

MPS NEWS

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Deadline for articles is the 15th of the month preceding publication. Please email heidi@mdpsych.org.

MPS News Design & Layout

The next MPS Council meeting will be held at 8 PM Tuesday, January 14th in the MPS office. All members welcome!

President's Column

A Winter's Tale

Though the hard chill of winter hasn't descended upon the Chesapeake region yet, everything tells us the time is near. The shortening of daylight hours always takes me by surprise and, at least in my backyard, the birds dwindle in number and the squirrels increase in girth. These changes are also a reminder that episodes of seasonal affective disorder are on the rise. In addition, I've come to appreciate over the years how feelings of grief can be overwhelming over the holidays when loved ones are absent. Now is a time to be particularly attentive and generous to one another.

Winter at the MPS has a particular cadence – like a flash, the legislative session in Annapolis opens in the beginning of January and hurtles ahead at breakneck speed until April. Already, the MPS and Legislative Committee Chair Anne Hanson, M.D. are laying the groundwork with recruitment of new members, a kick-off orientation (held on November 20) and getting the word out. Accordingly, I've asked Anne to add a few words to this column . . .

The MPS Legislative Committee is comprised of members at every career stage, including residents and fellows. The committee volunteers time to review literally hundreds of pieces of legislation during the Maryland General Assembly, which runs from January to early April. Proposed laws address many issues relevant to our members: insurance coverage and parity, preauthorization, access to care, mandatory reporting and licensure, and involuntary treatment standards.

No specific training is required to be a member of the committee. Aside from

one in-person meeting in the fall, most work is done virtually through a weekly conference call during the session. Members have the opportunity to write testimony, propose amendments, and to go to Annapolis to testify in person on select bills. Our lobbyist works closely with members to refine testimony and to work behind the scenes in between conference calls.

The 2020 session promises to be another busy one. The governor's executive order to study the state mental health system this year will likely lead to several bills that will reorganize and integrate medical, psychiatric, and substance abuse services. Members who want to have some influence in this process should consider joining the Legislative Committee. (Thank you, Anne.)

The success of the Legislative Committee's efforts depends on myriad factors. One underappreciated factor of that success is the activity of the Maryland Psychiatric Political Action Committee (MPPAC), which represents the interests of organized psychiatry in Maryland especially on behalf of those who are reluctant to participate in political campaigns. The MPPAC exists to make campaign contributions and to connect psychiatrist constituents with their state representatives who decide on bills affecting psychiatric practice and patients. This is a rebuilding year and if you are interested in providing input (and contributing your time) so that Maryland laws better reflect your and your patients' priorities, then this is the time to step up. A simple phone call to the MPS at 410-625-0232 will get you started.

Have a blessed holiday season and stay in touch – we are all stronger for it.

Marsden H. McGuire, M.D., M.B.A.

MPS Best Paper Awards Deadline January 31

To recognize outstanding scholarship by young psychiatrists in Maryland, the MPS established annual "best paper" awards in 2013. Previous winners are listed [here](#). The Academic Psychiatry Committee is currently soliciting nominations for the 2019 Paper of the Year Award in two categories:

Best Paper by an Early Career Psychiatrist Member (ECP): Eligible psychiatrists are ECP members who are first authors of papers published or in press in 2019. Thanks to generous funding from the Maryland Foundation for Psychiatry, the winner will receive a **\$200 cash prize** as well as a complimentary ticket to the MPS annual dinner in April 2020.

Best Paper by a Resident-Fellow Member (RFM): Eligible psychiatrists are Resident-Fellow members who are first authors of papers that were written, in press, and/or published in 2019. Thanks to generous funding from the Maryland Foundation for Psychiatry, the winner will receive a **\$200 cash prize** as well as a complimentary ticket to the MPS annual dinner in April 2020.

Scholarly work of all kinds (e.g., scientific reports, reviews, case reports) will be considered. If you would like to nominate a paper and author, please email or mail the paper as indicated below by **January 31**. Please include a brief explanation of why you believe the work is worthy of special recognition.

Jennifer M. Coughlin, M.D.
Academic Psychiatry Committee Chair
Johns Hopkins Hospital
600 North Wolfe Street, Meyer 3-181
Baltimore, MD 21287
jcoughl2@jhmi.edu / mps@mdpsych.org

Poster Contest for Residents & Fellows

The MPS poster competition for our Resident-Fellow Members will be held again this year, with all entries displayed at our annual meeting in April 2020! Thanks to generous funding from the Maryland Foundation for Psychiatry, the winner will receive a **\$200 cash prize** as well as a complimentary ticket to the meeting. Two finalists will also be selected and will receive **\$100 each** in addition to complimentary tickets.

The winners of prior years' competitions are listed [here](#). Please [click here](#) for complete details about the process and requirements. **The deadline to enter is January 31**. Electronic copies of posters are due **February 10**. For more information, or to apply please [click here](#).

December Member Spotlight

Three MPS Psychiatrists Join Forces in Annapolis! **Milena Smith MD, PhD, Gillian Schweitzer MD,** and **Melissa Wellner MD** have opened a thriving private practices in Annapolis, and meet regularly for peer supervision. Wanting to make a broader impact in their community, they formed Greater Annapolis Mental Health, a consortium of local mental health professionals, including psychiatrists, therapists, nutritionists, and others with whom they regularly share patients. The goal of GAMH is to facilitate communication and coordination between professionals in the community. GAMH was formed in 2017, and has over 70 members. GAMH holds regular social events to allow members of the mental health community to get to know one another better, and hosts an email group which members use to ask questions and share information. If you would like to join GAMH, or would like your group or class included in their library, please email Dr. Melissa Wellner at Drwellner@waypointwellnesscenter.com.

Have you recently worked on an exciting research project? Reached a milestone in your career and want to share it with other MPS members? Have some good advice for younger psychiatrists who are just starting their careers? Submit a short article and photo through this [Google Form](#) to showcase your experiences with the MPS community.

MPS Member Publication: Dr. Negro

In February, **Paulo J. Negro, MD PhD FAPA FASAM** published **A BLUEPRINT FOR THE HARD PROBLEM OF CONSCIOUSNESS: Potential States, Strange Loops and The Realization of Information from Cells to Human Consciousness**.

The [book](#) addresses the fundamental mechanism that allows physical events to transcend into subjective experiences, termed the Hard Problem of Consciousness. It avoids the panpsychism underlying other models for the Hard Problem. The key feature of this blueprint is that it offers a perspective of the Hard Problem of Consciousness from the point of view of the subject; the experience of 'being the subject' is predicted to be the realization of inference inversely mapped out of hidden causes of global integrated actions.

Have You Published Lately?

The MPS would like to highlight recent journal articles published by its members. If you have published within the past year, please email the title, publication, date and preferably a link to mps@mdpsych.org. Please also include a photo and a sentence or two summary, if possible.

November 12th Council Highlights

Ideas to Support MPS Strategic Priorities

Dr. McGuire stated that ideas and progress on the priorities that Council established in September will be a regular item for Council input:

- Membership growth & retention particularly early career psychiatrists
- Member engagement including WPS and leadership development
- Financial enhancement focused on non-dues income sources

Dr. Ehrenreich reviewed the ideas generated at the October meeting of MPS committee chairs. For example, the Academic Psychiatry Committee is beginning to publicize members who have published recently as a means of increasing member engagement with the organization as well as with each other. Another idea is a "light" form of mentorship where younger members can engage informally with more experienced members around various career topics like establishing a practice, employment contracts, etc. Dr. McGuire asked that Council take time to brainstorm about ways to build on these ideas or come up with new ones that can move the MPS closer to its goals.

Dr. Merkel-Keller suggested that MPS expand its role in helping employers connect with psychiatrists looking for positions, similar to how locums firms try to engage psychiatrists for their clients. This "match-making" could take several forms in addition to the usual [position ads](#), eblasts and career and practice night. For example, a job board would allow members to post their CVs in addition to the current paid listings of position openings. Finding the right corporate connections is key. These activities would increase non-dues income while serving members' professional needs.

Executive Committee Report

Dr. Ehrenreich reported that the MPS now has eight Interest Groups. He noted copies of letters that MPS signed on to: Behavioral Health Coalition recommendations for the BH System of Care and MedChi's request that Medicaid rates be restored to 100% of Medicare. He said the Maryland Foundation for Psychiatry agreed to fund cash poster and paper award prizes and MPS annual dinner tickets for the winners, as well as a \$1000 grant for Gun Violence CME in April 2020.

Then Dr. McGuire gave an update on the Washington Psychiatric Society (WPS) situation discussed in September. Given the lack of response from WPS or APA and the approaching Maryland legislative session, he had two conversations with WPS President Phil Candilis. Dr. Candilis explained that he is moving the MOU (in its original draft form) through the necessary board actions and that further changes would need to be considered after the coming WPS election. At this point, the MPS is continuing with last year's MPS legislative advocacy and lobbyist, and the resulting financial deficit. Dr.

McGuire requested Council input about possibly moving to a Plan B. After discussion, Council voted to do nothing now and wait for WPS leadership to respond.

Dr. McGuire stated that Scott Hagaman, M.D. is stepping down as Maryland Psychiatric Political Action Committee Chair and a new chair is needed beginning in January. A request for MPPAC volunteers will be posted on the listserv.

Secretary-Treasurer's Report

Dr. Ashley noted that as of September 30, MPS current assets and liabilities are up \$18K compared with last year, mostly because MPS billed 2020 dues instead of APA. She reported that the annual investment policy calculations indicate that \$3K must be added to the emergency reserve and \$9K can be added to the investment reserve. Compared to budget to date, the \$9K deficit is \$1K better than expected, although it is \$18K worse than last year's. After accounting for the October and November events, the 2019 financial picture will be clearer, but in any event the MPS has ample assets for current operations. The 2020 capital budget rolls funds already approved, but unspent, for a computer network to next year. Council voted to approve the report.

Executive Director's Report

Ms. Bunes said that data intern Joanna An started October 1, helping the MPS complete a database of licensed psychiatrists that will be used for event promotion, member recruiting, etc. All voting Council members and committee chairs have returned disclosure forms (nothing unexpected to report). As of that day, the MPS had collected about half of the 2020 dues billed. The MPS provided lunches for the Hopkins and Maryland/Sheppard residency programs and distributed info and resources. The [October 17 networking event](#) included food, drinks, colleagues and career/practice information. Medicaid Provider Services asked that MPS assist with notifying individual psychiatrists who are not currently enrolled as a rendering or an ORP provider. They will delay enforcement of the enrollment requirement until next year. Meagan Floyd will attend the APA DB Execs meetings. Ms. Bunes attended the MedChi House of Delegates to meet AMA President Patricia Harris, M.D. and connect with MPS members.

Nominations & Elections Committee Report

Dr. Palmer distributed the committee's recommended slate for the 2020 MPS elections. Please see [page 4](#) for details. The slate and Council nominations for Assembly Representative and Nominations & Elections Committee were approved.

MedChi Delegate's Report

Dr. Shaya reported on the November 2 House of Delegates meeting. Please see [page 7](#) for details.

New Business

Ms. Bunes left the room and Dr. McGuire reported that the Executive Committee recommends \$2500 salary increases for

November 12th Council Highlights (*cont.*)

staff in 2020. The budget allows for \$9K, leaving \$4K for possible shortfalls, bonuses or other staff needs. 2018 comparative data from Maryland Nonprofits' Salary Survey support the increases. Council voted to approve the salaries.

The Maryland Foundation for Psychiatry seeks approval for the addition of Theodora Balis, M.D. to its Board of Directors. Council voted to approve the appointment.

Slate for 2020 MPS Election

At its November 12 meeting, the MPS Council approved the following candidates for the coming MPS elections. Ballots will be sent at the beginning of March and votes must be cast by March 31. Stay tuned!

President-Elect

Virginia L. Ashley, M.D.

Secretary-Treasurer

Jessica V. Merkel-Keller, M.D.

Councilor (five vacancies)

Theodora G. Balis, M.D.

Jennifer M. Coughlin, M.D.

Catherine L. Harrison-Restelli, M.D.

Robert A. Herman, M.D.

Thomas F. Krajewski, M.D.

Paulo J. Negro, Jr., M.D., Ph.D.

Paul Nestadt, M.D.

Michael A. Young, M.D.

Resident-Fellow Member Councilor

Jamie Spitzer, M.D.

APA Assembly Representative

Brian Zimnitzky, M.D.

Nominations & Elections Committee (2 vacancies)

Ann L. Hackman, M.D.

Merle C. McCann, M.D.

Patrick T. Triplett, M.D.

Susan B. Wait, M.D.

2020 MPS Dues Notices

The MPS sent 2020 dues invoices by regular mail in October and will resend them this month. Dues are the same as last year. Please pay MPS dues to MPS and APA dues to APA.

To pay your MPS dues:

- Mail your check made payable to "MPS" to 1101 St Paul Street, Ste 305, Baltimore, MD 21202 **-OR-**
- Pay online using a debit or credit card or Paypal account at [this link](#) or via your MPS [member account](#).

Thank You!

The following members paid additional MPS dues for 2020 even though they qualify for reduced dues because they have reached life status. We appreciate your financial support of the Maryland Psychiatric Society!

Virginia Ashley, M.D.
Mark Ehrenreich, M.D.
Eduardo Espiridion, M.D.
Anita Everett, M.D.
Arthur Hildreth, M.D.
Gary Nyman, M.D.
Hamid Tabatabai, M.D.
Daniel D. Storch, M.D.
Robin Weiss, M.D.

MPS & MedChi Present:

Public Health Impacts of Gun Violence in our Community

April 15, 2020

5:45 - 9:30PM

MedChi's Osler Hall

This CME activity will include research & strategies that psychiatrists and other providers can use when treating patients and families who are victims of violence. The evening will also include a screening of the film, *Charm City*.

Presenters/Panelists Include:

Damion Cooper
Marilyn Ness

Nathan Irvin, MD
Paul Nestadt, MD
Carol Vidal, MD, MPH

More information coming soon.

APA/APA Foundation Fellowships

Attention RFM members! Applications for APA fellowships are open through January 31. Details are available here: <https://www.psychiatry.org/residents-medical-students/residents/fellowships>.

Happy Holidays

Maryland News

December 15 Deadline to Sign Up For 2020 Health Plans

To have coverage beginning January 1, 2020, enrollment must be completed by **December 15, 2019**. Last year, nine in 10 people who enrolled through Maryland Health Connection qualified for financial help. <https://secure.marylandhealthconnection.gov/hixui/public/home.html#/getEstimate> Call Maryland Health Connection toll free: 1-855-642-8572 Monday–Friday 8 a.m.–6 p.m. or Saturday 8 a.m.–2 p.m.

Commission to Study Mental and Behavioral Health in Maryland

The Governor's Behavioral Health Commission will hold its next meeting on the upper Eastern Shore on Wednesday, **December 11** from 4:30 to 6:30 P.M. The location is the Chesapeake College Todd Performing Arts Center at 1000 College Circle, Wye Mills, MD 21679. Meetings are open to members of the public, who are invited to comment if desired. Please [click here](#) for information about past meetings and subcommittees.

Behavioral Health System of Care Workgroup

The Maryland Behavioral Health System of Care Workgroup met again in November to discuss a Framework for considering improvements to the public behavioral health system. It has also developed system of care design principles that will guide changes. MPS members and staff have worked to stay abreast of these initiatives and provide input. Please visit the [webpage](#) for links to these documents and more.

MHCC Psychiatric Services Clinical Advisory Group

The Maryland Health Care Commission held two meetings of its clinical advisory group (CAG) in November. As part of its review of the State Health Plan and Certificate of Need requirements, MHCC is working to define the need for acute psychiatric services in the state. Several MPS members serve on the CAG, including Stephanie Knight, M.D., who also serves on the MHCC Psychiatric Services Workgroup. For information about this undertaking, including discussion guides and meeting notes, please [click here](#).

Health Insurance Study

The Maryland Insurance Administration, in conjunction with the University of Baltimore, is conducting a study to explore why some individuals don't buy health insurance and why some other individuals who have health insurance don't use their benefits in Maryland. Focus groups with Marylanders in different locations across the state will also be part of the study, which is fully funded (100%) by a grant from the U.S. Dept. of Health and Human Services.

Please click [here](#) to take the general survey. The information collected will be used to draft a final report and all information will be kept confidential.

MPS Advocacy on Medicaid and Public Sector

In November 2019, the MPS signed on to two important initiatives that affect Maryland's public behavioral health system.

The MPS signed on to a letter to Governor Hogan urging that Medicaid reimbursement be one of his budget priorities for FY 2021. A group of health care providers coordinated by MedChi are advocating that reimbursement for Medicaid E&M codes be equivalent to Medicare reimbursement rates. The enhanced rates are expected to improve both health care practitioner participation in Medicaid and patient access to care, while reducing unnecessary hospital utilization. [Click here](#) for a copy of the letter.

We also signed on to the Maryland Behavioral Health Coalition's [recommended system of care improvements](#). This is in response to the Maryland Department of Health's undertaking that examines how the state should provide, administer and finance public mental health and substance use services, with an aim to identify solutions that increase the coordination and quality of somatic and behavioral health care for Medicaid enrollees, ensure cost efficiencies, and promote access to care.

Finally, MPS and MedChi have officially adopted [principles](#) for the integration of mental health and substance use disorder treatment with somatic care. These will guide advocacy efforts and responses to proposed legislation.

Maryland News

MPS Adopts Position on Integration

The health care system in Maryland faces challenges on multiple fronts. One of them is fragmented systems of care. In 2019, the Maryland Department of Health initiated a two-year process of exploring changes to the public and private healthcare delivery systems. At its November 12 meeting, the MPS Council approved a [position statement](#) with guiding principles that include:

- patient-centeredness,
- adequate continuum of community-based services, including psychiatric rehabilitation,
- quality integrated care management and care coordination,
- stakeholder oversight and data transparency,
- accountable parity compliance,
- provider communication,
- transparent network adequacy,
- patient- and provider-friendly reimbursement processes,
- minimization of administrative overhead, and
- payor and provider incentives to coordinate and to promote positive outcomes and prevent negative outcomes and to control unnecessary costs.

The MPS will work to ensure that Maryland citizens have unfettered and timely access to comprehensive, coordinated, evidence-based, quality treatment and recovery services for mental health and substance use disorders in both primary and specialty care settings.

Free Webinar – Coordinating Addiction Treatment

The Maryland Addiction Consultation Service (MACS) will hold a webinar on **December 18** from noon to 1 PM entitled [Coordinating Addiction Treatment in Medical Settings: Practical Tips](#). This covers settings from hospitals to skilled nursing facilities to your office. Presented by MACS Consultant Aaron Greenblatt, M.D.



Public Behavioral Health System ASO Transition

Effective January 1, 2020, Optum Maryland will replace Beacon as the administrative service organization (ASO) for Maryland's public behavioral health system. Before then, you need to:

- 1) **SIGN UP FOR TRAINING** with Optum—go to <https://mmcp.health.maryland.gov/Pages/Administrative-Service-Organization-Transition-Information.aspx>.
- 2) **REGISTER** with Optum—look for a provider alert when the portal is live (expected Dec. 16th). Existing authorizations will transfer to Optum, but providers still need to register to continue authorizations and submit claims.
- 3) **PREPARE** for payment—make sure your "Pay To" or "Remit To" address in Medicaid (MMIS) is 100% accurate and ensure that your provider file in Medicaid (through ePREP <https://eprep.health.maryland.gov/sso/login.do>) is up to date.

For questions, please see the FAQ page on the [transition website](#), call 1-800-888-1965, or email mdh.bhasotransition@maryland.gov.

MPS ADVOCACY DAY IN ANNAPOLIS



**February 4, 2020
8:30 AM-1:00 PM**

We invite all MPS members to join us in Annapolis to meet with House and Senate leadership to discuss legislation affecting psychiatry and mental health in Maryland. Please RSVP to Meagan Floyd (410-625-0232) or [email](#).

The MPS Legislative Committee is always looking for new members! The committee meets weekly during session (via telephone) to review bills, determine what position the MPS should take, draft testimony, etc. Want to join? Contact Meagan Floyd (410-625-0232) or [email](#).

Maryland News

Call for Nominations: 2020 MFP Anti-Stigma Advocacy Award

The annual Maryland Foundation for Psychiatry (MFP) Anti-Stigma Advocacy Award recognizes a worthy piece published in a major newspaper that accomplishes one or more of the following:

- Shares with the public their experience with mental illness in themselves, a family member, or simply in the community.
- Helps others to overcome their inability to talk about mental illness or their own mental illness.
- Imparts particularly insightful observations on the general subject of mental illness.
- A local author and/or newspaper is preferred.

The award carries a \$500 prize.

To nominate a piece to be considered for the 2020 award, email it to mfp@mdpsych.org no later than **January 15, 2020**. The article should be published during the period from January 15, 2019 to January 15, 2020.

Previous winners include **Damion Cooper, Th.M.** who penned "[Surviving a gunshot, one man's story](#)," which was published October 18, 2018 in the *Baltimore Sun*, **W. Daniel Hale, Ph.D.**, who wrote "[We need to talk about depression](#)," published June 13, 2016 in the *Baltimore Sun*, **John Lion, M.D.** whose piece, "[Steadfast talking is the only cure for suicide](#)," published December 18, 2016 in the *Baltimore Sun*, and **Amy Marlow**, whose article, "[My dad killed himself when I was 13. He hid his depression. I won't hide mine](#)," was published February 9, 2016 in the *Washington Post*.

For more details about the award, please [click here](#). The MFP is organized for educational and charitable purposes. For more information, please visit the MFP [website](#).

MARK YOUR CALENDAR!

**2020 MPS Annual Meeting
Thursday, April 2nd**

**Martin's West
Baltimore, MD**

November MedChi House of Delegates Highlights

At the November 2 House of Delegates meeting, Drs. Shaya, Daviss and Allen worked to pass the MPS resolution ([29-19](#)), *Integration of Mental Health, Substance Use, and Primary Care Systems and Services*. Some of the reference committee members wanted MedChi to have more latitude in responding to proposals, so the resolution was amended so that MedChi supports the principles while *monitoring* related legislation and regulatory changes. The MPS members who negotiated the change, including Drs. Tom Allen, Steve Daviss and Elias Shaya, thought this result is stronger than what MPS submitted.

The House of Delegates also voted to support a resolution ([24-19](#)), *Outpatient Mental Health Clinic Medical Directors*, which establishes MedChi policy that the OMHC medical director must be a physician. This was a response to the 2019 passage of a bill dropping the requirement for the medical director to be a psychiatrist and allowing nurse practitioners to serve as "medical directors."

Also of interest, the MedChi HOD approved a resolution ([14-19](#)), *Gun Violence and Mental Illness Stigma in the Media*. The MPS alerted APA Delegates to the AMA that Maryland forwarded the [resolution](#) to the AMA House of Delegates, and suggested it have their support.

*Elias K. Shaya, M.D.
MedChi Delegate*

Calling All Residents & Fellows!



Join us on **Wednesday January 29th from 6-9 PM** at HomeSlyce Pizza Bar in Baltimore for a **FREE**, fun evening featuring music, great food and open bar. Teams of residents and fellows will vie for cash prizes. For fun we will even throw in a team from the MPS leadership to find out who comes out on top!

The trivia portion of the evening will be run by Charm City Trivia. This event is open to members, non-members and their guests.

More information coming soon!

APA News & Information

November APA Assembly Highlights

The Assembly of the American Psychiatric Association met November 15-17 to vote on twenty-two position statements and fourteen action papers. Some highlights of these actions are below.

The Assembly voted to either retain or revise position statements related to prescription drug monitoring programs, principles for end-of-life care, discrimination in insurance coverage, racial disparity and diversity in mental health services, and psychiatric participation in interrogation and torture. A full list of current APA position statements can be found at: <https://www.psychiatry.org/home/policy-finder?k=position%20statements>.

Action Papers that were approved by the Assembly include:

- Two papers related to climate change. The first paper requires the APA to join as signatory to the U.S. Call to Action on Climate, Health and Equity. The second paper asked the APA to implement a policy to off-set carbon emissions for all APA-related travel.
- Another action paper asks the APA to lobby the National Alliance of State Pharmacy Associations to encourage all pharmacies to provide information about local medication collection sites in order to improve disposal of controlled substances.
- The Assembly passed a paper to create a resource document regarding national temporary detention laws and practices.

Papers were also passed to oppose certain issues:

- The Assembly called upon the APA to require the Social Security Administration to enforce federal guidelines regarding disability evaluations. This paper was in response to one district branch in which chiropractors were evaluating claimants based upon mental illness.
- The most controversial paper involved a proposal to allow affiliate membership in the APA by non-physicians. The Assembly passed a paper opposing creation of affiliate memberships.

A workgroup has been formed to revise a position statement on safe prescribing by non-physicians. The revised position statement is due back to the Assembly in September 2020.

The Assembly voted to approve the revised guidelines for the treatment of schizophrenia. The draft guideline was distributed for public comment in May 2019, and the final version will soon be available at <https://www.psychiatry.org/psychiatrists/practice/clinical-practice-guidelines>.

The Assembly voted to approve revisions to DSM-5, specifically modifications to Avoidant/Restrictive Food Intake Dis-

order (ARFID), substance or medication-induced disorders, and narcolepsy subtypes. The DSM-5 has also been revised to re-include the diagnosis of unspecified mood disorder.

Within Area 3, the New Jersey District Branch will give a presentation at the next meeting about model legislation to limit pre-authorization requirements.

The APA Committee on Maintenance of Certification accepted feedback regarding the alternative ABPN certification process, and is currently discussing a possible free APA-sponsored certification program.

APA Assembly Representatives
Annette Hanson, M.D.
Brian Zimnitzky, M.D.
Elias Shaya, M.D.

Reducing Emergency Room Boarding of Psychiatric Patients

APA, the American College of Emergency Physicians and the Coalition on Psychiatric Emergencies will host a webinar on mitigating the problem of emergency department boarding of psychiatric patients based on APA's [resource document](#).

The webinar will be held **Wednesday, December 11** from 3 to 4 PM. [Register here](#).

An [October 28 Psychiatric News article](#) has more details.

Submit Research Posters for the 2020 APA Meeting

The 2020 APA Annual Meeting submission site is now open for new research poster submissions. The theme for the **April 25-29 meeting in Philadelphia** is "Advancing Quality: Challenges and Opportunities." The deadline to submit is Thursday **December 12 at 5 PM**. For more details, [visit the submission site](#).

2020 APA Annual Meeting
Philadelphia, PA
April 25-29, 2020
Registration Opens January 7th

APA News & Information

APA Comments on Changes to 42 CFR

In August, SAMHSA released [Proposed Rule](#) changes to 42 CFR Part 2, which governs confidentiality for substance use disorder (SUD) patient records, to better align Part 2 with Health Insurance Portability and Accountability Act (HIPAA). Under this proposal, the structure of the confidentiality requirements would not change, and patient consent would be required, other than for statutory exceptions (medical emergencies, scientific research, audit or program evaluation, or a court order). The APA supports the additional flexibility, but urges additional changes to allow clinicians to receive a general consent for information to be disclosed and redisclosed for the purposes of treatment, payment, and health care operations among entities covered under HIPAA, while strengthening protections against inappropriate sharing of treatment records with law enforcement, attorneys, employers, and others. As Part 2 becomes better aligned with HIPAA, APA requested, in its comments, that breach notification and penalties required under HIPAA also be aligned. APA also submitted separate comments opposing a proposal to expand the definition of "an extremely serious crime". **Full APA comments are available [here](#).**

Free Members' Course of the Month

December Course of the Month – Autism Disorder: Comprehensive Assessment & New Treatment Developments. Autism Spectrum Disorders (ASD) are common and complex neurodevelopmental disorders that may present at different stages with different target symptoms. This course raises awareness and expertise in the practical management of ASD and cutting-edge treatments. It reviews evidence-based treatments for various target symptoms of ASD. Presented by Eric Hollander, M.D., Montefiore Einstein. [Click here to access the Course of the Month.](#)

APA Advocacy on Parity

The APA released a statement urging action to end disparities in mental health coverage in the wake of a report released by Milliman, Inc. The report, which covered calendar years 2016 and 2017, showed that people seeking treatment for mental illness and substance use disorders continue to pay more and face more barriers to accessing care than those seeking care for physical illness. Patients using commercial PPO health plans were more likely to pay out of pocket for mental health care compared to general medical care, and that primary care reimbursement rates were higher than behavioral health reimbursements. You can read more about the Milliman report and APA's response [here](#).

Medicare Updates

AMA Update on the 2020 Medicare Fee Schedule

The 2020 Medicare physician payment schedule contains news about coding revisions for outpatient [evaluation and management](#) (E/M) services that promise to greatly reduce administrative burdens for physicians in 2021. But the 2,475-page document also contains information on a multitude of tweaks to the Medicare Quality Payment Program (QPP) and a plethora of other details affecting how physicians will be paid by Medicare starting January 1.

The AMA's experts have prepared a summary of the [2020 changes to QPP and Medicare physician payment](#). Here are five things physicians need to know:

- A heavier lift will be required to avoid a MIPS penalty
- MIPS high-performer threshold goes up
- No change to MIPS cost and quality weights
- Framework to cut MIPS burdens
- APM 2022 payments estimated, 2019 payments paid

For details about the five areas above, please see the [November 14 AMA Advocacy Update](#).

2020 Medicare Rates and Participation

2020 Medicare Participation Enrollment is underway. The annual participation period begins January 1 and runs through December 31. Information and requirements, including the participation agreement, is available [here](#).

The 2020 Medicare Physician Fee Schedule payment rates can be downloaded from this [page](#). Please [click here](#) for updates on various Medicare changes that go into effect next year.

Medicare Claims Must Contain MBI

Beginning January 1, 2020, Medicare will reject claims submitted with the HICN.

Providers who use a third party biller, such as a billing service or clearinghouse, may notice that a partial Health Insurance Claim Number (HICN) and the Medicare Beneficiary Identifier (MBI) are appearing on the remittance advice. In this case, it means that although you may have provided the MBI to your billing service/clearinghouse, they are not using the MBI when submitting your claims. Contact your billing service to ensure they use MBIs to submit your claims.

When referring patients for services like laboratory tests, be sure to give the MBI to the entity providing the service. The MBI Lookup tool in Novitasphere can be used to obtain patients' MBIs. Go to the [Novitasphere Portal Center](#) to enroll.

CLASSIFIEDS**EMPLOYMENT OPPORTUNITIES**

Inner County Outreach (www.innercountyoutreach.org) is a non-profit organization in Aberdeen, MD, that seeks to serve families and the community by assessing and addressing the basic, health, educational, and social needs. Inner County Outreach is seeking a part-time (20 hours a week) Maryland Board Approved and Certified Psychiatrist to work as the Medical Director in our Outpatient Mental Health Division. The primary role of the Medical Director will be to establish and maintain appropriate standards of diagnosis and treatment, using treatment modalities and prescribing practices, and clinical documentation. Please contact Natalie Johnson (natalie@innercountyoutreach.org or 410-272-3278 x108) for details.

Sinai Hospital, the flagship campus of LifeBridge Health in Baltimore, is recruiting for Psychiatrists to work as part of our inpatient, CL and outpatient teams. Call is shared with a large pool of providers and additionally compensated. Highly competitive compensation and benefits including medical, dental, vision, life and disability insurance, 403b plan with match, 4 weeks of paid vacation, 1 week of CME time and a stipend for CME and licensure expenses. Required qualifications: Medical degree from an accredited medical school, board certification (or eligibility) in psychiatry (residents/fellows graduating in 2020 are encouraged to apply), unrestricted Maryland medical license. Please send your CV to: Kim Brown kimbrown@lifebridgehealth.org Ofc: 410-601-9844 Fax: 410-601-4458

Psychiatrist: The Family Center of Central Maryland, a highly regarded, multidisciplinary, fee-for-service psychiatric practice in Columbia, Maryland is seeking a board certified psychiatrist to join the group. The Center needs a psychiatrist to conduct psychiatric evaluations and provide medication management. This position is available on a part-time basis with flexible hours and full administrative support. Interested applicants are asked to send a Vita and letter of interest to: thefamilycenter2@msn.com. Please refer to our website thefamilycenter.tv to learn more about us.

AVAILABLE OFFICE SPACE

Mt. Washington Village- Full time office in a 5-office suite of mental health professionals. Designated parking spot, shared waiting room, restroom, and storage room. Great building in a great neighborhood, on bus and light rail lines. \$540/month. Contact Dinah Miller, MD: 410-852-8404.

Reducing Burnout Starts with Physician Leaders

Professional satisfaction and the passion from purpose may be the antidote for burnout. Leadership training gives physicians the resilience, mastery and support needed to create a workplace that is more flexible, satisfying and efficient. Resources are available:

[Podcast: Personal and professional satisfaction with Brooke M. Buckley, M.D., FACS](#)

[CME Module: Creating the Organizational Foundation for Joy in Medicine](#)

- How to make a business case for prioritizing professional satisfaction and clinician wellness
- Three domains that create an institutional architecture that supports Joy in Medicine
- Tools available to survey and measure wellness in your practice
- Organizational strategies to implement culture of wellness, workflow efficiency, and personal resilience

Approved for 0.5 AMA PRA Category 1 Credit™.



Our Holiday Hours

The MPS office will be closed most days from December 24 - January 1 for the holiday season.

Don't forget you can pay your dues, update your profile or find a referral for a patient on our [website!](#)

DID YOU KNOW...

Position openings and office space available are also posted on the MPS website! Listings from each newsletter issue are displayed online for the month of the publication. If you can't find your newsletter in your email inbox, visit the [Classifieds page](#) to view employment opportunities and office ads.

Rewarding Opportunities for Psychiatrists Across Maryland

SHEPPARD PRATT HEALTH SYSTEM IS SEEKING PSYCHIATRISTS TO WORK ACROSS MARYLAND IN A VARIETY OF TREATMENT SETTINGS INCLUDING:

INPATIENT: Child & Adolescent, Geriatric, Eating Disorders, and The Retreat at Sheppard Pratt

OUTPATIENT: Child & Adolescent, Adult

PARTIAL: Child & Adolescent, Adult

CONSULTATION-LIAISON AND INTEGRATED CARE

SPECIAL EDUCATION SCHOOLS

REQUIREMENTS

- Must be board-certified or board-eligible
- Must have a current license to practice in Maryland at the time of hire
- Individuals hired for inpatient, PHP, and residential school services participate in a call schedule

WHY SHEPPARD PRATT HEALTH SYSTEM?

- Physician-led organization
- Generous compensation package with comprehensive benefits, including medical, dental, vision, and life insurance; an extensive wellness program; and ample leave
- Relocation assistance
- Sign on bonus
- A network of the brightest minds in psychiatry
- Grand rounds, CME opportunities, on-site lectures
- State-of-the-art research and technology
- Cross-discipline collaboration


For more information, please contact Kathleen Hilzendeger, Director of Professional Services, at **410.938.3460** or khilzendeger@sheppardpratt.org.

Sheppard Pratt Health System

Consistently ranked as one of the top ten psychiatric hospitals by *U.S. News & World Report*, Sheppard Pratt is the nation's largest private, nonprofit provider of mental health, substance use, special education, developmental disability, and social services. We employ more than 95 doctors who all share a passion for providing the best care to those we serve. Visit sheppardpratt.org to learn more about our services. *E.O.E.*



sheppardpratt.org



Is your career ready for the next step?

Centurion is a leading provider of comprehensive healthcare services to correctional facilities nationwide. We are proud to be the provider of mental health services to the Maryland Department of Public Safety and Correctional Services. We have leadership opportunities available for Psychiatrists who are ready to make a difference to an underserved population.

Full-time **Chief Psychiatrist** opportunities
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Jessup Region

Staff Psychiatrist opportunities are also available.

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Jane Dierberger at 844.477.6420 or jane@teamcenturion.com

\$150,000

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Because of our extensive experience protecting psychiatrists, PRMS knows that you are more likely to face an administrative action than a lawsuit. That is why our comprehensive malpractice policy includes a separate \$150,000 defense limit for license proceedings.



JUSTIN E. PRUETT, JD
LITIGATION SPECIALIST

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