Share the Secret of Membership with your Colleagues

Eric Ostermann, Executive Director

The Wisconsin Department of Safety and Professional Services (DSPS) recently published the 2011 annual report. The report included a count of physician specialties in the state, and identified 1,076 psychiatrists licensed to practice medicine in Wisconsin. Unfortunately, less than 40% of those physicians are members of the Wisconsin Psychiatric Association. There is certainly great opportunity for growth – and we look for your help in sharing the secret of membership with your colleagues.

Experience has shown that one to one personal contact with colleagues is one of the most successful ways to grow membership. When talking with your colleagues, please remind them of all the many great benefits of WPA and APA membership. The following summarizes just a sample of those benefits.

Wisconsin Psychiatric Association

- WPA represents psychiatrists in the Wisconsin State Legislature, and works to advocate for both your profession and your patients.
- Continuing medical education programs.
- Information and resources on laws, regulations, and issues that affect psychiatry.
- Mentorship opportunities and special events for members in training, and early career psychiatrists.
- Information and updates shared by e-news, quarterly publications of The Wisconsin Psychiatrist and the WPA website - www.thewpa.org
- American Psychiatric Association

- Complimentary subscription to journals, including Psychiatric News, and The American Journal of Psychiatry - recently named one of the most influential journals by the Special Libraries Association Biomedical and Life Sciences Division.
- FOCUS—The Journal of Lifelong Learning in Psychiatry discounted for members. FOCUS is the best system to meet Maintenance of Certification requirements of the ABPN, self-assessment, Performance in Practice and lifelong learning.
- PsychiatryOnline.org – a powerful web-based portal that features DSM-IV-TR—the most widely used psychiatric reference in the world—and AJP as the cornerstones of an unsurpassed collection of psychiatric references from American Psychiatric Publishing.
- Free Performance in Practice (PIP) Physician in Practice Assessment Tool for the Screening of Adults with Substance Use Disorder to earn CME credit and fulfill MOC requirements.
- Participate in ABPN approved Annual Meeting Self-Assessments available without charge to Annual Meeting registrants.
- Eligibility to participate in the APA-endorsed Members Malpractice Insurance Program.

Interested members are always welcome to contact the WPA office (920-560-5643) or website (thewpa.org) for more information, or to apply. With your help, we hope WPA membership quickly becomes the worst kept secret in the state!
With Labor Day in the rearview mirror, Packer season kicking off, and kids back in school, we are officially into Fall. As we head into what should be our last election for a while here in Wisconsin, it is time to briefly review what the elections potentially hold.

We often hear the common political rhetoric these days: “elections matter.” What many underestimate, however, is just how much they can matter to a particular profession. Physicians are licensed and regulated entirely by Wisconsin’s State Legislature and Executive Branch, as are Psychologists, Nurses and many other health providers. So while the media leans heavily upon covering races for Congress or the White House, keep your eyes on our State legislative races – our State lawmakers can and do have significant impact on the practice of medicine. While many medical and healthcare issues are nonpartisan, issues like medical liability or scope-of-practice or Medicaid funding can be affected by the makeup of the Legislature.

All 99 State Assembly seats and 16 State Senate seats will be contested in November. Currently, Republicans hold a 59-39-1 majority in the Assembly, and Democrats hold a slim 17-16 majority in the Senate after last June’s recall elections. The widely reported redistricting process suggests that Republicans have the inside track to retain control of the Assembly. Control of the Senate is harder to predict given the current razor thin margin, but the outcome of a few key races will go a long way toward determining who controls the Senate next year:

**Government Affairs Update – Fall 2012**

*Eric Jensen, Jensen Government Relations, LLC*

The 18th Senate District which includes Oshkosh and Fond du Lac – Sen. Jessica King (D) vs. Rick Gudex (R). Senator King originally lost during the 2008 Elections by only a few votes, and then won the rematch with former Senator Randy Hopper during the 2011 Recall Elections, again by only a few votes in this district that has traditionally leaned Republican.

The 12th Senate District encompassing a huge area of Northeast Wisconsin – Rep. Tom Tiffany (R) vs. Susan Sommer (D). This seat is vacant after the retirement of Democratic Senator Jim Holperin. While the 12th District has been held for many years by Democrats, the three Assembly districts within the 12th are held by Republicans (including Rep. Tiffany).

Despite the polls, and despite the “district voting trends,” there are a few surprises every election, and with high turnout expected statewide because of the Presidential and US Senate elections, 2012’s “regular” General Election should be no exception. Stay tuned...
2013 Annual Meeting - Looking Forward: The Future of Psychiatric Practice

2013 Annual Meeting Planning Committee: Jerry Halverson, MD, Tom Heinrich, MD, Justin Knapp, MD

Psychiatry faces many challenges, as does the rest of medicine, in the uncertain world of 21st Century healthcare. It is, therefore, fitting that the theme of the 2013 WPA Annual Conference is Looking Forward: The Future of Psychiatric Practice.

The meeting will be held on March 15th and 16th in our vibrant and entertaining state capital, Madison. The venue will be the Fluno Center, located in the heart of the UW-Madison Campus (see www.fluno.com for details). The Fluno Center has hotel accommodations on site and it offers proximity to a variety of campus attractions such as State Street and the Capitol Square.

We have arranged for a fascinating line-up of nationally renowned speakers that will help us think about and prepare for the changes and challenges which lie ahead for our profession. The impressive list of speakers includes:

**John Oldham, MD** (Immediate Past President of the American Psychiatric Association, Chief of Staff at Menninger Clinic, and the editor-in-chief for the Journal of Psychiatric Practice) will present on some of the novel models of psychiatric practice in Texas as well as the changes ahead in DSM-5.

**Jeremy Lazarus, MD** (President of the American Medical Association and private practice psychiatrist from Colorado) will present some of the potential effects of the Affordable Care Act on our patients and our practices. He will also discuss the future of the private practice model of psychiatry in the United States.

**Andrew Pomerantz, MD** (National Mental Health Director for Integrated Care, Veterans Administration) will discuss innovative practice models of psychiatric care in the V.A. Health System, a national leader in integrated care.

**David Katzelnick, MD** (Chair of Integrated Behavioral Health at the Mayo Clinic) will talk about novel models of integrated psychiatric care in Minnesota.

**Robert Golden, MD** (Professor of Psychiatry and Dean of the University of Wisconsin School of Medicine and Public Health) will present his educated opinion on the future of academic psychiatry in an evolving healthcare system.

**Steve Brannon, MD** (Vice President and Therapeutic Area Leader for Neuroscience, Clinical Development, Clinical Science at Takeda Pharmaceuticals) will talk about the future of psychiatric treatments- including the medication pipeline as well as non-pharmacologic treatments (past Medical Director of Cyberonics the company behind VNS Therapy).

**Pat Hammer, MSA**, the new president of Rogers Memorial Hospital Behavioral Health System (the largest provider of behavior services in the state) will discuss some of the major changes ahead in the delivery and the financing of mental health care at the national and local level.

Lastly, we will be introducing a new feature into the annual meeting program: Resident Clinical Case Vignettes. In what we hope will become an ongoing tradition, the Annual Meeting will for the first time host a clinical case vignette competition between the psychiatry residents from the University of Wisconsin and the Medical College of Wisconsin. In this friendly competition, representatives from each program will each briefly present an interesting and educational clinical vignette.

We look forward to seeing you at Looking Forward in Madison in March, 2013.
Clinical Psychiatry in the News, In Brief:

EEG TO DETECT AUTISM SPECTRUM DISORDERS:
In a study of EEG coherence published in *BMC Medicine* (Duffy and Als, 2012), principal components analysis (PCA) identified 40 factors among 1304 subjects (463 with autism spectrum disorder) which explained over 50% of the population variance and provided reasonable classification (correctly identifying 88.5% of controls and 86% of patients). The authors concluded that lower local coherence in autism spectrum disorder suggested low local connectivity while greater long-distance coherence could represent compensatory processes or reduced neural pruning.

ANTIDEPRESSANTS DOWN, STIMULANTS UP:
A journal *Pediatrics* report (Chai et al, 2012), indicated that prescribing of antidepressants from 2002-2010 in the pediatric population has decreased by 5%, while prescriptions for the treatment of attention-deficit/hyperactivity disorder have increased by 46% over that same time period.

PREVENTIVE MENTAL HEALTH:
In another journal *Pediatrics* article, Afifi et al., through a national representative survey, reported that harsh physical punishment (ie spanking), in the absence of frank abuse, results in considerably elevated rates of mood disorders, anxiety disorders and substance abuse.

LONG-TERM BENZOS STILL A BAD IDEA:
An article in the June, 2012 *Clinical Psychiatry News* by Elizabeth Mechcatie reviewed the extensive literature indicating the ill effects of long-term benzodiazepine use, particularly with respect to undermining the effects of cognitive-behavioral therapy and creating learning and procedural memory impairments in general.

EXERCISE FOR SEXUAL SIDE EFFECTS:
Data suggest that exercise prior to amorous moments may improve sexual function in women taking antidepressants (Lorenz TA and Meston CM. Acute exercise improves physical sexual arousal in women taking antidepressants. Ann Behav Med 2012;43(3):352-361).

AEROBIC EXERCISE FOR DEPRESSION IN HEART FAILURE:
According to a recent study, aerobic exercise may preserve mental health in heart failure (Blumenthal et al., Effects of Exercise Training on Depressive Symptoms in Patients With Chronic Heart FailureThe HF-ACTION Randomized Trial, *JAMA*. 2012;308(5):465-474.)

ANTIPSYCHOTIC PRESCRIPTIONS ON THE RISE:
As reported in *Archives of General Psychiatry* (Olfson M et al., published on-line 8/6/2012), an evaluation of nearly 500,000 visits between 1993 and 2009 showed that: “Between 1993-1998 and 2005-2009, visits with a prescription of antipsychotic medications per 100 persons increased from 0.24 to 1.83 for children, 0.78 to 3.76 for adolescents, and 3.25 to 6.18 for adults. The proportion of total visits that included a prescription of antipsychotics increased during this period from 0.16% to 1.07% for youths and from 0.88% to 1.73% for adults.”

COUPLES THERAPY IN PTSD:
*JAMA* published a study (Monson c et al. August 15th) indicating considerable benefit to both the indicated patient and their partner through a course of 15 sessions of couples therapy. with “decreased PTSD symptom severity and patient comorbid symptom severity and increased patient relationship satisfaction.”

DELIRIUM ACCELERATES ALZHEIMER’S:
According to a nested cohort study of 263 patients with Alzheimer’s dementia (Gross et al, 2012, *Archives of Internal Medicine*), delirium during hospitalization accelerated cognitive decline for up to 5 years following discharge.
Mental Health Policy News:

THE COST OF LIMITED COMMUNITY BASED HOUSING:
The Washington Post (6/27, Vozzela) reported that in Virginia “a shortage of group homes and other community-based housing for the mentally ill keeps many patients hospitalized far longer than needed – at significant state expense and possibly in violation of the Americans with Disability Act” according to a report that was to be presented to legislators. The article stated that “it costs $214,000 a year, on average, to keep a patient in a state psychiatric hospital, compared with $44,000 a year for community-based housing” finding that “with at least 70 ‘discharge-ready’ patients stuck in state hospitals, the report says, Virginia is spending about $12 million a year on unnecessary psychiatric hospitalizations.”

Mental Health in the Popular Press:

OUT OF THE MENTAL INSTITUTE INTO THE JAIL OR THE SHELTER:
On 6/24 the New York Times (MM24, Interlandi) published an article which argues that deinstitutionalization, under the Community Mental Health Centers Act of 1963, has resulted in our nation’s most severely mentally ill patients spending time between jails and homeless shelters.

MOTHER’S NEW LITTLE HELPER:
ABC World News ran a story on 6/26 (Stephanopoulos) regarding the rising abuse of Adderall among new mothers who are using the stimulant to manage fatigue and increase productivity, interviewing several women who claimed to have abused the drug.

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INTERMITTENT EXPLOSIVE TEENAGERS:
Both CNN and HealthDay ran stories on a recent Archives of General Psychiatry article (Mclaughlin et al., 2012 on-line) which evaluated 6483 adolescents through interview and their parents through questionnaires. The authors found that: “Nearly two-thirds of adolescents (63.3%) reported lifetime anger attacks that involved destroying property, threatening violence, or engaging in violence. Of these, 7.8% met DSM-IV/CIDI criteria for lifetime IED.”

CAT LITTER AND SUICIDE:
NPR, ABC and MSNBC, among others, covered the recent Archives of General Psychiatry article (Pederson et al., 2012 on-line) which studied a cohort of 45788 women born in Denmark who had had antibody studies for Toxoplasma-specific IgG, finding that: “T gondii–infected mothers had a relative risk of self-directed violence of 1.53 (95% CI, 1.27-1.85) compared with non-infected mothers, and the risk seemed to increase with increasing IgG antibody level.”

PREMATURE BIRTH AND MENTAL ILLNESS:
The New York Times covered the Archives of General Psychiatry study of more than 1.3 million Swedes born between 1973 and 1985 (Nosarti et al., 2012) which found that: “The vulnerability for hospitalization with a range of psychiatric diagnoses may increase with younger gestational age. Similar associations were not observed for non-optimal fetal growth and low Apgar score.”

IOM ADVOCATES FOR YEARLY PTSD SCREENING IN VETERANS:
An Institute of Medicine report, released July 13, 2012 (www.iom.edu) recommended that “soldiers returning from Iraq and Afghanistan be screened for post-traumatic stress disorder at least once a year and that Federal agencies conduct more research to determine how well the various treatments for PTSD are working.”

AODA IN THE AGING:
NBC Today Saturday ran a story (7/14/12, 7:31 am ET) indicating that baby boomers are using illicit drugs at unprecedented rates for their ages. The AMA newsletter quoted NBC as stating that “for a generation that came of age in the drug-fueled era of the 60s and early 70s, experts are warning baby boomers about a dangerous turn: rising drug abuse later in life. In a government-sponsored national survey, nearly 5 million adults over the age of 50 used an illicit drug last year. That’s more than any generation ever before.”

PROVIGIL FOR EVERYONE?
ABC World News reported (7/17/12) that rising numbers of individuals without narcolepsy, sleep apnea or shift work are being prescribed modafinil off-label to boost energy and focus.

SAMHSA STUDY: MORE TEEN GIRLS THAN BOYS REPORT DEPRESSION:
Appearing in the 7/25/12 AMA newsletter: The Hill (7/25, Viebeck) “Healthwatch” blog reports, “Adolescent girls reported experiencing depression at three times the rate of their male peers over a recent period,” according to a study released by the Substance Abuse and Mental Health Services Administration (SAMHSA) that relied on data from the National Survey on Drug Use and Health. Specifically, “twelve percent of girls ages 12 to 17 said they experienced a ‘major depressive episode,’ compared with 4.5 percent of boys.” In addition, “SAMHSA noted that the rate of depression among girls appeared to triple between the ages of 12 and 15 from 5.1 percent to 15.2 percent.”

EXPOSURE TO DIM LIGHT MAY LEAD TO DEPRESSIVE SYMPTOMS:
Appearing in the 7/25/12 AMA newsletter: The Time (7/25, Blue) “Healthland” blog reports that “exposure to dim lighting at night -- such as that generated by a TV screen, computer or night-light -- may lead to depressive symptoms,” according to a hamster study published in the journal Molecular Psychiatry. Researchers “from Ohio State University Medical Center found that hamsters with chronic exposure to dim light at night showed signs of depression within just a few weeks: reduced physical activity compared with hamsters living in normal light-dark conditions, as well as less interest in sugar water (a treat for the hamsters), greater signs of distress when placed in water, and changes in the brain’s hippocampus that are similar to brain changes seen in depressed people.” Reuters (7/24, Wickham) also covered the story.

WORRYING ABOUT JOB MAY BE LINKED TO DEPRESSION, ANXIETY:
Appearing in the 7/19 AMA Newsletter: Time (7/19, Futrelle) reports in “Moneyland” that “a new study of workers in the state of Michigan...found that those who were worried about their jobs were significantly more likely to develop depression or suffer anxiety attacks or both.” A previous study “by the same lead researcher, sociologist Sarah Burgard of the University of Michigan, found that employees worried about their jobs were more likely to suffer from depression and poor health than those who lost their jobs and got a new one.” Meanwhile, “research by Stuart Whitaker, an occupational-health expert

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at the University of Cumbria in England, also suggests that worrying about being fired may be worse than being fired.

TELLING FEWER LIES MAY BENEFIT PEOPLE PHYSICALLY, MENTALLY:
According to the AMA Newsletter of 8/6: USA Today (8/6, Jayson) reports, “Honesty may boost your health, suggests a study that found telling fewer lies benefits people physically and mentally.” During “the study period, the link between less lying and improved health was significantly stronger for participants in the no-lie group, the study found.” Researchers found that “when participants in the no-lie group told three fewer minor lies than they did in other weeks, for example, they experienced, on average, four fewer mental-health complaints and three fewer physical complaints.” HealthDay (8/5, Salamon) reported that the research was scheduled to be presented at the American Psychological Association's annual meeting.

HAIR LOSS TREATMENT AND DEPRESSION?
Many news outlets ran stories of a small study (Irwig, J Clin Psychiatry, 2012) involving 61 former finasteride users and 29 controls, in which rates of depression were over 7 times higher in those who had formerly used finasteride to treat male pattern baldness.

PEDIATRIC SNORING AND BEHAVIOR PROBLEMS?
Multiple news organizations reported on a journal Pediatrics study (Beebe et al., 2012) of 249 mother/child pairs which correlated persistent snoring (as defined by loud snoring 2 or more times weekly) in 2-3 year olds with elevated rates of problem behaviors, thus advocating for routine screening.

MARIJUANA AND IQ:
A recent widely publicized study by Meier et al., (PNAS 2012 on line) showed that persistent cannabis use in adolescence can result in as much as a 10 point drop in IQ. The study abstract concludes: “Findings are suggestive of a neurotoxic effect of cannabis on the adolescent brain and highlight the importance of prevention and policy efforts targeting adolescents.”

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**MAYO CLINIC HEALTH SYSTEM**

Mayo Clinic Health System in Eau Claire, Wisconsin seeks two BC/BE Adult Psychiatrists for primarily outpatient positions. Call of 1:7. Outpatient unit attached to 20 bed inpatient unit. Inpatient unit is covered by daytime Psychiatric Hospitalists Monday through Friday.

Mayo Clinic Health System is a family of clinics and hospitals serving over 70 communities in Iowa, Wisconsin and Minnesota. Eau Claire, metro area of 99,000, is home to the 11,400 students at the University of Wisconsin-Eau Claire. Located 90 minutes east of Minneapolis, Eau Claire is a family friendly community with the cost of living below the national average, a low crime rate and strong public schools.

Contact Cyndi Edwards: 800-573-2580, fax 715-838-6192, or edwards.cyndi@mayo.edu. EOE

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**PAID ADVERTISEMENT**

**BT Steps: A Study of Web-Based Treatment for Obsessive Compulsive Disorder**

Dr. Kenneth Kobak of the Center for Psychological Consultation is recruiting participants for a study of a new, web-based self-management program for obsessive-compulsive disorder called BT Steps. BT Steps teaches participants skills from cognitive behavior therapy and is based on an earlier, telephone-based program that was shown to be effective in a research trial published in the Journal of Clinical Psychiatry.

In the current research study, we will assess the effectiveness of BT Steps alone, or supported by coaching from either a trained coach or a cognitive behavior therapist. This study is supported by a grant from the National Institute of Mental Health.

Prospective participants must be at least 18 years old, have OCD, and use or be willing to use the Internet, and have no history or current diagnosis of psychosis or schizophrenia. Participants may be engaged in ongoing in-person therapy, treatment with medication or both. Participants will not be required to travel to participate in this study, as the BT Steps program is web-based and all coaching will take place via telephone. Participants will be compensated up to $250 for their participation.

If you have any questions or would like to learn more about this study please contact Revere Greist at (608) 556-0766 or rgreist@centerforpsychconsulting.com.

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News from APA

APA POSTS CHANGES TO CPT CODING FOR PSYCHIATRISTS
The APA website now has specific information about the major CPT coding changes that go into effect on January 1, 2013 available to members. You can access this information, which currently includes a list of the new codes, a crosswalk of 2012 CPT codes to their replacement 2013 CPT codes, and a webinar about the codes’ changes via APA’s website at www.psychiatry.org/cptcodingchanges.

APA PROVIDES ONLINE RESOURCE ON STATE HEALTH EXCHANGES, ESSENTIAL HEALTH BENEFITS, AND MENTAL HEALTH PARITY
Resources related to implementation of the Affordable Care Act, including information on state health exchanges, essential health benefits, and mental health parity, are available at http://psychiatry.org/statehealthexchanges. In addition, staff of the Division of Advocacy serve as a reference on all things health exchange and parity-related to help members ensure the availability of robust mental health and substance use disorder service benefits through the new state programs. Contact hsf@psych.org for more information.

APA PRESENTS MEMBER ADVANTAGE: GUIDE TO MAKING THE MOST OF YOUR MEMBERSHIP
APA's new Member Advantage handbook, published in May, was designed to help members navigate the many programs and services offered by the APA. The handbook includes information to enhance members’ knowledge, career, practice, and network of professional colleagues and to guide them to available resources on APA’s new website www.psychiatry.org. Learn more about these programs and other membership benefits by visiting APA’s website or by calling APA Customer Service at 888-357-7924.

PSYCHIATRISTS DONATE TIME TO SUPPORT MILITARY, VETERANS, AND FAMILIES
APA is an active partner of Give an Hour, a national network of mental health professionals who volunteer their services to better support military personnel and their families. Doctors can donate an hour of their time each week to provide direct services in person, by phone, or in consultation with schools and local organizations that help the military community. Give an Hour and its partners are working to grow this volunteer network over the next few years to enhance treatment for post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), drug abuse, anxiety, and depression.

RESOURCE PROVIDED FOR TREATING PATIENTS IN THE WAKE OF A TRAUMATIC EVENT
To assist members of the healthcare community who may be treating patients affected by the shootings in Aurora, Colorado, the Sikh Temple shootings in Oak Creek, Wisconsin, or other tragic events, American Psychiatric Publishing is offering a free compilation of chapters from the recently published book Disaster Psychiatry: Readiness, Evaluation and Treatment by Frederick J. Stoddard Jr., M.D., and Pandya, M.D., and Craig L. Katz, M.D.

LET'S TALK FACTS BROCHURE ON AUTISM SPECTRUM DISORDERS AVAILABLE
APA produces a series of brochures to explain mental illnesses and treatment in straight-forward, simple terms for patients and family members. Let's Talk Facts provide answers to commonly asked questions on mental health issues such as anxiety disorders, Alzheimer’s disease, and depression. Members can order brochures from American Psychiatric Publishing or preview on APA’s website. A Let’s Talk Facts brochure on Autism Spectrum Disorders is now available.

JOURNAL OF GAY AND LESBIAN MENTAL HEALTH’S 2013 OUTSTANDING PSYCHIATRY RESIDENT PAPER AWARD
The Journal of Gay and Lesbian Mental Health (JGLMH), a quarterly, peer-reviewed journal indexed by PsychInfo, invites submissions for its 2013 Resident Paper Award until March 1, 2013. JGLMH is the official journal of the Association of Gay and Lesbian Psychiatrists (AGLP).
JGLMH is seeking outstanding resident papers on LGBT mental health; these can be original research papers, case series and detailed case reports, or review articles. The award includes $500, publication in JGLMH, and assistance with travel to the AGLP annual meeting (held concurrently with the 2013 APA Annual Meeting) to present the resident’s work. Co-authored papers are eligible as well, but the resident must be the first author. Entries can be submitted to editors@aglp.org until the March 1 deadline.
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UPCOMING EVENTS

October 6, 2012 • 7:45 AM
NAMI Fox Valley Walk
For more information about this event, please contact: Wendy Magas
wendy@namifoxvalley.org
Phone: 920-954-1550

October 7, 2012
NAMI Dane County Walk
Contact: Heidi Hastings at 608-249-7188
or walk@namidanecounty.org

October 12-13 2012
Fall 2012 Psychiatric Update
UW School of Medicine and Public Health and Madison Institute of Medicine, Inc

March 14-16, 2013
Wisconsin Psychiatric Association 2013 Annual Meeting

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