

(continuation from page 9)

### Candidates for Member in Training Trustee Elect

Lysiane A. Ribeiro, M.D., M.P.H.,



Member-in-Training (Member Since 1997)

Chanley M. Martin, M.D., J.D.,



Member-in-Training (Member Since 2004)

### IAPA members in the News

In the issue of Psychiatric News, November 19, 2004, Dr. Nalini Juthani was prominently featured, regarding her presentation on stigma, spiritual and cultural issues in South Asians seeking mental health care. Dr. Juthani is also featured in an article in the issue of Psychiatric News, December 17, 2004 on how bias towards some residents can impede patient care. In the same issue Dr. Surinder Nand (President elect of the Illinois Psychiatric Society) and Dr. Shastri Swaminathan are also featured with Senator Obama of Illinois. This is a good trend that many of our colleagues are recognized. Congratulations to all of them for their great work!

### Upcoming events:

Jan 29-Feb 1, 2005 (Chandigarh, India): Annual Conference of the Indian Psychiatric Association: Bridging Across Mind, Molecule, and Milieu. Registration/information available at [www.ancips2005.org](http://www.ancips2005.org)

### Announcement:

Chapter Presidents are advised to contact Dr. Nand with the names of office bearers in their respective chapters.

Surinder Nand, MD, Secretary, [surindernand@hotmail.com](mailto:surindernand@hotmail.com)

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# The Forum

Number 73

December 2004

## President's Message

Dear Friends:

Holiday greetings and warmest wishes of the season to all of you.

It has been a while since we last met in New York at the IAPA Silver Jubilee meeting. We were undergoing some changes in the editorial office and I am pleased to present the FORUM once again to you under a new leadership. Dr. Jampala Chowdhary, our Editor for the past several years has decided to step down due to other commitments. However, he will continue to support the FORUM as a contributing editor. On behalf of the IAPA Executive Officers and the members, I'd like to express our sincere thanks to Dr. Jampala Chowdhary in escalating the FORUM to a high standard and for working tirelessly and under extremely tight timelines to get the issues out to you. I hope that by now you have all received a copy to the Silver jubilee brochure, which was in short supply at the Annual meeting, and is a shining testament to Dr. Chowdhary's contributions to the IAPA. Our incoming co-editors are a new team of psychiatrists, both from Richmond Virginia, Drs. Antony Fernandez and Radhika Sriram. Dr.

Fernandez is a Associate Professor of Psychiatry and Dr. Sriram is an Assistant Professor of Psychiatry at the VCU Health Sciences. Please join me in welcoming them to this challenging position. Under the tutelage of Dr. Asha Mishra, the President Elect of IAPA who is also from Virginia, we have a solid team in the Editorial Office who will strive to get the FORUM out to you in a timely manner.

In the past year we have continued to grow as an organization not only in strength but also in our standing with the APA. We witnessed an unprecedented presence of APA Leadership and our own members at the Annual Business and Dinner meeting in New York with standing room only. There has been tremendous support of the IAPA by APA and several members are now appointed as Officers of the APA Councils and Components. The Annual Scientific Session in New York with the participation of Dr. Shitij Kapur (recipient of the Outstanding Academician Award), Dr. Salman Akhtar, S. Kalita Mitra, Prof. M. Khandelwal and Dr. Ruth Ann Van Reken was of extremely high quality, well attended and generated much enthusiasm based on the Q & A session that ensued their respective presentations. The other awardees included Drs. Janaki Theogaraj (Exemplary Public Sector Psychiatrist Award), Kumar Budur (Outstanding Resident Award), Nyapati Rao (Outstanding Service Award) and Prakash Desai (Distinguished Recognition Award for his service to the APA and IAPA). Overall the meeting in NY was a great success and it was fitting that the city where the IAPA was originally formulated, was host to its Silver Jubilee event as well. Descriptions of the meeting are captured in this issue of the FORUM. Very soon, we will have an election

issue out to you which will help you size up candidates for contested APA positions.

In the coming year, we plan to add more chapters and join forces with allied organizations such as the Indo-Australasian Psychiatric Association, British Indian Psychiatric Organization, AAPI and the Indian Psychiatric Society to have a greater global impact in the delivery and quality of care provided to psychiatric patients. There is a move to form an independent Indo-Canadian Psychiatric Association, although Canadian members are more than welcome to become or stay as life members of the IAPA. Several members will be traveling to India in January 2005 for the ANCIPS meeting, where a session entitled the "Sammelan" will provide a platform for interesting discussion on Academia-Industry Interactions and IAPA will be well represented. We will also explore opportunities for future collaborative projects between the IAPA, AAPI and the IPS with the IPS Leadership..

We hope to have an exciting meeting in Atlanta next year and hope to see you all there. Meanwhile, lets work on getting new chapters started as it is in numbers that we have the strength to impact changes that affect not only our professional careers but also lives of our patients.

Once again, my very best wishes to all of you.

Sanjay Dubé, M.D. President

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# Chapter Reports

## Midwest Chicago Chapter: Spring Meeting

The Midwest Chicago Chapter of the Indo-American Psychiatric Association held its Spring Dinner Meeting on May 12th at the Gaylord India Restaurant in Schaumburg.

55 people including executive members of the Illinois Psychiatric Society and Anjali Jhulka from Chitrahah attended the meeting chaired by Dr. Nutan Atre-Vaidya, President of the Chapter.

The speaker for the evening was Dr. Anil Godbole, Chairman of Advocate Illinois Masonic Medical Center and Advocate Bethany Hospital, Chicago and Clinical Associate Professor of Psychiatry, The University of Illinois at Chicago. Dr. Godbole was one of four psychiatrists appointed to the President's New Freedom Commission on Mental Health. He gave an excellent overview of the Mental Health Report and talked in-depth about the goals and recommendations in a Transformed Mental Health System. He particularly emphasized Recovery from Mental Illness as the ultimate goal and also the elimination of cultural and geographical disparities in mental health services.

Dr. Vaidya, in her President's report talked about the Chapter's activities for the year. A task force for Depression and Suicide Awareness and Education has been formed and there have been presentations on this topic. The executive board has also written articles for the May issues of the Indian Reporter. This will continue as an on-going monthly column entitled "From the Desk of IAPA". Dr. Vaidya announced the slate of officers for the upcoming two years:

Dr. Malini Patel - President

Dr. Deepak Kapoor - President-Elect

Dr. Chandra Vedak - Secretary/Treasurer

Dr. Surinder Nand, Secretary of the National IAPA and President-Elect of the Illinois Psychiatric Society talked about the

importance of psychiatrists working together on issues like Psychologists Prescribing Privileges and Increasing Malpractice Insurance. After Dr Deepak Kapoor's Treasurers report, Dr. Vaidya officially handed over the Chapter leadership to Dr. Malini Patel.

Dr. Patel presented plaques to Dr. Vaidya, Dr. Nalla Durai and Dr. Soyna Owley (Chapter Presidents 01-02 and 02-03) and thanked them for their outstanding service and contributions to the organization. She then defined the Chapter's vision for the coming years which was to strengthen IAPA's professional identity and to reach out to the community. This would include building relationships with other Indian mental health professionals and local religious leaders and providing educational sessions on mental health topics at various community locations. The forthcoming Indian Reporter monthly psychiatric column and possible television coverage from Chitrahah would further help educate our India community about the widespread problem of depression and suicide. She also affirmed the on-going commitment of the Midwest Chapter to strengthen the relationship between the Indo-American Psychiatric Association, The Illinois Psychiatric Society and The American Psychiatric Association. Other goals were to increase membership and to increase the involvement of psychiatric residents from the various medical schools.

The Midwest Chicago Chapter looks forward to a productive and enjoyable term.

## Midwest Chicago Chapter Fall Meeting

The Midwest Chicago Chapter had a very successful Fall meeting on Sat. Sept 25th. Over 70 people attended the dinner held at Gaylord India restaurant in Schaumburg.

Dr. Malini Patel, President of the chapter welcomed the guests and introduced the speaker Dr. Philip Ninan, Professor of Psychiatry and Behavioral Sciences, Emory

University School of Medicine, Atlanta, Georgia. Dr. Ninan gave a stimulating presentation entitled "American Born Confused Desi: All in the Mind?". Chicago Medical School/Rosalind Franklin University of Medicine and Science approved the talk as a Continuing Medical Education activity and all medical attendees received two hours Category 1 CME. We will be providing CME credit for future meetings and hope that our non-member colleagues will view this as one of many good reasons to join the Midwest chapter.

During the business meeting that followed, Dr. Patel reviewed the chapters' activities for the last 3 months and outlined plans for the next 6 months. A major effort, headed by secretary/treasurer Dr. Chandra Vedak, was to create a computer database of all our current members and to recruit new members. We continue to publish monthly articles in the Indian Reporter and are encouraging our membership to email articles to Dr. Nutan Vaidya. We are also going to be doing some community education and outreach activities with the Indo-American Center and Apna Ghar.

The Midwest Chicago Chapter of the IAPA looks forward both to continuing support from its present members and to welcoming new members. For further information please email Dr. Malini Patel at malini.patel@comcast.net.

## North Texas Chapter

The members of the North Texas IAPA had one of our regular quarterly meetings held on August 20<sup>th</sup> 2004. We would like to inform you about the proceedings of the meeting for your use for the IAPA newsletter.

We had the privilege and pleasure of having Dr. Sanjay Dube, President of the IAPA accept our invitation to Dallas and attend the meeting. Dr. Dube was introduced to the members of North Texas IAPA by our founding President Dr. Madhukar Trivedi.

Dr. Dube discussed the achievements and goals of the organization, and of work

# Indian Psychiatric Society

## International Affairs Committee

**Dr. J.K. Trivedi,**  
*President - IPS*

**Dr. Alok Sarin**  
*Member*

**Dr. Roy Abraham Kallivavalil,**  
*Hon. Gen. Secretary - IPS*

**Dr. Vidyadhar Watve**  
*Member*

**Dr. Vihang N. Vahia**  
*Chairman Int. Affairs*

**Dr. S. Kalyanasundaram**  
*Imm. Past Chairman, IA.*

January 11, 2004

Minutes of the meeting of IPS Executive Committee with Executive Committee members of the IAPA, BIPA and visiting Psychiatrists from other countries, held on January 11, 2004 held at Mysore, India.

The following members were present.

### Visiting Indian Psychiatrists

1. Dr. Prakash Desai - USA
2. Dr. Dinesh Bhugra - UK
3. Dr. Aruna Thakur - Canada
4. Dr. Mohan George - Pres. BIPA
5. Dr. Antony Devis - Australia
6. Dr. Viren Kothari - Ast Sec. IAustraliaPA
7. Dr. Bruce Singh - Australia
8. Dr. Shivkumar Hatti - Tres. IAPA
9. Dr. Russel Desouza - Sec IAustraliaPA
10. Dr. Shaila Misri - Canada
11. Dr. S. Dev Atreya - Australia

The meeting was called to order at 4.05 PM by the Chairman of the International Affairs Committee of the Indian Psychiatric Society, extended a cordial welcome and requested the President of the IPS Dr. J. K. Trivedi to take over the chair and preside over the meeting.

Dr. Trivedi presented his compliments. He was pleased to welcome the visiting Indian Psychiatrists and their guests from Canada and Australia. He then recalled the evolution of the concept liaison between the IPS and organizations of Indian Psychiatrists settled abroad. He recalled that the IAPA followed by BIPA were the two organizations that have had a structured liaison. He then expressed that the loose association could gel into formation of a structured interaction that would help all members. He specifically highlighted the issues of reciprocal interaction on research, teaching and information sharing.

Dr. Russel Desouza and Dr. Viren Kothari informed the IPS President that Psychiatrists of Indian origin had formed the 'Indo

### Resident Indian Psychiatrists

1. Dr. J. K. Trivedi - Pres. IPS
2. Dr. Roy Abraham - G. Sec. IPS
3. Dr. Alok Sarin
4. Dr. E. Mohandas
5. Dr. S. Kalyanasundaram
6. Dr. Jitendra Nanawala
7. Dr. Govind Bung
8. Dr. Avdesh Sharma
9. Dr. Lalit Vaya
10. Dr. Vihang Vahia

Australasian Psychiatry Association' in Australia. Dr. Trivedi and Dr. Roy Abraham lauded this development. All those present, noted that the acronym IAPA clashes with the acronym IAPA of the North American Group.

Dr. Roy Abraham, Hon. General Secretary referred to the first ever 'The Sammelan' that was successfully held this year. He noted that in the past, IAPA and BIPA would organize a program on the last day of the ANCIPS. This year more overseas members than ever in the past, had an opportunity to participate at the ANCIPS. They made presentations at various scientific sessions and seminars, along with the members of the IPS. He had received encouraging feedback on such participation. He mentioned that such participation was beneficial to all participants and speakers.

Dr. Kalyanasundaram, the Immediate Past Chairman of the International Affairs Committee of the IPS, mentioned the need to streamline activities of the IAPA,

BIPA, newer organizations viz. the Canadian and Australian psychiatrists and the IPS. He suggested that if the IPS could be informed of the proposed presentations by the visiting psychiatrists at least six months in advance, the IPS scientific committee would be able to ensure appropriate communication about the ANCIPS slots.

Several members, particularly the visiting psychiatrists mentioned that 'The Sammelan' could be made into a Plenary Session rather than a concurrent meeting.

Dr. Trivedi and Dr. E. Mohandas mentioned the attempts already undertaken to form a regional cooperation between IPS and National Psychiatrists Organizations in other SAARC countries.

Dr. Mohandas mentioned that even now, regional cooperative activities are already put in to operation. As of now the activity is on a small scale. The activities could be extended to mutual benefit.

Visiting psychiatrist from Canada and Australia mentioned of their intention to establish formal relationship with IPS, similar to the ones that exist with the IAPA and the BIPA. Dr. Alka Pawar offered local hospitality to all those visiting psychiatrists who may visit the MIMH at Pune and participate in the teaching and research activities. She mentioned corresponding designations bestowed on those visiting psychiatrists who have offered to help the MIMH.

The meeting ended with unanimous opinion on the importance and a hope that the IPS and psychiatrists overseas would be able to establish a reciprocal relationship. The collective working could incorporate exchange of ideas, information and teaching. The relationship to be viable, should be workable and realistic. It would be worthwhile to explore means of sharing data, publications, issues of spirituality, internet access and sharing of library privileges.

The meeting ended with a vote of thanks to the chair.

# Indo-American Psychiatric Association Membership Application & Information for Directory

1. Name: \_\_\_\_\_
2. Gender: \_\_\_\_\_
3. Languages spoken \_\_\_\_\_
4. Home Address: \_\_\_\_\_
5. Office Address: \_\_\_\_\_
6. Email: \_\_\_\_\_
7. Telephone: (H) \_\_\_\_\_ (O) \_\_\_\_\_
8. Fax: (H) \_\_\_\_\_ (O) \_\_\_\_\_
9. Date & Place of Birth: \_\_\_\_\_
10. Medical School, State/Year of graduation \_\_\_\_\_
11. Residency \_\_\_\_\_
12. Fellowship: \_\_\_\_\_
13. Board Certification: Specialty: \_\_\_\_\_  
Subspecialty: \_\_\_\_\_
14. Membership in Organizations (circle all applicable): IAPA    AAPI    APA    FAPA  
Other: \_\_\_\_\_
15. Present Position: (circle all applicable):  

Private Practice	Administration	Research
Teaching	Public Institution	Clinical
Private Institution	Clinical	
16. Academic Titles: \_\_\_\_\_
17. Interests: (circle yes or no for all applicable):

a) Developing IAPA Chapters:	Yes	No
b) Treating patients of South Asian Origin:	Yes	No
c) Developing culturally-sensitive programs for south Asian community	Yes	No
18. Honors/Awards: \_\_\_\_\_
19. Membership in IAPA:  
Life member (\$250) General member (\$50)  
Member-in-training (\$25) Associate/Corresponding member (\$25)

Please make me \_\_\_\_\_ member. Enclosed is my check for \_\_\_\_\_.

Please include my name, gender, address, telephone, email, fax number, and languages spoken in the IAPA Directory: Yes    No

I give consent to include all of the above information in the IAPA Database, which can be used for research and sharing with members: Yes    No

**This information will not be used or shared for marketing purposes.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Please mail this application with your check to:*  
**Indo-American Psychiatric Association**  
855 Bruce Drive  
East Meadow, NY 11554-5148

done at other chapters He encouraged all the members to become life members in the organization and become active participants. He answered questions and discussed suggestions from the group.

The speaker for the evening Dr. Trivedi, Director of the Mood and Anxiety disorders clinic at University of Texas Southwestern Medical Center at Dallas was introduced by Dr. Dhiren Patel (President-Elect of North Texas IAPA). The presentation covered recent advances in the management of anxiety disorders.

It was reassuring, and a pleasure that several of the residents in training as well as community physicians volunteered to help at the DFW Texas Indo-American funded free health clinic. Everyone agreed that our community needs to be educated on the need for early treatment of mental illnesses and, that our organization needs to make people aware of the resources available in our area.

The North Texas IAPA has also made a strong commitment towards the education and involvement of local youth of Indian origin. Towards that end the association has held several youth forums where issues of cultural differences, coming of age in Indian community while growing up in the USA and other relevant topics have generated a series of lively discussions under the leadership of Madhukar Trivedi and other founding members including Drs. Prabha Sunderajan, Manju Goyal, Bhagyam Arumugham, Suresh Surreddi and Meena Vyas. The involvement and active participation of youth from various age levels including high school, undergraduate, graduate school as well as residents and fellows was most rewarding and informative for the membership of the IAPA.

Prabha Sunderajan, M.D.  
*President, North Texas IAPA*

### Virginia Chapter

This year was a particularly impressive year for members of the Virginia Chapter. We arranged 4 meetings this year, all of which were well attended by members of the chapter and guests. The highlight of the year was an annual meeting, which was held on July 9<sup>th</sup>, 2004 with grants from Novartis pharmaceuticals. Our invited speaker was

Dr. Titus Parker who practices alternative medicine at the VA Integrative Longevity Institute of Virginia in VA beach. She gave an exhaustive and stimulating talk on Chronic Fatigue syndrome. We were delighted to have Dr. Sanjay Dube attend the annual meeting. Dr. Dube encouraged members to take an active role in the organization. He also gave an update on the activities at the national level.

At the annual meeting, Dr. Asha Mishra, President elect of the National IAPA brought us up to date with current issues such as Psychologists Prescribing Privileges, the crises in malpractice insurance and attempts and suggestions to increase recruitment of members. Active recruitment by members helped increase our membership to 35 members and outreach efforts by Dr. Mishra enabled several members to become Life Members of IAPA. Dinner was followed by an evening of entertainment by Dr. Salim Dahlvani and his group.

On October 8<sup>th</sup> 2004 a special Divali program was held with guest speaker Dr. Prakash Ettigi, holding an interesting discussion on clinical practices and evidence-based psychiatry

Over the last year we have encouraged residents in the department of psychiatry at VCU School of medicine and many more residents are attending meetings

Radhika Sriram, MD  
[sriramr@chesterfield.gov](mailto:sriramr@chesterfield.gov)

### IAPA Midwest Chapter Holds Mental Health Open House

The Indo-American Psychiatric Association (IAPA) Midwest Chapter held a mental health open house on Sunday December 12<sup>th</sup> 2004 at the Indo-American Center (IAC). The center is a not-for-profit community agency located in the heart of one of Chicago's most ethnically diverse communities. It serves the immigration, legal, educational, and social needs of nearly 10,000 people annually. The majority of people served are South Asian, Middle Eastern, Eastern European, and South-



Pictured from left to right are: Dr. Deepak Kapoor (IAPA Midwest Chapter Vice President), Dr. Nutan Vaidya, Dr. Surinder Nand, Dr. Malini Patel (IAPA Midwest Chapter President), Dr. Chandra Vedak (IAPA Midwest Chapter Secretary/Treasurer), Chris Zala (IAC Executive Director), and Vimi Gupta certified social worker.



Pictured from left to right are: Dr. Malini Patel (IAPA Midwest Chapter President) and an area resident interested in more information about mental health.



IAPA members and other mental health counselors at the clinical presentation after the mental health seminar.

East Asian low-income immigrants from the surrounding neighborhoods.

Part of the Midwest IAPA chapter's vision for this year has been to reach out to the community and provide educational sessions on mental health topics. In keeping with this goal, the chapter's president Dr.

*(continued on page 5)*

## Garrett Lee Smith Memorial Act Signed



APA Spurlock Fellow Harsh Trivedi, M.D., who works in Reed's office, helped draft a bill designed to prevent youth suicide, especially on college campuses.

In the APA Member Update Volume I, Issue 3, Nov. 2004 issue Dr. Harsh Trivedi is pictured with Dr. Michelle Riba and Senator Gordon Smith during the White House signing ceremony for the Garrett Lee Smith Memorial Act. The Act calls for youth suicide early prevention strategies and provides funds for campus mental and behavioral health service centers. Congratulations Dr. Trivedi

The legislation merges key provisions of two separate APA-supported bills. The bills were introduced by Sens. Christopher Dodd (D-Conn.), Mike DeWine (R-Ohio), and Jack Reed (D-R.I.), with considerable input from Senator Smith.

The Garrett Lee Smith Memorial Act is a vital step forward in raising public awareness about suicide and in providing funds for suicide prevention and mental health services on college campuses. The act, named after the late son of Sen. Gordon Smith (R-Ore.), who committed suicide last year while he was a college student, calls for early screening programs to identify mental illnesses in children and provide treatment referrals, training for community child care

professionals, and creation of the Youth Interagency Research, Training, and Technical Assistance Center (*Psychiatric News*, October 15).

APA President Michelle Riba, M.D., M.S., who attended the White House signing ceremony at the invitation of President George W. Bush, said, "We applaud the president and Congress for passing this new law to help address youth suicide—a major national health problem and the third-leading cause of death among persons aged 10 to 24 in the United States."

## International Cultural Psychiatry Conference

*Jagannathan Srinivasaraghavan, M.D.*

Indo Australasian Psychiatry Association and Australasian South Asian Forum held their inaugural conference in Melbourne, Australia from November 26-28 2004. The International Cultural Psychiatry conference was cosponsored by World Psychiatric Association in collaboration with South Asian Forum on Mental Health and Psychiatry (UK Chapter) and Indo-American Psychiatric Association. The meeting was attended by nearly 240 delegates from a dozen countries. The inaugural ceremonies was attended by Federal Health Minister, Ministers and Shadow Ministers of State Governments of Australia, Consul General of India, High Commissioner of Sri Lanka and representatives of British Indian Psychiatric Association, Canadian Psychiatric Association, Indian Psychiatric Society, Indo American Psychiatric Association, Royal College of Psychiatrists, South Asian Forum, World Association for Psychosocial Rehabilitation and World Psychiatric Association. I had the distinct honor of representing American Psychiatric

Association on behalf of our President Michelle Riba, M.D.

The plenary sessions were of high caliber addressing cultural aspects of mental health from moral case for international mental health, psychiatric services in the pacific islands to India, application of informed consent in different cultures to successful aging. Dilip Jeste, M.D. and I were the only American speakers. There was a nice panel on migrant psychiatrists and reports from every state and territory of Australia and New Zealand. There was a gala dinner dance and cultural evening which included 2004 citations and award presentations. Fashioning after Indo American Psychiatric Association, they had given some awards and added some on their own. The awards included Exemplary Public Psychiatrist, Outstanding Academician, Outstanding Administrator, Out-standing Teaching and Training (one each for Australia & New Zealand), Distinguished Australian and South Asian Service and Excellence in International Service. It was my honor and privilege to accept the 2004 Excellence in International Service award from Prof. Bruce Singh, President of Indo Australasian Psychiatry Association.

Due to early flight on the last day, I could not attend some more excellent sessions. This was a tremendously successful meeting bringing South Asians from all parts of the world and providing a sense of pride to this community in Australia. Prof. Bruce Singh, Dr. Russell D'Souza, Dr. Nitin Dharwadkar and Prof. Jayashri Kulkarni deserve enormous praise for organizing and bringing superb scientists, teachers and speakers from all over the world and bringing psychiatrists from the subcontinent practicing in Australia together at this conference. We hope besides the curriculum, the interactions and networking opportunities will facilitate improvement of mental health care for all our patients.

## Candidates for MIT Trustee

Robert Kelly, M.D.



The APA represents all psychiatrists. This task is facilitated by organizations such as the IAPA, which plays a vital role in identifying issues of concern to psychiatrists of Asian-Indian origin. Becoming a psychiatrist requires successful navigation of obstacles en route. Some obstacles are unique to international medical graduates, for example, immigration and visa issues. As an IMG, I've experienced some of these difficulties myself. IMGs may find themselves in situations of uncertainty about how to navigate these obstacles and, as individuals, have little voice or influence. As a group, we must use our influence to insure fair treatment for IMGs.

Please visit the APA website to learn more about issues that I feel are important in this election. Specifically, I seek ways to reduce administrative burdens, leaving more time available for education and patient care.

I invite you to share your ideas with me concerning how this can best be accomplished:

Robert.Kelly.MD@earthlink.net.

Remember to vote!

## Candidates for Area 2 Trustee

Jack Drescher, M.D.



I have worked within APA governance at the district branch, area 2 and national levels. I have worked with members of the Indo American Psychiatric Association in both the APA Assembly and as a member of the Council on Minority Mental Health. Having done part of my own medical training overseas, I am also sensitive to the issues of our

IMG members as well. I think the APA can always do more to increase its sensitivity to cultural and cross cultural issues.

As Area II Trustee, I know I will bring to the APA Board a high degree of enthusiasm, much energy for creative work, a focus on outreach to all our members and the public, and experience as an effective, professional activist. I will represent the voice of private practitioners, those in the public sector, and, of course, our patients.

Jack Drescher, MD  
Candidate  
Area 2 Trustee

Ann Marie T. Sullivan, M.D.



It has been my honor and privilege to represent you as your Area II Trustee for the past three years. I bring to the job my experience in public sector psychiatry at Elmhurst Hospital and private practice at Mt. Sinai. I have worked with many of you at the APA to keep our organization fiscally sound, our members involved, our patients rights intact and our voices heard by legislators and policy makers. As the Director of a department with a large and diverse IMG training program, I am also well aware of the need for APA to advocate for easing of visa and residency restrictions for our excellent trainees. With your help, I will continue to work within the APA to increase the diversity of our membership and their role within the APA. Together we can meet these challenges!

## Candidates for Area 5 Trustee

Mary Helen Davis, M.D.



My goal is to bring the voice of our area to the board. I have been active in advocacy/legislative affairs on a local, state and national level for over 12 years. As a member of the Kentucky Psychiatric Medical Association's executive

council I have participated in planning and executing "KPMA on the Road".

We have traveled over 1,200 miles in outreach efforts to psychiatrists in the more rural parts of the state. Our goal has been to bring the importance of our organization and its advocacy efforts to our colleagues as well as learning about the issues and problems unique to their practice and area. If elected I pledge to have the same level of responsiveness to the IndoAmerican psychiatry organization.

We are facing challenging times in medicine, the ranks of the uninsured are growing, health insurance is skyrocketing, funds and reimbursement are diminishing. We need not just strong APA leadership, but a unified and active membership that understands and respects the voices and needs of its diverse members.

Mary Helen Davis M.D.  
Area V Trustee Candidate

Dudley M. Stewart, Jr., M.D.



Dudley Stewart, a private practitioner and a Distinguished Fellow of APA, is nominated for Area V Trustee to the APA Board of Trustees. He was Area V Representative to the APA Joint Commission on Government Relations from 1992-2002. He is currently Vice-Chair and Area V Representative to the APA Committee on Government Relations. Dr. Stewart served LPMA as President in 1988-89 and as Assembly Representative/Deputy Representative APA from 1996 to the present. He has chaired the LPMA Governmental Affairs Committee since 1996. He was LPMA Psychiatrist of the Year in 1990 and received the Edward Knight Lifetime Achievement Award for outstanding contributions in the field of mental health in 2002.

Dr. Stewart was President of the Orleans Parish Medical Society from 1991-92 and President of the Louisiana State Medical Society from 2000-01. He was appointed to serve on the AMA Council on Ethical and Judicial Affairs from 2003-10.

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principles without regard to the distribution of ideologies in the Congress. If we do not stand for our principles in hard times, we stand for nothing. Therefore, I will advocate for the development of an action plan for advocacy for all of our important positions.

In addition, I will work with the Board of Trustees to have a SWAT Team on scope-of-practice issues organized. We should collect multiple binders of the best ideas and have them ready to travel to any jurisdiction as needed. In addition to these binders, I believe we need to have professional advertisement prepared to accompany the binders in order to position our colleagues in the best possible way with the public. Lastly, I believe that one of the components of the SWAT Team should be a Train-the-Trainers module for our lobbyists and for psychiatrists. This "Train-the-Trainer" concept would enable us to develop a work force that will be able to advocate not only on scope-of-practice issues but other interests in the future.

I believe that every agenda of the Board and the Assembly should be organized around Relevance to our patients first, Relevance to the practice of psychiatry second and, Relevance to the profession of psychiatry third. The full details of this position can be found on my website at <http://bms.brown.edu/DPHB/Recupero/>. Lastly, I think we should be concerned with the issues of our internal government and organization, but only after we have addressed the important items in the first three categories.

Transparency is lacking within the APA. I would move that the meetings of the Board of Trustees be televised by webcam, that a specific process be put in place for deciding if executive session is needed and that the amount of time spent in executive session be greatly reduced. I believe that the minutes of the meeting should be posted within one week of the meeting as draft minutes, and that these minutes should be posted on the web for anyone who wishes to review them.

I thank you very much for this opportunity to present my positions

before you, and would very much appreciate your support in the upcoming election.

Very truly yours,  
Patricia R. Recupero, J.D., M.D.

**Nada Logan Stotland,  
M.D., M.P.H.**



I stand on my record. As a Residency Training Director, I inherited an assistant who discarded applications from India; I ordered that all applicants be given equal consideration. As Medical Coordinator for the Illinois Department of Mental Health, despite the Governor's demand for "psychiatrists from Illinois," I advocated for hiring psychiatrists from India. As a District Branch leader, I mentored Indo-American psychiatrists, who are now serving in leadership roles.

As an APA Assembly member, I was elected Chair of the Minority and Underrepresented Group Representatives, supporting action papers to eliminate discrimination and increase services for minority groups. As Speaker-Elect, I increased the representation of Indo-American members on APA components, and organized a meeting between the leaderships of APA and allied minority organizations, including IAPA. As a believer in the vital roles Indo-American psychiatrists play in psychiatry's present and future, I am a member of the Midwest section of the IAPA.

### Candidates for Trustee-at-Large

**Charles Bensonhaver,  
M.D.**



Should I be elected to serve you and our patients as a Trustee at Large on the APA Board I will assume that your primary concerns are in the

mainstream of American psychiatrists. Some of those are equal treatment for us and our patients, psychologists prescribing, and the need for comprehensive healthcare reform. I will also seek to know and address your unique issues.

While in private practice I recruited two of your members to be my associates. Now at sixty-five and working part time in public mental health, I have the time and energy to serve vigorously.

I am a broadly and deeply experienced clinician with a strong track record of getting things done. For specifics see my website at [Bensonhaver.com](http://Bensonhaver.com). If you agree that I will bring valuable and uncommon insights to the Board, please give me your vote.

**David Fassler, M.D.**



I am a child and adolescent psychiatrist practicing in Burlington, Vermont. I currently serve as a Trustee at Large on the APA Board. I am particularly interested in the connection between the APA and organizations such as the Indo-American Psychiatric Association. I believe that by working collaboratively with allied organizations, we enhance our ability to achieve our collective goals and objectives. As a Trustee at Large, I have proposed and will continue to pursue a joint dues initiative which would recognize and encourage membership in multiple psychiatric organizations. I also think the APA and the IAPA should work together to explore and address issues of common concern including access to care, employment related bias and discrimination with respect to training and certification.

I am honored to be running for re-election to the APA Board, and I would welcome the support of my friends and colleagues in the Indo-American Psychiatric Association.

(continuation from page 3)

Malini Patel and IAC's Executive Director Chris Zala planned a mental health open house to provide education on depression, anxiety, and cross-cultural conflicts, as well as determine the level of need for mental health services among IAC's primarily uninsured clientele. Dr. Chandra Vedak, Dr. Nutan Vaidya, and Ms. Vimi Gupta were instrumental in helping organize the event.

Over a dozen psychiatrists from IAPA's Midwest Chapter were present at the open house to talk to visitors about mental health issues. In addition, the event's organizers distributed educational brochures that they had translated into Hindi and also showed a short Hindi video on the symptoms of depression, which they had created for the event. During the open house, some of the psychiatrists offered their services pro-bono, and a referral list was established. Please note that IAPA members wishing to donate their services should contact Dr. Patel at [malini.patel@comcast.net](mailto:malini.patel@comcast.net).

Overall, the event was a success. However, IAC's director did note that attendance was not as high as previous open houses held on "medical" illnesses. Clearly, getting help for mental health issues is still considered taboo in the South Asian community, and this stigma must be addressed

This has been an important first step in IAPA's effort to provide education and mental health services to the South Asian community, and there are plans to provide further services in the upcoming year.

By: Malini Patel M.D.  
- President IAPA  
Midwest Chapter



Join the IAPA Today!

The Indo-American Psychiatric Association is celebrating its 25<sup>th</sup> year. Throughout its history, the association has stood for the promotion of the interests of psychiatrists of Indian origin and has many successes to its credit.

If you are not already a member of IAPA, please complete the application form on the facing page and send it to the IAPA office at: 855 Bruce Drive, East Meadow, NY 11554.

## Nominations sought for IAPA Annual Awards

IAPA invites nominations for the annual awards to be presented to psychiatrists of Indian origin at the annual meeting at Atlanta in May 2005. Please submit your nominations with supporting information to the chairperson of the respective committee before February 15, 2005.

Dr. Dube and Dr. Mishra announced the formation of the selection committees for the four categories as follows:

### Outstanding Academician Award:

Rohan Ganguly, MD, Chairman  
[gangulir@msx.upmc.edu](mailto:gangulir@msx.upmc.edu);  
tel: 412 624 1103

Chowdhary Jampala, MD  
Shitij Kapur, MD PhD

### Outstanding Service to IAPA Award

Seeth Vivek, MD Chairman  
([seethvivek@aol.com](mailto:seethvivek@aol.com));  
tel: 718 206 7165

Geetha Jeyaram, MD  
Nyapathi Rao

### Outstanding Resident Award

Iqbal Ahmed, MD Chairman  
[ahmedi@dop.hawaii.edu](mailto:ahmedi@dop.hawaii.edu);  
tel: 808 586 7444

Nalini Juthani, MD  
Kumar Budar, MD

### Outstanding Service to Public Psychiatry Award

Shiv Hatti, MD Chairman  
[Shatti1@aol.com](mailto:Shatti1@aol.com)  
610 891 9024

Sudha Prathikanti, MD  
Janakibai Theogaraj, MD

### Nomination Committee:

J. Srinivasaraghavan, MD Chairman  
[jvan@dhs.state.il.us](mailto:jvan@dhs.state.il.us)  
tel: 618 833 5161

Asha Mishra, MD  
Nalini Juthani, MD  
Chapter president, TBA

# IAPA Annual Meeting Highlights

New York, May 2nd, 2004

## Scientific Session:

IAPA held its 25<sup>th</sup> annual scientific meeting on Sunday, May 2<sup>nd</sup> at the Ramada New Yorker Hotel After opening remarks, the President Dr. Dube and the President elect Dr. Mishra introduced the speakers. Dr. Shitij Kapur the recipient of the Outstanding academician award delivered the lecture titled: 'How antipsychotics work: from receptors to reality.'

Antipsychotics were discovered over half-a-century ago and while scores of compounds have come and gone - action at the dopamine D2 receptor remains necessary and sufficient for antipsychotic response. How and why does an action on the dopamine D2 receptors (a protein) lead to an improvement of delusions and hallucinations (a subjective experience)? To understand this relationship one has to first review the evidence that shows that a) dopamine D2 occupancy predicts antipsychotic response as well as side-effects for typical antipsychotics; b) some of these relationships continue to be relevant even with atypical antipsychotics; c) an appropriate action at the dopamine D2 receptors remains critical to achieving optimal antipsychotic activity; d) a preferential functional blockade of the mesolimbic D2 transmission seems critical for antipsychotic activity; e) and when dopamine receptors are blocked - the onset of response is early - there is no "delayed onset" of antipsychotic action as is often assumed. Thus it seems the relationship between blocking receptors and getting response is a proximal one. To bring this under a single umbrella we propose a framework which relates the actions of dopamine in reward prediction and motivational salience and show how psychosis can be seen as a state of aberrant novelty and salience, and how antipsychotic, by blocking dopamine serve to dampen this aberrant novelty and salience. However, since they only dampen, and not eradicate, the

patient remains almost indefinitely susceptible to a resurgence of psychosis, especially if they stop the medications and hence lose the protective "dampening" effect of dopamine blockade.

This was followed by a symposium moderated by Dr. Salman Akhtar. The title of the symposium was: 'Born confused: myth or reality'. Dr. Madhulika Khandelwal, Director Asian American Center, Queens college, City University of NY, Ms. Mitra Kalita author of 'Suburban Sahibs' and Ms. Ruth Ann Van Reken author of 'Third Culture Kids' were the speakers. Ms Kalita read from her book, 'Suburban Sahibs'. The narrative was about three immigrant families and their passage from India to America, specifically a portion of the book highlighting tensions between first- and second-generation Indians in America. She also spoke about the great divide between ABCDs - American Born Confused Desis - and FOBs - Fresh off the Boat, and shed some light on her family's own journey and their attempts to navigate America. Participation was enthusiastic and the discussions were lively.



**Symposium Panel on "Born Confused: Myth or Reality?"**

From left to right: Salman Akhtar, MD (moderator), Ruth Ann Van Reken, Madhulika Khandelwal, PhD, and S. Mitra Kalita

## Business meeting:

On May 2, 2004, the Indo-American Psychiatric Association put together a memorable Silver Jubilee program in Manhattan to celebrate its 25th year as an organization. Over 200 members were in attendance, as well as numerous dignitaries from the APA, the Indian Psychiatric Society, the British Indian Psychiatric Association and the Australian Psychiatric Association. The Silver Jubilee received wide publicity, with NYC Mayor Michael Bloomberg sending his personal congratulations. Among the psychiatrists honored at this year's awards ceremony, Dr. Prakash Desai received the Distinguished Recognition Award from Dr. Sanjay Dube. The New York chapter of the IAPA won kudos for its role in orchestrating this gala event.

Surinder Nand, MD

IAPA gratefully acknowledges the support of Astra-Zeneca, Eli-Lilly, Janssen and Pfizer pharmaceuticals towards the publishing of *The Forum* and the annual meeting.

# 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: [www.psych.org](http://www.psych.org)

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

## Candidates for President-Elect

Pedro Ruiz, MD



I am writing to respond to your e-mail concerning the Indo American Psychiatric Association (IAPA) Newsletter "The Forum". Indeed, it will be an honor and a privilege for me to send a message to the members of the IAPA. My message is as follows:

"The Indo American psychiatrists constitute one of the largest, well trained and highly educated ethnic group in the American Psychiatric Association (APA). Many of them have advanced in their career ladder, and have made major contributions to the profession and the field of psychiatry at large; however, they deserve to be more recognized and to have more representation in all the organizational levels of the APA, including the Board of Trustees and the Office of the President.

If elected to the position of President Elect of the APA, I will strive, as I have always done in this respect, to achieve these goals and objectives.

During my academic and professional career, I have mentored and promoted the advancement of dozens of Indo American psychiatrists. I feel honored and privilege with the results of my efforts in this regard. I look forward to do even more if elected APA President".

Many thanks and best wishes.  
Pedro Ruiz, MD

Sidney Weissman, M.D.



Colleagues

As a director of psychiatric residency training in comparing the names and heritage of applicants to my program from US medical schools and non US medical schools I see little difference. I also see little difference in scores on the standard examinations that we use to judge applicants. I see little or no significant difference between graduates of US and non US schools. We must work to ensure equal opportunities for all residency applicants and equal opportunity to all residency graduates. American medicine cannot exist without non US medical graduates.

I am pleased in my work to have helped foster the careers of a number of Indo American psychiatrists. This includes placing the first Indo American Psychiatrist on the Executive Council of the American Association of Directors of Psychiatric Residency Training and ensuring the nomination of an Indo American Psychiatrist to be President of the Illinois Psychiatric Society.

I look to the future of our continued working together.

Sidney Weissman, M.D.  
Professor and  
Director of Residency Training,  
Northwestern University

## Candidates for Vice-President

Patricia R. Recupero, J.D., M.D.



Colleagues:

I have just returned from the Assembly and on one issue I am disappointed. The packet for the Assembly reported on the distribution of membership of the APA by minority and under-represented status during the past year. However, this was only a partial response to my action paper filed in 2001 that stated "the assembly adopt(s) a policy that all appointments of the Speaker and of the Assembly be considerate of the population of practicing psychiatrists in the United States; and that the Recorder of the Assembly make an annual report to the membership of all Assembly appointments by MUR status during the preceding year."

This reporting requirement has not been complied with. Although the process of making the report and having the speaker review the report prior to making appointments is a step forward, I will advocate to see that the full reporting requirements are met.

My specific platform as candidate for Vice-President of the APA is based on three components: Advocacy, Relevance, and Transparency.

With regard to Advocacy, I believe that the APA must stand for a set of