

MPS NEWS

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Deadline for articles is the 15th of the month preceding publication. Please email jhritz@mdpsych.org.
MPS News Design & Layout
Jora Hritz

The MPS Council will meet by videoconference on September 10 at 7:30 PM. All members welcome!

President's Column

A Season of Engaging Events and Opportunities

As the crisp autumn air settles in and many of us are returning from vacation, it's the perfect moment to re-engage, collaborate, and drive forward our shared goals at MPS. Here's a look at what's on the horizon and how you can get involved!

Ikwunga Wonodi Social Justice and Health Equity in Psychiatry Award

The deadline for the [Ikwunga Wonodi Social Justice and Health Equity in Psychiatry Award](#) is **December 15, 2024**. I would like to encourage all Residents/Fellows and ECPs to apply for this exciting and prestigious award! The award will honor a Resident, Fellow, or Early-Career Psychiatrist who has demonstrated distinction in advocating for human rights and equity in psychiatric care for people with severe mental illness from historically marginalized and underserved communities through teaching, research, clinical work, and/or public health advocacy. There is a monetary award of \$500, given to fund attendance at a conference, presenting research at a conference, aid in psychiatric research, and/or support minorities seeking psychiatric care. [Apply now!](#)

New Chief Medical Officer at BHA

Dr. Rachel Talley has been appointed as Chief Medical Officer for BHA. The Executive Committee was able to meet with her for the first time on August 21st and look forward to working with her in the future on issues that are important to all Maryland Psychiatrists. We also look forward to [hearing from you](#) about important issues that you would like us to address.

Council Meeting Kickoff: September 10

Mark your calendars for September 10, as we reconvene for our first Council Meeting of the season. From 7:30-9:00 PM on Zoom, this meeting will set the stage for our upcoming activities and initiatives. It's a great opportunity to reconnect with fellow council members, discuss pressing issues, and contribute to shaping our collective direction for the months ahead. Reminder, Council meetings are open to all members.

CPD and Climate Meeting: September 19

On September 19, join us for the CPD Meeting from 6:00-7:00 PM on Zoom when Dr. Elizabeth Ryznar will attend to discuss the topic of climate change. She will lead a discussion highlighting resources, suggesting groups that CPD/MPS can work with. This meeting will focus on crucial climate-related discussions and strategies. Your insights and participation are vital as we navigate the complex challenges and opportunities in our field. Please email jhritz@mdpsych.org if you are interested in attending.

Ask the Expert: An Interview with Glenn Treisman — September 23

Don't miss the opportunity to gain valuable insights at our "Ask the Expert: An Interview with Glenn Treisman" event on September 23. From 6:30-9:00 PM at the Sheppard Pratt Towson Campus. Dr. Bruce Hershfield will host this CME event and interview Dr. Treisman who will share his expertise and answer your questions. This in-person event promises to be both enlightening and engaging, offering a unique chance to learn from a leading expert in our field.

Psychopharmacology CME: Mid-November

In mid-November, we're excited to announce

Continues on next page

Presidents Column Continued

a forthcoming Psychopharmacology CME session. Details are still being finalized, but this event will offer an in-depth exploration of psychopharmacology, providing valuable insights and updates for professionals in the field. Stay tuned for the exact date and more information!

CPD Guest Speaker Event: November 21

The Community and Diversity Coalition will have a special guest speaker session on November 21 from 6:00-7:00 PM on Zoom. This event will feature a distinguished guest, Dr. Farha Abbasi, who will join the CPD meeting to share their expertise and perspectives. Dr. Abbasi recently presented an APA podcast titled "The Color of Wellness: Navigating Mental Health of Women of Color in Work Settings and will continue this discussion. It's an excellent opportunity to gain new insights and engage in thought-provoking discussions. Please email jhritz@mdpsych.org if you are interested in attending.

Welcoming New Resident Members

As we embark on this bustling season, we also extend a warm welcome to our new Resident members. Your fresh perspectives and enthusiasm are invaluable to our organization. We encourage you to get involved, attend our events, and actively participate in our initiatives. Your engagement will not only enrich your experience but also contribute significantly to our collective success.

Get Involved and Stay Connected

The fall season is packed with events that offer numerous opportunities for learning, networking, and contributing to our shared goals. Your participation is crucial for making these events successful and for fostering a vibrant and dynamic community. Let's make this autumn a season of engagement, growth, and collaboration!

For more details and updates on these events, be sure to check your email and our organization's website regularly. We look forward to seeing you at these exciting gatherings and working together to achieve our goals.

*Theodora Balis, M.D.
President*

MPS Membership Directory

Thank you to members who updated their practice information! The annual MPS directory is going to print, and we expect copies to arrive in members' mailboxes this month. The directory contains information on all MPS members, including a referral index, while the online [Find a Psychiatrist](#) lists only members who have opted in. Members can also access an online member directory after [logging in](#) via their MPS member account. Members can update their profiles via the same account. For assistance, please email mps@mdpsych.org.

ECP Organized MPS Fellowship Deadline EXTENDED

Early-Career Psychiatrists are encouraged to apply for a new one-year fellowship at the Maryland Psychiatric Society! The fellowship is designed to provide a unique opportunity to a current early career psychiatrist (ECP) member interested in leadership, outreach, and member engagement.

During this fellowship, the candidate will coordinate meetings and events tailored to ECPs and Resident Fellow Members (RFM), develop new ideas to promote MPS membership, help cultivate and identify ECP/RFM members interested in leadership, assist with ECP/RFM member retention, and gain insight from mentors and peers to develop new ideas that help promote MPS as the voice of psychiatry within the state of Maryland. Through mentorship and shadowing opportunities, this fellowship places an emphasis on the field of administrative psychiatry. The ECP Organized Fellowship will provide recipients with the foundation for success in future Maryland Psychiatric Society leadership positions and beyond.

The ECP Organized Fellowship is funded by the Maryland Psychiatric Society in the total amount of \$20,000.00, broken into \$5000.00 per year - one fellowship per year, for 4 years. (2024, 2025, 2026, 2027). Consideration for future funding will be evaluated in 2026.

The application window will begin on June 25th each year and close on August 15th and a candidate will be selected by September 1st to complete a 12-month term. [Click here](#) to learn more about program benefits, expectations, and application details. Please send complete application packet to mps@mdpsych.org by the specified deadline.

**Ikwunga Wonodi Award
Application Now Open!**

The [Ikwunga Wonodi Social Justice and Health Equity in Psychiatry Award](#) is now open for application submissions. Announced in March 2024, the Wonodi Award will honor a Resident, Fellow, or Early-Career Psychiatrist who has demonstrated distinction in advocating for human rights and equity in psychiatric care for people with severe mental illness from historically marginalized and underserved communities through teaching, research, clinical work, and/or public health advocacy. For more information on the award and application guidelines, [click here](#) or [visit the MPS website](#). The deadline to apply is December 15, 2024. A winner will be announced prior to the Annual Meeting in April 2025. Any questions can be directed to jhritz@mdpsych.org.

MPS Signs Onto Comment Letter

The MPS joined several other mental health advocates in signing onto a letter sending comments pertaining to [COMAR 10.63](#) Draft Proposed Regulations. The letter notes several concerns including some of the new requirements and standards for programs are not currently reimbursed by Maryland Medicaid, such as case management and family services in substance use disorder intensive outpatient (IOP) and partial hospitalization (PHP) programs. In addition, the letter urged the Department to continue to evaluate gaps in the continuum of care, both in these regulations and in available facilities and programs. The letter stressed that the full continuum of MH and SUD services must be available to individuals of all ages and encouraged the Department to pay particular attention to what services may be unavailable for youth and adolescents, including residential MH and SUD treatment. [Please click here](#) to read the letter in its entirety.

Psychiatrists with Immediate Patient Openings Available

The MPS maintains a list of members who can see new patients quickly. An *updated* "[MPS Members Actively Taking New Patients: Appointments Within 1-2 Weeks](#)" will appear on <https://mdpsych.org/> later this month. Please email mfloyd@mdpsych.org to be included (include name, patient types, insurances accepted, phone number/email, etc.) and/or consider referring patients to this resource. Patients can also try [Find a Psychiatrist](#), but the wait time may be longer.

National Suicide Prevention Month

September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. **World Suicide Prevention Day is September 10.** It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most. Visit [988 Suicide Crisis and Lifeline](#) for resources to share and to help spread information about actions that can be taken to prevent suicide.

Support for Medical Students

The MPS offers a free category of membership for medical students to help them learn more about psychiatry and connect to potential mentors. This includes access to MPS communications, interest groups, committees, and listserv. MPS membership is an invaluable opportunity for students looking to enter psychiatry. Email mfloyd@mdpsych.org to volunteer to serve as a resource to medical students.

Attention Graduating Residents!

Congratulations! As you prepare to move on from your residency training program, please complete the [APA membership advancement form](#). This lets us know if you are continuing in a fellowship or advancing to practice. As a General Member, you can access additional benefits, including [resources](#) for early career psychiatrists. Your MPS dues will remain the same! The [form](#) takes less than 5 minutes to complete.

Diversity & Cultural Humility Resource Page

The Community Psychiatry & Diversity Coalition has recently updated its [Resource Page](#) which includes a list of local and national organizations, free courses, and general resources relating to diversity and cultural humility. It also includes resources on [Social Determinants of Health](#) as well as a list of children's books, articles, local businesses and more on the topic of [The CBT of Racism](#). Check out the page to learn more!

Join the MPS Listserv

MPS members are encouraged to join the listserv to easily share information with colleagues. An email message sent to the listserv goes to all members who have joined. Posts can be questions, information, thought-provoking articles and more. To join the listserv, please go to: <http://groups.google.com/group/mpslist> or email mps@mdpsych.org. The listserv is open to members only so you will have to wait for membership approval and will be notified by email. If you have any trouble, please call the MPS office at 410-625-0232.

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.

Advertise Position Openings and Office Space with MPS!

The MPS offers timely ads in [MPS News](#) (includes online post), [The Maryland Psychiatrist](#) and the MPS [home page](#). [Click here](#) for ad rates. Please help MPS generate non-dues income by using MPS ads to connect with psychiatrists.

National Physician Suicide Awareness Day

September 17th is the fifth annual National Physician Suicide Awareness Day which is a day to commemorate colleagues lost to suicide and to raise awareness about the issue internally and externally by shedding a light on it. The goal is to lessen the stigma for physicians and all other clinicians to speak about their struggles either privately or openly - and seek help. [Click here](#) for more information and resources to share with others and on social media.

National Recovery Month Events and Observances:

- September 5 – SAMHSA's 2nd Annual Walk for Recovery
- September 10 – World Suicide Prevention Day
- September 8-14 – National Suicide Prevention Week
- September 20 – National Addiction Professionals Day
- September 30 – International Recovery Day

[Use this Toolkit](#) to share what SAMHSA is doing to support people in recovery. [Click here](#) to learn more.

Suicide Prevention Among Black Youths

In honor of National Suicide Prevention Month, SAMHSA's Suicide Prevention Branch is hosting a fireside chat on Black youth suicide prevention on Wednesday, September 25, from 2-3:30PM. The webinar will feature speakers from SAMHSA, young adults with lived experience, and experts in suicide prevention among Black youth. Research shows that from 2018 to 2021, Black individuals aged 10 to 24 experienced a 37% increase in suicides, the largest increase among racial groups. This webinar will highlight the efforts of SAMHSA's Black Youth Suicide Prevention Initiative and focus on actions to support youth in their communities. [Click here](#) more information, or to register.

Preventing Substance Use Among Young Adults with Disabilities

SAMHSA has issued a new Advisory on [Preventing Substance Use Among Young Adults with Disabilities](#). In 2021, approximately 3.2 million or about 6.8 percent of people between the ages of 14 and 24 were living with a physical or mental disability. People between the ages of 18 and 25 are vulnerable to behavioral health conditions because they are entering a developmental period characterized by numerous transitions and significant changes. This population may be leaving home to pursue further education or employment while continuing to develop socially, emotionally, and physically.

\$81.3M in Funding

The U.S. Department of Health and Human Services (HHS), through the Substance Abuse and Mental Health Services Administration (SAMHSA), [announced \\$81.3 million in grant awards](#), including more than \$16 million to support the integration of primary and behavioral health care. The integration of primary and behavioral health care is considered the future of health care — by using systematic, evidence-based approaches to improving person-centered comprehensive care; increasing access to preventive care and screenings; coordinating care to address mental, physical, social, and substance use related needs; and reducing overall costs of care for patients, providers, and health care systems.

The announcement also included over \$24 million to expand drug treatment court capacity. Previous capacity-expanding awards resulted in increases in abstinence from substance use, in work or educational attainment, and in housing stability.

Hispanic Psychiatry Psych-cess Webinar

In honor of Hispanic Heritage Month, PRMS is thrilled to announce Psych-cess: Hispanic Psychiatry. Psych-cess will take place via Zoom on Wednesday, September 18, 6:30-8:00 pm and will feature a panel of three experts in the field sharing insights about their varied careers and experiences as Latinx psychiatrists working with diverse populations. For registration details visit PRMS.com/Psych-cess.

Expand Your MPS Engagement

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.

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!

Engage with Digital Options

To stay informed, visit the [MPS website](#) regularly and follow us on [Facebook](#), [Instagram](#), [X](#), formerly [Twitter](#), and [LinkedIn](#).

The Maryland Psychiatric Society Presents

MEET THE EXPERT: AN INTERVIEW WITH DR. GLENN TREISMAN



Hosted By

**Bruce
Hershfield, M.D.**

Special
Guest

**Glenn
Treisman, M.D.**



Monday, September 23rd

Discussion + Q&A from 7 PM until 9 PM

@ Sheppard Pratt Towson Campus

doors open at 6:30pm

**\$25 Ticketed Entry
Free for RFMs and ECPs**

Light refreshments will be provided

**REGISTER
HERE**

*2 CME CREDITS CAN BE CLAIMED

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.

New Members

Jaehyun Lee, M.D.
John A. Gentes, M.D.
Nina Onaga Bredemeier, M.D.
Paul Beinhoff, M.D.
Benjamin Fleet, M.D.
Alexandra Teresa Luna, D.O.
Jenny Barriga Sabol, M.D.
Brianna Nicole DuBose, M.D.
Joseph Gary, M.D.
Samuel Kirsch, M.D.
Kevin Lockwood Johnson, M.D.

Transfers

Caroline Franke, M.D.
Yong-Tong Li, M.D.

Reinstatement

Mohammed Akbar, M.D.

Member Shoutouts

Congratulations to **Annelle Primm, M.D.** who was awarded [The Senior Psychiatrist Bereson Award](#). This award is given annually to a Senior Psychiatrist Inc. member who has contributed significantly to psychiatry.

Chris Morrow, M.D. was recently awarded a \$1 million Career Development Award (K23) from the National Institute of Aging to study the neurobiology of FTD, looking both at the cognitive component and the mood symptoms. (From *Cheers from the Chair*.)

Resident-Fellow Members'
Post-Residency Plans

Jane Chen, M.D. will be starting a new job at Sheppard Pratt BWC in adult inpatient psychiatry

Kelly Pham, M.D. will be working at Sheppard Pratt's Towson Campus, doing Geriatric Psychiatry Inpatient work.

Caroline Quaglieri, M.D. will be joining the faculty of the Department of Psychiatry at University of Maryland School of Medicine.

Isabelle Seto, M.D. will be an outpatient psychiatrist with the Baltimore VA Medical Center and faculty member at UMMC (Substance Abuse Consultation Service)

Daniel Stevens, M.D. will be working as a Staff Psychiatrist at the Michael E. DeBakey VA Medical Center with co-appointment as an Assistant Professor at the Baylor College of Medicine.

Member Publications

Nicole Wong, M.D. first-authored a paper in *JAMA Network Open*, "[Hippocampal Availability of the \$\alpha 7\$ Nicotinic Acetylcholine Receptor in Recent-Onset Psychosis](#)." It focuses on how molecular signaling systems in the brain go awry in psychotic illness.

Irving Reti, M.D. was published in the *Journal of Affective Disorders* for his work on the paper, "[Fast depressive symptoms improvement in bipolar I disorder after Stanford Accelerated Intelligent Neuromodulation Therapy \(SAINT\)](#)." The study examined the preliminary safety, tolerability, and efficacy of SAINT for the treatment of depression in a small sample of persons with treatment-resistant bipolar I disorder.

Members Out & About

Mark Komrad, M.D. published an article in The Psychiatric Times titled "[Euthanasia in Animals and Humans: Distinctions to Consider](#)" which details the ethical comparison between euthanasia in animals and physician-assisted suicide. He emphasizes the complexities of comparing the two contexts and addresses the implications of each scenario.

Mark Komrad, M.D. was also quoted in a front-page article in the New York Times! The article, titled "[The Gamer and the Psychiatrist](#)," explores the boundaries and ethics of a psychiatrist who hosted conversations discussing mental health on Twitch with a well-known streamer. Komrad addresses the newness of streaming and what differentiates "coaching" from "treatment".

Dinah Miller, M.D. wrote a commentary article in The Psychiatric Times titled "[Outpatient Civil Commitment: A Look at Maryland's New Legislation](#)" discussing the impacts of assisted outpatient treatment (AOT). The article addresses the intentions of the bill and concerns regarding legislation, logistics, and patient autonomy.

Harsh Trivedi, M.D. was interviewed on the [Got It From My Momma Podcast](#), which interviews the moms of famous musical artists, performers, and sports players about their child's upbringing and journey to fame. Dr. Trivedi was featured on a recent podcast about Cincinnati Bengals Quarterback Joe Burrow's mental health foundation. He is interviewed at minute 41:00.

Chad Lennon, M.D. was featured in a panel with Radio One to discuss mental health stigma. Watch the episode here: [Minorities and Mental Health: Fighting Mental Health Stigma In Men](#)

Anita Everett, M.D. wrote a blog for SAMHSA titled "[Back to School: Mental Health Tips and Resources to Help Youth Thrive in — and out of — the Classroom](#)" which highlights important social media boundaries and the importance of positive behavioral health in schools.

Maryland News

DEA Training Requirement Course

The DEA now requires an 8-hour training on substance use disorders for controlled substance registration or renewal. MedChi, in partnership with CCO, offers a compliant 8-hour course. Discount codes are available for both members and non-members. Please contact [Jaison Fleming-Smallwood](#) to receive your code.

Adderall XR Changes

As of August 15th, brand and generic Adderall XR Capsule (amphetamine salt combo ER capsule) will both be preferred. Claims for brand Adderall XR must be submitted with DAW 6 code and will be priced appropriately. A Maryland Department of Health MedWatch form will not be required. Claims with any other DAW code will reject. If any problems are encountered during the online claim adjudication, contact Conduent 24-hour Help Desk at 800-932-3918 for additional system overrides related to the use of the correct DAW code (for example, if there is other primary insurance).

OPT Program Inventory: New Version Released

Maryland's Office of Overdose Response is pleased to share their new, reformatted [Overdose Prevention Team Substance Use Program Inventory](#). Their team recently adopted several significant updates to the Program Inventory, which now includes new promising overdose prevention strategies. Interventions are also now categorized under Maryland's overdose priority areas of *Prevention, Harm Reduction, Treatment, Recovery, and Public Safety*.

The inventory identifies 118 frequently implemented programs and services. The report also illustrates program implementation status by priority area and jurisdictions.

COMAR Revision

The Office of Health Care Quality is seeking informal public comments as it reviews and revises the regulations in [COMAR 10.21.12 and 10.21.13](#): Use of Quiet Room and Use of Restraint. [Use this form](#) to submit your comments. Please be aware that your comments and attachments are published on the OHCQ website. OHCQ appreciates the input of all stakeholders in this process.

Carelon Behavioral Health Regional Provider Forums

Carelon Behavioral Health (Carelon) invites providers to register for one of their upcoming hybrid Regional Provider Forums. These forums will provide a collaborative opportunity to learn more about the upcoming Public Behavioral Health System Administrative Service Organization Vendor Change effective January 1, 2025.

Provider Forums will be held throughout September, to accommodate schedules and allow for greater participation. Please note that there is a 60-person limit per session to attend in-person. If there are no seats available, please either enroll as a virtual attendee or select a different session. Each session will cover the same information -there is no need to register for more than one session. For dates and times, or to register [please click here](#).

Maternal Opioid Misuse Program

The Maternal Opioid Misuse (MOM) Program was created to provide case management services to pregnant enrollees with Opioid Use Disorder (OUD) that will continue for one year following the end of pregnancy. The program's success requires providers to encourage patients who qualify to enroll. Maryland Medicaid has created a toolkit that contains all informational resources for the MOM Program. Providing support to pregnant Medicaid members diagnosed with OUD will ensure access to proper healthcare for participants and their families. Learn more and access the [MOM Case Management Toolkit](#).

Share Your Insights

Researchers are conducting a Health Services Cost and Review Commission (HSCRC) funded study to gather insights from surgeons and evaluate their experiences working under the Maryland All-Payer Model (e.g. Global Budget and/or Total Cost of Care). Participants will receive \$25 for completing a 10-minute survey, and \$200 dollars for participating in a thirty-minute one-on-one interview at a later date. To complete the survey, please click [here](#).

Financial Symposium for Physicians

Baltimore City Medical Society presents [Financial Independence: Your Rx for Success](#) on Saturday, October 5, 2024, at the Inn at the Colonnade. The day-long symposium features physicians presenting on a range of topics, including negotiation, estate planning, debt management, and physician entrepreneurship. [Read More](#)

Maryland News

2024 License Renewal Reminders

Last names A-L whose licenses expire 9/30/24 must renew by the end of this month. [Click here](#) to log in for apply for renewal and pay the fee.

Implicit Bias Training is required for renewal. This is a one-time requirement. You must attest on the renewal application that you have completed training. If you need to find a course, [click here](#) for a list of approved courses provided by the Maryland Office of Minority Health and Health Disparities. The Board of Physicians will accept any implicit bias training accredited by the Accreditation Council for Continuing Medical Education (ACCME) completed since your last license renewal.

If renewal is not completed by September 30, your license will expire and you will need to apply for reinstatement, which includes applying for a new criminal history records check. Physicians who fail to renew their medical licenses are not authorized to practice medicine.

Emeritus Status is available beginning October 1st to retired physicians who meet certain criteria. [Click here](#) for details or to apply.

[Click here for more 2024 renewal info.](#)

Lemons to Lemonade Lecture Series

The next installment in the "[Lemons to Lemonade](#)" [lecture series](#) will be held on **Tuesday September 10, 2024, at 6:30 p.m.** Dr. Lisa Merlo, Professor of Psychiatry at University of Florida, and Director of Wellness Programs at UF College of Medicine will present *The Role of PHP Monitoring in Restoring Clinicians with Unprofessional Behavior to Practice*. PHPs are seeing more interest in how to assist physicians and other healthcare providers who are struggling with communication, anger, trauma, burnout, and other issues that affect behavior. Hear what esteemed researcher Dr. Merlo has to say on this very compelling topic. This is a [virtual](#) event. **[REGISTER TODAY!](#)**

Attend the CPD Climate Meeting

The Community Psychiatry & Diversity Committee will be hosting a meeting focused on climate change on September 19th. Dr. Elizabeth Ryznar will join the group to discuss important climate resources, current issues, and Psychiatric-Climate groups to get involved with. If you are interested in attending, email jhrizt@mdpsych.org for meeting details.

CLIMATE CORNER

The effects of climate change have been unavoidable this year: we have witnessed record heat this summer, and NOAA [predicts](#) an 85% chance of above-average hurricane activity this fall in the mid-Atlantic. As we head into a new school year, let's reflect on why our youth is particularly negatively impacted by climate change.

The American Psychological Association and ecoAmerica published a comprehensive [report](#) on this. Firstly, young bodies and developing brains are more vulnerable to environmental threats than adults. Exposure to air pollution from fossil fuel emissions *in utero* or as a child is associated with behavioral and cognitive dysfunction. The endocrine disruptive effects of chemicals found in plastics or fertilizers have already been documented, but there is increasing concern about their direct neuropsychiatric impacts. Moreover, microplastics are now found in every human tissue sampled for it and I anticipate there will be negative neuropsychiatric consequences documented.

Secondly, youth will outlive us and will inherit the exponentially worsening negative consequences of planetary destruction. The hope of all families is that children will face a better future than their parents, but this is no longer a guarantee. Certainly, we can avoid the worst outcomes if we as a society act now.

Thirdly, youth depend on their caregivers and societal structures. Caregiver stress or illness from climate-related events and school or daycare shut-downs due to extreme weather events affect the child and are associated with increased rates of anxiety disorders and post-traumatic stress disorder.

Finally, youth generally have little social and political agency, and do not have the power to change existing policies (thankfully, there are wonderful examples of youth-led climate activism, including [Our Children's Trust](#), which has lawyers [suing](#) state and federal governments on behalf of youth plaintiffs). A landmark 2021 [paper](#) (led by DC psychiatrist Dr. Lise van Susteren) surveyed 10,000 children and young adults between the ages of 16-25 from 10 different countries about climate change and perceived governmental response; overwhelmingly, the participants experienced anxiety (68%), anger (58%), powerlessness (57%) and guilt (51%) about climate change. Importantly, they felt betrayed by their governments.

As stewards of children's mental health, we must pressure our political representatives to enact laws and regulations to help curb climate effects and advocate for improvement in our personal and professional spheres. For C&A psychiatrists who treat patients with climate anxiety, please know that climate anxiety is not considered pathological, and ultimately the best treatment for climate anxiety is addressing the societal factors contributing to climate change and encouraging youth to participate in [collective action](#). The APA/ecoAmerica [report](#) has many resources listed at the end. For very young children, there are developmentally appropriate ways to discuss climate change and climate anxiety. I will highlight the book "Coco's Fire," which was written by psychiatrist Jeremy Wortzel and environmental scientist Lena Champlin, along with the [Group for the Advancement of Psychiatry Climate Committee](#).

Elizabeth Ryznar MD MSc

APA News & Information

APA Board of Trustees July Meeting Highlights

The information below constitutes unofficial highlights of the meeting prepared by the Administration and is subject to change. It is not meeting minutes. Meeting minutes are prepared after each meeting and approved by the Board at their next meeting before becoming official.

APA President, Dr. Viswanathan welcomed the Board to its first meeting with the newly elected board members, with a special acknowledgement to APA's new CEO, Dr. Marketa Wills. Dr. Viswanathan expressed appreciation for their attendance and ongoing commitment to the APA. Dr. Viswanathan shared that the Viswanathan family decided to endow an award for Lifestyle psychiatry and had donated \$150,000 to the APA Foundation to fund the award.

Best Practices for an Effective Board/CEO Partnership

The Board engaged Cathy Trower, PhD, President of Trower & Trower consulting to explore the best practices for non-profit organizations to ensure a productive partnership between the Board and the CEO. Dr. Trower laid out where the CEO has sole authority, where the Board has sole authority, and where the two have shared responsibility and decision-making authority. This discussion followed a training that occurred the day before about good governance and the Board members' legal and fiduciary responsibilities to APA.

Report of the CEO and Medical Director

Dr. Wills shared her written report on the highlights of the Administration's work for the past quarter prior to the meeting. The [report can be found here](#). Dr. Wills then reported on her activities during and impressions after eight weeks in her position. She reported that the transition between her and Dr. Levin was smooth, informative, and helpful. Dr. Wills reported that she has reviewed all of APA's and APAF's foundational documents and chaired her first APAF board meeting. Dr. Wills had an extensive mid-year financial review, participated in the Budget and Finance Committee meeting, and held one-on-one meetings with the APA and APAF Board members. She will be speaking with APAPAC board members in the next month and plans to conduct DB Listening sessions by Area between August and September.

Report of the Treasurer

Dr. Koh provided a financial report as of June 30, 2024. Three of the five key financial metrics met expectations for the year. The exceptions are total revenue, which is forecasted to decrease from a budget of \$56M to \$54M. This reflects the below-budget revenue for the annual meeting, which resulted in a shortfall of \$3.4M. The other exception was the net income ratio, which was below the budget. The APA is

working to be closer to target with this ratio before the end of the year. Additionally, Dr. Koh reviewed the investment portfolio through June 30, 2024. The investment portfolio returns were 6.7% net of fees, above the investment portfolio policy benchmark of 5.6%.

Updates from the President-Elect

Dr. Theresa Miskimen provided an update on a request to the JRC to establish a Caucus on Peace, Conflict, and Mental Health. During its meeting, the JRC did not approve the proposal to establish the caucus and provided feedback to the member that submitted the request. Dr. Miskimen then provided an update on the upcoming virtual roundtable for Council Chairs. This roundtable aims to foster collaboration and communication among Council leaders, where they will have the opportunity to engage in collaborative discussions, share insights, and address common challenges.

Psychiatric News Strategy Presentation

Psychiatric News Editor in Chief Adrian Preda, M.D., joined the meeting virtually to present an overview of the five-year strategic plan for the publication. Notably, the publication, due to the efforts of its small but talented staff, has seen 419,000 page views in the first half of the year, and the Psych News suite of emails regularly receives open rates of over 50%. Dr. Preda noted that the strengths of the publication are its credibility and its relevant content, but that there are opportunities to seek new advertising revenue. Additionally, he noted that there are many competitors in the mental health publishing space. Over the next five years, Dr. Preda plans to work with the Administration to shift to a digital first model, and to make adjustments to content delivery.

New Business

SMI Adviser funding from SAMSHA ended on July 8, 2024. The Board discussed the value of the program and the ground swell of disappointment when it ended. APA is looking for additional funding to keep the program going and Dr. Wills informed the Board that a consortium of pharmaceutical companies expressed interest in being part of a larger group to continue the funding for SMI-Adviser. The Administration will continue its efforts to explore new funding avenues and consortium giving to ensure this valuable resource stays current and available to the field.

FREE APA Course of the Month

Each month, APA members have free access to an on-demand CME course on a popular topic. [Click here to access the Course of the Month and sign up for updates about this free member benefit.](#)

APA News & Information

APA Dues Increase

At the recommendation of APA's Finance and Budget Committee, the Board of Trustees voted to approve a five percent (5%) increase to all APA dues rates for the 2025 dues year. The 2024 and 2025 APA rates can be viewed on the APA website which can be accessed by clicking [here](#) and navigating to each of the membership categories (the charts are at the bottom of each page; currently showing 2025 only as 2024 was inadvertently removed and will be added back through 9/30). A new FAQ section about the increase has also been added, and you can find that [here](#).

Comments Now Open for Proposed CMS Fee Schedule

The proposed [2025 Medicare Physician Fee Schedule](#) from the Centers for Medicare and Medicaid Services (CMS) has incorporated several of APA's recommendations, including allowing clinicians to use the same billing codes for telehealth sessions as for in-person evaluation and management services. However, CMS is proposing to lower the conversion factor used to determine Medicare payments by approximately 2.8%. APA continues to push for inflationary updates and will be submitting substantive comments to CMS on this and other issues. The comment period is open to everyone through **September 9**. For more information, contact APA staff at advocacy@psych.org, and stay in-the-know by signing up for [APA's Advocacy Updates](#).

Statement on Psychiatry and Global Unrest

Last month the APA [published a statement](#) on psychiatry and global unrest. APA asserts that no matter where political lines are drawn, the human and societal tolls of war and conflict are devastating and have immediate and downstream effects on mental health. The psychiatric effects of these events include but by no means end at the direct mental health impact of being a victim of brutalities, the transmission of transgenerational trauma, the psychological damage to soldiers who face and cause death and violence in war, the toll on aid workers who put themselves in harm's way to help others, the disruption for millions of individuals forced to flee their homes, and the long-term harm to children of witnessing horrors first-hand. APA stands for and supports efforts for peace and reduction of conflict everywhere.

APA Survey

Are your patients reporting trouble getting their stimulant prescriptions filled? APA is continuing to advocate to improve access to treatment and they want to hear from you. If you are hearing concerns from your patients or have concerns of your own, please take their two-question [survey](#) or contact APA's Practice Management HelpLine at practicemanagement@psych.org. This information will help the APA advocate better on your behalf and ensure the barriers to accessing care are removed.

Stimulant Prescription Trouble?

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APA Advocates for Finalization of Teleprescribing Rules

APA met with the Office of Budget and Management along with other interested agency staff to advocate on the upcoming proposed rule, "*Telemedicine Prescribing of Controlled Substances When the Practitioner and the Patient Have not had a Prior In-Person Medical Evaluation*" (since meeting, now titled "*Special Registrations for Telemedicine and Limited State Telemedicine Registrations*"). [Click here to read more.](#)

New Patient Guide for Mood & Anxiety Disorders

A new patient guide for mood and anxiety disorders has been released to the public. [A new book](#) developed by the Anxiety and Depression Association of America (ADAA) and published by the American Psychiatric Association (APA) provides readers with the evidence-based knowledge and tools to understand mood disorders and make informed decisions toward lasting mental health and wellbeing. You can [read more about the new patient guide here.](#)

Medicare Updates

Review Your Open Payment Data by 12/31

You have until December 31, 2024, to review, affirm, or dispute your Open Payments data. The upgraded [Open Payments System 2.0](#) includes [enhancements \(PDF\)](#) to modernize the system and support a more user-friendly experience. Note: The Open Payments System is no longer available at the CMS Enterprise Portal. For more Information visit the [Open Payments](#) webpage.

Updated Fee Schedules for E&M Codes

The Maryland Department of Health issued a [transmittal](#) on August 1, 2024, notifying providers that Evaluation and Management (E&M) rates would be rebased effective September 1, 2024. The posted [fee schedules](#) listed below have been updated with Evaluation and Management (E&M) rates that will go into effect on September 1, 2024.

Click each item to view the full document regarding updated fee schedules:

- [Individual Practitioner and OMHC Rates](#)
- [SUD Fee Schedule](#)
- [Crisis Services Fee Schedule](#)

SAVE THE DATE

MPS has many exciting events in the coming months.

Career Night is Back! MPS will be hosting Career Night on November 7. Residents, Fellows, and Early Career Psychiatrists are encouraged to attend and connect with Maryland colleagues and employers. Details will be share soon.

Psychopharmacology Update CME: Join us on November 14 from 7:00PM-9:00PM on Zoom for our annual Psychopharmacology Update. Hear presentations from:

- David Neubauer, M.D.
- Mary Elizabeth Yaden, M.D.
- Christopher Welsh, M.D.

Registration details will be shared soon.

CLASSIFIEDS

OFFICE SPACE AVAILABLE

Ellicott City for Mental Health Practitioners seeking a professional and inviting space. Amenities: Wi-Fi, copier, fax, waiting rooms, staff kitchen, adequate parking, and handicapped access. Comfortable and friendly atmosphere with Active in-office Listserv for referrals and consultations (40-50 current members). Easily accessible via routes 40, 29, 32, 70, and 695. Rental Rate: \$65 to \$70/day. Contact: Dr. Mike Boyle at 410-206-6070, psycmike@gmail.com for more details.

EMPLOYMENT OPPORTUNITIES

Consider a Career in Correctional Psychiatry

Centurion is proud to be the provider of mental and physical health services to the Maryland Department of Public Safety and Correctional Services. We are currently seeking Psychiatrists for full-time, onsite positions at correctional facilities in the following locations:

- **Baltimore**
- **Jessup**
- **Westover**
- **Hagerstown**
- **Cumberland**

These positions allow you the opportunity to spend time with your patients and make a tremendous difference, not only to them, but also to the communities to which they will return. Enjoy freedom from complex insurance and reimbursement hassles, as well as the opportunity to work as one cohesive team with our somatic health clinicians.

Centurion offers excellent compensation, comprehensive benefits, generous paid days off, and much more. For more information, please contact Kimberly St. John, Provider Recruiter, at kstjohn@teamcenturion.com or visit our website at www.teamcenturion.com.

[Curbside Conversations](#) is members with expertise in specific areas having informal chats with other MPS members seeking information. These are not formal consultations but a collegial resource offered voluntarily to the MPS community. Contact information for experts is available to MPS **members only** via email to mps@mdpsych.org.

ENDLESS POSSIBILITIES for Psychiatrists at Sheppard Pratt

Applicants must be board certified or board eligible and have a current Maryland-issued license at the time of hire. Some positions require an on-call schedule.

Current openings Include:

Consultant Liaison Psychiatrist at GBMC

Sheppard Pratt Solutions | Towson, MD

Research Psychologist

Center of Excellence for Psilocybin Research | Towson, MD

Child Psychiatrist, Main Line Health

Sheppard Pratt Solutions | Philadelphia, PA

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, epatrick@sheppardpratt.org.

About Sheppard Pratt

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. *EOE*.