



Flight of Ideas

A Publication of the Nebraska Psychiatric Society

A Message from the President

Greetings from the Nebraska Psychiatric Society!

Thank you for taking the time to read this long overdue newsletter. Time seems to be moving faster since my term as President of NPS began in May.

Firstly, I would like to share a few thoughts about the Annual Meeting of the American Psychiatric Association which was held in Toronto this May. For those who wonder about whether the APA is worth attending, my simple answer is YES! Indeed, it is crowded and possibly overwhelming. Yet, this has got to be the most professionally organized scientific meeting in the world. With the assistance of the program brochure and the APA mobile app, you can coordinate your time to listen to the latest science, by the most renowned experts in the world, on topics of your choice. And get your money's worth of CME for the year, with the click of a button. What's not to like? So stay tuned for the announcement of the May 2016 meeting in Atlanta and register early for the discount and hotel of choice.

Secondly, we have new members on the Executive Committee, and I thank all of them for their willingness to serve.

Finally, I want to mention a few areas where I hope to see us invest and build momentum. These are: enhancing membership recruitment, redesigning the NPS website and logo, engaging the private practice community, both psychiatric and non-psychiatric, and



Praveen Fernandes, M.D.

advancing and addressing legislation to advocate for our profession and high quality mental health care for Nebraska's citizens. There is plenty of work to be done, through building collaborative relationships. I hope we have a fruitful year ahead, establishing NPS as the authoritative and trustworthy professional organizational resource for mental health matters in Nebraska.

Once again, thank you for your membership and your time.

Praveen P. Fernandes, M.D.
President, Nebraska Psychiatric Society
Fellow, American Psychiatric Association

NOTICE TO NPS MEMBERS

At the Winter Member Meeting on February 4th, members will be voting to elect a new Assembly Representative to fill the remaining term for Dr. Jennifer McWilliams. Dr. Praveen Fernandes has been nominated

For more information on the Winter Member Meeting - please refer to the flyer within this newsletter.



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Editor: Venkata Kolli, M.B.B.S.

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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DHHS Issues Medicaid Managed Care RFP to Integrate Services Through Heritage Health: Includes Physical Health, Behavioral Health & Pharmacy Services

The Nebraska Department of Health and Human Services' Division of Medicaid and Long-Term Care (MLTC) has released the Request for Proposals (RFP) for the State's new integrated Medicaid managed care program called Heritage Health.

Heritage Health is a new health care delivery system that combines Nebraska's current physical health, behavioral health, and pharmacy programs into a single comprehensive and coordinated system for Nebraska's Medicaid and Children's Health Insurance Program (CHIP) enrollees. MLTC expects to award three contracts for the Heritage Health program in March 2016 with the program to begin operations on January 1, 2017.

"Nebraska has a proud heritage for taking care of ourselves, our families and our neighbors," said Courtney Phillips, CEO of the Nebraska Department of Health and Human Services. "Heritage Health will be a vehicle for better health for nearly 230,000 Nebraskans, many of whom are among our most vulnerable."

Heritage Health was developed using years of experience in operating managed care programs in Nebraska and researching the best practices of other states, with input from stakeholders and providers.

It has been designed to simplify the delivery model for recipients by providing them with the opportunity to choose a health plan that will be responsible for an integrated package of health services and benefits.

"We are excited about all of the improvements and enhanced accountability that Heritage Health will bring to Nebraska Medicaid," said Calder Lynch, Director of the Division of Medicaid and Long-Term Care. "Integration of behavioral and pharmacy services and inclusion of some of our highest need and highest cost populations will help us deliver better outcomes to recipients and greater value for taxpayers."

Currently, Nebraska contracts with three health plans for physical health services like doctor visits and hospital care, a separate entity for behavioral health services, and a separate contractor to manage pharmacy services on behalf of the state. Under Heritage Health, Medicaid and CHIP enrollees will choose one health plan that will be responsible for this full array of services. There are approximately 230,000 Medicaid and CHIP enrollees who will be served by Heritage Health plans, including approximately 41,000

enrollees who have been previously excluded from the physical health managed care program and will now receive the benefits of coordinated care for their physical, behavioral, and pharmacy services.

"There is no health without behavioral health. Individuals with mental illness die 25 years younger than the general population," said Sheri Dawson, Director of the DHHS Division of Behavioral Health. "Recognizing the importance of treating the whole person in an integrated setting is an important first step."

Procurement activities begin with the release of the RFP and will include at least one pre-proposal conference and two rounds of written questions and answers. Proposals will be due to the Division of Administrative Services (DAS) by December 22, 2015. Evaluation will begin after the first of the year. DHHS expects to award contracts in March.

The Heritage Health RFP can be accessed here and potential bidders and other interested stakeholders may submit questions related to the RFP on the State Purchasing Bureau's website here: <http://das.nebraska.gov/materiel/purchasing/5151/5151.html>.

Resident Report

First off, let me say how excited I am to be representing the Creighton-Nebraska psychiatry residents this year as the current NPS resident member! Taking my place as current resident member elect is PGY2 Dr. Soniya Marwaha, and PGY4 Dr. Sarit Hovav continues to be extensively involved with NPS as well as with APA on a national level.

Our residency year is off to an exciting start under the leadership of our new training director Dr. Kayla Pope and our new chief resident Dr. Kate Robertson. Dr. Kate Thompson and myself are serving as co-associate

chiefs. Of our new intern class of 8 we are excited to say 6 are from right here in the state as they graduated from the University of Nebraska Medical Center. This year we also welcomed 2 new PGY2s. Our numbers now stand at 8 PGY1s, 10 PGY2s, 8 PGY3s, 6 PGY4s, and 5 child and adolescent fellows for a total of 37. Already we are starting to plan for and look forward to a new recruitment season this fall.

We are proud to report that this year in May our Creighton-UNMC team made up of Dr. Venkata Kolli, Dr. Rohit Madan, and Dr. Varun Monga under the guidance of

For more information about the Heritage Health program including FAQ and an implementation timeline visit:
<http://dhhs.ne.gov/heritagehealth>

More detailed information regarding Heritage Health is available at:
<http://dhhs.ne.gov/medicaid/Documents/HeritageHealthFactSheet.pdf>

Information provided by:
Kathie Osterman, Communications and Legislative Services, (402) 471-9313, kathie.osterman@nebraska.gov

Nebraska Association of Behavioral Health Organizations (NABHO)

The Nebraska Legislature approved a 2.25% rate increase for behavioral providers in the 2015/16 budget. Meetings between NABHO and Magellan resulted in Magellan agreeing to pass a 2% across-the-board rate increase along to providers, but Magellan elected to reserve the remaining ¼% for value/performance-based contracts. Select behavioral agencies were asked by Magellan to provide input into what such contract quality metrics might involve.

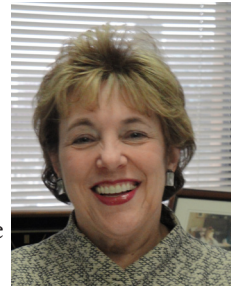
NABHO provided testimony this summer when the Nebraska Judiciary Committee held an interim hearing to gather information about the feasibility of opening a Hastings Behavioral Health Treatment Center to treat inmates near the end of their sentences for substance use and other behavioral health disorders.

At the time of this report (September 17, 2015), Governor Ricketts had appointed all of the Department of Health and Human Services (DHHS) division directors except Public Health; John Hilgert as director of veterans' homes was the only incumbent director among the six DHHS divisions who was retained.

NABHO's interactions with the new DHHS CEO, Courtney Phillips, who arrived in April from Louisiana have been positive. Calder Lynch of Louisiana has been the director of Medicaid and Long-Term Care since April, Doug Weinberg of Indiana began as the director of Children and Family Services August 1, Sherri Dawson was elevated from interim to director of the Division of Behavioral Health on August 12, and Yolanda Webb of Louisiana served from August 31-September 4 as the director of Developmental Disabilities. Ms. Webb subsequently resigned without stating a reason, so this directorship is being filled on an interim basis by Courtney Miller, who most recently was a deputy director of Medicaid. CEO Phillips and Directors Dawson and Lynch presented at NABHO's September 18 meeting; all demonstrated energy, listening attitudes, greater transparency with providers, and a commitment to improving service delivery.

Nebraska Medicaid is finalizing language for its Request for Proposal (RFP) which will combine managed Medicaid services through an integration of behavioral and physical

health plans, as well as pharmacy benefit management. It is anticipated that the current physical health managed care plans (Aetna, Arbor, and United), as well as Magellan (Nebraska's current managed Medicaid behavioral plan), will apply to provide these comprehensive health services. The RFP should be released in October, selection of three managed care organizations will be made this winter, and implementation is planned for January 1, 2017. NABHO views Medicaid's initiative toward integrated health services as an opportunity to improve patient care, facilitate provider communication, and enhance cost-savings. There will be challenges associated with new companies that may enter the Nebraska market, as well as with plans that thus far have managed only behavioral or physical health care.



Beth Ann Brooks, M.D.

Respectfully submitted,
Beth Ann Brooks, M.D., M.S.A.

Resident-Fellow Representative Report (continued)

Dr. Jennifer McWilliams and Dr. Praveen Fernandes was the winner of the APA Mind Games national competition, beating out Columbia University and Cornell University in the finals. We continue to strive for academic excellence like this and so didactics are undergoing improvements and upgrades. We are now including sections such as transition into practice and physician well-being. All residents in the adult program are now involved in quality improvement projects under the leadership of Dr. Kolli, Dr. Vidhya Selvaraj, and Dr. Sharon Hammer. Fortunately for us some of our most

recent graduates have stayed in Omaha and are now available as faculty members. Dr. Kolli and Dr. Srinivas Dannaram have stayed with CHI and have been very involved with didactics, and Dr. Nathan Bruce has stayed with Community Alliance.

As a program we continue to work with BHECN to expand our rural opportunities. This year we will continue to send PGY2s out to rural sites for a month, including Kearney, Hastings, and North Platte. Telepsychiatry continues to be offered at all of our clinic sites (VA, Creighton, and UNMC) to provide plenty of exposure, and the

program is looking at ways to provide more rural training for those interested. Of the most recent graduating class Dr. Nathan Herman went on to practice in Norfolk, and we hope as a program that we can continue to provide some much needed psychiatrists to the rural areas of the state.

For further information about our residency program or any of our residents please visit our website at <http://www.creighton.edu/nebraskapsychiatry>.

Rachel Faust, M.D.
Resident-Fellow Representative

“Wrapping up 2015 and looking forward... what’s coming next year in NPS?”

I’m hoping your 2015 has been a GREAT year for you and yours, and that you aren’t feeling as though you “just barely survived” (it depends on the day at my house). At this point in December, I admit that I find myself feeling grumpy about the pending snow and ice, and wondering where the year went. As hard as the daily grind of patient care and charting can be, the time has flown by and we are almost to the New Year. On behalf of the Executive Committee at NPS, have a safe and restful holiday. And things are about to get a whole lot brighter for all of us!

With respect to 2015, we all have lots to feel proud about as Nebraska psychiatrists. The psychologists who had formally sought psychopharmacologic prescribing privileges (RxP) withdrew their proposal in the spring, which gives us some time to help further educate Nebraskans about the dangers of the RxP movement. NPS leadership has been spending lots of time thinking about how to better serve our Members and all Nebraskans in the future. We have started a major overhaul of our organization to “re-brand” and bring NPS into the 21st Century. We are really excited about all the changes in progress, and think you will feel good about where things are moving next year as well.

I took it upon myself to compile a “Top 10 List of NPS Plans and Goals for 2016” in honor of David Letterman, who retired from his regular gig this past year. (He was joined by Dr. Blaine Shaffer, a long-time member of NPS Exec, who also retired this past year. Thanks, Dr. Shaffer, for everything you have contributed to NPS over the years!)

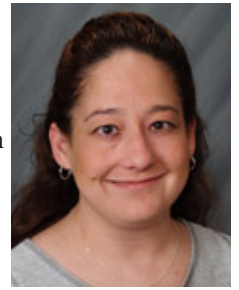
And now...

- #10. A total makeover for NPS with a new logo and updated mission statement to better mirror the recent re-branding of the American Psychiatric Association and bring the NPS up-to-date.
- #9. A “BEST EVER TURNOUT” for our Winter General Membership Meeting to be held on Thursday evening, February 4th, 2016 in

Omaha, NE. MARK YOUR CALENDARS and plan to attend for a fascinating speaker, dinner, and networking. Specifics TBA.

- #8. A vibrant and accessible presence of NPS on social media to be unveiled soon! Plans are underway for an official Twitter, Instagram, and Facebook page. On Facebook our goal is to have a general FB page for the public and a “SECRET” Facebook Group “For-Members-Only.”
- #7. A new-and-improved and expanded partnership with the Nebraska Medical Association (NMA) as well as other organized healthcare groups in Nebraska (specialty societies for physicians, groups of allied health professionals, etc.) to make our voices as psychiatrists heard louder and clearer than ever before with our non-psychiatrist colleagues.
- #6. A BIG PUSH to reach out to medical students at UNMC and Creighton. Our role in recruiting the best and brightest medical students into our specialty is crucial, and one way to do this is to revitalize the “Psychiatry Interest Clubs” at both medical schools.
- #5. Cultivate a strong presence in the lives of psychiatry residents and fellows in Omaha as mentors and friends. One way we are hoping to do this is to start a regular (quarterly?) HAPPY HOUR or other informal social gathering to encourage networking between RFMs (Resident and Fellow Members) and GMs (General Members).
- #4. Make ACTIVE efforts to reach out to and connect with NPS Members outside the Omaha (and Lincoln) areas. We hope to do this by engaging via social media and would like to try scheduling some road trips to bring NPS leadership to Nebraska’s smaller communities for networking.
- #3. BUILD AND MAINTAIN strong relationships with State leaders (Unicameral Senators)

backed up by an experienced LOBBYIST to help protect Nebraskans from unsafe scope of practice changes and to help promote best practices in behavioral



Chelsea Chesen, M.D.

health care at the State level. Our lobbyist, Korby Gilbertson (of Radcliffe and Associates in Lincoln) has been working hard on our behalf and we appreciate all her expertise and hard work!

- #2. ACTIVELY ADVOCATE for and VALUE SELF-CARE for all physicians (especially psychiatrists) in Nebraska. NPS should lead the way to help combat compassion fatigue in docs and the stigma associated with seeking mental health care as a physician. We cannot care for others if we do not care for ourselves. Asking for help is courageous and should be seen as a strength by colleagues.

AND...the #1 GOAL for NPS in 2016...

- #1. Increase involvement by more NPS members in NPS leadership, increase membership in NPS to 100% of Nebraska psychiatrists, and increase NMA membership among NPS members to at least 50%. We get out of NPS that which we put into it:)

Thanks for reading! I hope you can feel the enthusiasm of our Exec Committee coming through in this newsletter! If you feel moved in some way to become more involved in any of the activities mentioned above, or if you have ideas for how to make NPS more relevant or useful in the future, don’t hesitate to reach out to us.

Medicated and motivated,

Chelsea
cchesenmd@icloud.com

Welcome First-Year Psychiatry Residents

Steven Ayers, D.O.

Dr. Ayers was born in Salinas, CA and raised in a suburb of Boise, ID. He served as an enlisted member of the US Air Force as a medical laboratory technician. He later received his Bachelor Degree in Clinical Lab Science, and graduated summa cum laude from Weber State University in Ogden, UT. He graduated from Lake Erie College of Osteopathic Medicine in Bradenton, FL. After medical school, he moved to Omaha with his wife of ten years, where they enjoy all the charm and appeal of the midwestern metropolis. They enjoy relaxing with their two dogs and exploring new surroundings.



Andrew Baumgartner, M.D., M.A.

Dr. Baumgartner double majored in Philosophy and Biology at the University of Nebraska, Kearney and completed medical school at UNMC. Between the third and fourth years of medical school he spent a year living in the Netherlands on a Fulbright grant studying medical ethics. He enjoys cooking, reading, writing, and spending time with his wife and child. He is interested in rural as well as prison psychiatry.



DeAndre Bluitt, M.D.



Spencer Gallner, M.D.

Dr. Gallner was born and raised in Omaha, Nebraska. He went to Southern Methodist University in Dallas, Texas for his undergraduate education and obtained a Bachelors of Science in Biology with a focus in genomics and minors in anthropology and chemistry. He spent some time studying medicine and philosophy in Copenhagen, Denmark during his undergraduate years. He attended UNMC for medical school where he was awarded a Regent Scholarship. Dr. Gallner is an avid runner, tennis and basketball player. He enjoys college football, Creighton and Boston Celtic Basketball. He is looking forward to a long career in Psychiatry and is considering a fellowship in Forensic Psychiatry.



Melissa O'Dell, MD

Dr. O'Dell is a proud Omahan and Central High School graduate. She attended Nebraska Wesleyan University where she earned a Bachelor degree in English as well as Political Science. She worked as a case manager for adults with mental illness before obtaining her M.D. from UNMC. Having witnessed family members struggle to obtain appropriate treatment and services for serious mental illness, Dr. O'Dell is interested in mental health advocacy and improving access to care. She and her husband spend their free time playing board games at Spielbound Board Game Café, cheering on the Huskers, and playing with their adorable daughter.



Dana Raml, MD

Dr. Raml is a Nebraska lifer. She was born in Lincoln, NE and stayed to study psychology at the University of Nebraska, Lincoln. She moved



to Omaha to attend the University of Nebraska Medical School, and was the recipient of the prestigious Frank J. Menolascino award for Student in Psychiatry. She loves resident life in the Creighton University Psychiatry Residency program and working with mental illness. Dr. Raml also has a passion for mentorship and teaching and is involved in a virtual mentorship program for undergraduate students interested in careers in psychiatry. On her free time, she enjoys jogging with her husband and yellow lab, quilting with her grandmother, and exploring the Omaha foodie scene.

Lindsey Smith, DO

Dr. Smith was raised in St. Peters, Missouri, a suburb of St. Louis. She obtained a B.S. in Biology at Truman State University, then went to Des Moines University for medical school. In college and medical school, she spent much of her time volunteering with children, including tutoring, coaching cheerleading and being a camp counselor. In her free time, she loves to be outside, cook, decorate her new home, and play with the sweetest baby in the world (her daughter). She is interested in pursuing Child and Adolescent Psychiatry.



Mark Thomsen, MD

Dr. Thomsen grew up in Council Bluffs, Iowa and graduated from the UNMC College of Medicine in 2015. He was involved in a UNMC study that showed prophylactic use of antidepressants may help prevent the onset of depression in patients undergoing treatment for head and neck cancers. He and his wife, Lisa, have lived in Omaha since 2007 and they have a 2 year old daughter named Olivia. His interests include hunting, fishing, and traveling with his family.



NEBRASKA PSYCHIATRIC SOCIETY

WINTER MEMBERSHIP MEETING



Thursday, February 4
Omaha Marriott (Regency)

6:00 pm – Cash Bar

6:30 pm – Dinner Served

7:15 pm – Annual Meeting & Presentation

Please RSVP by February 1, 2016:

Call 402-393-1415 or email laura@omahamedical.com

We look forward to seeing you there!!

MENTAL HEALTH



Featuring:

Mary Ann Borgeson
*Douglas County Commissioner
and Mental Health Advocate*

**ADVANCED
RESERVATIONS
REQUIRED**