



MESSAGE FROM THE PRESIDENT

Mansoor Malik, MD, FAPA

As we approach the 70th anniversary of WPS in 2019, we want to make WPS a strong and robust organization that can create a positive future and accomplish the shared goals of almost 900 members. We want to make sure that WPS will thrive in a changing world and practice environment. In my mind, nothing is more important in this regard than to involve the future generation of psychiatrists. We must increase our outreach efforts to resident and fellow members as well as early career psychiatrists.

We must convince an increasingly skeptical younger generation that does not see the value of belonging to a professional organization. We must adopt technologically savvy and innovative ways to reach the young psychiatrists. One of my goals is to include all five residency programs in the Washington DC in the APA 100 % club. I have reached out to all the residency program directors to arrange meetings with residents to personally convince them to join the APA. Currently we have three out of five programs at almost 100 percent membership level.

Another important area that I want to focus on during my presidential year is to enhance mentorship opportunities to engage and support the residents, fellow and early career psychiatrists. Supportive and collaborative mentorship is a protective factor against professional burnout. Under the leadership of Dr. Eliot Sorel, we have started to build a data base of potential mentors that will help connect junior members with more seasoned members in their areas of professional interests.

We are arranging an early career psychiatrist dinner on July 30th to engage the young practitioners in our area. This would be great opportunity for young psychiatrist to get to know WPS and possibly engage in committee work and leadership positions.

I hope that all of you will stand beside me as we look forward to a great year ahead!

MESSAGE FROM THE EXECUTIVE DIRECTOR

Joanne E. Dunne, CAE

Hard to believe it's July! The summer has not been slow for WPS, however. WPS committees are hard at work! Half of the committees have already met or will be meeting this month including CLM, CME, Finance, Membership and Ethics. The Board of Directors will meet on July 23, 2018. In addition, an invitation-only **ECP Networking Dinner will be held on Monday, July 30th**. Dr. Saul Levin, Chief Executive Officer and Medical Director and Jon Fanning, Chief Membership & Strategy Officer from the American Psychiatric Association will join us and Dr. Levin will speak during the dinner. If you are an Early Career Psychiatrist and haven't received an email about the dinner, please let me know. The dinner will be an opportunity to discuss issues of concern to you and how WPS can better serve your needs.

The September 1st deadline is approaching to apply to become an **APA Fellow**. If you are eligible, you should have received several notices about the application process. If you have questions or wonder if you are eligible, please reach out to me.

Mark your calendar for the **Fall Symposium on Psychiatric Genetics Update: Risk of Illness, Implications for Treatment** which is scheduled for Saturday, September 15th. This program promises to be a cutting edge look at this important topic.

BREAKING NEWS

CMS Proposes Historic Changes to Modernize Medicare and Restore the Doctor-Patient Relationship

Proposed changes to the Medicare Physician Fee Schedule and Quality Payment Program would streamline clinician billing and expand access to high-quality care

On July 12, CMS proposed historic changes that would increase the amount of time that doctors and other clinicians can spend with their patients by reducing the burden of paperwork that clinicians face when billing Medicare.

The proposed rules would fundamentally improve the nation's health care system and help restore the doctor-patient relationship by empowering clinicians to use their Electronic Health Records (EHRs) to document clinically meaningful information, instead of information that is only for billing purposes. "Today's reforms proposed by CMS bring us one step closer to a modern health care system that delivers better care for Americans at a lower cost," said HHS Secretary Alex Azar. "Such a system requires empowering American patients by giving them price and quality transparency and control over their own interoperable health records, goals supported by CMS's proposals. These proposals will also advance the successful Medicare Advantage program and accomplish a historic regulatory rollback to help physicians put patients over paperwork. Further, today's proposed reforms to how CMS pays for medicine demonstrate the commitment of HHS to implementing President Trump's blueprint for lowering drug prices. The ambitious reforms proposed by CMS under Administrator Verma will help deliver on two HHS priorities: creating a value-based health care system for the 21st century and making prescription drugs more affordable."

"Today's proposals deliver on the pledge to put patients over paperwork by enabling doctors to spend more time with their patients," said CMS Administrator Seema Verma. "Physicians tell us they continue to struggle with excessive regulatory requirements and unnecessary paperwork that steal time from patient care. This Administration has listened and is taking action. The proposed changes to the Physician Fee Schedule and Quality Payment Program address those problems head-on, by streamlining documentation requirements to focus on patient care and by modernizing payment policies so seniors and others covered by Medicare can take advantage of the latest technologies to get the quality care they need."

The proposals, part of the Physician Fee Schedule (PFS) and the Quality Payment Program (QPP), would also modernize Medicare payment policies to promote access to virtual care, saving Medicare beneficiaries time and money while improving their access to high-quality services no matter where they live. Such changes would establish Medicare payment for when beneficiaries connect with their doctor virtually using telecommunications technology (e.g., audio or video applications) to determine whether they need an in-person visit. Additionally, the QPP proposal would make changes to quality reporting requirements to focus on measures that most significantly impact health outcomes. The proposed changes would also encourage information sharing among health care providers electronically, so patients can see various medical professionals according to their needs while knowing that their updated medical records will follow them through the health care system. The QPP proposal would make important changes to the Merit-based Incentive Payment System (MIPS) "Promoting Interoperability" performance category to support greater EHR interoperability and patient access to their health information, as well as to align this clinician program with the proposed new "Promoting Interoperability" program for hospitals.

If these proposals were finalized, clinicians would see a significant increase in productivity - leading to substantially more and better care provided to their patients. Removing unnecessary paperwork requirements through the PFS proposal would save individual clinicians an estimated 51 hours per year if 40 percent of their patients are in Medicare. Changes in the QPP proposal would collectively save clinicians an estimated 29,305 hours and approximately \$2.6 million in reduced administrative costs in CY 2019.

Public comments on the proposed rules are due by September 10. For More Information:

- [Proposed Rule](#)
- [Proposed Policy, Payment, and Quality Provisions Changes to the Medicare PFS for CY 2019](#) Fact Sheet
- [Proposed Rule for the QPP Year 3](#) Fact Sheet
- [MA Qualifying Payment Arrangement Incentive Demonstration](#) Fact Sheet

WPS ANNOUNCEMENTS

WPS President Mansoor Malik recently had an op-ed published in the **Baltimore Sun** titled "It's Time to Talk About Suicide". You may read the full op-ed [here](#).

RESOURCES

Best Practices in Videoconferencing-Based Telemental Health

The APA and the American Telemedicine Association (ATA) several weeks ago released "[Best Practices in Videoconferencing-Based Telemental Health](#)," a guide for mental health providers who want to begin using interactive videoconferencing to offer services to their patients.

The guide was written by a group of members from APA's Committee on Telepsychiatry and the ATA's Telemental Health Specialist Interest Group. The document is a consolidated update of previously published APA and ATA resources in telemental health and provides an overview of the use of clinical videoconferencing as a treatment medium.

This guide is the latest telepsychiatry resource to join APA's ever-expanding [Telepsychiatry Toolkit](#). The guide broadly considers three essential components of videoconferencing-based telemental health practice:

- **Administrative considerations**, including information on program development, legal and regulatory issues (including information on licensure and prescribing), and standard operating procedures.
- **Technical considerations**, including videoconferencing platform requirements, HIPAA and state privacy requirements, and appropriate room set-up for telemental health sessions.
- **Clinical considerations**, including patient and setting selection, ethical issues, and factors to consider when treating specific populations (children and adolescents, patients in correctional settings, military, and more).

It should be noted that the guide is not intended to be an exhaustive list of the do's and don'ts of telemental health; it is to be used as a practical starting point when setting up and using clinical videoconferencing in a practice. If you have any questions about this resource, please feel free to contact Nathan Tatro, Health Information Technology Specialist, at ntatro@psych.org.

PRMS Offers Practical Pointers While on Vacation or Away from Your Practice

It's summer and you have finally managed to clear your schedule long enough to take a much-deserved break. Unfortunately, unlike the case for many people, clearing your desk and leaving a message on your voicemail is not sufficient to prevent problems from occurring in your absence. Before taking time away from your practice, consider the [following](#).

RESEARCH

Identification of a Novel Molecular Target for Alcohol Dependence by Rosalind SE Carney, DPhil

This Research Highlight discusses Kononoff and colleagues' recent publication in eNeuro about the role of the G protein-coupled receptor, GPR139, in addiction-like behaviors in alcohol-dependent rats. Systemic administration of a GPR139 agonist, JNJ-63533054, reversed the escalation of alcohol self-administration and decreased withdrawal-induced hyperalgesia in alcohol-dependent rats. JNJ-63533054 was effective only in a subgroup of dependent rats that exhibited compulsive-like alcohol drinking. Site-specific microinjection of JNJ-63533054 confirmed the habenula as the brain region that mediates these effects on alcohol dependence. The identification of this novel molecular target associated with alcohol addiction is an important step in the development of treatment regimens for alcohol use disorder. Click [here](#) for full paper.

APA NEWS

What's New at the APA

- Long-time APA Member Patrice Harris, M.D. was elected President-elect of the American Medical Association (AMA). Harris has served on the AMA's Board of Trustees since 2011 and served as Chair of the board in 2016-2017. She is also chair of the AMA's Opioid Task Force. You can read more about Dr. Harris' election win [here](#).
- The APA joined with 17 other mental health organizations to send a letter to the Trump Administration, urging them to immediately end their policy of separating children from their parents at the U.S. border. The letter stated that forced separation is highly traumatic for children and can cause lifelong trauma. Read more about the APA's response to family separations at the border [here](#).
- APA called for increased access to mental health care in the wake of data released by the Centers for Disease Control and Prevention (CDC) showing that suicide rates have increased in almost every state from 1999-2016. The CDC researchers found that more than 50% of those who died by suicide did not have a known diagnosed mental health condition. You can read more about APA's reaction to the CDC's suicide data [here](#).

July Course of the Month: PTSD: Pathophysiology, Treatment, and Military Aspects

Depending on the area sampled, between 50% and 90% of the population have been exposed to a traumatic experience during their lifetime, with 6.8% going on to experience PTSD. The impact on those exposed to military combat is dramatically higher, with 17-25% experiencing PTSD. This course discusses the pathophysiology, treatment, and military aspects of PTSD including the unique characteristics of combat operational stress as well as the currently available treatment modalities for PTSD. Presented by David Benedek, MD, COL, MC, USA, Associate Director, Center for the Study of Traumatic Stress, Uniformed Services University of the Health Sciences. [Click here to access the Course of the Month and sign-up for updates about this free member benefit.](#)

APA Annual Meeting Submission Site Now Online

The online portal for abstract submissions for the 2018 APA Annual Meeting in San Francisco is now online. [The site](#) is open to new submissions of general sessions, media sessions, courses, and posters. The theme for the 2018 APA Annual Meeting is "Revitalize Psychiatry: Disrupt, Include, Engage, and Innovate." The Scientific Program Committee encourages all submitters to keep this theme in mind while crafting their submissions. The deadline for submission is Thursday, September 6, 2018 at 11:59 p.m. ET. Visit the Annual Meeting Submission Site [here](#), and view submission guidelines [here](#).

Registration for IPS Site in Chicago Now Open

Registration for IPS: The Mental Health Services Conference is now open. This year IPS takes place in Chicago from October 4-7, 2018. Attendees can explore 80+ general sessions, 7 paid courses, and 8 tracks on a variety of topics. You can register and book housing for IPS 2018 [here](#).

In This Issue...

1. [Message from the President](#)
2. [Message from the ED](#)
3. [Membership](#)
4. [Breaking News](#)
5. [WPS Announcements](#)
6. [Workshops & Events](#)
7. [Resources](#)
8. [Research](#)
9. [APA News](#)
10. [Other News](#)

Calendar of Events

[Member Center](#)

[WPS Leadership](#)

[WPS Committees](#)

[WPS Staff](#)

MEMBERSHIP

We would like to extend a warm welcome to our new and transfer WPS members:

- Javad Fatollahi, M.D.
- Ernesto Henderson, D.O., M.S.
- Elizabeth Levy, M.D.
- Meghan Quinn, M.D.
- John Tarim, M.D



SPONSORED CONTENT Adventist HealthCare and MedStar Georgetown University Hospital Symposium

Join child and adolescent behavioral health experts on November 9 from 8 a.m. to 3 p.m. to explore cyberbullying and gun violence in schools. Guest speakers include Dr. Jeff Bostic, clinical professor of psychiatry at MedStar Georgetown University Hospital and Dr. Maria Aguiló-Seara, child and adolescent psychiatrist at Adventist HealthCare.

WE PAY UP TO \$150,000 TO DEFEND YOUR MEDICAL LICENSE AT NO EXTRA COST

PRMS [LEARN MORE >](#)

SPONSORED CONTENT \$150,000 to Defend your License and Livelihood

PRMS knows that psychiatrists are more likely to face an administrative action than a lawsuit. That is why our comprehensive malpractice policy includes a separate \$150,000 defense limit for license proceedings at no additional cost.

WORKSHOPS & EVENTS

Special Networking and Planning Dinner for WPS ECP Members - July 30, 2018. [Register here](#).

2018 WPS Fall Symposium - Psychiatric Genetics Update: Risk of Illness, Implications for Treatment - September 15, 2018. Registration will open soon!

Washington Psychiatric Society **WPS 2018 CME PROGRAM SERIES—SAVE THE DATE**

**2018 WPS FALL SYMPOSIUM
Psychiatric Genetics Update: Risk of Illness, Implications for Treatment**

Saturday, September 15, 2018
9:00 am-12:30 pm | 8:30 am Breakfast

LOCATION:
The University Club of Washington, DC
1135 16th St NW, Washington, DC 20036

Salon - Jacques Lacan: An Introduction to His Work and Applications for Your Practice - October 14, 2018

CME Workshop - Brain Stimulation - Saturday, November 10, 2018

Stay informed about all upcoming events through the [Calendar of Events](#) link. Note that you **MUST** be logged in as a member to see the full list.

OTHER NEWS

PRMS Virtual Poster Contest

PRMS is excited to host its first-ever virtual poster contest for residents! Residents will submit videos of their posters to be played at our national seminars throughout 2019, allowing an opportunity to share original research and case findings with the practicing psychiatrists and colleagues in attendance. Click [here](#) for more information.

PSV Fall Meeting - Fighting Stigma in Mental Healthcare

September 28-29, 2018 from 12:00 PM - 2:00 PM

PSYCHIATRIC SOCIETY OF VIRGINIA

2018 FALL MEETING
September 28-29, 2018
Stonewall Jackson Hotel - Staunton, Virginia

Fighting Stigma in Mental Healthcare

www.psva.org

CLASSIFIEDS

Employment

Psychiatrist - Addiction Medicine Services Responsible for assessment and psychiatric treatment of outpatient clients who have substance use disorders and a wide range of co-occurring mental illnesses. Apply [here](#).

Office Space

Foggy Bottom - Small sunny office for rent in quiet Foggy Bottom medical office building. Available in attractive psychotherapy suite. Includes waiting room; separate bathrooms for patients and therapists and kitchen. Less than one block from metro station. Available September 1st. \$535.00/month. Please call 202-457-912 for more information.

Dupont Circle - Beautiful office space available August 1, 2018. Large windows looking out on tree-lined street. 10-minute walk from Dupont Circle. Rowhouse with other psychologists and psychiatrist. Please email Drmindjacobs@gmail.com or call 202-236-6365.

Please [click here](#) to see the full listings of classified ads.