



QUARTERLY PUBLICATION OF THE WISCONSIN PSYCHIATRIC ASSOCIATION

## WPA Calendar

### March 14-16, 2019

WPA 2019 Annual Conference  
The Osthoff Resort  
Elkhart Lake, WI

### March 15, 2019

WPA Annual Membership Meeting  
The Osthoff Resort  
Elkhart Lake, WI

### September 12-13, 2019

WPA 2019 Fall Conference  
Saint Kate The Arts Hotel  
Milwaukee, WI

Visit [www.TheWPA.org/events](http://www.TheWPA.org/events) for additional event information.

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

## President's Message

*Justin Schoen, MD*



With the holidays now passed, we begin the transition back into more daylight, but cold and often isolating days.

It is this very isolation that can be so problematic for all of us. As burnout has become an

increasingly relevant topic, I wanted to share some recent highlights from a discussion that a small group of us has been having, including the power of caring not just for our patients, but ourselves and our teams, as well as the need for communication. In an era where the electronic health records are impacting our very nature of communication, sitting down and having a conversation can be incredibly therapeutic. It is my hope that each of you can reach out to a colleague over the coming month, preferably in person, and just say hello!

Perhaps, you will also take advantage of the upcoming WPA Annual Meeting at The Osthoff Resort and meet with

multiple colleagues in person. I have always found the networking to be one of the single best components of the Annual Meeting. At the conference, which takes place March 14-16, we'll hold our annual business meeting and discuss the slate of candidates for the upcoming Executive Council elections. We are also fortunate to have Dr. Levin, CEO of the APA, present on Thursday evening.

I'm pleased to announce that our voting membership has increased to the point that WPA has now been allotted an additional representative to the APA Assembly. This offers a unique opportunity for our organization and for one of our members. In addition, we are working to finalize our legislative priorities for the next year and I hope to share more as the process unfolds.

I look forward to seeing you in mid-March. Please make sure to try and stay warm during the cold days of winter.

*Justin*

## WPA 2019 Educational Offerings

**The WPA 2019 Annual/Spring Conference** is right around the corner! Join WPA March 14-16 at the Osthoff Resort in Elkhart Lake.

Saul Levin, MD, MPA, FRCP-E, CEO and Medical Director of the American Psychiatric Association, will serve as WPA's keynote presenter on Thursday evening and will offer an opportunity for open dialogue with attendees.

WPA has secured an impressive lineup of national and local experts lineup for Friday and Saturday sessions, will cover an in-depth discussion of Borderline Personality Disorder from multiple angles. Friday will also include WPA's popular and always insightful Resident Clinical Vignette Competition, as well as WPA's annual business meeting.

**The WPA 2019 Fall Conference, *The Suicide Epidemic: A Population Approach to Prevention***, will take place September 12-13 at the Saint Kate the Arts Hotel (formerly the InterContinental) in downtown Milwaukee.

Suicide rates have increased across the country. According to the CDC, there was a 25.8% increase in suicides in Wisconsin from 1999 to 2016. What is now being called "The Suicide Epidemic" is a complex problem to understand and remedy.

The WPA Fall Conference will explore unique aspects of various at-risk populations and public health issues to find evidence-based opportunities for changing practices, promoting effective prevention programs, and encouraging advocacy to help curb this concerning trend.

Visit [TheWPA.org/Events](http://TheWPA.org/Events) to learn more and register for these and other upcoming events.



## Get to Know Your WPA Executive Council

Featured Member: Tony Thrasher, DO



I have been fortunate enough to be on the Executive Council for WPA the past four years, with the first two being as a Councilor at Large and the latter two as Milwaukee Chapter President. Working with such quality leaders on important topics has been one of the more rewarding parts of my physician career so far!

My main professional passion is in my primary employment as the medical director for the Crisis Services of Milwaukee County's Behavioral Health

Division. In this role, I am blessed to oversee a large service delivery system including a state of the art psychiatric emergency department, observation unit, respite houses, uninsured Access Clinic, and a myriad of mobile team outreach efforts. It is a privilege to work with these multidisciplinary team members on our shared goals and mission to treat those most severely affected. I am also proud to note that this large physician group was recently recognized in the 2018 Top Doctor's edition of Milwaukee Magazine!

Aside from my state and county roles above, I greatly value teaching... and the Medical College of Wisconsin has been kind enough to indulge my interests here with regular interactions with students, residents, and fellows. Emergency care of the psychiatric patient is also a focus of my educational efforts; consequently, myself and Dr. Michael Petersen are co-chairing a

task force combining the leadership of WPA and WACEP (our emergency medicine colleagues). Lastly, I have been fortunate to be involved with these challenges at the national level and was just named President Elect for the American Association for Emergency Psychiatry (AAEP).

I was born and raised in Springfield, IL with my undergraduate studies being completed at Iowa State University in Ames, IA. Subsequently, I completed medical school at the Kirksville College of Osteopathic Medicine in Missouri prior to a psychiatric residency at Washington University in St. Louis / Barnes Jewish Hospital.

Immediately after residency, I moved to Milwaukee in 2008 with my wife Amy who had just finished her pediatric residency through Children's hospital. My initial practice in Wisconsin was as an outpatient psychiatrist at Healthcare for the Homeless for three years prior to taking on my county role as above. As it pertains to professional focus, the above areas of urban underserved medicine and the National Health Service Corps continue to be an emphasis for me in my professional development.

Any free time I have (one can dream!) is spent either reading or with my wonderful family. Amy and I look forward to the time spent with our two sons, Noah (8) and Owen (5).....and all their various activities and interests!

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## WMS Mental and Behavioral Health Task Force

Molli Rolli, MD, WMS President and WPA Treasurer



Over the past few years the shortage of psychiatrists in Wisconsin has been intensifying. At the medical society and around the state we are seeing unprecedented momentum behind improving mental and behavioral health (MBH) in Wisconsin.

Politically some of the momentum for change in improving mental health services has been generated by the impact of the opioid crisis. This crisis helped open the eyes of non-professionals who had not

previously recognized the shortage of adequate mental health services including the shortage of psychiatrists in Wisconsin. A Wisconsin Department of Health Services 2017 Needs Assessment shows that 18.8 percent of adults and 21.0 percent of children in Wisconsin have some form of mental illness that requires treatment. However, only 15 percent and 39 percent respectively, of those identified with illness ever receive care. Compounding the access concern is that, according to the Henry J Kaiser Family Foundation, Wisconsin has one of the highest levels of MBH shortage areas of any state in the nation.

In March 2016 the Wisconsin Medical Society (Society) began to pull together a group of experts with the goal of improving MBH in Wisconsin. We reached out to psychiatrists and mental health providers across the state including primary care, family practice, and internal physicians. From these preliminary meetings the Society created and Mental and Behavioral Health Task Force and determined three goals for improving MBH in Wisconsin:

- Reducing Stigma.
- Improving Access to Care.
- Building the Workforce.

The Society Task Force also commissioned a study from the University of Wisconsin La Follette School of Public Affairs.

The study evaluated psychiatrist workforce data and trends and proposed the following recommendations for improving psychiatrist shortages and MBH in the state:

- Expanding residency programs.
- Expanding the utilization of integrated care models.
- Utilizing telepsychiatry to improve access.
- Improving parity enforcement (reimbursement parity).
- Recruiting more psychiatrists to Wisconsin as either students, residents, or practicing psychiatrists.

Building off the study's recommendations and resulting from the deliberations of the task force, the Society will be advocating for the following legislative and regulatory reforms in the upcoming legislative session:

- Seeking funding to add at least two more residency slots in Wisconsin for psychiatric residency programs.
- Become a resource for student loan forgiveness for medical school psychiatry students.
- Create a legislative study committee to provide recommendations for a telepsychiatry pilot in Wisconsin.
- Educate relevant stakeholders on the need for reimbursement parity enforcement, per the terms of the Mental Health Parity and Addiction Equity Act (MHPAEA).

Together the WPA and the Society need to work in harmony to advance a common set of proposals to improve MBH for all Wisconsin residents. It is paramount for psychiatrists and the broader physician community to speak with one voice on mental health, and the time for action is now. We need your help to assist us in promoting these proposals by advocating for them in your practice, discussing them with your peers, or contacting your local legislator. Our collective action will be vital to the success of these proposals and lay the foundation for future efforts to reduce mental health stigma, improve access, and grow our workforce.

## WI Legislative Update, January 2019

*Eric Jensen, Jensen Government Relations, LLC*

After what feels like a never-ending election cycle, the 2019-20 Session of the Wisconsin Legislature is finally under way. Dominating early news following the election:

Governor Tony Evers' victory in November changes the partisan political dynamic in Madison for the first time in nearly a decade. While Republicans maintained wide majorities in both the Assembly and Senate, they do not have sufficiently large majorities to override gubernatorial vetoes on their own, meaning as a general rule legislation will need bipartisan support to ensure passage.

The "Lame Duck" (post-election) Legislative Session in December set a contentious early tone to the 2019-20 Session. However, as Inauguration Day approached, and in speeches given on Inauguration Day, Senate Majority Leader Scott Fitzgerald, Assembly Speaker Robin Vos and Governor Evers all spoke to a desire for cooperation, bipartisanship and civility.

The coming Budget Debate. Prior to his inauguration, Governor Evers announced a variety of items he intends to include in his 2019-21 Budget Proposal (generally announced in Mid-February). Of particular interest, the Governor made clear he intends to include a Medicaid Expansion proposal based on the original Affordable Care Act's MA Expansion program. While Republicans have historically and openly opposed MA Expansion, Senator Fitzgerald has signaled that the Senate will remain open-minded heading into the Budget process.

Typically, the Governor introduces the Budget in mid-February in a speech to a Joint Legislative Session. Once introduced, the Budget Bill moves on to the Joint Finance Committee (currently made up of 8 Assembly Representatives – 6 GOP and 2 DEM, and 8 Senators – 6 GOP and 2 DEM). JFC's work on the Budget includes informational hearings, a period of research and analysis by the non-partisan Legislative Fiscal Bureau, a period of hearings during which the Budget is debated and voted on piece-by-piece, and finally passage of a recommended Budget Bill that moves on to the full Legislature. While the Wisconsin Constitution requires the Budget to be signed by July 1, if that does not happen the State government does not shut down, rather all agencies continue operating at the prior Budget's funding and programming levels.

This year, it is widely anticipated that rather than working from Governor Evers' Budget proposal, the GOP-led Legislature will write their own version starting from scratch. But because the Wisconsin Governor has the power of the line-item veto when it comes to the Biennial Budget, the final product will be one of negotiation – but we may be waiting well into the Fall of 2019 before a final Budget deal is reached.

## APA Legislative Update

*Amanda Chesley Blecha, Esq.*  
*Regional Field Director, State Government Affairs, American Psychiatric Association*



**Make Your Voice Heard on Capitol Hill!** Join APA March 11-12, for the 2019 APA Federal Advocacy Conference in Washington, D.C. The event offers a unique opportunity to lobby members of Congress on issues that affect psychiatry and our patients. Before holding face-to-face meetings with federal legislators and staff, attendees will learn first-hand APA's legislative agenda for the first session of the 116th Congress. The experience will include insights from APA's leadership and staff on the

inner workings of Congress and the legislative process as well as hands-on advocacy training to help prepare attendees to go on the Hill.

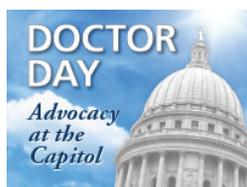
**APA and its District Branches/ State Associations Promote Legislation to Increase Access to Care in State Legislatures this Session:** State legislatures are convening across the country as APA and its district branches and state associations (DB/SAs) are promoting proposals to increase access to care and ensure safe prescribing. APA is leading a national effort to ensure insurers are in full compliance with the Mental Health

Parity and Addiction Equity Act, landmark legislation designed to ensure equal access to mental health and substance abuse treatment. APA crafted model parity legislation for all 50 states that would require transparency and accountability from insurers and state regulators regarding their compliance with mental health parity laws.

Although current law requires equal coverage for mental health and substance use disorder services as any other medical condition, many insurers do not fully comply. The proposed legislation establishes reporting requirements, specifies how states can implement parity, and eliminates managed care barriers. Bills were recently introduced in California and New Jersey and more will be filed shortly.

In addition, APA has revised its model collaborative care legislation, which is being customized for two Midwestern states and introduced this session. The APA is a strong advocate of the Collaborative Care Model and has created a number of resources for members to seek Medicaid payment for it. Besides legislative action, APA's Policy staff has also participated in meetings with our district branches and other state governments to turn on the codes.

## Doctor Day is May 1, 2019



Doctor Day 2019 will be here before we know it. On Wednesday, May 1st, hundreds of physicians and medical students will again 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 its 6th year, we anticipate well over 500 attendees.

WPA is a proud sponsor of Doctor Day and will again host a policy primer breakfast for all psychiatrists immediately prior to the official kick-off of Doctor Day.

Join us in Madison on May 1st. There's no fee, but registration is required. Go to [WIDoctorDay.org](http://WIDoctorDay.org) to sign up now!



## Central Wisconsin Residency Program Update

*Edward Krall, MD, Program Director*



The Medical College of Wisconsin Central Wisconsin Psychiatry Residency Program has just completed its recruitment season for the program's third class of residents, during which over 700 applications applied for three positions. Psychiatry has become the most competitive specialty in the U.S. based on number of positions and number of applications and the number of U.S. grads that go unmatched. The program hopes to build on the success of the first two classes, both of which did well on the PRITE (Psychiatry Residency in Training Exam).

Training opportunities at the Central Wisconsin program are being expanded to include both a child psychiatry rotation at the Marshfield Clinic, and a PTSD experience at Tomah VA, which is a national VA center of excellence for PTSD treatment.

Finally, The Central Wisconsin program is planning a conference on Depression and Suicide Assessment to take place on Friday, April 5 at the North Central Health Care Center in Wausau. It will feature a half day presentation by Dr. Shawn Christopher Shea, who is nationally acclaimed for his trainings on the CASE approach to suicide assessment. There will also be presentations on depression by program faculty and residents. It is geared toward mental health providers and all WPA members are invited to attend.

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## Membership Milestones

The American Psychiatric Association recently announced the latest group of members to have been approved for advancement to Distinguished Fellow status. The following WPA members will be recognized for their outstanding achievement at a Convocation ceremony during the APA 2019 Annual Meeting in San Francisco.

Douglas Kramer, MD, DLFAPA  
Jeffrey Marcus, MD, DFAPA  
Molli Rolli, MD, DFAPA

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. Congratulations to Wisconsin's newest Distinguished Fellows.