



QUARTERLY PUBLICATION OF THE WISCONSIN PSYCHIATRIC ASSOCIATION

WPA Calendar

March 8-10, 2018

WPA 2018 Annual Conference
The Edgewater
Madison, WI

Friday, March 9, 2018

WPA Annual Membership Meeting
The Edgewater
Madison, WI

September 27-28, 2018

WPA 2018 Fall Conference
Glacier Canyon Lodge at
Wilderness Resort
Wisconsin Dells, WI

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

View the latest installment of
Psychiatric Summary, produced
by Frederick Langheim, MD,
PhD, is available online at
[www.TheWPA.org/psychiatric-
summary](http://www.TheWPA.org/psychiatric-summary).

President's Message

Justin Schoen, MD



As we have now entered 2018, I want to take a moment to reflect back on 2017. As a professional association, the WPA has worked to increase legislative presence and voice, actively grow membership, and keep members up to date on the newest innovations and knowledge about our field.

Addressing topics like burnout and well-being will be paramount moving forward.

In the year ahead, we can look forward to a number of legislative items on mental health being advanced, as well as another election cycle that will impact all of us.

WPA will continue to offer high quality education, which you'll see by the excellent slate of presenters lined up for the upcoming Annual Conference. We will take steps to further foster resident and student involvement, which include my plans to meet with residency classes and student groups to increase knowledge about psychiatry and the WPA. Finally, we will continue to work on creative ways to engage members in a manner that is both convenient and beneficial from a multitude of perspectives.

I look forward to the continued work together and hopefully meeting with you over the next year.

Best wishes in the New Year,

Justin

Emerging Treatments and Controversies

WPA Annual Conference | March 8-10, 2018 | The Edgewater, Madison, WI

Angela Janis, MD, Conference Co-Chair

Recently, there has been a significant increase in research on illicit and potentially addictive substances for their possible therapeutic purposes, especially in the field of psychiatry. From ketamine to psilocybin, from marijuana to kratom, the interest in these areas continues to grow.

Join the WPA at our 2018 Annual Conference and learn about the most recent research as well as the controversies that accompany these drugs.

The conference kicks off on Thursday evening, March 8th, with a reception, dinner, and presentation entitled "An Update on the Challenges of Treating Addictive Disorders". This theme will be shared throughout the conference by local and national speakers, including discussion of current evidence, research processes, and possible addiction concerns. Saturday's presentations by Dr. Kevin Hill from Harvard will provide timely updates in the use of medical marijuana and the treatment of cannabis use disorders.

Thursday's featured speaker, Dr. Becca Brendel from Harvard's Center for Bioethics, will address the Goldwater Rule, another controversial topic in psychiatry. Lectures on other emerging treatments, an update on autism

treatment, and the treatment of pain in patients with psychiatric disorders are also part of the lineup, as is the Annual Resident Clinical Vignette Competition. Join us and show your support for our resident presenters!

The conference has been approved for 11.75 *AMA PRA Category 1 Credits*[™]. We hope you will join us in Madison for this interesting, educational, and thought provoking-conference.

WISCONSIN
PSYCHIATRIC
ASSOCIATION

**Emerging Treatments
and Controversies**

WPA 2018 Annual/Spring Conference
March 8-10, 2018
The Edgewater Hotel, Madison, WI

VENDOR PROSPECTUS

Legislative Update, Winter 2018

Eric Jensen, WPA Lobbyist

Doctor Day 2018

Doctor Day 2018 is almost here! On Tuesday, January 30th hundreds of physicians and medical students will join together in Madison to advocate for one another and for their patients. Each Doctor Day has been larger than the last, and now in just its 5th year our goal is to reach 500 attendees and we are well on our way to that number. But we're not there yet, and it is not too late for you to join your colleagues in Madison. Go to WIDoctorDay.org to sign up now!



This change came as part of Governor Walker's announced increase in funding to improve access to care for mental health and substance use disorders. However, WPA, WMS, WHA and other health organizations were not contacted nor consulted as DHS worked internally to execute the Governor's directive.

On December 20th, WPA President, Justin Schoen, MD wrote to DHS Secretary Linda Seemeyer to express WPA's concerns about the announced changes, the potential unintended consequences and to request that the proposal be amended. Doctor Schoen also expressed WPA's concern about the lack of contact and consultation with health providers prior to making the decision. A copy of the letter was simultaneously delivered to Governor Walker's office.

WPA in the Capitol – Support for AB 556

Representative Paul Tittl (R-Manitowoc), chair of the Assembly Committee on Mental Health recently introduced AB 556, which would provide a state income tax deduction on up to \$200,000 annually earnings derived from the practice of psychiatry. To be eligible, the deduction must be claimed within the first two years a psychiatrist begins practice in Wisconsin or returns to practice in Wisconsin after practicing in another state. The simple goal of AB 556 is to add a tool to help attract resident-psychiatrists to stay and practice in Wisconsin, and attract psychiatrists to come to Wisconsin.

On Wednesday, December 13, John Schneider, MD, WPA President-Elect, testified on behalf of WPA before the Assembly Health Committee in support of AB 556 and submitted written testimony from WPA President, Justin Schoen, MD. In addition, WPA Executive Council member, Barbara Hale-Richlen, MD added her voice in support after providing very detailed and well received testimony on AB 638 (see related article).

WPA Concerns about ForwardHealth Reimbursement Changes

WPA received word in December of an impending change from DHS/ForwardHealth scheduled to go live as of January 1st. In short, the multi-tiered reimbursement system will be reduced to just two tiers of reimbursement for mental and behavioral healthcare services, with psychologists and psychiatric nurses joining psychiatrists in the top reimbursement tier.

Worker's Compensation – Fee Schedule Proposal Returns – SB 665

As noted in the last newsletter, the Worker's Compensation Advisory Council's (WCAC) legislative proposal for 2017-18 once again includes a "provider fee schedule" for all Worker's Compensation related healthcare services. Four years ago, the WCAC also proposed the creation of a "provider fee schedule," but the proposal was stopped when the health provider community (hospitals, physicians, nurses, chiropractors, physical therapists and others) rallied together in strong opposition – the effort buoyed by physicians lobbying together at Doctor Day 2014. We will need a similar effort this year to succeed in stopping the proposal again.

WCAC proposals are normally introduced as legislation by individual legislators who are joined by dozens of colleagues as co-sponsors. Yet as of the last days of 2017, the latest WCAC proposal has yet to be introduced in the Assembly, and in an unusual move, Senate Bill 665 has been introduced by the entirety of the Senate Labor committee rather than by individual senators and representatives.

Do not hesitate to contact your lawmakers today to voice your opposition to SB 655 and state government setting fees for healthcare provided to injured workers in Wisconsin. You can find your legislators' contact information by typing your home address into the "Find Your Legislators" box at <http://legis.wisconsin.gov>.

PANDAS/PANS Hearing at the Capitol

Barbara Hale-Richlen, MD, FAPA



(L-R: Rep. Brandtjen and Hale-Richlen)

On December 13, I had an opportunity to testify at the State Capitol in support of Assembly Bill 638: Advisory Council on Pediatric Autoimmune Neuropsychiatric Disorder. The bill, sponsored by Rep Janel Brandtjen (R-Menomonee Falls), aims to form an advisory committee with the purpose of promoting education, advocacy and awareness of PANDAS and PANS throughout the state and among myriad medical specialties.

with PANDAS and PANS will require significant psychosocial and medical interventions, and their families bear the brunt of severe financial and medical problems as these children often require round the clock care. When treated early, however, kids who experience a sudden-onset of psychiatric symptoms following infection are able to recover and lead satisfying, productive lives. Lessening the delay in treatment is a primary goal of this committee.

Though this horrible disease is not rare—conservative estimates place the incidence at 7,000 children or more in Wisconsin alone—most children with this condition will never see a doctor familiar with it. If left untreated, children

Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS) was first identified by Dr. Sue Swedo at the National Institute of Health more than 25-years ago. PANDAS occurs when a streptococcal infection triggers a misdirected immune response resulting in the antibodies that were meant to fight the streptococcal infection instead crossing the blood brain barrier and, by a process known as molecular mimicry, attacking and causing inflammation in a child's brain. The

PANDAS/PANS Hearing at the Capitol continued...

inflammation manifests as dramatic neuropsychiatric symptoms which can appear very abruptly, sometimes even overnight.

Pediatric Autoimmune Neuropsychiatric Syndrome (PANS) encompasses the same disease process when caused by things other than Streptococcus such as Mycoplasma, Coxsackie, the Epstein-Barr virus, Lyme's disease, H1N1, Herpes Simplex Virus and many other infections.

If this legislation passes and an Advisory Council is formed, it will be comprised of medical experts from a wide variety of medical specialties

including psychiatry, as well as school psychologists, school nurses, a representative of the Special Education Services Division of the State Board of Education, a parent of a child diagnosed with PANDAS, a state social worker, medical researchers, and healthcare providers with expertise in treating eating disorders and autism. This committee will be given the daunting task of providing education, advocacy and awareness throughout the state to physicians, schools, therapists, parents, concerned citizens and anyone else who will listen.

Please read Dr. Hale-Richlen's complete article at www.TheWPA.org.

MCW Central Wisconsin Residency Update

Edward Krall, MD, MS, FAPA, Director of Residency Training

The Medical College of Wisconsin Central Wisconsin Psychiatric Residency Program is off to a good start. In July, an outpouring from the community to welcome the program and the residents made for a very moving orientation. Attendees include State Representative Marlon Schneider as well as television and news media.

Our first 3 residents (Drs. Ryan Stever from southeastern Minnesota, Albina Ovaspayan from Kenosha and Amy Butterworth from Alabama) have completed initial rotations, which included Inpatient psychiatry at North Central Health care in Wausau, St Mary's Rhinelander and a primary care training experience at the Tomah VA facility in La Crosse. Faculty have risen to the challenge with skill and enthusiasm.

At a faculty development weekend retreat in Door County in September, faculty learned about improving teaching skills and giving feedback. They even got to participate in improv exercises to enhance their listening skills and spontaneity. This was just the first of programs planned to aid faculty.

The results of the first PRITE exam are in, and our residents' Total Score placed the program in 85th percentile for first year general psychiatry programs. Each of the residents is committed to serving the underserved in the communities of Northern and Central Wisconsin. We are presently in the midst of recruiting for our second class of residents and have been humbled and surprised by over 800 applications for the 3 positions, which should give us the opportunity to choose some very fine trainees for 2018. If you have any questions about our program, do not hesitate to reach out to me.

MCW Northeastern Wisconsin (N.E.W.) Residency Update

Robert Gouthro, MD, Director of Residency Training

It feels like just yesterday we were waiting to learn the names of the N.E.W. Psychiatry Program's inaugural residents. Now, as they pass the halfway mark of their intern year, Drs. Mastroianni, Hoppe, Kordus, and Yasin have comfortably settled into their rotations at the Wisconsin Resource Center, the Bellin Psychiatric Center, the Winnebago Mental Health institute, and the Milo C. Heumpfner VA Health Care Center.

As a group, these residents have become a part of our community while experiencing the pain and joy of attending Packers games and learning what it really means to drive in snow. We are proud of their early accomplishments

which include a presentation at a N.E.W. CME event, acceptance of a poster for the 2018 APA conference, and the laying of groundwork for a free community mental health clinic we anticipate will open in fall of 2018.

Our program is further pleased to announce the addition of Dr. Anupama Harvey as Director of Therapy Education. She has previously chaired the Cardinal Stritch Clinical Psychology Program and will utilize her 20 years of experience to instill a therapy-first mindset in our trainees. With the recruitment season and 2017 nearly behind us, we look forward to what awaits us in 2018.

Get to Know Your WPA Executive Council Cynthia (Cindy) Stanford, MD



I very much appreciate the opportunity to serve again on the Executive Council as president of the Southern chapter. I enjoyed previously serving in this role from 2013-15, and had stepped away from the council after the birth of my second child to focus on family.

I feel it is most important to support psychiatrists in this time of increasing demand and decreasing access. I think it is necessary to help to improve our

quality of life and ability to continue to provide excellent patient care in the face of mounting pressures, including increasing EHR demands.

I am originally from southeastern Wisconsin, and after completing my education and training in Madison have stayed on in the area, first providing inpatient care in an academic setting, then in an outpatient adult psychiatry practice.

I am currently the vice chief of the psychiatry division at Dean/SSM Health where I have worked since 2009, and am co-director of the Psychiatry consult-liaison service at St. Mary's Hospital.

I enjoy the challenges that consult psychiatry can provide. It is rewarding to see patients respond to relatively simple interventions, but also to puzzle through complex "medical" cases. I enjoy interfacing with many other medical specialties as well as keeping in contact with fellow providers and mental health resources in our community and outlying areas.

My free time is kept busy with my husband and two young children, as well as our cat and golden retriever. We are generally outside as much as possible, though our current winter weather may slow us down a bit!



Membership Milestones

The American Psychiatric Association recently announced the latest group of members to have been approved for advancement to Distinguished Fellow and 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.

Fellow status is an honor that reflects a member's dedication to the work of the APA and signifies his/her allegiance to the psychiatric profession.

The following WPA members will be recognized for their outstanding achievement at a Convocation ceremony during the APA 2018 Annual Meeting in New York.

Distinguished Fellow:

Himanshu Agrawal, MD
Edward Krall, MD
Cynthia Stanford, MD
Tony Thrasher, DO

Fellow:

Olugbenga Aje, MD
Jeffrey Hall, MD
Wilson Igrude, MD
Martha Karlstad, MD
Abdul Khazi, MD

Fellow continued...

Isha Salva, MD
Suraj Singh, MD
Nathan Valentine, MD

Life Fellow:

Wayne Mercer, MD

Matthew Kleban, MD
Mara Pheister, MD

APA Legislative Update

*Amanda Chesley Blecha, Esq. Regional Field Director
American Psychiatric Association, Dept. of Government Relations*



As we gear up for this New Year, the American Psychiatric Association (APA) and its District Branches (DBs) remain committed to increasing access to care through mental health parity, network adequacy, telemedicine, collaborative care, and physician reimbursement. In 2017, Illinois enacted the Network Adequacy and Transparency Act,

requiring insurers to have enough health facilities and doctors in close proximity to where their policyholders live, as well as to be more transparent. The APA and its DBs are supportive of a number of bills that may be introduced shortly, such as a parity bill in Missouri.

Meanwhile, the APA and its DBs continue to advocate against unsafe prescribing in such states as Ohio. It will be awhile before Iowa psychologists may apply to prescribe pursuant to the 2016 law as its rulemaking subcommittee is at an impasse regarding education standards, with physician leaders insisting on higher standards.

Midwestern and Northeastern states continue to focus on addressing the opioid epidemic. This year a growing number of states enacted laws requiring prescribers to check prescription drug monitoring programs before prescribing opioids and other Schedule II drugs. Illinois recently enacted a law similar to Wisconsin's, which went into effect on January 1st.

Coalitions in several states are working to reduce the administrative burden and increase access. Indiana and Illinois are expected to consider prior authorization legislation in 2018.