CAREER • LEADERSHIP • MENTORSHIP

An Innovative Program for Resident Fellow Members and Early Career Psychiatrist Members

CLM Program Founder: Eliot Sorel, MD, DLFAPA

Revised July 2016

WITH SUPPORT FROM:
The Washington Psychiatric Society DC Chapter (District of Columbia Psychiatric Society)
The American Psychiatric Association Area 3
The American Psychiatric Association District Branch Grants
Corporate Sponsors
THE CLM MISSION

■ Identify and role model various career pathways: Academic, research, clinical, policy, others
■ Facilitate, nurture organizational leadership opportunities
■ Mentor with clarity, consistency, continuity, care

We thank our sponsors: Be sure to visit their exhibits at our events.

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THE CLM VISION

- Engagement at local, regional, national & international levels
- Contribute to MITs & ECPs career & leadership development
- Enhance DB’s & APA’s membership and leadership

Dr. Sorel awarded books on Leadership at the CLM 6th Anniversary at the Cosmos Club in April 2013.

Miguel Alampay, MD (left) and Daniel R. May, D.O. These Residents presented at WPA in Bucharest in July 2015.
First DC PGY I & II Psychiatric Residencies meeting - Cosmos Club Health Group & DC Psychiatric Society (a Chapter of WPS), Cosmos Club, September 2005

Washington Psychiatric Society Board deliberations 2006/7; WPS Board approval 2007

APA Area 3 Council endorsement 2007

Area 3 funding - $5,000 per year for 3 years (2008, 2009, 2012)

APA Grant Funding - $8,000 (2012)

WPS/DC Psychiatric Society Funding (2013) -$5,000

WPS Funding ($5,000)

Corporate Sponsorship Program Developed - 2014

Funding provided by sponsors for 2015/2016 activities
PROGRAM FORMAT

- The typical CLM Event consists of a light and casual dinner at a local restaurant. CLM Events are alcohol free. There is time for socialization, followed by a speaker. Programs are designed to be interactive.
- While CLM program meetings are popular with Resident Fellow and ECP Members, they also attract senior members who enjoy the opportunity for informal mentoring.
- There are from 5-6 CLM events scheduled annually.
- In addition to the regularly scheduled events, there are special opportunities to activity participate in international psychiatric events.

Program Speaker Vincenzo Di Nicola
SAMPLING OF PROGRAM TOPICS

- Why Should I Care About the APA?
- Setting up a Private Practice
- Public Sector, Private Sector Psychiatry
- Balancing Your Professional & Family Lives
- Leadership opportunities for MITs and ECPs
- Opportunities for physicians from underserved groups
- The Practitioner Scholar
- Leadership: Principles & Guidelines

Jeffrey Borenstein, MD, *Psychiatric News* Editor and Eliot Sorel, MD, DLFAPA. Dr. Borenstein was a speaker at CLM event held in conjunction with the APA Assembly.
INTERNATIONAL EXPERIENCES

■ Opportunities to present at the CLM gathering at WPA 2013 Bucharest Congress
■ Launched APA Caucus on Global Mental Health & Psychiatry
■ Research project on *Depression and Comorbidity in Primary Care in China, India, Iran, and Romania* published in the *International Medical Journal*, April 2016. Dr. Layan Zhang did the China research section. Dr. Eliot Sorel was the project initiator and principal investigator. The project served as the basis for our Innovators’ Fair booth at the World Bank & WHO high level meeting at GWU on *Making Mental Health a Global Development Priority*. Dr. Zhang made a presentation on Depression Screening in China in conjunction with the Pan American Health Organization and George Washington University at the World Health Organization.
■ Participation in WPS Embassy Preparedness program.
■ Participation in WPA Young Health Professionals Steering Committee and Poster Competition June 2015
■ Presentations by CLM Residents at the WPA 2015 Congress in Bucharest
CLM PREPARED LEADER
ACCOMPLISHMENTS

- Careers - Research, education, public, private practices
- DB Board, elected officers as MITs & ECPs
- DB Committee Chairs, Newsletter Editor
- APA Area 3 Council
- Chapter Presidents, first year as ECPs
- Assembly Work Group members
- Member, APA Board of Trustees
- APA Tellers Committee
- Membership Chair
- Resident of the Year
- DB Meritorious Service Award
- APA Fellow Selection
- APA Minority Fellow Selection
- Articles in *Washington Psychiatrist* magazine

The Posters's Jury was part of the WPA 2015 Bucharest IC, Young Health Professionals Track co-chaired by Drs. Irina Radu and Miguel Alampay and mentored by Drs. Eliot Sorel and Constance Dunlap.

Rajeev Sharma, MD
2012 Resident of the Year
Operation Continuing Promise is a biannual humanitarian mission conducted by the United States Navy, aboard the hospital ship USNS Comfort, throughout the Caribbean and Central America in partnership with providers from various allied militaries and non-government organizations. In addition to primary care and dentistry; specialties such as pulmonology, cardiology, physical therapy, ophthalmology, orthopedic surgery, women’s health, dermatology, and psychiatry were represented. An analogous mission, Pacific Partnership, is conducted throughout Southeast Asia aboard the Comfort’s sister-ship the USNS Mercy.

The 2015 mission (CP-15) lasted from April to September of this year and stopped in 11 countries throughout the region. The itinerary included Belize, Guatemala, Jamaica, Nicaragua, Panama, El Salvador, Colombia, Dominica, Dominican Republic, Honduras, and Haiti. Care was delivered both at established medical sites on the host nation’s soil as well as aboard the ship which has 12 operating rooms and over 1200 beds.

In line with ethical norms, interventions provided as part of CP-15 were based on an advanced needs assessment and limited to those which either could likely be sustained after the mission; or not need follow-up. Based on the grossly disproportionate demand for services, follow-up appointments, even during the mission, would not be possible. Emergencies that would require long-term or intensive care for multiple days – or treatments beyond the scope of the ship’s limited formulary – were transported to local hospitals.

The ship’s behavioral health team consisted of one psychiatrist, one psychologist, and three psychiatric technicians. The role of the behavioral health providers was three-fold: care for the crew, care for the local populations at the medical sites, and presenters at Subject Matter Expert Exchanges.

Aboard the ship, providers were able to adapt the medical-surgical wards to a closed off psychiatric unit with nursing as needed. Groups were also held to supplement available individual therapy. Behavioral health providers also served as advisors to leadership as to ways of improving or maintaining morale throughout the extended mission. As behavioral health interventions often require multiple visits or take effect only after a delay; the parameters within which care could be provided to the local population was constrained. This led to an increased emphasis on brief transference based techniques and supportive coping skills. The SMEEs were conducted as a means of empowering as well as learning from the local population’s providers. This aspect was of particular importance as in some countries over 70% of health services were provided by non-governmental organizations.

Overall CP-15 highlights the role interdisciplinary multi-agency humanitarian assistance can play in fostering international bonds; and how awareness of global mental health issues can assist in that role.

* Chief Resident, National Capital Consortium Psychiatry Residency at Walter Reed National Military Medical Center, Bethesda, Maryland. The views in this article are those of the authors and do not represent the official position of any agency of the US Government.

References:

Dr. Alampay gave a presentation on this topic at the CLM Event held in conjunction with the APA Assembly in Washington, DC in October 2015.
PUBLICATIONS

- Career & Leadership Development: Making It Our Priority
- The Residents Journal, January 2009, Volume 4, Issue 1
- APA Assembly Leadership Manual, 2010 developed by the APA Assembly
- Leadership Work Group
- Featured in Psychiatric News
- CLM Program publishes the Global Mental Health and Psychiatry newsletter (See below)
- Articles from CLM participants published in the Washington Psychiatrist

The CLM program publishes the Global Mental Health and Psychiatry Newsletter three times each year.

Zonal Editors
Africa: Prof. David M. Ndetei, Kenya and Prof. Solomon Rataemane, South Africa
Asia/Pacific: Prof. Yueqin Huang, China and Prof. Roy Kallivayalil, India
Americas: Prof. Fernando Lolas, Chile and Prof. Vincenzo Di Nicola, Canada
Europe: Prof. Gabriel Ivbijaro, United Kingdom and Dr. Mariana Pinto da Costa, Portugal

Associate Editors
Miguel Alampay, MD
Rajeev Sharma, MD
Veronica Slootsky, MD
Mona Thapa, MD
Milangel Concepcion-Zayas, MD
Layan Zhang, MD
LESSONS LEARNED

- Citywide, across training programs, public, private sectors combined
- Remarkable source of new learning, networking & growth
- CLM initiatives essential for DBs vitality, renewal and development
- Mentors across generations-MITs, ECPs, Mid & Late Career
- ICT & financial resources – DB, Area Councils, APA, Corporate
- Stimulating fresh, new thinking in membership development

Resident Fellow Members with Dr. Sorel
WPS RECOGNIZES THE CLM TEAM MEMBERS AT THE APRIL 29, 2014 AWARDS DINNER

Resident Fellow honorees:
Veronica Slootsky, MD
Rajeev Sharma, MD
Layan Zhang, MD
Eliot Sorel, MD, DLFAPA, CLM Founder
Mona Thapa, MD, MD
Milangel Concepcion-Zayas, MD
Our Total Health Screening for Integrated Care innovators’ booth with our GWU students and the young colleagues we did our research with in China. It was part of the WB/WHO high level meeting on Global Mental Health at our university, GWU, this April.

From L to R: Prof. Dinesh Bhugra, President World Psychiatric Association; Miguel Alampay, MD, USUHS; Layan Zhang, MD, St. Elizabeth’s Hospital; Eliot Sorel, MD; Chelsea Frakes; Shabab Wahid; Paul Sommergrad, MD, former President American Psychiatric Association.

WPS leaders Eliot Sorel, MD, DLFAPA and WPS President, Constance E. Dunlap, MD, DFAPA Co-Chaired the Surgeon General’s Report on Mental Health and Substance Use Disorders, Parity, and Integrated Care at the American Psychiatric Association Annual Meeting at the Georgia World Congress Center, Atlanta, Georgia (Monday, May 16, 2016)

Surgeon General’s Report Symposium
(front row, left to right): Congressman Patrick Kennedy, David Satcher, MD, MPH
(back row, left to right): Symposium Co-Chairs Constance E. Dunlap, MD, DFAPA and Eliot Sorel, MD, DLFAPA, and Maria Oquendo, MD, APA President-Elect

Following the Symposium, the WPS Careers, Leadership, and Mentorship (CLM) Program hosted a reception to honor former Surgeon General David Satcher, MD, MPH, the 2016 recipient of the APA Human Rights Award, which was presented by Dr. Maria Oquendo, APA President-elect
CLM members participated in a dinner at the Cosmos Club on January 27, 2016. The speaker was Jonathan D. Moreno on his father, Dr. Jacob L. Moreno, who invented psychodrama.

CLM Group at the PGY-1 Welcome Reception held on the Georgetown waterfront in July 2015.

Visit the CLM Web site for more information about the program, including videos.  http://www.dcpsych.org/clm
WPS CLM members at the Welcome Reception in July at the Georgetown Waterfront.

Alison Bondurant, APA Staff, with Roger Peele, MD, DLFAPA Committee Member

Joe Collins, DO, FAPA, WPS President-Elect

Dr. Sorel giving Resident of the Year Award to Layan Zhang, Resident of the Year 2016.

WPS CLM members at the Welcome Reception in July at the Georgetown Waterfront.
ELECTED OFFICERS
President: Joseph Collins, DO, FAPA
President-Elect: Eindra Khin Khin, MD, FAPA
Secretary: Chris Raczynski, MD
Treasurer: Philip Candilis, MD, DFAPA
Immediate Past President: Constance E. Dunlap, MD DFAPA

ELECTED BOARD MEMBERS
APA Assembly Delegate: Elizabeth Ann Morrison, MD, DLFAPA
APA Assembly Delegate: Constance E. Dunlap, MD, DFAPA
APA Assembly Delegate: Eliot Sorel, MD, DLFAPA
Federal Legislative Representative: Janice Hutchinson, MD, DLFAPA
Early Career Psychiatrist Representative: Mark Niciu, MD
Early Career Psychiatrist Representative: Nathan Pilgrim, MD, MPH, FAPA
At-Large Representative: Nancy Black, MD, DFAPA
At-Large Representative: Farooq Mohyuddin, MD, FAPA
Resident Fellow Member Representative: Ashley Kapoor, MD, MSc
Resident Fellow Member Representative: Marilyn Teisburg, DO, MS

APPOINTED COMMITTEE CHAIRS
Communications Committee: Gerald Perman, MD, DLFAPA
Continuing Medical Education Chair: Mary Lee, MD
Ethics Chair: Catherine Stuart May, MD, DFAPA
Membership Chair: Steven Israel, MD, FAPA

CHAPTER REPRESENTATIVE BOARD MEMBERS
DC Chapter Legislative Representative: Baiju Gandhi, MD
DC Chapter President: Veronica Slootsky, MD
Maryland Chapter President: Louis Kopolow, MD, DFAPA
Maryland Chapter Legislative Representative: Chris (Wes) Harris, MD
Virginia Chapter President: Robert Johnson, MD, DFAPA
Virginia Legislative Representative: Megan Marumoto, MD

REPRESENTATIVES FROM OTHER ORGANIZATIONS
Academy of Psychosomatic Medicine: Thomas Nathan Wise, MD, DLFAPA
American Society of Psychoanalytic Physicians: Erminia Scarcella, MD, DLFAPA
American Society of Adolescent Psychiatry: Richard Ratner, MD, DLFAPA
CAPSGW: Clifford Sussman, MD

With sincere appreciation to the WPS Presidents who assisted in the development of the CLM program.

- Michael Houston, MD, DFAPA • 2007-2008
- Harold Eist, MD, DLFAPA • 2008-2009
- William Lawson, MD, DLFAPA • 2009-2010
- Elizabeth Morrison, MD, DFAPA • 2010-2011
- Robert Keisling, MD, DLAPA • 2011-2012
- Avram Mack, MD, DFAPA • 2012-2013
- Gary Soverow, MD, DLFAPA • 2013-2014
- Steven Epstein, MD, DFAPA • 2014-2015
- Constance E. Dunlap, MD, DFAPA • 2015-2016