

IPS 

MIND

MATTERS

Official Publication of the Illinois Psychiatric Society

Winter 2020 | Issue 45

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 - 2021
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Dear Members,
How are you? How have your lives changed? I am happy to say we have received no news of covid deaths among our members, though I am sure you have all been affected by the tragedies of this year.

IPS members are our most valuable asset. We love to hear from you, about what you're doing, what you hope for IPS to do, and how you're coping with the year we've been through. Thank you for being there, in your career, and thanks for your participation in IPS.

We held our "annual meeting" (originally planned for 3/28/20) on 11/19/2020 by zoom. Dr. Lise Van Susteren gave a wonderful presentation about climate change and psychiatry.

Sad news:

Our dear, wise legislative guardian angel and guru, Betsy Mitchell will be moving on. She has been drafted back to her former profession in the real estate world. We are grateful to her for patiently holding our hands, responding to phone calls and texts at all hours, and guiding us through the political mysteries of Springfield with such acumen and grace.

We learned from Betsy to build relationships with our legislators, to rejoice over baby steps toward our goals, and to aim for more progress in the next general assembly. Betsy made a lasting positive imprint on IPS. We will treasure the lessons and successes she has brought us. Thank you, Ms. Betsy

donates \$5K to Thanksgiving meals

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Download the IPS Mobile APP here and allow for push notifications:

iOS

Google

Mitchell. We wish you joy and peace.

Glad news:

Now, we have a new, terrific lobbyist, Mark Peysakhovich. He will start immediately to anticipate needs, prevent problems, and help us organize our legislative campaigns.

In IPS, as in psychiatric practice, we strive for better lives for our patients, and better systems for our profession. This occurs incrementally within personal and political relationships. Let's apply what we psychiatrists know how to do, to making Illinois a better place. If we each make contact with our representatives and senators, they will appreciate hearing from you, and you can be an advocate for what you believe in. IPS will help you do this.

What's coming:

We are prioritizing IPS goals, and designing appropriate programs and communications for this new era:

- Recruit Black and Brown psychiatrists into IPS, to reflect the patients we serve
- Mentor and network with medical students, residents, early career psychiatrists
- Survey Illinois psychiatrists about their experience of telehealth, to support legislation
- Keep the care of mental health and substance use disorders safe and effective
- Ensure passage of a telehealth bill, with the IL Coalition for telehealth
- Cooperate with primary care doctors to expand use of the Collaborative Care Model
- Require health insurers to use standards of care to authorize mental health or addiction treatment
- Strengthen training requirements and accreditation for mid-level mental health practitioners
- Promote training and licensure for mental health peer support personnel
- Plan IPS virtual events for fun, fellowship, and learning, to look forward to each month
- Draw more members by offering support, advocacy, activities, and messages of value

We would like your opinions! Please send your goals, wishes and needs to Kristen Malloy, kmalloy@ilpsych.org.

The IPS legislative agenda:

Increase access to quality care in Illinois, through all possible avenues. We will be contacting you as we gather data in support of preserving the current pandemic-era rules for telehealth...

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State Legislative Update



By: Betsy D. Mitchell, MPA
IPS Legislative Consultant

Telehealth — A Review of 2020

- In January, at IPS' request, Senator Laura Fine (D-Glenview) introduced Senate Bill 2561 ([Full Text](#)).
- In February, during the IPS Advocacy Day and hours before the Senate Insurance Committee was scheduled to consider our legislation, IPS negotiated with the Insurance Industry and reached a compromise. IPS' then-President Hossam Mahmoud testified at the hearing where the bill passed unanimously and moved to Second Reading.
- In March, COVID-19 restricted Illinoisans to our homes. Psychiatrists could no longer meet with mental health patients in their offices. At the urging of IPS and other organizations, Governor J.B. Pritzker issued Executive Order #9 to allow for Telehealth coverage. This permitted psychiatrists to immediately begin meeting with patients. Clearly this EO benefited patients in need of mental health services, but it also highlighted Telehealth's numerous benefits.
- In mid-April, because the Illinois General Assembly could not meet in Springfield due to COVID and because no plan existed allowing votes to be conducted remotely, the legislature formed several working groups centered around several issues. IPS' President Dr. Susan Scherer was invited to testify before the Senate Healthcare and Human Services Working Group.

[Read More](#)

2021 APA Election



Dr. Chandan Khandai, current Early Career Psychiatrist (ECP) Representative to the IPS Executive Council and chair of the new ECP Committee, is running for APA national office as ECP Trustee on the APA Board of Trustees.

Dr. Khandai is a consultation-liaison psychiatry attending at University of Illinois at Chicago, and serves as psychiatrist consultant to Mile Square



What can Psychiatrists do about Climate Change, a Global Public Health Emergency?

By Perry Tsai, MD, PhD
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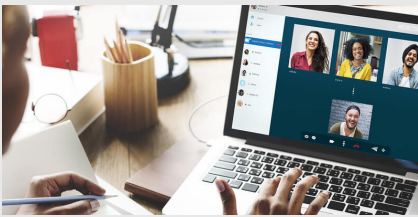
At our first virtual Annual Meeting on November 19, the Illinois Psychiatric Society invited Dr. Lise Van Susteren to educate and inspire us to act on climate change. Dr. Van Susteren, board certified in general and forensic psychiatry, is a clinical professor at Georgetown University's Department of Psychiatry. She serves on the boards of the Earth Day Network and Physicians for Social Responsibility. While others have offered gentler narratives, Dr. Van Susteren believes that downplaying the urgency creates a dangerous illusion that the situation is not that serious. She delivered a frank message of a global climate emergency to IPS members.

Dr. Van Susteren traced links between the loss of homes and loved ones in acute and chronic weather events to the increase in violence, abuse, stress and mood disorders, and suicides. Temperature rises and changes in rainfall have been associated with increases in interpersonal and intergroup conflicts and with

FQHC and on the mental health curriculum workgroup for Chicago Police Department. Nationally he serves as a corresponding member on the APA Council on C-L Psychiatry, and Annual Meeting Scientific Programming Committee.

His campaign website is www.ckforapa.com. Voting for APA starts online January 4, 2021 and goes until February 1, 2021. All IPS members are members of APA, and are eligible to vote; more information can be found at www.psychiatry.org/election

Past Events



Sept. 17: IPS Virtual Psychiatry Career Fair.

This was our first virtual career fair. Despite a smaller number of vendors this year due to the pandemic, having an online platform allowed us to be more inclusive of IPS members outside Chicago.

Sept 26: APA State Advocacy Conference.

There were presentations from Senator Laura Fine as well as legislators from other states on how psychiatrists can engage them using concise yet compelling patient anecdotes.

New APA Resource Document

food insecurity and malnutrition. Air pollution drives particulate deposition and inflammation that could mediate numerous chronic health conditions including neurocognitive and psychiatric illnesses. Changes to our ecosystems are hurting greenspaces and animal populations so important for agriculture and medical science. Particularly palpable this year has been climate anxiety, which revolves around the uncertainty about our future in relation to our choices in the present.

Tackling climate change has been an uphill battle. Not only have there been explicit barriers of money and power, but there have also been deeper issues of dependency, entitlement, and the diffusion of responsibility. In order to initiate systemic, behavioral changes despite all these barriers, the messaging about climate change needs to be stronger than ever before. We need to describe the gravity of the problem and lay out what we can do about it.

The role of psychiatrists comes from our specific set of skills; we know how to talk. We know how to break down defenses, how to move a patient beyond denial, and how to move people toward hope and growth. Dr. Van Susteren urged us psychiatrists to take these skills into the role of climate change advocacy, by working with organizations like the Climate Psychiatry Alliance (<https://www.climatepsychiatry.org>) and Physicians for Social Responsibility (<https://www.psr.org>), and by speaking with our patients about their experiences and empowering them to take action with us. Climate change is a global public health emergency, and we must hurry and work together to protect the health of our planet and the health of our patients.



Member Spotlight Jeffrey Roth, MD

jrothmd@workingsobriety.com

I am an addiction psychiatrist and group psychotherapist. I work with people interested in recovery from addictions and compulsive behaviors and their family members. I conduct fifteen psychotherapy groups on a weekly basis. I also teach the psychiatry residents at the University of Chicago

and Rush University Medical College about group and organizational processes using an experiential process group model.

During the COVID-19 pandemic, I moved my practice entirely online using Zoom, and I have been impressed with the ability of my group members to continue to do meaningful psychotherapeutic work in this format.

This August I directed my first virtual group relations conferences for psychiatry chief residents across the country, offering to compensate the loss of the Tarrytown conference which was



[How Psychiatrists Can Talk to Patients and Families About Race and Racism](#)

Developed by the APA Council on Children, Adolescents, and Their Families in consultation with the APA Presidential Task Force to Address Structural Racism Throughout Psychiatry.

cancelled due to the pandemic. This group relations conference was well received by the twelve staff psychiatrists and forty four chief residents who participated.

My future goals include continuing to train the next generation of psychiatrists in group and organizational processes, in addition to continuing to offer group relations training in China, Russia and the Middle East. I am also working with a colleague to revise a classic text on group psychotherapy for recovery from addiction as well as a curriculum on this subject for the American Group Psychotherapy Association.

When I am not engaged in these professional pursuits, I enjoy ballroom dancing with my wife. We dance a respectable rumba and are working on the Viennese waltz; our claim to fame in our dancing clubs is our flair for polka. Unfortunately, these days our dancing is limited to our living room. We also revel in spending time with our children and grandchildren.

Advocating for our Child and Adolescent Patients and Psychiatrists



By Sudhakar Shenoy, MD
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(photo of IPS member, Adrienne Adams, MD)

Long before the COVID-19 pandemic, children's mental health in America was already a crisis; the

number of young people with mental health problems was rising while the number of well-trained child and adolescent psychiatrists (CAP) was decreasing. With the pandemic and high levels of stress and isolation, the crisis has now become a disaster. Compared to 2019, the proportion of mental health-related ED visits from April to October 2020 for children aged 5-11 and 12-17 years have increased by 24% and 31%, respectively ([CDC Morbidity and Mortality Weekly Report](#)). Once in ED, children suffering from depression, anxiety, and behavioral issues often wait days for psychiatric beds.

I am a CAP. I see child and adolescent patients with mental health issues of varying degrees of complexity, severity, and acuity. My patients come from more than 3 different counties of Illinois, where we only have 11 CAPs per 100,000 children below age 18 ([AACAP Workforce Maps by State](#)). Without me, there is every chance that my patients will go to ED in a crisis, with a crisis, when the ED itself is in crisis.

Today I start my clinic day with AJ, a 17-year-old struggling with opioid addiction. He has survived three overdoses; one of them was an intentional overdose. He had started learning coping skills while doing school work at a residential treatment center, which closed down due to a COVID-19 outbreak. Without the support he had at the center, AJ tells me he is afraid of relapsing.

[Read More](#)



Join the Planning Committee!

The Planning Committee has been set up by

IPS to plan educational, networking, and fun events for the membership. Currently, we are working on several virtual offerings for members in the upcoming months. If you have an interest in education, networking, or both, please consider joining the committee! To join, please email L. Joy Houston at lhouston73@siumed.edu or Kristen Malloy at kmalloy@ilpsych.org. I look forward to working with interested members to create useful, informative sessions for our members!

HR 7255 - Coronavirus Health Care Worker Wellness Act

provides mental health resources for front line health care workers during the pandemic. IPS worked with Congressman Raja Krishnamoorthi, who introduced bill. IPS executive director Meryl Sosa sent letters to the members of Illinois Congressional Delegation to ask them to support his bill.



Renew APA Membership by Dec. 31

Time is running out to renew your membership for 2021. Don't lose access to the *American Journal of Psychiatry*, free and discounted CME courses, practice resources, updates and services related to coding and reimbursement, reduced registration rates for the virtual 2021 Annual Meeting, and so much more. If you haven't done so yet, renew by **Thursday, December 31**.

[Renew Now](#)



Facing both covid-19 and racism, Black women are carrying a particularly heavy burden

Published Op-Ed by members: Brandi Jackson, MD and Aderonke B. Pederson, MD

Brandi Jackson is a co-founding director of the Institute for Antiracism in Medicine, the director of Integrative Behavioral Health at Howard Brown Health, an adjunct professor of psychiatry at Rush University Medical Center and a Public Voices fellow. Aderonke B. Pederson is a researcher funded by the National Institutes of



Thresholds staff Emily Bugg, whose wedding was canceled due to COVID, donated her \$5k catering deposit to Thresholds clients' Thanksgiving meals

By Bonnie Miller Rubin, Washington Post

When the pandemic upended their wedding plans, Emily Bugg and Billy Lewis tied the knot at Chicago's city hall last month instead.

But there was still one piece of unfinished business: What to do about their \$5,000 nonrefundable catering deposit? The newlyweds decided to turn it into 200 Thanksgiving dinners for

Health, an instructor of psychiatry at Northwestern University Feinberg School of Medicine and a Public Voices fellow.

Recently, former first lady Michelle Obama spoke about experiencing “**low-grade depression**” caused by the double pandemic of covid-19 and racial strife. It was a striking admission from a woman regarded as a strong role model. But as Black female psychiatrists, we know that even the healer needs healing sometimes.

We and our colleagues are well versed in diagnosing depression and anxiety. Some of us suffer from it ourselves. But what all Black women are facing today is something different, something additional. Black women sit squarely at the confluence of multiple systems of oppression, and are experiencing a disproportionate loss of life and livelihood in the era of covid-19.

[Read More](#)

people with severe mental illness.

“This just seemed like a good way to make the best of a bad situation,” said Bugg, 33, an outreach worker at Thresholds, a nonprofit dedicated to helping people with bipolar disorder, schizophrenia and other psychiatric conditions.

In the week leading up to Thanksgiving, dozens of Thresholds clients received a boxed dinner of turkey, dressing, mashed potatoes, green beans and other fixings from Big Delicious Planet, a high-end Chicago-based caterer.

Bugg and Lewis, 34, got engaged in July 2019 and began planning their wedding. They had booked a hip Chicago event space, a fun DJ and a photographer. Bugg purchased her gown, a slip crepe dress with spaghetti straps, and their guest list topped 150 people.

[Read More](#)



Member Spotlight Firas A. Nakshabandi, M.D.

firasnakshabandi@hotmail.com

I am an ABPN certified adult, child and adolescent psychiatrist and currently a Clinical Associate of Psychiatry & Behavioral Neuroscience at the University of Chicago and the Founder & CEO of [Empathic Resonance, LLC](#).

I have completed residency training and board certification in Saudi Arabia, Harvard & the University of Chicago. I have various roles including private practice and community work, consultations, editorial positions, public education on various media platforms, innovation and some international work. My specific areas of interest include empathy, cultural and social issues, trauma, education, technology utilization and integrative psychotherapy.

My future goals include larger scale projects to utilize telehealth platforms to bring care across international borders, including refugees and victims of violence. I am also developing psychotherapeutic concepts that I hope will eventually be ready for publication.

I enjoy composing music, photography, writing and various other creative projects. My vision is to spread kindness and awareness about empathy through the various types of work that

COVID-19 UPDATE

COVID-19 Resources

IPS is monitoring the evolving COVID-19 pandemic in Illinois, and has created a resource guide for psychiatrists and the community. We will keep this page as updated as possible but please let us know if you have additional resources that you think would benefit the entire membership.

[COVID-19 Resources](#)

IDFPR Update

I do and bring humanity closer together even if it has to be done one patient at a time.



IPS Mentorship Program

IPS is currently working to develop a customized mentorship program for Resident-Fellow and Early Career Psychiatrist members. At this time, IPS is looking for your input on this new mentorship initiative. A short [survey](#) has been created to better gauge interest in this program and what structure it should take. Based on the survey results, IPS will work to create mentorship opportunities and find mentors with the knowledge and expertise to meet member needs. The form of such a mentorship program could range from individualized meetings utilizing various avenues of communication or even large-scale events. Not only will it serve to increase networking but will also allow for increased collaboration amongst like-minded individuals. Potential areas of interest may include psychiatric sub-specialties, private practice, telepsychiatry, academia, or other suggested topics. Please let us know what you want/need from a mentorship program.

[Take Survey](#)

Illinois Department of Financial Institutions (IDFPR) has released the following [proclamations and variances](#). This is to increase the number of healthcare professionals who can provide care to Illinois residents affected by the pandemic.

- December 3, 2020 | Proclamation | Expansion of Scope of Practice for Pharmacists and Pharmacy Technicians
- December 3, 2020 | Proclamation | Extension of Modification of Professional License and Certification Statutes for Out-of-State Healthcare Professionals until May 31, 2021
- December 3, 2020 | Variance | Illinois Inactive/Expired Licenses Physicians
- December 3, 2020 | Variances | Illinois Inactive/Nonrenewed Licenses for RNs and APRNs
- December 3, 2020 | Variances | Illinois Inactive/Nonrenewed Licenses for PAs
- December 3, 2020 | Variances | Illinois Inactive/Nonrenewed Licenses for RCTs



Remembering Stephen C. Scheiber, MD

By Senior Psychiatrist, Inc.
<https://seniorpsych.org>

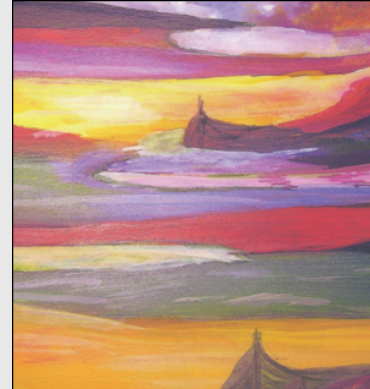
Stephen C. Scheiber, MD died June 20, 2020 at the age of 82. Steve (together with his wife, Mickie) served in the Peace Corps prior to entering psychiatry

– an experience which favorably influenced his life and career. Steve had a pervasive influence on the field of Psychiatry over his lifetime. I first became aware of Steve while he was on the faculty of the University of Arizona in Tucson. He joined the department chaired by Alan Levenson with Allan Beigel and Henry Brosin among its outstanding faculty. He served as Director of Training. Steve later became the Executive Director of the American Board of Psychiatry and Neurology, a position he held from 1986 until 2006. He was an educator and made contributions to medical student and residency education throughout his career as a faculty member of university departments (Tucson, Chicago) as well as through his contributions to the GAP Committee on Education, AADPRT and other organizations.

Steve was influential in professional organizations serving as a member of the Board and/or as President of several including the Group for the Advancement of Psychiatry, The American College of Psychiatrists, the Senior Psychiatrists, the Benjamin

Rush Society, and AADPRT.

Steve wore a persistent smile, was genuinely happy to greet friends, and always volunteered to be helpful in solving difficulties encountered by others. He was a mentor to many. His terminal illness progressed rapidly but he enjoyed visiting by telephone with friends and reminiscing about various experiences over the years. He will be missed.



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

janssen Neuroscience

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10 Things About Medical Record Requests

By: PRMS

1. Access to protected information may be requested by a patient or other individual in a variety of ways for a variety of purposes. It is vitally important that requests for information never be ignored as there are professional, ethical, and legal penalties for failing to respond in a timely manner.

Furthermore, failure to respond appropriately to requests in a judicial context may invoke professional liability coverage issues.

2. Your practice should have written policies and procedures for responding to information requests appropriately. Written confidentiality policies and procedures are required under HIPAA's Privacy Rule, as well as under some states' laws. It is important to remember, however that responding to a request for information does not always involve disclosing the information, in fact, frequently it does not.

[Read More](#)



Remembering Leo I. Jacobs, MD

Leo I. Jacobs, M.D., 85, of Lake Zurich, formerly of Lake Forest, passed away surrounded by his family on August 25, 2020 at Advocate Good Shepherd Hospital in Barrington.

He was born in 1935 and raised in Diest, Belgium by Paul and Hortense Jacobs. After graduating from the Catholic University of Louvain Medical School in 1960, he came to the U.S. and completed his residency in psychiatry at the Illinois State Psychiatric Institute in Chicago. He was a Psychiatrist at Forest Hospital in Des Plaines, where he

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Early Career Psych Rep.:

eventually became the Medical Director.

In 1987 he joined the staff at Good Shepherd Hospital as the Chairman of the Psychiatry Department. He also was the President of the Medical Staff at Good Shepherd from 2001-2003.

He was the author of *Overcoming Impotence* as well as of articles in the *International Journal of Social Psychiatry* and the *American Journal of Psychotherapy*. He had a private practice in Barrington until his retirement last year. Leo is survived by his wife Patricia; daughters Mieke and Megan (David); a sister, Yolande; and grandchildren, Alex and Natalie. His brother Karl (Suzanne) predeceased him.

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