

Eastern Missouri Psychiatry

Newsletter of the Eastern Missouri Psychiatric Society (EMPS)

*** A District Branch of the American Psychiatric Association ***



The President's Column

A Lot Done, But Still More To Do

By Jack Croughan, MD, EMPS President

During the past year, the Eastern Missouri Psychiatric Society initiated several changes that affect the membership. In April, the Executive Council approved a conversion to the American Psychiatric Association (APA) Centralized Billing Service. Since July 1, 2007, the APA has billed EMPS members with one invoice for both district branch and national dues. A major advantage for members is that dues can be paid in full or by monthly installment by check or credit card via telephone, mail or online. The advantage to EMPS is that the service is free; we receive 100% of local dues collected.

At our August 28 General Meeting, the members present approved a motion to increase district branch dues by \$5 each year for four years for Members-in-Training and Early Career Psychiatrists and by \$50 each year for four years for all other membership classes. The increases became effective January 1, 2008, and also apply to 2009, 2010 and 2011.

In October, members approved by mail-in ballot a motion to amend certain provisions of the EMPS Constitution and Bylaws in order to comply with the APA Model Bylaws.

In December, EMPS premiered its professionally redesigned Web site. The address is the same - <http://www.emopsych.org>, but the look is decidedly more vibrant. While we are still updating the pages, we hope the site will become your go-to place for timely information about EMPS. Let me know how you like it so far and what features will make it even more valuable to you. By the way, in an effort to constantly improve our communications with you, we'd like your email address. Be assured that EMPS will never share it with any other organization.

Here's what 2008 looks like. This is an election year for both the nation and EMPS. In January, all voting members received letters seeking nominations for President-Elect (2 positions),

continued on page 2



New EMPS Website

By Rebecca Defilippo, EMPS Executive Director

Visitors to the EMPS Web site at <http://www.emopsych.org> will notice a different look. The St. Louis-based IT consulting firm OutSource IT and their team of professional graphic designers Rohit Wariyar and Ryan Mortland created a site that is easy to navigate and colorful to view. Two exciting new features include online registration for CME programs and the News Room, where late-breaking

events and topics will be covered as they occur. Familiar features include links to the redesigned American Psychiatric Association (APA) Web site and the APA Job Bank.

We're still updating pages with new information and working through some of the kinks, but we hope [emopsych.org](http://www.emopsych.org) will quickly become your go-to source for timely information about EMPS. It will be the place to learn more about the topics that matter most to you, such as pending state and federal legislation, upcoming CME programs, membership roster, grant and scholarship opportunities, research studies, community resources, and links to partner sites. Let us know what you think of the site, and your suggestions for making it better.

Features:

New Residency Directors.....	3
Psych/Neuro Depts. Merge at SLU.....	4
“Independence Center” Psychosocial Rehab.....	5
Psychologists Prescribing.....	6
Legislative Report.....	7
Bilingual Service Agency.....	7
“211” New Social Service Hotline.....	9

President's Column

continued from page 1

Secretary Treasurer, and Representative and Deputy Representative to the APA Assembly. Because EMPS currently has no President-Elect, it is necessary to nominate two members to this office. The first President-Elect will assume the office of President in May 2008, and the second President-Elect will become President in May 2010.

The Nominations Committee, chaired by Immediate Past President Jay Meyer, M.D., presented a slate of candidates at the February 12 Executive Council meeting. Ballots will be mailed to all voting members by March 1, with a return date of April 1. Candidates for each office who receive the greatest number of votes will be declared elected at the EMPS Annual Meeting on April 15 at the Independence Center, and those elected will assume office on the last day of the APA Annual Meeting in early May.

Under the excellent direction of Education Committee Chair Arturo C. Taca, M.D., EMPS offered members three free CME dinner programs in 2007. This year, the goal is to offer six to eight CME activities. Upcoming programs include the Missouri Psychiatric Society Advocacy Day, a day-long advocacy and media relations training program in Jefferson City, March 12; "Non-Dependence Producing Drugs in the Treatment of Addictions," March 18; our Annual General Meeting, April 15; and a luncheon program on "Addictions: Treatment and Prevention," April 19 (see backpage for more details, or better yet, visit us online at <http://www.emopsych.org>). To help guide the Education Committee in its selection of topics, why not volunteer to serve on the committee or contact Dr. Taca at artaca@hotmail.com or me at jcroughan@sbcglobal.net. You and your professional interests are the focus of our CME activities.

Four members will be honored May 5 at the Convocation of Distinguished Fellows during the APA's Annual Meeting in Washington, DC. David A. Duesenberg, M.D., Azfar Malik, M.D., and Shazia Malik, M.D., will be presented with a Distinguished Fellowship medallion, and Syed A. Raza, M.D. will receive a Fellowship medallion (see page 10).

I've saved the most important news for last. This year, Missouri is one of three states fighting active bills to permit psychologists to prescribe. In addition, bills in Georgia, Tennessee and California carried over from the 2007 session, though there has been no activity on

them to date. District Branches continue to monitor for prescribing activity in several states, including Alabama, Florida, New Jersey, Ohio, Oklahoma and Washington. The bills, nicknamed "RxP," would permit psychologists with minimal post-doctoral training to practice medicine. Missouri House Bill 1739 and its Senate companion, Senate Bill 917, already have had legislative hearings, at which psychologists, patients, and even physicians testified in favor of the bills. At a SB 917 hearing on February 4, APA President Carolyn Robinowitz joined other physicians and me in opposing the legislation.

One asset in the continuing effort to oppose RxP is Richard "Mo" McCullough, our registered lobbyist in Jefferson City. Mo represents all licensed psychiatrists in Missouri before the Missouri General Assembly. But it is critical that the voice of Psychiatry is well-represented in its opposition. **It is critical that legislators hear from physicians in Missouri that RxP is a serious patient safety issue. This is legislation that they should not approve.** YOU - our psychiatric physician members and vital voting constituents - are the best advocates for your patients, your practice, and your profession. Become familiar with the bills, the full texts of which are available online at <http://www.house.mo.gov> and <http://www.senate.mo.gov>.

Let your Representative and Senator know what YOU think about HB 1739 and SB 917 before they vote. Also, contact the bill's sponsors: Representative Danielle Moore (R-District 20) for HB 1739 and Senator Jack Goodman (R-District 29) for SB 917. YOU can voice your opinion in several ways: by telephone, email, or personal letter. Better yet, YOU can present personal testimony at committee hearings or simply attend as a "show of force." The EMPS and APA staff can assist you with information about the bills and how to prepare testimony. It is much easier to kill a bill before it becomes law, than to repeal it once enacted. Use this link to find out the names and email addresses of your Representative and Senator: http://www.senate.mo.gov/lookup/leg_looku p.aspx.

This is your Psychiatric Society - make your membership count. If you have questions about volunteering or any issues you feel EMPS should pursue, I encourage you to contact me at (314) 725-4004 or jcroughan@sbcglobal.net.



1321 Montevale Court,
Fenton, MO 63026-3016

Phone: (636) 343-8555
Contact e-mail: rdefilippo@aol.com
Website: www.emopsych.org

OFFICERS 2007-2008

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Jack Croughan, M.D.

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Sundeep Jayaprabhu, M.D.

APA Assembly Representative
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Paul Simon, D.O.

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Executive Director
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New Residency Directors in Both St. Louis Programs

July 1st, 2007, the beginning of the residency training year, was notable for the appointment of new directors at both psychiatry training programs in St. Louis: Washington University and St. Louis University.

At St. Louis University, **Miggie Greenberg, MD**, took over as psychiatry residency training director from Michal Artal, MD who resigned after serving as director since 1998. Dr. Greenberg attended Case Western Medical School in Cleveland, OH, followed by a residency at the University of Pennsylvania. Dr. Greenberg is Assistant Professor of Psychiatry at SLU, and also serves as Director of Medical Student Education. Her interests include psychotherapy and clinical care. Hilary Klein, MD, who had been interim department chair, is the assistant residency training director.

At Washington University, **Dr. Nuri Farber, MD** became the new psychiatry residency training director. Dr. Farber, who was previously assistant training director, succeeds Dr. Eugene Rubin, who directed the residency program for 20 years. Dr. Farber is a graduate of Washington University Medical School, where he also received his psychiatry training. His clinical and research interests include schizophrenia, Alzheimer's disease and psychopharmacology. Melissa Swallow, MD, is the new assistant residency director. She is also the director of Forensic Psychiatry at Washington University, and course director for 2nd year medical students.



Miggie Greenberg, MD
St. Louis University



Nuri Farber, MD
Washington University

Ryall to Run for Top Position in APA Assembly



Jo-Ellyn Ryall, M.D.

St. Louis psychiatrist Jo-Ellyn Ryall, MD, has been nominated as one of three candidates to run for the position of APA Recorder in May, 2008.

The Recorder is the second highest position in the APA Assembly leadership, after the Speaker. The Assembly is APA's most representative body, consisting of delegates from all local psychiatric societies (that are district branches of the APA). The Recorder keeps track of Assembly proceedings and the progress of action papers.

Ryall has a long history of involvement

with organized psychiatry as well as with other medical societies. She is the current Chair of APA's Area 4 Council, one of seven overarching boards which consist of Midwestern psychiatric society representatives. Ryall is also on the Executive Council of the Eastern Missouri Psychiatric Society.

The election for APA Recorder will take place during the next Assembly meeting in May, immediately preceding the APA annual meeting in Washington D.C. Only the APA district branch representatives will be casting votes for the election.

EMPS 2008 Elections

The Nominating Committee for the election of EMPS officers consisted of Jay Meyer, M.D. (Nominating Committee Chair), Lori DeRosear, D.O., Ed Garcia, M.D., Jerry Kreisman, M.D., Michael Jarvis, M.D., Jo-Ellyn M. Ryall, M.D., and Lynne Moritz, M.D. The Committee presented a slate of candidates to the EMPS Executive Council at its February 12 meeting. Official ballots will be mailed to all voting members by March 1, with a return date of April 1. Candidates for each office who receive the greatest number of votes will be declared elected at the EMPS Annual Membership Meeting to be held April 17 at the Independence Center, St. Louis (see back cover for more details). Those elected will assume office as of the last day of the APA Annual Meeting in May, 2008.

Psychiatry & Neurology Departments Merge at SLU

On June 1st, 2007, Saint Louis University formed the "Department of Neurology & Psychiatry" by the merging of the comprising departments. SLU becomes the fifth program in the nation with a combined department.

The merger coincides with the naming of Henry J. Kaminski, M.D., a neurologist, as the chairman of the new department. Kaminski comes to SLU from Case Western Reserve School of Medicine, where he was a professor of neurology and neurosciences and vice chairman of the department of neurology. Kaminski is a nationally recognized expert in the care of patients with myasthenia gravis.

Some have indicated that having the disciplines together in one department may enhance research and educational opportunities. "It fosters clinical, educational and research initiatives that combine the talents of psychiatrists and neurologists," Kaminski said, adding that epilepsy patients often have psychiatric problems and Parkinson's disease patients could benefit from behavioral strategies that psychiatrists use. In addition, he said that some medications that treat neurological diseases also are used to treat psychiatric disorders.

Prior to the merger, Hillary Klein, MD, was the interim chair of SLU's department of psychiatry following the resignation of Joan Lang, MD.

Meet the New SLU Department Chair

By Sundeep Jayaprabhu, MD

I recently had the opportunity to sit down with Dr. Kaminski, the new Chairman of the Department of Neurology and Psychiatry at St. Louis University, and ask a few questions:

SJ: What is your opinion about combining neurology and psychiatry departments?

HK: As I mature into this and I think about the possibilities for psychiatry and neurology, I'm more excited than I've ever been. This is because of the collaborative care model I envision. Psychiatrists and Neurologists think differently. We are not trying to produce a hybrid; neurologists strive for rapid diagnosis whereas psychiatrists are comfortable with more uncertainty and complexity. I think the merger is a good idea for SLU and I like the idea of the niche that it will provide.

SJ: Can you elaborate on the collaborative care model you envision?

HK: In the Multiple Sclerosis Center, at least 30% of patients have a psychiatric co-morbidity. Allowing patients to get their neurological and psychiatric treatment in one visit is a model we hope to use for the M.S. clinic and others. We hope to build a forensic program around Dr. Allen Felthouse with the ready availability for neurology consults. The chairman's conference is a forum for neurology and psychiatry residents to learn from one another. The medical students' education is in an eight

week block divided into four weeks of neurology and four weeks of psychiatry that will facilitate their education and the collaboration between disciplines. Finally, federally funded programs in psychiatry have helped and will hopefully continue to help the junior faculty in neurology.

SJ: What has been the most challenging aspect of your newly acquired position?

HK: Recruitment. Getting the right people here to fulfill our goals has been the most challenging aspect.

SJ: What are the goals for the psychiatry division?

HK: The goal is to be the most exciting place for the joint care of patients and that we are providing the best care to our community. This includes the plans to have a nationally recognized forensic department, to rebuild the geropsychiatry unit with Dr. George Grossberg's leadership, to maintain the existing inpatient unit, to expand community psychiatry with Dr. Mirela Marcu's direction, and, later, reestablish child psychiatry.

SJ: What do you like to do in your spare time?

HK: I have a 3 year old son, Adam, who keeps me pretty busy. I enjoy spending time with him and with my wife, Linda Kusner, Ph.D., who is an assistant professor of ophthalmology.



Henry J. Kaminski, MD

Independence Center Opens State-of-the-Art Psychosocial Rehabilitation Facility

by Ryanne Tilley, Development Specialist, Independence Center

Independence Center, a rehabilitation center for adults with severe and persistent mental illnesses, has combined its clubhouse operations into one new, expanded facility—West End Place. Located in St. Louis's Central West End, this new clubhouse marks a new era for the Center, an organization based on the Clubhouse model of rehabilitation that has served the St. Louis community for more than 27 years.

This newly renovated 50,000 square-foot facility offers bright, light-filled and welcoming spaces - a sharp contrast to many mental health facilities of the past. Covering three levels, it incorporates the latest technologies and includes a resale shop, state-of-the-art print center, a fully-equipped commercial kitchen, dining room and snack bar, a flower shop and horticulture center, an onsite wellness center and a video lab. Its location provides members (participants) access to mass transit, convenient and affordable housing, and medical services within walking distance.

West End Place is more than just a new building - it represents opportunity and the potential of each member. Members work side-by-side with staff to run the clubhouse, giving them ownership as well as a place to come every day where they can contribute. This new facility has made possible a variety of significant

program enhancements, and members are excited about the new and different opportunities to engage in the Clubhouse - especially younger, newly-diagnosed members. This is perhaps the



most evident in the Center's employment program, which provides work opportunities inside the Clubhouse in preparation for members to go to work in the community.

A state-of-the-art business center mirrors retail copy centers, enabling members to learn valuable customer service skills using the latest copy and print equipment. Members working in the restaurant and snack bar learn how to multitask using commercial kitchen equipment and how to be a part of a hospitality team. The enhanced resale



The picture shows the "Clubhouse shop" at the new facility, a resale store which is open to the general public. The shop is operated primarily by members of the Independence Center

shop allows members to hone their retail service skills. The flower shop and horticulture center give members an opportunity to learn about organic gardening, horticulture and retail floral operations.

In addition to the technology and employment program expansion, West End Place incorporates an enhanced Wellness Center, a critical resource for addressing the

growing physical and healthy lifestyle issues associated with mental illnesses. It includes spacious areas dedicated to weights and cardio equipment, a separate studio for a wide range of classes such as yoga, African dance and aerobics, and training rooms for discussion groups and classes in nutrition, smoking cessation and healthy living.

Since consolidating in August 2007, average daily attendance has increased from 180 to almost 210 members per day. More than 1,000 new friends of the agency have visited and toured West

End Place, representing every aspect of the mental health, business, and non-profit communities. Through the Center and its new home, visitors are beginning to view people with mental illnesses differently. Even more importantly, members see themselves differently.

Independence Center extends an invitation to the psychiatric community to tour the new facility and see firsthand this "stigma-busting" environment.

The Problem with Psychologists Prescribing Medicine

By Paul Simon, DO., EMPS Legislative Chair

We are facing a growing push by psychologists to gain prescription rights in Missouri and across the country. The American Psychological Association is aggressively pushing legislation in the Missouri State legislature that would grant those rights. As it was labeled last year, HB 350 passed out of Committee and will likely be debated in the full House of Representatives this coming congressional year that begins on January 9th. The same bill has not yet been introduced for 2008, but will be in January. It will be assigned a new bill number at that time rather than HB 350.

HB 350 would do the following: It would allow PhD's, PsyD's and EdD's to prescribe all medications "used in the treatment of mental illness" both FDA approved and non-FDA approved, without physician supervision. Licensure and professional oversight would be exclusively by other psychologists.

Arguments for allowing psychologists to prescribe focus mainly on the lack of access to psychiatrists in rural areas. Supporters also cite the psychologists' "extensive and thorough training in the evaluation and treatment of mental illness". Supporters of prescription rights for psychologists also argue that since a few psychologists in the Army as well as in Louisiana and New Mexico can legally prescribe medications, we should let them prescribe in MO too. So, if all of our friends were jumping off a bridge, you should too?? Besides, the Army program was a pilot and was canceled after a GAO report stated that it wasn't worth the extra cost.

Criticisms of HB 350 include the following:

Psychologists are not physicians and have not had the medical training to treat psychiatric illnesses. Allowing psychologists to prescribe medicines would do more harm than good by allowing poorly trained non-physicians to "play doctor". It would do nothing to increase the availability to mental health treatment in our rural areas since few psychologists live in rural areas. Supporters tout the educational achieve-

ments of psychologists. However, the psychologist's educational credentials are often over-inflated and have nothing to do with medicine. As far as the often-touted Army program which allowed 10 psychologists to go through a training program and prescribe medications, it was a failure. The Army stopped the program after just a few years after they realized that it was actually more expensive to train a psychologist to prescribe medications than to train a physician to do it. Besides, active Army personnel are not representative of the mentally ill populations typically served by psychia-



trists; they are much healthier.

The official opinion of EMPS is that PhDs, PsyD's and especially EdD's would not have enough medical education nor have nearly enough supervision as proposed by HB 350 to prescribe medications independently in a safe or effective manner.

In order to defeat HB 350 there is a lot of work that needs to be done. First and foremost, we need to sound the alarm. In other words, we need to network with other health professionals, doctors, concerned psychotherapists, and consumer advocacy groups such as NAMI in order to alert them to the situation. All of us need to be informed about the various arguments for and against psychologists prescribing rights. Secondly, we need to make our voice heard in the legislature. This is surprisingly easy to do and includes meeting with, writing to or calling our legislative representatives. For those who really want

to be heard on this issue, the EMPS is looking for members and affiliates who want to be on an "action alert" contact list. The individuals on this list would be kept informed by mail, e-mail, fax, or other preferred means about any developments on this legislative front.

In the future, we not only need to be reactive, but also proactive. We should actively try to solve the "access issue" that psychologists use to justify their grab for prescribing rights. Current trends in this regard include tele-medicine as well as primary care support networks. Through these developing channels, we may be able to expand our access to rural areas where access to psychiatrists is limited. There is a pilot program in Maine that may be a model for Missouri which provides "curb-side" consultations by psychiatrists for rural primary care physicians. Dr. Joellyn Ryall and others are actively educating primary care physicians to support their treatment of their mentally ill patients. These and other approaches will need to be further expanded to help patients get the treatment that they need.

In summary, we need to be pro-active in order to protect and serve the people of Missouri. Please get involved.

Email Paul B. Simon DO (ps13_99@yahoo.com) or Rebecca DeFillippo (rdefilippo@aol.com) to be on the EMPS Action Alert list. There is strength in numbers!! This list is kept in confidence by EMPS and will not be used for advertising or provided to third parties.

Here are some great resources for more information:

You can easily contact members of the Missouri state legislation through their web-site: www.moga.mo.gov
The American Psychiatry Association web-site has an advocacy area with a good deal of information. www.psych.org
The American Psychological Association's web-site also has some relevant information along with the state chapter's site. www.apa.org



Missouri Legislative Report

By Richard "Mo" McCullough, EMPS Legislative Lobbyist

Hold onto your hats everyone, the legislature is back in session and Jefferson City is buzzing with activity. Legislators, lobbyists, special interest groups and interested citizens are all descending on the Capitol with high hopes and in most cases good intentions.

However, this year's session will be influenced by the upcoming 2008 elections. Those members of the General Assembly who are term limited out will be trying one last time to move their pet projects through the process. Those running for re-election will concentrate on issues that they believe will

help them win. Everything else will take a back seat.

The EMPS will once again be fighting to protect patients with mental illness from health care providers who lack the education skills and training to safely and effectively treat them. Specifically, Licensed Professional Counselors (LPC) will want to diagnose mental illness and Psychologists will try to get prescriptive privileges.

These issues have been brought before the General Assembly for the past few years and each year they move farther through the legislative process. The EMPS, MSMA, MAOPS, Family Physicians and other interested

groups, working together, have thus far been successful in fighting them. However, we believe this year's battle will be the toughest one yet.

You can help! Join your local Psychiatric Society, Western, Central or Eastern and get active. Get to know your Senator and Representative so they can put a face with a name when you contact them. Learn the issues by attending Lobby Day in Jefferson City in March so that you feel comfortable enough to discuss them with facts, figures as well as passion. It will take all of us doing our part to succeed in our mission in 2008 and beyond.

GET INVOLVED!

Bilingual Agency Provides MH and Social Services

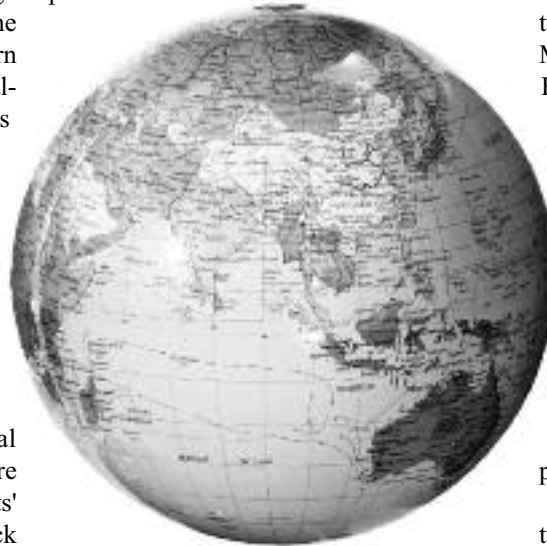
By Julia Ostropolsky, LCSW, President/CEO Bi-Lingual International Assistant Services

Bi-Lingual International Assistant Services is a nonprofit mental health/social service agency, soon to be featured on the Website for Healthcare Innovations Exchange (<http://www.innovations.ahrq.gov>). The agency meets unique needs of foreign-born elderly and disabled by providing culturally and linguistically appropriate services that are home based and professional in nature. The mental health component of services focuses on the ability of refugees to adjust, also providing psychotherapy to aid with symptoms of PTSD, Major Depression and other diagnosis (Bipolar, Schizophrenia, etc.) Of course, we see our work incomplete without team building efforts with the psychiatrists providing needed medical therapy, psycho-education and other care that is primary in responding to clients' acute needs. Many of our consumers lack knowledge of English language.

Civil Rights Act of 1964 put forth Guidelines of Nondiscrimination in Federally Assisted Programs.

These guidelines include among other things provision of linguistic access to

treatment of the limited English Speaking. They also prohibit denial of treatment by any source receiving federal funds. Federal funds may include Medicare and Medicaid Fees for services, and the provider



becomes liable for adhering to the National CLAS standards, (recommendations on Culturally and Linguistically Appropriate Standards in Healthcare designed by the Office of Minority Health).

While ten states in the Union decided to buy in to the Federally Funded matching Grant of Interpreter Support, Missouri so far has not opted to do so. Responsibility for obtaining professional services of medical interpreter rests with the provider, and these services are often costly. The Missouri Foundation for Health now funds Bi-Lingual International Assistant Services to provide four hundred medical interpretation service hours to elderly and disabled Limited English Proficient. Availability of these funds makes it possible for the providers to adhere to the federal and state regulations, improve communication with their patient, and ensure best care possible. The agency now offers interpretation in medical setting, and offers this service to you free of charge for a period of two years.

You are also invited to learn about the ten states that currently reimburse for interpretive services. A new task force is developing to help legislate these changes in Missouri. For considerations in joining the task force, or to simply use our Medical Interpretive Services, feel free to contact us at (314) 692-9010.

Membership Update

The APA and the EMPS welcome 12 new members:

Michelle L. Dees, M.D., Ben W. Holt, M.D., Shaheen Mansoor, M.D., Natasha Marrus, M.D., William J. Newman, M.D., Priyanka Patel, M.D., MHA, Sanjeev B N Rao, M.D., Cynthia Elise Rogers, M.D., Hiten P. Soni, M.D., Kishore Sriram, M.D. and Dawit A. Weldemichael, M.D.

The following Members-in-Training have advanced to General members: Muhammad Sam Arain, M.D., Roomana S. Arain, M.D., Arshad A. Bhatt, M.D., Mehmet E. Dokucu, M.D., Heather R. Hill, M.D., Sherifa F. Iqbal, M.D., Yolla Jules, M.D., Christopher Loynd D.O., Daniel T. Mamah M.D., Marlon G. Mangahas M.D., Mina Charepoo Mofidi, M.D., Ratnasri V. Mogallapu M.D., Ginger E. Nicol M.D., Joao Henrique S. Ramos M.D., Jennifer L. Shashek, M.D., Arturo C. Taca, M.D.,

and Mini Tandon, D.O.

Juliet A. Glover, M.D. advanced from Medical Student to Member-in-Training.

Twelve members transferred into the Eastern Missouri Psychiatric Society: Srinivas Battula, M.D. and William M. Redden, M.D., from North Carolina Psychiatric Association; Jennifer E. Brockman, M.D., from Northern California Psychiatric Society; Alan Robert Felthous, M.D., Minna D. Jinn O'Leary, M.D. and Amy E. Heatherly, M.D., from Illinois Psychiatric Society; Dinu P. Gangure, M.D., from Central Missouri Psychiatric Society; Dehra A. Glueck, M.D., from Kentucky Psychiatric Medical Association; Jaime Hook, M.D., from Louisiana Psychiatric Medical Association; Eric J. Lenze, M.D., from Pennsylvania Psychiatric Society; Naveed J. Mirza,

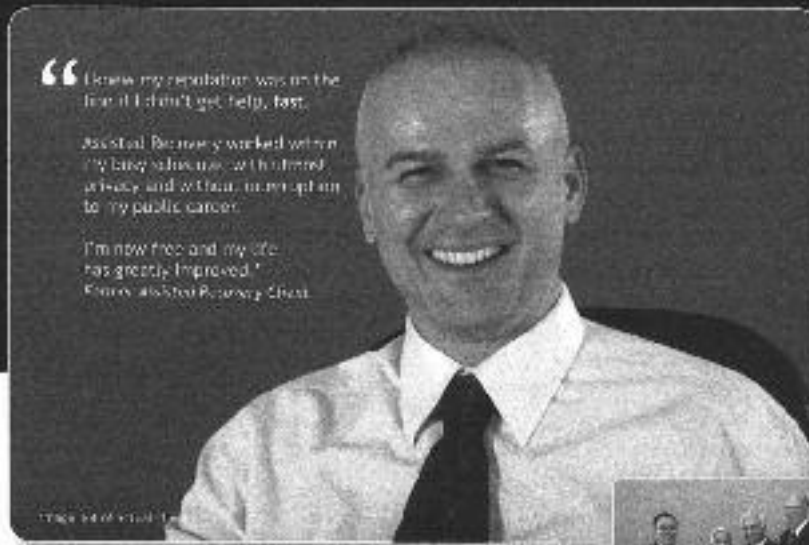
M.D., from Queens County (NY) Psychiatric Society; and Erica C. Montgomery, M.D., from Texas Society of Psychiatric Physicians.

Twenty members transferred to other district branches/state associations: Ali Abbas, M.D., to Maryland Psychiatric Society; Farzana Amin, M.D. and Joan A. Lang, M.D., to Northern California Psychiatric Society; Aura M. Eberhardt, M.D., Jennifer L. Shashek, M.D., Stephanie A. van Ulft, M.D., and DaoLong Zhang, M.D. to Illinois Psychiatric Society; Ericka L. Goodwin, M.D., to Georgia Psychiatric Physicians Association; Heather R. Hill, M.D. and Sridevi N. Vemulapa III, M.D., to Indiana Psychiatric Society; Georges E. Karam, M.D., to Pennsylvania Psychiatric Society; Khawla Khan, M.D., to Minnesota Psychiatric Society; Jose Mathews, M.D., to Connecticut Psychiatric Society; Michelle Nichols, M.D. and James W. Nielsen, M.D., to Massachusetts Psychiatric Society; Stephanie Purcell, M.D., to Colorado Psychiatric Society; Sharon Burgan Satterfield, M.D., to Vermont Psychiatric Association; Sara Walker, M.D., to Oregon Psychiatric Association; Sofia S. Yahya, M.D., to Florida Psychiatric Society; and Khursheed Zia, M.D., to Kansas Psychiatric Society.

The membership status of Michal Artal, M.D. has changed to Permanent Inactive Member. Wanda Lamb, M.D. and James Robert Mikolajczak, M.D. have resigned their APA memberships.

Finally, a confidential Executive/VIP outpatient treatment program

Immediate highly confidential Evidence-Based treatment
for alcohol or drug abuse for high-profile individuals.



The Executive/VIP Program is uniquely suited for high-profile individuals needing help and wanting to remain confidential:

- Immediate outpatient medical detox
- FDA-approved anti-craving medications
- Psychiatric and psychological services
- Individual, group and family counseling
- Appointments can be before and after clinic hours
- 24/7 hour access to our medical staff, private counseling at their residences
- Staff will accommodate heavy travel schedules and other interruptions commonly experienced by high-profile figures.



The Assisted Recovery Staff:
Arturo Taca, M.D., Medical Director;
Judy Menzies, BSN, RN, staff nurse;
Percy Marzies, M.Pharm., President;
John Crum, CCPC, psychologist.



**ASSISTED RECOVERY
CENTERS OF AMERICA**

Lansdowne Medical Building
6611 Chippewa St., Suite 224
St. Louis, MO 63109

FOR MORE INFORMATION AND A
CONFIDENTIAL CONSULTATION
(314) 645-6840
www.arcamidwest.com

211 - A New Hotline To Help Find Social Services

Families are sometimes uncertain of whom to call for help when they have an important need that does not exactly fall under the 911 category, such as finding a counselor, a nursing home or assistance with rent, utilities or food.

211 is a new statewide call referral number for Missourians to find the correct agency for assistance. It is a free, confidential service available 24 hours a day, seven days a week.

211 is designed to relieve the 911 system from dealing with non-emergency situations which sometimes slow down response times in dealing with real emergencies.

211 does not replace 911 or other community emergency access numbers. Residents should continue to call local emergency numbers for situations such as medical emergencies, fires and police assistance.

Callers to 211 can get help with items such as basic human necessities, physical and mental health resources, employment, support for children, older adults and the disabled, volunteer opportunities and help in non-emergency crisis situations. A full assessment is typically done and then callers are directed to all of the available resources in the community.

The Missouri Foundation of Health and the United Way committed \$8.5 million to make 211 services available in Missouri. It follows a lead started 10 years ago by the United Way sister organization in Atlanta, Georgia. 211 now operates in 20 other states.

211 kicked off locally through a word-of-mouth soft launch to work out the bugs. From the reported volume of calls, 211 is gaining popularity. Just through word-of-mouth there have been about 10,000 calls a month. Once it's fully rolled out, United Way staff are predicting about 200,000 calls a year.

Connecting people with needs to services is nothing new for the agency. Since the early 1970's, the St. Louis area United Way has offered a regional information and referral line. Illinois callers and cell phone users can call 1-800-427-4626 to connect with a 211 call specialist.

The 211 database includes information about Illinois agencies, programs and services for residents in the Illinois counties served by the St. Louis area United Way (Calhoun, Clinton, Greene, Jersey, Macoupin, Madison, Monroe,



Randolph and St. Clair). It is not just United Way agencies, but about 17,000 registered nonprofit organizations are part of the database, over 10,000 of which are health and human service agencies.

United Way is investigating a 211 mobile number in Missouri and also a 2-1-1 text messaging service. They are currently working with some of the carriers in hopes that they will allow 211 to be assessable by cell phone.

For those who prefer an internet search, www.211missouri.org users can select from several categories for help and link to listings of services available in the area. Users can also look up by city, zip code, name or keyword to see if referral services are available in their area. The online site offers self-help to services offered by phone.

Categories include:

- * Psychiatric/mental health support services, outpatient mental health facilities, counseling settings, various counseling approaches.
- * General and emergency medical care, inpatient, outpatient rehabilitation, support services, specialized treatment and substance abuse services.
- * Basic needs, including food, housing, shelter temporary financial assistance and transportation.
- * Education-institutions/schools, programs and support services
 - * Public assistance programs, social insurance programs and employment assistance programs.
 - * Adults and adoption support services, leisure services, volunteer opportunities, spiritual enrichment, death certification/burial arrangements.
 - * Arts and culture, occupational/professional associations, research, community groups and services.
 - * Homemaker assistance occupations, runaway prevention program, and homeless referral services.
- * Public health and safety, domestic animals services, public works and municipal services.
- * Legal services, advocacy, assistance, tax information.
- * Consumer complaints, fraud protection, vital records, licensing, permits, ID cards, consumer organizations.

The United Way hopes to have 211 rolled out throughout the state in the spring. The Kansas City area rolled out a separate services in 2006, serving 23 surrounding counties.

For more information go to www.211missouri.org or call 211.

Adapted from the St. Louis American, Dec 20-26, 2007.

APA Honors Four St. Louis Psychiatrists



David A. Duesenberg, MD
APA Distinguished Fellow



Azfar Malik, MD
APA Distinguished Fellow



Shazia Malik, MD
APA Distinguished Fellow



Syed A. Raza, MD
APA Fellow

Four St. Louis psychiatrists will be honored by the American Psychiatric Association (APA) on May 5, 2008, during the APA's Annual Meeting in Washington, DC.

David A. Duesenberg, M.D., Azfar Malik, M.D., and Shazia Malik, M.D., will be presented with a Distinguished Fellowship medallion at the Convocation of Distinguished Fellows. They are among only 107 members to receive the distinction of Distinguished Fellow this year. Of the 38,000 APA members worldwide, only 2,068 currently hold the designation of Distinguished Fellow.

In addition, Syed A. Raza, M.D. will be honored with a Fellowship award at the May 5 Convocation. Dr. Raza is one of only 147 members to receive the distinction of Fellow this year. Only 1,030 APA members currently hold the designation of Fellow.

Dr. Duesenberg, a native of St. Louis, is president and medical director of Covenant Health and Wellness Center, and a member of the medical staff at DePaul Medical Center and St. John's Mercy Medical Center. In addition to clinical practice, he serves to advance healthcare through clinical research, professional associations, writing, and lecturing extensively on psychiatric

topics. He graduated from the University of Missouri-Columbia School of Medicine and served as Chief Resident of Child Psychiatry at Vanderbilt University. He is certified through the American Board of Psychiatry and Neurology in Psychiatry. He became a member of the APA and the Eastern Missouri Psychiatric Society (EMPS) district branch in 1994.

Dr. Azfar Malik is chairman of the board of directors of Psych Care Consultants, a private group practice with seven offices throughout St. Louis County and Franklin County. He also is chief of staff and chief executive officer of CenterPointe Hospital, a private psychiatric facility in St. Charles County. He specializes in geriatric psychiatry and addiction psychiatry. He graduated from Dow Medical College in Karachi, Pakistan. He has been a member of the APA and the EMPS district branch since 1988. He became a Fellow of the APA in 2003. He also is a member of the American Medical Association, the Association of Pakistani Physicians of North America, and the American Society of Clinical Psychopharmacology.

Dr. Shazia Malik is medical director of the partial hospitalization program at CentrePointe Hospital-South County and in private practice at the

South County and West County offices of Psych Care Consultants. She is Board certified as an adult and consultation-liaison psychiatrist with a special interest in mood disorders, women's issues, and psychopharmacology. She joined the APA and the EMPS district branch as a General Member in 1995. She also is a member of the Association of Women Psychiatrists, the Association of Pakistani Physicians of North America and president of the Missouri chapter, and secretary of Dow Medical Graduates of North America.

Dr. Raza is Assistant Professor of Clinical Psychiatry at the Washington University in St. Louis Department of Psychiatry. He graduated from Dow Medical College in Karachi, Pakistan, and completed residency training in general psychiatry at the Missouri Institute of Psychiatry in St. Louis through the University of Missouri-Columbia School of Medicine. He received his Fellowship in Child Psychiatry at Washington University in St. Louis. He is Board certified in both General Psychiatry and Child Psychiatry. He has received certification from the American Society of Addiction Medicine. Currently, he is in private practice. He joined the APA and the EMPS district branch as a General Member in 1971, and became an APA Life Member in 2001.

Becoming a 2008 APA Fellow or Distinguished Fellow

APA Distinguished Fellowship

The APA Membership Department has announced that 98 EMPS members are eligible for nomination for the honor of Distinguished Fellowship in 2008.

The District Branch (DB) nominates candidates from the 2008 Distinguished Fellowship Eligibility Roster and asks only those members meeting the requirements to complete the Distinguished Fellowship nomination form. The DB submits its recommendations for review by the APA Membership Committee, which then submits its recommendations to the Board of Trustees for final approval.

Requirements for nomination to Distinguished Fellowship include:

- * Not less than eight years as a General Member or Fellow of APA
- * Primary identification must be psychiatry for those in combined fields (e.g., psychiatry and pediatrics).
- * The District Branch should not resubmit the names of members who were nominated but not approved the preceding year. The purpose of this requirement is to allow time for members being re-nominated to improve their qualifications in areas where previously they did not show adequate strength. While a waiver of the two-year requirement is possible, there must be compelling reasons adequately documented by the branch.
- * The General Member or Fellow should be an outstanding psychiatrist who has made and continues to make significant contributions in at least five of the nine areas listed below. Excellence, not mere competence, is the hallmark of a Distinguished Fellow.

1. Certification by the American Board of Psychiatry and Neurology, the Royal College of Physicians and Surgeons of Canada, or equivalent certifying board.

2. Involvement in the work of the District Branch or other components of the APA.

3. Involvement in other medical and professional organizations.

4. Participation in non-compensated mental health and medical activities of social significance.

5. Participation in community activities unrelated to income-producing activities.

6. Clinical contributions.

7. Administrative contributions.

8. Teaching contributions.

9. Scientific and scholarly publications.

All nominations are the responsibility of the District Branch and nomination packets must be submitted by a District Branch. EMPS will send invitation letters to eligible members in early March. The District Branch must forward all nominations to the APA Membership Committee by July 1, 2008.

For additional information, contact Rebecca DeFilippo at (636) 343-8555 or RDefilippo@aol.com.

APA Fellowship

The APA Membership Department has announced that it seeks applications from among the 76 EMPS members who are eligible to apply for the honor of Fellow status in 2008. Fellow status, established in established in 2003, is directed primarily toward younger members of the Association who might not yet meet the standards for Distinguished Fellow status.

The criteria to become an APA Fellow are:

- * General Member for at least five consecutive years.
- * Certification by the American Board of Psychiatry and Neurology, the Royal College of Physicians and Surgeons of Canada, or the American Osteopathic Association.
- * Two letters of recommendation from current Fellows, Life Fellows, Distinguished Fellows or Distinguished Life Fellows.
- * 30-day review period for the district branch to offer comments about the Fellowship candidate.
- * Approval by the APA Membership Committee.
- * Approval by the APA Board of Trustees.

Members who apply and are approved for the category of Fellow this year will officially become Fellows on January 1, 2009, and will be invited to participate in the Convocation of Distinguished Fellows during the 2009 Annual Meeting in San Francisco. Nearly 150 members applied and were approved for Fellow status in 2007.

The Fellowship Application form and letters of recommendation must be submitted by mail to: APA, Membership Department, 1000 Wilson Boulevard, Suite 1825, Arlington, VA 22209-3901 or by fax at 703-907-1085, by September 1, 2008. For information about eligibility or to request the application form and processing guidelines for Fellow status in 2008, please contact Rebecca DeFilippo at (636) 343-8555 or RDefilippo@aol.com.



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Upcoming Events

Wednesday, March 12

7:00AM - 4:30 PM
Missouri Psychiatric Society
Advocacy Day
Capitol Plaza Hotel &
Convention Center
415 West McCarty Street
Jefferson City, MO 65101

Tuesday, March 18

5:30 - 9:00 PM
Non-Dependence Producing
Drugs in the Treatment of
Addictions
Percy Menzies, M.Pharm.
Savor Restaurant
4356 Lindell Blvd.
St Louis, MO 63108

Thursday, April 15

5:30 PM - 9:00 PM
**EMPS Annual Membership
Meeting**
Independence Center,
4245 Forest Park Ave.,
St. Louis, MO 63108

Saturday, April 19*

11:30AM - 1:30 PM
Addictions: Treatment and
Prevention
Jo-Ellyn M. Ryall, M.D.,
Lawrence F. Kuhn, M.D., and
Arturo C. Taca Jr., M.D.
Renaissance St. Louis Airport
Hotel
9801 Natural Bridge Road
St. Louis, MO 63134

** Held during the Missouri
State Medical
Association's 150th Annual
Convention, April 18-20, 2008*

**We strive to make content in future
issues of *Eastern Missouri Psychiatry*
more representative of our membership,
and encourage our members participation
in its creation.**

**For communications regarding the
newsletter, or to include articles, events
or advertisements in future publications
contact:**

***Daniel Mamah, MD, MPE,
Editor, Eastern Missouri Psychiatry,
Dept. of Psychiatry,
Washington University,
660 South Euclid Ave.,
St. Louis, Missouri 63110
or
mamahd@psychiatry.wustl.edu***