



# MIND MATTERS

Official Publication of the Illinois Psychiatric Society

## SUMMER 2023 | ISSUE 55

### 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.

Interim Executive Director: Kristen Malloy at [kmalloy@ilpsych.org](mailto:kmalloy@ilpsych.org)

Mind Matters Editor, Jasleen Singh, MD at [jksrfu@gmail.com](mailto:jksrfu@gmail.com)



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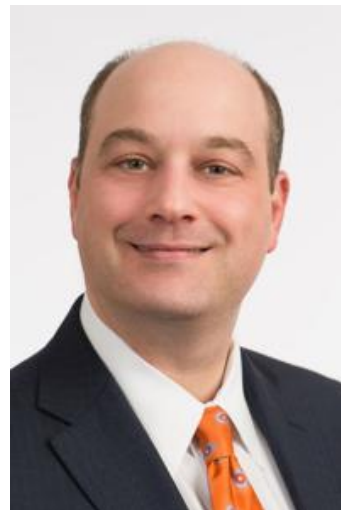
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### President's Message

By: Andrew J. Lancia, MD

I am honored to be writing to you today as the incoming President of the Illinois Psychiatric Society (IPS). Thank you for the support you have shown so far. I joined IPS by the encouragement of a past president and my current boss, Dr. Ryan Finkenbine. With his continual guidance and the guidance of all the wonderful

council members, I write to you as your colleague and president. I would like to especially thank Drs. Abdi Tinwalla and Steve Weinstein for their mentorship and great leadership these past two years. Today, I would like to give you a bit of my background, recap a few of our successes, and provide you a glimpse of the upcoming year. I also want to encourage you to consider greater involvement in IPS as your opinions and help are essential to our organization. If you are like me and say that you do not have time, you have read this far, which is better than I used to do.

I was born and raised in St. Louis, Missouri where my father and mother raised six boys and a girl. My father

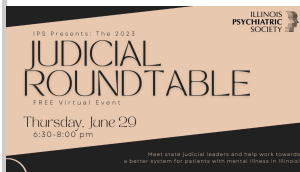
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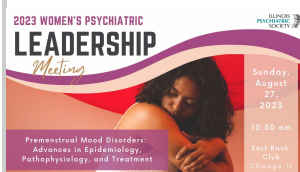
**June 29  
Judicial  
Roundtable**



**July 20  
Rooftop  
Terrace Happy  
Hour**



**July 29  
MOORE Equity  
5K**



**August 27**

migrated to Chicago from Sicily as a teenager and was able to build his own carpentry business. I was the first in my family to go into medicine, with my nephew now in medical school as the second. I went to Creighton University for undergraduate and medical school, but between the two, I went to St. Louis University for my Masters in Anatomy. For residency, I went to the University of Iowa where I was chief resident. After residency, I had a unique opportunity to help form a psychiatry residency program at the University of Illinois Peoria, where I was recruited to develop the consultation-liaison (CL) service, of which I am still the medical director today. This has been my home for the last thirteen years. I initially provided outpatient services, performed electroconvulsive therapy, and developed the Interpersonal Psychology clinic along with the CL service. I now run an inpatient unit and the CL service. I teach residents and students in my clinical duties as an Associate Professor of Psychiatry. I am also the medical director of the Carle Health Integrated Services of Hospital Based Programs (Methodist Campus) and chair of the Methodist campus. Most importantly, I hold the role of husband to my wife, Katie, and father to my three children, Joseph, Antonia, and Lucia.

This past year has been a tremendous success under the leadership of Dr. Tinwalla. He supported and encouraged more involvement with state agencies. We have met and started discussions on how we as psychiatrists can help inform and guide the government regarding all things related to mental health. We were able to gain grant money to help hire more lobbyists. And I am excited to say that we have successfully held off, and I feel, place on their heels, the psychologist prescribing advancement attempts. They were attempts to expand to children, elderly, and medically complex patients, while also expanding to prescribe more controlled substances.

Outside of legislation, we provided an informative lecture series virtually. Please check this out on our new, updated and beautifully put together website, thanks to Kristen Malloy, our Interim Executive Director and Meghan Engelbrecht, our new Administrative Coordinator. The series included lectures on: Advances in Therapeutic Neuromodulation, Back to the Future: Psychedelics in Psychiatry, TAAR1: Science Behind a Potential New TAARget for Schizophrenia, and Current State of Cannabis in Psychiatry. We also had a roundtable discussion with several legislators. We participated in representatives' health fairs. And we had an in person Annual Meeting. This year, please join us again for our Annual Meeting on October 7, 2023.

[Women's  
Psychiatric  
Leadership  
Meeting](#)



**October 7  
Annual Meeting  
"Commitment  
to Patients,  
Commitment to  
Life."**

Details Coming  
SOON!

This year I would like to bring to the forefront a Commitment to Patients, a Commitment to Life. All too often, it seems that we are losing focus on the most important things in our society. Our Declaration of Independence reads, "We hold these Truths to be self-evident, that all Men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness." I believe these three rights are placed in order of importance, for without life there is no liberty and without liberty there is no opportunity to pursue happiness. As physicians, we too made an oath: I will take care that they suffer no hurt or damage (Hippocratic Oath). Therefore, I would like us to take a greater look at how we can promote life. I would like us to look at our judicial system to help find ways to protect patients from the harm of their illness.

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ILLINOIS  
PSYCHIATRIC  
SOCIETY

IPS Presents: The 2023  
**JUDICIAL  
ROUNDTABLE**  
FREE Virtual Event

Thursday, June 29  
6:30-8:00 pm

Meet state judicial leaders and help  
work towards a better system for patients  
with mental illness in Illinois!

**Judicial Roundtable | June 29**

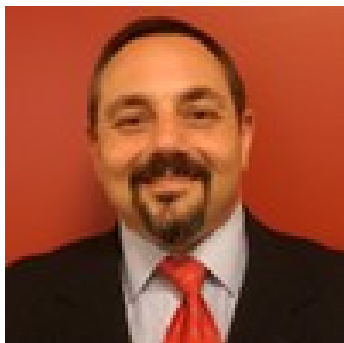
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MEDICAL PROFESSIONAL LIABILITY INSURANCE



## State Legislative Update

By: Mark Peysakhovich, *IPS Legislative Consultant*

### Key Behavioral Health Bills Passed During 2023 Spring Legislative Session

The Illinois General Assembly concluded its' spring legislative session on May 26, 2023. The legislature approved a total of 566 bills, including 346 House bills and 220 Senate bills. The Illinois Psychiatric Society supported a number of key behavioral health measures that now go to the Governor to be signed into law. Here is

a brief summary of key bills:

## Senate Bill 57 - Behavioral Health Professional Loan Repayment Program

- Fiscal Year 2024 allocation is \$5 million.
- Adds eligible professional categories, including LMFT, CRSS, and BA and MA-level professionals (core behavioral health degrees) to the program.
- Raises funding levels based on outstanding debt reported by the program applicants and the need for key provider types.
- State-operated psychiatric hospitals, substance use treatment facilities and behavioral health clinics that are licensed or certified by IDHS or HFS as eligible employment sites.
- Provides that at least 30 percent of grants each fiscal year shall be allocated to minority applicants.

[MORE](#)



## IPS presents the 2023 Rooftop Terrace Happy Hour Event For Young Psychiatric Professional Members

Thursday, July 20, 2023 | 6:30-8:30 p.m.  
Rooftop Deck of 600 N. Fairbanks, Chicago, IL  
RSVP by July 12th

Join us on a private rooftop terrace for an evening of good food, drinks and networking with your Illinois friends and colleagues. All IPS Resident, Early Career Psychiatrist, and Medical Student MEMBERS are welcome!

[LEARN MORE and RSVP](#)

## IPS President and Immediate Past President Publish OpEd

By: Abdi Tinwalla, MD & Andrew Lancia, MD

In early June 2023, an op-ed by IPS President Andrew Lancia and IPS Past President Abdi Tinwalla was released, describing the three pillars of mental health care policy ideas being pushed for in the legislature. Subsequently, various media platforms were utilized to disseminate the information, including zoom and phone interviews. For more information, see the full op-ed below:



In all parts of Illinois, mental health awareness and treatment is a public issue like it has never been before. On behalf of frontline care providers, we welcome the attention and call for the support that must follow.

The Illinois Psychiatric Society represents psychiatrists and psychiatric practices across the state, where our members work in private and public settings, see adult and child

patients every day, and have the experience, training, and mindset to help people struggling with all forms of mental health challenges.

We are encouraged by the renewed focus at the State Capitol in Springfield and across the state to bring mental health care into the spotlight. Gov. J.B. Pritzker's ambitious plans to transform behavioral health services for children, and to coordinate state agencies and higher education institutions behind the new Behavioral Health Workforce Education Center to improve recruitment of professionals are welcome steps forward.

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



### **Introducing the 2023-2024 Executive Board of the IPS Medical Student Committee**

By: Eliza Hofman and Julia Versel

Established in 2020 by a group of medical students who wanted to connect with other medical students in Illinois who were interested in psychiatry, the IPS Medical Student Committee has grown into a dynamic group focused on advocacy, education, and community-building. The IPS Medical Student Committee now enters its third year, with a new executive committee and big plans for 2023.

This spring, the committee elected Julia Versel, M4 at Loyola University Chicago Stritch School of Medicine, as Head Chair. Eliza Hofman, M3, and Nandita Gupta, M3, of Rosalind Franklin University will serve as Co-Vice Chairs. Additional leadership includes Roxana Parada, Tristan Hazebrook, Omar Khan, Hibah Arshad, Agnieszka Mynarska, Kurtis Lavelle, Kristine Khieu, and Sneha Palumapati, who will lead outreach, mentorship, advocacy, research, and volunteering initiatives. Dr. James Mackenzie will continue to

### **APA Assembly Report**

By: Kenneth Busch, MD  
Area 4 Representative  
APA Assembly

The Assembly had its spring meeting in San Francisco in conjunction with the APA Annual Meeting. Representatives from most of the states and specialty organizations participated at the meeting.

The focus was on Action Papers (APs), which are part of APA policy making along with the Board of Trustees (BOT).

Some of the approved APs included:

1. Expanding Post-Graduate Opportunities for Unmatched Psychiatry Residency Applicant
2. Improving the Public and Healthcare Professionals Perception of Psychiatry and Psychiatrists
3. Text Communication to Improve APA National Election Participation
4. Addressing Structural Racism in the APA: Replacing Minority and Underrepresented (MUR) Terminology

serve as the IPS Medical Student Committee's advisor and advocate.

The new committee will spearhead several exciting initiatives this year.

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**Congrats to Dr. Swaminathan,** author of the following approved AP titled: **Furthering our APA's initiative on the Collaborative Care Model.**

[MORE](#)



## Join the IPS and APA for the Moore Equity in Mental Health 5K

**Saturday, July 29th**

Run, walk, and roll support organizations that promote awareness programs and provide services to improve the mental health of young people of color.

**TEAM IPS** will have six regions throughout Illinois. Join TEAM IPS to get updates for the region closest to you. We will supply you with a more precise location, time to meet for your

region's walk, and contact information for your Area Team Leader.

**Team Areas include:** Chicago Area, Champaign Area, Northern Suburbs/Evanston, Peoria Area, Springfield Area, Western Suburbs/Rockford

[JOIN TEAM IPS NOW!](#)



## APA 2023 Annual Meeting in San Francisco

By: Nik Raju, MD  
PGY-4 Psychiatry Resident and Clinical Instructor of Psychiatry Chicago Medical School at Rosalind Franklin University of Medicine and Science

After four years, the American Psychiatric Association (APA)'s Annual Meeting returned this year to Moscone Convention Center in downtown San Francisco from

Saturday, May 20 through Wednesday, May 24. The theme for this APA Annual Meeting was - Innovate. Collaborate. Motivate: Charting the future of mental health. The opening plenary event, educational sessions, research poster talks, and the booths at the exhibition hall were all well executed to follow the conference's theme of the future of mental health care.

The opening plenary event featured an inspirational, compelling speech from renowned

actress Ashley Judd, who shared her own mental health struggles as well as those of her mother Naomi Judd, who passed away in April 2022 from suicide. As keynote speaker, she emphasized the powerful role psychiatrists can have in advocating for improvements in mental health care throughout the nation. Her keynote talk was preceded by remarks from the outgoing APA president Rebecca Brendel, MD, JD, the incoming APA President Petros Levounis, MD, MA, and APA CEO/Medical Director Saul Levin, MD, MPA. All of these leaders highlighted the transformational role that the COVID-19 pandemic had in raising awareness and increasing demand for psychiatric services, as well as decreasing stigma toward mental health conditions.

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## Psychedelic Legalization: A Step in the Right Direction or a Hasty Decision?

By: Luke Lammers, CCOM OMS-III

During their most recent midterm elections, the citizens of Colorado voted to decriminalize and allow regulated use of plant-based psychedelic compounds such as psilocybin. What does this mean for psychiatry and the rest of the mental health space? In this article, we will review the history of psychedelics - (focusing mainly on psilocybin and LSD), the current state of their research, discuss a movement to legalize psychedelics in Illinois, and finally consider potential issues with the research and legalization.



Let's first dive into the history of psychedelics. Given that many of these substances are naturally derived from fungi, cacti, and other plants, it is impossible to say when humans began to utilize their psychoactive effects for recreation, medicinal or spiritual use. Some people, such as the supporters of the "Stoned Ape Theory," popularized by Terrence McKenna, believe that psychedelics helped humans to evolve a higher level of consciousness.<sup>1</sup> More conservative theories suggest that these compounds were used in spiritual rituals among our ancestors. The truth, as always, probably lies somewhere in the middle. Either way, the use of psychedelics dates back thousands of years into our ancestry. The use of psychedelics in western culture was diminished to almost zero during the early 20th century, until 1957 when Gordon Wasson, a New York Banker, traveled to Mexico to trial "divine mushrooms,"<sup>2</sup> and wrote about his experiences in Life Magazine.

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# 2023 WOMEN'S PSYCHIATRIC LEADERSHIP

Meeting

Sunday, August 27, 2023  
10:30 am  
East Bank Club | Chicago, IL

Sunday, August 27, 2023  
10:30 am -1:30 pm  
Champagne Brunch at the  
EAST BANK CLUB  
500 N Kingsbury St, Chicago, IL  
Onsite Parking Available  
Register by August 20!

**Topic: Premenstrual Mood Disorders: Advances in Epidemiology, Pathophysiology, and Treatment**

Premenstrual Mood Disorders (PMDs) occupy a complex space at the intersection of biological sex and gendered experience. While most cycling individuals do not experience

distressing or impairing premenstrual mood symptoms, a substantial minority experience marked changes in emotion and behavior that require medical diagnosis and treatment. Steady progress across the last 30 years has led to the establishment of the Premenstrual Dysphoric Disorder diagnosis in the DSM-5, as well as the development of a substantial empirical knowledge base regarding the epidemiology, pathophysiology, and evidence-based treatment of PMDs. In this talk, I will review critical aspects of the literature on PMDs while sharing insights from mechanistic clinical trials in my own laboratory.

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The image depicted contains models and is being used for illustrative purposes only.

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## Physician Employment Contracts 101: Practical Tips from a Legal Perspective

By: Joseph C. F. Willuweit, JD, Monahan Law Group, LLC and Nishi Shekar, MD, JD Candidate '24, Monahan Law Group, LLC

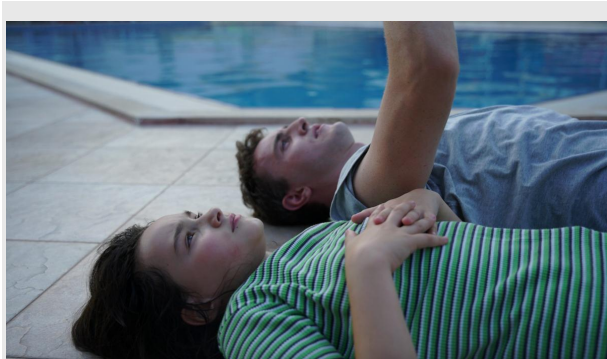


Evaluating physician employment contracts can be particularly complex due to the highly regulated nature of the profession – third-party payor requirements, fraud and abuse statutes, and Illinois-specific employment regulations, to highlight just a few issues. Further, it is important to bear in mind that hospitals, behavioral health agencies, and physician practices are ultimately business entities. While patient well-being is the utmost priority, the underlying issue of profitability is reflected in how an organization hires and manages physicians and other employees.

Whether a resident negotiating a first employment agreement or an experienced clinician pursuing a new professional opportunity, it is advantageous to be acquainted with the business practices and laws specific to healthcare. Additionally, consider obtaining competent legal assistance with contract review and negotiation. Consult with experienced colleagues and engage in basic due diligence. In the context of employment contracts, an ounce of prevention is worth a pound of cure.

Highlighted below are a few essential tips and practical considerations when negotiating and entering into physician employment contracts in Illinois.

[MORE](#)



### Afternoon: A look at depression and its impact on patients and their children

By: Nithin Edara

Depression is a ubiquitous disease affecting a growing proportion of the population each year. While being so omnipresent in society, it is rarely visualized and presented as thoughtfully and realistically as in Charlotte Wells' debut film *Afternoon*.



### Pride and Prejudice: The Underbelly of Psychiatry in the LGBT Community

By: Gary Wu, MD

Since the Stonewall riots in 1969, June is celebrated annually to promote equality and justice in the LGBT population. However, the steps it took to get to where we are today are extremely harrowing and dark. In review, homosexuality was

Set predominantly in a Turkish resort town, the film rewinds us back 20 years into the memories of a woman, Sophie, as she watches home videos from a trip she took with her father Calum (Paul Mescal). Through the course of this film, Wells carefully peels back the layers of Sophie's father, showing us his struggles with mental health. While the plot may not seem interesting based on that description, Wells' use of direction, framing, music choices, editing and Mescal's performance elevate the film to a brilliant cinematic level.

[MORE](#)

classified as a mental disorder since the first edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM) published in 1952. It wasn't until 1974 that the diagnosis of homosexuality was removed and replaced with a less stigmatizing term "sexual orientation disturbance." The diagnosis has undergone many revisions over the years, but is currently known as gender dysphoria in the latest DSM-5-TR. Another way to look at this issue is the transition from a defined gender binary into a the more fluid term "gender identity."

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## Member spotlight: Dr. Atul Mahabaleshwarkar MD

In this edition of Member Spotlight, ECP Committee member of IPS, Dr. Tapan Parikh, Assistant Professor at Northwestern University, interviews senior and highly accomplished physician, Dr. Atul Mahabaleshwarkar.

Dr. Mahabaleshwarkar completed his residency and fellowship from University of Health Sciences/The Chicago Medical School from 1985-1990. Prior to that, he completed his medical education in India, where he grew up. Dr. Mahabaleshwarkar has worked for most of his career in new medication development for psychiatric conditions.

Question 1: Dr. Parikh: Dr. Mahabaleshwarkar, we have known your work in "drug development" and "clinical trials". Can you please tell us about your unique career in this area?

Answer 1: Dr. Mahabaleshwarkar: I can think about two career paths for someone interested in the career track I have had. One is to be a clinician in an academic setting where there is patient care, teaching, administrative work, and I started my career with this track. Eventually, I transitioned to the drug development role.

Q2: Dr. Parikh: Can you please share more insight into your journey of both?

A2: Dr. Mahabaleshwarkar: Sure! I was the Chief of Mental Health Services at North Chicago VA, where we had 800 patient beds and 125,000 outpatient visits per year. It was a longer-term care hospital within the VA system so we would get referrals from other VA hospitals when longer-term care was needed. I was Associate Professor with Chicago Medical School as well as the Vice Chair. I ran the ECT service for eight years with teaching as part of the work, and I enjoyed all of these very much. However, I

decided to take a different route beyond this point and well-known pharmaceutical companies and had a variety of contributions, most recently the development of vortioxetine and its subsequent approval. In this second type of career, there are several opportunities to still stay focused on patient-care, but not at a direct level. The development of a new drug is a fascinating but long and complicated process where something newer could be brought to patients in need.

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## IPS Leadership:

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## Illinois Psychiatric Society

113 McHenry Road, Suite 239  
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