

# The PsychList

~A modern "spin" on UBMD Psychiatry news and events~



## A Note from the Chair...



At this year's faculty and staff appreciation dinner, we followed the tradition of reviewing a Buffalo landmark— Dr. SK Park. Dr. Park has been an institution in Western NY and an inspiration to the Department of Psychiatry for more than half a century. He has influenced generations of psychiatrists and has continued to be a model of the ability to integrate biological and psychological therapies. If we learn nothing else from Dr. Park, we should keep with us his intellectual curiosity and his desire to be the best physician for his patients. Long after he retires (unless we can talk him out of it again), we will do our best to emulate his desire never to stop learning and growing.

Department Chair, Steven Dubovsky, MD

## Resident News

Submitted By: Cynthia Pristach, MD

Residency interview season is coming to an end at last! We have interviewed close to 75 top notch applicants. The interview begins with a dinner the night before which includes two residents. The following day (Wednesday afternoon or Thursday morning), applicants are given a presentation about the department and program by one of the senior residents. This is followed by 3-4 individual interviews, or a group session with a faculty member who talks about a specific program or their own area of interest. Applicants also enjoy lunch with residents, as well as a tour of ECMC. Most applicants who are interested in the Child and Adolescent Psychiatry track are interviewed on Thursdays, and spend their afternoon with faculty from that program. Carol Regan does a great job coordinating all of this, and the residents and faculty who participate are amazing ambassadors for the city, university, and program. Candidates have gone out of their way to tell us how friendly the faculty and residents are, and that they are impressed with the clinical and didactic education that the residents receive.



While Match Day is not until March, we are quite optimistic that we will once again recruit a strong PGY-1 class to start in 2020. Thank you to all the residents, faculty, and staff who participate in this process!

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### Special points of interest

- Emergency Psychiatry Fellowship
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# Emergency Psychiatry Fellowship

Submitted By: Tori Brooks, MD



**Official Titles:** MD  
Assistant Clinical Professor of Psychiatry  
CPEP Medical Director  
Emergency Psychiatry Fellowship Director

**Date of Hire:** July, 2006



Tori Brooks, MD

Tori Brooks, MD, discusses the addition of the Emergency Psychiatry Fellowship below:

**Q:** Please discuss the Emergency Psychiatry Fellowship, and your involvement with the program.

**A:** One of the assets contributing to the evolution of ECMC into the regional center of behavioral health treatment excellence is the **Comprehensive Psychiatric Emergency Program (CPEP)**.

The Buffalo CPEP is one of the largest CPEP programs in New York State, annually serving over 12,000 adults, children, and adolescents in crisis, which makes it a diverse clinical resource for teaching psychiatry. Trainees involved in the **Emergency Psychiatry Fellowship** will collaborate with attending psychiatrists and other professionals in the field to enhance core clinical skills in the practice of emergency psychiatry, through a combination of scheduled topic review, clinical and off-ward supervision. Our Emergency Psychiatry Fellowship provides a one-year, full-time program where learners have the opportunity to hone assessment & diagnostic skills in the emergency setting, perform lethality assessments, determine the need for hospitalization, manage an array of acute symptoms including agitation, evaluate & treat co-morbid chemical dependency and medical issues, provide consultation to medical and community-based services, collaborate with members of a multidisciplinary treatment team, mentor/teach more junior trainees, produce a scholarly project, as well as develop an understanding of systems of care with opportunities to contribute to change.

As one of only two Emergency Psychiatry Fellowships in the United States, fellows will have a unique opportunity to practice with faculty dedicated to the CPEP unit who are invested in sharing their expertise by mentoring individuals committed to identifying and treating behavioral emergencies and addressing the community's mental health treatment needs.

**Q:** What caused you to start the program?

**A:** It makes sense that building a faculty best suited to run the emergency psychiatric service and provide the most therapeutic, educationally beneficial environment would require recruitment of clinicians with the skills and strengths we're looking for. The best way to do this is by training them ourselves. ECMC was luckily willing to invest in such an endeavor.

**Q:** What do you like most about your job, and what are your greatest accomplishments?

**A:** I am proud to have seen and contributed to the growth of CPEP over the past 13 years. This includes the physical expansion into the new BH building in 2014, and also the push to renovate according to the current construction plans with input from staff this time, in hopes of more efficiently accommodating the patient flow our service requires. Also, however, I have worked to improve collaboration with the Medical ER, and eliminate silos historically inhibiting collaboration between nursing, social work, and physician staff. The progress that has been made, with the help of nursing leadership in CPEP, has been tremendous so far. This has been a timely adaptation as well, given the growing volume of patients presenting to ECMC in crisis over recent years. This capacity for flexibility in providing care as the need arises seems to have contributed to earning the attention of hospital administration, given the enhanced investment in becoming a Behavioral Health Center of Excellence. This is a testament to the work CPEP is now doing and I'd like to say that my efforts have contributed to this evolution.

**Q:** What are your interests outside of work?

**A:** My family is everything to me, and I couldn't do the work I do without their love and support. I also find playing softball and gardening to be quite therapeutic after a particularly challenging day in CPEP.



## Thanksgiving Without Borders

Submitted By: Annemarie Mikowski, DO

This year our family decided to remake our Thanksgiving experience. In the past, we traveled for a big family celebration, but with three small children, travel felt a bit more complicated this year. A traditional Thanksgiving meal at home seemed right. I had read an email about the *Thanksgiving Without Borders* program sponsored by UB. I felt anxious because this was like nothing I'd ever done before, but decided to try it out. This was the sixth annual year that the program has been held, with the goal of fostering an inclusive University community and providing cross-cultural experience for both students, faculty, and staff. We submitted a host family form by the end of October, and were happily matched with a family from Indonesia. I was excited they had a 4 1/2-year-old daughter, the same age as mine.

Yuyun Sri Wahyuni is an Indonesian Fullbright recipient studying for a PhD in global gender studies with doctoral research on Indonesian Muslim working women among trends of globalization, neoliberalism, and an upsurge of Islamic populism in Indonesia. Her husband, "Nana" Nanang Erma Gunawan, studied clinical mental health counseling at Ohio University in Athens, Ohio, and took a break from Masters studies there to make the commute and spend a long weekend with his family. They brought their lovely daughter, Shofia. It's hard to imagine living in a different city from your child to pursue your studies, as well as living halfway around the world from your country and supports, but I know many people do this every day.

The family took public transportation and then an Uber to reach us in Orchard Park, a commute that was well over an hour. Their daughter has been learning English quickly and the kids enjoyed the most thrilling game of Hide and Seek. Yuyun was interested in how I cooked the turkey, and Nana really enjoyed the cranberry sauce (I made him take some home!), but the whole family seemed most excited about the pumpkin pie. Shofia does not usually eat sweets, but in this case, could not get enough. Some families do have dietary restrictions (I had to Google™ if turkey was halal), but overall there was no modification of the menu and families are encouraged to bring dishes from their home country. We sampled dishes of fried sweet potato puffs and another dish similar to spring rolls.



I'm embarrassed to say that I had little sense of how large Indonesia is, but with 18,000 islands, it is the fourth most populous country in the world! It is also the country with the world's largest Muslim population. Nana revealed to my husband that family back home expressed worry when they had shared plans of visiting an unknown family's home. Family had initially discouraged them from coming to the States to study, based on fears of how they may be treated. He held an assumption that most Americans have guns, but we assured him that not every home has a firearm.

We were able to drive the family home and the kids enjoyed singing songs from *Frozen* in the back of the minivan. Following their studies, the couple will return to Mulawarman University, in Samarinda, East Kalimantan. Both families were given a gift of perspective, and for that, I am thankful!



## Congratulations!

Submitted By: Beth Smith, MD

Our warmest congratulations to Dr. Joshua Russell, who recently received the Steward Award from the WNY Foster and Adoptive Families Association. The presentation of this award took place on November 1st at a reception at Banchetti's.

Dr. Russell's dedicated work and advocacy with foster care children not only enriches our department, but our entire community.



# Medical Education

Submitted By:  
Leanne Hatswell,  
Medical Education Coordinator

In accordance with *LCME 6.2 Required Clinical Experiences & 8.6 Monitoring Completion of Required Clinical Experiences*, ongoing improvements and updates to Medical Education Curriculum will continue. In doing so, the Office of Medical Curriculum and the Phase 2 Committee Taskforce on Required Clinical Experiences will be rolling out a Clerkship Passport.



Each student will carry the passport with them throughout the clerkship to document their required clinical experiences as well as other required experiences (Mini CEX, Mid Clerkship Feedback, etc.). The Attending or Resident Physician who supervises the required experience will then need to sign the passport for the student. The passport will also document whether the experience was Performed (P), Assisted (A), Observed (O), or Simulated (S).

Look for these changes in January, 2020!

## Academic Affairs

Submitted By: David Kaye, MD

Shout-outs to several faculty and trainees who presented at national meetings:

- \* Dr. Beth Smith was on the program planning committee and made multiple presentations at the North American Cystic Fibrosis Conference in Nashville.
- \* Drs. Mike Adragna, Suzy Asikhia, Jane Elberg, Sourav Sengupta, David Kaye, Kiran Khalid, Amber Parden, and Nida Khawaja presented at the AACAP meeting in Chicago.
- \* Drs. Peter Martin, Daniel Antonius, and Corey Leidenfrost presented at the American Academy of Psychiatry and the Law in Baltimore.



The Department continues to provide travel and conference support for faculty to promote academic development. If you are early or mid-career faculty and are presenting or interested in an educational conference, let Dr. Kaye know and the Department Academic Affairs Committee will review the request.

The Lifelong Learning Institute Journal Club has gotten off to a great start and has three (3) sessions left. We have been having excellent discussions covering both Maintenance of Certification and current cutting edge articles in psychiatry. If you are interested in joining for future dates, contact Dr. Kaye.

Did you know that Academic Symposium still occurs on the third Wednesday of each month (aside from December) at 11:30 AM at ECMC? It comes with a free lunch too! The next two will feature Dr. Bob Rychtarik, new faculty member and Senior Research Scientist in addictions on January 15, and Dr. Annemarie Mikowski presenting February 19 on *What's New in OCD?* We are scheduled through April, but are always looking for faculty to present, update each other, and/or get input about scholarly projects being considered. Join us for one of our upcoming presentations!

Lastly, if you see an article, website, podcast, or other media presentations that you think would be of interest in promoting scholarship for the faculty, please send them to Dr. Kaye.

## Kaleida Ball

Submitted By: Beth Smith, MD



The University Psychiatric Practice was a table sponsor for Kaleida Health's Time to Shine Ball at the Seneca Niagara Casino on October 12, 2019.



## Quarterly Coding Tip

Submitted By: Agnes Macakanja, BA, CPC

Be precise when reporting psychotherapy time.

Each add on psychotherapy code has a time range corresponding to it:

- 90833 Psychotherapy (16—37 minutes)
- 90836 Psychotherapy (38—52 minutes)
- 90838 Psychotherapy (> 53 minutes)



Correct documentation must include exact time in minutes spent in psychotherapy with a description of the service performed including the type of psychotherapy provided.

The time spent on determining the elements of the Evaluation and Management (E/M) code (codes 99212 through 99215) cannot be counted toward the psychotherapy portion of the encounter. E/M and psychotherapy are two separately identifiable services when performed during the same encounter and documentation should clearly show they are separate.



**ALERT**



Routine waiving of copayments is a compliance risk and has always been a legal hassle for practices. The Office of the Inspector General (OIG) considers the waiving of copays as a violation of the False Claims Act, as waiving components misrepresents the allowed charge for a service - thus creating a false claim. Violations may have a number of negative outcomes including recovery, fines, and possible exclusion from Federal health care programs. Commercial and private payers also consider routine waivers as a breach of contract.

One contributing factor to copay waivers may be the increase in the number of patients who have high deductible insurance plans. Decision Health™ reports that 59% of patients had out-of-pocket expenses of up to \$500 to \$1,000 during a health care visit in 2018, as compared to 39% in 2017. Because of this increase, practices may be waiving copays to help patients with health care costs.

There are very few exceptions for waiving copayments. Providers may waive copayments on an occasional and case-by-case basis when the practice has made the determination that the patient cannot pay. The OIG clearly states the factors that determine the patient financial need include the local cost of living, the patient's income, assets and expenses, family size, and total cost of all medical bills. After the OIG criteria is met, and also only after the practice does due diligence to collect payment, can the practice consider waiving the copayment(s).

Some methods of collecting copayments include mailing statements to the responsible party, sending collections warning letters from the practice, and/or employing a formal collection company to retrieve owed copayment(s). Please note that these are unusual exceptions and it is good practice to collect all copays from all patients in the practice, preferably at the time of service.



Resources: <https://oig.hhs.gov>  
<https://www.cms.gov>

## Child and Adolescent Psychiatry Fellowship News

Submitted By: Sourav Sengupta, MD, MPH  
Beth Smith, MD

We have been busy in the Child and Adolescent Psychiatry (CAP) Division and Fellowship! October was the Annual Meeting of the American Academy of Child and Adolescent Psychiatrists (AACAP), and UB was very well represented. Second-year CAP Fellows Drs. Kiran Khalid and Amber Parden presented an exciting and challenging case in *Bordering on an Eating Disorder: Challenges Navigating Treatment, Systems of Care, and Comorbidities*, supported by Drs. David Kaye, Mike Adragna, and Sourav Sengupta. First-year CAP Fellow, Dr. Nida Khawaja, was awarded the Beatrix Hamburg Award for Best Poster for *Effects of Electronic Bullying on Adolescent Mental Health and Suicide: The 2017 Youth Risk Behavior Surveillance System*, in addition to giving an interesting presentation on barriers and opportunities in transgender mental health care, *From Mississippi to Massachusetts: Ensuring Excellence in Care for Transgender Youth*.

Dr. Kaye chaired a workshop on collaborative care, *Project TEACH: A 360° Perspective on Collaborate Care*, sharing lessons learned from eight years leading New York's statewide child psychiatry access program, presented posters on Project TEACH, co-chaired the Membership Committee, and rocked out with his band of CAPS, *Pink Freud!* Dr. Adragna presented a poster on his research with Dr. Greg Fabiano, *Lisdexamfetamine and Workplace-Related Performance*. Dr. Jane Elberg presented a workshop entitled *Making Sense of Individual Education Programs (IEPS) and Neuropsychiatric Assessments: Practical Tools to Support Children and Families in School and During Transition to Higher Education*. Dr. Sengupta chaired the Simon Wile Symposium, this year focusing on cost-effectiveness in integrated care and presented *Integrated Care for Kids: Adding Value From an Insurer's Perspective*, and presented a poster, *Straight on Through: The Current State of Child Tracks in Psychiatry Residency*.



Several faculty were busy at important conferences and community activities here at home and across the country. Dr. Beth Smith represented mental health matters at the North American Cystic Fibrosis Conference in October, where she chaired the *Psychosocial Research Showcase*. This is in addition to her work chairing the Mental Health Advisory Committee for the national Cystic Fibrosis Foundation and her Australian education outreach program for CF Australia in late summer 2019. Drs. Bruce Miller and Betsy Wood were invited to join the national committee for asthma and toxic stress, sponsored jointly by Stanford University and the Kaiser Family Foundation, tasked with formulating treatment parameters for the care of children. Dr. Peter Martin co-chaired the committee on Child and Adolescent Psychiatry and the Law and presented a session entitled *Forensic Psychiatry in the Age of Artificial Intelligence* at American Academy of Psychiatry and the Law's 2019 Annual Meeting in October. Dr. Jennifer Haak and Dr. Sengupta with Dr. Smith, Dr. Martin, and Dr. Daniel Antonius received grant funding from Say Yes Buffalo and the Blue Fund from Blue Cross Blue Shield of Western New York to provide educational programming and consultation to educators, school support staff, and school-based clinicians in the Buffalo Public Schools and the Niagara Falls City School District.

Within the Fellowship, we are excited to announce our Fellowship class for the 2020-22 cycle. Dr. Felix Matos-Padilla, currently completing his adult training at Bronx-Lebanon Hospital in NYC, and Dr. Tejpal Bedi, currently completing his training at Griffin Memorial Hospital in Oklahoma, will be joining UB's own Dr. Jill Frodey.



Last but not least, a few Buffalo Bright Spots noted by faculty, colleagues, and staff: First-year CAP Fellow, Dr. Salman Salaria, was commended for his persistent compassion in the care of a struggling adolescent at Oishei Children's Hospital; first-year CAP Fellow Dr. San Kwak for his creative and effective therapeutic clinical efforts in engaging adolescents on the Adolescent Inpatient Unit at ECMC; and Dr. Parden for her leadership in facilitating the start of first-year CAP fellows new to New York State.

We are so appreciative of the hard work and dedication of our trainees, faculty, colleagues, and staff who work to care for children and families with mental health issues in WNY. Thank you!

# ★ 2019 Faculty/Staff Appreciation Awards ★

The Department of Psychiatry, along with the University at Buffalo, the State University of New York, proudly honored the recipients of Faculty and Staff Appreciation Awards for their Outstanding Contributions in the following:

**Seung-Kyoon Park, MD**

Clinical Professor  
Clinical Mission of the Department

**Kristen Cercone, PhD**

Volunteer Clinical Assistant Professor  
Child and Adolescent Psychiatry

**Anne Constantino**

President and CEO, Horizon Health Services  
Excellence in the Community

**Annemarie Mikowski, DO**

Clinical Assistant Professor  
Resident Education

**Rebecca Schaeffer, MD**

Clinical Assistant Professor  
Medical Student Education

**James Butters, PsyD**

Volunteer Clinical Assistant Professor  
Resident Education

**Colleen Russo, PMHNP**

Clinical Mission of the Department

**Carol Regan**

Residency Training Program Administrator  
Excellence in Staff Contributions

**Rebecca Schaeffer, MD**

Clinical Assistant Professor  
Child and Adolescent Psychiatry

**Cynthia Pristach, MD**

Clinical Professor  
Research in the Department

**Daniel Antonius, PhD**

Associate Professor  
Dr. Josie Olympia Award

**Thomas Brent, LCSW**

Volunteer Clinical Instructor  
Resident Education

**Paula Del Regno, MD**

Clinical Associate Professor  
Research in the Department

**John Improta, MD**

Clinical Assistant Professor  
Medical Student Education

**V. Thomas Chapin, PMHNP**

Excellence in Forensic Psychiatry

**Sevie Kandefer**

Clinical Research Associate  
Research in the Department

The 100+ award is a new award presented at this year's annual event to recognize outstanding contributions from our volunteer faculty. To be eligible for this award, a volunteer faculty member must have contributed over 100 hours of teaching, mentoring, and service annually within the Department of Psychiatry. These awardees are shining examples of the excellence in teaching in our department, and this year's honorees include:

**Helen Aronoff**

**Laura Benedict**

**Kristen Cercone**

**Thomas Conboy**

**Nathan Diegelman**

**Michael DiGiacomo**

**Christopher Fitzgerald**

**Jeffery Grace**

**Alison Mcguerty**

**Sadiqur Rahman**

**Mohammad Saeed**

**Alicia Saldana**



## Quotable Quotes

"People who think they know everything are a great annoyance to those of us who do."

- Isaac Asimov

"I like long walks, especially when they are taken by people who annoy me."

- Fred Allen



## Comic Corner

Do you mean to tell me a stress ball isn't for throwing at people who stress you out?



HELLO? Mental Hospital? Yes I would like to reserve a family suite!



## Faculty Profiles

Submitted By: Margaret Uebler-Otoka, Administrative Assistant

Do you know if your Faculty Profile is up to date?

Your online faculty profile is a powerful promotion and recruiting tool, so it is important that it is kept current. To review your faculty profile, check: <http://medicine.buffalo.edu/departments/psychiatry/faculty.html>, and scroll down to your name.



You can update your profile by logging into E-CV at <https://ecv.med.buffalo.edu/> and clicking on **"eCV Faculty Portal."** After you have logged in, click on **"Edit CV Data"** to input/update your information. Want to know about Faculty Profiles and eCV, but are afraid to ask? Information is available at: <http://medicine.buffalo.edu/ooc/resources/ecv.html>

Please note that data input in eCV does not immediately synchronize with the department website. Rather, it usually takes an hour or more to update to the department site.

If you have questions, problems logging in, or need assistance with inputting/updating data into eCV, please contact Margaret at [mmu3@buffalo.edu](mailto:mmu3@buffalo.edu). She will be happy to assist you!

## Calling All Writers...

If you would like to contribute to future editions of the quarterly UBMD Psychiatry Newsletter, please contact Julie Mikula at [juliemik@buffalo.edu](mailto:juliemik@buffalo.edu) or at (716) 898-3597. All submissions must be received on or before March 20, 2020 to be included in the next edition, published in April 2020. Thanks, in advance, for your input!

