

# Central California Psychiatric Society



Central California Psychiatric Society Newsletter

Issue No. 31

April 2010

## The President's Report

By, Donald M. Hilty, MD  
CCPS President



### National, Regional and Local Update

The APA Annual Meeting is upcoming at New Orleans, May 22-26. It will be a fantastic meeting. The Program Committee invited a few more sessions this year, drawing from the best researchers and clinicians internationally. With a de-emphasis of

Industry Supported Symposia, more courses by fabulous speakers (e.g., Glen Gabbard) were added. Please support the APA and the city by joining us.

An Oregon prescribing bill put through by the legislature was recently vetoed by the governor. We were appalled it had gone through and tried to support our neighbors and their families. From the Governor Theodore R. Kulongoski, "I have long advocated for mental health parity and improving the integration of mental health and physical health disciplines in order to improve the overall health of Oregonians, and increase access to services to underrepresented populations. However, I am concerned that Senate Bill 1046 as written creates serious policy and regulatory conflicts. Furthermore, I believe that a policy change of this significance requires more safeguards, further study and greater public input than was provided during the February special session." So, while this is a short-term positive, there is still work to be done.

We have a new slate of officers for 2010-12: Drs. Robert McCarron as President, Shannon Suo as President-Elect, Glen Xiong as Treasurer and Ranjit

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## The President-Elect Update

By, Robert McCarron, DO  
CCPS President-Elect



It was terrific to see so many of you at the CCPS Annual CME meeting in March. We had amazing weather, outstanding speakers, and a bunch of enthusiastic MIT's and medical students in attendance. If you were not able to make it this year, please pencil next March (in Santa Cruz)

on you calendar – we would love to see you there.

With the passage of the May 2010 APA meeting, Don Hilty, M.D. will be both finishing an historic four year tenure as CCPS president and beginning his term as the newly elected CPA Treasurer. Don has done an amazing job as CCPS President and we are proud of to see him representing our District Branch at the state level! Don will continue to serve on the CCPS Executive Council and CPA Government Affairs Committee. I am personally grateful for Don's leadership and, as incoming CCPS President with big

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# CENTRAL CALIFORNIA PSYCHIATRIC SOCIETY

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Kern—Franco Song, MD .....Not Listed

Sacramento—Margaret Leung, MD .....Not Listed

Sacramento—April Crofut, MD .....Not Listed

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San Joaquin - Hilary Silver, MD .....209-468-8720

Sierra – .....Position Open

Yosemite - John Jacisin, MD .....209-524-9401

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Chris Stockton .....888-234-1613

## President Report

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Padhy as Secretary. Thank you for your support, involvement and enthusiasm for our mission during my presidency!

### *Annual Meeting*

The CCPS Annual Meeting, March 19-21, 2010, Santa Cruz, was at Chaminade (<http://chaminade.com>) was fantastic. Attendance was up. We had great weather. The Program Committee led by Dr. Gellerman and with the help of PESC staff did an amazing job. The site is a nice, peaceful place to go and the weather is stunning. We found it friendly for spouses/SOs and the kids! Speakers included

Francis Lu, UC Davis, on culture and diversity, including a summary of guidelines over a decade

Laura Roberts, Editor of *Academic Psychiatry*, on ethics and career issues

Terry Ketter, Stanford, on bipolar disorder with cases discussed

Elizabeth Tully, a MHSA grant winner, on adolescent-onset of schizophrenia, recognition and interventions.



We had a delightful reception and dinner Saturday night. We celebrated a number of residents and medical students attending. We honored Dr. Gellerman with a gift certificate for his CME work—Dr. Suo will now be taking the lead. Dr. Luke Kim, a survivor of South Korea and his wife Grace, were honored with a CCPS Lifetime Achievement Award. Dr. Kim lost family to the North Korean army, joined the South Korea military, and eventually made it to the US. He worked in the California Department of Corrections and he has been a leader internationally in culture and diversity. His family's philanthropy includes the Luke and Grace Kim Endowed Professorship in Cultural Psychiatry, a position that Dr. Lu holds at UC Davis. In addition, Dr. Tai Yoo was honored with a CCPS Lifetime Achievement Award. Dr. Yoo, also Korean, trained there before working in Michigan for years. Fortunately, he came and established the Department of Psychiatry...UCLA—Kern—nearly a decade ago. He, too, has been a leader internationally in culture and diversity. He has been an avid supporter of trainees, faculty and others at UCLA—Kern—and a great supporter of CCPS and our Kern Chapter. Having Drs. Kim, Yoo and Lu together with us was one of our biggest honors!



## President-Elect Update

*Continued from page 1*

shoes to fill; I very much appreciate his mentorship and support.

Over the next few years, I look forward to working with CCPS members to further strengthen our five chapters. Specifically, we hope to provide local forums for our members to collaborate and build long-lasting personal and professional relationships. I will be meeting with chapter presidents over the next month to explore possible funding opportunities to expand our local educational programs. Please let me know if you are interested in assisting current chapter presidents or taking on the role of chapter president (Sierra Chapter). Also, please visit the CCPS website (<http://www.cencalpsych.org/>) for information on upcoming events and chapter leadership.

Feel free to email me at [robert.mccarron@ucdmc.ucdavis](mailto:robert.mccarron@ucdmc.ucdavis) with any ideas, suggestions, questions or input on how we can develop or expand opportunities for CCPS members.

## Kern Chapter Report

*Submitted By, Ranjit Padhy, MD, Chapter President*

The CCPS-Kern Chapter, is a well organized chapter, and has a blend of highly motivated members from UCLA Kern Residency Program (faculty and residents) Kern County Mental Health, Kaiser Group, National Health Group, and community psychiatrists. It has seen many successes in the past. Not surprisingly, my experience as President of the chapter over the last year has been very exciting and rewarding.

Last year each of our chapter meeting was organized with a special theme while maintaining the primary objectives of organized psychiatry. The First one in June 2009 was dedicated to the young MITs while making new plans for the year. Holiday session was mostly dedicated to the Community that also included representatives from NAMI and Sheriff's Department. The chapter recognized Kern County Sheriff's Deputy, Commander Shelly Castaneda and Dr. Robert Sincoff, MD for their tireless service to the people with mental illness in the county jail system. Fall session was mostly focused on the CCPS Annual-CME conference. To enhance the educational / clinical knowledge of the members, each of these sessions included special speakers in the field of Psychiatry including one for TMS.

During this time our relationship and mutual

cooperation with NAMI-Kern touched next level. In October 2009 we had strong participation in the NAMI-Walk reflected by presence of 15 chapter members in the walk and some of us also making personal financial donations. It was highly appreciated and publicly acknowledged by NAMI-Kern officials and its members. The hard work and dedication of the members, at their individual level, were well recognized by the respective organizations. Our MIT representative, Dr Franco Song, received special award for "Cultural Psychiatry" at the 2010-AADPRT conference in Orlando, FL while Dr. Brenda Roberson was awarded as the "Best Resident" for the same period by CCPS-Kern. Our Joint Chairman of UCLA-Kern Psychiatry Program and Kern County Mental Health, Dr. Tai P. Yoo, also was honored with "Lifetime Achievement Award" at the CCPS-Annual CME conference, 2010.

As an organization, this year the CCPS-Kern chapter represented itself well with eight Psychiatrists and equal number of young resident physicians at the Annual CME conference. We had our own Dr. Elizabeth Tully, Director of the Child and Adol.-Psychiatry Fellowship, as one of the main presenters in the conference. Also, I feel proud to say that with the help of all the energetic young Psychiatrists and the able guidance of the veterans like Dr. Daniel Grabski, Dr. Ravi Goklaney, and Dr. H.T. Mohan, this year our achievement was recognized in the Annual-conference and was awarded as the "Best Chapter". My special thanks to Kern Chapter's President-Elect, Dr. Rossano Bangasan.

During the past year we have seen a steady growth of our chapter with few more new activities planned for the next year. We have made a policy to "walk the journey in the right direction than to achieve a fixed target". During this exciting journey we were able to interact and collaborate with many individuals who directly or indirectly motivated and helped us to be at this point of development. I, on behalf of all the office bearers and members of the CCPS-Kern Chapter, would like to appreciate the CCPS-Executive council, especially Dr. Don Hilty, for their continued support.



# Social Committee Update

*Submitted By, Shannon Suo, MD,  
Treasurer, & Social Committee Chair*

Wow! What an amazing weekend we had in Santa Cruz. We couldn't have asked for better weather and it was the only thing that could compete with the great speakers and activities we had for the 2010 CCPS Annual Meeting! We had a near-record number of MIT attendees (about 14 residents) and 6 medical students, with 13 of them participating in the resident social event: speed dating! The trainees made out like bandits in the door prize drawings as follows: Sat. morning winners were Abdolreza Saadabadi \$25 Costco giftcard, Will Siegfried Handbook of Career Development in Academic Psychiatry and Behavioral Sciences (donated by our own presenter, Dr. Laura Roberts), Alice Park (thanks again to Dr. Roberts!), and Julie Motosue-Brennan See's gift certificate. The MIT's swept the Saturday evening prizes with another See's gift certificate going to Margaret Leung, Franco Song Seo and Mark Harashevsky both getting \$25 APPI gift certificates (with many thanks to APPI for their generosity), and April Crofut won a \$50 credit to the 2011 Annual Meeting! We wrapped up on Sunday with one more UCLA Kern resident, Tiffany Tsai, getting a See's gift certificate, as did Ravi Goklaney (perennial first registrant to the meeting), and John Jacisin got "one for the road" in the form of a \$25 Starbucks giftcard. A table of UC Davis junior faculty and spouses proved themselves to be the most competitive group in the room at dinner Saturday in the "Are You Smarter Than the People at the Other Tables?" game. They walked away with See's chocolate as well. A group of less-competitive, more seasoned psychiatrists and spouses showed their creative side by inventing the "number needed to cheat" instead! It was wonderful to see my former mentor (and employee, as he loved to tell people that I was his boss when he worked at my clinic!!) and hero, Luke Kim, along with his beautiful and wonderful

wife, Grace, as he was awarded one of two lifetime achievement awards given at this year's conference. It was amazing to see Luke honored alongside his countryman, friend, and colleague: Tai Yoo, equally deserving in his role as Chair of Psychiatry and training director at UCLA Kern. To round out the table of Asian psychiatrist heavy-hitters, Drs. Francis Lu (Luke & Grace Kim Endowed Professor in Cultural Psychiatry) and Phuong-Thuy Le were present to cheer Tai and Luke on. Fortunately, they were too busy catching up to compete in the game! It was a bittersweet meeting as Don Hilty, our president through the past 4 years and Dave Gellerman, CME Chair for the past 7, prepared to pass the mantle to Robert McCarron and I, respectively. We have some tough acts to follow, but are committed to ensuring that CCPS remains the closest-knit, most well-informed, and **most social** DB in California! As always, please feel free to send me any suggestions you have, particularly about the annual meeting as we begin to prepare for next year!

## Yosemite Chapter Report

*Submitted By, John H. Jacisin, MD, Chapter President*

The Yosemite Chapter of CCPS met on 3/3/10 at Galletto's Ristorante in Modesto for a business meeting following an excellent presentation by member Phil Verderame, MD, on Deplin. Eight members attended including three of our newest members. Anton Manganas, MD, Medical Director of Doctor's Behavioral Health Center gave us an update on the Hospital status. He is also on the ballot for CCPS Counselor. We reminded everyone of the upcoming CCPS Annual Meeting, and several members will be attending.



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# 2010 ANNUAL CME CONFERENCE HIGHLIGHTS

Photographs Courtesy of John Onate, MD



Ravi Goklaney, MD  
at Friday afternoon  
Council Meeting



Elizabeth Tully, MD



Residents from Bakersfield



Francis Lu, MD



Elizabeth Tully, MD &  
Ranjit Padhy, MD

# 2010 ANNUAL CME CONFERENCE HIGHLIGHTS

Photographs Courtesy of John Onate, MD



Terance Ketter, MD



Tai Yoo, MD Lifetime Achievement Award Recipient



Alice Park, MD, Glen Xiong, MD, Shannon Suo, MD, and David Gellerman, MD



Robert McCarron, DO & Adam Quest



Francis Lu, MD, Laura Roberts, MD & Don Hilty, MD

## ASSEMBLY CORNER

Submitted By, Ravi Goklaney, MD, DFAPA  
Assembly Representative, CCPS

First, I wanted to give you an overview of APA assembly role in the APA. APA assembly consists of 283 members from the District/State branches from USA and Canada. This number will be reduced in 2012 to 260 due to budget cuts. Assembly meets twice year once during APA annual meeting and second time in November usually in Washington DC. Any assembly member can initiate a paper of a topic of once interest and would like that paper to be approved by the assembly. Some of these papers are rejected by the review committee and never make it to the Assembly floor for voting. Some of the papers make it to the Assembly some get approved after discussion and voting and others get defeated. APA assembly follows parliamentary rules in their proceedings. Bills, which are approved then, go to Board of Trustees meeting for final discussion and voting for approval or rejection. Boards of trustee total nineteen in numbers have the authority to make final decisions on behalf of APA. Thus, APA assembly I view as an advisory body to APA board of trustee and bring forth wealth of information and address many current issues which concerns our profession . The decisions, which are made by APA make the head lines around the world in the mental health community and further influence the future direction for the mental health care recipients around the world. Each Assembly Representative supposed to be representing the will of its district branch members to the APA assembly; however, members rarely participate in providing any information thus assembly reps. are operating based on their experience and personal belief. I will encourage the members of CCPS if you have any issues which you would like me to consider to address to the APA assembly feel free to send me an e mail at [rgoklaney@bak.rr.com](mailto:rgoklaney@bak.rr.com) . I will also like to suggest to CCPS council that we create a CCPS m2m communication so we could all communicate with each other on regular bases to address issues, which concern us and learn from each other to find constructive solutions. Lastly, I wanted to thank CCPS Council and the members for providing me the opportunity for years to represent CCPS to the APA assembly which I thoroughly enjoy.

## Community Psychiatry Update

Submitted By, Andrea Bates, MD, MBA

At the recent Council meeting for CCPS, I noticed that there is a lack of representation for CCPS from the Sierra Chapter since the Chapter President resigned a couple of years ago. After the CCPS Annual Conference, I was speaking with our new CCPS President, Dr. Robert McCarron about this issue. We thought together we could try to reach out to the psychiatrists in the Fresno and Visalia area. We obtained a sponsor for a dinner (Traditions Behavioral Health) and are in the process of choosing the best restaurant in the area with a private room, and dates that will work. We are in process of reaching out to local psychiatrists and residents, whether or not they are currently CCPS members and just chat about issues in psychiatry at the dinner. Once the date and location are finalized we will get an announcement out by email. If you have any questions would like additional information about this meeting please contact Chris Stockton our Executive Director at (888) 234-1613.



## The Women's Health and Careers Committee Presents...



**Malia McCarthy, M.D.**

In the column, “The Women’s Health and Careers Committee Presents...,” we will be introducing you to some of Central California finest leaders in our professional community. This month, it is our honor to present Dr. Malia McCarthy. Dr. McCarthy is program director of the Child and Adolescent Psychiatry Training Program at UC Davis Medical Center.

Dr. McCarthy attended medical school at Albert Einstein College of Medicine and then went on to general psychiatry residency at New York University Medical Center. She completed her fellowship in Child and Adolescent Psychiatry at the Yale Child Study Center at Yale University.

Dr. McCarthy’s clinical work involves the assessment and treatment of adolescents in crisis. She has published and presented extensively on this topic as well as other pertinent issues in the psychiatric treatment of children. Dr. McCarthy is co-editor of the *Saint-Frances Guide to Psychiatry*, a handbook for medical students, and an author of the informative manual: *The Psychiatric Clinics of North America, Child and Adolescent Psychiatry*. We thank Dr. McCarthy for her outstanding continued contribution to the field of psychiatry!

On a different note, it has been my pleasure and a privilege to serve as Chair of the Women’s Health and Careers Committee for the 2009-2010 term. As we transition to 2010-2011, I will be turning over the position to two of my finest colleagues, Tracy McCarthy, M.D. and Kim Davis, M.D... Welcome to Drs McCarthy and Davis!

Jessica Ferranti, M.D.

# MEMBERSHIP UPDATE REPORT

## NEW MEMBERS

### **Kathleen Marshall, MD**

Member In Training  
Medical School: Pennsylvania State College of  
Medicine

Residency: UC Davis, Sacramento, CA  
Graduation Date— 06/2013  
Presently: Sacramento, CA

### **Christine Osterhout, MD**

Member In Training  
Medical School: UC DAVIS MEDICAL SCHOOL

Residency: UC Davis, Sacramento, CA  
Graduation Date—06/2013  
Presently: Bakersfield, CA

### **Rashanak Ramezani, MD**

Member In Training  
Medical School: UC SAN DIEGO  
Residency: UC Davis, Sacramento, CA

Graduation Date—06/2013  
Presently: Bakersfield, CA

### **DAVID SMITH, MD**

General Member  
Medical School: UCLA  
Residency: UCLA, Los Angeles, CA  
Presently: Sacramento, CA

## REINSTATEMENTS

**Danilo Fernandez, MD**, Bakersfield, CA

## TRANSFERS IN

### **Sreekanth Chava, MD**

Member In Training  
Transfer from: Central New York District Branch  
Presently: Fresno, CA

### **Nataliya Giagou, MD**

Member In Training  
Transfer from: Illinois Psychiatric Society  
Presently: Turlock, CA

### **Christopher Schultheiss, DO, MBA**

Member In Training  
Transfer from: Southern California Psychiatric As-  
sociation  
Presently: Fresno, CA

### **Neil Smith, DO**

Member In Training  
Transfer from: San Diego Psychiatric Society  
Presently: Fresno, CA

### **Valentin Y. Avramov, MD**

General Member  
Transfer from: Washington State Psychiatric  
Association  
Presently: Stockton, CA

### **Antoun C. Manganas, MD**

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

### **Stephanie Ngo, MD**

General Member  
Transfer from: Maryland Psychiatric Society  
Presently: Coalinga, CA

## DB TRANSFERS OUT

**Seeley Chandler, MD**

**Jonathan Fellers, MD**

**Michael Harlow, MD**

**Martin A. Johnson, MD**

**Craig A. Kaiser, DO**

**Julian Quinlan, MD**

**Benjamin Woo, MD**



**TOP  
TEN**

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*SAM A. CASTRO, MD, EDITOR*