



# MIND MATTERS

Official Publication of the Illinois Psychiatric Society

## WINTER 2023 | ISSUE 57

### 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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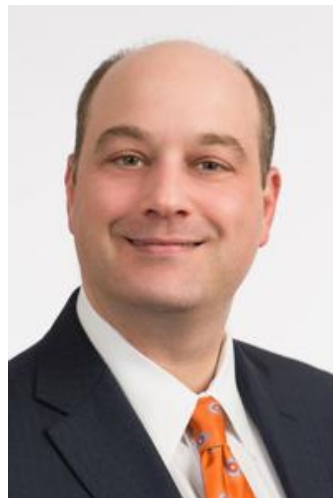
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### President's Message

By: Andrew J. Lancia, MD

For this winter president message, I would simply like to wish everyone peace during this holiday season. The chaos of our world, whether it be globally, at work, within our family, or just in our own minds, seems to rip away at the beauty of our humanity. I ask you to take some time to reflect on the wonderful contribution you have given back

through your professional journey and as a member of our organization.

Know that we have been hard at work moving forward on those **three pillars** we have previously discussed. We have successfully held off any further expansion of psychology prescribing for this year, but we continue to be open to discussions, so our position is very clear. We are building relationships across the state so we can better advocate for our ideas to improve the system of care the state of Illinois provides. And we are trying to draft bills to start implementing evidence-based psychiatric treatment that provide greater access and earlier detection of mental illness.

A huge thank you to all who came to our extremely



Area IV Event

Poster Session at the Annual Meeting

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Meet Your 2024 APA BOT Candidates

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successful annual meeting and all those who worked long hours to make it happen. 2024 will bring us even more success. I am confident in the strength of the Illinois Psychiatric Society.

From my family to you, have a blessed holiday.

## APA Administration Update: Workforce Shortage

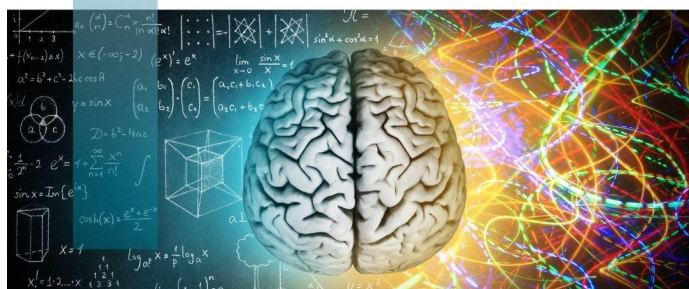
*Below is a letter from the APA President in response to member questions regarding the staffing cuts made to the organization last week. Included is a link to FAQs.*

Dear Valued APA Member and District Branch Leadership,

The APA Board of Trustees wants to thank you for bringing to our attention concerns about recent staff changes and the impact APA's internal restructuring may have on APA's effectiveness in federal and state legislative advocacy. As a membership organization, it is important that we hear our members' concerns. We also want to apologize to you for the lack of effective communication about these changes that led to your concerns. We will take steps to ensure that our communication of significant events is much improved in the future.

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[www.illinoispsychiatricsociety.org](http://www.illinoispsychiatricsociety.org)



ILLINOIS PSYCHIATRIC SOCIETY

**2024 VIRTUAL SERIES**

*The Unified Brain: At the Interface of Neurology and Psychiatry*

Thursday evenings  
**6:30 - 7:30 PM**

Jan. 25 | Feb. 29 | March 28 | April 25

## SAVE THE DATES for the 2024 Virtual Series - The Unified Brain: At the Interface of Neurology and Psychiatry.

The last Thursday of each month from January-April  
6:30-7:30 pm

**About Series:** Neurology and Psychiatry focus on different aspects of the nervous system, but the same organ is at the heart of both disciplines: the brain. Join IPS as we explore areas of overlap between neurology and psychiatry. We'll cover the latest findings and best treatment practices for

Conversion Disorder, PANDAS, Traumatic Brain Injury, and Alzheimer's Disease. Let's explore the cutting edge of neuropsychiatry together!

Registration Opening SOON for:

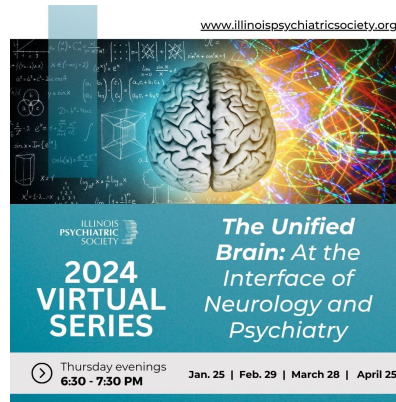
**January 25:** Functional neurological symptom disorder/conversion disorder: From pathophysiology to treatment approaches with Kathrin LaFaver, MD, FAAN.



## UPCOMING IPS EVENTS:



**Contract Negotiations - January 9**



**Virtual Series Session 1 - January 25**



**Fireside Chat with Dr. Houston - February 6**

## 2023 Annual Meeting Recap

What a FANTASTIC 2023 Annual Meeting, IPS had on October 7. Some Highlights include:

- An incredible venue at the Le'Meridien in Oakbrook with amazing food, meeting space, views, and staff
- A special luncheon with our Council members and incredible sponsors
- Very timely education sessions with stellar speakers about Mental Health Court, Suicide Prediction and Assessment, and Physician Burnout
- Our first Poster Session featuring our bright Medical Student, Resident, and Fellow members.
- An inspiring speech from our President, Dr. Andrew Lancia about how this meeting theme of "Commitment to Patients, Commitment to Life" came to be and where IPS is headed in this next year.
- A brilliant keynote speech from Illinois State Representative, Lindsey LaPointe, whose passion for mental health care is undeniable.
- A presentation of the first-ever Carl Bell Memorial Essay Competition
- And our Annual Awards Ceremony featuring some of our amazing members. [View a FULL list of award recipients.](#)

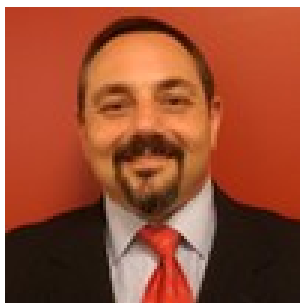


It was a long day but worthy of every minute! Thank you to EVERYONE who made this event possible. We hope to see you at the next one!

**[VIEW FULL Annual Meeting Photo Gallery HERE](#)**



Photo cred: Dr. Sudhakar Shenoy



## State Legislative Update

By: Mark  
Peysakhovich, *IPS  
Legislative  
Consultant*

Please Help Spread the News: The Psychiatric Collaborative Care Model Can Greatly Increase Access to Mental Health Care in Illinois!

For me, 2023 has been the year of the “Mental Health Crisis” in America. While the fact that our mental health system has not kept up with demand is nothing new, the level of attention this problem is receiving has increased exponentially over the last few years. In large part, this development is powered by two major factors: 1) As the world faces one crisis after another, demand for mental health services has exploded. 2) As the whole concept of mental health becomes less stigmatized and stigmatizing, more and more people are willing to publicly talk about the problems they have faced in getting appropriate care for themselves or their loved ones.

Looking at the relevant media coverage nationwide, it has been encouraging that the industry is willing to have difficult conversations about the vast scale of unmet demand, as well as the systemic problems hampering their efforts to expand services.



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At the same time, most providers are much better about acknowledging the problems than they are at articulating meaningful and tangible solutions.

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**DID YOU KNOW?** We find that our policyholders are more likely to receive a board complaint than be named in a claim or lawsuit.

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## APA 2023 Fall Assembly Report

By: Kenneth Busch MD and Susan Scherer MD

The Assembly had its fall meeting in Baltimore from November 3-5, 2023. This meeting was special. Our last in-person fall meeting was held four years ago in Washington DC just before the pandemic started.

The turnout was substantial with over 150 participants from most States and Specialty groups.



IPS representatives included Dr. Arden Barnett, Dr. Linda Gruenberg, Dr. Susan Scherer and Dr. Steven Weinstein (for Dr. Joshua Nathan). Other Illinois delegates who were serving as representatives for their Specialty societies included Dr. David Lott (American Academy of Addiction Psychiatry), Dr. Aida Mihajlovic (American Association for Social Psychiatry) and Dr. Lisette Rodriguez-Cabezas (Association of Women Psychiatrists).

We are very proud of Dr. Shastri Swaminathan who was seen in his new role as Parliamentarian for the entire Assembly. We also thank IPS Interim Executive Director, Kristen Malloy for her participation with us at the Assembly and Area 4.

The Speaker, Dr. Vasilis Pozios, highlighted the top three goals of his term which are streamlining operations, enhancing collegiality, and raising the profile of the Assembly.

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## APA's Federal Advocacy Conference

By Kimberly Meyer, MD

## Stress and Resilience in Training and Practice



02 December 2023  
10:00AM to 12:00PM EST  
Via Zoom



## Area 4 Hosts 4th Annual RFM and ECP Event on Stress and Resilience



The 2023 annual APA Federal Advocacy Conference was held in Washington, D.C. from October 16<sup>th</sup> until the 17<sup>th</sup>. Our colleagues from various regions gathered to be a part of this momentous event.

The conference began with a day filled with inspiring speeches, opening remarks from Saul Levin, MD, MPA, CEO and Medical Director of APA and Craig Obey, JD about what to expect from this extraordinary experience. This was followed by an introduction from Katherine Kennedy, MD, introducing Senator Chris Murphy.

Laura Willing, MD, facilitated a Senate and House Representative Staff panel, which allowed us insight of what to expect when interacting with the Congressional Staffers. This was a reminder of the value of our ongoing relationships with the federal legislators and their staff.

The second half of the day included additional information and mock presentations,

[MORE](#)



By: Jasleen Singh, MD

On Saturday, December 2nd, Area 4 of the APA Assembly hosted its 4th Annual event for Residents/Fellows (RFMs) and Early Career Psychiatrists (ECPs). This virtual event focused on Stress and Resilience in Training and Practice. Presentation topics included: 1) Research Studies on the Prevalence of Depression in Residency Training, 2) Personal Psychotherapy for RFMs and ECPs, 3) Protective Strategies for Stress Reduction, and 4) Boundaries and Ethics in the Treatment of Colleagues. At the conclusion of the four presentations, there was a panel discussion with Q&A.

The event began with a warm welcome from Area 4 Representative, Dr. Kenneth Busch, introducing some of the key Area 4 members involved. Overall, it was packed with great conversation and a wealth of knowledge!

Below is a brief overview of some highlights from the program: Dr. Poojajeet Khaira (PGY-2 at MetroHealth Hospital and RFM Deputy Representative for Area 4) started the presentations by touching on the prevalence of depressive symptoms in residents - a stark 28% (with no significant difference across specialty or country). Furthermore, within a year of beginning training, the median absolute increase in depressive symptoms among trainees is 15.8%. The ramifications of this spreads wide and far, affecting patients, peers, the trainee and their loved ones. It is also notable that vulnerabilities start prior to entering residency. Per a recent Elsevier report, 25% of medical and nursing students were considering quitting their studies and 60% reported symptoms of anxiety and depression.

[MORE](#)

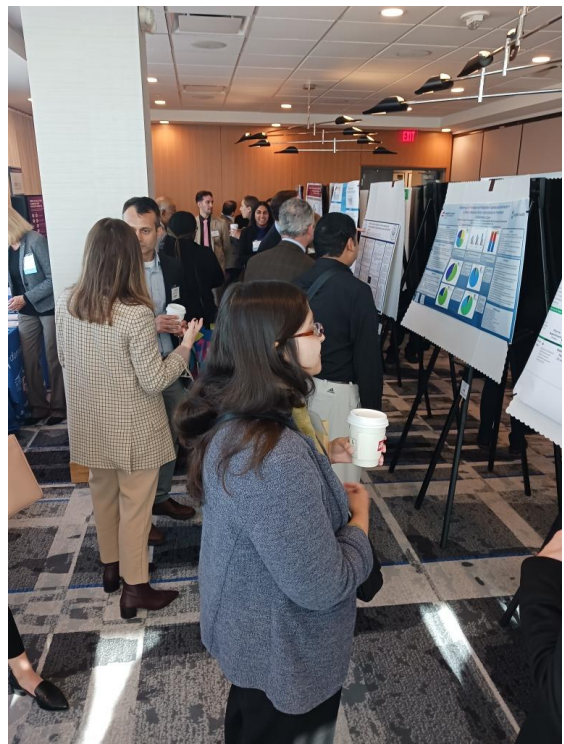


## IPS Launches Poster Session at Annual Meeting

By: Eliza Hofman, MFA, M3 at Chicago Medical School at Rosalind Franklin University

The field of psychiatry is enjoying a post-pandemic renaissance of interest from medical students, and IPS continues to make pathways to bolster Illinois medical students and residents forward.

The idea for a student/resident **research poster session** at this year's annual meeting originated at the annual meeting in 2022. The newly-formed IPS Medical Student committee members enthusiastically attended that year's resident and new-career forum, but they wished for a way to showcase their own work and interests. Then-president Austin Gephart (now a psychiatry intern!) and I drafted a proposal for a medical student/resident research presentation for this year's meeting, and IPS enthusiastically supported it. What came on the day of the annual meeting manifested what we had imagined: an academically sound exchange of new research and ideas in psychiatry. But what surprised me was that the hour of poster presentation also provided some of the best moments at the conference for networking, mentorship, good will, and connection.



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### Consider Compassion

By: Luke Lammers, Medical Student

Compassion. As physicians, we have all heard this word ad nauseum. I have not personally been on a medical school admissions committee, but I'd guess that for those who have, the word "compassion" has crossed their screens thousands of times, embedded in hopeful medical students' personal statements. For many, the word is devoid of flavor. It may even come with a bitter aftertaste. I hope that this article will help to restore some of the original savory flavor that the word used to connote for you, and



### Mental Health while Studying for USMLE Step 1

By: Radhika Patel OMS-II

The second year of medical school can be particularly challenging due to the increased classroom workload, extracurricular responsibilities, and the pressure to pass Step 1. The study hours are endless, especially as the wintertime approaches and board preparation begins.

Students often feel a sense of isolation and anxiety while studying for Step 1 due to the extremely demanding and stressful nature of the exam.



hopefully allow you to appreciate the more subtle notes and complexities that this indulgence has to offer.

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Here are some important aspects of the exam that often take a toll on the mental health of medical students:

[MORE](#)



## 2023 IPS Women's Psychiatric Leadership Meeting.

It was a lovely day at the IPS Women's Psychiatric Leadership Meeting. Our speaker Tory Eisenlohr-Moul, PhD brought her expertise on the subject of Premenstrual Mood Disorders: Advances in Epidemiology, Pathophysiology, and Treatment. Our guests had a great time networking and engaging in the session while enjoying a delicious brunch at the East Bank Club on the Chicago River.



## Fall Assembly Honors Veterans and Service Members

By: Kenneth Busch, MD and Arden Barnett, MD

A top priority of all Americans is to ensure that our Veterans and Service members and their families and caregivers have the resources they need to lead full lives and thrive in their communities.

We are deeply committed to addressing the mental health issues that impact them and help establish connections to needed care and services.

At the APA Fall Assembly in Baltimore it was an absolute privilege to warmly welcome Dr. Tamara Campbell to speak to us on the

particular stresses and mental health challenges that face Veterans.

Dr. Campbell is the Executive Director of the Office of Mental Health and Suicide Prevention for the U.S. Department of Veterans Affairs and serves as APA Assembly Representative from Ohio. Her office works nationally to improve the quality and availability of a full continuum of behavioral and mental health services and monitors



and supports the implementation of mental health policies.

The VA's suicide prevention program is guided by the 10-year National Strategy for Preventing Suicide and further informed by the White House Reducing Military and Veteran Suicide Strategy. This strategy focuses on current actions that can be taken now and across the next decade.

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## Member Spotlight: Kalyan Kandra, MD

In this spotlight, Dr. Sudhakar Shenoy, Chair of the Early Career Psychiatrists Committee, and a Mind Matters correspondent, interviews Dr. Kalyan Kandra who is an Assistant Professor of Clinical Psychiatry at SIU School of Medicine in Springfield, Illinois.

Dr. Shenoy: Dr. Kandra, Thank you for doing this interview with me. Can you tell us a little bit about yourself?

Dr. Kandra: Thank you for doing this interview. I was born and raised in Visakhapatnam, a beautiful coastal city in the southern state of Andhra Pradesh, India. My dad is a physician, and my mom is a high school commerce teacher. From a very young age, I have been inspired by my dad and his colleagues and that has been very influential in instilling in me a passion for health care. I did my medical school at JJM Medical College in Davangere, a city in the neighboring state of Karnataka. I completed my residency in psychiatry at the University of Mississippi Medical Center, Jackson, Mississippi from 2015 to 2019. In 2019 after graduation, I joined SIU School of Medicine as a faculty in the Department of Psychiatry in Springfield, Illinois.

Dr. Shenoy: Tell us a little bit about your interest in the field of academic psychiatry.

Dr. Kandra: I have always believed that we can improve access to health care and cater better to the ever-increasing health care needs of the population by training future generations of psychiatrists and other providers. Teaching is something that gives me immense joy and satisfaction and as someone that believes strongly in the adage "by teaching we learn" it also helps me to solidify my own understanding and learn new perspectives.

Dr. Shenoy: I hear you did something called the "Medical Education Research Fellowship Program". Can you tell us more about it?

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## MEET THE CANDIDATES



## Meet Your 2024 APA Board of Trustees Candidates

APA members elect all voting members of the Board. The Board determines and approves APA priorities, policies, and budgets.



## IPS Leadership:

**President:**

Andrew Lancia, MD -2023-2024

**President Elect:**

Lillian Joy Houston, MD - 2023-2024

**Treasurer:**



Voting Polls open January 2, 2024 and ends January 31, 2024.

Meet the 2024 Candidates

## Consider Donating to the IPS PAC

As we gear up for a busy legislative session to begin in January, consider supporting the IPS PAC. The IPS Political Action Committee (PAC) is a non-partisan entity and actively participates in the legislative process to ensure that our patients' interests are protected. Help the IPS PAC work for you and contribute to their efforts today.



More Information

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Jeffrey Bennett, MD - 2022-2024

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Jennifer Kurth, MD - 2023-2025

Kimberly Meyer, MD - 2023-2025

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**Early Career Psych Rep.:**

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**Resident/Fellow Rep.:**

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**Downstate Councilor:**

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Linda Gruenberg, DO - 2022-2025

Joshua Nathan, MD - 2022-2025

Shastri Swaminathan, MD - 2023-2026

**Mind Matters Editor:** Jasleen Singh, MD

**Interim Executive Director:**

Kristen Malloy

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