MPS NEWS

Editor: Heidi Bunes

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

MPS News Design & Layout Jora Hritz

The MPS Council
will meet by
videoconference on
January 9 at 7:30 PM.
All members welcome!

President's Column

New Year's Goals

I hope everyone enjoyed a nice holiday in good company. As the end of 2023 approaches, many will think about their New Year's Resolutions. This tradition of renewal and resolve with the change of the year is ancient and cross-cultural. Humans used to celebrate and make offers to the Gods. Now we focus on self-improvement.

The APA's last communication issue touched on this theme. First, it shared results of an online poll of over 2,000 American adults, of which 28% planned to prioritize mental health in 2024. The majority thought to use exercise and meditation to improve their mental health, but other popular options included journaling, seeing a therapist and a psychiatrist, and cutting down on social media use. Relatedly, they highlighted a German study that demonstrated cutting social media by 30 minutes during work hours improves mental health, and job commitment and satisfaction. While social media may seem like a relaxing way to take a work break, the authors suggested that instead, it may make people feel overwhelmed by the constant distraction and reduced productivity. Several studies have shown reductions in social media use by half an hour in college students can also reduce depression, anxiety and feelings of loneliness. Limiting or adopting other healthy behaviors is more effective than complete abstinence for social media use. My take away- enjoy unhealthy habits in moderation, but replace them with healthy activities when possible. Ideally these healthier activities include connecting with others. The hope is that MPS can assist members in this regard, by creating more opportunities to get

together.

Apropos of good habits, the MPS will continue to be active in Maryland's new legislative session. We will likely revisit bills like the Prior Authorization/Utilization Review, which MPS has supported in the past, to improve medication authorization processes, and the Physician Assisted Suicide bill, which authorizes an individual to request medical aid in dying. MPS has opposed the Physician Assisted Suicide bill in the past due to concerns about its language and potential ramifications, especially for those suffering with mental health disorders. These bills have not been pre-filled and we will learn more about them in the upcoming weeks. Other topics likely to be discussed are the Utilization Review for Mental Health and Substance Use Disorder Care, and Youth Violence.

As always, MPS will advocate for topics that are of interest to psychiatrists in Maryland. The topic of youth violence seems broad, and one may ask - why should psychiatrists be interested in it? This increased interest on youth violence in Annapolis is likely caused by the recent rise in violence among Maryland youth, with an increase of non-fatal youth shooting victims by more than 300% since 2013. While Baltimore has shown a recent and welcomed decrease in overall violence, the numbers are not showing the same trend among youth. Questions about the type of interventions that need to be conducted, both legal and clinical, to help decrease violence perpetration and victimization among youth will certainly call for psychiatrists' expertise. Psychiatrists can help clarify causes and consequences of these behaviors in

Continued on next page

our patients as well as the potential therapeutic interventions.

Beyond this, the MPS listserv has raised both longstanding and emergent issues: independent mid-level provider practice and their potential seize of administrative jobs without adequate supervision, public confusion about prescribers' training, balancing access and quality, ketamine misconceptions, and stimulant shortages post-pandemic, among others.

Our lobbyist, Tommy Tompsett, advocates for MPS members and guides testimony participation. The Maryland Psychiatric Political Action Committee also appreciates contributions for advocacy funding. Those interested in engaging on these and other legislative initiatives related to Psychiatry in Maryland, and mental health more broadly, should contact Meagan.

Wishing many good moments in 2024 to everyone at MPS!

Carol Vidal, M.D., Ph.D.

2024 MPS Dues Notices

2024 MPS dues invoices have been sent since October via email and USPS. To pay your MPS dues:

- **NEW THIS YEAR! Pay via Zelle: 410-625-0232** This helps to reduce credit card processing costs.
- Send your check to the NEW! MPS office (1211 Cathedral Street, Baltimore, MD 21201), which reduces our credit card processing costs.
- You can also pay dues via credit or debit card or PayPal at <u>www.mdpsych.org</u> (Select "Contact" and scroll to the "Pay Now" button).

Please email mps@mdpsych.org with questions or call the office at 410.625.0232. Thanks for your continued support of the Maryland Psychiatric Society!

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 2024! 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.

Winners in past years 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.

Best Paper Awards Deadline this Month!

The MPS established annual "best paper" awards to recognize outstanding scholarship by young psychiatrists in Maryland. Previous winners are listed here. The Academic Psychiatry Committee is currently soliciting nominations for the 2023 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 2023. 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 2024.

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 2023. 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 2024.

Best Paper by a Medical Student Member (MSM):

Eligible students are Medical Student Members who are first authors of papers that were written, in press, and/or published in 2023. 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 2024.

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, including your own, please email the paper to either of the co-chairs below by **January 31**. Please include a brief explanation of why you believe the work is worthy of special recognition.

Matthew Peters, M.D. <u>mpeter42@jhmi.edu</u> Traci Speed, M.D., Ph.D. <u>speed@jhmi.edu</u> Academic Psychiatry Committee Co-Chairs

WE HAVE MOVED

The MPS Office Has Moved to

1211 Cathedral Street Baltimore, MD 21201 Phone/Text: 410-625-0232 Fax: 410-547-0915

New MPS Subspecialty Committee

In November the MPS Council approved the creation of the MPS Subspecialty Committee. The goal of the committee is to bring suggestions, ideas for collaboration, etc. to MPS Council to enhance communication between organizations and recognize the work of MPS members in their areas of expertise. Below are the committee members and the subspecialties that they represent. Please reach out with any issues or concerns that could be areas for collaboration, as well as Maryland news within the subspecialty.

MPS Subspecialty Committee Members:

- American Academy of Addiction Psychiatry: <u>Ewere Osian</u>

 <u>Dugan, M.D.</u>
- American Academy of Child and Adolescent Psychiatry: <u>Vittoria Delucia, M.D.</u> (Chair)
- Academy of Consultation-Liaison Psychiatry: <u>Mark</u> <u>Ehrenreich</u>, M.D.
- American Academy of Psychiatry and the Law: <u>Christopher Wilk, M.D.</u>
- American Association for Geriatric Psychiatry: <u>Cynthia Fields</u>, <u>M.D.</u>

UMD/SP and JHU Join 100% Club

Both the University of Maryland/Sheppard Pratt and the Johns Hopkins University residency programs have joined the APA 100% club for the 2022-2023 year! This club includes programs throughout the United States and Canada in which all residents are members of the APA. Programs that reach 100% membership receive several additional benefits in recognition of their accomplishment.

MPS ADVOCACY DAY IN ANNAPOLIS

On February 1st from 8:30AM—1PM, we invite all MPS members to join us in Annapolis to meet with House and Senate leadership to discuss current and future legislation affecting psychiatry and mental health in Maryland. The day will begin with breakfast and a meeting with MPS lobbyists to review talking points and protocol.

Contact Meagan Floyd (text 410-625-0232) or email.



Staff Changes at the MPS

Starting in November, MPS began a staff transition process.

Meagan Floyd is now Executive Director.

<u>Heidi Bunes</u> is working part time through mid-2024 as Associate Director.

<u>Jora Hritz</u> is the new MPS Membership Meetings and Publications Coordinator.

Survey on Physician Practice Expense

To support its physician payment advocacy, the AMA is conducting a study supported by 173 healthcare organizations to collect representative data to better understand the costs faced by today's physician practices. Practices will be contacted by Mathematica via mail and email. Practices selected for the survey will complete them by early 2024. Please watch for the communications and participate in this important survey, if selected. Click for more details.

Prudhomme Human Rights Award Nominations

The Washington Psychiatric Society (WPS) recently established the Dr. Charles Prudhomme Human Rights Award in honor of Charles Prudhomme, M.D., a psychiatrist, and psychoanalyst, and the first Black psychiatrist to hold a national elected office in APA. The award honors individuals or organizations who, in the spirit of Dr. Prudhomme, have demonstrated through their courageous actions, continued and successful commitment to advocating for human rights regarding health and education affecting historically marginalized individuals, families, and organizations, and demonstrating success in advancing those goals. **The deadline for nominations is February 1**st. For more information or to submit a nomination please email WPS Executive Director Yolanda Johnson.

Open Enrollment Ends January 15

Maryland Health Connection offers tools that explain what to consider and how to find the right health plan. Young adults receive reduced rates. The open enrollment deadline is January 15, with coverage starting on February 1.

Reminder: Open enrollment is for private health plans only. Those who are eligible can apply for Medicaid any time of year. People who are already enrolled in Medicaid will receive a notice when it's time to renew and should check in to ensure continued coverage because automatic pandemic extensions have ended.

Slate for March 2024 MPS Election

President-Elect (1-year term)

Ronald F. Means, M.D.

Secretary-Treasurer (1-year term)

Tyler C. Hightower, M.D., M.P.H.

Council (2-year term, 4 vacancies)

Benedicto Borja, M.D.

Kim Bright, M.D.

Mark Komrad, M.D.

Idris Leppla, M.D.

Cynthia Major Lewis, M.D.

Gulafsheen Quadri, M.D.

Rachna S. Raisinghani, M.D.

Samuel Williams, M.D., MBA

Resident-Fellow Member Councilor (1-year term)

Hannah Paulding, M.D.

MedChi Delegate (3-year term)

Enrique Oviedo, M.D.

MedChi Alternate Delegate (3-year term)

Karen Dionesotes, M.D., M.P.H.

APA Assembly Representative (3-year term)

Elias Shaya, M.D.

Nominations & Elections Committee (3-year term, 2

vacancies)

Catherine Harrison-Restelli, M.D.

Susan Lehmann, M.D.

Patrick Triplett, M.D.

Crystal Watkins, M.D., Ph.D.

MPS Membership

The following individuals have applied for membership Unless any current members have evidence that an applicant does not meet the criteria for ethical and professional standards, these actions will be approved 14 days after publication.

Reinstatement

Ramin Mojtabai, M.D., MPH, Ph.D Daniel A. Caycedo, M.D.

Transfers into Maryland

Hao Yang Tan, M.D.. Adedute A. Gbadehan, M.D.

LAST CHANCE: Nominations for Anti-Stigma Advocacy Award

The <u>Maryland Foundation for Psychiatry</u> presents an annual award to recognize a worthy piece published in a major newspaper or on public media that accomplishes one or more of the following:

- Shares with the public their experience with mental illness in themselves, a family member, or 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.

The article should be published or produced during the period from January 15, 2023 to January 9, 2024. A Maryland author and/or newspaper or major media outlet is preferred. Click here for past winners and published articles.

The award carries a \$500 prize, which is given at the Maryland Psychiatric Society annual meeting in April. Please send nominations to mfp@mdpsych.org by January 10.

The MFP is organized for educational and charitable purposes. For more information, please visit the <u>website</u>.

2024 Spring Grand Rounds at Sheppard Pratt

Free, virtual & in person <u>CME opportunities</u> are available through June. January programs (noon- 1 PM) include:

January 10 <u>Psychedelic Therapy for Treatment-Resistant</u> Psychiatric Disorders

Matthew W. Johnson, Ph.D.

January 17 An Unmet Need: Recognizing and Treating Bipolar Disorder II

Holly A. Swartz, M.D.

January 24 Could It Be Mania? The Diagnosis and Treatment of Pediatric Onset Bipolar Disorder
Janet Wozniak, M.D.

January 31 Difficult to Treat Depression (DTD): Clinical Value and Research Challenges

A. John Rush, M.D.



Maryland News

General Assembly to Convene

2024 is expected to be busier than usual and the MPS Legislative Committee has already been working on bill drafts. As a member of the Behavioral Health Coalition and the Children's Behavioral Health Coalition, the MPS is actively involved with the policy platforms of both groups. More to follow.

Key General Assembly Basics

The Maryland General Assembly will convene at noon on January 11. Several key dates of interest include:

- January 17: Final date for Governor to introduce budget bill and capital budget bill
- February 5: Any Senate bills introduced after this date will be referred to the Senate Rules Committee
- February 9: Any House bills introduced after this date will be referred to the House Rules and Executive Nominations Committee
- March 18: Opposite Chamber Bill Crossover Date Each Chamber must send to other Chamber those bills it intends to pass favorably Opposite Chamber bills received after this date subject to referral to Rules Committees
- April 1: Budget bill to be passed by both Chambers
- April 8: Adjournment "Sine Die"

New Members of the General Assembly

<u>Senate</u>

- Senator Nick Charles (D Prince George's County) former Delegate who was appointed to the Senate after the departure of Senator Melony Griffith.
- Senator Arianna Kelly (D Montgomery County) former Delegate who was appointed to the Senate when Senator Susan Lee was named Secretary of State.
- Senator Alonzo Washington (D Prince George's County) former Delegate who was appointed to the Senate. He will sit on the Finance Committee where a lot of mental health legislation is heard.

House

- Delegate Malcolm Ruff (D Baltimore City) appointed when Delegate Tony Bridges joined the Moore administration.
- Delegate Ryan Spiegel (D Montgomery County) appointed to replace Delegate Kumar Barve who joined the Public Service Commission.
- Delegate Greg Wims (D Montgomery County) appointed to fill the vacancy of Delegate Krill Reznik who joined the Moore administration.
- Delegate Sarah Siddiqui Wolek (D Montgomery County) appointed to replace Delegate Arianna Kelly who was promoted to the Senate.

2024 Maryland House and Senate Committee Chairs

2024 House Committee Chairs

- Appropriations Committee: <u>Barnes, Ben</u>
- Economic Matters Committee: Wilson, C. T.
- Environment and Transportation Committee: <u>Korman</u>, Marc
- Health and Government Operations Committee: <u>Pena-Melnyk</u>, <u>Joseline A</u>.
- Rules and Executive Nominations Committee: <u>Healey</u>, Anne
- Judiciary Committee: <u>Clippinger, Luke</u>
- Ways and Means Committee: <u>Atterbeary, Vanessa E.</u>

2024 Senate Committee Chairs

- Budget and Taxation Committee: <u>Guzzone</u>, <u>Guy</u>
- Education, Energy, and the Environment Committee: Feldman, Brian J.
- Executive Nominations Committee: <u>Hayes, Antonio</u>
- Finance Committee: Beidle, Pamela
- Judicial Proceedings Committee: Smith, William C., Jr.
- Rules Committee: <u>Hettleman, Shelly</u>

New Office of Overdose Response

In December, Governor Moore signed an executive order establishing Maryland's Office of Overdose Response within the Maryland Department of Health. The office will coordinate and promote efforts across state agencies to address the overdose crisis in Maryland. Special Secretary of Overdose Response Emily Keller will oversee the office, which was formerly known as the Opioid Operational Command Center. The order also establishes the Maryland Overdose Response Advisory Council to take the place of the former Inter-Agency Heroin and Opioid Coordinating Council. The council will be chaired by Lt. Gov. Miller and will include participation from 18 state government agencies and offices to promote data sharing and develop strategic guidance for increasing access to substance use care and addressing disparities in overdose outcomes. Five key policy pillars will guide the Moore-Miller Administration's approach to reducing overdoses: prevention, harm reduction, treatment, recovery, and public safety.

Visit <u>StopOverdose.maryland.gov</u> to learn more about how the state is addressing the overdose crisis and find resources for individuals who may be struggling with substance use, including information about fentanyl, how to find naloxone, and information about Maryland's Good Samaritan law, which protects individuals who call 911 for help responding to an overdose. Please <u>click here</u> for the press release.

Maryland News

BH Commission Workgroups Accepting New Applicants

The new legislatively established <u>Commission on Behavioral Health Care Treatment and Access</u> has begun its work. This four-year commission is charged with making recommendations to provide appropriate, accessible, and comprehensive behavioral health services that are available on demand to Marylanders across the behavioral health continuum. MPS member **Aliya Jones, M.D**. currently serves on the Commission.

Much of the Commission's work will occur in four standing workgroups:

- Geriatric Behavioral Health
- Youth Behavioral Health, Individuals with Developmental Disabilities, and Individuals with Complex Behavioral Health Needs (*highest need)
- Criminal Justice-Involved Behavioral Health
- Behavioral Health Workforce Development, Infrastructure, Coordination, and Financing (*highest need)

The workgroups are accepting applications from the public. To serve on one or more workgroups, <u>please</u> complete this form. If you apply, please contact the MPS so that we can support your application.

The Commission has also created a listserv to update the public on its work. To be added to the listserv, or ask questions, email

mdh.behavioralhealthcommission@maryland.gov.

BHA-MedChi Webinars

The Behavioral Health Administration and MedChi webinar series, *Helping the Helpers and Those They Serve*, is for behavioral health and medical providers of all disciplines in both community and hospital settings. They enhance health care worker self-care and the care they provide by addressing the pandemic, social justice issues, and other stressors. **CME credits are free**. Recordings and slides are archived on the BHA/MedChi webinar page. The programs run from **5 to 6 PM**:

January 11: Post-Holiday Blues and Setting Realistic New Year's Resolutions
Alex Chan, Ph.D.

MIA Interim Report on Parity Act Compliance

In December the Maryland Insurance Administration's (MIA) issued their interim report on Parity Act compliance. <u>Click</u> <u>here</u> to read the report.

The report is thorough and includes 8 recommendations that the MIA urged the General Assembly to consider during the 2024 legislative session. Among them is the adoption of additional enforcement authority for the MIA so that it can address the "uniformly and significantly inadequate" carrier reports and make substantive findings of compliance. The MIA stated that penalties alone are not sufficient to address carrier noncompliance and are not sufficiently high to prevent carriers from simply paying the penalty to avoid disclosing information that would reveal a parity violation.

Although additional information is needed from the MIA to fully consider its recommendations, there is a great opportunity to work with the MIA to improve enforcement. To read the Legal Action Center's assessment of the Maryland Insurance Administration's (MIA) Interim Parity Report and their initial position on the MIA's eight recommendations for updating the compliance reporting statute and process please click here.

Gildner RICA Reopens Cottage

MDH <u>announced</u> the re-opening of Cottage 2 at the John L. Gildner Regional Institute for Children and Adolescents in Rockville. The renovations add 12 beds, increasing capacity for the treatment of adolescents who are experiencing emotional, behavioral and learning difficulties. The residential treatment center is the designated location for the Facility for Children, a program for youth who are court-ordered to the care of the Maryland Department of Health for competency attainment services.

Celebrate with MedChi on January 22nd

MedChi's 225 Year Anniversary will kick off on January 22nd at the State House where MedChi's original 1799 charter documents are housed. This is the first time the charter has been on display. The Medical and Chirurgical Faculty of Maryland [MedChi] was legislated into existence on January 20, 1799. The first MedChi meeting was June 3rd which, coincidentally, is the same date that MedChi will hold its Museum Opening in 2024. Please click here to RSVP for the event, which includes a reception at Acqua Al 2. For information about other anniversary events, click here.

Maryland News

ATTENTION Unenrolled Medicaid Prescribers

The Maryland Medicaid Office of Provider Services is now moving forward with plans to deny claims at the pharmacy when the prescribing practitioner is not actively enrolled with Medicaid. Phase 1 denials will begin **January 3 for non-behavioral health** drug classes only. ALL pharmacy claims from non-enrolled prescribers, including those in **behavioral health drug classes, will be denied starting in July** when Phase 2 begins. Some may recall this topic came up years back, but because of patient concerns Medicaid did not follow through on its earlier plans to take this action.

The MPS received a list of **580 unenrolled** psychiatry and neurology prescribers whose patients filed claims from July to October 2023. For those we can email, MPS plans to alert them that their Medicaid patients will no longer be able to use coverage when filling their prescriptions. **Practitioners can check their current Maryland Medicaid enrollment status using the Provider Verification System (PVS) at https://encrypt.emdhealthchoice.org/searchableProv/main.action.**

Practitioners who prescribe to Maryland Medicaid participants but do not wish to bill Medicaid for services may choose to enroll as an ORP-only provider. An ORP-only Provider does not bill for services or sign a full Provider Agreement. An ORP-only fully licensed practitioner may continue or create self-pay arrangements with Medicaid participants. If you are not enrolled at all in Medicaid, please remember to ask whether patients have recently switched to Medicaid coverage to avoid possible lapses in coverage and last minute hassles.

Even if they accept no insurance for payment of services, psychiatrists should consider enrolling as ORP to avoid potential future problems when Medicaid patients try to fill the prescriptions that are part of their treatment. It takes about a week for the eprep application to be approved and appear in the lookup tool The applicant will receive a confirmation letter. (Providers need to revalidate in eprep every 5 years.)

Unless the patient plans to pay out of pocket for medications in addition to services, a prescribing practitioner who does not wish to enroll (as either a fully participating Medicaid provider or an ORP-only provider) should transition their Medicaid patients to an enrolled Medicaid provider and be careful not to accept new patients with health coverage via Medicaid.

To enroll, please visit the Maryland Medicaid's Electronic Provider Revalidation and Enrollment Portal (ePREP) at eprep.health.maryland.gov.

Please visit https://health.maryland.gov/mmcp/provider/ Pages/eprepresources.aspx for more information about enrollment requirements and instructions.

Updated information can be found on MDH's Ordering, Referring, and Prescribing (ORP) Providers webpage at https://health.maryland.gov/mmcp/provider/Pages/opr.aspx.

NOTE: As a result of this initiative, MPS discovered that some members have outdated information in their NPI record. It's a good idea to also update NPI information to facilitate efforts to address issues like this.

Updated Medicaid PDL Effective January 1

The Maryland Medicaid Office of Pharmacy Services issued Advisory No. 254 with updates to the Preferred Drug List (PDL) and Brand Preferred over Generic Program, effective January 1, 2024. Not all Generics are Preferred. In some instances, the State prefers the multisource brand name drug over its generic equivalent because the branded drug is more cost effective than its generic counterpart. When the brand name drug is preferred, no Medwatch form is needed.

MPS Joins Medicaid Parity Letter

The MPS signed on to the Legal Action Center's (LAC) comment letter to CMS regarding improving Parity Act compliance in Maryland Medicaid. The letter addresses access barriers and encourages enforcement of the Parity Act. Over the past year, the LAC conducted detailed research on Parity Act compliance efforts by State Medicaid authorities nationwide, including examining state Medicaid managed care contract standards for parity compliance requirements and reviewing publicly available state parity compliance reports. LAC also conducted interviews of interested providers and consumer stakeholders to determine key barriers to MH and SUD care in Medicaid, the scope of state Parity Act enforcement activities, and parity violations. The letter notes that that States were required to bring MCO, CHIP and alternative benefit plan benefits into compliance under CMS's March 2016 parity regulations, yet research highlights troublesome trends in reimbursement, network composition, utilization management and scope of service coverage that are based on practices that likely violate the Parity Act. The letter asserts that Medicaid Parity Act regulations are not self-enforcing and state officials need far greater guidance and oversight by federal officials, which includes remedial actions and financial penalties, to ensure compliance. It lists several suggestions for changes and improvements to ensure compliance with the Parity Act.

Maryland News

Free Addiction CME Opportunities

On **January 17** from 6 to 7:30 PM, Robert Dupont, M.D. will present <u>Making Five-Year Recovery the Expected Outcome of Addiction Treatment</u>, the fifth lecture in the <u>Maryland Physician Health Program</u> "Lemons to Lemonade" series. <u>Register here</u>.

On **January 18** from noon to 1 PM Marc Fishman, M.D. will present *Trends in Adolescent Substance Use: Identification, Screening, and Treatment Planning* on behalf of Maryland Behavioral Health Integration in Pediatric Primary Care (BHIPP) and Maryland Addiction Consultation Service (MACS). <u>CLICK HERE</u> for information, including other upcoming trainings. BHIPP provides in-person and webbased educational opportunities through Grand Rounds at hospitals, CME conferences, and in-office presentations and in-services.

Maryland Updates Workplace Substance Use Policy

The <u>December 15 Maryland Register</u> includes an updated State workplace policy on substance abuse that replaces existing policy from 1991. Within the context of the legalization of adult-use cannabis, the State of Maryland reinforces its commitment to protect the health, safety, and welfare of its employees and the public, and ensure a substance-free work environment. <u>Click here</u> to review the policy, including provisions on cannabis, medical cannabis, and CDS.

Proposed Regs on Involuntary Admission Withdrawn

The <u>December 1 Maryland Register</u> included the withdrawal of **10.21.01 Involuntary Admission to Inpatient Mental Health Facilities** regulations that were originally published November 4, 2022. The regs reflected recommendations of the Involuntary Commitment Workgroup led by the Behavioral Health Administration, which submitted its <u>report</u> to Secretary Schrader in 2021. The report made three recommendations: (1) Add specifics to the definition of the dangerousness standard in COMAR regulations; (2) Provide training around the dangerousness standard; and (3) Gather additional performance metrics/data elements about civil commitment. The MPS advocated <u>repeatedly</u> for retaining Maryland's existing dangerousness definition, which is the resulting outcome. <u>Click here</u> for more information.

Thank You!

The following members paid additional MPS dues for 2024 even though they qualify for reduced dues because of their Rule of 95 life status. **We appreciate your support of the Maryland Psychiatric Society!**

Tom Allen, M.D.
Virginia Ashley, M.D.
Mark Ehrenreich, M.D.
Anita Everett, M.D.
Art Hildreth, M.D.
Lisa Hovermale, M.D.
Geetha Jayaram, M.D.
Jill Joyce, M.D.
Mohammad Maisami, M.D.
Russell Margolis, M.D.
Gary Nyman, M.D.
Jay Phillips, M.D.
Robin Weiss, M.D.

Member Publications

Drs. Rachel LeMalefant, David Glovinsky, Catherine Harrison-Restelli, and Charles Robinson are co-authors on a paper "Lessons learned from the first cardiac xenotransplant in a consciously consenting human: Psychiatric considerations and the impact of media exposure" published in October 21 Xenotransplantation.

Drs. **Stephanie Knight** and **Jill RachBeisel** are co-authors of a paper analyzing the trade-offs in virtual civil commitment hearings. Appearing in the November 14 *Psychiatric Services*, "Virtual Civil Commitment Hearings: Convenience at the Cost of Compromised Communication and Safety Assessments" examines the challenges and concerns that virtual hearings introduce, additional benefits of virtual CC hearings beyond those discussed in the current literature may also be present.

Dr. **David Gorelick**'s review article "<u>Cannabis-related</u> <u>Disorders and Toxic Effects</u>" appeared in the December 14 *New England Journal of Medicine*.

Scott Aaronson, M.D. published a study in the December 6 JAMA Psychiatry, Single-Dose Synthetic Psilocybin With Psychotherapy for Treatment-Resistant Bipolar Type II Major Depressive Episodes. In a nonrandomized controlled trial of 15 individuals with bipolar II depression who received a single 25-mg psilocybin dose with psychotherapy, most participants met remission criteria on the Montgomery-Asberg Depression Rating Scale 3 weeks after, and most remained in remission 12 weeks postdose with no increase in mania/hypomania symptoms or suicidality. Findings suggest efficacy and safety of psilocybin in bipolar II depression and support further study of psychedelics in this population. Congrats as well to co-author Margo Lauterbach, M.D.

New DFAPA and FAPA Members

The following MPS members have been announced as newly approved Fellows and Distinguished Fellows:

NEW Distinguished Fellows

This status reflects exceptional abilities, talents, and contributions to the psychiatric profession.

Thomas Franklin M.D.
Samson Gurmu M.D.
Stephanie Knight M.D.
Jessica Merkel-Keller M.D., MSc
Paul Nestadt M.D.
Vani Rao M.D.

NEW Fellows

Adefolake Akinsanya M.D. Ameya Amritwar M.D., MBBS M. Haroon Burhanullah M.D. Emily Bomasang-Layno M.D. Zachary Cordner M.D., Ph.D. Bernadette Cullen MB, BCh, BAO Vedrana Hodzic M.D. Suni Jani M.D., MPH Nadimire Jules-Dole M.D. Surbhi Khanna M.D., MBBS Justine Larson M.D. Oscar Morales M.D. Matthew Peters M.D. Arachchige Pubudini Muthukuda M.D. Neal Ranen M.D. Coleen Schrepfer M.D. Alice Shin M.D. Mona Thapa M.D.

Member Spotlight Submissions

Recently worked on an exciting research project, reached a milestone in your career, or have advice for younger psychiatrists? Submit a short article and photo here to showcase your experiences. We will share your responses on social media and in our newsletter. If you have any questions please call 410-625-0232.

Member News

Seshagiri Doddi, M.D. is Medical Director of the recently launched University of Maryland Medicine Advanced Depression Treatment Center (ADepT). Located at 701 West Pratt Street in Baltimore, the ADepT center will offer comprehensive evaluations and recommendations for treatment-resistant depression and, when appropriate, provide treatments including ECT. For information call 410-328-8415.

Members Out & About

Congratulations to **Sarah Edwards, D.O.**, who co-authored a guest essay, <u>Social Media Hurts</u>, for *The Baltimore Sun* on the dangers of social media, its impact on the national epidemic of loneliness, and how we can combat its deleterious effects on America's youth.

Scott Aaronson, M.D. spoke on a *Fierce Biotech* podcast episode, 'The Top Line': A look at psychedelics and the next frontier of mental healthcare, on the study and use of psychedelics in treating mental health conditions.

PRMS Resources

Case of the Quarter

The latest column in a quarterly series of sample case studies highlighting best practices is now available.

Dr. Jones v. Medical Board delves into competence to practice and notice of board investigations. The PRMS Claims Department creates the scenarios based on its experience in litigation and claims management.

Hoot What Where

This newsletter addresses a range of topics from risk management and claims advice to risk alerts, PRMS news, useful tips, and important updates in the field of psychiatry. Resident Owlery

Developed for psychiatry residents, this newsletter helps psychiatrists starting their careers to manage risks via resources, educational articles, and the latest announcements and events from PRMS.



APA News & Information

Vote in APA Elections

2024 APA national election runs **January 2** to **January 31**. Read candidate biographies and platform information, watch video messages from president-elect, treasurer, and trustee-at-large candidates, and download the 2024 Guide to the Candidates at <u>psychiatry.org/election</u>. Your vote counts! **Cast a ballot at <u>psychiatry.org/election</u>** or vote through the email link provided by APA during the week of January 2.

Speakers for Medical Student Program

APA's SAMHSA Summer Medical Student Program is looking for speakers to host didactic sessions for the 2024 Cohort. The program provides medical students interested in serving underserved communities the experiential learning, training, and professional development they need to be leaders in psychiatry. The main APA offering is a month-long live speaker series that provides an opportunity to learn from world-renowned psychiatrists with expertise in these areas:

- Geriatric Psychiatry
- Community Psychiatry
- Reproductive Psychiatry
- Addiction Psychiatry
- Forensic Psychiatry
- Child, Adolescents, & Family Psychiatry
- Working with Marginalized Populations in Urban and Rural Settings

To connect with the next generation of psychiatrists, please email jbrown@psych.org with a CV and professional bio. Speakers receive a \$500 honorarium and are asked to give a 90 min virtual presentation and Q&A session for program participants. Speakers are also expected to attend a closing session panel to network with participants. The speaker series will run June 17 to July 12, 2024.

Updates on Clozapine REMS

On January 17 at noon, a policy webinar will review the FDA Clozapine Risk Evaluation and Mitigation Strategy (REMS) program. Current research and data from providers and patients, as well as APA's advocacy to update the clozapine REMS, will be discussed. Register here.

FREE APA Course of the Month

Each month, APA members have free access to an ondemand CME course on a popular topic. <u>Click here to</u> <u>access the Course of the Month and sign up for updates</u> <u>about this free member benefit.</u>

APA Administrative Update

The APA Board of Trustees (BOT) responded to District Branch (DB) concerns about recent APA staff layoffs that impact its federal and state legislative advocacy. APA takes great pride in the work accomplished in collaboration with DBs in state houses across the country. Looking to 2024, the APA Administration is moving to steward its finances and position this critical function for the future. The BOT believes that restructuring the APA advocacy team in both the APA Government Relations and Policy, Programs, and Partnerships Divisions can lead to greater coordination and effectiveness and achieve APA's legislative and policy agendas in the state, federal, and regulatory arenas.

Unfortunately, APA leadership, DBs, and members were not informed in a timely way about the rationale regarding the staff restructuring. APA has posted <u>FAQs</u> to answer questions that have been raised and to outline the new structure going forward. The BOT will continue to work with DBs to build a stronger, better APA in 2024, and the years ahead.

Apply for 2023-24 Fellowships

The APA/APAF Fellowships application is open through March 15, 2024. Fellowships provide psychiatry residents experiential learning, training and professional development to become leaders in the field. Fellows receive mentorship from APA member experts, get exclusive opportunities to be a part of APA leadership councils, and network with APA members from around the country.

Prevent Medicare Reimbursement Cuts

CMS approved a 3.4% reduction in Medicare's physician payments for 2024. This cut would be harmful to physician practices and the patients they care for. These cuts could necessitate reduced staffing and office closures, disproportionately affecting rural and underserved communities. To make matters worse, physician reimbursement is the only payment within Medicare without an annual inflationary update. Please urge Congress to prevent these devastating cuts by cosponsoring the Supporting Medicare Providers Act (H.R. 2474). This bipartisan bill puts physicians on an equal fiscal footing with other entities drawing Medicare payment. The legislation applies a permanent inflation-based update to the MPFS conversion factor, which will provide stability to the Medicare payment system as physicians contend with an increasingly challenging environment. CLICK HERE to urge Maryland representatives to stop these payment cuts.

APA News & Information

December 2023 APA Board of Trustees Report

We reviewed and addressed the following over a two-day period, and an extra emergency meeting.

- Territorial Acknowledgement
- Mission of the APA to focus on Advancing psychiatry, Diversity, Education, Research
- Review of Assembly actions, and nominations for awards
- Discussion of membership retention and drop list with recovery of members; CALF grant requests for advocacy in District Branches; review of Election guidelines, for which there was a discussion (please see posted https://www.psychiatry.org/membership/awards-leadership-opportunities/elections)
- Review of the budget, expenses and possible cost savings. Current Assembly costs: \$577,998
- Strong support of seeking a Medical Director who is a board certified psychiatrist with strong leadership capabilities and at clinical experience; interviews of final candidates
- Actions of the Assembly and proposed changes
- Of some importance: Practice Guidelines for the treatment of persons with Borderline Personality Disorder; making the APA meeting carbon neutral; creating equitable opportunities for International medical graduates and an extraordinary document summarizing the current research and recommendations of the workgroup on current guidelines for the use of Electroshock Therapy for the education of all our members
- Funding of crisis intervention units as an alternative to ED - used after 988 calls, funding for telehealth flexibility and increased funding for psychotherapy with E and M codes, extension of the telemedicine encounters through 12/2024 for prescription of controlled substances
- Planning the APA Annual Meeting in NYC from May 4-8, 2024. A higher level of attendance and some fiscal recovery from the meeting is expected, with a higher turnout than we had at San Francisco.
- Grants obtained for education are lower this year.
- Publications have earned 9.7 million till the end of October. The hope is that digital products will offer more growth.
- Cybersecurity is an issue and the APA successfully thwarted attempts at hacking the APA database.
- A splendid effort on the part of the APA Foundation led by Rawle Andrews in Public Education has been very favorably received, with releases in Spanish as well. <u>The</u> <u>Mental Health Care Works Campaign is posted</u>.
- APA's library of animated explainer videos in English and Spanish continue to perform well with more than

- 750,000 total views across all social channels.
- Subscription revenue continues to perform strongly in 2023, earning \$9.7M to the end of October, running at \$11.8K above budget. Even though the total revenue for books is at \$7.7M to the end of October (\$1.2M below budget), the digital books portion is already at \$198.7K above the budgeted amount for the year.
- The financial performance of publishing products in 2023 suggests digital products offer a significant opportunity for growth and additional revenue streams.
- The Elections Committee report was reviewed. In some Areas, there was difficulty obtaining more than one member as potential candidates.
- Both the Budget and Finance Committee, led by Steve Sharfstein, and the Investment Oversight Committee led by David Fassler looked at several issues of concern: continued revenue streams, elimination of the in person Fall Components meeting and Area Council meetings; consolidation of the use of hybrid work space and renting out unused space, tightening of spending, and elimination of some staff positions. There was an extensive and thoughtful discussion of the timing of the reports, the accountability of the CEO to the Board; the concerns of the BOT members have not been fully addressed and is ongoing, with a full BOT session to be held on the 3rd of January.
- The concerns of our membership, their thoughtful voices advocating for our organization were indeed heard and seriously considered during an emergency meeting, in addition to the regular BOT meeting in December. Although our organization is in good financial shape, Dr. Sharfstein described the recommendations of his committee to cut down costs to balance the budget going forward without use of reserve funds. Further resolutions are expected. Twenty-one staff positions were eliminated to meet these recommendations. Chief Operating Officer Michael Savelli clearly described the process, which was deliberate, thoughtful and took into consideration all the concerns of the BOT and members who have voiced their concerns.
- We as a Board were very excited about the final candidates who were interviewed for the future CEO. They had stellar qualifications, and met our agreed upon competencies, were vetted thoroughly and interviewed at length. Please be advised that the finalists were chosen from a long list of 150 individual applicants winnowed down to 6 and then 2. Once contract negotiations are over, the chosen candidate will be announced.

<u>Geetha Jayaram</u>, M.D. Area 3 Trustee

Medicare Updates

2024 Medicare Fee Schedules Available

Novitas announced the 2024 Medicare physician fee schedule is available for download in PDF, Excel and TXT formats in their <u>online tool</u>. Individual code lookups are also available using the tool.

Medicare Resource

CMS posted a <u>summary</u> of its updated payment policies and Medicare payment rates for physician services provided in 2024. Among the changes it describes are telehealth services, evaluation and management (E/M) visits, behavioral health services, social determinants of health, and more.

2023 MIPS Data Submission

The CMS data submission period for 2023 Merit-based Incentive Payment System (MIPS) eligible clinicians begins January 2. Data can be submitted and updated through 8:00 PM on April 1. Note: Clinicians who are unsure about their eligibility to participate in MIPS for 2023 can check their final status using the QPP Participation Status Tool. Clinicians and groups that are opt-in eligible will need to make an election to opt-in or voluntarily report before they can submit data. (No election is required for those who don't want to participate in MIPS.)

To Submit 2023 MIPS Data:

- Go to the Quality Payment Program sign in page.
- Sign in using your QPP access credentials.
- Submit your 2023 MIPS data or review the data reported on your behalf by a third party. (You can't correct errors after April 1, so be sure the data submitted is accurate.)

Submission resources will be posted to the Resource Library in January.

As a reminder, CMS has eliminated the Preliminary Score and preliminary category level scores starting with 2023 submissions. A preview of your 2023 final score will be available in mid-June 2024 and 2025 MIPS payment adjustment information will be available in mid-August 2024.

See the <u>Changes to the 2023 Data Submission Experience</u> <u>Fact Sheet</u> for more details.

2024 HPSA Bonus Payment

Please see the following links for details and ZIP codes designated in 2024 as Health Professional Shortage Areas (HPSA) that are eligible for a Medicare Physician Bonus:

- Go to Physician Bonuses
- Review the <u>Health Professional Shortage Area Physician</u> <u>Bonus Program</u> fact sheet
- Use the <u>Medicare Physician Bonus Payment Eligibility</u> <u>Analyzer</u>

See the CMS <u>instruction to Medicare Administrative</u> <u>Contractors</u> for additional information.

Check Your MIPS Eligibility

Your eligibility status may have changed, so please use the QPP Participation Status Tool to confirm your final 2023 Merit-based Incentive Payment System (MIPS) eligibility. The look up tool also identifies clinicians who qualify for reweighting under the automatic Extreme and Uncontrollable Circumstances policy, as outlined in the 2023 MIPS Automatic EUC Policy Fact Sheet.

The tool also includes the initial 2024 eligibility status for MIPS based on these thresholds:

- 1. Bill more than \$90,000 a year in allowable charges for covered professional services under Medicare; **AND**
- Furnish covered professional services to more than 200 Medicare Part B beneficiaries; AND
- 3. Provide more than 200 covered professional services.

Approved 2024 Registry List

Qualified Clinical Data Registries (QCDR) and Qualified Registries Qualified Postings approved for 2024 are now available in the Quality Payment Program (QPP) Resource Library. The qualified postings assist clinicians with selecting a QCDR or Qualified Registry that will collect and report clinical data to the Merit-based Incentive Payment System (MIPS) program on their behalf. The qualified postings provide the names of approved QCDRs and Qualified Registries, including the applicable QCDR measures and MIPS quality measures, Promoting Interoperability measures and objectives, improvement activities and MIPS Value Pathways (MVPs) that they are approved to support. CMS notes that they took remedial action against the PsychPRO in Collaboration with Health Catalyst QCDR in 2023.

Medicare Updates

Medicare Covers OUD Screenings and Treatment

Medicare pays for opioid use disorder (OUD) screenings as an element of the <u>initial preventative physical</u> exam and <u>annual wellness visit</u>. In physician offices and outpatient hospital settings, Medicare covers <u>screening</u>, <u>brief intervention</u>, & <u>referral to treatment services</u>, an early intervention for non-dependent substance use before patients need more specialized treatment. For patients diagnosed with OUD, Medicare pays for certain treatment services. Visit <u>Opioid Use Disorder Screenings & Treatment</u> for coverage, coding information, and updates.

Vagus Nerve Stimulation Update

For dates of service starting January 1, 2023, and when used in combination with CPT code 64568, CMS granted transitional pass-through payment status for HCPCS code C1827 (Generator, neurostimulator (implantable), non-rechargeable, with implantable stimulation lead and external paired stimulation controller). Medicare reprocessed claims submitted for C1827 with dates of service starting January 1, 2023. Please notify Novitas if your claim has not been corrected. For more Information, please see Vagus Nerve Stimulation for Treatment Resistant Depression and the Medicare Claims Processing Manual, Chapter 4.

AMA Principles for Augmented Reality

The AMA released new <u>principles for augmented intelligence</u> (AI) development, deployment, and use to foster a consistent governance structure for advancements in health care technology. Building upon current policy on AI, the principles underscore the organization's commitment to supporting implementation of national policies that prioritize the development and deployment of AI in an ethical, equitable, responsible, and transparent manner. Click here for the press release and here for the report.



Expand Your MPS Engagement in 2024!

With the start of a new year, MPS members may be looking to get more from their membership in the Maryland Psychiatric Society. Consider trying the following offerings, all of which are easy to get started.

Member Spotlight Opportunity

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 <u>Google Form</u> to showcase your experiences with the MPS community.

Join the MPS Listserv

Join the online MPS community to quickly and easily share information with other MPS psychiatrists who participate. To join, click here. You will need to wait for membership approval and will be notified by email. If you have any problems, please email mps@mdpsych.org.

Curbside Conversations Resource

Over 20 topic areas with limited participation are available! <u>Curbside Conversations</u> facilitates member connections related to specific practice areas. Members with in-depth knowledge chat informally with other members seeking information. The discussions are not formal consultations, but rather a collegial resource offered voluntarily to others in the MPS community.

Enhance your Credentials

Apply for Fellow or Distinguished Fellow status later this year. Visit the <u>APA website</u> for details and a link to <u>apply</u>.

Engage with Digital Options

To stay informed, visit the MPS website regularly and follow us on Facebook, Instagram, Twitter, and LinkedIn.

MPS Interest Groups: Interest Groups are a way to connect with other psychiatrists around areas of mutual interest. Most communication occurs over email, but other options are possible. MPS members can opt in indefinitely to receive information and the opportunity to share news, ideas and concerns with participating members. Be sure to check out our new Collaborative Care Model interest group!

Other possibilities coming in March include voting in the MPS election or serving on a <u>committee</u>. Watch your email for details.



ANNOUNCING2024 Package Options

Advertising with MPS is an effective way to reach psychiatrists with your message



See which new MPS Package Option is best for you

CLASSIFIEDS

OFFICE SPACE AVAILABLE

Ellicott City/Waverly Woods/Columbia: Near Rt. 70, Rt. 32 and Rt. 29.Office and Group Room are in a beautiful suite ready for immediate occupancy. Daily and hourly rentals are available. Includes large fully furnished office with 2 windows, large beautifully decorated waiting room, receptionist/file room, 2 bathrooms, Kitchen and a warm community of other therapists who cross-refer. WiFi and fax available. Free ample parking. Contact Jenniferplassnig@gmail.com or 410-203-2411.

Ellicott City: Daily/Part-time/Full-time: Following CDC guidelines, Telehealth and in person. Includes Wi-Fi, copier, fax, staff kitchen, handicapped access. Convenient to route #'s: 40, 29, 32, 70 & 695. Contact Dr. Mike Boyle 410-206-6070 or 410-465-2500.

Adult, Child & Addiction Psychiatry



The Mid-Atlantic Permanente Medical Group (MAPMG) proudly provides the highest quality integrated care for over 800,000 members in Virginia, Maryland, and the District of Columbia. In collaboration with the Kaiser Foundation Health Plan of the Mid-Atlantic States we provide high-quality, patient-centered health care.

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- X Competitive compensation
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Eligible for \$150,000 - \$200,000 forgivable loan / recruitment retention sign on bonus - OR - \$150,000 in student loan repayment as a new hire incentive!

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Mid-Atlantic Permanente Medical Group Join us in our <u>outpatient</u> <u>clinic</u> where we offer a hybrid workplace

APPLY NOW

ENDLESS POSSIBILITIES for Psychiatrists at Sheppard Pratt

Applicants must be board certified or board eligible and have a current Marylandissued license at the time of hire. Some positions require an on-call schedule. Current openings include:

Child and Adolescent Psychiatrist

Multiple Settings | Towson, MD

Psychiatrist

Inpatient Geriatric Unit | Towson, MD

Medical Director

CalvertHealth | Prince Frederick, MD

Scan QR code to see all openings



At Sheppard Pratt, you will be surrounded by a network of the brightest minds in psychiatry led by a bold vision to change lives. We offer:

- Robust resources to develop your career
- Cutting edge research and technology
- A generous compensation package with comprehensive benefits

For more information, please contact:

Emily Patrick, Director of Provider Recruitment at emily.patrick@sheppardpratt.org

About Sheppard Pratt

Consistently recognized as one of the top national psychiatric hospitals for more than 30 years, 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. EOE.

