquids. Iced tea or Gatorade recommended; an occasional beer acceptable.

Fourth, plan your garden. Most gardeners would say this comes first. They're probably right. But in my experience some of my favorite flowers have come from volunteers, i.e., flowers which I didn't plant but showed up on their own—flowers like columbines, wild geraniums, and buttercups. (BTW Buttercups are considered a weed by some).

Another aspect in planning is whether you prefer an "English" style garden or a "French" one. I don't know if this is an official designation, but a British friend of mine explained that an English garden is orderly with similar flowers planted in circular or rectangular beds. A French garden is anything else. I opt for the French with some things always in bloom from March through October.

often emerge late in life, including neurocognitive disorders, anxiety disorders, and mood disorders. Maximum of **4.0 AMA PRA Category I Credits***.

Telehealth Equity: A series of virtual forums, starting June 29 will include the following three Forums:

1. Current inequities and projects that use telehealth to minimize these inequities,
2. Effective projects to provide telehealth to both urban, rural and suburban children
3. Broadband expansion to enable telehealth to underserved communities.

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I claim no expertise on this subject and, therefore, have no qualms about quoting others with more experience than I.

For the practical: "Plant and your spouse plants with you. Weed and you weed alone." Jean Jacques Rousseau

For the artistic: "My garden is my most beautiful masterpiece." Claude Monet

For dreamers: "Gardeners, I think, dream bigger dreams than emperors." Mary Castwell

For me: "A society grows great when old men plant trees whose shade they know they shall never sit in." Greek proverb
Enjoy!

Immediate Past President:

Susan Scherer, MD - 2021-2024

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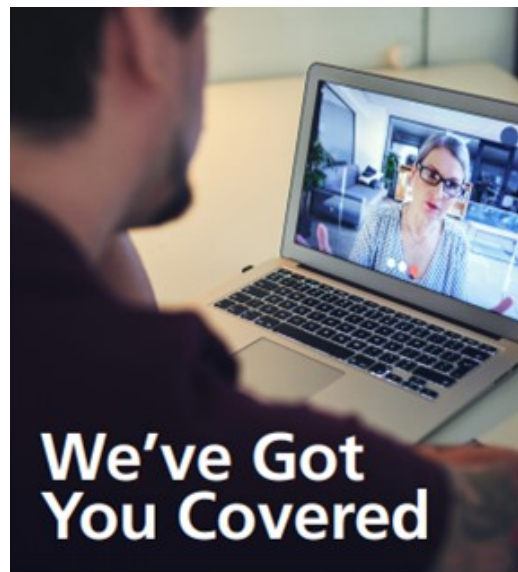
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