



### The President's Report

By, Robert McCarron, DO  
CCPS President



**Camaraderie.  
Top-notch continuing medical  
education.  
Support for our psychiatric  
profession.**

These were the three main reasons I joined the APA when I was a resident. These were the three reasons I cited in a CCPS newsletter letter a few years back, as inspiration to join the CCPS leadership team. Now, as I finish my two-year term as CCPS President, these remain the three core reasons why I plan to stay actively involved with the APA / CPA and CCPS.

It has been a pleasure and honor to serve as CCPS president. I am most grateful for this opportunity and the support from the Executive Council (Shannon Suo, Don Hilty, Glen Xiong, and Ranjit Padhy), CCPS Council, and CCPS Members. I would also like to thank Chris Stockton, CCPS Executive Director, for his hard work and dedication over the past few years.

Please continue your support for our profession (and the patients we serve) by attending our annual meetings and chapter gatherings. In

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### The President-Elect Update

By, Shannon Suo, MD  
CCPS President-Elect



As my presidency looms closer, I realize what a responsibility I bear to you, our members. I thank you for your repeated vote of confidence in naming me President of CCPS and hope that I can follow in the footsteps of my predecessors and help CCPS live up to its reputation. In the past several years I have watched several transformations and evidence of CCPS's emergence into areas of recognition: CCPS was the district branch with the highest attendance at the 2010 APA meeting, our immediate Past-President (Don Hilty) was nominated for CPA President-Elect, CCPS remains one of the few DBs to retain financial security and solvency, CCPS provides CME for the CPA annual meeting. I know that all of these accomplishments are

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**President's Update**

*Continued from page 1*

2011, CCPS was recognized by the APA for being one of the top five chapters represented at the APA Annual Meeting. This was because of you – our CCPS Members! Please continue this support and I look forward to seeing many of you at the May 2012 meeting in Philadelphia and at the 2013 San Francisco meeting. It is never too early to plan.

Best wishes to all of you and your family.

Sincerely,

Robert

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Effective Date \_\_\_\_\_

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# SAVE THE DATE

Central California Psychiatric Society  
2013 Annual CME Conference

March 22-24, 2013

*The Clement Intercontinental Hotel*  
Monterey, CA



**President-Elect Update**

*Continued from page 1*

reflections of the hard work of our leaders and members.

As President, I hope to keep CCPS on the radar—locally and nationally. One way of doing this is to work on recruiting, engaging, and retaining our student, MIT, and ECP members. Our more “seasoned” members remain invaluable in this effort as the “younger” generation needs mentors and champions. I also want to reach out to other types of psychiatrists that we have not (historically) been as good at keeping involved: Kaiser physicians, forensics, child and adolescent. In order to be relevant to any of these groups, I need to know what brings you to the table. I may contact you directly to solicit your thoughts, but please do not hesitate to contact me to share them even if I don’t. I’ve set up an e-mail address specifically for CCPS Presidency business, so if you need to reach me, use [CCPSPresident@gmail.com](mailto:CCPSPresident@gmail.com).

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# Annual Meeting Review, and Why I'm Excited to Be a Part of CCPS

*By Rachel Rose*

*Lead MIT, Sierra Chapter; PGY-3 at UCSF Fresno*

The CCPS Annual CME Conference in Santa Cruz this year (March 23-25, 2012) was only my second, but it makes me more excited than ever to be a part of the Central California Psychiatric Society. Aside from taking place in a beautiful Central California Coast location, the CCPS annual meeting has been one of my favorite conferences, not only for its interesting educational program (this year my favorites were the programs on eating disorders, integration, and palliative care), but also for the plethora of other events planned. At the MIT-Mentor social, residents got a chance to round-robin with willing members (including faculty and ECP's) to pick their brains about everything from career planning to work-life balance. At the Resident Clinical Vignette Competition, 6 other MITs and I got the chance to present a case that we found to be a good learning experience. This brought some intriguing cases: a vet with TBI, PTSD and bipolar disorder, a graduate student with depression and possible ADHD, a Spanish-speaking patient with seizures and depression, a transgender (MtF), and an unusual case of vasculitis presenting as a psychiatric complaint, among others. A fantastic job was done by all MITs! The exhibit booths were staffed by dedicated representatives who assisted the attendees.

The formal dinner on Saturday was a special occasion for members to mingle, and one advantage I found was being able to talk to a member with job experience in an area I'm interested in. Being able to share the table with psychiatrists and their significant others from around Central California provided many new insights in addition to new friends. The tasty dinner, accompanied by roses and chocolate, also provided a forum that highlighted the accomplishments of certain members over the past years (and decades!) with both a plaque and a quite amazingly painted portrait. The trivia competition, held over dinner for those willing to punch in answers on their keypads between bites, was giddy fun for those who participated but especially \*sweet\* to the lucky winner who received a box of each type of Girl Scout cookies--yum! As per tradition, the weekend was also highlighted with numerous drawings a day for prize giveaways, including APPI press books. Last but not least, the travel stipend awarded to the MITs was a most welcome assistance to allow us to attend the conference in these economically difficult times, and we are so grateful for that support. UCSF Fresno's participation in CCPS had dwindled over the years, but last year with 2 MITs and this year with 3 MITs and 1 ECP attending, UCSF Fresno is officially back on the scene and we're not stopping there. As the lead MIT for the Sierra Chapter, my goal for the next year is to have even more representation from UCSF Fresno, with more MIT's and faculty at both the CPA and CCPS annual meetings.

I'm grateful to CCPS for providing a wonderful opportunity for MITs, ECPs, faculty and other members to meet, mingle, and grow to make a better community for us all, and I'm excited to continue to be a part of its future. As an MIT, what matters to me most is knowing that there is network of colleagues that I can learn with, share with, and be inspired by, and CCPS has been an integral part of my journey so far.



# 2012 ANNUAL CME CONFERENCE HIGHLIGHTS

Photographs Courtesy of John Onate, MD



Hilary Silver, MD, Benjamin Hidy, MD,  
Glen Xiong, MD, Shannon Suo, MD  
at council meeting



MIT Resident Social



Attendees enjoying the  
President's Reception



Marina McCarron, Robert McCarron,  
Joseph Lebenzon, and Suzette Lebenzon



Robert McCarron and Shannon Suo at  
the President's Reception

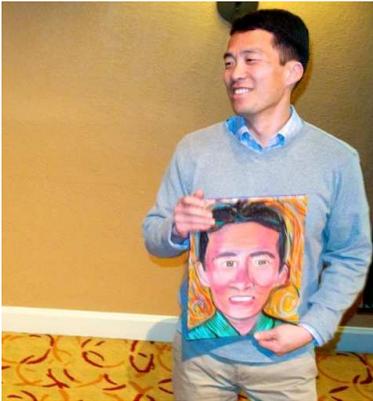


Robert McCarron presenting Dan  
Willick with the Outstanding Service  
Award

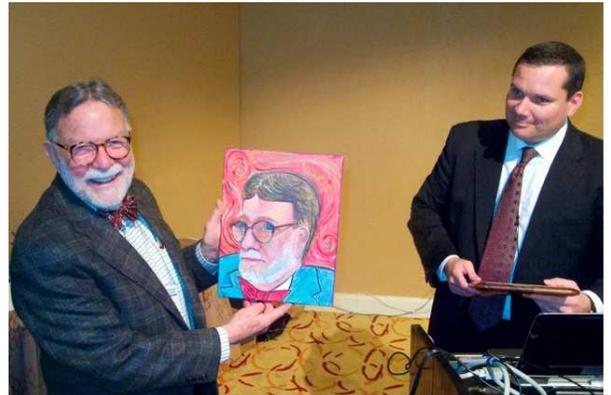


# 2012 ANNUAL CME CONFERENCE HIGHLIGHTS

Photographs Courtesy of John Onate, MD



Jaseu Han being presented with an Outstanding Service Award



Captane Thomson being presented with a Lifetime Achievement Award by Dr. McCarron



Dr. McCarron presenting Barbara Gard with an Outstanding Achievement Award



Jennifer Lancaster, Glen Xiong, Shannon Suo, Robert McCarron, and Ranjit Padhy the 2012-2014 Executive Council



Dr. McCarron and Marina McCarron being presented with the Appreciation of Service Award



MIT Resident Attendees after being presented with stipends



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# 2012 Annual Meeting Recap

By: Shannon Suo, MD  
Annual Meeting Chair

Welcome to Spring and another month closer to APA! Our own CCPS meeting has drawn to a close and we bid a fond adieu to Chaminade, where we have been for the past 4 years. We had another great conference with talks about eating disorders, complementary and alternative medicine, and end of life care, just to name a few. This year we tried something new and offered a Primary Care Psychiatry conference separate from the regular meeting. We had primary care providers (and some psychiatrists) who attended and learned from our own primary care/psychiatry trained faculty (and a resident) at UC Davis about psychiatric interviewing, mood disorders, substance abuse, psychosis, and personality disorders. The attendees had some great questions and we had a great time teaching them! In addition to all the learning, we had fun, too. The door prize drawings had great showings from residents and regulars alike: Friday evening winners of APPI books: Sara Buckelew and Rossano Bangasan. Saturday afternoon winners of APPI gift certificates: Ben Hidy, Richard Land, and APPI books: Sophia Le and Sara Abdejahid, Sierra Vista Hospital donated an iPod, which was won by Uday Mukherjee. On Saturday evening we had two winners of Barnes and Noble gift cards donated by Professional Risk Management Services: Shellen Bloom and Hilary Silver, a CPA Annual Meeting registration was awarded to Sara Abdejahid, and Rachel Rose won one night's stay at Chaminade! Just before the conclusion of the meeting on Sunday, we gave away another APPI book to Karen Hopp, APPI gift certificates to Julie Motosue-Brennan and Philip Verderame, and a Visa gift card donated by American Professional Agency was given to Robert Cater. The meeting's first registrant was James Margolis, while Rachel Rose won not only the Saturday evening trivia contest, but also the resident vignette competition on Sunday! She went home with lots of Girl Scout cookies (from Saturday's prize) and a new APPI book, too (for the vignette)! The resident vignette competition was fierce, with a strong showing from all 3 residency programs: UC Davis, UCSF-Fresno, and UCLA-Kern.

The annual planning committee has my eternal gratitude. It is through their hard work, dedication, and teamwork that our meetings happen every year. The committee consists of: Rossano Bangasan, Larisa Grace, Don Hilty, John Jacisin, Joseph Lebenzon, Francis Lu, Robert McCarron, Garth John Olango, John Onate, and Ranjit Padhy. To steal a phrase: these guys make me look good!

With our attendees permission, we plan to continue the vignette competition next year and look forward to the creativity and inspiration that working with MIT provides! Believe it or not, your Annual Meeting Committee is already getting back to work, analyzing the data from this year's meeting and making plans to bring you an even better meeting next year! So save the date: March 22-24, 2013 in Monterey at the Intercontinental in Monterey (also known as The Clement)!

Don't forget about meetings this year, either: APA in Philadelphia May 5-9, 2012 and CPA in Dana Point Sept. 28-30, 2013.



Annual Meeting Attendee, Logan couldn't wait to get to the next session in Santa Cruz.

Photo Credit: Jason Brennan



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# My Community is Not Dead

By: Andrea Bates, MD  
Community Psychiatry Committee Chair

While at Starbucks the other day, I glanced at a new album cover and was struck by a song title: “Death To My Hometown”. Let’s just talk about the title. I think a lot of people feel like their own community is, well, if not dead, then sick.

In a way I can understand the sentiment. From New Jersey to Arkansas to Denver, through my travels as a hospital surveyor, I have experienced struggling communities – old buildings, old houses, old neighborhoods, all trying to “hold it together”.

From the fields of Central California, to the golden coast, to our Capital City, I have treated hospitalized individuals with serious mental illnesses, often neglected, sometimes mistreated, and all very ill. I realize not all hospitalized patients are victims. There are drug abusers, criminals and people who in the past had been sent to jail, now lying alongside very vulnerable patients.

Yet I have hope. On what basis? Mental health treatment leaders and politicians throw up their hands because of the enormity of the problems to fix, seeming to leave patients and families to fend for themselves. Providers assaulted, psychiatrists killing themselves, the sick getting sicker, and meth is easier to get while living on the streets than something to eat. On what basis, hope?

Because Americans have always struggled. American communities have become great, not by accident but because Americans are determined, innovative and hopeful individuals. The constant flow of immigrants to our Land has always brought a fresh stream of vibrancy. We are thrust into the future by Americans and their fanciful dreams, leading the world’s communities into the latest industrial or technical revolution.

No, your community is not dead. But it is changing. Like in a young person’s puberty, the young State of California and her communities struggle with how to even organize in the sea of abundant changes. The culture is developing, the politics are shifting (splitting), but most powerful is the revolution made by the computer – affecting not only our habits but changing how we think, act and feel. Foot to horse to car to plane to outer-space to virtual reality. Be anywhere, anytime, all the time, instantly. It is a new world, a new community.

But psychiatric care is provided one on one. One doctor, one patient. Technology (even telemedicine) doesn’t change that (it enhances it). Communities - individuals clustering together, working and living side-by-side, each trying his and her level best to raise the kids, earn a buck and pass along a good memory, maybe even a little legacy.

Managing through these transitions and difficult times and endeavoring to hope when the candle burns dimly: this is the way that it has always been in societies! While I understand the frustration, fear and sorrow of “how bad things are”, I have decided that I am tired of hearing about how bad things are. I am even sicker of hearing about how everything is going to be worse in the future.

My community is not dead. Old neighborhoods with young children, new neighbors in the rundown houses, living dreams, conquering ambitions and hope. Let’s press on.





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# MEMBERSHIP UPDATE REPORT

## NEW MEMBERS

### **Alaric Frazier, MD**

Member In Training  
Medical School: UNIVERSITY OF TEXAS  
Residency: UCSF FRESNO  
Presently: Fresno, CA

### **BENJAMIN HIDY, MD**

MEMBER IN TRAINING  
MEDICAL SCHOOL: UC DAVIS SCHOOL OF MEDICINE  
RESIDENCY: UC DAVIS SCHOOL OF MEDICINE  
PRESENTLY: SACRAMENTO, CA

### **PETER KNUDSEN, MD**

MEMBER IN TRAINING  
MEDICAL SCHOOL: UC DAVIS SCHOOL OF MEDICINE  
RESIDENCY: UC DAVIS SCHOOL OF MEDICINE  
PRESENTLY: SACRAMENTO, CA

### **SCOTT SUMMERS, MD**

MEMBER IN TRAINING  
MEDICAL SCHOOL: UC URVINE  
RESIDENCY: UC DAVIS SCHOOL OF MEDICINE  
PRESENTLY: SACRAMENTO, CA

### **MATTHEW SWENSON, MD**

MEMBER IN TRAINING  
MEDICAL SCHOOL: UNIVERSITY OF ROCHESTER  
RESIDENCY: UC DAVIS SCHOOL OF MEDICINE  
PRESENTLY: SACRAMENTO, CA

### **MARK LEVINE, MD**

**GENERAL MEMBER**  
MEDICAL SCHOOL: UNIVERSITY OF VERMONT  
RESIDENCY: PRESBYTERIAN HOSPITAL  
MEDICAL SCHOOL  
PRESENTLY: SACRAMENTO, CA

### **REENA LEWIS, MD**

GENERAL MEMBER  
MEDICAL SCHOOL: GEORGE WASHINGTON UNIVERSITY  
RESIDENCY: UC DAVIS SCHOOL OF MEDICINE  
PRESENTLY: SACRAMENTO, CA

## REINSTATEMENTS

None to Report

## TRANSFERS IN

### **Stephanie Brown, MD**

Member In Training  
Transfer from: Maryland Psychiatric Society  
Presently: Sacramento, CA

### **Raja Dutta, MD**

Member In Training  
Transfer from: Washington Psychiatric Society  
Presently: Davis, CA

### **Amin Shamal, MD**

Member In Training  
Transfer from: New Jersey Psychiatric Association  
Presently: Tracy, CA

### **William Boyer, MD**

General Member  
Transfer from: Georgia Psychiatric Physicians  
Association  
Presently: Modesto, CA

### **Saowarut Kittimongcolporn, MD**

General Member  
Transfer from: Northern California Psychiatric Society  
Presently: Coalinga, CA

### **Michael McAndrews, MD**

General Member  
Transfer from: San Diego Psychiatric Society  
Presently: Roseville, CA

### **Hamed Rezaishiraz, MD**

General Member  
Transfer from: Brooklyn Psychiatric Society  
Presently: Modesto, CA

## DB TRANSFERS OUT

### **Calvin Flowers, MD**

### **Sonya M. Jackson, MD**

### **Yvette Milazzo, MD**

### **C. Christopher Schulteiss, MD**

### **Joel J. Stoddard, MD**





**CENTRAL CALIFORNIA PSYCHIATRIC SOCIETY**  
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*SAM A. CASTRO, MD, EDITOR*