President’s Message

By Jeffrey Marcus, MD

Winter Greetings!

I hope you are doing well and looking forward to a prosperous 2017. Amidst all of the political chaos during the previous year, 2016 left us in the psychiatric community with a legislative success story – the passage of the 21st Century Cares Act. This federal legislation was recently signed into law by President Obama after passing with overwhelming margins in both houses of government. The law has significant mental health components which should directly and positively impact psychiatric service delivery in the years to come. Among the various reforms provided by this law is the establishment of medical leadership in the Substance Abuse and Mental Health Services Administration.

Congratulations are in order for our new crop of Distinguished Fellows and Distinguished Life Fellows! Drs. Mays, Miller, Peterson, Robbins, and Walaszek have achieved this membership status advancement, and each is highly deserving of this honor. Thanks to all who wrote the many letters of support for the Distinguished Fellow applications – your efforts certainly paid off and are very much appreciated!

The WPA Nominating Committee is currently accepting nominations of members interested in serving two-year terms on the WPA Executive Council for the 2017-2019 biennium. If interested in serving, please go to www.theWPA.org/nominations for details.

Another update on the medical school mentoring program: With the assistance of both UW and MCW, we've received additional medical student interest in the mentoring program. If you haven't already, please consider serving as a mentor for a medical student interested in psychiatry. As stated previously, this doesn't have to be a time-consuming commitment. Even brief interactions with 1st or 2nd year medical students can have a significant impact on the students’ eventual career choice. We need to attract the best and brightest to our profession.

We hope to see you at the WPA 2017 Annual Conference at The American Club in Kohler. Drs. Halverson and Schoen have put together a great program on Anxiety, focusing on OCD. Please encourage your non-psychiatrist colleagues to attend (including family docs, pediatricians, and nurse practitioners), as this program will have broad relevance and appeal.

The WPA always welcomes member input on how we can best serve the Wisconsin psychiatric community. Please feel free to contact our office (WPA@badgerbay.co) with your ideas and comments.

All the best,
Jeff

Notice to Members

The Annual Membership Meeting of the Wisconsin Psychiatric Association will take place on Friday, March 31, 2017 during the WPA 2017 Annual Conference in Kohler, WI.

WPA Calendar

March 29, 2017
Doctor Day
Madison, WI

March 30 - April 1, 2017
WPA Annual Conference
Obsessed! Helping Patients Navigate an Anxious World
The American Club
Kohler, WI

September 21-22, 2017
WPA Fall Conference
The Edgewater, Madison, WI

Visit www.TheWPA.org for information on other events.

The twentieth installment of Psychiatric Summary, produced by Frederick Langheim, MD, PhD, is available online at www.TheWPA.org

APA Fall 2016 Assembly Meeting Recap

By Michael Peterson, MD, PhD and Clarence Chou, MD, WPA Assembly Representatives

As your Wisconsin Representatives to the APA Assembly, we, along with Jake Behrens, MD as Area 4’s Early Career Psychiatrist rep, attended and represented Wisconsin at the APA Interim Assembly meeting in Washington DC in November.

As usual, we enjoyed stimulating debate on a variety of procedural and political matters. We heard updates from the APA’s CEO, Dr. Saul Levin; APA President, Dr. Oquendo; and APA President-Elect, Dr. Everett. Given the timing of the Assembly meeting which was just days prior to the fall election, all presenters were anticipating the possible outcomes of the US Presidential election and its possible impact on psychiatry and mental healthcare.

For those interested in the details, a summary of the meeting, and a detailed list of all Action Papers can be found on the WPA website or by contacting the WPA office. Particularly heated discussion took place on several issues, including how Assembly votes are counted; a position paper against euthanasia/assisted suicide for psychiatric conditions (as is currently legal in parts of the European Union); and a position paper against discriminatory legislation in the United States.

The session was adjourned, and upcoming meetings were announced. The Area 4 Assembly will meet in March 2017 in Chicago, IL, and the APA Assembly will meet prior to the APA Annual Conference in May 2017 in San Diego, CA.

Please contact us either of us through the WPA office (wpa@badgerbay.co) if you are interested in a more detailed discussion about Assembly activity.
Addressing Burnout

By Stuart Jones, MD, Associate Residency Training Director, Univ. of WI Psychiatry Residency Program

It has come to be widely recognized that the pressures of practice in our modern medical system tend to lead increasingly to burnout, the collapse of empathy, and poor job satisfaction in physicians. Burnout often begins in medical school and can be in full swing by the time a new doctor finishes their residency training, extending even into one’s full career as a practicing physician.

We view our wellness curriculum not only as a way to support our residents during the stress of training, but also as a way to develop a set of crucial skills to help residents attend skillfully to their own wellbeing during residency and after they graduate.

- In biweekly T-groups they learn how to proactively address challenges as they come up and to seek support from their colleagues.
- In monthly mindfulness groups they learn an important set of psychological skills aimed at developing concentration, inner awareness, and emotional non-reactivity, connected also with an emerging evidence base in preventing physician burnout.
- In monthly positive psychology groups they learn to recognize and cultivate positive experiences and relationships.

Our goal is to graduate psychiatrists who can flourish personally and professionally in our challenging yet rewarding field!

Recruitment and Rotations:

By Mara Pheister, MD, Residency Program Director, Medical College of Wisconsin Psychiatry Residency Program

Recruitment season is in full swing! We have nearly completed our interviews for the season. I’m excited to say that our two northern programs—MCW-CW (Central Wisconsin) and MCW-NEW (Northeast Wisconsin)—are also recruiting for their first class! The interest in psychiatry has been great with more applications than ever.

Our residency has recently added several new rotations, including an Eating Disorder rotation at Rogers Memorial Hospital, which began last year and residents continue to enjoy. This year, we also developed an Integrated Care rotation for fourth year residents. We look forward to opportunities to expand this rotation in the future as residents have really liked having exposure to this model of care.

Mental Health Reform Law Signed into Law

The long awaited and wide-ranging $6 billion 21st Century Cures Act, was signed into law in mid-December. Among other provisions, the law will increase coordination among federal agencies responsible for treating mental illness by establishing medical leadership in the Substance Abuse and Mental Health Services Administration, improving how the federal government finances and manages evidence-based mental health services, promoting workforce development and integrated care, and strengthening enforcement of parity.

“"It was an honor to see the president sign this significant piece of legislation,” said APA President Maria A. Oquendo, M.D., Ph.D., who attended the bill-signing ceremony. “This marks the passage of the first mental health reform bill in more than 50 years. We should enjoy this moment, but that does not mean our work is over.”

WPA 2017 Annual Conference in Kohler - March 30-April 1

Join the Wisconsin Psychiatric Association in Kohler, March 30-April 1, 2017 for “Obsessed! Helping Patients Navigate an Anxious World.” The conference will provide an in-depth look at obsessive-compulsive disorder (OCD) and other anxiety-related conditions.

Presenting faculty include: Wayne Goodman, MD, Chairman, Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine in Houston; Eric Storch, PhD. All Children’s Hospital Guild Endowed Chair, Departments of Pediatrics, Psychiatry & Behavioral Neurosciences, and Psychology at the University of South Florida; and Brad Riemann, PhD, Clinical Director of the OCD Center and Cognitive Behavioral Therapy Services at Rogers Memorial Hospital.

The popular Annual Resident Clinical Vignette Competition will also be featured during the conference, as well as the Annual Membership Meeting and Election of 2017-19 Officers and Executive Council members.

Watch for a registration brochure in the mail, or register online at www.TheWPA.org/events.

Don’t forget to make your reservation for overnight accommodations. Call The American Club at 1-855-209-5679 and request the Wisconsin Psychiatric Association room block (reservation #82H2I1). The cut-off date to receive the WPA group rate of $169 is March 7, 2017.
DOCTOR DAY 2017

Mark your calendars for Doctor Day 2017 – Wednesday, March 29. We continue to work to build on this wildly successful, multi-specialty, unique-to-Wisconsin event. Now in its 4th year, we’ve seen attendance grow from just 80 to more than 350 physicians – but we need to continue growing. Our goal for 2017 is 400+ so we need YOU! The day is free to attend, includes a morning information session and issue briefing, lunch, Capitol visits with lawmakers, and a post-Capitol reception mixing physicians and lawmakers in a fun, casual environment. Sign up now at www.WIDoctorDay.org and encourage colleagues to attend.

ELECTION SUMMARY

It is difficult to sum up this year’s elections any differently than the pundits on the various news channels and newspapers have done ad nauseam since November 8th, so I won’t even try. Truly almost no one correctly forecasted the outcome — whether Donald Trump’s election, Ron Johnson’s reelection, or the Wisconsin Assembly and Senate GOP majorities not only holding all their current seats, but gaining in both houses. Six weeks later, pundits and party insiders alike are still speculating about the reasons why.

The publicly available polling never showed Trump leading Clinton in Wisconsin, and never showed Johnson leading Feingold. Yet, Trump won by more than 20,000 votes, and Johnson by nearly 100,000. What was expected to be a competitive race, the 8th Congressional to fill Congressman Ribble’s seat, was a rout – with Republican Mike Gallagher beating Democrat Tom Nelson 63%-37%, while the rest of our Congressional races went as expected with all incumbents winning easily.

Most polling showed close races in many places for State Assembly and Senate as well. Entering the election, GOPs held a 63-36 advantage, with as many as five of those currently GOP-held districts traditionally voting DEM – especially during Presidential elections. In the Senate, GOPs held a 19-14 advantage. The widely-held expectation was that GOPs would maintain their majorities in both Assembly and Senate, but likely lose a handful of Assembly seats and possibly one Senate seat simply because of the traditional voting numbers from past Presidential election cycles. But none of that happened – in fact, GOPs gained a seat in both the Assembly and Senate and will now control the Legislature by the largest margins in decades.

LAWMAKERS RETURN

Now post-election, lawmakers have been getting back to work and beginning to lay out goals and agendas for the coming session. Thus far, most of the talk has centered on Wisconsin’s transportation infrastructure and varying positions among GOPs about how best to fund the building and maintenance of our roads, and about the opioid/heroin epidemic.

Related to healthcare, the biggest topic of discussion is the heroin/opioid epidemic. The Governor convened at Task Force on Opioid Abuse, co-chaired by Lt. Governor Kleefisch and Rep. John Nygren in an effort to bring stakeholders together to discuss the epidemic and search for ideas and solutions. Meanwhile, on a somewhat parallel track, but aimed more at healthcare providers and facilities, the Wisconsin Coalition on Prescription Drug Abuse Reduction, led by Tim Westlake, MD (Emergency physician, Medical Examining Board Vice-Chair, and key advisor to the Wisconsin Prescription Drug Monitoring Program) has begun to meet focusing discussions on prescription medications. It is widely anticipated that Rep. Nygren will be introducing additional HOPE legislation this session.

Finally, this week, the Veterans Administration released its long awaited rules about Advanced Practice Nurse practice within the VA system. In short, the VA scaled back its original proposal somewhat in response to a flood of public comments. The final rule will authorize (but not require) independent practice by APNs within the VA system, with the specific exception of Nurse Anesthetists (CRNAs). We anticipate this result will further embolden non-physician health providers to seek scope expansions, pointing to the VA’s decision for additional support.

The Legislature will be officially sworn in on January 3rd, returning to committee work and floor sessions shortly thereafter.
Membership Milestones

The American Psychiatric Association recently announced that five WPA members are among the latest group to have been approved for advancement to Distinguished Fellow status.

Distinguished Fellowship is awarded to outstanding psychiatrists who have made significant contributions to the psychiatric profession in at least five of the following areas: administration, teaching, scientific and scholarly publications, volunteering in mental health and medical activities of social significance, community involvement, and clinical excellence. Distinguished Fellow is the highest membership honor the APA bestows upon members.

The following members will be recognized for this outstanding achievement at a Convocation ceremony during the APA 2017 Annual Meeting in San Diego, CA:

David Mays, MD
Michael Miller, MD
Michael Peterson, MD, PhD
Ken Robbins, MD
Art Walaszek, MD

WPA congratulates these five members, as well as Mohammad Imran Anjum, MD, who is among the latest members to achieve Fellow status in APA.

Rural Psychiatry Training Update

By Carlyle Chan, MD

Two new Wisconsin-based rural psychiatry residency programs gained initial accreditation in May 2016, and both have begun recruitment efforts by interviewing senior medical students who will begin their residency training in July 2017. Each program received several hundred applications, including more than one hundred from US medical students.

Edward Krall, MD, a past president of WPA, has been named Program Director for the Medical College of Wisconsin’s Central Wisconsin (CW) program, which will matriculate three residents. Training will be based in the communities of Wausau, Stevens Point, Rhinelander and Wisconsin Rapids. Affiliates include North Central Health Care, Ascension St. Michael’s Hospital, Ascension St. Mary’s Hospital, Portage County Health and Human Services, Wood County Human Services, Wausau/ Wisconsin Rapids VA Community Based Outpatient Clinic and Bridge Community Health Clinic.

Rob Gouthro, MD will serve as Northeastern Wisconsin’s (NEW) Program Director. The program will matriculate four residents. Primary training sites will be in Green Bay and the Fox Cities. Affiliates for the NEW Program include the Green Bay VA Community Based Outpatient Clinic, Winnebago Mental Health Institute, Wisconsin Resource Center, Bellin Mental Health and Brown County Community Mental Health Center.

The didactic portions of the training curriculum, along with enhanced teaching and supervision, will be provided through the resources of the Medical College faculty in Milwaukee.