

THE UPDATE

The Newsletter of the Association of Medicine and Psychiatry



PRESIDENT'S GREETING

Happy Spring, everyone! There is much to celebrate in this season of new beginnings. To those in Academic Medicine, congratulations on another successful match for our Combined programs! We continue to see record numbers of applicants, and with the launch of new programs (looking at you, Medical College of Wisconsin IM-Psych!), we are expanding our ability to train the next generation of excellent Med-Psych physicians. Within the organization, we are gearing up for the Annual Meeting and looking forward to a change of

venue—make sure to register and make your travel plans for October in Milwaukee. We continue to see wonderful contributions from our various committees: our new website is slated for unveiling next month, our RFMs have partnered with our Medical Student Committee leads on a group mentoring curriculum, and we look forward to the May webinar from the DEI committee. Spring is also the time of year for AMP membership renewal—a friendly reminder to renew now, as Summer will be here before we know it.

Fondly,
Martha Ward

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PROGRAM SPOTLIGHT

Program Overview

The combined Internal Medicine and Psychiatry Residency Program at the Medical University of South Carolina (MUSC) has been actively training residents since 1996. The training program is located in the beautiful coastal city of Charleston, SC and all clinical sites are located on the main campus in downtown Charleston. MUSC is a large, tertiary care academic hospital that also serves as the regional safety-net hospital and includes a stand-alone 100-bed psychiatric hospital. Over the 5-year training, residents complete 30 months of internal medicine and 30 months of psychiatry, while integrating both specialties along the way. The program offers multiple integrated training opportunities with MedPsych faculty.

Special Features

- 8 combined trained faculty
- Multiple integrated clinics including Behavioral Medicine, HPACT, Sickle Cell Medical Home
- Rotate through large VA hospital in both medicine and psychiatry
- Possibility to participate in DART (Diversity in Addiction Research Training) Research fellowship during residency
- Extensive and integrated Brain Stimulation training
- MedPsych Unit planned to open in 2024
- MedPsych specific, protected academic time
- Opportunity to volunteer at integrated 'MedPsych Night' free clinic



Faculty Spotlight

Benjamin Kalivas, MD

Benjamin Kalivas, MD has been the program director at MUSC since 2020. He completed Combined Internal Medicine and Psychiatry residency at MUSC in 2016 and then served as Chief Resident for the Department of Medicine. He works clinically as an Academic Hospitalist and Brain Stimulation psychiatrist. He is active in both

categorical training programs and has won numerous department and university-wide teaching awards. In addition to clinical work, he participates in research around health outcomes and delirium and serves as the Medical Director for GME Quality and Safety. Outside clinical work and the training program, Dr. Kalivas enjoys spending time outside, running, hiking and exploring the world with his two daughters.



Program Spotlight, MUSC Health, Cont.

Combined trained Faculty

Temeia Martin, MD- Associate Program Director

Kelly Barth, DO

Baron Short, MD, MSCR

Elizabeth Call, MD

Allison Smith, MD

Mary Stoerman, DO

Kristin Mullinax, MD



Resident Spotlight

Robert James, MD

Robert James, MD is a 4th-year resident in the Combined Internal Medicine and Psychiatry Residency Program at MUSC. He completed Medical School at St Louis University School of Medicine and will serve as Chief Resident of the MedPsych Program. He has been the resident leader of the Cares Clinic, a free clinic that hosts a monthly 'MedPsych Night'. His interests are diverse and he is considering a cardiology fellowship after completing training. In addition to demonstrating clinical excellence in both departments, he has been actively involved in research with the National Crime Victims Center investigating complex trauma. Outside of medicine, he enjoys playing classical piano, musical composition, international travel, and spending time with his family.

Residents

Emily Amador, DO- Marian University

George Book, MD- Medical University of South Carolina

Alexander Baradei, MD- Florida State University

Zola Francis, MD- Medical College of Georgia

Andrew Kern, MD- Medical University of South Carolina

Ruth Bishop, MD- University of Michigan

Erik Olsen, MD- Medical College of Georgia

**New Interns Starting in July

Abby Truitt- Medical University of South Carolina

Gabby Ghabash- University of Utah

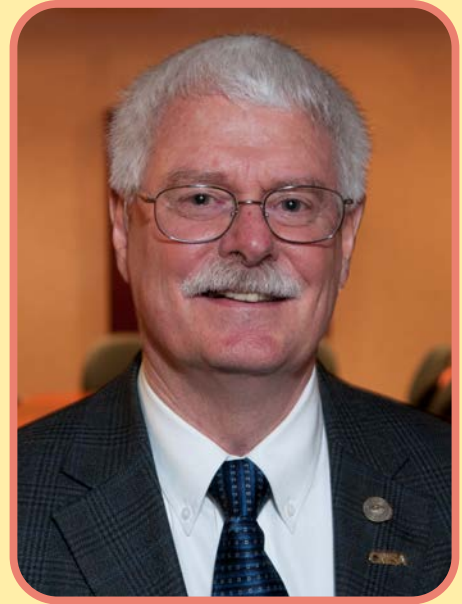


AN INTERVIEW WITH DR. ROGER KATHOL

Dr. Martha Ward recently had a chance to sit down and talk to Dr. Roger Kathol, AMP's founding President.

What has been your path to combined training?

Going into medical school, I wanted to be a psychiatrist, but I found that, at that time, psychiatry was not as much of a scientific practice. I fell in love with medicine and was planning to be an internist. Then I went to London with [my wife] Mary for 3 months, where they were practicing more scientifically based psychiatry. That was when I decided to pursue 2 residencies, and it was then a matter of finding out where there would be place that would be willing to do it. At the time, there were 6 combined programs, but none of them were doing what I really wanted to do. I decided to seek out other opportunities. Iowa was willing to put something together for me, and I believed that they would actually do it! I went to Iowa and did a year of medicine, a year of psychiatry, and then 2 years of medicine and 2 years of psychiatry. I thought about leaving for a job in Milwaukee after completing my residency but ultimately decided to stay in Iowa and it worked out just perfect.



At that time, what was the agreement with the Boards? Was there anything formally arranged?

The deal was that if you did 2 complete residencies, you could sit for the Boards for the training you completed. I did everything right except I counted my Neurology rotations for both residencies. The American Board of Psychiatry and Neurology told me I needed to repeat my Neurology rotations, and I said, "up yours." My residency director wrote probably 6 letters and they said, "ok but never let it happen again." So anyhow, that allowed me to become boarded in both.

Who were some of your mentors?

Really, there weren't a lot. Jim Stephenson at West Virginia and the Program Director at Virginia I spoke with for a few times. But mostly it was just setting up the rotations at Iowa and going through it.

In your career what are the various ways that you've employed your combined training?

When I graduated, I knew that I wanted to do inpatient and that I wanted to run a Med-Psych Unit. And so I interviewed at a number of places willing to set up Med-Psych Units and Iowa was one of them. George Winokur was the Chair of Psychiatry and Frank Abboud was the Chair of Medicine. David Skorton was the General Medicine Division Chief (now at Columbia). All said they'd be willing to support the Med-Psych Unit. They saw the value in it.

AN INTERVIEW Continued...

What drew you to inpatient care?

I like acute medicine. I like “sick people” and figuring out problems. The unit that we started had 2 IM residents, 1 psych resident, and 3 medical students every month. We had trained nurses and nursing students, and a pharmacist who wanted to do combined pharmacy. It was a really good training experience. I love to teach, and we had a lot of interesting patients coming through.

I had a good balance with other activities as well. My Chairs allowed me to do 4 months of research every year without clinical responsibilities. George [Winokur] was a very laid-back but scientifically minded physician who said you will have tenure if you publish 5 articles per year. Frankly, that was hard for me as I was a horrible writer when I started! I was a psychology and pre-med major in undergrad, so nothing to do with writing, for certain.

What was your research focus?

Psychoneuroendocrinology. Stress and depression, cortisol, ACTH, etc. Mary and I took a work vacation to New Zealand after we finished our residencies. I did a year of an endocrine fellowship there, so that was how I got interested in psychoneuroendocrinology.

When did you launch Cartesian Solutions?

After George [Winokur] died, we recruited a new Chair of Psychiatry, Bob Robinson. Things didn't work out so well between Bob and I, so I decided I was going to leave. There was nobody in the world that really helps set up integrated programs—that is, clinical programs (not residencies, things like that). That's when Cartesian Solutions started, to help other organizations set up integrated programs. I did consulting [with Cartesian Solutions] for about 4 years until I was asked by Blue Cross of Minnesota if I wanted to become Medical Director. The reason for that was that Blue Cross had been sued for death of psychiatric patients and they wanted help with that aspect. I learned about the administrative part of medicine when I started with Blue Cross; that was a godsend. I also continued to do clinical work about one day per week, but I stopped that about 6 years ago because I couldn't keep up with the latest medications.

When and how was AMP created?

AMP was started in about 2002. There were a group of jointly trained people like myself—Donna Greenberg, Jim Peden, and Charlie Schwartz—who basically started AMP. It was associated with the Academy of Psychosomatic Medicine for probably 7 or 8 years. We always had a sub-meeting associated with their Annual Meeting and then the decision was it's time to go on our own. Then we began meeting at the Blackstone [in Chicago] and it eventually grew—the auditorium was not big enough.

What have been some of the biggest challenges facing the organization over the years?

I've always encouraged schools to start residencies, and that hasn't caught on. There was this love/hate relationship between the jointly trained people and the American Board of Psychiatry and Neurology and of course, they refused to support [starting new] joint training [programs]. It was, I think, Lawson [Wulsin] and a group of you all who overturned that.

AN INTERVIEW Continued...

The Boards of Internal Medicine and then finally Family Medicine were enthusiastic about it, but there were a couple of people at ABPN who didn't like the idea of people muscling into their territory. It was during that time [the stay on new program creation] that a number of programs died. I think we really need to have a number of new programs in the country. I think it's something we need to be encouraging schools to do. When I started there were about 300 jointly trained people, but almost none of them did both. And now we have a bunch of people who love integrated care. I think that the interest is going to grow and flourish because the need is great.

Yes! Both the climate and the growing interest in combined training from residency applicants looks to be solidifying the future of combined practice.

How have you seen the organization (AMP) change over the years?

It went through growing pains. We still don't have very many members in practice, though we have a huge number of trainees. There was a time about 10 years after [AMP] started that we had only had a few members, and the organization almost folded. Then Jeff [Rado], Sarah [Rivelli], Jane [Gagliardi], and Robert [McCarron] took it over and they turned it around. They really were the saviors of the organization and it has really gone well since then. I'm so happy that a group of leaders was there to take over.

What have been some of your favorite memories from the AMP conference over the years?

I've always been impressed with the quality of the presentations. The cases [resident vignettes] are very interesting. We used to have discussants, like a CPC—someone who would have to figure out the twists and turns. I like just getting together with people in the social setting, like at the AMP'd AMP Fundraising dinner, and it's a neat thing to interact with people who do the same thing as you.

What advice would you give for going forward in AMP?

I think the main thing is to try and create a training environment. I know the jobs are going to be there. We do have difficulty in telling people how they can use the skills that we bring—they like to slot you into the jobs that they already have. I spend a good amount of time talking to the 'youngsters' about how when they finish training, they need to tell [employers] what they want to do, because they won't know. I think [we need to keep] continuing to develop the integrated care expertise and the jobs will materialize. Something that I talk to the graduate of programs about, is that there is a tendency to take an appointment with Psychiatry [alone], but you're not going to get the attention of Medicine unless you are a member. You don't have to be a really active member, but you have to be a member—then the Chair is going to listen to you. Medicine is actually where the majority of improved care will occur. The cost savings and approved outcomes will be on the Medicine side. We need psychiatrists [and jointly trained individuals] to become a part of the body of Medicine not an independent group of practitioners.



October 12 - 14, 2023

2023 Annual Meeting

Hyatt Regency Milwaukee | Milwaukee WI

Development and Durability: Creating new opportunities and designing our future.

Registration is Now Open!

Register for the Annual Meeting today for early bird pricing.

Early Bird Pricing	2 days / Fri-Sat.	1 day / Sat. Only
Physician Member	\$ 425.00	
Physician Non-Member	\$ 725.00	
Early Career Member	\$ 375.00	
Early Career Non-Member	\$ 500.00	
Associate Member	\$ 375.00	
Associate Non-Member	\$ 500.00	
Resident Member	\$ 229.00	\$ 129.00
Resident-Non Member	\$ 329.00	\$ 199.00
Student Member	\$ 199.00	\$ 99.00
Student Non-Member	\$ 229.00	\$ 149.00

COMMITTEE UPDATES

Membership Committee

The AMP Membership Committee has been meeting quarterly. Focus has been on obtaining a reliable data stream for membership numbers. This time of year, we are also focusing on ways to retain members, especially graduating residents and fellows, and have made it a goal to increase the number of early career physician members by 20%. Our committee is working with the new combined program director group to ensure maximal participation from residents, including recognition for programs with 100% resident membership.

Medical Student Committee

The AMP Medical Student Committee is holding quarterly meetings; at the most recent meeting in March, they had over 30 attendees!

The committee hosted the March AMP webinar. In the webinar, three med/psych physicians presented complex cases and demonstrated a med/psych approach to patient care. The webinar was a hit with over 45 attendees and some fascinating cases.

Some AMP medical students are helping to support a workgroup of residents and attendings working on a survey of the practice trends of combined-trained physicians after residency. More to come on this at the AMP conference 2023! The committee is collaborating with the Resident Fellow Members committee to revamp the AMP resident/student mentorship program.

We are also planning our AMP annual virtual residency fair for August 2023.

Global Health Committee

The AMP Global Health Committee holds regular meetings. The next meeting will be on April 26, at 8 pm EST. The committee will host the August AMP Webinar, "Improving the health of people who have been trafficked", with Dr. Rachel Robitz. The committee is integrating medicine and psychiatry in various ways, such as in integrated care, working with the immigrant population, expanding academic careers, learning more in fellowship, or exploring career options in residency all with a background passion in global health.

Research and Scholarship Committee

The Research and Scholarship Committee has been meeting quarterly. We have current projects reviewing and providing expert consensus on the management of bleeding with SSRIs and the management of iatrogenic hyperprolactinemia.

COMMITTEE UPDATES

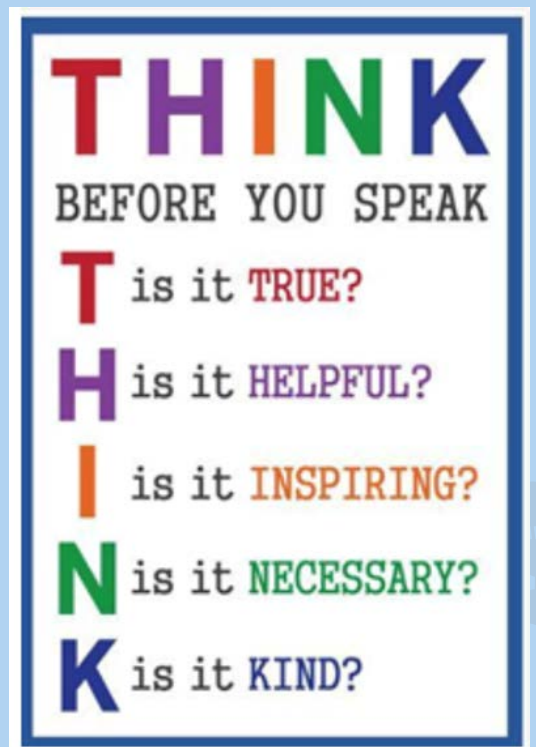
Annual Meeting Planning Committee

Milwaukee here we come! We are excited to be hosting our first annual meeting in Milwaukee and to celebrate the creation of a new combined training program there. The meeting theme this year is Development and Durability: Creating new opportunities and designing our future. The annual meeting planning committee took the feedback from last year to heart and has been working hard to make this conference even better than last year's. We have many exciting speakers, based largely on recommendations from our members. Topics will include bariatric psychiatry, functional bowel disorders, factitious disorders, documentation in the era of open notes, global health, and diversity, equity, and inclusion. We are also featuring workshops this year! We had so many amazing workshop submissions and believe this will be a highly anticipated annual feature. We are also focusing on the future of combined training by adding more support to our Early Career Physicians. We plan to have the first ECP Friday Night Meet-Up courtesy of our ECP committee.

We are looking forward to another great opportunity to network and learn together. See you all in Milwaukee!

DEI Committee

The DEI Committee has been busy this Spring. We continue our monthly meetings (2nd Wednesday of the month at 8pm EST—all welcome!), with representation from practicing physicians, residents, and students. We are actively working to recruit URiM individuals to Combined Training and to AMP. We are doing an analysis of trends in combined training residency match and post-residency AMP membership. We are also working to increase awareness of combined training by developing a “road show” for conferences and residency fairs. We are grateful to Mike Lang for presenting the DEI-focused April webinar. We are also organizing the May webinar, “Disability in Medicine: The Me You Don’t See.” Finally, we are engaged in a number of scholarly projects, including a book chapter for the AMA and a Climate Survey.



UPDATES FROM THE APA

Robert McCarron continues to serve as our representative to the APA's Assembly Committee of Representatives of Subspecialties and Sections (ACROSS). In the November meeting of the Assembly, 3 new workgroups were announced: Communications, Restructuring, and Social Determinants of Mental Health. Saul Levin, APA CEO/CMO announced the organization's key priorities: Collaborative Care Legislation, Parity Enforcement Grants, Extension of Telehealth Flexibilities, and Appropriations for Public Mental Health Programs. Becca Brendel, APA President, emphasized the APA's focus on DEI and advocacy. This includes the following areas of concentration: Access/Equity in Mental Health Care (patient/public facing), Resources for Mental Health and Workforce Development (profession facing), and Strategic Partnerships & Leadership (policy facing). The next meeting of the Assembly is this month, prior to the APA Annual Meeting in San Francisco. Please stay tuned for updates, including information on the transition to the new ACROSS Chair. Big congrats to Robert McCarron, Jane Gagliardi, and the other AMP member Train the New Trainers (TNT) Primary Care Psychiatry leaders—TNT will be receiving an award from the APA at the Annual Meeting.

Interested in joining a Committee?

We would love to have your involvement! If you are interested in joining an AMP Committee, please send an email to manager@assocmedpsych.org with a brief note about yourself, which committee you would like to join, and why. AMP staff will forward your email to the chairs of the committee.

New AMP Advertising Opportunities

Advertise in The Update

Full-page ad: \$500.00

½ page ad: \$250.00

¼ page or banner ad: \$125.00

Classified ad: up to 150 words \$100.00 with 1 photo included.

- All ads are full color and are linkable to a website.
- Newsletters will be live on the member dashboard of the new AMP Website launching in May 2023.
- Distributed 4 times per year to nearly 450 members throughout the US.

AWARDS AND ACCOMPLISHMENTS

Celebrating our members

MPU consortium

AMP is happy to announce that the **MPU consortium** has its first publication in the Journal, Psychiatric Services. The article, [The Undervalued Potential of Medical-Psychiatry Units to Improve Care for People With Severe Mental Illnesses](#), highlights the work the Consortium has been doing - and work they still plan to do - as a consortium to share data, collaborate and build consensus. It also outlines what they see as a patient-oriented approach to examining the impact of MPUs (aka Complexity Intervention Units) on outcomes that matter to patients who face enormous health disparities, namely those with severe mental illnesses such as schizophrenia and bipolar disorder. In the publication, they acknowledge the important formative work of Dr. Roger Kathol and our colleagues Drs. Maarten vanSchijndel and Luc Jansen in the Netherlands who, together with Drs. Ashley Ellison and Roger Kathol have examined where MPUs exist and how they can and should function.

We hope you will find the publication informative and we look forward to continuing to collaborate with each of you as we discuss ways to move forward with the projects we describe therein. Special thanks to those of you who have been part of the consensus study. If you agreed to be re-contacted, you should have received a follow-up email for the next iteration.

CALL FOR NOMINATIONS 2023-2025 Council Term

The Association of Medicine and Psychiatry is now soliciting nominations for service to the organization during the two years starting October 15, 2023, and concluding after the Annual Meeting in 2025. We are seeking candidates for one (1) Secretary and five (5) Councilor positions. Candidates must be current AMP members. For more information, Scan the QR Code, or click the [link here](#).

2023 AMP Secretary & Councilor
Nominations





2023 Membership Renewals

AMP Membership Renewals for 2023 have begun!

Renew Early to ensure you continue to receive your member benefits!

2023 membership runs from July 1, 2023, through June 30, 2024

Because of YOU, AMP's membership is strong and continues to grow.

Renew YOUR AMP Membership By [Clicking Here!](#)

If you aren't sure if you have renewed, or if you need to update your contact information, please email manager@assocmedpsych.org

If you are graduating from your residency/fellowship, please contact AMP offices for a special graduation gift of a discount off your first year of Early Career Physician Membership. Please consider Auto-Renew for your membership. When you do, your membership will automatically renew annually on July 1. To select Auto-Renew, check the box just under the membership level options at the top of the page.

News from the American College of Physicians Annual Meeting

The ACP Annual Meeting was held in San Diego, CA, from April 27-29. AMP members Jane Gagliardi, Jaesu Han, Robert McCarron, and Glen Xiong were invited by the College to give a pre-conference course on Primary Care Psychiatry. The course was highlighted in the online IM Meeting News that evening.

IM Meeting News 2023

A quicker approach to psychiatric assessment

By Mollie Frost

ACP Member Robert McCarron, DO, underscored the importance of having a new primary care psychiatry precourse at this year's meeting.

"The first thing I want to point out is that psychiatrists and psychologists and social workers are *not* delivering most of this care," he said. "It's actually many of you."

To help internal medicine physicians make the most of their limited time during visits with the 40% of U.S. adults who are struggling with mental health and substance use, he offered the acronym AMPS as an approach to conducting a quick, effective psychiatric review of systems in primary care.

The A stands for anxiety, which is important to ask about because it is both common and treatable, said Dr. McCarron, who is a professor of psychiatry and human behavior, director of education at the Susan Samueli Integrative Health Institute, and associate dean for continuing medical education at the University of California, Irvine, School of Medicine.

He advised asking, "Is anxiety or nervousness a problem for you?"



Dr. McCarron



The Train the New Trainers Primary Care Psychiatry Fellowship, led by AMP members Robert McCarron and Jane Gagliardi, garnered interest through their table at ACP.



AMP hosts monthly webinars on the 3rd Thursday of each month.

So far in 2023, speakers covered topics such as:

- January 19 - **"Introduction to Health Psychology"**
Speaker: Ashley J. Britton, PhD
- February 16 - **"Recognizing and Addressing Teen Dating Violence: What You Need to Know"**
Speaker: Apryl A. Alexander, Psy.D. (she/her)
- March 16 - **"Med-Psych Case Studies"**
Speakers: Ashley Ellison, MD
Kimberly Stoner, MD, MS, FACP
Michael Lang MD, FACP, DFAPA
- April 20 - **"What is your Superpower? Autism: Where Was My Manual?"**
Speakers: Michael Lang MD, FACP, DFAPA
Stephanie C Westbrook RN, MSN, MHA

Upcoming Events

Underlined events are open for registration

May 18 - **Webinar Series**, "Disability in Medicine: The Me You Don't See," Joy Brooks and Chijindu Diokpa

June 2 - **Medical Student Quarterly Mentor Session** - Intern year Introduction (what to expect, tips and tricks)

June 15 - **Webinar Series**, "Considerations for Providing Inclusive Care for Transgender and Gender Nonbinary People*," Dr. Robert "Bobby" McCloy

July 20 - **Webinar Series** - "American Board of Psychiatry & Neurology (APBN) Update," Dr. Jeffrey Lyness

August 2 - **Medical Student Quarterly Mentor Session** - Preparing your ERAS application and interviewing for Med-Psych/FM-Psych/Neuro-Psych`

August 17 - **Webinar Series** - "Improving the health of people who have been trafficked", Dr. Rachel Robitz

August 26 - **Virtual Residency Fair**

September 21 - **Webinar Series** - Sickle Cell Awareness

October 12-14 - **Annual Meeting** - Milwaukee, WI

November 16 - **Webinar Series** - Indigenous People Awareness Month

November 29 - **Medical Student Quarterly Mentor Session** - Why Med/Neuro/FM-Psych? (what can you do as a career, where are grads now, etc)

December 21 - **Webinar Series** - Topic TBD