

IPS 

# MIND MATTERS

Official Publication of the Illinois Psychiatric Society

WINTER 2021 | ISSUE 49

## 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)

Mind Matters Editor, Jasleen Singh, MD at [jasleen2.singh@rosalindfranklin.edu](mailto:jasleen2.singh@rosalindfranklin.edu)



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## President's Message -

Dear Colleagues,  
Here are a few highlights of events  
at IPS over the past few months.  
We have so much to be proud  
about, and much work to do.

While IPS maintains our focus on legislative advocacy which promotes safe and accessible psychiatric care, we stay committed to being a voice to get out a message on mental health in communities. For example, IPS was honored to participate in a health fair and expo sponsored by [100 Black Men of Chicago](#). We had a special guest on the panel, [State Representative Maurice West](#), who represents the 67<sup>th</sup> district in Rockford. Rep. West, who is an ordained minister, emphasized the importance of paying attention to our mental health, whether through contact with mental health professionals or clergy. We also had 3 IPS members on the panel, Martins Adeoye MD, Jada Johnson MD and Abdi Tinwalla MD. The panel spoke on cultural biases in the mental health system, how to know when to seek mental health treatment and what to expect during the assessment and treatment, and we discussed troubling statistics which demonstrated the impact of untreated psychiatric disorders in the Black community. Thank you to our panelists for their time, and for their important messages on mental health and psychiatric care. We hope this is just the first of many health fairs where IPS members can reach out to our surrounding communities.

Our Medical Student Committee had its first meeting, co-chaired by Jim MacKenzie DO, past-president of IPS, and M4 Akshay

Committee

The Crisis in  
Children's  
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During the  
Pandemic - How  
Psychiatrists  
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### Stay Connected -

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Twitter.



Patke. They hosted a large group of eager students, some even saying they came to medical school to be psychiatrists.

Many thanks to Christina Girgis MD, the new Chair our Communications Committee. Dr. Girgis represents the ethos of many IPS member-volunteers who are super busy but make time to hold important roles within our society. [Dr. Girgis](#) brings a sophisticated understanding of how the intersection between media and medical professions can benefit individual psychiatrists and medical organizations. This committee is rebuilding, with the recent addition of Anita Rao MD.

Those who attended our Virtual Annual Meeting, Ethics and Equity: Moving Psychiatry Forward, heard superb presentations on Psychiatry Ethics, Medical Ethics on Social Media, and a thought-provoking presentation of how a Medicare For All approach could impact health disparities and inequities. To minimize screen fatigue, we had a lighthearted time tasting and learning about chocolate, and colleagues in mental health showed their skill at improv. Thanks to the Planning Committee for this wonderful event.

Finally, be on the look-out to sign up for our next virtual series, Psychiatry Outside of Clinical Practice, beginning in January.

Any IPS members interested in having a larger role in our dynamic group, whether your interest is legislative advocacy, community outreach, communications, or any of our other [committees](#), should contact Kristen Malloy at [kmalloy@ilpsych.org](mailto:kmalloy@ilpsych.org).

Sincerely,  
Steven Weinstein, MD



### 2022 Virtual Series

**"HEAT"- Health Equity Anti-Racism Training - Beginning January 2022.**

White patients are twice as likely to utilize any mental health service compared to Black patients, but Black patients are twice as likely as Whites to be hospitalized on an inpatient unit. Caring for patients means caring for the whole person, including addressing barriers that lead to difficulty accessing care. The Health Equity Anti-Racism Training (HEAT) series is intended to assist Illinois psychiatrists in building awareness and skills to address and overcome psychosocial challenges and disparities that affect our patients. Participants will learn to incorporate best practices in anti-racism into their daily practice. Please join us as we bring on the HEAT!

More Information and Registration Coming Soon!

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### 2021 IPS AWARDS CEREMONY



### 2021 Award Recipients

Congratulations to the following award recipients for the 2021 year. These members were recognized at the 2021

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IPS Annual Meeting in October.

#### Member of the Year:

Karen Pierce, MD

#### Resident/Fellows of the Year:

Alan Akira, MD and Jasleen Singh, MD

#### Educator of the Year:

Robert Brett Lloyd, MD, PhD

#### Outstanding Achievement in

#### Psychiatric Research:

Dorothy Sit, MD

#### Community Service Award:

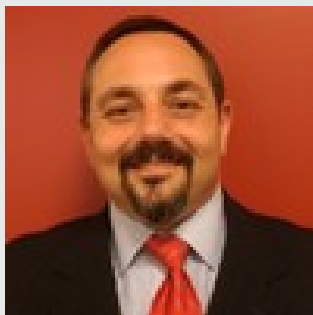
Thomas Boyd, MD

#### Innovation for Physician Wellness:

Smita Gautam, MD

#### Outstanding Achievement in Illinois

Advocacy: Shastri Swaminathan, MD



## State Legislative Update

By: Mark Peysakhovich  
IPS Legislative Consultant

### COVID-Caused Delays Lead to Another Abridged Legislative Session in Springfield.

A legislative session in Springfield generally has a certain familiar rhythm and cadence to it. The General Assembly goes into session in January and adjourns at the end of May. Session days are relatively light at the beginning, mostly because it takes a while for bills to be introduced and assigned to committees. It's also nice to skip a couple of weekly winter drives to Springfield (200 miles each way for me). Things pick up in February as committees begin deliberations, get frenzied as procedural deadlines come up and build to a dramatic crescendo in May as the legislature sprints toward the midnight deadline on May 31<sup>st</sup>. And since nothing much in Springfield ever gets done without the threat of an impending deadline, lobbyists know never to make Memorial Day plans.

Since COVID hit, this routine has been upended. For the first time ever, the Illinois General Assembly has conducted some business online while physical access was restricted. But the "hybrid" session was a lot less productive. Instead of sitting in the building and interacting with people in the halls of the Capitol, we were stuck in front of Zoom for hours at a time. (Like everyone else!) With the switch to Zoom, more people could engage with the legislative process. Ironically, at the same time, without the opportunity to connect in person, the engagement was more superficial. In other words, more quantity but less quality.

[Read More](#)



## Keeping Up with Social Media as a Psychiatrist

*Communication Committee*

By: Leah Beth VanBlaricum, MS4, University of Illinois College of Medicine – Peoria and Christina Girgis, M.D., Chair, Communications Committee of Illinois Psychiatric Society, Psychiatry Network Founder

For many psychiatrists, psychiatry residents, and medical students interested in going into psychiatry, social media has become extremely prevalent and important as we have progressed during the Covid-19 pandemic. Unfortunately, the pandemic has moved along, but not gone away and continues to impact how we interact with one another personally and professionally. We think about how to communicate and network with our peers, our patients, and the public, especially in a virtual setting.

Psychiatrists and psychiatry residents have been networking in closed physician Facebook groups like [Psychiatry Network](#) for years now, and everyone knows about Twitter! But TikTok, and Clubhouse, are new social media platforms where both professionals and patients are starting to increase their use! Most recently, for example on TikTok, patients have been seeing videos about Dissociative Identity Disorder, Tourette's, and Asperger's, and then going to their psychiatrists' office asking if they have these diagnoses! On Clubhouse, there are psychiatrists now leading live educational chats in various rooms about mental health topics!

Another benefit of social media has been that these platforms allow users to interact with others without the pressures of difficult in-person interaction. For patients on the schizophrenia spectrum who face impaired social functioning, it has been reported that online interactions are relatively easier for them to handle and aid in socializing.<sup>1</sup> Therefore, social media platforms like Instagram and TikTok have been useful for preventing the isolation of people who suffer from mental health disorders and allowing them to feel normal and included.

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## CORRECTIONAL PSYCHIATRY...You'll love it once you try it!



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Dr. Scott McCormick,  
Wexford Health Regional Director of Psychiatry-Illinois

Dr. McCormick earned his MD from the University of Chicago Pritzker School of Medicine; with a psychiatric residency at Massachusetts General. He has been on the psychiatric faculty at Harvard Medical School; and is board-certified in General Adult Psychiatry.

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From left: Arden Barnett, MD; Chriss Mulumba, MD; Christine Farag, MD; Kayleen Crowley; Brian Tong, MD; Osas Uduevbo, MD.

## Carle Participates in Moore Equity Walk


By: Arden Barnett, MD

At first, I didn't think we could do it this year. Now as the year closes, it was a highlight of 2021. The APA in late spring established the Moore Equity in Mental Health 5K, to support a new APA Foundation effort. It is the Moore equity in Mental Health Community grants initiative. This new program is to support individuals and community organizations that work to improve mental health care for black



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and indigenous youth and youth of color.

The Illinois Psychiatric Society (IPS) did establish a team to participate in this inaugural 5K. Given Covid-19 restrictions though, the 5K was to be virtual and we were to run, walk, or roll in the 5K in our local communities, without a single large gathering of participants.

The reasons not to do it this year seemed obvious. There were only six weeks given to plan for it before the race, and all planning would have to be done locally, and there would be insufficient time to develop interest and support for the event. Then I saw an informational notice where I worked in Champaign at the Carle Physician Group on their website. The DEI committee had posted information about Bebe Moore Campbell and her commitment to the mental health needs of minority children in the US. This was such a worthy endeavor; how could we not participate?

[Read More](#)



**VIRTUAL ANNUAL MEETING 2021**

**Ethics and Equity: Moving Psychiatry Forward**

## IPS 2021 Annual Meeting – A Mix of Ethics and Equity Education with Chocolate and Comedic Relief

By: Nik Raju, MD  
 (PGY-3 Psychiatry Resident at Chicago Medical School - Rosalind Franklin University)

What do Adderall and chocolate have in common? Adderall is a stimulant medication composed of a racemic mixture of amphetamine salts. Chocolate is a well-known dessert containing many chemicals with stimulant properties,

including caffeine, theobromine, and phenylethylamine, according to chocolatier Uzma Sharif. Maybe this is one of the reasons why many of us feel more ebullient after indulging in chocolate, as well as why some of us have times when we crave chocolate and will go to great lengths to obtain more at the local store.

One of the highlights of this year's Illinois Psychiatric Society annual meeting - held virtually over Zoom – was the chocolate tasting event, led by Uzma Sharif, the owner of Chocolat Uzma in Chicago. Conference participants were mailed four chocolate bars of differing blends and cacao bean strength as well as a sample of chocolate truffles prior to the conference – it was an exercise of delayed gratification not to eat the chocolates prior to the conference. Ms. Sharif provided an introduction to chocolate tasting, including how to appreciate the different aromas and flavors contained in each unique blend of chocolate. Just like practicing our craft of psychiatry, making and appreciating chocolate has various intricacies and nuances, which can be hard to appreciate while devouring a chocolate bar.

The chocolate tasting class was later followed by an entertaining performance by the Therapy Players, an improv comedy troupe consisting of psychiatrists, psychologists, and social workers. Conference participants were supplied with a package of microwave popcorn to enjoy during the performance and were encouraged to participate by providing suggestions for improv scenes. This witty and talented group - who also performs at venues across Chicagoland - very cleverly provided psychodynamic interpretations of various common life and work experiences in our

specialty.

[Read More](#)

**Registrants:** If you missed part or all of the meeting and would like a recording, please contact [kmalloy@ilpsych.org](mailto:kmalloy@ilpsych.org).

**Didn't register but would like to view the recorded sessions?** You are in luck! Recordings are available to IPS members for purchase at the rate of \$15. [Purchase the meeting HERE](#) and you will receive the recording link via email within 24 hours.

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## New Psychotherapy Committee

By: Alyse Eytan, MD

The holidays are upon us, maybe sooner than expected, and so is a new IPS psychotherapy committee. The essence is to bring psychotherapy back to the membership, in its previous and present forms. For me, psychotherapy, psychodynamic in nature, is part and parcel of my daily practice to a degree or another with every patient depending on the need. It is integrated with pharmacotherapy, which certainly shortened the length of treatment, and facilitated return to daily functioning. The core of psychotherapy is empathy, at any age, just expressed differently.

Kohut has written a great deal on the very subject and demonstrated how it functions as an information-getting tool, since it is most likely one of the most accurate ones. It also relies fully on the material being carefully understood during each session and spontaneously expressed by the patient. In addition, it functions as an important healing tool. Feeling and being understood most likely makes someone feel less alone, and is conducive to a robust change and the need for certain ego defense mechanisms.

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## The Crisis in Children's Mental Health During the Pandemic - How Psychiatrists Can Help

By: Matt Cohen, J.D.

Founder, Matt Cohen and Associates

The Coronavirus pandemic has had a cataclysmic impact on our society and the rest of the world. One of the groups most profoundly affected by the pandemic has been children, especially because of the closure of the schools and a resulting disruption of academic growth and emotional functioning. Notably, the pandemic has caused a massive intensification of mental health problems in children, including both increased numbers of kids with mental health problems, increased prevalence of more severe psychiatric emergencies, and growing prevalence of serious emotional problems in younger children. The situation is so bad that the American Academy of Pediatrics and the American Academy of Child and Adolescent Psychiatry have declared a National Children's Mental Health Emergency. The AAP/AACAP statement of emergency noted that:

“The pandemic then brought on physical isolation, ongoing uncertainty, fear and grief. Centers for Disease Control and Prevention researchers quantified that toll in several reports.

[Read More](#)

## Medical Student Interest in Psychiatry

By: Akshay Patke

I recall sharing my interest in psychiatry with my classmates as an M1 and being met with puzzled looks paired with comments about why they could and would never do that. I imagine this was likely an unfortunate, yet common, experience amongst students and professionals in mental health. However, less than the opinions of my classmates, I felt more concerned with how lost I felt in comparison to them. Many of my classmates swiftly collected mentors from multiple specialties with the administration directly supporting and advertising an abundance of talks and opportunities in internal medicine and surgical subspecialties. Any engagement about psychiatry or mental health, students had to seek out on their own.

Toward the end of my first year, my school's psychiatry interest group hosted a talk by Illinois Psychiatric Society's own past president Dr. James MacKenzie. Dr. MacKenzie managed to stir some excitement in a particularly sleep deprived post-exam crowd of students as he riffed on reckoning with mental health stigma as it affects patients and the medical profession while also making a strong case for why medical students should seriously consider psychiatry.

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### President Elect:

Abdi Tinwalla, MD - 2021-2022

### Treasurer:

Andrew Lancia, MD - 2021-2023

### Secretary:

Lillian Joy Houston, MD - 2021-2023

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Dennis Beedle, MD - 2020-2022

Peter Chien, MD - 2021-2023

Scott Gershan, MD - 2020-2022

Christina Girgis, MD - 2021-2023

### Early Career Psych Rep.:

Sudhakar Shenoy, MD - 2021-2022

### Resident/Fellow Rep.:

Jasleen Singh, MD - 2021-2022

### Downstate Councilor:

Mary Dobbins, MD - 2020-2022

### Immediate Past President:

Susan Scherer, MD - 2021-2024

### APA Representatives:

Arden Barnett, MD – 2019-2022

Jeffrey Bennett, MD – 2019-2022

Linda Gruenberg, DO – 2019-2022

Shastri Swaminathan, MD – 2020-2023

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