

# Central California Psychiatric Society



Central California Psychiatric Society Newsletter

Issue No. 34

January 2011

## The President's Report

By, Robert McCarron, DO  
CCPS President



It's that time of year again! Spring is right around the corner, and so is our CCPS annual meeting. Please plan to join us on March 25-27 at the beautiful Chaminade Resort, in Santa Cruz CA. You can register and get more information about the meeting at <http://www.mymemberlink.com/2011-ccps-conference>.

Please consider spreading the word to your colleagues. We are hoping to get a good turn out from non-psychiatric clinicians who may have an interest in leaning more about pain medicine / psychiatry, substance abuse, motivational interviewing, treatment of mood disorders and so much more. We will also have educational vignette presentations from CCPS area residents. If you know any mental health providers who are looking for continuing education units, please remember to let them know of our CME meeting in March.

Are annual planning committee is already thinking ahead to our 2012 meeting. If you have any ideas for topics or speakers, let us know and we will do our best to make it happen. I look forward to seeing you in Santa Cruz!

## The President-Elect Update

By, Shannon Suo, MD  
CCPS President-Elect



I have 3 things on my mind these days: new job, new house, and Annual Meeting! Not always in that order! I'm excited about them all, but let me share my excitement with you about this year's Annual Meeting. For one, it's my first year, taking over the machine that was created by David Gellerman as CME chair for the past 7+ years. He did a fantastic job of creating a process that makes it much easier to plan an event that provides enormous opportunity for education and camaraderie for our members. Secondly, our annual meeting committee has been so hard-working and everyone strives to take time out of their busy schedules to help plan and organize the event. That kind of teamwork is inspiring and very gratifying. We also have the opportunity,

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# CENTRAL CALIFORNIA PSYCHIATRIC SOCIETY

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# REGISTER TODAY

## CENTRAL CALIFORNIA PSYCHIATRIC SOCIETY 2011 ANNUAL CME CONFERENCE



**Friday March 25, 2011 through Sunday March 27, 2011  
Chaminade Resort, Santa Cruz, CA**

### Scheduled Speakers

**Martin Leamon, M.D. & Steve Suo, M.P.P.**

- “Your Brain on Meth”
- Film and Discussion “The Meth Epidemic”

**Robert McCarron, D.O. & Tom Heinrich, M.D.**

- “Medical, Psychiatric or Both? Mysteries in your Medical or Psychiatric Office”

**Deborah Hales, M.D.,**

- “Maintenance of Certification”

**Michael Moskovitz, M.D., Ingela Symreng, M.D., and Martin Leamon, M.D.**

- “Got Pain? Chronic Pain Assessment and Management”
- “Got Pain? Part II, Non-Medical Interventions for Management of Chronic Pain”
- “Got Pain? Part III, Panel on Managing Difficult Patients”

**Richard Bermudes, M.D.**

- “TMS, What is it?”
- “Case Driven Discussion of TMS”

**Donald Hilty, M.D.,**

- “What Do I Do Now?, Case Driven Discussion of Psychopharmacologic Treatment of Depression”

**Visit the CCPS website at [www.cencalpsych.org](http://www.cencalpsych.org) to find registration information  
Register Online at <http://www.mymemberlink.com/2011-ccps-conference>  
Or Call (888) 234-1613 with any questions**

through a grant awarded by IMQ, to invite more primary care providers to our conference. We felt that PCPs would have common interest in a thorny topic—pain. We are bringing Drs. Michael Moskowitz, a pain medicine specialist, as well as Ingela Symreng, a pain medicine psychologist, to talk about chronic pain. Our program also heavily features a past favorite speaker: Martin Leamon, who will talk on Friday about methamphetamine abuse, then join the panel with Drs. Moskowitz and Symreng on Saturday to talk about working with chronic pain patients. Also on Friday will be our movie night: Dr. Leamon will facilitate a discussion of the Frontline special, *The Meth Epidemic*, along with the special's featured reporter: Pulitzer Prize recipient, Steve Suo. (No, that's not a coincidence—he's my cousin.) Saturday morning will be kicked off by our president, Dr. McCarron and colleague, Dr. Tom Heinrich, as they present *Medical, Psychiatric or Both? Mysteries in your Medical or Psychiatric Office*. This is a perennial favorite at the APA Annual Meeting, and we hope you will enjoy it as well. Deborah Hales from the APA will give our keynote address at lunch on Maintenance of Certification. Our residents from Kern, Fresno, and Davis will face off in a resident vignette competition, but will shake hands and join up again for the resident mentoring social after the educational activities wrap up on Saturday. Finally, on Sunday morning, we'll hear from Dr. Richard Bermudes and our own Don Hilty about treatment of depression, including Dr. Bermudes' experience with TMS.

No conference would be complete without our President's Reception and Awards Dinner. The residents have agreed to help with entertainment this year and will be showing off their psychiatric knowledge during a Jeopardy-style game at dinner!

As an extra bonus, we're giving away a free registration to the APA in Honolulu to a randomly selected member who registers for our Annual Meeting by Feb. 25. We'll also have our usual door prizes at the conference, of course!

I'm looking forward to seeing old friends and making new ones in Santa Cruz again this year and hope that everyone comes out to make this a banner year for CCPS!

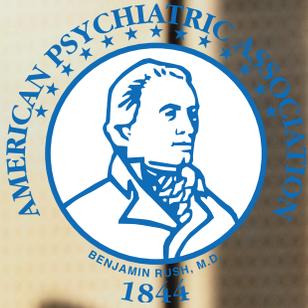
## Yosemite Chapter Report

*Submitted By, John J. Jacisin, MD, DLFAPA, Chapter President*

The Yosemite Chapter of CCPS met following a presentation by Joseph Sison, MD, on Bipolar Disorder on December 1, 2010 at Surla's Restaurant in Modesto. Six members and two guests attended. We also appreciated Dr. Sison's encouragement to get more local psychiatrists interested in our organizations supporting psychiatry nationally. A spirited discussion of local psychiatric developments ensued. We continue to have a small but very interested group. Dr. Jacisin discussed medical students from Midwest School of Osteopathic Medicine based in Phoenix, AZ rotating through the inpatient services at Doctors' Behavioral Health Center in the morning and his outpatient clinic in the afternoon for 4 week clerkships in psychiatry. Dr. Mukherjee discussed developments with the County Mental Health with a new Mental Health Director to be named in the Spring of 2011. Members were encouraged to attend the CCPS Annual Meeting in March in Santa Cruz. There was also a discussion of the new Recertification Standards for Psychiatry and Dr. Jacisin provided handouts on the details of that process. Our next meeting will be on January 11, 2011 at Surla's Restaurant.



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# Disaster Psychiatry, Today's Reality: How Can We Help

Submitted By, Brenda Robertson, MD,  
Member-In-Training Committee—Kern

Do you want to find a way to give back? Disaster psychiatry provides an excellent venue to exercise social conscience and gain expertise in a special area of psychiatry. For example, teams of psychiatrists traveled to assist in relief efforts after the 2004 Indonesian tsunami, and while there worked with a first responders experiencing acute stress responses and bereft families trying to navigate the profound physical and psychological trauma they had just experienced.

The APA has recently begun to focus on collecting and disseminating disaster psychiatry materials for health care professionals (<http://www.psych.org/Resources/DisasterPsychiatry.aspx>). On their disaster psych web page, readers can find links which will direct them to their local district branch disaster chairperson as well as a disaster psychiatry handbook which has telling first hand accounts from psychiatry personnel who have been involved in disaster response efforts. The handbook also provides an orientation on how one could expect to contribute in such a scenario, cross-cultural, legal, and ethical implications (fascinating) of this work; and the impact of media in a disaster zone (even more fascinating).

There are multiple documents which can be accessed at <http://www.psych.org/Resources/DisasterPsychiatry/ResourcesfromOtherOrganizationsAgencies/ProvidingAssistancetoVictims.aspx> which can further elaborate on how psychiatrists can provide very necessary immediate relief for victims of natural disaster or mass violence. Additionally, links that discuss leadership needs and stress management in first responders who are trying to cope with body recovery, community mobilization, the need for integrated disaster responses topics which lend themselves very well to the bio-psycho-social lens psychiatrists use on a daily basis.

Interested? In addition to contacting your nearest APA district branch disaster chairperson, the APA disaster psychiatry page has a link to other disaster mental health groups page (<http://www.psych.org/Resources/DisasterPsychiatry/OtherMentalHealthOrganizations.aspx>) which can direct you to a large number of organizations who will help you find a structured manner in which to respond. The National Voluntary Organizations Active in Disaster page has a "How to Help" link immediately on its

homepage, The Disaster Psychiatry Outreach page has free webinars to further educate, and an easily located "Volunteer" link on its home page. International disaster response agency links are also separately highlighted for those who have interest in responding in foreign countries.

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*SAM A. CASTRO, MD, EDITOR*