



## Gathering Together During Adversity & Change

As summer moves to fall in Nebraska, we celebrate the coming of the harvest and the clashes of the Huskers. (Or--as Jim Dunlap so fondly would describe it-- "Nebraska's shared delusion.") Just as the earth and its creatures become more active in the autumn, Athletic Directors come and go, and change is coming this fall to your Nebraska Psychiatric Society. Chelsea Chesen is handing the reigns of president over, and we want to thank her for her service over the past 15 months. Cindy Paul has moved from President-Elect to President, and we extend her our congratulations and best wishes for success.\*

Physicians are in the midst of a very tough challenge as a profession in Nebraska, namely the current proposal to allow psychologists seeking to practice medicine now making its way through the state process. First, we should thank Nebraska's psychologists for bringing this national movement into Nebraska for review. Regardless of the ultimate outcome the debate has been civil, it is bringing providers together, and is prompting discussion of what it means to practice medicine: What are the minimum qualifications to educate, credential, and practice medical services in Nebraska? Second, we want to thank the many organizations and individuals partnering with us in the process of challenging the current inadequate medical psychology application. These include the American Psychiatric Association, American Medical Association, Nebraska Medical Association, Metropolitan Omaha Medical Society, Nebraska Academy of

Family Physicians, Nebraska Academy of Physician Assistants, and American Academy of Child and Adolescent Psychiatry. Beth Ann Brooks and Carol Wang deserve special thanks for their tireless support and encouragement.

**\*Nominations are now being sought for the office of President-elect, to be selected at our NPS October meeting.**

Even though we were dealt setbacks in the first phases of Nebraska's DHHS Technical Review Program (see Beth Ann's column) this has not diminished our resolve to advocate that the practice of medicine in the state of Nebraska must be done by qualified candidates with sufficient, supervised medical training.

Psychiatry is a unique specialty within the already unique profession of medicine: our roles require us to face emotional intensity and projected stress from our patients, to remain professional and helping in our interaction, and all the while maintain a level of confidentiality that strictly limits with whom we can share our own natural, human reactions. As we welcome our newest group of psychiatry residents to Omaha, be mindful they represent the future of our profession. Consider reaching out to our new protégé's by offering fellowship, mentorship, teaching, or psychotherapy supervision. When you share your story of how you manage to thrive despite all the challenges, you both support a fellow psychiatrist and help yourself by forming a new relationship, and sharing these experiences in a safe space.

We have an excellent opportunity next month for you to hear from a nationally acclaimed expert on PTSD, and also reconnect with colleagues. Come join us Tuesday, October 10, for a presentation by

Dr. Steven Southwick of Yale University. With so much change, we have a lot to discuss, a lot to share, and a lot to celebrate. We look forward to seeing you at the next NPS event--take care and stay well.



### **The Nebraska Psychiatry Newsletter**

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Authors' opinions do not necessarily reflect the official opinion of the Nebraska Psychiatric Society.

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### Ethics Update:

An NPS Ethics Committee is convened anytime the Society receives a complaint regarding a member, or when we learn of licensing activity that involves potentially unethical behavior. An investigative officer is appointed, and then findings are reviewed by an Ethic hearing panel that operates according to APA protocol and procedures for the Ethics process.

I am a consultant to the APA Ethics Committee, and we met in September to discuss the latest revision of “the Goldwater Rule,” which describes how members should can respond to social and political issues when they have not examined the person prompting public opinions. We reviewed a resource document about the use of patient information discovered during targeted social medial searches. Also in process is a review and revision of the scores of APA Ethics Opinions that are provided in response to members’ questions. A recent question came from a military psychiatrist member who questioned what the ethical response should be to psychologists in the military who are seeking or have obtained prescribing privileges.

### Legislative Update:

Matt Wallen was named the new director of the Nebraska DHHS Division of Children and Family Services by Governor Ricketts in August following the resignation of Doug Weinberg who served in the position for two years. Most recently Wallen was the chief of staff to DHHS CEO, Courtney Phillips, and previously was on the staff of U.S. Senator Ben Sasse.

This summer several Interim Studies occurred, chaired by various legislators. They included: options for health care reform in Nebraska, the best use of the state’s child welfare resources, the implementation of Heritage Health as Nebraska’s managed care Medicaid delivery system, mental health education provided in schools, examination

of existing telehealth systems and opportunities for expansion, examining the 407 process as it relates to scope of practice changes, and the feasibility of funding doctoral level behavioral and mental health internships in rural Nebraska. Our NPS lobbyist attended the latter hearing because it indirectly was related to the psychologist prescribing initiative. I have been attending a coalition of provider organizations which are experiencing problems securing reimbursement from the Heritage Health-contracted managed care organizations, and representatives from that coalition have in turn been meeting with Nebraska Medicaid to address various concerns.

#### Psychologist Prescribing Proposal

An application from the Nebraska Psychological Association to expand doctoral level psychologists’ scope of practice to include prescribing privileges was submitted to the DHHS Division of Public Health in April and has occupied considerable staff, member, and lobbyist time since then as we launched an opposition campaign. My thanks to Martin Wetzel for co-leading this pushback.

There are three steps to this “407 Credentialing Review Program.” The first includes a Technical Review Committee of 5 volunteers from other professions and a public member that reviews the application in depth; this committee is chaired by a member of the Board of Health. They held two meetings April-May, followed by a public hearing in July, and finally a vote by the committee in August on the six criteria that any profession seeking a change in scope must answer. There were 10 individuals testifying against the proposal, including NPS members Kathy Anderson, Beth Ann Brooks, Jason Ourada, David Vlach, and Martin Wetzel. Nebraska Academy of Family Physicians, Nebraska Academy of Physician Assistants, and Nebraska Medical Association also had representatives providing opposition testimony. Despite well organized and articulate testimony, the committee’s overall vote on the proposal was 5 in favor of the psychologists/1 opposed.

NPS appreciates its members who wrote to the review committee in opposition [Alena Balasanova, Subhash Bhatia, Eli Chesen, Matthew

Dobbertin, Klaus Hartmann, Sarit Hovav, Jasung Kim, William Michael, Jason Ourada, Cindy Paul, Katherine Robertson, Sanat Roy, Mark Scanlan, David Vlach, and Martin Wetzel].

September 13 a five-member subcommittee of the Board of Health met to review the proposal, and our new NPS president, Cindy Paul, provided eloquent testimony. Even though the subcommittee voted unanimous Nos on four of the 6 criteria, the overall vote on the application was 3 Yes/2 No. Then the definitive part of the second step occurred on September 18 when the full Board of Health reviewed its subcommittee’s report following testimony by the applicants and an opposing view by Beth Ann Brooks. The Board voted 8 No/5 Yes/1 Abstain (the psychologist member who had been on the subcommittee and voted Yes at that time); it was interesting to note that among the Yes votes were the APRN and optometrist members, both representing professions that recently completed 407 processes and subsequent successful legislation.

The final step of the process is expected to occur this fall when the chief medical officer of DHHS Public Health reviews all previous materials and reports before providing an independent opinion. Thereafter, it is anticipated the psychologist group will be seeking a senator to sponsor a bill in either the 2018 January-March or 2019 January-May legislative session, so our advocacy work is not finished no matter the outcome of the final step in the 407 process! NPS has applied to the APA for another grant for funds to continue to retain our lobbying firm, Radcliffe and Associates of Lincoln.



**Beth Ann Brooks, M.D.**

**Beth Ann Brooks, M.D., M.S.A.  
Ethics and Legislative Chair**

## New Psychiatry Residents & Fellows

### LARISA CHE

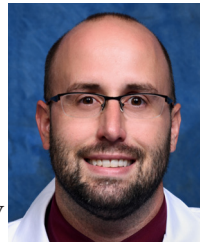
Dr. Che was born and raised in Cameroon, West Africa. She graduated from Benson High school and obtained her undergraduate degree from the University of Nebraska, Omaha. Since 2013, Dr. Che has been involved in Readingdrive for Africa, a non-profit organization focused on improving literacy in Africa. She is the current chairperson of the board and one of the founding members of Readingdrive. Dr. Che and the Readingdrive team have been invited to the Clinton Global Initiative University twice for their work in Cameroon. Dr. Che has a special interest in Child and Adolescent Psychiatry, and childhood education. She enjoys cooking, worshipping, biking and spending time with her husband and precious daughter. Dr. Che is an amateur guitar player who enjoys playing to her toddler who can best appreciate the melody.



biomedical sciences. After college, he worked as a medical assistant, orthopedic scribe, health care IT support, and home theater consultant prior to attending Creighton University for medical school. During his four years at Creighton, he served as class president and the IT and clinic support officer for the Magis Clinic (a student run free clinic for the homeless in Omaha). In his free time, Russ enjoys spending time with his wife, their mini-golden doodle, and their adorable daughter. He also loves watching sports, especially his beloved Denver Broncos every Sunday.

### SAM HUTCHINSON

Dr. Hutchinson grew up in Colorado. He completed his undergraduate degree at Colorado State University, graduate degree at the University of Alaska Anchorage, and attended A.T. Still University in Arizona for medical school. Dr. Hutchinson is also an Army veteran and particularly interested in psychiatry in regard to veteran mental health. He chose Creighton in part due to access to a diverse population in training by working at several hospital systems in the Greater Omaha area, to include the VA. He enjoys using his free time exploring Omaha with his wife and kids. Additionally, he enjoys traveling, camping, and finding great restaurants.



### ROCKY ESTERAICH

Hi, I am originally from McCook, a small town in the wild west of Nebraska. I went to college at the University of Nebraska-Kearney and to medical school at UNMC. My clinical interests include mood disorders, personality disorders, and sleep medicine. My academic interests include the philosophy and history of psychiatry/psychology. In my free time, I enjoy reading and walking around my neighborhood.



### ERIN KINDRED

Dr. Kindred was born and raised in North Platte, NE. Before her undergraduate work, she worked at a group home for teenage girls in North Platte. During her 5 years of working with the girls, she became interested in psychiatry. She earned a Bachelor of Science degree in Psychology at Peru State College, and then a Bachelor of Science degree in Psychobiology at University of Nebraska at Kearney. She completed her medical



### RUSSELL GOLDSTEIN

Dr. Goldstein is from Longmont, Colorado. He attended Colorado State University in Fort Collins, Colorado where he obtained a bachelor's degree in biology and a master's degree in



education at the University of Nebraska Medical Center. She wants to practice psychiatry in a rural setting, and has an interest in child and adolescent psychiatry as well as neuropsychiatry. She enjoys spending time with her husband and children playing board games and going to the movies. Her hobbies include photography, gardening, and writing.

### ALYSSA LUCKER, DO

Dr. Lucker grew up in Osage, IA. She attended Luther College where she received her undergraduate degree in nursing. She then completed a post baccalaureate pre-medicine program at the University of Miami. From there she attended medical school at Rocky Vista University College of Osteopathic Medicine and received her DO degree. She became interested in psychiatry during her nursing clinical rotations and has interests in substance abuse and child psychiatry. She enjoys reading, biking (when there aren't hills), camping, yoga, traveling and spending time with her friends.



### DAVE MARSHALL, MD

Dr. Marshall was born in Kearney, Nebraska and grew up in nearby Hastings, Nebraska. As a proud central Nebraska, he attended the University of Nebraska at Kearney where he received a master's degree in business administration before returning later to complete pre-med coursework. Attending the University of Nebraska Medical Center, he was originally interested in family medicine before slowly being won over by psychiatry, choosing it just prior to the end of his third year of medical school. He hopes to one day practice in the wonderful state that has always been his home. His hobbies include reading classic English literature novels, home-based fitness, and professional wrestling. Spending time



## New Psychiatry Residents & Fellows (continued)

with his family remains his favorite leisure interest and is what he can usually be found doing away from psychiatry.

### CAITLYN “CAITY” MILONE, MD

Dr. Milone was born and raised in Omaha, Nebraska. She attended Loyola University Chicago and University of Nebraska-Lincoln for undergrad. She graduated from University of Nebraska Medical Center College of Medicine in 2017. While in medical school, she worked on various student organizations, including teaching and outreach to high school students interested in careers in healthcare. Dr. Milone is interested in pursuing community psychiatry. She and her husband enjoy playing sand volleyball, doing escape rooms and playing board games with friends, and exploring Omaha's many great restaurant options.



### PRASHU SRIPAL, MD

Dr. Sripal was born and raised in St. Louis, MO. He attended Creighton University for undergrad and ended up loving Omaha and Creighton so much that he wound up staying. He went on to obtain his MS in Biomedical Sciences and MD degrees from Creighton before ultimately joining the Creighton-UNMC Psychiatry Program. Dr. Sripal first became interested in psychiatry in his third year of medical school and has interests in both adult and geriatric psychiatry. He enjoys spending time with his wife watching movies, trying new restaurants, and cooking. His other hobbies include watching NBA basketball, playing racquetball, and spending time with friends and family.



### NEW PGY II RESIDENT:

#### JUVET CHE, MD

Dr. Che was born in Cameroon, West Africa as the 5th of 9 amazing children. He immigrated to the USA in 2003, after high school in Cameroon and attended Grambling State University (GSU). He graduated from GSU in 2006 with a Bachelors in Biology and a minor in Chemistry. He worked as a substitute teacher, branch supervisor at a bank in Texas and Assistant manager for Foot Locker, Gas station manager before starting medical School at the University of Texas Medical Branch in Galveston, Texas (UTMB). He completed internship in Internal Medicine at the UTMB before having a change of heart to pursue a career in Psychiatry. He moved to Omaha, NE in 2014 to join his wife. Dr Che worked as a General Practitioner at Joshua Medical Center in South Omaha, and was the Medical Director for Lancaster County Jail and Chief Medical Officer for the Nebraska State Penitentiary (NSP) before joining the Creighton Psychiatry Residency Program. Dr. Che has a wide interest in mental health including, Substance Abuse, Pain Management, Prison Medicine and General Adult Psychiatry. Hobbies include soccer, table tennis, long tennis, cooking and spending time with my precious wife and daughter.



### NEW CHILD & ADOLESCENT PSYCHIATRY FELLOW:

#### HEATHER SPAIN, MD

Dr. Spain grew up in Valentine, Nebraska and graduated from the University of Nebraska at Lincoln (Go Big Red!) where she received a Bachelor of Science in Biology. After completing medical



school at the University of Nebraska Medical Center, she completed three years of general psychiatry residency at Duke University before fast tracking into child fellowship back home in Omaha. She enjoys live music, working on her travel bucket list, attending Husker football games, and trying to train her golden retriever puppy, Griffey.

## SAVE THE DATE!

### IPS Conference

October 19-22, 2017  
New Orleans

### AACAP Annual Meeting

October 23-28, 2017  
Washington DC

### American Academy of Pediatrics

National Conference  
Nov. 3-6, 2018  
Orlando

### Nebraska Medical Association

Advocacy Breakfast  
January 23, 2018  
7-9 A.M.  
State Capitol

### APA Annual Meeting

May 5-9, 2018  
New York

### Nebraska Medical Association

Annual Meeting  
Sept. 14, 2018  
Omaha



## Applying the Collaborative Care Approach: Evidence-based Mental Health Delivery in Primary Care Settings

Anna Ratzliff, MD, PhD, University of Washington

**Friday, October 13, 2017**

1:00 – 5:30 pm

CHI Health Creighton University Medical  
Center Bergan Mercy  
CHI Clinic Room 11661 A&B  
7710 Mercy Road, Omaha NE 68124

or **Saturday, October 14, 2017**

8:00 am – 12:30 pm

University of Nebraska Medical Center  
Maurer Center for Public Health Room 3013  
519 So 40 St, Omaha NE 68105

### Target Audience:

All mental health professionals and general health professionals including psychiatrists, primary care providers, nurse practitioners, physician assistants, licensed mental health therapists, social workers, students and residents.

### Learning Outcomes:

- Make the case for integrated behavioral health services in primary care, including the evidence for collaborative care
- Discuss principles of integrated behavioral health care
- Describe the roles for a primary care consulting psychiatrist in an integrated care team
- Apply a primary care-oriented approach to psychiatric consultation for common behavioral health presentations

### Accreditation Statements:

The American Psychiatric Association (APA) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide CME for physicians.

The APA designates this live activity for a maximum of *4 AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The University of Nebraska Medical Center College of Nursing Continuing Nursing Education is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This activity is provided for **4.0** contact hours under ANCC criteria.

**It's free!**

**Space is limited. Register by October 2 at:**

<http://bit.ly/CollaborativeCareModel>

# NEBRASKA PSYCHIATRIC SOCIETY

MEMBERSHIP MEETING

# PTSD

**Tuesday, October 10**

**Omaha Marriott  
10220 Regency Circle**

6:00 pm – Cash Bar

6:30 pm – Dinner

7:15 pm – Presentation

**ADVANCED RESERVATIONS REQUIRED**

**Please RSVP by October 6:**

Call 402-393-1415 or  
email [frank@omahamedical.com](mailto:frank@omahamedical.com)

**We look forward to seeing you there!!**

Please consider inviting a colleague to come as well.

*Featuring:*



**Dr. Steven Southwick**  
National Center for PTSD  
Yale University Medical School

**RESERVATIONS  
REQUIRED**