

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

President's Column

Reflections on the Year: Advocacy, Resilience, and Progress for Maryland Psychiatrists

I am deeply grateful for the opportunity to serve as President of the MPS over the past year and am proud of the continued advocacy we've shown for the well-being of our patients, community, and psychiatrists in Maryland. This year has been exceptionally challenging and unprecedented, not only for our country but also for psychiatrists in Maryland and the patients we serve. The events that have unfolded are almost too numerous to count, and the situation continues to evolve daily. The contentious 2024 presidential election has highlighted the deep polarization in our society, and critical issues such as racism, diversity, equity, and inclusion, as well as science itself, have come under attack. Some of our members have expressed strong emotions about these changes, and it has been crucial for us to find ways to support our diverse membership during this difficult time.

Federal changes are significantly impacting psychiatry, but the MPS has remained committed to defending the values of medicine, fairness, and patient care. Many of our colleagues and patients have voiced concerns about job security, benefits, the growing anti-science movement, sudden deportations, censorship, and other uncertainties. We have stayed informed through our listserv, email from MPS staff, and our monthly newsletter, and we have been active advocates in both the Maryland legislature and other political leaders.

We've built strong connections with state health leaders, meeting several times with Dr. Herrera Scott, and we welcomed Dr. Rachel Talley in her role as the new Chief

Medical Officer for the Behavioral Health Administration (BHA). We have met with BHA officials and sent a letter to the Secretary of Health, Deputy Secretary, Governor, and Lt. Governor expressing concerns about recent funding cuts to psychiatric research and residency programs to protect the vital resources necessary to advance psychiatric care and train future psychiatrists. We've also been committed to advocating for a thorough investigation into the serious safety issues at Clifton T. Perkins. We continue to monitor the situation and have communicated our concerns to BHA, calling for transparency when the final report is released.

Another major focus during my Presidency this year has been to increase our community presence. In addition to our meetings with state health leaders, we have also partnered with the Baltimore City Medical Society to participate in educational and social events and have invited other mental health and medical professionals to our CME events, further establishing MPS as a leader in psychiatry across Maryland.

The goal of joining other organizations is to have a bigger voice in our support of various initiatives. Our joint advocacy includes the Affordable Housing Support Letter with Health Care for the Homeless, the removal of the Fail First requirement with NAMI Maryland, and efforts to stop the de-funding of SAMHSA. Additionally, we have [endorsed](#) the Mental Health Parity and Addiction Equity Act (MHPAEA) in Medicaid and CHIP with CMS, [supported](#) funding requests for gun violence prevention research, and [advocated](#) for more rigorous enforcement of MHPAEA within Maryland's Medicaid program.

Continues on next page

The MPS Council will meet by videoconference on April 8 at 7:30 PM. All members welcome!

President's Column Continued

We have also worked to create more opportunities for member engagement and participation. We conducted our Annual Survey to better understand the needs and priorities of our members. The survey revealed that MPS News, the Listserv, CME activities, and legislative advocacy are highly valued. In February, we held our first General Membership and Council Meeting, offering a unique opportunity for members to share their suggestions and concerns while learning how each committee plays a vital role in advancing MPS's goals. We also launched a new Environmental Mental Health Interest Group focused on climate change and its impact on mental health. The MPS has also fostered connections through the creation of a WhatsApp group for Early-Career Psychiatrists (ECPs). Furthermore, we continue to demonstrate our values by offering several prestigious awards, such as the [Ikwunga Wonodi Award](#), the [MPS ECP Fellowship Award](#), and the Best Paper and Best Poster Awards from the Academic Psychiatry Committee. We are also excited to host our first membership family picnic this summer.

Recruiting recent graduates has remained a top priority. We personally visited residency programs, hosted lunch meetings, and introduced ourselves and our work to trainees. Our events for residents and ECPs have been highly successful, including an RFM Trivia Night with approximately 45 attendees. We've also provided information on APA Fellowships, nominated two residents for the Area 3 RFM award, and organized a Career & Practice Fair.

We've highlighted the relevance and importance of MPS and its committees, and I am deeply grateful for the many accomplishments the committees achieved. The Membership Committee, led by Drs. Akinsanya and Means, has worked tirelessly to increase our membership, with a focus on reaching out to ECPs and trainees. Although we've experienced a higher number of drop-offs in the past three years, we continue to engage with existing and new members and seek input from our membership about additional priorities for our organization. The Community and Diversity Coalition, which is led by Dr. Hackman and me, has been actively organizing educational events, such as discussions on Climate Psychiatry with Dr. Elizabeth Ryznar and "The Color of Wellness" with Dr. Farha Abbasi. We reviewed applications and selected the first recipient of the Ikwunga Wonodi award who will be given the award at the Annual Dinner, and we are organizing a CME event on climate change and community mental health in June. We are also expanding our website resources to support individuals affected by recent federal changes. The Legislative Action Committee, led by Drs. Young and Major Lewis, has done an exceptional job reviewing bills, preparing position statements, and organizing MPS Advocacy Day. Staying abreast of legislative proposals and thoroughly analyzing them is a herculean task. The Academic Committee, under Drs. Peters and Speed, has reviewed submissions for the MPS paper and poster contests, while

the Ethics Committee, led by Drs. Brandt and Means, collaborated with the CME Committee to offer an excellent CME event on the Maryland Physician Health Program. Our CME Committee also organized a successful pharmacology conference with notable speakers like Drs. Neubauer, Welsh, and Yaden. The Distinguished Fellowship Committee, led by Dr. Swartz has made significant strides in nominating more distinguished fellows this year than in recent years. Many thanks to Bruce Hershfield, editor of *The Maryland Psychiatrist*, for producing an outstanding publication and for collaborating with the CME Committee to host an event with Dr. Glenn Triesman. Finally, Dr. DeLucia has successfully expanded the Subspecialty Committee, making it a vital platform for exploring subspecialty needs and goals.

The financial health of MPS remains strong. We've successfully hosted a variety of events and CME programs, and our move to the MedChi building has allowed for greater collaboration with other medical organizations. This move has also contributed to our ability to operate in the black this year, which has been key in providing bonuses to staff and furthering our mission.

I would like to express my deepest gratitude to Meagan Floyd, our Executive Director, Jora Hritz, our Membership Meetings and Publications Coordinator, and Heidi Bunes.. Their dedication to our organization, from managing wonderful newsletters to facilitating smooth meetings and events, to closely following and organizing responses to legislative opportunities has been invaluable. This year, I have more clearly seen the tremendous work they do. I am also incredibly grateful to the Executive Committee—Drs. Carol Vidal, Ronald Means, and Tyler Hightower—for their wisdom and commitment throughout the year. Finally, I'd like to extend a heartfelt thank you to the Council and Committee Chairs for their exceptional leadership, and to the hardworking and creative Committee Members.

As I conclude my year as President, I am honored to be part of a long tradition of individuals who have passionately advocated for high-quality care for our patients, upheld the core values of our medical society, sought out diverse perspectives, and championed scientific integrity, medical ethics, and the psychiatric profession. In the face of societal, political, and financial changes, it is more crucial than ever for us, as psychiatrists and physicians, to defend the core values that define our profession. We can educate others about evidence-based mental health care, speak out in public forums, and support each other by sharing resources. Additionally, we must insist that our leaders in the APA and AMA prioritize the needs of our patients and the values of our profession. To quote RBG, "When injustice becomes law, resistance becomes duty." Let's continue fighting for what we believe in.

Theodora Balis, M.D.
President

CONGRATULATIONS



MPS Council voted to award

Annette Hanson, M.D. 2025 MPS Lifetime of Service Award

This award is given annually to a senior MPS member who has shown a consistent, career-long pattern of unwavering dedication, commitment, and leadership to the organization.

Please join us at our Annual Meeting on April 24 to honor Dr. Hanson for this achievement.

[See page 8 for more information.](#)

Call for Volunteers!

ALL members are invited to step up with MPS and make a difference in how psychiatry is practiced in Maryland

The MPS offers multiple ways for members to be involved, including volunteering for [committees](#), joining an [interest group](#) and other ways that members request. MPS President Ronald Means, M.D., will appoint FY26 committees next month so please sign up NOW!

Engage with us to represent psychiatry. This is your chance to have a say! Your energy and ideas can help the MPS effectively focus on issues that are important to you! Participation from members is essential to accomplishing our goals. To review the options and sign up, [please click here](#).



New MPS Interest Group: Join Now!

The MPS is excited to launch its newest interest group, "Climate, Environment and Disaster Psychiatry." The focus of the interest group will be to:

- Discuss ways in which psychiatry and climate or environmental disasters are related
- Discuss the role of psychiatrists in educating trainees, patients and the public on the effects of climate change
- Prepare members to respond to disaster emergencies
- Give policy recommendations related to climate change

Interest groups are open to all MPS members. To be added please email mps@mdpsych.org. Be sure to check out all our current [MPS Committees](#) and [Interest Groups](#), we're always looking for more members to participate!

Presidential Award of Excellence

Many members contribute expertise in different ways to the MPS year after year, making it a vibrant and effective organization. Typically, the MPS Council singles out one person each year for recognition later in their career via the [Lifetime of Service Award](#). However, occasionally the efforts of one individual member are truly outstanding and so integral to MPS successes that the Executive Committee decides not to allow the year to pass without honoring the member's extraordinary work on the organization's behalf. The [Presidential Award of Excellence](#) recognizes a member who stepped up to one or more major challenges over the course of the year with exceptional enthusiasm and success. The Presidential Award of Excellence is decided by consensus of the Executive Committee with the specific recommendation by the current president. The MPS is delighted to announce that this year the MPS Executive Committee felt compelled to honor **Paul Nestadt, M.D.** with this prestigious award for his extraordinary efforts and work surrounding suicide prevention and firearms over the past year. We appreciate your time and dedication to these important issues!

Help us celebrate Dr. Nestadt at the [2025 MPS Annual Dinner](#), see you there!

Join the MPS MOORE Equity in Mental Health 5K Team!

We want you! [Registration is now open](#) for the fifth annual APA & APAF MOORE Equity in Mental Health 5K Run, Walk, & Roll. Join some of your fellow MPS members on Saturday, July 19, in Wheaton, Maryland to take part in this fun family event! [Please click here](#) to donate to the MPS team or to join our team and take part in the event either onsite or remotely. Everyone is welcome! Donations support the [APA & APAF MOORE Equity in Mental Health Community Grants Program](#), which provides funding to nonprofit organizations addressing mental health inequities for youth of color. If you're interested in joining the MPS team to participate in this fun event, please email mps@mdpsych.org.

March 11th MPS Council Highlights

Consent Agenda

Dr. Vidal noted the Council Minutes for the February meeting, the CME Committee report 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. Vidal provided an update on activities that support MPS Strategic Priorities. She reported that since February MPS has:

- Focused on retention efforts for members who still owe MPS and/or APA dues
- Emailed March *MPS News* to recruits asking that they join as members or donate to advocacy
- Sent an Action Alert on important legislation to all non-members with donation link
- Secured supporters to help fund the MPS annual meeting (total \$5000.00 so far)
- Moved MPS reserves to higher yielding accounts with financial investment company (\$70k)

Executive Committee Report

Dr. Balis presented the Executive Committee report. Regarding member support, she reported that the MPS staff is beginning to look for options for a family friendly member event to be held this coming Summer. Planning for the 2025 Annual Meeting and dinner is well underway with multiple vendors secured and ticket sales are going well. The MPS Ethics Committee held a successful CME event which generated revenue for the MPS and the CPD Committee is in the early planning stages of hosting a virtual talk on Climate Change in Medicine.

She next reviewed MPS efforts to unify the voice of psychiatry in Maryland, including: Maintaining a continued presence on weekly calls with the Behavioral Health Coalition, Children's Behavioral Health Coalitions, and the Parity Coalition, enhanced communication with NAMI and BCMS around meetings, legislative priorities, and events and continuing to observe MedChi legislative priorities, which are often in line with the MPS and inviting MedChi leadership to an upcoming EC meeting.

Dr. Balis next identified MPS work within promoting leadership opportunities & member recognition. The MPS Executive Committee identified the recipient of the 2025 Presidential Award of Excellence as Paul Nestadt, MD and announced the first recipient of the Wonodi Award, Dr. Brandon Newsome. Committee Chair appointments for 2025-26 are almost completed and the 2025 MPS election has begun, and the deadline to submit ballots is March 31st. The MPS recognized winners of the 2024 Best Paper and Poster Contests and continued to publish member spotlights, shoutouts (new) and publication announcements in MPS News. She concluded by reporting that the MPS

Distinguished Fellowship Committee will meet in March to begin the nomination process for 2025.

Secretary/Treasurer Report

Dr. Hightower presented the 2024 year-end financial statements and form 990 for Council review. She began by reminding Council that the financial statements were reviewed, not audited, by Norman Feldman, CPA, PA.

Statement of Financial Position

- Total assets are \$539K, \$15K lower than last year. The difference is because of \$10K less cash, \$13K less accounts receivable and \$5K less prepaid expenses, which are somewhat offset by \$11K more investment reserves.
- Liabilities total \$158K, 16k lower than 2023, which mainly reflects \$11K less prepaid dues and \$10K less prepaid fees.
- Net assets (or equity) of \$381K are the same as last year and include \$2600 that are temporarily restricted for legal advocacy and the Wonodi fund.

Statement of Activity compared to 2023

- Total Support and Revenue of \$346K is down \$114K from 2023, mainly because of the 2023 condo sale.
- Total expenses of \$345K are down \$2K.
- The change in net assets is a \$757 surplus, down from \$112K in 2023, when the office was sold. Interest and investment income contributed positively both years.

Statements of Cash Flows

- Operations during 2024 resulted in a \$5700 decrease in cash, mainly due to less prepaid membership dues and fees.

In-House Statement of Activities vs. Budget

- Total income of \$346K is \$21K over budget. Dues income was \$9500 over budget, despite 25 member drops in the spring.
- Total expenses are \$345K, \$500 under budget.
- The \$757 surplus is \$21K better than the \$20K deficit that was budgeted.

Form 990

- The 990 includes amounts from the financial statements, but with different categories, as well as governance questions, policies, leadership, lobbying expenses, a description of program and services (separate document), and other information.
- The 990-T (p.30 of the PDF) shows \$23K of "unrelated" taxable ad income and \$4,789 federal taxes.
- Per MPS policy, Council will reviewed form 990 and suggest changes needed before it is filed with IRS.

The MPS is very well positioned going forward. The staff transition continued in 2024 and early 2025. Member

(March 11 Council Minutes Continued)

retention as well as advertising and other vendor funding are priorities for continued financial success. After a brief discussion, the motion to approve the Secretary Treasurer’s report passed unanimously.

Legislative Committee Report

Drs. Young and Lewis present a brief update on the work done thus far by the MPS Legislative Committee. Dr. Young reported that several Committee members provided oral testimony in support of [SB509/HB592: Prohibited Possession of Firearms - Assisted Outpatient Treatment Respondents](#), the bill that MPS drafted. The bill passed the second reading in the House and has crossed to Senate with little to no debate. The Committee continues to meet weekly or as needed and so far has reviewed over 135 bills and taken a position on 39.

Membership Committee Report

Ms. Floyd presented the Membership Committee report. She asked Council to review the drop roster and encouraged attendees to contact any colleagues they know and ask them to pay their outstanding dues; both MPS and APA. Members who have not paid MPS/APA dues or enroll in a payment plan will be dropped from membership on March 31st. Drop letters were sent via USPS to those on the list, and invoices are being sent weekly. The Membership Committee is diligently working to contact members – the list is high, around 125 members – and processing that number of drops would have dire consequences to the MPS bottom line. A Google doc will be shared with Council, which will contain real time updates, and notes regarding the drop list. Next, Council reviewed two requests for dues relief – and voted to approve both. Staff will send Council’s recommendation to the APA.

MPS Paper Competition Winners

The MPS Academic Psychiatry Committee [“best paper” award](#) recognizes outstanding manuscripts authored by young psychiatrists that are published or in press in the immediately preceding year. The selection subcommittee reviewed several submissions of excellent papers. Congratulations to this year’s winners who will receive cash prizes be recognized at the [April 24 annual meeting](#):

Medical Student Members (MSMs)

Jacob Shaw, B.S. (UMMS) [Impact of motor dysfunction on neuropsychiatric symptom profile in patients with autopsy-confirmed Alzheimer’s disease](#)

Resident-Fellow Members (RFMs)

Jared Hinkle, M.D., Ph.D. (JH) [Adverse Events in Studies of Classic Psychedelics A Systematic Review and Meta-Analysis](#)

Early Career Psychiatrist (ECP)

James Aluri, M.D. (JH) [Discrepancies in prevalence estimates of suicidal ideation and attempts in 18- to 22-year old US college students: a comparison of three surveys](#)

MPS Poster Competition Winners

Congratulations to MPS Poster of the Year Winners!

This year the MPS Academic Psychiatry Committee’s [poster competition](#) for Resident-Fellow Members had several outstanding entries, which will be on display at the [April 24 annual meeting](#). The committee used a scoring system to identify the top posters. The following winners will receive cash prizes and will be honored at the event.

First Place: Michael Bray, M.D., M.Sc. (JH)

[Deep Brain Stimulation of the Substantia Nigra Pars Reticulata for Ultra-Treatment Resistant Schizophrenia](#)

Finalist: Maria Gianelle, M.D. (UMMS)

[Mindfulness Practices for Medical Students and the Impact of Accountability on Well-Being](#)

Refer a Colleague and Support the MFP

The Professional Risk Management Services, Inc. (PRMS) [“Refer a Colleague”](#) program resulted in a recent \$110 donation to the Maryland Foundation for Psychiatry! For each referral to its medical professional liability insurance program, PRMS donates to the referring physician’s district branch or foundation (regardless of whether insurance is purchased). This is an easy way to help boost financial support for research, education, and public awareness activities in Maryland.

PREVENTION · HARM REDUCTION · TREATMENT · RECOVERY · PUBLIC SAFETY

Substance Use Awareness
ADVOCACY DAY
Wednesday, April 2, 2025 | 9–11 am

Lawyer’s Mall in Annapolis

ADVOCATES: Raise Your Voice!

Join Maryland’s Office of Overdose Response to help raise awareness and advance meaningful policy action!

SCAN FOR MORE INFO

Maryland's Office of Overdose Response

StopOverdose.maryland.gov/Events

Maryland News

Maryland Announces Overdose Response Strategy

The Moore-Miller Administration recently announced their updated Overdose Response Strategy, which identifies five goals for reducing overdoses and expanding access to substance use care. The new strategy replaces Maryland's previous Inter-Agency Overdose Coordination Plan and will guide the efforts of state agencies working to address substance use and overdose. The five strategic goals include:

- **Interrupt Pathways to Substance Use Disorder:** Expand efforts that address the social determinants of substance use and overdose risk while disrupting intergenerational cycles of trauma and growing youth-focused prevention programming.
- **Improve Health and Safety for People Who Use Drugs:** Empower people with the tools and knowledge to stay safe while building relationships that make it easier to make connections to care.
- **Make Evidence-Based Treatment Accessible for People with Substance Use Disorders:** Expand equitable access to evidence-based treatment for individuals with substance use disorder to ensure that anyone seeking treatment can access it whenever they need it regardless of circumstance.
- **Build and Sustain Community Infrastructure That Promotes Recovery Capital:** Increase structures of support that enable individuals to thrive.
- **Improve Outcomes for People Who Use Drugs Who Encounter the Criminal Legal System:** Decrease criminal involvement for people who use drugs and expand services for individuals who are already involved in the criminal legal system.

The plan was compiled using input from the Maryland Overdose Response Advisory Council, which is open to the public, chaired by Lt. Governor Aruna Miller and includes representatives of 18 state offices and agencies. Input from local [Overdose Prevention Teams](#) and community feedback from [town halls](#) held in each of Maryland's 24 local jurisdictions was also considered.

PDMP Refresher CME Course

A CE has been developed to explain the most recent updates in the Prescription Drug Monitoring Program (PDMP), including valuable clinical tools and reports available in the CRISP Portal. This webinar is now available on the MedChi website. Dr. Gary Pushkin, has an insightful perspective in this area through his work with the Opioid Task Force at MedChi, which has now evolved into the Opioid Pain and Addiction Committee. [View link here.](#) The webinar is available for anyone to view and is eligible for 1.0 CME once reviewed in its entirety. For questions, please contact Colleen George at CGeorge@medchi.org.

Legislative Update

There are only a few working days left in the 2025 General Assembly – below is the current status of some of the legislation on which the MPS Legislative Committee took positions:

Supported Legislation:

[SB 509/HB 592: Prohibited Possession of Firearms – Assisted Outpatient Treatment Respondents:](#)

HB 592 crossed to the Senate with little discussion before the cross-over date of March 17th. Therefore, because SB 509 already had a hearing, Judicial Proceedings Committee (JPR) may choose not to have a hearing but instead place the bill on a voting list. The goal is to get the bill voted to the Senate floor before the end of the session.

[HB 1480: Child Advocacy Centers – Continuity of Care Standards for Health Care Professionals and Reports of Violations:](#) Bill crossed over to the Senate and will be heard on 4/1

[SB 900/HB 1146: Maryland Behavioral Health Crisis Response System:](#) Both bills have crossed over and the Senate bill was heard in the House on 3/26. No date has been proposed for the House bill to be heard in the Senate.

[SB 372/HB 869: Preserve Telehealth Access Act of 2025:](#) Both bills crossed over and have both been heard in the opposite body.

Opposed Legislation:

[SB 926/HB 1328: End-of-Life Option Act:](#) There was a vigorous two-and-a-half-hour debate in a joint House hearing with the Health and Government Operations and Judiciary Committees. The Senate hearing in the Judicial Proceedings Committee was canceled by the sponsor. Therefore, this bill is likely to fail.

Maryland Loan Repayment Program 2025 Application Cycle

We are pleased to announce opening of the [Maryland Loan Repayment Program \(MLRP\)](#) 2025 application cycle! MLRP applications will be accepted from eligible applicants from March 1 — April 15, 2025. Applications will be completed utilizing tools available on the Application [section of the program website](#). You can find program eligibility criteria, application instructions, and all application documentation on the site. If you plan to apply, we strongly encourage you to read the application instructions and connect with your application contributors (employer and professional references) well in advance of application deadlines.

Maryland News

MDH Expands Access to School-Based Mental Health Services

The Maryland Department of Health has made it easier for families on Medicaid to access mental health services in schools for their children. The expansion allows Local Education Agencies to offer certain behavioral health services to all students enrolled in Medicaid. Previously, Medicaid payment for these services was limited to Medicaid-enrolled students who have an approved Individualized Education Program (IEP) or Individualized Family Service Plan (IFSP).

The updated policy now allows all Maryland public K-12 schools to bill Medicaid for children enrolled in the program that receive diagnostic evaluations, individual therapy, family therapy, and group therapy. These services are provided by licensed school psychologists and school social workers. Licensed school psychologists are a new Medicaid provider type under this expansion.

Currently, Local Education Agencies are reimbursed for mental health services only when provided to students enrolled in Medicaid with an approved IEP or IFSP. Under the new plan, all students enrolled in Medicaid will have access to these vital services.

For more about Medicaid school-based services, please visit the [CMS Medicaid & School Based Services website](#).

Maryland PDMP Academic Detailing Program

The Academic Detailing Program (provided through Maryland's Prescription Drug Monitoring Program (PDMP) and the University of Maryland School of Pharmacy's Behavioral Health Resources and Technical Assistance (BHRT) Program) provides free 1:1 educational outreach for medical providers to help increase prescribers' and pharmacists' use of evidence-based recommendations for opioid prescribing, opioid safety, and implementation of best practices. Trained outreach educators share best practices, resources, and tools to help streamline workflow and improve patient outcomes. Training is provided either virtually or in person. Visit <https://health.maryland.gov/pdmp/pages/home.aspx> for more information.



NAMI Maryland's New Podcast

NAMI Maryland is sponsoring a new endeavor: a podcast series produced by national award-winning journalist Mary Rose Madden. *You, Me and My Mental Illness*, is a podcast project that explores what it's like to live with a serious mental illness - and how it reshapes relationships. The first episode aired on March 27th and featured an intimate discussion with Mary Rose and podcast guests Joy Binion and her daughter. [Click here](#) for more information.

Prescriber Buprenorphine Access Survey

As part of an ongoing effort to understand the landscape of buprenorphine access, Maryland Addiction Consultation Service (MACS) is surveying prescribers across Maryland. Prescribers in Maryland are asked to kindly take a few moments to complete the voluntary survey, which can be accessed online using this link: https://umaryland.az1.qualtrics.com/jfe/form/SV_envunthp59exTh4

MDH Announces Funding to Address Gun Violence

Last month, the Maryland Department of Health (MDH) [announced two requests for applications](#) (RFA) to address the impact of gun violence by engaging with impacted communities and increasing gun safety and storage education across the state. The RFAs are the first grant opportunities offered through the recently developed Center for Firearm Violence Prevention and Intervention. The Center for Firearm Violence Prevention and Intervention was established in 2024 as part of the [Moore-Miller Administration's commitment to creating a safer Maryland for all](#). The Center aims to reduce firearm violence, mitigate the harm caused by firearm incidents and address firearm misuse in the state. To achieve the goals, the Center collaborates with federal, state, and local agencies and affected communities to implement a public health approach to reduce firearm violence.

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 or text the MPS office at 410-625-0232.

THE MARYLAND PSYCHIATRIC SOCIETY
2025 Annual Meeting

SHERATON BALTIMORE NORTH HOTEL

APRIL 24, 2025

6:00PM until 9:00PM

Help us turn over the gavel to **Ronald Means, M.D.**, incoming MPS President and welcome **Tyler Hightower, M.D., MPH** as the MPS President-Elect and **Michael Young, M.D.** as Treasurer.

Special Recognitions:

Lifetime of Service Award

Annette Hanson, M.D.

Presidential Award of Excellence

Paul Nestadt, M.D.

Ikwunga Wonodi Award

Brandon Newsome, M.D.

MPS Best Paper Award

ECP Winner: James Aluri, M.D.
 RFM Winner: Jared Hinkle, M.D., Ph.D.
 Medical Student Winner: Jacob Shaw, B.S.

MPS Best Poster Award

First Place: Michael Bray, M.D., M.Sc.
 Finalist: Maria Gianelle, M.D.

PURCHASE TICKETS HERE

General Members: \$80 | Early Career Psychiatrists (ECP): \$45 | Resident-Fellows: \$35

Thank You to Our Sponsors

• **Professional Risk Management Services** •

• Dr. Jimmy Potash •

• Catholic Charities •

• Harris Jones & Malone •

• **MindWork Group** •

Ikwunga Wonodi Social Justice and Health Equity in Psychiatry Award

Annually, the Ikwunga Wonodi Social Justice and Health Equity in Psychiatry Award honors 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. The honor is designed to reflect Dr. Wonodi's values and contributions to psychiatry and the community.

This year, the Community Psychiatry & Diversity Coalition has selected Dr. Brandon C. Newsome as the first recipient of the award.

Dr. Brandon C. Newsome is a Child, Adolescent, and Adult Psychiatrist with a specialty in trauma related disorders, neurodevelopmental concerns such as autism, and medical conditions and their interplay with behavioral health. He currently serves as a School Psychiatrist for the Sheppard Pratt Prince George's and Montgomery County schools. In addition, he serves as the Medical Director in the Newport Academy Rockville Outpatient Program. As a continued community leader, he works with numerous organizations to promote behavioral health education and access. He also serves on the town of Bladensburg's Ethic's Commission. He continues his work locally as one of the Early Career Psychiatry representatives, and an Assembly Delegate for his regional child psychiatry association. He serves on the legislative committee for the Maryland Psychiatric Association. Currently he serves as a member of the Community Psychiatry Scientific Program Committee (previously Mental Health Services Conference), an APA Health Equity Ambassador, on the AACAP Adolescent Psychiatry Committee, and on the AACAP Diversity and Culture Committee (co-chair as of Oct 2024). He was a prior APA/ SAMHSA Minority Fellow and previously served on the APA Council on Children, Adolescents, and their Families, the APA Presidential Taskforce on Structural Racism Resource Workgroup, and the APA Presidential Taskforce on Social Determinants of Mental Health Workgroup on Research and Education.

Help us celebrate Dr. Newsome at the [2025 MPS Annual Dinner](#), see you there!

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.

Medicare Updates

MIPS Data Deadline April 14

The [deadline for 2024 Merit-based Incentive Payment System](#) (MIPS) data submission is extended to **April 14**. Be sure to sign in at the [Quality Payment Program site](#) to submit and review your 2024 data by the deadline.

In response to the ongoing national IV fluid shortage, CMS will reopen the 2024 MIPS Extreme and Uncontrollable Circumstances (EUC) Exception Application to provide relief to practices impacted by the IV fluid shortage. The application will reopen Monday, March 31, 2025, at 10 a.m. ET, and will close April 14, 2025, at 8 p.m. ET.

Check whether you're currently required to participate in MIPS by entering your 10-digit National Provider Identifier (NPI) into the [QPP Participation Status Tool](#). The participation threshold in 2025 remains:

- Bill more than \$90,000 a year for professional services under Medicare; AND
- Furnish services to more than 200 Medicare Part B beneficiaries; AND
- Provide more than 200 services under Medicare.

Opioid Use Disorder

Medicare pays for opioid use disorder (OUD) screenings performed by physicians and non-physician practitioners including:

- Evaluation and management visits for medication management
- Office-based substance use disorder (SUD) treatment services
- Opioid Treatment Program: Provide medications for opioid use disorder

Visit [Opioid Use Disorder Screenings & Treatment](#) for more information, including coverage and coding

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.

Member Publications

Douglas W. Heinrichs, M.D. recently published his book "[How Psychiatrists Make Decisions: The Science of Clinical Reasoning.](#)" In this book, Heinrichs makes explicit the underlying methodology of the clinical reasoning of experienced psychiatrists and challenges the devaluing of clinical judgment about individual patients by examining contemporary developments in the philosophy of science.

Christopher Morrow, M.D. published a new paper in *Psychiatry and Clinical Neurosciences* titled "[Neuropsychiatric symptoms cluster and fluctuate over time in behavioral variant frontotemporal dementia](#)" about how neuropsychiatric symptoms cluster and fluctuate over time in BvFTD.

Jimmy Potash, M.D., MPH published a paper, "[The Future of the Psychiatrist](#)", discussing a 2023 APA that focused on how the organization should position itself in relation to coming developments over the next 10 years. Dr. Potash's analysis discusses how the psychiatrist's role needs to evolve to adapt to the changes ahead. You can also [view his Grand Rounds](#) on the topic.

Member Shoutouts

Sandeep Nayak, M.D. has worked on a team to create a [Coursera course on Psychedelic Science and Medicine](#). The course, which takes 8-10 hours to complete, covers the history of the field, the clinical trials conducted and their major findings, the neuroscience and mechanisms through which the drugs work, and the ethics, social impacts, and future of psychedelics.

Harsh K. Trivedi, MD, MBA, president and chief executive officer of Sheppard Pratt, was named a great leader in healthcare by [Becker's Healthcare](#). The executives listed harness cutting-edge digital technology, pioneer new care delivery models, and implement innovative solutions that enhance experiences for patients and providers alike. Congratulations!

MPS Membership

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

Reinstatement

Joanne K. Lataillade, M.D.
Adebowale A. Popoola, M.D.

Transfer Into Maryland

Tae Un Kim, D.O.

Out & About

Chris Welsh, M.D. was a guest on Fox 45 News discussing the public health crisis surrounding gambling addiction. He highlighted red flags he looks for in determining if someone has a problem. [See the full interview here.](#)

Chad Lennon, M.D. was featured in [Baltimore Magazine's Mental Health issue](#) in the article "The Kids are Not Alright" (pages 20-23). It highlights the struggle of youth with anxiety and various resources with helping adolescents who are dealing with anxiety.

Michael Young, M.D. was featured live on [WJZ | CBS News Baltimore's Wellness Wednesday](#) discussing seasonal mood swings and daily changes in our moods. He shares why individuals may feel better earlier on in the day as opposed to the later hours of the day.

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! Email jhrizt@mdpsych.org to join

Engage with Digital Options

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

[Curbside Conversations](#) is a listing of MPS members with expertise in specific areas who facilitate informal chats with fellow 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 meps@mdpsych.org.

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 or text 410-625-0232.

APA News & Information

Join Statement on Federal Concerns About Psychotropic Medication Safety

The safety and efficacy of traditional antidepressants, antipsychotics, and mood stabilizers (such as lithium and some anticonvulsants) and stimulant medications have been established through decades of rigorous research, randomized clinical trials, peer-reviewed studies, meta-analyses, national registry studies of thousands of people, post-marketing pharmacovigilance monitoring, and FDA oversight.

The February 14, 2025, Executive Order 14212, establishing the Make America Healthy Again Commission casts doubt on this research by tasking the Commission with "assessing the prevalence of and threat posed by the prescription of selective serotonin reuptake inhibitors (SSRIs), antipsychotics, mood stabilizers, stimulants, and weight-loss drugs".

These drugs provide relief for many young people enabling them to participate fully in treatment, school, social activities, and family life - all key aspects of healthy development. Efforts to discourage, stigmatize or curtail the use of evidence-based treatments for mental illness will have serious deleterious consequences, particularly for individuals with serious mental illness, their loved ones, and the communities in which they live.

Inaccurate information about the safety and efficacy of FDA-approved psychotropic medications has been amplified by misleading statements that antidepressants are addictive and pose hazards comparable to Schedule I narcotics. Like any medical treatment, psychotropic medications require monitoring. When used appropriately, these medications can stabilize serious mental illness, reduce suffering, shorten periods of disability, and save lives. Physicians work closely with patients and families to assess the risks and benefits of psychopharmacology and monitor for potential side effects, ensuring each patient receives individualized care.

Statistics on youth suicide further underscore the dangers associated with false information about safe treatments. Following the FDA's 2004 boxed warning highlighting the risk for suicidal behavior in younger depressed patients taking serotonin reuptake inhibitors, suicide rates increased, by as much as 60 percent in untreated youth with major depression.¹ Further, post-mortem toxicology studies suggest that many suicide victims with known mental health conditions do not have detectable levels of psychotropic medications in their system, further pointing to the hazard of undertreatment as a modifiable risk factor.²

Psychiatric medications are safe, effective, and can be lifesaving if they are taken properly-- as directed --under the care of an appropriately licensed healthcare professional. These medications can significantly improve the quality of life for children struggling with mental health conditions, including those at imminent risk of suicide, by helping to

alleviate symptoms of depression, mania, anxiety, obsessive-compulsive disorder, Tourette's disorder, ADHD, and psychotic illness.

We urge the Federal government and our colleagues within the scientific and practitioner communities not to disregard the critical role played by the appropriate use of evidence-based psychotropic medications in the treatment of individuals with psychiatric conditions that carry inherent high risks for suicide or other dangerous or life-threatening behaviors.

- American Society for Clinical Psychopharmacology (ASCP)
- American College of Neuropsychopharmacology (ACNP)
- American Academy of Child & Adolescent Psychiatry (AACAP)
- American Psychiatric Association (APA)
- National Network of Depression Centers (NNDC)
- Society of Biological Psychiatry (SOBP)

Statement on Gender Dysphoria and Military Readiness

APA issued the following statement on February 28th: "Whether an individual with gender dysphoria is able to meet the "high standards for service member readiness, lethality, cohesion, honesty, humility, uniformity, and integrity," quoted in Executive Order 14183 and a subsequent memorandum issued by office of the Undersecretary of Defense on Feb. 26, is a medical, not a political decision and, like other fitness determinations, should be made on a case-by-case basis. The data does not support the general conclusion that a diagnosis of gender dysphoria precludes an individual from meeting these standards or the rigorous mental and physical demands of military service."

APA Reaffirms Commitment to Mental Health Equity for All

In a statement, APA has said that it will continue to promote mental health care for individuals regardless of race, ethnicity, age, gender identity, sexual orientation, national or regional origin, religious orientation, and/or disability status. In keeping with its mission, APA will continue to strive for equitable mental health care and to provide the best possible treatment to all patients. [READ FULL STATEMENT](#)

APA News & Information

Statement on Reported Cuts to SAMHSA

The reported personnel cuts to the Substance Abuse and Mental Health Services Administration (SAMHSA) will inevitably lead to cutting programs and services that so many people with mental health and substance use disorders depend on. We are currently in a mental health and substance use crisis. SAMHSA's critical mission to "lead public health and service delivery efforts that promote mental health, prevent substance misuse and provide treatment and supports while ensuring access and better outcomes for all Americans" is more important now than ever.

SAMHSA's programs have contributed to the advances our nation has made in fighting the mental health and addiction crises. Its impact across the nation is widespread and crucial. Among other vital services, it provides education to the public on mental health, supports thousands of clinics with training in best practices, produces annual surveys with essential data points, and helps develop the future mental health workforce. In addition, it runs the national 988 Suicide & Crisis Lifeline, which took more than 14.5 million calls, texts, and chats in its first two years.

While the exact SAMHSA programs impacted are yet to be determined, many of these programs are lifesaving for our patients. Mental health has always been a bipartisan issue and must remain that way. Before taking any executive actions that will affect our nation's mental health, the American Psychiatric Association calls on the Administration and Congressional leadership to work with us and our partner organizations to thoughtfully pursue the best path forward to ensure people with mental health and substance use disorder do not lose services they desperately need.

Protect Critical SAMHSA Funding

The Substance Abuse and Mental Health Services Administration (SAMHSA) is potentially facing budget cuts as part of the Administration's broader initiative to reduce government spending. The reported cuts will inevitably lead to cutting programs and services that many of your patients depend on. Please take a moment to write your Representative and Senators via APA's most recent [action alert](#) urging them to protect SAMHSA and continue the successful bipartisan collaboration to address mental health care in our country. We would greatly appreciate you also disseminating the alert to your colleagues. If you have any questions or concerns, please reach out to advocacy@psych.org.

Apply for the APA Scholars Program

The APA Scholars Program provides an opportunity for medical students and resident-fellow members attending the Annual Meeting to complete reports on select educational sessions, which help the Scientific Program Committee improve educational programming each year. Space is limited, and sessions are assigned on a first-come, first-served basis, so apply today! [LEARN MORE AND APPLY](#)

FREE APA Course of the Month

The invisible ones: Autistic adults without intellectual disability in our daily psychiatrist practices: how not to miss them and why? Many autistic adults, especially women and people of color, remain undiagnosed, leading to overlooked mental health needs. This course explores key traits, diagnostic challenges, and strategies for identifying autism in psychiatric practice. Learn how to improve care, particularly in peripartum and substance use contexts, and enhance support for this often-misunderstood population. [Click here to access the Course of the Month and sign up for updates about this free member benefit.](#)

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. Available Full/Part time with a 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. Contact: Dr. Mike Boyle at 410-206-6070, psycmike@gmail.com for more details.

EMPLOYMENT OPPORTUNITIES

PSYCHIATRIC MEDICAL DIRECTOR: St. Mary's County Health Department

Salary \$171,344.00 - \$350,000/year **Location:** Leonardtown, MD

FULL AND PART TIME AVAILABLE

This full-time Medical Director position will be responsible for the psychiatric health and wellness of clients seeking care at the Health Hub and School Based Health Centers (SBHC). For more information contact lawrencebaird@bairdco.com or (443) 326-9941 or [apply here](#)

The Maryland Psychiatric Society

Ikwunga Wonodi Social Justice and Health Equity in Psychiatry Award

Recognizing Residents, Fellows, and Early-Career Psychiatrists who demonstrate distinction in working toward equity in psychiatry through teaching, research, clinical work, and/or public health advocacy.

Each year, recipients will receive \$500 to support their education, research, mentorship, and cultural activities in psychiatric care for people with severe mental illness from historically underserved communities.

Contribute to the Dr. Ikwunga Wonodi Award

Donations are not tax deductible as a charitable contribution.

Donate Here:



[Click here](#) for award details.

Email JHritz@mdpsych.org for more information

Are You Still Depressed?



National Institute of Mental Health

JOIN A STUDY

Protocol #001602
Carlos A. Zarate, M.D.,
Principal Investigator

NIH Research Study Opportunity! If you have been treated for depression and still feel depressed, you may be eligible for this 12- to 14-weeks inpatient research study testing the effectiveness of an investigational new drug, HNK, which comes from ketamine.

If you are currently depressed even after trying antidepressants, are ages 18 to 70 years old, and otherwise healthy you may be eligible to participate. The inpatient study includes psychological and cognitive tests, IV medication, and brain scans. Some participants may have the option to complete parts of the study as an outpatient.

No cost to participate, health insurance is not needed. The study takes place at the NIH Clinical Center in Bethesda, MD. We help make travel arrangements and pay for travel costs (arrangements vary by distance and circumstance).

1-877-646-3644

(1-877-MIND-NIH) TTY: 711
moodresearch@mail.nih.gov



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:

Service Chief

Adult Autism and Intellectual Disability Unit | Towson, MD

Child and Adolescent Psychiatrist

Various care settings available | Towson, MD or Elkridge, MD

Service Chief

The Center for Eating Disorders | Towson, MD

Scan QR code to
see all openings



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

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

For more information, scan the QR code or contact Kathleen Hilzendeger, Director of Professional Services, khilzendeger@sheppardpratt.org or **443-465-6142**.

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*.

WE PROTECT CHILD & ADOLESCENT PSYCHIATRISTS

PRMS[®] understands that child and adolescent psychiatry possesses its own unique set of challenges, which is why we tailor our professional liability policy to meet your needs and provide psychiatry-specific risk management expertise and resources.

MORE THAN AN INSURANCE POLICY

PRMS.com/Child
(800) 245-3333
TheProgram@prms.com



Insurance coverage provided by Fair American Insurance and Reinsurance Company (FAIRCO), New York, NY (NAIC 35157). FAIRCO is an authorized carrier in California, ID number 3715-7. www.fairco.com. PRMS, The Psychiatrists' Program and the PRMS Owl are registered Trademarks of Transatlantic Holdings, Inc., a parent company of FAIRCO.