



MICHIGAN
PSYCHIATRIC
SOCIETY

Mentalnote

The Electronic Newsletter of the Michigan Psychiatric Society

December 2016 Newsletter

FROM THE MPS PRESIDENT



Greetings!

Since I am now half-way through my presidential year, I thought this might be an appropriate time to reflect upon my presidential initiatives. One of these initiatives is the membership regional outreach. Since Michigan is a geographically large and diverse state, I thought it would be helpful for members to actually meet the president of MPS.

Jane Sherzer, our executive director, and I visited two psychiatry residency programs so far. We found the residents at the Wayne State University program and the Authority Health program, both of which are based in Detroit, to be dynamic and diverse. The residents expressed interest in legislative matters, private practice and CMH employment opportunities as well as volunteering to help with the Flint water crisis psychiatric shortage. A few of the residents are also exploring some of their own novel ideas with MPS.

We also travelled to Traverse City to meet with our northern Michigan members. Scott Monteith, our president-elect who is based in Traverse city, helped to coordinate a great venue as well as extending additional personal invites to local members. Manpower shortages in psychiatry for the area were discussed. Patients are traveling from as far away as the upper peninsula to see psychiatrists in the Traverse city area. We also discussed member interest in serving on committees given that we now use Web-ex, which allows both audio and visual remote access to council and committee meetings.

I am planning a reception in early March for our largest regional group, the southeastern Michigan area MPS psychiatrists. When MPS moved its offices to Lansing many years ago, we lost some of the dedication and interest of the southeastern Michigan psychiatrists in participating in MPS committees. Again, with our new Web-ex system to aide our members with remote access, we want to increase the representation in the MPS organization of the members from both this region and all regions of the state.

Another presidential initiative which you may find interesting is that of MPS synergies with other organizations. Colin Ford, from the Michigan State Medical Society, at my invitation, gave a presentation to the MPS council in October, about matters of mutual interest to both of our organizations. The newly appointed medical director for the Michigan department of Health and Human services, Dr. Deb Pinals, was also invited to the October meeting and she introduced herself to the council. The executive director of the Michigan chapter of NAMI will be giving a presentation to the MPS council at the February 2017 meeting. Council members have found that the opportunity to meet these additional guest speakers have made in person attendance at council very worthwhile. I will add that any MPS member is welcome to attend a council meeting.

I hope that you can see that MPS is working hard to engage with its diverse membership as well as working in concert with mental health advocacy groups and other medical organizations. I welcome your participation and questions or comments as always. I wish you and your family the best during this holiday season.

Sincerely,

Nina L. Anderson, MD.

Nina L Anderson, MD

In this issue

[East Lansing Film Festival was a Great Success](#)

[Spring Meeting 2017 Save the Date!](#)

[MSMS Legislative Alert](#)

[MPS Subject Matter Experts](#)

[Mental Health Registry](#)

[APA Fellowship Experience of Ferdinand Osuawu MD](#)

[New APA sources for Early Career Members](#)

[Meet Ayesha Khan, DO](#)

[Please Support our Advertisers](#)



East Lansing Film Festival Was a Great Success

This November, the MPS sponsored a film in the East Lansing Film Festival followed by a panel discussion with Miko Rose, MD; Jeanette Scheid, MD; and Shady Shedek, MD.

Following the film, there was a lively and informative discussion of a number of mental health issues and questions. The MPS would like to thank Drs. Rose, Scheid and Shedek for their participation in this event.

Follow this [Link](#) to learn more about the film shown.

Are you interested in participating in other outreach efforts? Contact MPS Executive Director Jane Sherzer at [MichPsychSoc@gmail](mailto:MichPsychSoc@gmail.com)

SAVE THE DATE
Friday, April 21, 2017

MPS Annual Scientific Meeting

April 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

A full day of outstanding presentations and speakers on topics to inform today's psychiatric practice

Join us in Ann Arbor at the Morris Lawrence Center at [Washtenaw Community College](#)

To be held in conjunction with the annual

Residents' Teacher Day
&

Registration will open in January



Don't Stop! SB 1019 Call or Email your Lawmaker ASAP

All of your calls and letters are helping, but we can't lose momentum on SB 1019 now! It's important that we keep contacting our lawmakers. Senate Bill 1019 **would eliminate physician involvement of anesthesia care for patients across Michigan.**

With bill supporters threatening patients' health and safety, and only very few legislative days left before the end of the "lame duck" legislative session, **it is imperative that we call or email members of the House Health Policy Committee immediately** to urge them to **vote NO on Senate Bill 1019.**

[CONTACT YOUR LAWMAKER NOW](#)



The MPS Needs You
Do you have expertise you can share?

The MPS is called upon from time to time to comment on current events, or to provide specific expertise for a variety of settings. We need your help! Do you have a specific interest or expertise that you can share? Do you know a respected colleague with a specific expertise? Are you willing to be interviewed by the media, speak with policy makers, or provide this expertise in setting outside of your practice?

The MPS Communications Committee is compiling a list of MPS members with expertise in a variety of psychiatric conditions. Please contact us at MichPsychSoc@gmail.com to be included in this initiative.

We need a robust list with a variety of experts:

Substance Abuse Disorders
Integrated Care
Suicide

Eating Disorders
Gun Violence
Forensic Psychiatry

GME
Private Practice
Community Mental Health

AMERICAN
PSYCHIATRIC
ASSOCIATION



Medical leadership for mind, brain and body.

APA Supports Mental Health Registry

The APA is committed to helping psychiatrists meet new Medicare quality reporting requirements and maintain professional recertification. The creation of a

mental health registry will:

- help psychiatrist avoid payment penalties and instead achieve bonuses for meeting CMS quality reporting requirements
- reduce the burden of submitting Performance-in-Practice data and obtaining ABPN MOC Part IV credit to maintain board certification and hospital credentialing

The Board of Trustees in early 2016 approved the development and implementation of a mental

health clinical data registry. APA's registry is in the initial stages of development. For more on the development and benefits of APA's registry, [read the Psychiatric News story](#).

APA is currently seeking member volunteers. If you're interested in participating in the pilot project, fill out this [survey](#).



Experience of Ferdinand Osuagwu, MD APA Diversity Leadership Fellowship awardee 2016-2018

I developed a burning desire to help the underserved since my medical school days at the College of Medicine, University of Ibadan. This passion led me to the International Neuroscience Institute Hannover, Germany and the UCLA medical center before I joined the Department of Psychiatry at the Central Michigan University for residency training. I chose Central Michigan University due to the fact that one of its missions is to train Physicians willing to work for the underserved patients with some emphasis on its catchment area within northern Michigan. This mission is all about adapting community health to the unique needs of underserved persons, who in Michigan include a remarkably large and varied collection racial and ethnic group.

Being awarded the American Psychiatry Association (APA) Diversity Leadership fellow award in 2016 is one of the highlights of my residency training as it has enabled me to access resources at APA national level to enable my quest to bring awareness to the scourge of human trafficking. Human trafficking as a form of modern day slavery is rampant globally including the United States (Majeed, 2011). Victims are subjected to force, fraud, coercion for commercial sexual exploitation or forced labor. US Department of Justice's statistics on human trafficking ranks Michigan second nationwide. Human trafficking, exploitation of children have profound health consequences and research has demonstrated a high prevalence of mental health issues among trafficked people. (Domoney et al, 2015).

The APA Diversity Leadership fellow award has enabled me to attend the APA September component meeting where I was opportuned to meet and interact with the leadership team of the APA. I also had opportunity to tap into the excellent training opportunities that the APA provided on how to become one of the future leaders of the field. I have also been fortunate to be appointed a member of the APA Council for Children, Adolescents and their Families. I am currently working with other members of this council to promote the mental health of Children, Adolescents and their Families. As resident member, I am working with some other members of the council on how the complex interplay of the use of social media in online bullying. We are currently working on an APA position paper on this topic.

The APA Diversity Leadership fellow award has also provided me with excellent mentors at the APA level who are highly regarded leaders in the field.

My final career aspiration will be to do a fellowship in child and adolescent psychiatry. I am currently doing interviews, which has had me travelling across the entire nation. I noticed that I have received great feedbacks at all my interviews so far due to my ability to articulate the activities that I have been able to carry out under the auspices of the APA.

In summary, my experience so far with the APA has been fantastic and I am hoping to leverage all the opportunities that it has offered to me to enable me to keep ploughing forward in my career quest to be the best child psychiatrist that I can be who also advocates passionately for his patients and their families.

Now Accepting Applications for APA/APAF Fellowships

APA/APAF Fellowships allow residents and fellows to expand their skills and explore interests

while completing their regular training program. Many come with funding for projects or research and provide an excellent opportunity to connect with colleagues from across the country. Applications are due January 30, 2017. Click [HERE](#) to explore the fellowships today.

New APA Resource Helps Early Career Members on the non-clinical side of medicine

Your early career as a psychiatrist is an exhilarating time as you continue to develop your identity as a physician and explore new opportunities. It can also be challenging as you tackle the business side of medicine and manage your career. Your APA membership can help with business of medicine resources, professional development, and career management - now collected on one [APA webpage](#).



Meet Ayesha Khan MPS Council Member and new NAMI Board Member

Where did you go to school?

Kansas City University of Medicine and Biosciences

Why did you choose psychiatry?

I grew up in a home where reading was heavily emphasized, so I grew up with a love of stories. This led me to major in Classical Languages and Literature for my undergraduate degree, even though I already knew I would be going to medical school. This love of stories carried through to my medical school rotations, where I frequently got in trouble with my preceptors for spending too much time talking to my patients and hearing their stories. When I finally did my psychiatry rotation, it felt like coming home. Psychiatry allows me to hear my patients' stories, help them reconcile their experiences, and work collaboratively to guide them down new paths in their journey to recovery and wellness.

What do you think is the biggest challenge faced by young psychiatrist new in the field?

I think most residents find it easy to move from training to clinical practice but struggle to step outside of the office and become involved with the larger psychiatric community in areas such as mental health advocacy or promotion of the field through work with organizations such as MPS. Many early career psychiatrists do not realize how much they have to offer outside of clinical practice. It is important for us to figure that out, since we are the future of psychiatry and will shape the field in years to come.

Why do you choose to be a member of the Michigan Psychiatric Society?

I came to my first MPS meeting out of curiosity, and I came back because I wanted to gain a broader understanding of the issues facing psychiatry on a national and state level. MPS has given me the opportunity to contribute to the promotion of our field as a resident, and I hope to continue doing so even through my child and adolescent psychiatry training at Michigan State University and into practice. I will be doing most of my fellowship rotations in Flint, so it seems natural to continue working with the Flint Water Crisis Task Force in particular.

How are you able to use your skills as a psychiatrist outside of the clinical setting?

This summer, I was fortunate enough to be able to join the Michigan Board of the National Alliance on Mental Illness. It is giving me the opportunity to advocate for individuals and families affected by mental illness in an even broader arena. It is a different experience from working with MPS in part because NAMI is a grassroots organization that is run in part by the same people for which it advocates. I enjoyed fundraising for the NAMI Walk this year, and I look forward to working with other NAMI programs and trainings in the future.

What book are you reading right now?

The Things They Carried by Tim O'Brien

How do you feel about winter, snow and ice?

I plan to stay in Michigan after I finish my training, but I despise the winters here. I can only reconcile that by saying that I develop amnesia between winters, so that by the time it comes around again, I've forgotten how terrible the cold and snow are in Michigan.

What is your favorite season and why?

I love spring and fall, particularly when it is cool enough to break out my sweaters but not so cold that I have to wear a coat.

Where do you want to go on your next vacation?

Anywhere with a beach!



OPPORTUNITY

PSYCHIATRIST - Superb & Stable Employer

Immediate opportunity for a Psychiatrist to be placed with our client in a well-established Western Michigan facility providing quality treatment to individuals with mental health and substance use disorders.

- 100% outpatient
- Requires Michigan Licensure, 1 or more years experience and Board Certification in Psychiatry or Board Eligible within 3 years
- Relocation and Student Loan Repayment Benefits
- \$300,000+, including Remote Call pay

p.s. We're searching for a Nurse Practitioner also with the same client.

Interested?

CONTACT: TIFFANY-NICOLE DAVIS
tdavis@cadgov.com | 404-438-8999

CADUCEUS
www.cadgov.com

Quick Links...

[MPS Website](#)

[American Psychiatric Association](#)

Join Our Mailing List!