

Stress and Adjustment Among South Asian Americans A Community Educational Outreach Initiative by the Pittsburgh Chapter of IAPA

- Seema Malhotra MD, Matcheri S. Keshavan MD, Mary Ganguli MD, MPH

Currently about one million people of Indian origin live in the United States. Very little is known about psychiatric disorders in this growing ethnic subgroup of the US population. Cultural factors can have a considerable impact on pathogenesis, clinical expression, help-seeking patterns, and response to treatment among Indian and other South Asian immigrants and their families. Psychopathology may be related to a unique "gap" between the immigrant's cultural background and the cultural expectations of mainstream American society, including those of their children who were born in the US. Different demographic segments may be differentially vulnerable to stress from the acculturation process at home, school, and work.

In a modest but perhaps unique effort to connect with and address the mental health needs of this population, the Pittsburgh chapter of the Indo-American

Psychiatric Association has begun a community educational outreach program.

The program's primary purposes are to raise awareness, dispel myths and misconceptions, reduce stigma, and provide information about availability and appropriate use of locally available mental health services. Direct provision of mental health services (e.g. free clinics) was discussed initially, but deemed to be beyond the scope of the group's resources, and also not a major need in the Pittsburgh region, over and above what is already available in our area.

Our group's approach has been to begin by asking to talk with designated leaders of various South Asian groups - to date, a graduate student group, a Hindu temple group, a Christian church group, and a Muslim masjid group - about providing a forum for mental health education and discussion. This initial discussion with the leadership was critically important to determine their level of enthusiasm, and the topics that might be of interest - or off limits - from their perspective. In some situations, the initial feelers allowed the group to understand when there might be more than one leadership group, or faction, among the target audience. Important strategic lessons about each target group were learned from these initial discussions. Some leaders were concerned about the appropriateness of

discussing mental disorders at all, and how consistent such activities might be with their group's own objectives; others were concerned about IAPA members' motives (e.g. whether the intent was to drum up business for ourselves). In some situations, interest in the program changed when the leadership turned over. The leaders of each group also helped us become aware of internal and external events (e.g. major holidays, end of semester, elections) which would influence timing of presentations to that group.

The temple, church, and masjid groups all expressed interest in the topic of "aging;" specifically, the isolation, culture shock, and resulting stress experienced by older adults who come from the Indian subcontinent to visit or live with their children in the US. All groups also expressed interest in the stress and coping issues of adolescents growing up in the US, from the perspective of youth as well as of their parents. The graduate student

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Skit performers (church members plus Dr Malhotra, second from left)

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group requested a presentation on coping with academic stress in the US environment. The masjid group asked about helping their youngsters deal with the additional stress experienced by Muslim schoolchildren in the US since the events of September 11, 2001. A request has also been made for a "women's issues" discussion. The above is not a comprehensive list of topics but one which illustrates the diversity of mental health-related issues which the target community has identified as being of interest to them. It is worth noting that despite enthusiasm on both sides, not all of these requests have as yet resulted in a formal presentation, primarily because of difficulties in scheduling.

The first presentation was an "interactive forum" on "stress and coping" to a temple group, avoiding specific references to mental illness or psychiatrists. The session was moderated by IAPA members with the use of no "props" other than a flip chart.



A portion of the audience

The audience was remarkably engaged, shared many personal experiences and opinions, and requested further sessions on a range of topics. Some of the sources of stress identified by this largely middle-aged adult group included difficulties balancing expectations at home with expectations at work (particularly for women); difficulty

adjusting to styles and modes of interaction in the American workplace; beliefs in the superiority of Indian "lifestyles" and ethics, which were not always effective as coping mechanisms.

A different format was used for a presentation on "aging" to a church group; a brief, partly humorous, skit was presented, with most of the "actors" being church members, illustrating the situation of an grandmother who has come from India to live with her son and his family. The skit was followed by a very lively and passionate discussion of the problems of older adults in this country; the negative connotation attached in the US to being dependent on the family, in contrast to the norms in India; the family's responsibilities towards the older person, as opposed to the older person's responsibilities for himself/herself; the lack of a peer group or support network of older adults from India, particularly for elderly persons who cannot speak English; the logistic problems of transportation; conflicts of expectations as to the role of the daughter-in-law, or how children should be raised. Also raised were issues of how family and community members might best recognize and help meet the needs of the older person, including the need for professional help when appropriate. The same skit-discussion format was used to discussing issues of "teens," specifically the issue of "dating" which was requested by the group. In this case, the skit addressed the situation of an Indian-American girl, about to graduate from high school, whose family is opposed to her attending the senior prom.

Yet another approach was taken with a youth group, ages 12 to 17, attending a summer camp organized by the temple. This session was led by young second-generation Indian-American physicians, to whom it was felt that the audience would relate better than they would to "aunties and uncles" representing their parents' generation. Sources of stress consistently cited by youth included pressure from parents to achieve academically; differing parental attitudes toward sons versus daughters, as well as older versus younger siblings; restrictions from parents regarding dating and social activities; identity confusion from straddling Indian and American cultures.

Thus far, sessions involving adult Indian immigrants and their teenage children have been conducted separately, but a joint workshop would be highly valuable for mutual

feedback and understanding between these two groups. There would also be both logistic and strategic benefits to combining audiences from different South Asian communities for presentations on topics of interest to more than one group.

IAPA members themselves have benefited from organizing and participating in these sessions because of the novelty of the exercise and the opportunities for creativity, and the new knowledge and sensitivity they have gained about community perceptions and needs. They have also experienced remarkable warmth and appreciation from the audiences, and had a sense of accomplishment at being able to provide a unique service. The Pittsburgh IAPA educational outreach group is notable for its diversity, having welcomed the participation of individuals representing psychiatry, psychology, and social work, and with origins in India, Pakistan, Bangladesh, and Sri Lanka. The perspectives of some younger members who grew up in the US were particularly refreshing and important in developing the initiative. For members-in-training of the IAPA group, the initiative has provided an opportunity to use their own experiences of growing up Indian-American, both positive and negative, to benefit of the community and particularly the younger teens. We therefore encourage other IAPA chapters around the U.S. to experiment with their own approaches to serve the unique needs of their own South Asian communities.



Drs. Ganguli, Malhotra and Keshavan

All authors are in the Department of Psychiatry of the University of Pittsburgh School of Medicine in Pittsburgh, PA. Seema Malhotra MD is a PGY4 resident in general psychiatry; she grew up in Parkersburg, West Virginia, and attended American University followed by Washington University School of Medicine. Matcheri S. Keshavan and Mary Ganguli are both Professors of Psychiatry; Dr. Keshavan is a past President of the Pittsburgh IAPA chapter.

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Dr. Van, President of IAPA, appointed the following to the Editorial Board of IAPA

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President's Message

Some of you may be surprised to see this column written by me after I described my column in the Spring issue of the Forum as my last Presidential column. Those who attended our annual meeting of IAPA in Philadelphia on May 19 this year are aware of the new slate of office-bearers. For the sake of those who could not attend that meeting, I need to explain the developments. Our President-Elect, Dr. Rekha Ranade-Kapur, notified the Executive Council in early May regarding her inability to assume the Presidency due to personal reasons. A few days prior to our annual meeting, the Board of Trustees and the Executive Council discussed the ramifications of Rekha's decision and formulated a plan of action. I have agreed to serve as your President for a third year and the new slate of office-bearers will serve only a one-year term instead of the usual two years. You will note the new office-bearers in the left hand column of this page.

We had a marvelous annual meeting in Philadelphia. I am sure that you will agree with me that we have gained a lot of good will and prestige with the quality of our scientific sessions and a remarkable banquet attended by the President and President Elect of the American Psychiatric Association, Richard Harding, M.D., and Paul Appelbaum, M.D., respectively. We are planning to form a Northern California Chapter that can host our next annual meeting on May 18, 2003, in San Francisco. I will be eager to hear from anyone in the area who is willing to be a part of this Chapter.

IAPA sponsored a workshop at the Institute of Psychiatric Services meeting in Chicago and has another workshop accepted for presentation at the annual meeting in May in San Francisco. On October 12, 2002, APA President Paul Appelbaum, M.D., and President-Elect Marcia Goin, M.D. joined members of the Midwest Chicago Chapter of IAPA for a marvelous dinner meeting.

Professor Mohan George, Chairman of British Indian Psychiatric Association informed us of their successful annual meeting in summer. We are in the process of establishing contact with a similar organization in Australia and New Zealand. The next Annual National Congress of the Indian Psychiatric Society is scheduled to be conducted at Hyderabad, India from January 9 to 12, 2003. APA President Paul Appelbaum, M.D. has accepted an invitation from me and IPS President Professor V. Palaniappan and will deliver the keynote address at the meeting. This will be Paul's first trip to India and we are very happy to be able to organize this trip. Our efforts are tremendously appreciated among our colleagues in India.

There is a major reorganization of American Psychiatric Association that has shrunk many components and there is plan underway to reduce the Board of Trustees. In spite of the reorganization, there are a number of us serving the APA on Councils and Committees. We are all proud of the appointments by President George Bush of Dr. Anil Godbole as one of the fifteen members of President Bush's Freedom Commission on Mental Health and Dr. Vijayalakshmi Appareddy to the President's Committee on Mental Retardation. We get getting the well deserved recognition from all circles. However, this is not time to sit back and relax. These are crucial times when enormous pressures are brought to bear on our professional organizations from budget cuts, slashing of mental health spending and psychologist prescription privileges. We need to be fully aware that our strength is in our numbers, and our ability to influence the course of events come from our dedicated loyalty to those who are fighting our battle. I am appealing to each member to recruit at least one additional member to our IAPA and also get actively involved in your local District Branch and APA. We may pay a heavy toll in the future if we fail to recognize and act affirmatively at this juncture.

Our future lies in the wellbeing of organized medicine. We have to be united and show our solidarity with the one group that unites us all as psychiatrists – American Psychiatric Association. In this issue, the candidates for elected offices have shared some of their thoughts with you. Please let your voices be heard, VOTE.

Wish you all a Happy New Year 2003!

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Highlights of the 22nd Annual Meeting of the IAPA

We had our 22nd annual meeting in the beautiful city of Philadelphia on the 19th of May, 2002.

After a very stimulating scientific session earlier in the day, we reconvened for our evening banquet and business meeting at the Passage To India Restaurant. The evening dinner was organized by our brand new Philadelphia chapter of the IAPA. Drs. Hatti, Patkar, Dhopes and several others worked very hard not only to organize the chapter earlier in the year, but also on their charter of coordinating the evening banquet and festivities. Their hospitality was heart warming and their hard work very evident!

Dr. Ashok Van, our President, began the

meeting and highlighted all the year's achievements of our organization and our members. Dr. Prakash Desai's election as the Speaker-Elect of the House in the APA, Dr. Nalini Juthani's appointment to the Residency Review Committee, and Dr. Geetha Jayaram's appointment as Chair of the Scientific Committee of the APA for the coming year were celebrated amidst cheers and accolades.

APA President Dr. Richard Harding and President-Elect Dr. Paul Appelbaum joined us for the evening festivities and meeting. Dr. Harding spoke of his positive experiences with the IAPA, recognized the unique contributions of the psychiatrists of Indian origin to the APA and the field of mental

health, and reminisced about his trip to India to attend the IPS meeting. This is the first time that the President of APA has gone to India and presented a paper at the IPS meeting. Dr. Harding also talked about how his trip to India in his student years had shaped his interest in, and inspired him to, a life of service as a physician and a psychiatrist.

Dr. Van presented Dr. Harding with a Special Recognition Award along with honorary membership of the IAPA.

Dr. Appelbaum spoke of his hopes to go to India for the 2003 IPS meeting, much to the delight of his family (we hope his family will not let him forget about this trip to India). He reiterated his commitment to working closely with the IAPA.



Audience at the Scientific meeting of IAPA at Philadelphia Marriott on May 19 2002



Presenters at the Scientific Program of the annual meeting of the IAPA on May 19 2002. From L to R: Drs. Linda Chakraborty, Subhash Inamdar, Jyotsna Agrawal & Salman Akhtar.



APA President Dr. Richard Harding (right) received a Special Recognition Award from the IAPA President Dr. Van (middle) while APA President Elect Dr. Paul Appelbaum (left) smiles at the joyous occasion.

The Philadelphia chapter shared their dream of opening a free clinic for South Asians inspired by the success of the Flushing Clinic in New York under the leadership of Dr. Seeth Vivek.

Dr. Sanjay Dube was complimented on his work in organizing this year's scientific program on the timely issue of "Violence and Terrorism: Psychodynamic Dimensions and Psychosocial Implications". Dr. Salman Akhtar was our keynote speaker, joined on the panel by Dr. Subhash Inamdar, Linda Chackrovorty and Dr. Jyotsna Agarwal.

The 2002 Scientific Award was given to Dr. Salman Akhtar. Dr. Akhtar was introduced by Dr. Prakash Desai who also chaired this award committee.

The 2002 Service Award was given to Dr. Geetha Jayaram, introduced by Dr. Asha Misra, who chaired the award committee.

The 2002 Outstanding Resident award was

presented to Dr. Jyotsna Agarwal by Dr. Nalini Juthani who chaired this award committee. This Award now has a name. It is to be called Dr. Jyotsna Pandya award, having been endowed now by Dr. Jyotsna Pandya. In an interesting coincidence, the awardee and the award share the first name in it's first year!!

Dr. Juthani then did the honors of introducing to the General Body the new slate of officers as this was also an election year for us. She and Dr. Manoj Shah on behalf of the Trustees updated the membership of the crisis that came as a result of Dr. Rekha Ranade-Kapur's decision to withdraw from coming on board as the President (due to personal reasons). The following slate was presented, elected and appointed by the General Body:

Dr. Ashok Van will continue as President of the IAPA for another year.

Dr. Sanjay Dube will serve as the President-Elect for this year and then assume Presidency.

Dr. Asha Mishra will be the Secretary.

Dr. Surinder Nand will serve as the Treasurer.

The Editor for the Newsletter is to be appointed by the President.

Business having conducted, a sumptuous meal was had by all courtesy of our sponsors... Eli Lilly, Glaxo SK&F, Janssen, and Pfizer pharmaceuticals.

But wait...I almost forgot we topped off the evening with Ghazals and Shaayari by Dr. Akhtar and Rudra Prakash!!! Who could have asked for more?

Hope to see you all in San Francisco next year...

- Asha Mishra.



Audience at the Scientific meeting of IAPA at Philadelphia Marriott on May 19, 2002

The new Executive Committee (from L to R) Drs. Asha Mishra - Secretary, Sanjay Dube - President Elect, Nalini Juthani (Past President), Jagannathan Srinivasaraghavan - President & Surinder Nand - Treasurer.



Dr. Jyotsna Agrawal receiving the Dr. Jyotsna Pandya Outstanding Resident Award. Next to her are Dr. Ashwin Pandya (representing his sister after whom the award is named), Dr. Nalini Juthani, the Chair of the Outstanding Resident Award Committee and Dr. Van.

2002 IAPA Awards

Dr. Salman Akhtar

Receives the IAPA

Scientific Achievement Award

At the IAPA's annual reception and business meeting at the Passage to India Restaurant in Philadelphia, the IAPA Scientific Achievement Award was presented to Salman Akhtar, M.D., Professor of Psychiatry at Jefferson Medical College in Philadelphia, in recognition of his seminal contributions to the field of Psychiatry and Psychoanalysis. Dr Akhtar has had a distinguished and productive academic career in Psychiatry.

He received his medical school education from the J.N. Medical College/ Aligarh Muslim University in Aligarh, India, and his postgraduate training from the Institute of Postgraduate Medical Education and Research in Chandigarh, India. In the US, he completed his residency in Psychiatry at the University of Virginia, Charlottesville, and has been on the faculty of Jefferson Medical College for almost 25 years. He is also a Lecturer in Psychiatry at the Harvard Medical School, a Senior Training and Supervising Analyst at the Philadelphia Psychoanalytic Institute, and a Fellow of the American Psychiatric Association and the American College of Psychoanalysts.

Dr Akhtar has written 5 books including *Broken Structures* (1992), *Inner Torment* (1999) and *Immigration, and Identity* (1999). He has authored nearly 200 scientific publications and has edited or coedited 19 books including *When the Body Speaks*

(1992), *Mahler and Kohut* (1994), *The Birth of Hatred* (1995), *Intimacy and Infidelity* (1996), *The Seed of Madness* (1997), *The Colors of Childhood* (1998), *Brothers and Sisters* (1999), *Does God Help?* (2001), *The Language of Emotions* (2002). He serves on the editorial Board of several prestigious journals and is an internationally acclaimed speaker.

Dr. Akhtar has delivered many prestigious addresses and lectures including Invited Keynote Address at the Annual Meetings of the American Psychological Association, the Donald Rinsley Memorial Lecture at the Menninger Clinic, the Lee Hasenbush Memorial Lecture at Massachusetts Mental Health Center, the Richard Scharf Memorial Lecture at New York University Medical School, the Alice Kiessling Memorial Lecture at the American Society of Psychoanalytic Physicians, John Graff Memorial Lecture at the Mayo Clinic, Rochester, MN, the Karen Horney Lecture of the Association for Advancement of Psychoanalysis and the Plenary Address at the Annual Meeting of the Canadian Psychoanalytic Association. Dr. Akhtar is the recipient of the Journal of the American Psychoanalytic Association's Best Paper of the Year Award, the Margaret Mahler Literature Prize, the ASPP's Sigmund Freud Award and the American Psychoanalytic Association's Edith Sabshin Award (2000).

He is an outstanding teacher and mentor and is actively involved in the culture and art scene in Philadelphia and New York. He is a Scholar-in-Residence at the Interact Theatre Company in Philadelphia and has published six volumes of poetry.

After receiving the award, Dr Akhtar gave a succinct speech where he highlighted the importance of psychotherapeutic issues in clinical psychiatry, and exhorted Indian-American Psychiatrists, in particular trainees and junior psychiatrists, to become more knowledgeable about psychoanalysis and analytic therapy. The dinner was followed by an impromptu session of ghazals and songs with the participation of several IAPA office bearers and Dr Akhtar. The scientific award committee was chaired by Dr. Prakash Desai,

and assisted by Drs' montosh Dewan and Rohan Ganguli.

-- Ashwin A Patkar, MD
Contributing Editor, and Organizing Secretary,
Philadelphia Chapter

Dr. Geetha Jayaram

Receives the IAPA Service Award

Dr. Jayaram is an Associate Professor of Psychiatry and Health Policy Management at the Johns Hopkin's University School of Medicine in Baltimore, MD. Dr. Jayaram is an able administrator, dedicated teacher, competent clinician and researcher. She also happens to be a mother of two wonderful kids and a wife of almost 3 decades. Her hobbies include Yoga and Running.

By this award, Dr. Jayaram is recognized for her service to the IAPA, her profession and her community. Dr. Jayaram has been involved with the district branch of her APA since 1981, and now is moving on up to become the Chairperson of the Scientific Program Committee for the next APA meeting. She has also chaired the IMG Council of the AMA and obtained a matching Rotary Grant for outreach to severely mentally ill in about 27 villages in rural Bangalore. She is the Founding President of the Maryland Chapter of the IAPA and has been involved with it ever since. She has additionally served for 2 years on the Outstanding Resident Award Committee of the IAPA.

Asha Mishra, M.D.
Secretary



Dr. Salman Akhtar receiving the award from Dr. Van. Dr. Desai introduced Dr. Akhtar.



Dr. Geetha Jayaram receiving the award from Dr. Van. Dr. Mishra introduced Dr. Jayaram.

Indian Psychiatrists Appointed to Presidential Commissions

IAPA proudly congratulates Drs. Vijayalakshmi Appareddy of Chattanooga, TN and Anil Godbole of Chicago, IL on their appointments by President George Bush to important presidential commissions on Mental Health. We wish them well in their efforts to safeguard the mental health of the nation!

Dr. Vijayalakshmi Appareddy

Dr. Vijayalakshmi Appareddy of Chattanooga, TN, has recently been appointed by President Bush to the President's Committee on Mental Retardation (PCMR), a 19 member advisory commission. Dr.



Appareddy is the 3rd Indian American to receive a presidential appointment under president Bush. She is also the first Indian American woman to be appointed to a presidential commission in US.

Dr. Appareddy graduated from Osmania University in Hyderabad, India, and completed her residency training in General Psychiatry and fellowship training in Child and Adolescent psychiatry at Mount Sinai and Elmhurst Hospitals, New York. She is Board Certified in both Adult and Child & Adolescent Psychiatry. Dr. Appareddy worked as an Assistant Professor at Brown University Medical School, Providence, RI, before she moved to Chattanooga, TN, to set up her private practice. She is married to Ramesh Chowdappa Appareddy, a former IBM employee who owns his own IT business. They have 2 daughters Mayuri, who is a freshman at Univ. of Michigan and Nina who is in 5th grade. Some of the many activities that Dr. Appareddy is involved include her position as Chairwoman of the Board of Trustees, American Association of Physicians of Indian Origin (AAPI).

The PCMR is a federal committee acting to advise the President and the Secretary of Health and Human Services on matters relating to programs and services for persons with mental retardation. Since 1966, the Committee has fostered state planning, stimulated development of strategies, policies and programs and

advanced the concept of community participation in the field of mental retardation. In addition, the committee also coordinates activities between different federal agencies and takes into consideration the impact of the policies upon the lives of citizens with mental retardation and their families.

Dr. Anil Godbole

Dr. Anil Godbole has been appointed by President George Bush as one of the 22 commissioners in the President's New Freedom Commission on Mental Health. Dr. Godbole is the Chairman of the Department of Psychiatry at Advocate Illinois Masonic Medical Center, Chicago, IL. The Department runs a comprehensive array of psychiatric services including a Community Mental Health Center and an Addictions



Program, and has a strong partnership with the State Office of Mental Health for services on the North side of Chicago. Also a Clinical Associate Professor at the University of Illinois School of Medicine at Chicago, he is actively engaged in the undergraduate and residency programs. He served from 1995 to 1999 as the corporate Medical Director for behavioral health services for Advocate Health Care, one of the largest integrated healthcare delivery systems in the nation. From 1997 to 2001, he functioned as the medical director of a joint venture managed care company servicing approximately 300,000 enrollees. Dr. Godbole obtained his medical degree in India in 1963, and completed a residency in Psychiatry at Mt. Sinai Hospital, Chicago in 1971. He is Board Certified in Psychiatry, with an added specialization in Geriatric Psychiatry.

As a psychiatrist spanning a career of almost 30 years, Dr. Godbole has been variously

engaged in private practice of psychiatry, teaching and mental health administration. His earlier interests included psychosomatic medicine, biofeedback and pain management. He has published several articles and has been a speaker at various national meetings on the subjects of integrated behavioral health systems, public-private partnerships and community psychiatry. He was the founding president of the 100-physician multi-specialty Independent Physicians Association, affiliated with Ravenswood Hospital. He has been a member of several professional societies including Illinois Hospital Association and Illinois Psychiatric Society, and is a Fellow of the American Psychiatric Association. He also has served on the behavioral health section of Professional and Technical Advisory Committee of JCAHO. He remains an active institutional member for NAMI-Illinois and the Mental Health Association of Illinois. Dr. Godbole is the current President of the National Association of Psychiatric Health Systems (NAPHS) which represents more than 300 behavioral healthcare provider organizations.

The Freedom Commission on Mental Health's mission is to conduct a comprehensive study of the United States mental health service delivery system, including both the private and public sector providers and advise the President on methods of improving the system. The commission released an interim report in November listing the crises in the mental health system.

IAPA Web Site

The latest information about Indo-American Psychiatric Association can now be accessed from the IAPA web site

WWW.MYIAPA.ORG

IAPA thanks Dr. Anil Sharma who is volunteering as the Web Master

APA President and President-Elect attend IAPA Midwest-Chicago Chapter Fall Meeting

The IAPA Midwest-Chicago chapter had been quite active during the past year. The highlight was the Fall meeting this year held at the Raj Darbaar restaurant in Chicago on Oct 10 member was attended by Dr. Paul Appelbaum, President of APA and Dr. Marcia Goin, President-Elect of APA.

Dr. Appelbaum was introduced by IAPA president J Srinivasaraghavan. Dr. Appelbaum talked about current crises facing American psychiatry vis a vis psychologist prescribing privileges, and issues of mental health parity in insurance coverage. He also discussed APA's role in addressing these issues. He also encouraged psychiatrist who are non members to join APA. Dr. Marcia Goin, the President-Elect also addressed the group and gave a brief preview of the issues she will be focusing on during her own tenure as President. Dr. Srinivasaraghavan congratulated IAPA members Dr Prakash Desai for his election as Speaker-Elect of the APA, Dr Anil Godbole for his appointment as a member of President Bush's New Freedom Commission on Mental Health, and Dr Nutan Atre Vaidya for her appointment as the interim Chairperson of the Department of Psychiatry at Chicago Medical School.

IAPA Midwest-Chicago Chapter also held two other dinner meetings earlier in the year.

On Saturday, November 3, 2001, at Morton's of Chicago, in Westchester, IL, Dr. Nutan Atre-Vaidya, Acting Chair, Department of Psychiatry and Behavioral Sciences, Finch Chicago Medical School presented on: "Biological Temperament and Specialty Choice." Thirty psychiatrists attended this dinner meeting including some members of the Illinois Psychiatric Society's

Council members and Program Committee. Dr. Surinder Nand, the past President of the Midwest-Chicago Chapter, was presented with a plaque in recognition of Outstanding Service and Contributions to the IAPA Midwest-Chicago Chapter.

On Sunday, June 30, 2002 at Mon Ami Gabi, in Oak Brook, Dr. Donald Langsley, Emeritus Professor, Department of Psychiatry, Northwestern University presented on: "Prescription Privileges for Psychologists: Impact on Mental Health Service Delivery and Policy Implications." Forty-Four individuals attended the meeting including some Council members of the Illinois Psychiatric Society. Dr. J. Srinivasaraghvan highlighted the accomplishments of the members of the

IAPA Midwest-Chicago Chapter, i.e. election of Dr. Prakash Desai as the Speaker-Elect of the Assembly, Dr. Anil Godbole's appointment as the member of the New Commission on Mental Health, and Dr. Surinder Nand as Treasurer, Indo-American Psychiatric Association. Dr. Nulla B. Durai completed a successful year as the President of the Midwest-Chicago Chapter. New officers are Soyna Owley, M.D., President, Nutan Atre-Vaidya, M.D., President-Elect, and Malini Patel, M.D., Secretary/Treasurer.

(Reported by Drs. Nutan Atre Vaidya and Surinder Nand)



Dr. Paul Appelbaum President of APA addressing the IAPA members.



Dr. Srinivasaraghavan (Founding President), Dr. Surindr Nand (Immediate Past President), Dr. Soyna Ouley (President), and Dr. Atul Mahableshwarkar (Past President) of Midwest Chicago Chapter



Dr. Marcia Goin President Elect of APA addressing the gathering.



Dr. Prakash Desai addressing the IAPA members.

American Psychiatric Association Elections

Candidate Statements to IAPA

The election for the office bearers of American Psychiatric Association will be held shortly. In order to help IAPA members make an informed decision about the candidates, we asked via-e-mail each candidate to answer the question - *What would you like to communicate to the members of Indo American Psychiatric Association?* - in 150 words or less. We are publishing the answers received from the candidates. Where we did not receive a response from a candidate within our deadline, we are only identifying the candidates and the position they are contesting for. More information about the candidates can be obtained from the web site:

http://pn.psychiatryonline.org/content/vol37/issue23/#INFORMATION_ON_THE_CANDIDATES.

We urge all IAPA members to inform themselves of the relevant issues and vote.

Candidates for President-Elect

Fred Gottlieb, MD

Indian Americans and other minority groups face residual disparities in acceptance, representation (APA/DB leadership, research and academic settings), ABPN pass rates, visa processing, etc.



Good faith APA efforts can help. Filling germane APA staff positions is important, as is getting input from MUR groups re. appointments. As Assembly Speaker, Council on National Affairs Chairperson, and outspoken Board Member, I initiated fairer representation, made more equitable appointments, fostered apt curricular materials, urged APA efforts re. ABPN, visa and professional advancement issues.

It's valuable to maintain distinctive cultural ties, but vital for every Indo-American psychiatrist to join and become active in his/her local DB. Ultimately, that results in leadership roles for Indian Americans and reinvigorates the field. My good friend Prakash Desai was elected Speaker by the whole Assembly, not by a single ethnic group.

I will work to make sure all psychiatrists feel welcome as integral contributors to our extraordinary profession.

Mitchelle Riba, MD

I have appreciated the tremendous support and advice from my friends and colleagues

of the IAPA in my roles as APA Vice President, Secretary and Trustee at Large and Scientific Program Chair of IPS.

We must continue to ensure that more IAPA members are selected for key posts at all levels of the APA. I have been an active supporter of the issues of IMGs from India in seeking training and competitive fellowships in the U.S. As Past President of AADPRT and AAP, and in my role as Associate Chair for Education and Academic Affairs, Department of Psychiatry, University of Michigan, I know all too well the problems and obstacles encountered by IAPA residents and ECPs re: examinations, visas, managed care panels, etc. As I seek the office of President-Elect of the APA, we must work together to meet the challenges to psychiatry and to our patients. Thank you.



on the unique needs of a special population but also serves people with other origins in our diverse society. APA and its District Branches must celebrate diversity, create opportunities for all to enter leadership on their own merits, provide assistance with language, cultural awareness, employment, protection from abuse and discrimination, etc., and see to it that APA's own publications and scientific meetings are culturally sensitive. Through a united front, APA must fight to reverse the disastrous state of publicly and privately financed mental health systems.

Pedro Ruiz, MD

Whether it be on education, research or services, Indo American psychiatrists have always played a relevant and important role in the field of psychiatry in the United States. I know this fact well because during my professional career in this country, I have always worked hand-by-hand with many of Indo American psychiatrists at every level. For instance, currently in my Department at the University of Texas in Houston, we have five psychiatric residents and five child fellows who are Indo Americans; also, many others in the faculty, including my assistant. In the area of Houston where I live, there are over 200,000 Indo Americans. This population is vibrant and have made major contributions economically, socially and culturally to our community. In the United States, we also have a cadre of outstanding role models who are Indo American psychiatrists, like Dr. Nalini V. Juthani, Dr. Nyapati R. Rao and many others.



Candidates for Vice-President

Norman Clemens, MD

APA is the "big tent" where all psychiatrists in the U.S. and Canada must unite to uphold their profession.



Increasingly, we are all "minorities" as international medical graduates, women, and people of color take their rightful place in the field. Each contributes the richness of one's heritage, as the

Indo-American psychiatrists I know in the Assembly have done so ably. Each sheds light

Candidates for Secretary

Al Herzog

As is the case with many of you, America is my home by adoption. I came to the U.S. as an adolescent, not speaking any English. Probably like most of you, I went through my adaptation



phases with both joys and pains; but in the end, the joys have far outweighed any pain.

I suspect in large part because of that experience, I have made it a point to help others who are new to America to adapt and succeed and to experience those same joys. In terms of my Indo-American psychiatry colleagues, I have the pleasure of calling Rekha Ranade, MD, who is on my medical staff at Hartford Hospital, a good friend. As chair of the Assembly Nominating Committee, I made sure two IMGs, Al Gaw, MD, and your IAPA colleague, Prakash Desai, MD, would be nominated for Assembly offices and given a legitimate chance of running for these offices. (Both won.)

If elected Secretary of the APA, my promise to you is to continue living that same philosophy. You are all an important partner in the APA and in American psychiatry.

Nada Stotland



Actions speak louder than words. Mine include: appointments of Indian-American psychiatrists to APA councils, committees, and editorial boards; multicultural perspectives in APA position statements and DSM; Board preparation courses for APA members; visas for talented psychiatrists seeking employment in the Illinois Department of Mental Health; and psychiatry electives for Indian medical students. On APA components, in the APA Assembly, and Board of Trustees, I have supported every action important to Indian American psychiatrists. In recognition of my commitment, the Assembly Minority and Underrepresented Group Representatives elected me to chair our committee. I participated, by invitation, in a panel at the

American Association of Physicians of Indian Origin in June 2002. Psychiatrists from India, who have mastered two or more languages, cultures, trainings, and certifications, are an underappreciated and invaluable asset to our Association and our country. As an APA officer, I can make sure that that asset is fully utilized.

Candidates for ECP Trustee-at-Large

Tanya Anderson



The APA is our organization. We need to take responsibility for it if we want it to thrive. I have a clear vision for our organization. We need to

1. Revitalize the membership by increasing participation at the district branch and state levels.
2. Increase membership by targeting residents and early career psychiatrists.
3. Improve retention of the most rapidly growing segments of our member population, women, minorities and IMGs
4. Communicate the value of our organization to members and non-members more effectively
5. Use communication more effectively to keep members informed and involved
6. Close the gap between elected member leadership and the general member

I have the skills to make this vision a reality. I ask for your vote. Make me your next ECP Trustee of the APA Board of Trustees.

Charles Price



I appreciate the opportunity to address the Indo American Psychiatric Association, especially since I spent seven months in India studying the philosophy of Mahatma Gandhi while in college. During this time I lived with an Indian family and wore traditional dress as I learned the culture and the language. This experience was particularly potent in that my Indian brother committed suicide during medical school while I was there. I also trained with another resident from India. Sharing Indian food again was a bonus from

our training together. As a Trustee of the APA I will continue to be sensitive to the needs of the Indo American psychiatric community. I will be a sensitive ear to your concerns. It is important that the Board of Trustees be attuned to the needs of the diverse groups that make up American psychiatry. I would appreciate your support and vote in this election.

Candidates for Member-in- Training Trustee-Elect

Drew Ramsey

I am interested in learning, understanding and representing the views of Indo-American members-in-training. As MITTE, I would work to create an effective and efficient system for members-in-training to communicate with each other.

As MITTE I will work to:

- Increase the MIT Voice
- Serve the Underserved
- Advocate for Mental Health Parity
- Continue Research Efforts
- Establish Cultural Competency
- Foster International Psychiatry

(See www.internationalpsychiatry.org)



These are some of the important issues. If elected, I will help create a forum that will also hear the Indo-American resident voice and present it directly to the APA Board of Trustees.

My past leadership, administrative and international experiences would assist the APA in continuing to support young Indo-American psychiatrists. I appreciate your consideration and would be honored to serve as your MIT Trustee-Elect.

Susan Rich

(No response available at press time)

William C. Wood



If elected, I will work with the membership of the Indo American Psychiatric Association to thoughtfully prioritize issues important to psychiatrists of Indian descent and to articulate IAPA

viewpoints within APA governance structures, with emphasis on:

- Multi-cultural patient care and psychiatric training
- Unique needs of International Medical Graduates (IMGs) within the IAPA
- Job well-being of public sector psychiatrists within the IAPA
- Recognition of the rich contributions by Indo American psychiatrists to American psychiatry

By working together, we can achieve the simultaneous aims of benefiting the IAPA membership, strengthening IAPA participation in the APA, and enhancing the APA as an organization that embodies the diversity of American psychiatry today.

I would be privileged to represent you on the APA's Board of Trustees. If I can clarify my views or you would like to share your perspectives, please e-mail me at bill_wood@earthlink.net. I welcome your questions and input.

Candidates for Area 1 Trustee

Jack Brandes

Greetings to the IAPA and readers of the Forum! I am honoured to address you . The APA has several critical matters to address. These include the



deprofessionalization of the Psychiatry, the fragmentation of our professional organizations and the demoralization of individual practitioners who are coping with the managed care industry in their daily work.

profession. It is time to focus on our membership national and international; educated at home and educated abroad. We must:

We must advocate for our patients but we also must tend to the "home front", our own

- Reclaim our professionalism
- Support psychiatrists in their practice of Psychiatry
- Expose and oppose the ethical quagmire of Psychobusiness
- Reaffirm our place in Medicine

As a member of one of the two Canadian District Branches in Area 1, I have participated and contributed in the struggles faced by physicians in two health care systems. I understand the difficulties and will act to change them.

Please exercise your right to vote!

Donna Norris, MD



One of the best things about running for office is the opportunity to hear members' views— joys, and concerns— about practicing medicine. As psychiatric

physicians, we have spent our careers dedicated to helping others and are working harder than ever to assist our patients to better manage in an increasingly difficult health care environment. Elected officers in the APA are only as strong as their constituent members. You are the experts in your local communities and your views are important resources for informing the leadership. I welcome hearing more from you and I ask for your vote in this election. As your representative on the Board of Trustees, my voice and vote will be reflective of the diversity of our membership and honest to our mission as physicians.

Candidates for Area 4 Trustee

Michael Pearce, MD

(No response available at press time)

Sidney Weissman, MD

It is an honor to have the opportunity to address you in a few words. You have ample opportunities to learn of my views regarding the issues which confront American Psychiatry and the APA so I shall not use this brief



form to address them. Instead I shall share with you an observation regarding your professional community. 25 years ago, I first directed a psychiatric residency program. This was at a time immigration laws had changed and we began to see a number of residency applicants from India. Indeed, I could scan the names of the applicants and determine where they were from by their name.

Today, 25 years later, I am again directing a residency program. Today if I scan the names I can not tell where my applicants are from. Individuals with Indian surnames are as likely to have been born in the US or India.

I congratulate you on your commitment to education and values that I have the pleasure of seeing second and third generation Indian physicians.

I do not have to ask you to keep up the good work family and traditional values that will assure this.

Candidates for Area 7 Trustee

Nady El-Guebaly, MD



My own background as an IMG and national experience in planning the workforce required by psychiatry have sensitized

me to the enormous clinical and academic contributions provided by the many who come to this continent to pursue a psychiatric career. Within APA, the World Psychiatric Association and the International Society of Addiction Medicine, I am also involved in the many ways we can help our countries of origin improve care of the mentally ill.

As a group, we also participate in the common struggle for full parity for mental diseases including substance-related disorders. APA also faces a discriminating membership seeking value for their dollar. I support the need to further optimize APA's operations to meet our stretched resources.

Area VII, the largest APA geographic area experiences these challenges with particular intensity. It is no surprise that psychologists got prescription rights in our underserved area as an expedient remedy. Our international experience should bolster our advocacy efforts on behalf of our patients."

Frank Vogel, MD



I am in the third year of a three year term as Area VII Trustee – representing Area VII APA members on the Board. I have worked to: increase and improve advocacy for our patients and members; bring

increased fiscal responsibility and stability to the APA; provide financial and technical support to struggling district branches; and, develop a patient safety program for the APA. If continued on the Board I will still focus on these issues - and also on the following:

1. Improving member participation in APA activities at ALL LEVELS of the organization.
2. Assuring that the national APA staff and officers understand the needs of APA members (and their patients) in Western district branches, in rural areas and in public settings especially.
3. Replenishing the reserve funds of the APA which have been depleted over several years before 2001.

“With your vote I can work for you.”

IAPA Members Mail Group

I have created a mail group for general membership of IAPA. You can join this group by sending an e-mail message to

iapasubscribe@yahoo.com

Please try this out and let me know if there are any problems. IAPA group would be restricted to Indian American psychiatrists only and all messages would be moderated. If you are interested in being a moderator, please let me know by a separate e-mail to chowdary.jampala@med.va.gov

Regards

V. Chowdary Jampala

Indian Psychiatric Society Annual Meeting in Hyderabad.

The Annual National Conference of the Indian Psychiatric Society is being held from January 9 to January 12, 2003, in Hyderabad, India. The President of IAPA, Dr. Van will be there along with the President of APA, Dr. Paul Appelbaum who will be delivering the keynote address. Several IAPA members are expected to attend and present at the meeting. Drs. V. Chowdary Jampala and Ashwin Patkar will be presenting papers in the joint IAPA/BIPA Scientific session. The theme of the Conference is Mental Health Movement Towards Violence Prevention. More information about the Conference is available at <http://www.ancips2003.com/>

New Chapter

NORTHERN CALIFORNIA

The Northern California Chapter of IAPA was recently initiated. They plan to have members from San Francisco to Sacramento area. Anil Sharma, MD has been elected as President, Sudha Prathikanti, MD is President-Elect and Angel Kush, MD is the Secretary. The Northern California Chapter will take an active part in making arrangements in San Francisco for the upcoming annual meeting of IAPA in May '03. To join the Northern California Chapter, please contact Dr. Prathikanti (650) 997-9775 (pager) or Dr. Sharma (650) 283-4116 (cell).

Nominations invited for 2003 Scientific Achievement Award

IAPA invites nominations for the annual Scientific Achievement Award. Nominees should be psychiatrists of Indian origin in North America making outstanding scientific contributions. Please send your letter Nomination with supporting documentation to the Chairperson of the Committee for selection of Scientific Achievement Award, Dr. K. Ranga Rama Krishnan at:

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