



The Wisconsin Psychiatrist

Fall
2008
Vol. 48 No. 3

QUARTERLY PUBLICATION OF THE WISCONSIN PSYCHIATRIC ASSOCIATION: NORTHERN, SOUTHERN AND MILWAUKEE CHAPTERS

WPA Member Honored

By Frederick A. Fosdal, MD

Frederick A. Fosdal, M.D. recently received the 2008 State Bar of Wisconsin President Award and a Certificate of Commendation from the Office Of The Governor for his forensic psychiatric service to the State of Wisconsin for many years.

Dr. Fosdal received his Bachelor of Science degree from the University of Wisconsin, Madison in 1960 and his Doctor of Medicine degree from the University of Wisconsin in 1964. He completed his residency in General Psychiatry at University Hospitals in Madison in 1970 and a Forensic Psychiatry Fellowship at University Hospitals in Madison in 1971.

He was certified by the State of Wisconsin and State of California Board of Medical Examiners in 1965. He became a Diplomate of the National Board of Medical Examiners in 1965 and a Diplomate of the American Board of Psychiatry & Neurology in 1973. He was the first psychiatrist in Wisconsin to be certified as a Diplomate of the American Board of Forensic Psychiatry in 1980. Dr. Fosdal has been a member of the American Psychiatric Association since June 1969. He became a Fellow in the American Psychiatric Association in 1976, a Life Fellow in 2002, and a Distinguished Life Fellow in 2003. He has been a Fellow in the American College of Forensic Psychiatry since 1985:

Dr. Fosdal has served as an Oral Examiner for the American Board of Psychiatry and Neurology and the American Board of Forensic Psychiatry.

Dr. Fosdal served in the United States Army Medical Corps from March 1966 to March 1969 as both a psychiatrist and flight surgeon. He served as a staff psychiatrist at Letterman General Hospital in San Francisco, California and later as Chief of Psychiatry at Hunter Army Airfield in Savannah, Georgia.

Dr. Fosdal has been in private practice in General and Forensic Psychiatry in Madison since June 1971. He has also served as a Forensic Consultant to the former Central State Hospital in Wau-pun, the Mendota Mental Health Institute in Madison, the Federal Correctional Institution in Oxford, the Wisconsin Department of Justice, the United States Department of Justice; and the Department of Social Security Disability Insurance.

Dr. Fosdal served as a Forensic Consultant to the Wisconsin Criminal Jury Instructions Committee in 1980, and was the Co-reporter on the Wisconsin Judicial Council Insanity Defense Committee from 1979 to 1981 and 1989 to 1990. He was a member of the State Bar of Wisconsin Insanity Defense Committee from 1982 to 1988.

Dr. Fosdal has contributed several articles to the Wisconsin Bar Bulletin (now the Wisconsin Lawyer) and has given presentations to the Wisconsin Psychiatric Association, the American Academy of Psychiatry & The Law, the American College of Forensic Psychiatry, The State Bar of Wisconsin, The Supreme Court of Wisconsin Criminal Law and Sentencing Institute, The Wisconsin Judicial Conference, The Statewide Prosecutor Education and Training Program, The Wisconsin District Attorneys Association, and others.

Dr. Fosdal has performed numerous forensic evaluations related to criminal and civil law issues in Wisconsin and elsewhere, and has testified on numerous occasions in Wisconsin and elsewhere.

Dr. Fosdal was the Editor of the Wisconsin Psychiatric Association Newsletter from 1979 - 1986.

The Wisconsin Psychiatrist is published four times a year — Spring, Summer, Fall and Winter — for members of the Wisconsin Psychiatric Association and those interested in its activities. Opinions expressed are the authors' and do not necessarily reflect the policies of the WPA. Articles submitted must be signed and are subject to review by the Editors and/or Editorial Board. Articles may be reprinted. However, attribution to *The Wisconsin Psychiatrist* and two copies of the reprint are appreciated.

Editorial Board

Carlyle Chan, MD
Linda DiRaimondo, MD
Harold Harsch, MD
Edward Krall, MD
Jeffrey Marcus, MD

Contributing Authors

Mahmoud Ahmed, MD
Congresswoman Tammy Baldwin
Jon Berlin, MD
Carlyle Chan, MD
Alain Enthoven
Jerry Halverson, MD
Kevin Hayden
John Lehrman, MD
Gary Maier, MD
Henry Nasrallah, MD
Alice O'Connor
Ken Robbins, MD
Art Walaszek, MD
Steven Zelenski, MD

Administrative/Editorial Office

Wisconsin Psychiatric Association
6737 W. Washington St., Suite 1300
414-755-6294 or 800-762-8967
Fax: 414-276-7704
E-mail:
Jane Svinicki: jane@svinicki.com
Annette Schott: schott@svinicki.com

The Wisconsin Psychiatrist accepts advertisements at the following rates:

ADVERTISING RATES

Display Ad 1 Issue 2 Issues 3 Issues 4 Issues

Full Page	\$250	\$200	\$180	\$150
1/2 Page	\$175	\$150	\$120	\$100
1/4 Page	\$100	\$75	\$60	\$50
1/8 Page	\$60	\$50	\$40	\$30

All advertising copy must be submitted in black and white (electronically preferred) and is subject to approval of the Editors and Editorial Board. Consideration will be given to the guidelines and principles of the American Psychiatric Association. Appropriate events may be listed under Calendar of Events free of charge.

Resident Happenings at the University of Wisconsin

By Claudia Reardon MD, UW Resident Representative to the WPA Executive Council

It's the calm before the storm, as residency recruitment season approaches. Psychiatry residents here at the University of Wisconsin very much look forward to and enjoy interview season, as we are able to be extensively involved in the process. We dine with applicants and fully participate in the actual interviews. It's fun to show off a program of which we are very proud!

Now in the latency period before interview season starts, there are still many goings-on to report...

- The student- and resident-run UW School of Medicine and Public Health Psychiatry Student Interest Group recently held their third-annual kick-off celebration. Many residents were in attendance to welcome first and second year UW medical students into the exciting world of psychiatry. Upcoming events planned for the Interest Group include a lunch discussion with Lieutenant Governor Barbara Lawton (organized by our very own Alice O'Connor), a dinner discussion on the topic of mental illness and homelessness led by Dr. Ron Diamond, a seminar on "treatment resistant depression" by Dr. Jerry Halverson, and the second year of our resident/student mentor/mentee program.
- Resident Rachel Molander was recently awarded an Association for Academic Psychiatry (AAP) award for her dedication to educational issues. Dr. Molander is our first resident to win this award, which will allow her to attend AAP meetings for 2008 and 2009.
- Resident Tyler Rickers recently started "RSVP", a group consisting of UW psychiatry residents who will perform volunteer activities on a monthly basis. Activities will have a mental health theme, with our first group activity having been the Dane County NAMIWalk on 5 October 2008.

The WPA office has moved suites.

Please note our new address:

**6737 W. Washington Street, Suite 1300
Milwaukee, WI 53214**

Kudos and Concerns

By Carlyle H. Chan, MD



In the midst of the bleak financial markets meltdown, mental health parity was born. The decades long attempts to bring insurance benefits for mental disorders in line with physical disorders became a bargaining chip to ensure House passage of the bailout legislation. The long suffering work of so many individuals and organizations, among them New Mexico US Senator Domenici whose daughter suffers from schizophrenia and the efforts of the American Psychiatric Association, finally came to fruition. Congratulations are in order to everyone who never gave up the fight to end the discrimination against mental health care coverage.

At the state level, we have learned that psychologists have plans to introduce a bill in the next Wisconsin legislative session to authorize psychologist prescribing privileges. While the pretext is to improve access to mental health care, the real issue is patient safety. Can any individual safely prescribe medications that impact

so many parts of the human body (not just the brain) and interact with so many other medications with just 300 to 600 hours of continuing education? Compared to over 10 years and over 10,000 hours of pre-medical, medical and psychiatric residency training, there is little doubt that insufficient training is fraught with potential hazards to patient care. This gives new meaning to the phrase, a little learning is a dangerous thing.

Psychologists have requested a meeting with the WPA and members of our Executive Council will meet with their representatives. We are always willing to dialogue with colleagues. However, rest assured that we will also never give up advocating for our patients and for patient safety. Standing up for safety will not be easy nor will it be inexpensive. Psychologists have already amassed a war chest and hired a lobbyist whose sole task is to advance their prescribing agenda. While the WPA Executive Council has initiated its response, it is crucial that all Wisconsin psychiatrists become active in contacting and educating their legislative representatives on the safety issues surrounding prescribing medications. We will also be calling on your financial contributions for this endeavor.

These efforts should not distract us from our new collaborations with other mental health organizations to promote the mental well being of our state's citizens.

At the local level, Dr. Jon Gudeman's testimony at Milwaukee County Board hearings as well as other WPA psychiatrists' input, has helped defeat efforts to move the Mental Health Complex from the Regional Medical Center to the old St. Michael's hospital. Isolating our severely mentally ill from medical care and training institutions was a step backwards. There is still a need to re-establish JACHO accreditation for the complex and update facilities. Hopefully, this will take place near the current location.

On a more clinical note, the recent review in JAMA (October 1, 2008) highlighting the efficacy of long term psychodynamic psychotherapy reminds us that our tradition of talking to our patients does work. Dr. Glen Gabbard's presentations at the fall WPA meeting next month will be timely and enlightening.

**WPA Legislative
Advocacy Day**

January 28, 2009

Visit www.thewpa.org
for more information

WPA 2009 Annual Meeting

**“An Update on Depression
and Anxiety”**

Featuring Alan Schatzburg and Ned Kalin

March 27-28, 2009

American Club, Kohler Wisconsin

Legislative Update

By Alice O'Connor, WPA Legislative Advisor



Hold onto your hats and perhaps even your seats! Next year's Wisconsin legislature is going to have challenges this state has never before faced. The economy is in the tank, both nationally and here at home. No financial good news is expected any time soon, even though health care costs continue to rise and a poor economy means fewer taxes will be collected to service government. State policymakers have no more cookie jars to left to raid to pay off increasing state debt and federal dollars are shrinking.

By the time you read this newsletter article, a new president will have been chosen and the political agenda largely established at the state and federal level for the next few years. In Wisconsin, the State Senate is expected to stay in the hands of the State Senate Democrats. Governor Doyle controls the executive branch for another two years. If the Assembly Democrats managed to pick up the majority in the lower house, expect to see aggressive action on health care reform, school funding reform and the closing of a variety of tax loopholes and possible new taxes on goods and services currently tax exempt. If the Assembly Republicans manage to hang onto their slim majority in the State Assembly, expect battles on all of the above mentioned issues. Everything will be on the table to try to fill a \$3 billion hole.

State agencies were asked to submit reduced budgets to the Department of Administration, (DOA) who puts the final touches on the Governor's budget bill before it is introduced in late January 2009. Many ignored this request. For example,

the new Department of Children and Families, which split off from the DHS in July, is looking for \$92.8 million in additional GPR, a 14.8 percent increase. The Department of Corrections is seeking an additional \$166 million in GPR, a 7.5 percent increase, raising the department's GPR appropriation to \$2.37 billion.

The agency's total GPR request is \$721 million. The latest move to control state spending is a freeze on hiring for state positions unless the DOA Secretary signs off. New means "no," under this current scenario.

This budget bill has nothing to do with the separate agendas from hundreds of special interest groups who will be introducing separate legislation beginning in 2009 shortly after the new legislature is worn in. We already know that psychologists have big and aggressive plans to introduce a bill that will change current law so that any psychologist can prescribe medicine to patients. The Wisconsin Psychological Association has been extremely busy this summer seeking main legislative authors for this legislation. They have also tried to lock in candidates running for office for the first time to a position that supports psychologist prescribing. Thankfully some legislators say they want to wait and hear all the facts.

Psychologists have tried to pass this bill before but have never been successful. They feel their timing is perfect going into the 2009 legislative session. Some of the arguments already surfacing from the psychologists include the following: (1) we will help access to care because there are more psychologists than psychiatrists; (2) we are cheaper; (3) our training qualifies us to prescribe meds; (4) in states that allow psychologists to prescribe, there have been no serious mishaps so patient safety

is not an issue; (5) Some MD's even agree psychologists should be allowed to prescribe.

For anyone reading this article, it is imperative that you proactively contact the WPA office at info@thewpa.org or myself at aoconnor@murphydesmond.com and let us know that you want to be informed and engaged in this battle. Every psychiatrist voice will be needed to counteract what has already been said. We will need all your up-to date information and preferably an email address you where you can receive fast acting information you may need to respond to. If you have a great relationship with a specific legislator or to, tell the office so we can begin to establish our key contact list. We need some new faces to strengthen our voices in the state capitol. Keep in mind, lawmakers have a lot of respect for physicians so we don't need volume. We just need specific psychiatrists who will take the time to help defend your medical specialty. If psychologists are successful, it will be almost impossible to hit the "undo" key.

The opportunity for miscommunication and misunderstanding will be huge. Both state associations have the same acronym—WPA. Additionally, many people think psychologists and psychiatrist are the same occupation, with the same training. Be assured psychologists are not likely to dispel anyone of that myth.

Psychologists were also busy attending fundraisers this summer and they a modest but successful Political Action Committee (called a PAC). These funds are used to try to elect legislative candidates who are friendly to their point of view.

I hope you plan to participate in the Wisconsin Psychiatrist Association lobby day scheduled for Wednesday January 28, at the state capitol. Mark your calendars now

2008 Charles W. Landis Memorial Lecture

By Darold Treffert, MD

The Monona Terrace Convention Center in Madison was the site of the 2008 Landis Lecture on September 25th. David Rubinow, M.D., Chair of the Psychiatry Department at the University of North Carolina at Chapel Hill presented a public lecture on the topic of Mood, Depression and Menopause: What's a Woman To Do?

The choice of this topic was in keeping with the interest of Dr. Landis in Biological Psychiatry, and providing reliable information to the public, as well as professionals, on a wide variety of topics within the specialty of Psychiatry. Dr. Landis considered himself a physician first, and specialist second and felt that psychiatrist's should be conversant in medical topics pertinent to the specialty.

Dr. Rubinow is an internationally respected expert in Biological Psychiatry with special emphasis on the neurobiological effects of gonadal steroids. Prior to assuming the Chair at the University of North Carolina Dr. Rubinow was Clinical Direc-

tor on NIMH from 1987 to 2006, where he also served as Chief of the Behavioral Endocrinology Section.

Dr. Rubinow pointed out that research in the last decade shows a clear link between the onset of menopause, mood disorders and depression. During that time guidelines for hormonal replacement treatment to modify many of the symptoms linked to menopause have changed dramatically because of the risks attached to such approaches. Thus what is a woman (and her clinician) to do?

In answering that question Dr. Rubinow outlined how reproductive hormones regulate mood; why some woman are at risk for mood disorders during menopause; and current guidelines for balancing risks and benefits of hormone replacement therapy with implications for mood and depressive disorder management. He discussed the appropriate role for hormone replacement therapy, and anti-depressant medications either separately or together, depending on the specific clinical presentation.

As a part of his visit to Wisconsin, Dr. Rubinow then conducted Medical Grand Rounds to the Department of Medicine, held at the VA Medical Center on the Friday morning following the Landis Lecture.

The Landis Lecture is made possible through a generous grant of Mrs. Mary Landis, in memory of her husband, to the Wisconsin Medical Society Foundation which sponsors the lecture free of charge to professional and public audiences. Dr. Landis was Director of Mental Health in Milwaukee County from 1958 to 1970 and was program architect for the Milwaukee County Mental Health Complex that now bears his name. Dr. Landis was very active in both the Wisconsin Psychiatric Association and the Wisconsin Medical Society and is remembered as a very influential physician in the medical and psychiatric landscape of Wisconsin through the years.

Legislative Update

continued from previous page

and plan to participate in your own lobby day. To avoid confusion perhaps we will start calling the psychologists the "other WPA group." How you practice medicine will be on the line for you. If you do not look out for yourselves, no one else will. Contact current WPA president Dr Chan to let him know of your interest in this issue as well. This will be a "all hands on deck" if we wish to be successful.

Also keep in mind that not every lawmaker who is elected or will be sworn in January, cares about mental health issues. It will be our job to educate, persuade and dispel some of the myths that the psychologists have already perpetuated. During our lobby day we will:

- Educate lawmakers and their staff that there is huge difference in training and qualifications between psychiatrists who are physicians and psychologists who have no medical training.
- Patients and families struggling with mental illnesses will be subjected to substandard care.

After you have good grasp on your hat and your seat, contact the WPA office (not the OTHER WPA office) and get on the key contact list we are creating to help psychiatrists and other MDs work effectively together defeat psychology prescribing legislation.

APA Fall Components Meeting: One of Many Important Features of our National Organization

By Claudia Reardon MD, UW Resident Representative to the WPA Executive Council

The APA governance structure can be a bit confusing, to put it gently. However, getting to see that structure in action at the recent APA Fall Components Meeting in Washington, D.C. in early September has aided my understanding of the inner workings of our parent organization. The APA “components” are the organization’s councils and committees, each of which is essentially a small sub-specialized group that focuses on one area of expertise within psychiatry or within the APA. Many of the components meet twice annually, at the Fall Components Meeting and at the spring Annual Meeting. This is a chance for the component members to do their work with each other in person, after spending most of the year communicating via conference calls and emails.

So what kind of work do the components do? My component, the Committee on Women (so called “COW”, an acronym which is problematic in itself...), is one of several specific committees under our larger umbrella Council on Minority Mental Health and Health Disparities. Our cur-

rent work includes: preparing two workshop presentations for the next Annual Meeting, creating an APA position statement on reproductive rights, and drafting an updated article with recommendations for gender curricula within psychiatry residency programs. Our WPA Executive Council is home to four other component members as well. Dr. Clarence Chou serves on the Assembly Rules Committee and the Assembly Allied Organization Liaison Committee (the latter as Liaison to the American Academy of Child and Adolescent Psychiatry), Dr. Jerry Halverson on the Council on Advocacy and Public Policy, Dr. Harold Harsch on the Medicare Advisory Corresponding Committee, and Dr. Art Walaszek on the Corresponding Subcommittee on Joint Sponsorship of Continuing Medical Education.

An additional crucial role of the components is to serve as a resource for any APA member who would like to introduce a resolution to the APA Assembly for hopeful acceptance as official APA policy. For example, if an APA member feels strongly that children should not be required to

have an EKG before starting stimulant treatment, then that member could go to the Council on Children and Their Families to solicit their recommendations and support, and from there bring forth a resolution requesting official APA policy on this matter to the Assembly. Once something becomes APA policy, the organization then can move forward with delegating time and money toward supporting that policy, for example, by increasing education of the public and of legislators on the issue at hand.

It is all too easy to become overwhelmed by the “bigness” of the APA. However, the APA is here to serve its District Branch members, including the WPA. The APA components are one feature of the APA making it a more “approachable” and personal organization. Visit the APA’s website (www.psych.org) to find the APA components directory, including contact information for staff, committees, councils, and task forces who can best assist you with any questions or concerns you might have. Take advantage of (and contribute to!) the great resource that is our APA!

Well-established Mental Health Outpatient Clinic in Milwaukee is seeking an Adult Psychiatrist and a Child Psychiatrist.

We are a group of 22 clinician, psychiatrists, psychologists, social workers, psychiatric nurses and counselors working with a wide variety of populations. The psychiatrists joining our group will have opportunities to limit they practice to psychiatric care, medication evaluation and management or expand to include psychotherapy and behavioral medicine.

Please call 414-964-9200 ext. 207 if you are interested in the Adult or the Child Psychiatrist position and leave your name and phone number for us to return your call.



A District Branch of the American Psychiatric Association

Friend of the Wisconsin Psychiatric Association Award Nomination Form

The Friend of the WPA Award is presented to someone, often a Wisconsin legislator, who has been responsible for outstanding work as an advocate for patients with mental illness. The award recipient is chosen via solicitation of nominations from the WPA membership, followed by WPA Executive Council voting. The award is presented at the WPA Annual Meeting. **Nominations are due January 1, 2009** and can be emailed to the WPA office at: **info@thewpa.org**.

Nominees should demonstrate one or more of the following criteria:

- Authored or co-authored legislation impacting mental health issues.
- Proven track record of voting in favor of pro-mental health legislation.
- Public support of issues concerning the health and well-being of patients with mental illness.
- Singular proponent of a particularly complex or relevant legislative initiative.

Person filling out application:

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Nominee:

Name: _____

Position: _____

Description of how nominee meets one or more of above criteria and thus has been a supporter of mental health issues (attach additional sheet and/or write below):

Calendar of Professional & Clinically-Oriented Events

January 2009

28 – WPA Legislative Advocacy Day

March 2009

27-28 – WPA 2009 Annual Meeting “An update on Depression and Anxiety” Featuring Alan Schatzburg and Ned Kalin American Club, Kohler Wisconsin

April 2009

3-4 – Spring 2009 Psychiatric Update

October 2009

23-24 – Fall 2009 Psychiatric Update

March 2010

19-20 – Spring 2010 Psychiatric Update

Note to readers and publicists: If you wish to have a professional meeting listed in future issues of the *Wisconsin Psychiatrist*, please send it to the WPA Office, 6737 W. Washington St., Suite 1300, Milwaukee, WI 53214, FAX: 414-276-7704

Visit www.thewpa.org for more information

January 28, 2009

WPA Legislative Advocacy Day

In This Issue:

1 WPA Member Honored 1

2 Resident Happenings at the University of Wisconsin..... 2

3 Kudos and Concerns 3

4 Legislative Update..... 4

5 2008 Charles W. Landis Memorial Lecture 5

6 APA Fall Components Meeting 6

7 Friend of the Wisconsin Psychiatric Association Award Nomination 7