

IPS 

MIND

MATTERS

Official Publication of the Illinois Psychiatric Society

SUMMER 2022 | ISSUE 51

**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.

Director of Operations: Kristen Malloy at [kmalloy@ilpsych.org](mailto:kmalloy@ilpsych.org)

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**President's Message -**

By: Abdi Tinwalla, MD

It is a pleasure and honor to write this message as the incoming President of Illinois Psychiatric Society! I had never imagined that I would assume this role when I first joined IPS. I was introduced to IPS by Meryl Sosa who was then the Executive Director. We had met at one of the local meetings where she urged me to join the Forensic Psychiatry Committee and the Government Affairs Committee (GAC). I hesitantly agreed, not sure how much time I would be able to devote. But, as I enjoyed my work with IPS and my colleagues, I was excited to get more involved by serving as a councilor for several years. I remember attending several IPS council meetings downtown (yes, we met in person in downtown pre-COVID-19). This is when I discovered that the President of IPS at that time, Dr. Dhanesh Alam, also lived in my neighborhood and he would volunteer to drop me home after the meetings downtown. In 2019, while I was pursuing my MBA, I was asked if I wanted to be the Treasurer of IPS and to apply my knowledge to help the organization. I agreed and served as the Treasurer for two years before accepting the nomination for the President-Elect in 2021. I was fortunate to serve along with my friends and esteemed colleagues Drs. Hossam Mohamoud, Susan Scherer and Steve Weinstein.

As a brief introduction, I completed my Bachelors of Pharmacy from the University of Bombay and was accepted into the Master's Program in Pharmacy at the University of Utah in Salt Lake City. After completing my medical education at the Medical

Mentoring Med  
Students

2022  
Distinguished  
Fellows/Fellow

IPS Brings the  
Heat

APA Helps DBs  
Protect Safe  
Prescribing



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MOORE Equity  
5K - July 9

Legislative  
Roundtable -  
July 14

Rooftop Event -  
August 18

Career Fair -  
October 8

Annual Meeting  
- October 8

College of Ohio, I moved back to Chicago and trained at Rush University Medical Center, followed by Forensic Psychiatry fellowship from the University of Rochester in upstate New York. Subsequently, I transitioned back to Chicago and joined one of my fellow residents from Rush, Dr. Michael Bednarz, who was then the Medical Director for the Illinois Department of Human Services (IL DHS) Sex Offender Program. While working as a Forensic Psychiatrist with Wexford Health Sources, Inc., I was offered a position as their Chief of Psychiatry, overseeing the mental health services across multiple prison systems throughout the country. It was a great learning experience for me, and I served in that role for almost a decade. Being a lifelong learner, I decided to pursue an MBA from Kelley School of Business in Indianapolis and transitioned from correctional psychiatry to a career working with the health plans in the Medicaid market. I have worked with Molina, Centene and currently work with Anthem/Amerigroup as their Behavioral Health Medical Director. I also continue to treat the sex offender population in the IL DHS Sex Offender Program and teach the Forensic Psychiatry fellows at Northwestern University.

Looking ahead to leading this organization, I compiled a to-do list of items I wanted to accomplish this year for IPS. I would like to get our medical students, residents, and fellows more involved in IPS. Their involvement is vital to keep the energy, momentum, and relationships that we have built and continue to build in Illinois. They bring to the table fresh set of ideas and initiatives and resources that we most certainly need. To encourage medical student participation in IPS, one of our past presidents, Dr. James Mackenzie, chairs the Medical Student Committee and serves as a great mentor to them. We are also encouraging medical students and residents to participate in community events and presentations and advocacy. IPS also has a mentoring program, and I would encourage my colleagues to participate and guide our future generation of psychiatrists.

There is also much work to be done to remove the stigma associated with mental illness, promote mental health equity, and remove barriers to treatment. I have enjoyed working with Dr. Steve Weinstein, our immediate past president on these issues, and would like to continue the work to increase the awareness of mental illness in the community and de-stigmatize mental illness. Dr. Weinstein and I participated in a presentation to the 100 Black Men organization discussing mental health equity and barriers to mental health treatment. We are also co-sponsoring a health fair in Rockford with State Representative Maurice West. I am grateful to the medical students from the UIC Health Sciences Campus in Rockford who have offered to volunteer at the health fair. We will continue our efforts to collaborate with community leaders and organizations as we work toward mental health equity and to remove barriers to treatment.

It is important to acknowledge the legislative advocacy that IPS has been involved in through the Government Affairs Committee and thanks to Co-Chairs, Drs. Ken Busch and Susan Scherer, for their leadership.

[\*\*MORE\*\*](#)

## THE FUTURE OF MENTAL HEALTH POLICY

### LEGISLATIVE ROUNDTABLE:

You're invited to "Take a Seat at the Table," as psychiatrists and legislators work towards a common goal of improved mental health laws.

Thursday, July 14, 2022 | 5:30-7:00 pm | Virtual Event

You're invited to "Take a Seat at the Table," as psychiatrists and legislators work towards a common goal of improved mental health laws.

**Thursday, July 14, 2022**  
**5:30-7:00 pm | Virtual Event**  
*Moderated by: Abdi Tinwalla, MD, IPS President*

Whether you are a seasoned IPS advocacy participant or just dipping your toe in for the first time, this event is for you.

- Meet Several Legislators: Find out who they are, what they stand for, and what their mental health priorities are for the upcoming session.
- Ask Questions: Weigh-in with your thoughts as the expert in the mental health field.
- Build Relationships: It is KEY to build relationships with legislators to further promote patient safety, decrease stigma, and improve the psychiatric and overall mental health profession.

Not sure how to contribute to the conversation? Don't worry...flies on the wall are also welcome! Learn and Grow with US!

**Questions?** Contact Kristen Malloy at [kmalloy@ilpsych.org](mailto:kmalloy@ilpsych.org) or 312-224-2600

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REGISTER for the LEGISLATIVE ROUNDTABLE

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## IPS Takes Strides Towards Equity

By: Jasleen Singh, MD

In 2021, APA launched a new initiative in an effort to "support mental health equity for young people of color while promoting awareness and education" (APA).

## MOORE EQUITY IN Mental Health

— 5K —

Currently in its second year, the Moore Equity in Mental Health 5K will again be occurring in multiple cities across the state, as well as nationally. Last year, IPS had some local teams participate and with active participation via the Carle team in Champaign and other regions in the state, Illinois ended up ranking third in terms of participation, with only Texas and Ohio having higher levels of participation than IPS.

Ramping up for even greater participation this year, IPS is again establishing a team, with a goal to raise \$100,000. A few designated locations will be established throughout the state for IPS members, their families, and members of the community to join together and embark on the 5K. There is also an option for individuals to walk in their community alongside family and friends if they are not able to go to one of the designated locations.



## In Memoriam:

John Csernansky, MD

Jan Fawcett, MD

If you are interested in becoming a group leader for your area, please contact Kristen at [kmalloy@ilpsych.org](mailto:kmalloy@ilpsych.org)

JOIN TEAM IPS or DONATE NOW



## State Legislative Update

By: Mark Peysakhovich  
*IPS Legislative Consultant*

### GOVERNOR APPOINTS STATE'S FIRST CHIEF BEHAVIORAL HEALTH OFFICER

Earlier this spring, IPS leaders conducted an introductory meeting and discussion of potential areas of collaboration with David T. Jones, the state's Associate Secretary for Behavioral Health at the Illinois Department of Human Services, whom the Governor recently named to the newly created position of Illinois' Chief Behavioral Health Officer.

In a statement, the Governor said, "Everybody knows somebody who is struggling, and our support systems ought to reflect the universal importance of mental health. Our equity-driven State of Illinois Overdose Action Plan is just one way we're overhauling the state's behavioral health support systems - and with Chief Behavioral Health Officer David T. Jones at the helm, I look forward to the progress we'll continue to make in supporting Illinoisans' access to help."

In a statement by new Chief Behavioral Health Officer (CBHO) David T. Jones, he said, "As the Chief Behavioral Health Officer, I will work with people with lived expertise, Behavioral Health Providers, elected officials, people who use drugs and other stakeholders to transform how Illinois supports mental, emotional, and overall behavioral health wellness for everyone."

[MORE](#)

## IPS Partners with State Representative Maurice West for Health Fair in Rockford

Co-contributors: Steven Weinstein, MD;  
Abdi Tinwalla, MD;  
Christian Alfonso, MPH, *UIC-Rockford, Class of 2023*



The Illinois Psychiatric Society has been working to effect change in mental health services and get involved in community events highlighting mental health for some time. These efforts began with the Government Affairs Committee. In response to the death of George Floyd in May 2020, the Health, Equity, Anti-Racism Committee (HEAR-C) was created and Co-Chair Adrienne Adams MD, decided to steer HEAR-C to a position that emphasized the importance of diversity and community outreach.

Readers may recall our initial effort in community outreach was the presentation IPS (Drs. Weinstein, Tinwalla, Johnson and Adeoye) gave to 100 Black Men-Chicago, where State Representative for Illinois' 67th District of Rockford, Maurice West was a co-presenter on our panel. Building on that success, Dr. Adams and other IPS leaders connected with Representative

West to discuss ways his District's health fair could address stigma and myths around mental health, as well as to address the need for active participation in health literacy and promotion. This Health Fair was a conversation and amalgamation of the idea of "health" from a broad array of perspectives and paradigms.

The Health Fair was held at the Rosecrance Ware Center in Rockford, Illinois on June 11, 2022. IPS was represented by IPS President Dr. Abdi Tinwalla, Immediate Past President Dr. Steve Weinstein and Past President Dr. Jim Mackenzie and several medical students (Emily Bazi, William Graft, Christian Alfonso, Amy Barzgari, and Rachel Kim from University of Illinois College of Medicine Rockford and Corbin Pagano from Roselind Franklin University of Medicine and Science).

[MORE](#)



IPS members giving a Mental Health Presentation during the health fair.



Medical Students giving BMI screenings to community members and discussing its correlation to mental health.



Building community relationships during the fair.



## How Psychiatry Residency Competitiveness Changed: A Look at the Data and Anecdotal Experiences.

By: Luke Lammers

*Chicago College of Osteopathic Medicine, 1st Year Medical Student*

I do not think that it would surprise anyone to hear that the competitiveness of psychiatry residency programs has increased. But by how much, in what ways, and for which reasons? Is this change positive or negative for the profession of psychiatry? This article will include a discussion of the current residency data, as well as inclusions of



## The New "988" System: Promises and Problems

By: Mark J. Heyrman

*Chair, Public Police Committee  
Mental Health America of Illinois  
[markheyрман@outlook.com](mailto:markheyрман@outlook.com)*

In July 2022, a new mental health crisis line will go into effect across the United States. The new 988 number is intended to replace and dramatically enhance the existing suicide hotline system and to divert persons from the criminal justice system. Persons in any mental health crisis, and others on their behalf, can call 988 instead of using either the existing 10-digit suicide number or 911. This new

the anecdotal experiences of a practicing psychiatrist, an incoming PGY-1, as well as my own perceptions and opinions: that of an incoming OMS-2 interested in Psychiatry.

According to the National Residency Matching Program (NRMP), in 2011, of the 698 US senior applicants, 640 successfully matched into a psychiatry residency. This corresponds to an acceptance rate of 91.7%. Comparing this with the acceptance rates of other specialties: Anesthesia (57.9%), EM (85.6%), Dermatology (15.4%), Neurology (42.3%), and Family Medicine (88.8%) – psychiatry was a relatively “easy” specialty to match into in 2011. Now let’s look at how these numbers have changed in the last 11 years. In 2022, 1,931 students applied for a psychiatry residency (1437 MD, 494 DO), and 1640 were accepted (1253 MD, 387 DO) – corresponding to an overall acceptance rate of 84.9% (87.2% MD, 78.3% DO)<sup>2</sup>. A decrease of almost 7%. Is this decrease in acceptance rate solely in psychiatry, or profession-wide? We’ll investigate using the data from the same specialties as in 2011: Anesthesia (66.0%), EM (92.2%), Dermatology (9.6%), Neurology (67.3%), and Family Medicine (90.6%). There was a similar increase in competitiveness for Dermatology, but a decrease in the rest of the specialties examined.

[MORE](#)

number is federally mandated for the entire United States. Additionally, the Federal government has given the states start-up money to implement the system.

**The 988 system.** The new 988 system has three key components:

### 1. A Number to Call.

- A new three-digit number (988) will be staffed by trained personnel. This will be an improvement over the suicide hotline because it is only three digits and will be available for not only suicide concerns,...

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## Med Student Corner - Medical Student Committee Mission Statement and Updates

By: Austin Gephart  
*Chair, IPS Medical Student  
Committee,  
Chicago College of Osteopathic  
Medicine, 4th Year Medical Student*

The Illinois Psychiatric Society (IPS) Medical Student Committee is a collection of enthusiastic and driven medical students from medical schools throughout Illinois. Our goal is to foster an environment that supports better patient care, establishes relationships that will benefit the way psychiatry in Illinois will be practiced for years to come and a chance to make an impact on our community from an early start.

Some interesting projects that we are working on include developing a resident-medical student mentorship program, creating a “Med Student Corner” section in tandem with the “Mind Matters” IPS newsletter, as well as developing various volunteering and research opportunities for our members. We hope that this committee will become one where medical students interested in psychiatry can collaborate with other like-minded colleagues and work with individuals cemented in the field to make an impact on communities in need.

Please reach out to Kristen at [kmalloy@ilpsych.org](mailto:kmalloy@ilpsych.org) if you would like to join the IPS Medical Student committee.



## April "Real Talk" with Drs. Jen Kurth and Jim Mackenzie

By: Jasleen Singh, MD

An essential part of psychiatric training is learning from others, to explore the field and understand various modalities of practice. While many trainees may reach out to the attendings and senior residents within their program, obtaining multiple perspectives from a variety of sources is important. With this in mind, the IPS Resident Fellow member (RFM) committee decided to model after the IPS Medical Student committee and incorporate guest speakers during monthly meetings.

In April 2022, the IPS RFM committee launched “Real Talk” sessions, with a goal to allow for trainees to have their questions answered and seek advice from attending psychiatrists with diverse backgrounds. During the first session, Drs. Jen Kurth and Jim Mackenzie had an open and honest discussion with IPS RFM members.

A novel experience for many IPS members, residents were not sure what to expect. However, the response was overly positive. Feedback was obtained from all of the session attendees, who noted that they would recommend future “Real Talk” sessions to their peer residents.

In a session filled with advice from seasoned psychiatrists who have experienced practice in various settings, fellowship training and real-world advice the session covered many topics that are not always part of standard training, including considerations regarding work-life balance, contract negotiation, RVUs, and networking.



## Congratulations to This Year's NEW Distinguished Fellows (DFAPA) and Fellows (FAPA)

**Distinguished Fellowship (DFAPA)** is awarded to outstanding psychiatrists who have made significant contributions to the psychiatric profession. Excellence, not mere competence, is the hallmark of an APA Distinguished Fellow. Each year, the district branches of the APA nominate members for this prestigious honor. This guide is designed to assist district branches in facilitating their outreach and nomination campaigns.

Members can achieve the distinction of **Fellow of the APA (FAPA)** or Distinguished Fellow of the APA (DFAPA). These are honorary statuses that reflect your dedication to the work of the APA and signifies your allegiance to the psychiatric profession.

### 2022 Distinguished Fellows:



#### Dr. Adrienne Adams

oversees clinical treatment and care at the Rosecrance Griffin Williamson Campus. She received her medical degree from Wayne State University, completed her general psychiatry residency

and child and adolescent fellowship training at the University of Illinois-Chicago, and earned a master's degree in clinical research from Rush University. Dr. Adams has over 15 years of experience in clinical care, administration, and education. She has served on the Illinois Council of Child and Adolescent Psychiatry

The next session will be occurring in June and will likely continue to be held every 2 months. Active IPS membership is required to join. If you would like to receive more information about upcoming "Real Talk" sessions or need to inquire regarding your membership status, please contact us!

Here are just a few pieces of advice from our April "Real Talk" session:

[MORE](#)



## IPS Successfully Launches Mentorship Program for Medical Students

By: Jasleen Singh, MD

Building off the original IPS Mentorship Program that was developed for resident, fellow and ECP members to connect with attending mentors, IPS has now successfully launched its new MSR (Medical Student-Resident) mentorship program.

After collecting and collating "Mentor Bios" from participating resident mentors, medical student mentees had the opportunity to review this information and provide feedback on who they felt they most aligned with and wanted to seek mentorship from. In collaboration between the IPS Medical Student and RFM Committee, mentor and mentee pairings were finalized with subsequent introductory welcome emails sent to all participants.

With the launch of this new program, IPS also re-launched the original RFM-attending program, with several new attending mentors and resident mentees signing up to participate. In the coming months, follow up surveys will be sent to participants of both programs to re-evaluate the program's effectiveness and allow modifications to be made, as needed.

During the summer, the RFM committee and Medical Student committee are planning a collaborative virtual group Zoom session for medical students to have key questions answered about psychiatry, applying for psychiatry, and any other key topics of interest!

In the meantime, any IPS members who are interested in serving as mentors or participating in the program as mentees can reach out to us to join the program or for more information

board for many years, and served as the first African American female president in the chapter. She is chair for the Diversity and Inclusion Committee for the Association of Directors of Psychiatric Residency Training. She also is a counselor-at-large for the American Academy of Child and Adolescent Psychiatry and a Councilor for the Illinois Psychiatric Society.

**Dr. John Korpics** completed his general psychiatric residency at University of Illinois Medical Center Chicago where he was chief resident during his fourth year. Dr. Korpics is currently the Chief of Hospital Psychiatry at Jesse Brown VA Medical Center, an Assistant Professor at University of Illinois at Chicago, and a Lecturer at Northwestern University. He has been active with APA since medical school as the founding president of an interest group and two-time representative to the APA's Psychiatry Student Interest Group Network meeting and has been a member of the APA Assembly since 2015. Additional service to IPS has included positions on the Government Affairs and Access to Care Committees and a term as an IPS Councilor. Dr. Korpics' interests include administrative psychiatry, federal medicine, professional and patient advocacy, opiate use disorder, and medical education. *(Photo not available)*

### 2022 Fellows:



**Dr. Selena Shrestha** is Board certified in Psychiatry and Child and Adolescent Psychiatry. She is the Division Chief (interim) Division of child and adolescent psychiatry at

Southern Illinois university- school of medicine. She has written several book chapters (Case Files Psychiatry. McGraw Hill Professional); local media appearances on Child Mental Health; received community mental health grant; got awarded participation in AAMC Early Career Women Faculty Leadership Development; and is a Women In Medicine subcommittee member. Dr. Shrestha is dedicated to medical students, residents and Child Psychiatry fellow education.

She developed an Anxiety disorder specialty clinic at SIU, initiated Child Psychiatry outpatient integrated clinic in Pediatric department at SIU. Her special interest are Anxiety disorders, Psychotic Disorders and ADHD.

**Diane Misch, MD** *(Photo/bio not available.)*

**Uzoma Okoli, MD** *(Photo/bio not available.)*

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### IPS Brings the HEAT!

By: Jasleen Singh, MD

At the beginning of this year, IPS hosted a virtual Health Equity Anti-Racism Training (HEAT) series with an aim to educate, build awareness, and foster skills pertaining to various psychosocial challenges and disparities that affect our patients.

Featuring a 1.5 hour monthly session that ran from January through April, various topics were discussed: Bias and Cultural/Structural Humility, Social Determinants of Health, Social Justice in Psychiatry, and Community Partnerships and Engagement. Yet the discussion **should not** end here! Participants were encouraged to continue to learn and ask difficult questions in order to better serve our patients.

In case you weren't able to attend any of the sessions, a brief glimpse of some key takeaways are provided below. You can also visit the IPS website for more details or to view a recording of the presentations themselves.

A few key takeaways from the series:

1. Continue to educate yourself through active reading/listening. Some suggestions that were mentioned: Medical Apartheid, Developing Cultural Humility, My Grandmother's Hands, The Death Gap, The Next 72 Hours (a podcast)
2. As an educator, make sure to share the literature you come across with your students, residents, or other colleagues
3. Develop cultural humility and work to not only acknowledge issues in the systems but make change in any way you can
4. Show your support - support other individuals with this process and even show your support through wearing a pin on your lapel
5. Find support and collaborate with organizations in your community. Some options that were discussed include organizations such as local chapters of White Coats for Black Lives, public defender's offices, and bar associations to help educate and work with lawyers in the community.
6. Make sure outreach and networking efforts include BIPOC, rural, LGBTQ+, and elderly communities - ask questions, listen, and provide follow-up/support
7. Register on the IL Helpline for opioids, secure free naloxone and fentanyl test kits, and consider becoming more involved in increased access to Naloxone

## Protect Safe Prescribing

By: Katie O'Conner,  
Re-post from  
Psychiatric News

*As district branches continue to push back on proposed legislation that would allow psychologists to prescribe psychiatric medications, APA has provided additional resources that members can use to educate lawmakers and voters.*

During APA's recent Legislative Representatives Forum, Shastri Swaminathan, M.D., past president of the Illinois Psychiatric Society (IPS), described an experience in which IPS urged psychiatrists to call their state legislators and oppose legislation allowing psychologists to prescribe medications.

Soon he received an angry call from someone in an Illinois politician's office. "She was saying, 'You guys really need to talk to each other and make up your mind, because before you, I had six other doctors call in support of psychologists prescribing,' " Swaminathan said. "And, of course, the doctors she heard from were all Ph.D.s—they were not psychiatrists."

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