



July 2008

In Touch

with the South Carolina Psychiatric Association

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As SCPA president, I am honored and excited to share with you the news and plans for our organization this year! I would like to thank Dr. Richard Frierson, our outgoing president, on his outstanding job of leadership over the past year. As we look to the future, our executive council of members and members-in-training are working diligently to maintain the APA goals of: advocacy, enhancing the scientific basis of care, supporting education, training and career development, and enhancing professional values. We appreciate all the support and participation from our local chapters and encourage interested members who would like to be more directly involved in the organization to contact us. Already our members have made a difference, calling and advocating to the budget joint subcommittee in order to overturn veto 22 from Governor Sanford. This line-item veto was concerning the carve-out for pre-authorization of mental health medications in the budget, though not for HIV and cancer medications. Thanks to the efforts of Dr. Jennifer Pender and others, I believe our voices made a difference in this veto being overturned!

Our voices
Our voices
Our voices made a difference

Planning for this year includes an "Advocacy Day" during which leaders from our national organization will come from Washington, D.C. to provide a training workshop and direct supervision in how we should advocate at the state house here in South Carolina. This program will be open to all members and members-in-training with step-by-step instructions on the process of state advocacy, especially on topic specific to our state. We will forward more information on this event as it is scheduled.

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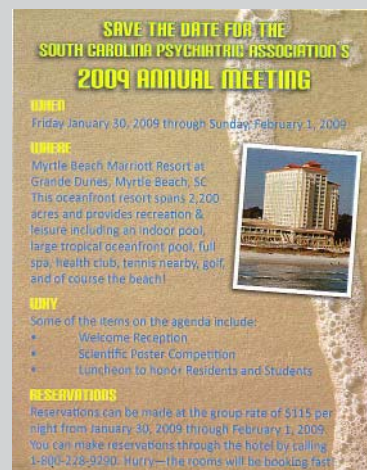
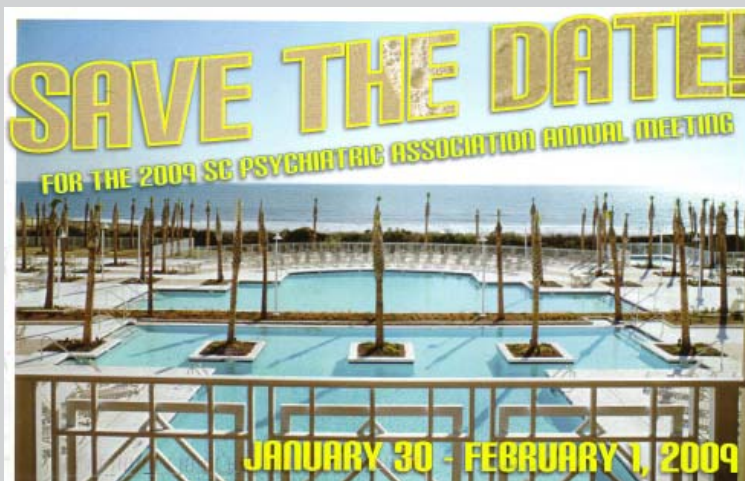
The 1st annual Poster Competition during our 2008 annual meeting was a huge success, with eight participating posters from both MUSC and USCSOM. This year we are planning to expand the competition to include medical students interested in psychiatry as well as our own members-in-training. The SCPA has applied for a grant from the APA district branch funding and will use these funds, if received, for an awards luncheon during our 2009 annual meeting. This would follow our scheduled business meeting and will be open to all members. It is my hope that these continued endeavors will establish lasting mentor relationships that will further the career development of our members-in-training.

Our 2009 SCPA Annual Meeting will be held this year at the Myrtle Beach Marriott Grand Dunes Resort, January 30th – February 1st. All members should be receiving 'save the date' mailings this month, as well as reminders throughout the fall. As we arrange the assemblage of speakers, my goal is to provide a diverse range of specialty topics including issues on professional development. Our plenary speaker will be Dr. Eugene Beresin, a Professor of Psychiatry at Harvard Medical School. Dr. Beresin has consulted to a variety of television shows including *ER* and *Law and Order: SVU*. He was Advisor to the Emmy Award winning HBO children's specials, *Goodnight Moon and Other Sleepytime Tales* (2000), *Through a Child's Eyes: September 11, 2001* (2003) and *Classical Baby* (2005). It is my hope that all of you will be able to attend, and that you will encourage other psychiatrists who are not involved in the SCPA to make this their first meeting!

Finally, I want to thank Ms. Pamela Trapp, our new executive director, for the marvelous job she is doing in planning for our annual meeting, managing our daily affairs, and easing my transition into office. For all of our members, if I can be of assistance in any way, please do not hesitate to contact me at 803-434-1433.

With kind regards,

Nioaka N. Campbell, M.D.



2007 Year-end Review

Richard L. Frierson, MD



As your outgoing president, I would like to thank all of you for your continued support of the SCPA. As I reflect over the past year, I realize the SCPA has “risen to the occasion” more than once. We have had many successes and I want to tell you about them.

In South Carolina, the state Legislature passed a mental health parity bill several years ago that covers state employees and some large employers. However because many health plans are governed by federal law rather than state law, a federal law would more than double the number of patients protected from discrimination in coverage for mental illness in South Carolina. The SCPA led an all-out effort to raise public awareness of the U.S. Senate’s Mental Health Parity Act after passage of the legislation was blocked on two occasions by South Carolina’s own U.S. Sen. Jim DeMint. In addition to organizing a telephone campaign to his office, we took our arguments to the media, issuing an association press release and gaining two very significant opinion editorial placements in two of South Carolina’s biggest newspapers, The State and The Greenville News. SCPA members engaged Sen. Jim DeMint’s staff in conversations to encourage the Senator to release his hold on the passage of this important bill. Additionally, psychiatric residents at the Medical University of South Carolina in Charleston and the University of South Carolina School of Medicine in Columbia put forth an organized effort in a letter writing and telephone campaign.

I have seen first hand how the SCPA and our members are key partners in the ongoing effort to combat stigma, improve access to appropriate care and above all, increase the understanding of mental illness.

Eventually, Senator DeMint released his hold and the Mental Health Parity Act of 2007 passed the U.S. Senate by voice vote. This was a significant victory in our ongoing educational and advocacy efforts and the first time the U.S. Senate has passed a mental health parity bill. I have seen first hand how the SCPA and our members are key partners in the ongoing effort to combat stigma, improve access to appropriate care and above all, increase the understanding of mental illness. I also came to realize that psychiatrists-in-training can make a tremendous impact in the advocacy effort. Not only do we present the overall picture of mental illness, but our grassroots involvement makes this a patient issue, not just self-serving guilds promoting pocketbooks.

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Our annual meeting was a great success, set a record attendance, and — I am pleased to announce — finished in the black! We were entertained Friday night by our keynote speaker, Robert T.M. Phillips, with his reflections on Presidential Assassins and Stalkers. The Saturday and Sunday speakers were all thought- provoking. My goal as president was to increase resident attendance at the annual meeting.

The 1st Resident Poster Competition was a success as well, with eight entries from residents at MUSC and USC. The competition impressed our judges, Jeff Raynor, M.D., John Roberts, M.D. and Ryan Finkenbine, M.D. (Thanks guys for judging!).



Dr. Wendi Woods,
Dr. Richard Frierson,
Dr. Christian Neal

Christian Neal, M.D. received 1st place with his poster “A Review of the Disparities in the Usage of Antipsychotics in the African-American Population”. His co-author was Wendi Woods, M.D.



Dr. Richard Frierson,
Dr. Gariane Gunter

There was a 2nd place tie. Gariane Gunter, M.D. presented a poster entitled “Bridging the Gender Gap: The Relationship Between Third Year Medical Students’ Gender and Their Scores on the Opinions of Mental Illness Scale.”



Dr. Richard Frierson,
Dr. Douglas Morris

Douglas Morris, M.D. presented poster entitled “Effects of Advanced Age and Dementia on Restoration of Competence to Stand Trial”. In all, \$1000 was given to the winners.

In the coming years, given the issues facing psychiatric practice, it is important that the SCPA remain a strong and vibrant organization. Mental health parity, psychologist prescribing, and other issues that impact our practice require that we remain committed to our profession and our patients. With Dr. Nioaka Campbell as our incoming president, I know we are in good hands. I hope you will extend to her the same support you have extended to me this year.

With kind regards,

Richard L. Frierson, M.D.



Dr. Nioaka Campbell, Dr. Richard Frierson

SCPA Walks With NAMI for Mental Health

Jamae Campbell, MD, USCSOM PGY-4

On Saturday April 19, 2008, NAMI Mid-Carolina held its inaugural walk for the Mind of America. Over 800 walkers participated in the walk including a large team from the USC Department of Neuropsychiatry. The day was kicked off by a speech and ribbon-cutting ceremony by USCSOM then PGY-2 resident and Mrs. South Carolina 2008, Gariane Gunter.



NAMI actually exceeded its 100,000 dollar goal. SCPA donated \$1,200 and the USC Department of Neuropsychiatry raised just over \$1,300 for the cause. As the Department team leader, thank you to everyone who participated by raising money, walking, or both. A special thanks to Laurie Harden, PGY1, and her husband, Chris, for designing the team shirts and to Dr. Nioaka Campbell for sponsoring the shirts. I look forward to this

walk becoming an annual event to bring us all together to raise money and awareness for mental illness in South Carolina.



Register Today!

**67th Annual Meeting of the Southern Psychiatric Association
September 24-28, 2008**

The Southern Psychiatric Association extends a warm invitation to members of the South Carolina Psychiatric Association to its 67th Annual Meeting on September 24-28th, 2008, at the DoubleTree Guest Suites in Charleston, SC. Come for the day or for three days. Dr. Richard Harding and his Program Committee have put together a wonderful program, and it is anticipated that a total of 13 continuing medical education credits will be offered. The Southern meets annually to provide members with a review and update on new and emerging techniques, guidelines, clinical information and managed care issues regarding the biological, psychodynamic, and administrative aspects of psychiatry. It is a great opportunity to network with colleagues and have fun.

Further information can be obtained from Susan Proctor, Executive Director of the Southern Psychiatric Association at (410) 938-3403 or via email at sproctor@sheppardpratt.org, or at the Southern Psychiatric Association website at <http://www.sopsych.org/>.

A Crowning Achievement for Advocacy



In February, Dr. Gariane Gunter was crowned Mrs. South Carolina, United States 2008. Dr. Gunter is a PGY-3 psychiatry resident at Palmetto Health Richland. Dr. Gunter resides with her husband, Tracy, and their two year old daughter, Isabella, in Batesburg-Leesville. She will keep her title for a year and, in July, will travel to Las Vegas to compete for the Mrs. United States crown. Dr. Gunter is using her time in the spotlight to call attention to mental illness.

“This year as Mrs. South Carolina, and daily as a Psychiatrist, I am fighting to eliminate the negative stigma of mental illness. My crown is serving as a microphone, as this title has given me the opportunity to be a voice for patients with mental illness and their families. Speaking across the state, I have found that people who have been affected by mental illness are excited and encouraged to hear that we are facing this battle head-

on. Those who have not been exposed to mental health often have many questions, that when answered, chip away at the longstanding stigma. So what is next? For the remainder of my reign as Mrs. South Carolina, and for the rest of my life, I will fight this fight. I will continue to talk to anyone who will listen about mental health awareness, diagnosis and treatment options. I am in the process of introducing an educational program by NAMI, called “Breaking the Silence”, into some South Carolina schools with hopes of educating our children about mental illness so that they will be armed against stigma. What a blessing and an honor it is to be a part of this incredible journey. I will carry my message with me as I compete for Mrs. United States in Las Vegas on July 24th, 2008.”



Mark your calendars and make plans to attend the 2008 North Carolina Psychiatric Association Annual Meeting and Scientific Sessions. The theme is “Creative Networking: From Molecule to Community.”

The dates are September 11-14th, 2008 and the place is the Renaissance Hotel, Asheville, NC. Call 1-919-859-3370 or visit www.ncpsychiatry.org for more information.

Update On Capitol Hill

Jamae Campbell, MD, USCSOM PGY-4



On May 6th, during the annual APA meeting, Dr. Harding, Dr. Frierson, and I met with Senator Jim DeMint at his office in Washington, D.C. to discuss mental health care policy. Though most of the meeting occurred with his Policy Advisor, Peter Fotos, Senator DeMint himself did attend to voice his point of view.

Topics discussed included access to mental health care for veterans as well as a new medicare bill regarding mental health care, though most of the time was used to discuss the current state of the Mental Health Parity Bill. We thanked the senator for releasing his hold on the Parity Bill last year, as well as for his commitment to the health and wellbeing of veterans.

Currently, the Senate and House are trying to reach a compromise on their respective versions of the Parity Bill. Senator DeMint stated that he would not oppose the Senate bill in its current form, but remains guarded as to whether or not he would support any changes that may result from a compromise with the House.

The Senator remains concerned that mandating insurance companies to institute mental health parity will cause premium costs to increase, resulting in more Americans having to go uninsured. The three of us did our best, however, to explain to the Senator and Mr. Fotos that evidence-based parity studies show that mental health parity increases premium costs by less than one percent, and in the end, saves everyone money due to reduction in long term costs such as hospitalizations and ER visits. Both Senator DeMint and Mr. Fotos stated that they do not feel that opposing the idea of mental health parity constitutes discrimination against the mentally ill.

Though the visit went well, psychiatric physicians in South Carolina should keep a careful watch on the progress of the Mental Health Parity Bill compromise and should be prepared to encourage Senator DeMint to support parity by contacting him by phone, letter, or by making an appointment to visit him in person.

Dr. Milagros Valentin, a member of the SCPA, is closing her practice and needs to refer over **2,000** patients to other psychiatrists. If anyone in the association can take on some of these patients, please contact:

Columbia Psychiatric Associates
1333 Taylor Street Suite 4-H
Columbia, SC 29201
Office: (803) 779-7500
Fax: (803) 779-7522



APA Dues Policy Payment Change!



Please note that effective with the 2008 dues year, annual membership dues must be paid by October 31st or membership will be dropped. If you have not already done so, please pay your dues immediately or enroll in the Scheduled Payment Plan to have your current APA and District Branch dues automatically charged to your credit card in monthly installments. Act now to ensure that your membership benefits do not lapse.

There are several easy methods:

1. Pay Online at <https://myaccount.psych.org>
2. Pay by Phone (1-888-357-7924)
3. Scheduled Payment Plan at <http://psych.org/Resources/Membership/EnrollmentFormsApplications/PaymentOptionsFormScheduledPaymentPlan.aspx>

In the years ahead, you can depend on the APA to provide invaluable resources to help you advance your career as well as strengthen the future of psychiatry for you and your patients. Thank you for your continued support of the American Psychiatric Association.

Please call 1-888-35-PSYCH if you have any questions regarding your membership.

Sincerely,

Joseph E.V. Rubin, M.D.
Chair, APA Membership Committee



Dr. Eric Williams

This is your friendly newsletter writer. Thank you all for your contributions to *In Touch* over the past two years. I look forward to continuing to serve as your editor, and improving future editions. Any feedback on how to make it more informative is welcome. As distribution is now strictly electronic, space considerations are no object. All contributions are welcome and encouraged from across the state, so... Do you have an item for the *In Touch* newsletter? If so, please send it, along with any corresponding pictures, to ericwilliams@sc.rr.com. The next edition is scheduled for February (after the annual meeting). However, if there are plenty of submissions, there may be an earlier issue!