

Nebraska Psychiatry



Summer 2017

A Publication of the Nebraska Psychiatric Society

The State of the Profession is Strong - And We Want You!

Greetings from your colleagues at the Nebraska Psychiatric Society. We hope that the first half of 2017 has brought you rewarding work and play.

The field of psychiatry is always changing and this is especially true in Nebraska. A few highlights: our medical schools recently sending more students to psychiatry residencies, more psychiatry residents choosing to stay in our state and practice in rural settings, more mid-level providers specializing in the field and, of course, current efforts by psychologists to independently practice medicine.

What has not changed is our need for you to support your profession--what Francis Bacon called "Professional Patriotism"--and as we look at the year in review, we hope you will take steps to join us in bringing the best mental health care to Nebraska.

After nearly two decades UNMC is completely overhauling the curriculum for medical school. Our psychiatrist colleagues Sharon Hammer, Sheritta Strong, and Daniel Gih are the lead faculty who are integrating clinically relevant material into the basic science courses. (Of note: less than 50% of class time can be traditional lectures. Good news for those of us who are prone to lapsing into cataplexy as soon as the lights dim and the slide projector goes on). Gone are the traditional M1 thru M4 schedules; medical students will now move through three phases of training. Phase I is preclinical and lasts 18 months; Phase 2 is one year of required clinical rotations; Phase 3 is 18 months of elective rotations, to give students more time to experience different specialties.

Record numbers of medical students have chosen psychiatry these past few years and many chose to stay in Nebraska for residency. You can help in keeping up the momentum. UNMC and Creighton are always looking for psychiatry elective opportunities for medical students, particularly in outpatient and private practice settings (where most of them will work when they finish training). Consider the ways you can contribute to the future of our profession and the health of future generations: offer some time as a medical student site supervisor or co-supervisor; be a mentor for a medical student; provide a lecture in your area of specialty, or provide psychotherapy supervision for a resident. For more information contact: stephaniehansen@unmc.edu

You are probably aware that APRNs in Nebraska can now practice independently. Many APRNs are eager and very grateful to have a collegial relationship with a psychiatrist, even for a reasonable consulting fee. A number of APRNs practice in remote areas and are the only providers to manage very challenging cases. Should NPS develop a status for APRNs within our organization? Would you help support them and work together to improve the psychiatric care in our state? Give us your opinion: cwang@omahamedical.com

"Heritage Health" is the new name for Nebraska Medicaid as of January 1. The big change for psychiatry as a result is that there is no longer a separation between mental health, medical health, and pharmacy benefit utilization management within Medicaid: psychiatry sits at the

table with everyone else. There are three managed care plans in Heritage Health: United, Nebraska Total Care (Centene) and WellCare of Nebraska. Heritage Health now is leading the state forward in developing compliance with the recent regulations from CMS (Medicare) for the implementation of the Mental Health Parity Act. We think the implications of the MHPA will be just as far reaching as the ADA--just one example is that in order to keep parity with outpatient medical services, the state removed any limits on outpatient mental services.

In this edition BethAnn covers the legislative news, including the current second attempt by psychologists to independently practice medicine. If you want to help our efforts to inform the process let us know, we welcome your input. Please contact Carol Wang at: cwang@omahamedical.com

As we see all the changes taking place for our profession, the Nebraska Psychiatric Society also needs to keep up with the changing times. Our logo is new, and so is our website. Please consider offering some time to NPS. Encourage your colleagues to get involved. Give us your feedback. Attend an upcoming meeting, and share your hard earned wisdom to help us fulfill our mission as advocates for the most vulnerable among us. We look forward to seeing you at the next NPS event--take care and stay well.

Ethics Update:

There have been no ethics complaints regarding NPS members in the past two years, but I serve as a consultant to the APA Ethics Committee which regularly reviews a number of complicated issues and answers questions posed by APA members, including the following:

“The Goldwater Rule”

In March, the Committee provided an updated opinion on “The Goldwater Rule” which states that psychiatrists may share expertise about psychiatric issues in general, however: it is unethical for a psychiatrist to offer a professional opinion about an individual based on publicly available information without conducting an examination. This has been met with consternation by a number of APA members who assert that psychiatrists have the same First Amendment rights accorded to private citizens. The Committee believes the context is what is most important when speaking publicly, and that the public good cannot be necessarily insured based on commenting about an individual’s public behavior.

Other issues the APA Ethics Committee reviewed includes psychiatrists’ involvement in indirect military interrogation, the use of patient information discovered in targeted Internet or social media searches, managed care and parity, and the use of telemedicine.

Legislative Update:

The Nebraska Legislature adjourned May 23. This session was complicated and contentious at intervals because the legislature had to address a significant budget deficit. While the Appropriations Committee and legislature passed an initial budget that restored funding to a number of line items, the governor line item vetoed them. This reinstated his original budget proposal of a 3% cut to behavioral provider rates, as well as cuts to Children & Family Services, Behavioral Health, Developmental Disabilities, and Medicaid. There were not enough

votes to override the veto. During the veto debate senators were told by the Administration that this was not really a rate cut but rather a cut to the “pool of money” available and that DHHS divisions should be able to manage their resources in ways which would not impact rates or access to services.

Bills tabled until next session include the legalizing of medical cannabis, adding sexual orientation and gender identity to the classes protected from job discrimination, and repealing the motorcycle helmet requirement.

On a brighter note, insurers are now mandated to cover telehealth services at the same rate as face to face services. Provisions were changed relating to prescription drug monitoring, the Palliative Care and Quality of Life Act was adopted, dyslexia was added to the list of disabilities qualifying for special education services, penalties for human trafficking were increased, and a juvenile court judge was added in Omaha.

Nebraska Medicaid & Long-Term Care (MLTC) director, Calder Lynch, resigned in May to take a federal position in Washington, and the interim MLTC director is Rocky Thompson.

A group from the Nebraska Psychological Association has applied to DHHS to begin the process of trying to gain prescriptive privileges, similar to a proposal they put forth and then withdrew in 2015. Hearings are in progress, and public testimony will be received at a July 20 meeting. A group of NPS members (Chelsea Chesen, M.D., Martin Wetzels, M.D., and Beth Ann Brooks, M.D.) has been working with other professional organizations as well as a lobbyist that the American Psychiatric Association has funded to stave off this initiative. It is a three-step process that begins with a DHHS Technical Review Committee, followed by the Board of Health’s review, and finally the director of the Division of Public Health because psychologist prescribing would be a change in their current scope of practice. Thereafter, the psychologist group could seek to introduce legislation, which might

be as early as the January 2018 session depending on how quickly the three steps proceed.

There appears to be no end to issues facing our profession: managed care initiatives limiting physician autonomy, insurance and Medicaid provider rates, value-based contracts, changes to Medicaid at both the state and federal level, and threats to public education and some of its programs such as anti-bullying and mental health.



Beth Ann Brooks, M.D.

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



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*Mailing address:
Nebraska Psychiatric Society
c/o Metro Omaha Medical Society
7906 Davenport Street
Omaha, NE 68114
(402) 393-1415
www.nebraskapsych.org*

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New Psychiatry Faculty



**MARLEY
DOYLE, M.D.**
UNMC

Marley Doyle is a fellowship-trained adult psychiatrist with a specialty in women's mental health. She currently works as the Medical Director of the Women's Mental Health Program at North Shore University Health, an affiliate hospital of the University of Chicago and provides inpatient and outpatient consultation for women with psychiatric disorders in the perinatal period. She also serves as a clinician-educator at the University of Chicago and gives lectures to the departments of psychiatry and obstetrics/gynecology. Marley will join the UNMC faculty in August 2017.

Early in her residency at Northwestern Memorial Hospital in Chicago, she knew that she wanted to pursue a career that focused on the interface between medicine and psychiatry. Marley was able to secure a fellowship position in Women's Mental Health at Brigham and Women's Hospital and was provided with increased exposure to patients with a range of disorders in both an inpatient and outpatient setting.

In addition, she has done research in the areas of gender differences in academic psychiatry, has a strong interest in psychiatry education and has regularly presented educational workshops at national conferences.

Marley enjoys spending time with her husband, daughter and dog - taking walks and hiking. As a person with a visual impairment, Marley is active in the blind and visually impaired community with interest in assistive technology in the workplace. She enjoys reading and is learning to knit.



**LAUREN
EDWARDS, M.D.**
UNMC

Lauren Edwards, M.D., is an outpatient adult psychiatrist who is joining the faculty at the University of Nebraska Medical Center faculty in August 2017. She completed residency at the University of Michigan where she served as

ambulatory chief resident. Her clinical interests include anxiety disorders, psychotherapy, and the effects of diet/nutrition on mental illness and treatment. She is a University of Michigan scholar in Integrative Medicine and a member of the American Psychiatric Association and the Anxiety and Depression Association of America. She earned her undergraduate degrees at the University of Nebraska-Lincoln before completing her medical degree at the University Of Nebraska College Of Medicine where she met her husband, Dr. Ryan Edwards. Outside of work, she enjoys running, traveling, and cooking for friends and family.



**RYAN T.
EDWARDS, M.D.**
UNMC

Ryan T. Edwards, M.D. is a board-certified psychiatrist who completed his sub-specialty training in child and adolescent psychiatry at the University of Michigan. Prior to that, he earned his medical degree from his home-state school, the University of Nebraska Medical Center. His clinical interests include outpatient-based child/adolescent psychiatry, complex anxiety disorders of childhood, ADHD, as well as exploring models of integrative and collaborative care across healthcare disciplines. He has experience with medical education and served as the Chief Resident Education Director in the child and adolescent psychiatry department at the University of Michigan. As a professional cyclist in a past life, he is also interested in the mental healthcare of young athletes. He is married to Dr. Lauren Edwards.



**KAYLA
POPE, M.D.**
CUMC

Dr. Pope is a child and adolescent psychiatrist and Program Director for the General Psychiatry program at Creighton University Medical Center. She trained at George Washington University Medical Center in Washington, DC, with advanced training at the University of

Maryland/Sheppard Pratt, in Baltimore, MD, and Children's National Medical Center in Washington, DC. She completed a research fellowship at the National Institute of Mental Health, where she studied the neurocircuitry of children with a diagnosis of conduct disorder using fMRI technology.

She is a past member of the American Psychiatric Association's Board of Trustees and a past member of the Board of the Accreditation Council for Graduate Medical Education. She is a past member of Council for the American Academy of Child and Adolescent Psychiatry and currently serves as the co-chair for the Committee on Psychiatry and the Law. Before attending medical school, Dr Pope was an attorney and mediator specializing in family law and child advocacy. Her clinical and research interests include juvenile justice, adolescent brain development, forensics and promoting neuroscience in residency training.



**STEPHEN
SALZBRENNER, M.D.**
UNMC

Dr. Stephen Salzbrenner was born in Omaha, has a Bachelor's Degree from Marquette University and attended Creighton Medical School. He did his internship at Naval Medical Center San Diego and the remainder of his residency at Naval Medical Center Portsmouth, Virginia. He spent 8 years in the Navy after medical school, during which he spent significant time doing inpatient as well as outpatient psychiatry. He also spent 6 months in Iraq during Operation Iraqi Freedom and ran a combat stress clinic just north of Baghdad from 2005-2006. After leaving the Navy in 2009, he spent 5 years at Lasting Hope Recovery Center then a couple years in private practice before deciding to return to academic medicine, which was where he felt most at home. He routinely uses pharmacogenetic testing to assist with choosing the best treatment regimen. He has a 13-year-old son who is an Elvis fanatic and an 8-year-old daughter who loves dolls and art. In addition to spending time with his children, he trains and competes in Brazilian Jujitsu.

NEBRASKA PSYCHIATRIC SOCIETY

ANNUAL 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

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**

Graduating Psychiatry Residents

The graduation banquet for the Creighton-UNMC Psychiatry Residents and Fellows was held at the Josie Harper Center on June 1st. Graduating residents and fellows are ready to “spread their wings” and practice independently.

Drs. Holly McNew and Chris Rainville are heading to Portland, Oregon, where they look forward to practicing in the fast-paced environment of Psychiatric Emergency Services. Unity Center for Behavioral Health, a PES with attached 80-bed psychiatric hospital, is a collaboration of Oregon Health Sciences University, Kaiser Permanente, Legacy Health, and Adventist Health Systems. Dr. McNew and Dr. Rainville are excited to practice a progressive model of care, in which they can help patients in crisis in whatever manner best suits their needs. They will miss their “resident family” but are eager to face the challenges ahead.

Dr. Nathaniel Reich is heading back to Colorado! Arveda (a suburb of Denver) to be precise. He is very happy to be working with Kaiser Permanente in an outpatient adult practice. Dr. Reich is excited about the possibilities of working under a capitated rather than productivity-based model. This appeals to him due to the ability to handle patient care issues that arise in whatever manner is clinically indicated, whether via telehealth, phone calls, emails, or an in-person office visit. He will miss Omaha traffic (or lack thereof).

Dr. Anita Bansal is going home to Grand Forks, North Dakota, where she will work alongside her father in an adult outpatient clinic at Altru Health Systems. The clinic holds a special place in her heart for helping her realize her passion for psychiatry during externships she completed there as a medical student. She hopes to bring ECT to the clinic, to provide better access for patients who currently drive 80 miles to Fargo for treatment. As much as she is

looking forward to returning home and serving her community she will miss the “big city” life in Omaha.

Dr. Katelyn Thompson is going back to her roots in Fort Dodge, Iowa. She will be practicing adult and geriatric outpatient psychiatry at Berryhill Mental Health Center and has the pleasure of providing continuity of care for patients she has seen in her telepsychiatry clinic for the last two years. She also looks forward to seeing nursing home patients and working with the local ACT team in the future. When asked what she will miss most about residency, Dr. Thompson states “I will miss Dr. Faust. I love Dr. Faust!!!”

Dr. Rachel Faust is also returning to her roots, in central Nebraska. At Mary Lanning in Hastings she will have an outpatient adult practice, while continuing her telepsychiatry clinic in Albion, Nebraska (near her hometown of Petersburg). She is excited to be finished with residency and to be closer to home but does admit she will miss shopping at Target.

Dr. Yon Chong, who has just completed her Child and Adolescent Psychiatry Fellowship, is also pleased to be able to provide some continuity of care for many of her patients as she will stay on at Lutheran Family Services and Community Alliance, where she has moonlighted for some time. Dr. Chong is looking forward to “working part-time and still making more than I did in residency/fellowship” but will miss her co-residents and favorite faculty almost as much as the free lunches.

Dr. Rick Yang is off to sunny California to start his outpatient adult practice with The Permanente Medical Group in Oakland. After coming to Nebraska from Taiwan 14 years ago, Nebraska has come to feel like home, so moving to California is a new adventure which he hopes some of his family will join him

in soon. Though he will dearly miss his co-residents and faculty (not to mention the short commute), he can't wait to live near an international airport.

Dr. Madhuri Dannaram is heading to Sun City West, Arizona, where she will be working for Banner Health at Del E Webb Memorial Hospital as an inpatient psychiatrist covering both adult and geriatric units. She will also see consults and perform ECT. In the future she plans to establish a women's health clinic there. In reflecting on what she looks forward to and what she will miss as she leaves the training environment, Dr. Dannaram summed up the thoughts of the Creighton-UNMC psychiatry residency class of 2017: “I am excited about being independent - having to make decisions on my own as a physician, but I will miss the constant supervision and mentorship by amazing supervisors/teachers.”

Melissa O'Dell, M.D.
NPS Resident Representative

APA Annual Meeting 2017 Recap

The American Psychiatric Association (APA) 170th Annual Meeting was held this year in San Diego from May 20 - 24th. This was a great gathering point for Nebraska psychiatrists including those in practice and those in training. The APA Assembly meeting was held the two preceding days before the Annual meeting. As the Area 4 RFM Deputy Representative I was lucky to be in attendance at the APA Assembly meeting representing Area 4. Also representing Area 4 from Nebraska was Dr. Faiz Qadri. Together we voted on topics ranging from an action paper on Adopting a Neuroscience-based Nomenclature for Medications to a position statement on Juvenile Solitary Confinement.

As always many interesting topics were presented at the Annual Meeting. Dr. Stephanie Sutton (PGYIII) attended one such presentation titled Living Foods, by Chef David Bouley; featured were nutrients that together strengthen and build support for the peripheral nervous system, consequently building health of both the central and peripheral nervous systems. Dr. Sutton stated, "There was not an empty seat in the room. It was packed with psychiatrists wanting to learn more about how to improve healthy cooking for themselves and for their patients."

This year also included a Mental Health Innovation Zone. On Sunday May 21 there was a two hour lecture on new data for psychiatry, to aid the understanding of active, passive and big data for clinical care and the psychiatry innovation lab. The APA has created a platform to accelerate innovative ideas and ventures that aim to improve the delivery of mental health care. The following day included a one hour lecture on how virtual reality and augmented reality are transforming patient care. The APA encouraged practicing psychiatrists to embrace technological innovation in the field.

The Annual Meeting was not all business and learning for attendees; San Diego included many side attractions. Dr. Thomas Magnuson arranged for a group of psychiatry residents to attend the San Diego Padres "Fedora Night" baseball game together. Dr. Chris Ravinville (PGYIV) was one of those lucky residents in attendance. He stated, with a typical note of Chris's nostalgia, "While the game itself wasn't particularly one for the ages, the atmosphere of celebration and fun among our resident family made for an unforgettable night together."

Spencer Gallner, M.D.

NPS Resident Representative

Creighton Psychiatric Residency Program Moves to Bergan Mercy

Nebraska is the home of the Creighton General Adult Psychiatric training program and the Child and Adolescent training program. Creighton University Medical Center has officially closed its doors and the Creighton Psychiatry Training Program headquarters moved from Poynter Hall at UNMC to the CHI Health Creighton University Medical Center Bergan Mercy as of Friday, June 9th. The offices of Program Coordinator Jeanna Reusink and Residency Coordinator Adrienne Van Winkle Sr. are located at Bergan 2, on floor 6. Residency Program Director Dr. Kayla

Pope will also have an office on this floor.

For residents of the program the Graduate Medical Education office will be located in Bergan 2 on floor 2. This is a

major change for the training program as they will be attending all their weekly didactic courses at Bergan Mercy as of July. The facilities are state of the art and mark a new chapter for past, current and future trainees of the Creighton Psychiatric training programs.

Spencer Gallner, M.D.

NPS Resident Representative



Keeping Our Long Term Memory Intact: Emile Kraepelin

"When Robert Spitzer bridled at being called a neo-Kraepelinian, he readily admitted that his [DSM-III] Task Force was filled with neo-Kraepelinians. Moreover, both DSM-III and DSM-III-R are, to some extent, neo-Kraepelinian documents. In addition, Spitzer's Research Diagnostic Criteria (RDC) were inspired by the criteria of Feighner and colleagues who were openly neo-Kraepelinian. DSM-III and DSM-III-R were neo-Kraepelinian classifications by being descriptive, eschewing psychoanalytical aetiologies, stressing that psychiatry was decidedly a part of medicine, and emphasizing the importance of follow-up studies and family histories. The DSMs, however, did not follow Kraepelin in one important way: they refused to speculate about aetiology, something Kraepelin did freely." -- Hannah S. Decker.

How Kraepelinian was Kraepelin? How Kraepelinian are the neo-Kraepelinians? - from Emil Kraepelin to DSM-III. History of Psychiatry, SAGE Publications, 2007, 18 (3), pp.337-360.