

MPS NEWS

Volume 38, Number 6

Editor: Meagan Floyd

October 2024

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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 November 12 at 7:30 PM. All members welcome!

President's Column

Enhancing Our Focus: Insights from the Member Survey

The recent member survey provided invaluable insights into the priorities and concerns of our community, guiding the MPS in shaping future initiatives. This article synthesizes the key findings and outlines how we can address the challenges and opportunities ahead.

Respondents:

This year, there were 134 respondents. Most members described being in private practice (almost 70% solo), academia, and private/public settings (mostly CMHCs and public/private hospitals and forensics). Over 60% have been in practice for more than 20 years. Less than 10% were in practice 1-5 years, clearly an opportunity for us. Over 80% were in central MD/ Baltimore and very few anywhere else in MD. We continue to emphasize ways to reach trainees and early career psychiatrists.

Benefits of Membership:

83% were satisfied or very satisfied with MPS. On the top of what is valued is MPS News, CME activities (discounted for members), having a place to turn to with questions, influencing how psychiatry is practiced in MD, the MPS Listserv, and Legislative reports and representation with state government.

CMEs:

The survey revealed that CME remains highly valued, once again particularly in areas such as psychopharmacology updates, management of psychiatric disorders in pregnant patients, and borderline personality disorder. These topics will continue to inform our CME offerings, ensuring that members receive the most relevant and impactful training.

Legislative Preferences and Priorities:

Respondents prioritized Scope of Practice for Advanced Practice Providers (APPs), Access to Care, Reimbursement and Parity. The upcoming legislative session in January presents an opportunity to advocate for these priorities. If you would like to have a voice, get involved in this important activity, contact mps@mdpsych.org.

The Problems in Modern Psychiatry:

Respondents expressed a keen interest in legislative solutions for scope of practice, access to care, and limitations on prior authorizations. Additionally, there was a general sense of reassurance regarding the need for in-person visits to prescribe controlled substances via telehealth, with most members feeling less than very concerned. Interactions with law enforcement were also a topic of discussion.

Telehealth:

When asked "How concerned are you about possibly needing an in-person visit to prescribe controlled substances via telehealth," the question found most were less than very concerned. Telehealth continues to be a common way psychiatrists provide care. The MPS continues to advocate for its continuance in the legislature.

Interactions with Law Enforcement:

Many members felt that despite recent training, interactions have not significantly changed. Areas for improvement included: Appropriate attempts at de-escalation, Trauma informed interactions with patients, Timely response, and Communication with clinician. Some respondents noted experiences with Overly aggressive use of force, Lack of consideration to cultural values, Unprofessional communication, and officer

Continues on next page

Presidents Column Continued

Refusal to accept/execute the emergency petition. The MPS is actively seeking to partner with CIT trainers and Law Enforcement to find ways of improving interactions between law enforcement, clinicians, patients and families. We also seek to partner with other organizations in Maryland with similar goals to find solutions to this important issue.

Engagement and Retention:

To retain and attract members, respondents proposed several strategies, including: Keeping dues low, Offering more networking events, and Increasing outreach to trainees. This feedback is crucial as we strive to create a welcoming and inclusive environment for all members. MPS is emphasizing recruitment of diverse members and attracting trainees and ECPs. Very few early career psychiatrists were in the pool of respondents once again.

Communication:

Respondents found *The Maryland Psychiatrist* helpful for staying in touch with updates about the community and colleagues. networking, CME. and many described it as very informative and relevant. However, there is room to increase engagement and readership, with suggestions for additional articles and topics.

Respondents continue to prefer virtual CMEs but also want some in-person social events. Some Fall social events planned in person are [career night](#) and the committee chairs' annual meeting.

Promoting Diversity:

Suggestions for what additional efforts can we make to improve diversity within the MPS include focus on having diversity in MPS leadership, have an annual Diversity CME, and keeping fees low. The EC and Council has significantly increased in diversity of these leader groups with the hard work of the membership and the nominations committees. This will continue to be a focus. However, the idea from members to have more CMEs that talk about topics on diversity may further highlight our interest in diversity within our membership to reflect diversity in our community.

Looking Ahead:

In the coming months, MPS will focus on legislative and advocacy priorities including scope of practice, access to care, and reimbursement parity. Additionally, we are planning fall social events, including a career night and the committee chairs' annual meeting, to promote networking and collaboration. We encourage members to actively participate by joining interest groups and contributing to newsletters. If you have any thoughts or would like to get involved, please reach out to Meagan or Jora. Let's continue to strengthen our community and enhance the practice of psychiatry in Maryland!

*Theodora Balis, M.D.
President*

2025 MPS Dues Notices

The 2025 MPS dues invoices will be emailed the first week of October and will be sent via USPS later this month.

To pay your MPS dues:

- Send your check to the MPS office (1211 Cathedral Street, Baltimore, MD 21201), which reduces our credit card processing costs.
- Pay via Zelle: 410-625-0232 which also helps to reduce credit card processing costs. (See QR code on this page.)
- You can also pay dues via credit or debit card or PayPal at www.mdpsych.org (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!

Attention Sheppard Pratt Employees

If you are a Sheppard Pratt employee who is eligible to have your MPS and APA dues paid by your employer, please note the change in processing payment of your 2025 MPS and APA invoices. For 2025 employees must now submit dues payments to MPS directly and you will then be reimbursed by SHPS. Once you submit your payment for MPS dues please submit proof of payment receipt to [Lauren Hopper at SPHS via email](#) and she will process your request.

**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 jhriz@mdpsych.org.

MPS Leadership Opportunities!

The MPS Nominations & Elections Committee invites recommendations and self-nominations for a two-year term on the [MPS Council](#) (board of directors equivalent) from any member in good standing. Council meets seven times per year and terms begin with the June 2025 meeting. A contested election will be held in March.

The MPS Council, Executive Committee and Community Psychiatry & Diversity Coalition underscore the [organization-wide priority](#) of addressing social justice issues and structural racism. Members who are committed to these concerns are particularly encouraged to consider running for Council.

MPS leadership can be very rewarding, enabling members to be a resource for information, education, networking, and advocacy. MPS Council members set and execute strategic priorities for the organization and help pave the way for improving psychiatric practice in Maryland. In turn, the experience helps expand their network, their understanding of psychiatry and their professional growth.

Please submit your name and a brief statement of interest **by October 5** to mfloyd@mdpsych.org to be considered.

CPD Guest Speaker

Join the Community Psychiatry & Diversity Coalition on **November 21st** at 6:00PM to hear guest speaker Dr. Farha Abbassi present *The Color of Wellness*. Email jhritz@mdpsych.org for the Zoom link.

Dr. Abbassi is a psychiatrist and a leader in mental health for minorities and newcomers. She is the founding director of the Annual Muslim Mental Health Conference. In 2024, the sixteenth conference will be held at Stanford University. She is also the managing editor of the Journal of Muslim Mental Health and Director of the Muslim Mental Health Consortium at Michigan State University. Dr. Abbassi has received numerous awards for her community service and mental health promotion. Dr. Abbassi was an honoree of the National Alliance of Mentally Ill, the American Psychiatric Foundation Award for Promoting Minority Mental Health, and the Globie Award winner, Office of International Students Services. She has served on many boards and committees, including the Council on Minority Mental Health and Health Disparities American Psychiatric Association. Secretary Becerra recently named her as one of the top 15 women in the nation on the frontlines, celebrating women's faith leaders. She currently chairs the Mental Health Task Force for the Mayor of Lansing, Michigan.

Mental Illness Awareness Week

October 6 – 10 is when the National Alliance on Mental Illness promotes awareness of mental illness. This year's theme is "My Mental Health at Work," recognizing the importance of prioritizing mental health in the workplace. Visit the [website](#) for ways to engage online and facts and resources to share.

ADHD Awareness Month

The October 2024 ADHD Awareness Month theme is "Awareness is Key." Visit the [website](#) for information and resources.



World Mental Health Day-October 10th

This year's official theme for World Mental Health Day is "It is Time to Prioritize Mental Health in the Workplace." This theme underscores the critical importance of mental health in professional settings, aligning with the founding principles of WFMH established in 1948.

The campaign is dedicated to advocating for mental health within the workplace. The objective is to engage a global audience—including employees, employers, organizations, and stakeholders—in grassroots advocacy to promote mental well-being at work. This year, the focus is on highlighting the essential role of mental health in professional environments, advocating for workplaces where mental health is prioritized, protected, and promoted.

Visit the [World Mental Health Day Site](#) for more information on ways to spread the word and get involved.

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.

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.

2024 MPS Annual Survey Results

A total of 134 members (approximately 18% of the total MPS membership) gave input to the MPS via the annual survey that helps guide how committees, Council, and staff work over the next year.

CME

Members shared nearly 100 CME needs, with psychopharmacology-related topics by far the most frequently requested. There were also a number of requests for programs on mood disorders, ketamine treatment, substance use disorders, and legislative issues. 85% percent of respondents indicated they would attend a psychopharmacology update. The next most desired topic was management of psychiatric disorders in pregnant patients, followed by borderline personality disorders.

Legislation and Advocacy

The 2024 survey polled six priorities for legislation and advocacy. Three were ranked higher than the rest, with Access to Equitable, Quality Care scoring the highest for member priority. Scope of Practice and Reimbursement/Parity were also ranked highly, with Scope of Practice chosen more frequently as the top priority. These were followed by Licensure Requirements/Mandatory Training. Addressing Social Determinants of Health was ranked next and Outpatient Commitment/Involuntary Treatment was lowest. This year, respondents put a higher priority on Access to Equitable, Quality Care compared with the 2023 results. Additionally, members requested a wide range of issues to address legislatively, frequently mentioning prior authorization and lack of hospital beds.

Telehealth Check In

42% of respondents are not at all concerned about possibly need an in-person visit to prescribe controlled substances via telehealth, 39% are concerned, and 19% are very concerned.

Emergency Petitions

When executing emergency petitions, 81% of respondent's interactions with law enforcement have stayed the same, 10% have improved, and 9% have gotten worse. Additionally, 48% of respondents stated that when executing emergency petitions, patient and family interactions with law enforcement included appropriate attempts at de-escalation. 47% selected that there was a timely response, 43% selected that there was communication with a clinician, and 38% selected that there was a refusal to accept/execute an emergency petition.

Interest Group: Philosophy of Psychiatry

The majority of respondents were not interested in participating in a new MPS Interest Group focusing on the Philosophy of Psychiatry; however, 17% indicated Yes.

The Maryland Psychiatrist

Respondents shared that The Maryland Psychiatrist is most useful for staying up to date on the psychiatric community and hearing from MPS members. Recommended topics for articles included interesting experiences and cases, community resources within Maryland, and clinical information and research.

Improving Diversity

As part of the MPS initiatives [to address structural racism and inclusion](#), the survey asked members for their ideas about other ways the organization can improve diversity. Many respondents suggested more diversity in leadership, educational programs focused on diversity, and direct personal outreach. Engaging trainees, mentorship programs, and lowering member dues for members of minority groups were other ideas.

Increasing and Retaining Members

MPS received ideas from 70 members about how to increase and retain members. Responses ranged from decreasing dues to more active engagement like social events and networking opportunities. Ideas also included focusing on residents and younger members, highlighting the MPS Listserv as a unique benefit of membership, hosting more free CME programs, continuing advocacy, and increasing visibility.

Satisfaction and Value

Overall, 83% of respondents are satisfied with the MPS (37% very satisfied), while 15% are neutral, 2% are unsatisfied. The rates of satisfaction are almost the same as 2023. Respondents indicated the member benefits that are most important. Again this year, influencing how psychiatry is practiced in Maryland received the highest total, followed by the MPS News and legislative reports and representation with state government, 52% of votes and 43% of votes respectively. MPS CME activities and "having a place to turn to with questions" came next with similar totals, and the MPS Listserv and APA membership followed. Benefits that received a moderate response were networking events/meetings, The Maryland Psychiatrist, and MPS committees and interest groups. Consistent with results in recent years, Online Find a Psychiatrist and Patient referrals were least important to respondents.

How MPS Can Better Serve Members

Respondents gave feedback about what they want the MPS to do in the future. Many said keep up the good work. Other very frequent responses included:

- Advocacy and work with state government
- In-person networking events
- CME programming
- Increasing participation within committees

Respondent Characteristics

43% private practice (vs 42% last year), of which 69% are solo, 23% academic (vs 23%), 13% private/public (vs 12%) and 12% public sector (vs 14%). 5% were retired compared with 4% last year.

9% 1-5 years of practice 3% 6-10 years, 19% 11-20 years, 61% over 20 and 7% still in training. These demographics indicate less participation from younger members compared to 2023. 80% Central Maryland, 9% DC Suburbs, 3% Western Maryland, 3% Eastern Shore, and of the rest many are in Central MD.

[Please see the survey results for a complete list of responses.](#)

September Council Highlights

Consent Agenda

Dr. Vidal noted the Council Minutes for the June meeting and the Executive Director’s Report were included in the consent agenda. After a few moments of review, Dr. Vidal asked if there were any concerns or comments. Hearing none, the consent agenda was approved unanimously.

Support for Strategic Priorities

Dr. Vial provided an update on activities that support MPS Strategic Priorities. She reported that since June:

- Sent directory ad and in person career & practice event info to vendor list to solicit support
- Nominated 4 members for DFAPA
- Reviewed MOU with WPS and agreed on revisions; the MOU is in place for another year
- Contacted ECPs, and General and Life Members urging them to apply for FAPA
- Emailed new members to explain the Update Form, Annual Survey and Directory Listing
- Reached out to graduating RFMs for info on their new practice and published in *MPS News*

Conversation surrounding the possibility of MPS hosting a fundraiser was initiated by several attendees including thoughts around forming a committee to develop ideas, explore the feasibility of such an endeavor, etc. Dr. Vidal noted that a potential issue could be that the MPS has a 501c6 tax status – which means gifts and donations would not be tax deductible. Council agreed to revisit the idea in 2025.

Executive Committee Report

Dr. Balis presented the Executive Committee report. She reported that MPS and WPS leadership met in July to review the functioning of the MOU and agreed on revisions that are incorporated in the final signed copy. She noted that Drs. Brandon Newsome and Paul Nestadt will attend the September APA State Advocacy Conference. She reminded Council that the annual October MPS Committee Chairs Meeting will be held in person at the new office. Regarding MPS Advocacy efforts, Dr. Balis informed Council of the following:

- MPS signed onto evaluation and management (E&M) reimbursement parity issue letter.
- The Executive Committee met with leaders at MDH for discussion surrounding issues of concern.
- Signed onto a comment letter on the draft COMAR § 10.63 regulations.
- Outreach to members for cases to support new legislation to curb prior authorization abuses.

Dr. Balis reported that the current MPS Legislative Action Committee platform was attacked by hackers during the 2024 session and is no longer secure. This work needs to be completed and tested before mid-November. Several bids

were secured to the historical data to a new platform and upgrade the software to a new site. After careful review the MPS Executive Committee recommends proceeding with the bid for G1440, the company who currently maintains the MPS website and database. The cost to complete this work is \$15,000, an amount which is not currently included in the 2024 budget. Council acknowledged that while expensive, this upgrade is crucial to the work that is done by the Legislative Committee – and it is imperative that this work be completed in ample time before the start of the 2025 General Assembly. Dr. Vidal asked if there were any additional concerns or comments. The expenditure of the \$15,000.00 was approved unanimously.

Secretary-Treasurer’s Report

Dr. Hightower gave highlights of the second quarter 6/30/2024 financial statements, which were accepted by Council:

- Total assets are \$497K, \$116K more than at this time last year, thanks mainly to the sale of the MPS office. Current assets of \$496K are up \$122K and include \$343K in cash and equivalents (\$110K more than this time last year). The actual June 30 balance for the emergency reserve is \$174K and the investment reserve is \$143K; balances are reconciled at year end.
- Membership dues are \$118K, \$7K more than budget to date. Total advertising income is \$32K, \$1K under budget. Meeting income of \$20K is \$4K more than budget to date and meeting expenses are \$1K more so we are \$3K net ahead of budget for that category. Mailing list rentals are \$1K behind. Total income of \$183K is \$13K more than the overall budget to date.
- Compared to last year at this time, total income of \$183K is \$19K higher. Mailing list rental is down \$3K, but there are increases for dues (\$8K), meetings (\$2K), interest (\$4K) and overall advertising (\$6K).
- Expenses to date of \$189K are \$17K more than last year. MPS had higher costs in several categories, notably staff, and database/website maintenance (\$11K). The supplemental budget for networking events is new this year. Office costs are \$8K less than at 6/30/23.

Dr. Hightower then presented the proposed 2025 operating budget. The Executive Committee recommends dues rates remain unchanged, as APA is raising dues for 2025. Ad revenue is projected to decrease across the board, except for home page ads, to reflect fewer ad orders recently. Annual meeting support and other meeting income is budgeted to increase based on more interest in those ways of connecting with members. The MPS is planning virtual and in person CME programs again in 2025 (free for members) in response to member survey results and market forces. Total revenue budget is \$324K, down \$1K from 2024. This modest change reflects decreased staff support for the MPPAC, changes in advertising

(Continued on next page)

Council Highlight Continued

income, and eliminating career night. Total 2024 budgeted expenses are \$310K, down \$25K from 2024. The bottom line shows a projected 2025 profit of \$14k, compared with a \$10K deficit in 2024, which is a \$24K improvement. The Executive Committee is pleased to present a budget in the black for 2025, thanks mainly to a change in the MPS staffing structure, and reduced office costs due to leasing space from MedChi. Council voted unanimously for a motion to approve the budget as presented.

Membership Committee Report

Ms. Floyd reported that both the University of Maryland and Johns Hopkins are paying RFM dues directly on a group invoice again this year, which boosts membership among their trainees. She discussed the June 30 membership report and trends. For the year, membership is up by 41. The APA's new retired and semi-retired member categories, which MPS also adopted, are beginning to have an impact after the Rule of 95 ended. Dues are now reduced based on time in practice, not years of membership. The graph of full dues paying members had been declining for years, but now seems to be leveling off, as is the increasing graph of reduced dues paying members. This is a positive for future MPS finances.

New Business

Dr. Zimnitzky reported that he is part of an Area 3 workgroup to help encourage APA members and organizations to apply for APA awards. He would like Council and the MPS to help publicize these awards, as several have not had any applicants. The MPS will send the information to members via an article in the October MPS News and posted on the listserv.

Dr. Hanson asked Council to review the three action papers that will be presented at the upcoming APA Area 3 meeting. She also noted that the MPS will be working on potential revisions on the newly passed AOT bill for the 2025 session which prohibits a person ordered to AOT from possessing a firearm.

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.

CLIMATE CORNER

While individual action is important to combat climate change and other environmental threats, ultimately these are systemic problems that require systemic solutions. Therefore, voting for legislators who believe in these issues is vitally important. In preparation for November, confirm that you are [registered](#) to vote in Maryland and, if you like, [request](#) a ballot by mail. Encourage your patients to vote as politics do determine health policies; an organization called [VOT-ER](#) provides **non-partisan** links for patients to register and information about emergency ballots for hospitalized patients.

If you would like to safeguard our planet and our public health from environmental threats like pollution and climate change, pay attention to candidates' policies. To assist you, I compiled a [list \(https://bit.ly/3ZM9qF2\)](https://bit.ly/3ZM9qF2) of campaign websites of candidates for federal office and included any explicit promises about environmental issues. Local government is also important, find your [candidates](#) by county here and search for their campaign websites.

Finally, on the topic of politics, I wanted to comment about regulation. I recognize that people have different political philosophies regarding regulation. From an environmental standpoint, regulation is necessary right now based on how large polluting corporations act. For example, fossil fuel companies [knew](#) in the 1970s that oil and gas extraction would increase carbon emissions. Their scientists accurately predicted today's global temperatures and the increase in extreme weather events like hurricanes and wildfires that we are currently experiencing. Nevertheless, they continued to publicly doubt climate change until recently. Similarly, 3M [knew](#) of the dangers of PFAS back in the 1970s but reported to the government in 1998 that it had "no adverse effects." Plastics and petrochemical companies [knew](#) that recycling is not an effective solution but they continued to promote it. In 1988, the president of the Society of the Plastics Industry (now the Plastics Industry Association) stated: "If the public thinks that recycling is working, then they're not going to be as concerned about the environment." This practice of deception continues today, laying the groundwork for California's [lawsuit](#) against ExxonMobil last month. In June, Johns Hopkins scientists [discovered](#) that in Cancer Alley, Louisiana, levels of ethylene oxide were higher than previously thought and far exceeded safe levels for human health. As an example of success, the air we breathe now is cleaner compared to 50 years ago, [thanks](#) to the Clean Air Act of 1970 and the precursor to the EPA.

Elizabeth Ryznar MD MSc

MARYLAND PSYCHIATRIC SOCIETY

2024 Career Night



November 7, 2024



6:00PM until 8:00PM



MedChi
1211 Cathedral Street
Baltimore, MD 21201



Confirmed Exhibitors Include:

PERMANENTE MEDICINE
Mid-Atlantic Permanente Medical Group



Johnson & Johnson



Sheppard Pratt Solutions

Participate in round-table discussions, meet with employers, connect with Maryland psychiatrists, receive practice resources, and more!

Heavy appetizers, wine, and beer will be provided

REGISTER NOW

Contact: jhritz@mdpsych.org

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

Maria Gianelle, M.D.
Derek Barisas, M.D., Ph.D.

Transfers

Amit Suneja, M.D.
Suneeta Kumari, M.D., M.P.H.
Constance Zou, M.D.
Donika Hasanaj, M.D.

Reinstatement

Shobha Shirali, M.D.

Member Publications

Jared Hinkle, M.D., Ph.D. first-authored a paper in *JAMA Psychiatry* titled "[Adverse Events in Studies of Classic Psychedelics](#)." The research looks at the nature, frequency, and severity of adverse events (AEs) reported in studies of classic psychedelic administration in monitored clinical or research settings.

Allison Brandt, M.D. and **Russel Margolis, M.D.** published a paper in *Schizophrenia Research* titled "[The timing and severity of clozapine-associated neutropenia in the US: Is the risk overstated?](#)" They studied clozapine-associated neutropenia and determined whether the risk of using clozapine is overstated, specifically looking at its effects in patients with African ancestry.

Member Shoutouts

Lindsay Standeven, M.D. is co-investigator on a project studying premenstrual dysphoric disorder (PMDD) which The National Institute of Mental Health awarded a five-year, \$2.8 million grant to. Researchers are focusing on the role of the NAS and GABA systems in PMDD and SSRI treatment of the disorder.

Cynthia Lewis, M.D. was recently honored with the NAMI of Baltimore's 2024 Marcia G. Pines Lifetime Advocacy and Service Award which recognizes advocates who demonstrate a consistently high standard of long-term dedication to furthering their mission. She received this award for her work on Assisted Outpatient Treatment legislation which was approved earlier this year.

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.

Expand Your MPS Engagement

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](#).

Members Out & About

Elizabeth Ryznar, M.D., M.Sc. published an article in *The Psychiatric Times* titled "[The Plastics Crisis: A Neuropsychiatric Problem Hidden in Plain Sight](#)." The article looks at the impact of plastics on brain health and development and why psychiatrists need to pay attention to the growing plastics crisis.

Drew Pate, M.D. was recently interviewed by the Brattleboro Retreat's Unravelling podcast in the episode titled "Abiding in grief: finding our humanity in love and loss." He addresses the stigma and misunderstanding around grief and explains how it should be recognized as a natural part of the human experience. [You can listen here](#) or search for the Unravelling podcast on all major podcast platforms.

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.

**FREE for all
MPS members**

**\$25 for non-
members**

**2.5 CME
Credits
Available**

PSYCHOPHARMACOLOGY UPDATE: 2024

Thursday, November 14
7:00PM–9:30PM
via Zoom

Hosted by the Maryland Psychiatric Society

Presenters:

Christopher Welsh, M.D.
University of Maryland

Mary Elizabeth Yaden, M.D.
Johns Hopkins

David Neubauer, M.D.
Johns Hopkins

Program Objectives:

At the end of the meeting, attendees will be able to...

- Highlight both current and emerging pharmacologic strategies in the treatment of all common sleep disorders, ranging from insomnia to hypersomnia, and even sleep-disordered breathing.
- Describe the DSM-5 diagnosis of Gambling Disorder, screening tools, treatments and services available in Maryland.
- Understand ongoing clinical research in the psychedelic medicine, psilocybin, and considerations for future clinical use.

**CLICK
HERE to
register**

Thank You to Our Supporters:

*The Maryland Foundation
for Psychiatry*

Accreditation and Designation Statement

In support of improving patient care, this activity has been planned and implemented by American Psychiatric Association (APA) and The Maryland Psychiatric Society (MPS). APA is jointly accredited by the American Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The APA designates this live activity for a maximum of 2 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Maryland News

New Laws Taking Effect October 1

The Maryland General Assembly passed more than 500 pieces of legislation in the 2024 Legislative Session. Below, please find summaries of some of the major legislation of interest to MPS members that will take effect October 1, 2024:

•**SB475/HB583: Center for Firearm Violence Prevention and Intervention – Establishment:** This Administration bill establishes the Center for Firearm Violence Prevention and Intervention in the Maryland Department of Health (MDH). The purpose of the center is to reduce firearm violence, harm from firearm violence, and misuse of firearms in the State by partnering with federal, State, and local agencies and affected communities to implement a public health approach to firearm violence reduction. The center must (1) work in consultation with specified State agencies and stakeholders; (2) solicit and consider recommendations from specified communities and experts; and (3) submit to the Governor and General Assembly a preliminary State Plan for a Public Health Approach to Reducing Firearm Violence (by May 1, 2025), and a State Strategic Plan for Firearm Violence

•**HB149: Medical Records - Destruction - Notice and Retrieval:** This bill prohibits a health care provider from destroying a medical record, laboratory report, or x-ray report about a patient for 7 years after the report or record is made (rather than 5 years under current law or, for a minor patient, the later of 3 years after the patient reaches majority or 5 years as under current law). A specified notice must be sent by first-class mail (as specified under current law) and email to the last known email address of the patient (or a minor patient's parent/guardian with limited exception). The health care provider must make the record or report available for retrieval by the patient or the patient's parent/guardian within 60 days (rather than 30 days under current law) before the date of destruction at the location designated in the specified notice. The bill also corrects terminology.

•**SB974/HB933: Behavioral Health Crisis Response Services - 9-8-8 Trust Fund Fees:** This bill establishes a State 9-8-8 fee with a structure and application nearly identical to the structure and application for the State's 9-1-1 fee. The 9-8-8 fee is set at \$0.25 and applied on specified 9-8-8 accessible services in Maryland (including on phoneline subscribers beginning October 1, 2024, and prepaid wireless purchasers beginning July 1, 2027). Fee revenues accrue to the 9-8-8 Trust Fund (less small portions retained by "9-8-8 service carriers," prepaid wireless sellers, and the Comptroller) to support the eligible uses of the fund (including related administrative expenses of the Comptroller). The Maryland Department of Health (MDH) must include information on 9-8-8 fees in an existing annual report. The bill's provisions related to prepaid wireless services take effect July 1, 2027.

•**SB694/HB887: MDH – Health Commissions and Maryland Insurance Administration:** This bill requires the Maryland Department of Health (MDH) to contract with an independent consultant to study the Health Services Cost

Review Commission (HSCRC), the Maryland Health Care Commission (MHCC), the Maryland Community Health Resources Commission (MCHRC), and the Maryland Insurance Administration (MIA), as specified. The independent consultant must seek input from MDH, HSCRC, MHCC

Medical Records-Destruction-Notice and Retrieval

Effective October 1st, [HB149](#) changes the requirements for the destruction of medical records by health care practitioners. Instead of needing written authorization, practitioners must notify patients via first-class mail and email to their last known addresses. The notice must be sent within 60 days before the destruction date and include the destruction date and retrieval location. Additionally, the bill removes the requirement for newspaper publication, replacing it with the first-class mail and email notifications.

New ICD –10 Codes for Eating Disorders

The Maryland Department of Health has approved new ICD-10 diagnosis codes and removed 3 previously used codes pertaining to eating disorders. The Mental Health Diagnosis list has been updated to remove the following codes, effective September 30, 2024:

- F5001 Anorexia nervosa, restricting type
- F5002 Anorexia nervosa, binge eating/purging type
- F502 Bulimia nervosa

For a list of newly added codes relating to anorexia, bulimia, binge eating and PICA effective October 1, 2024 [CLICK HERE](#).

Carelon Behavioral Health have released a **Provider Frequently Asked Questions** document regarding the ASO transition. Please [click here](#) to view this FAQ

What Would You Do?

Michael Doll, Director of Risk Management, Medical Mutual, is the speaker for the September 18, 2024 presentation in Baltimore City Medical Society's ongoing discussions of timely practice concerns and how to effectively navigate patient complaints. [Read More](#)

Maryland News

Physician Price Transparency Data

In Maryland, the state uniquely determines the rates that hospitals are allowed to charge, a practice that has been in effect since 1977. This system has led to slower increases in hospital charges compared to the national average. Under this rate-setting program, the payment rate is established by the state for every inpatient procedure. This means that all payers, whether private or government entities, are billed the same amount for the same services in a particular hospital. Hospitals are prohibited from negotiating these rates with different payers. These rates vary between hospitals, leading to variations in total cost of care. [Read More](#)

Drug Induced Homicide Laws

Baltimore Harm Reduction Coalition, Behavioral Health System Baltimore, Health Management Associates, Justice Policy Institute and NCADD-Maryland invite you to participate in a two-part webinar to discuss "drug-induced homicide" proposals and their impact in states and communities where these kinds of laws exist. This part of an effort to raise awareness of these issues since a bill was introduced in Maryland last year to create this type of law ([HB1245/SB1075](#)) and is expected it to be reintroduced.

Part 1 will take place on Thursday, October 17th from 12 noon to 1:00 p.m. To register for the webinar, please [visit this link](#).

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. All surgeons and specialty types are encouraged to participate. 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](#)

Johns Hopkins Bayview 250 Years

Join the Baltimore City Medical Society on Tuesday, November 19, 2024 – 6:00PM at Johns Hopkins Bayview Medical Center for the BCMS and BCMS Foundation Annual Business Meetings featuring the Furlong Memorial Lecture: "Johns Hopkins Bayview Celebrates 250 Years!". Did you train or practice at Johns Hopkins Bayview? Please send an email including your years of training/practice at Bayview and your specialty: info@bcmsdocs.org. RSVP via email to info@bcmsdocs.org.

MedChi Museum and Archives YouTube

MedChi has created a [YouTube Channel](#) with 8 videos (more to come) which highlight exhibits in the MedChi Museum and Archives. Each video is about five minutes long. MedChi is home to more than 55,000 books; numerous portraits, some dating back to the late 1700s; antique medical equipment; and even a ghost. They recently opened the MedChi Museum of Maryland Medical History, visits by appointment only. More information may be [found here](#).

APA News & Information

Distinguished Service Award

The [Distinguished Service Award](#) honors an APA Distinguished Fellow, Fellow, general member, nonmember, or organization who has contributed exceptional meritorious service to the field of psychiatry. Nominations should include the full name and contact information for the nominee and a 150-word statement and CV describing the nominee's contributions to psychiatry. Please submit nominations to arodgers@psych.org by Oct. 31. [Learn more](#)

Call for Volunteers

The window to nominate someone or self-nominate for an APA Council or Committee is now open through November 8th. Appointments will be announced in April 2025. Anyone whose term is ending in 2025 and is eligible for another term MUST REPLY using the application form found at the site below. Reappointments will no longer be automatic. Learn more about the opportunities [HERE](#). Please forward any questions about this process to appointments@psych.org.

APA News & Information

APA Awards: Members Encouraged to Apply

APA Awards recognize psychiatrists and other mental health advocates for their contributions to the APA and the field of psychiatry, for career recognition, lifetime service, outstanding research, and other categories that improve the lives of people with mental illness. Below, are awards highlighted by our MPS Area 3 Representatives. For a comprehensive list of all the awards, visit [APA Awards](#).

[Assembly District Branch Best Practice Award](#)

Recognizes a District Branch for exemplary standard practices and/or innovative programs in areas such as member services, communications, financial management, government affairs, and meetings/education, with a special interest in practices and programs that hold potential for replication by other District Branches. *Nomination Deadline: March 1*

[Berson Senior Psychiatrist Award](#)

Acknowledges a senior member who has made a significant contribution to psychiatry. *Nomination Deadline: March 1*

[Irma Bland Award for Excellence in Teaching Residents](#)

Recognizes APA members who have made outstanding and sustaining contributions to resident education in psychiatry in a salaried or voluntary capacity. *Nomination Deadline: June 1*

[Isaac Ray Award for Forensic Psychiatry](#)

Recognizes a person who has made outstanding contributions to forensic psychiatry or to the psychiatric aspects of jurisprudence. *Nomination Deadline: June 1*

[Resident Recognition Award](#)

Recognizes one outstanding psychiatry residents or fellows from each department or institution who exemplifies one or more APA values. *Nomination Deadline: March 31*

[Roske Teaching Award](#)

Given to one salaried faculty member and one volunteer faculty member per each medical school, per year, for outstanding and sustained contributions to medical student education. *Nomination Deadline: June 1*

[Warren Williams Assembly Speaker's Award](#)

Recognizes recent or current outstanding activities or contributions in the field of psychiatry and mental health. *Nomination Deadline: At the Discretion of Area Councils*

[William Sorum Assembly Resident-Fellow Member Awards](#)

Honor a Resident-Fellow Member (RFM) and a District Branch in each Area who has made the most notable progress in RFM activities, involvement, participation, or representation in the APA. *Nomination Deadline: At the Discretion of Area Councils*

[William W. "Bill" Richards Rural Psychiatry Award](#)

Recognizes individuals who have made exemplary contributions to the treatment of patients and the practice of psychiatry in rural and/or remote geographic areas. *Nomination Deadline: At the Discretion of Area Councils*

APA Advocacy Update

- APA Applauds the Final Parity Rule: On September 9, 2024, the Departments of Labor, Treasury and Health and Human Services released final rules to strengthen parity between mental health and substance-use disorders and medical/surgical benefits. [Click here to read more.](#)
- APA Advocates for Two-Year Extension of DEA Teleprescribing of Controlled Substances Flexibilities: APA has called on the Biden administration to work with the Drug Enforcement Administration (DEA) to extend the COVID-19 telemedicine flexibilities for the prescription of controlled medications for two years through December 31, 2026. [Click here to read more.](#)
- APA Meeting With FDA and SAMHSA to Address Stimulant Shortage: The Chair of the Childrens, Adolescents, and their Families, represented APA in a meeting with the FDA Commissioner, Dr. Robert Califf and Assistant Secretary at SAMHSA, Dr. Miriam Delphin-Rittmon on Friday September 6th. [Click here to read more.](#)
- APA Backs Bill to Increase Behavioral Health Care Access: APA supported H.R. 9133/S. 4835, the *Primary and Behavioral Health Care Access Act*, which requires private health insurance plans to cover three primary and three behavioral health care visits per plan year without cost-sharing requirements. [Click here to read more.](#)

Hispanic Leadership in Psychiatry

As Hispanic Heritage Month gets underway, the APA Foundation's Melvin Sabshin, M.D., Library and Archives has launched "Líderes Audaces," an exhibit honoring the Hispanic community's contributions to American psychiatry. The gallery can be viewed in person or [online](#) until early 2025.

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.](#)

Medicare Updates

CMS Health Care Preparedness Resources

The Administration for Strategic Preparedness and Response's [Technical Resources, Assistance Center, and Information Exchange \(ASPR TRACIE\)](#) released new and updated health care preparedness resources, which could help you comply with some of the CMS emergency preparedness requirements:

- [Extreme Weather and Healthcare: Lessons Learned and Considerations for the Future](#) The Exchange, Issue 19: highlights lessons learned and strategies for planning and responding to extreme weather hazards (for example, burns and other injuries related to extreme heat, flooding, utility outages, and other infrastructure failures)
- [Workplace Violence Considerations](#) Speaker Series: features presentations from facility staff discussing their experiences with armed assailant planning and incidents
- [Volunteer Management](#) Topic Collection: includes resources to assist health care facilities with incorporating volunteers into their disaster management plans

More Information:

- [CMS Emergency Preparedness Rule](#) webpage
- [ASPR TRACIE Emergency Preparedness Requirements for Medicare and Medicaid Participating Providers and Suppliers \(CMS Rule\)](#) webpage

MIPS Feedback

PERFORMANCE YEAR 2023: The MIPS performance feedback is available, including your final score and 2025 MIPS payment adjustment information, based on the data submitted and calculated for the 2023 performance year. If you believe an error has been made, you can request a targeted review until October 11, 2024, at 8:00 p.m. ET. Sign in to review your performance feedback or request a targeted review. Review the [2023 MIPS Performance Feedback FAQs \(PDF, 3MB\)](#) and [2023 Targeted Review User Guide \(PDF, 1MB\)](#) for more information.

MIPS Exception Applications Available

The MIPS Extreme and Uncontrollable Circumstances Exception [application](#) and MIPS Promoting Interoperability Hardship Exception application for the 2024 performance year are available. They can be submitted through 8PM on December 31, 2024.

Change of PBM

Starting October 1, 2024, MPC is changing their PBM to CVS Caremark and all the pharmacy Point-of-Sale claims should be submitted to the following:

- BIN: 610084
- Group: RX24CH
- PCN: ADV
- Pharmacy Help Desk#: 1-800-364-6331
- Members Services #: 1-800-953-8854

2025 Medicare Physician Fee Schedule

The [Calendar Year \(CY\) 2025 Medicare Physician Fee Schedule \(PFS\) Notice of Proposed Rulemaking \(NPRM\)](#), which includes proposed QPP policies for the 2025 performance year, is available for viewing. The 60-day public comment period ended September 9, 2024. [Download the Fact Sheet and Policy Comparison Table \(PDF, 596KB\)](#)

Medicare Open Enrollment

October 15 is the start of Medicare Open Enrollment, which ends on December 7, 2024. During this time, people eligible for Medicare can compare options on [Medicare.gov](#) and the Medicare Plan Finder for 2025 health and drug coverage. 1-800-MEDICARE is available 24/7. [State Health Insurance Assistance Programs](#) can also help with comparisons. For 2025 Medicare Advantage and Part D plans, please click for [premiums and costs](#) and [state-by-state information](#), important dates, and enrollment resources. To keep current Medicare coverage, there is no need to re-enroll.

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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:

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Center of Excellence for Psilocybin Research | Towson, MD

Child Psychiatrist, Main Line Health

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For more information, please contact:

Emily Patrick, Director of Provider Recruitment, epatrick@sheppardpratt.org.

About Sheppard Pratt

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