



AMERICAN SOCIETY OF HISPANIC PSYCHIATRY

Editor: Leopoldo J. Cabassa

Contributors: Margarita Alegría, Carolyn Rodríguez, María Oquendo, and Roberto Lewis-Fernández

SPRING NEWSLETTER
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Message From the President

I started my tenure as President of the American Society of Hispanic Psychiatry (ASHP) in January and at this point, two months later, I am not only honored and delighted to serve in this role but also very excited about all the things the organization is up to. It is encouraging to see how active the Officers and the Board of Directors have been. An internal reorganization has been a success, with Maria Sciancalepore now focusing all of her energies on fundraising and Frances Bell with substantial experience taking on the role of Secretariat, we have a winning team. Frances is a seasoned hand at this job, having worked with ASHP in the past, and then administering several psychiatric organizations. To give members a better sense of who everyone is, we have prepared a list with information on the current officers, staff, and members of the Board, which we have included in this Newsletter. We will also post it on the ASHP website: <http://americansocietyhispanicpsychiatry.com>.



Together, we are pushing forward the process championed by Maggie Alegría, our Immediate Past President, of bringing the organization into the 21st century and of expanding the membership among mental health disciplines beyond psychiatry. For example, you are receiving this Newsletter electronically, and we now have the capability to receive your dues payments via PayPal, which we hope will make this process quicker and more convenient. Christina Mangurian, our Treasurer, is spearheading this process. Under the leadership of Carolyn Rodríguez, our Secretary General, we are also revamping our website and creating a new Facebook page. Both of these developments will allow members from all disciplines to network more efficiently, set up mentoring connections, post job opportunities, and have access to other useful tools (e.g., past and future Newsletters). Leopoldo Cabassa, the Newsletter Editor, has several interesting plans for our twice-a-year Newsletter, some of which you will enjoy in this issue. They include brief reviews of information useful to our members, such as the report in the following pages on disparities related to physical health problems among Latinos with serious mental illness. Other planned Newsletter features include highlights from members and announcements of important events (e.g., Glorisa Canino's upcoming Simon Bolívar Award, María Oquendo's election as APA Secretary, and our ASHP Symposium at the APA Annual Meeting, all in this issue), interviews with key players in Latino mental health, features focused on up-and-coming young Latino investigators and clinicians, and so on. We want to use these social media to make ASHP as interactive and accessible as possible, and maximize the value of the organization to its members. We also want to

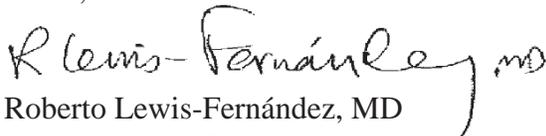
Continued on Pg. 2

outreach to the thousands of trainees in all mental health disciplines (e.g., psychology, social work, psychiatry) who are Latino and/or are interested in Latino issues. They are the future of our field and an integral part of the ASHP membership.

This is an exciting time to be a member of ASHP. Mauricio Tohen, our President-Elect, and I are working closely together to make sure that the changes we enact now extend and expand during his presidency. We

encourage you to spread the word about the benefits of joining ASHP. The more of us who join, the stronger our organization can be!

Yours,


Roberto Lewis-Fernández, MD
President, ASHP

ASHP Member Announcements and Latest Accomplishments

Dr. María Oquendo, ASHP Board Member and Past President, has been elected as APA Secretary



Dr. Oquendo has practice psychiatry for 25 years. She is devoted to caring for severely ill, often suicidal patients. As Vice Chair for Education and Residency Training Director at the Columbia University Department of Psychiatry, she has extensive leadership experience. Her NIMH-funded research focuses on treatment and neurobiology of mood disorders, suicide and global mental health. An active and loyal APA member, María has been an Associate Editor of the American Journal of Psychiatry, chaired the Minority Fellowship Selection Committee and worked on other workgroups. She was the past president of the ASHP, Co-Chair of the Society for Biological Psychiatry's Education Task Force, and sits on the National Network of Depression Centers' Executive Committee. She is dedicated to teaching and mentoring trainees and Early Career Psychiatrists.

María's priorities as APA Secretary are to:

- Secure an appropriate role for psychiatrists as

health care reform is implemented while ensuring high quality care for all, particularly the most severely mentally ill

- Ensure equitable reimbursement for psychiatric care
- Ensure sensible standards for maintenance of certification preserving the knowledge level essential to optimal patient care
- Secure federal funding for education and research, coordinating efforts with advocacy groups
- Enhance APA diversity including representation from women, ethnic minority psychiatrists, international medical graduates, gays, lesbians and other minority groups
- Augment collaboration with psychiatric subspecialties and primary care
- Pursue active communication at all membership levels, partnering with offices and agencies within and outside APA
- Ensure effective representation of psychiatry to the public and government
- Underscore the value APA provides as a strategy to engage and retain members

Continued. on pg. 3

Dr. Glorisa Canino is being honored by APA with the Simón Bolívar Award

Dr. Glorisa Canino is this year's winner of the Simón Bolívar Award for her lifetime contributions to the area of Latino Psychiatry, given by the American Psychiatric Association. Dr. Canino certainly displays the creative synthesis that the award seeks out, having built innovative linkages across the fields of psychiatric epidemiology and public health, with a unique and critical focus on cultural perspectives and attention to the role of ethnicity and language affecting mental health assessments and service delivery. She is a pioneer in joining these fields and is well deserving of this recognition.



Dr. Canino's work focuses on improving the connections between psychiatric epidemiological research and mental health services, in a way that can be most effective in real-world settings. She is a rigorous scientist who has greatly influenced the diagnostic field with her work on translation and adaptation of psychiatric assessment instruments, prevalence of psychiatric disorders in Latino youth and adults and mental health treatment for Latinos. Her impressive publication record displays her magnificent theoretical and methodological skills with research involving populations with mental health problems in particular and research with multicultural groups in general. Her work has been influential in exploring the role of ethnicity and cultural factors that impact Latino mental health. Her publications broke ground in a new

conceptualization of how to translate, adapt and test multiple diagnostic instruments for use among diverse Latino populations. She has also generated important findings through her participation in the DSM-5 Disability study group work looking at the importance of conceptualizing impairment for Latino and Spanish-speaking populations. Her psychosocial treatment work has been proven effective and been successfully integrated into government agencies, like her CALMA intervention.

While her primary passion is research, Dr. Canino has also contributed through teaching, and most prominently mentoring, which has been her major teaching activity. Glorisa makes her intellectual talent and scientific findings available to many psychiatry students. She is well-known as an outstanding mentor. I can personally attest to her commitment to train Latino researchers from different disciplines, including psychiatrists, psychologists and social workers who have become successful independent investigators and community leaders or brokers. Personally, I know Glorisa as a talented colleague with whom I have collaborated on publications, grant proposals and conferences. Dr. Canino is a true gem, with great creativity and motivation. She has made unparalleled contributions to psychiatric epidemiology and mental health services. Furthermore, she pioneered the construction of data collection instruments and participation with the communities to trust in this research. She is well deserving of the Simón Bolívar Award.

Written by Margarita Alegría.

American Society of Hispanic Psychiatry Symposium at the APA Meeting

Title: Eliminating Disparities in the Physical Health Care of Hispanics with Serious Mental Illness

When: Saturday, May 18, 2013 from 2:30 to 5:30 PM

Where: Golden Gate C1/C2, Marriott Marquis, San Francisco, CA

Keynote: Benjamin Druss, MD, MPH
Improving Health and Health Care for Patients with Serious Mental Illnesses: What are the Lessons for Hispanics with SMI?

Speakers: Leopoldo J. Cabassa, PhD, MSW
Preparing a Health Care Manager Program to Improve the Health of Hispanics with Serious Mental Illness
Christina Mangurian, MD
Implementation of a Weight Loss Program for Obese and Overweight Latinos with Severe Mental Illness
Andrés J. Pumariega, MD
ADHD in Latino Youth: Medical and Cultural Factors in Identification, Prevention and Care

Moderator: Roberto Lewis-Fernández, MD

Research Column: Physical Health Matters

People who have serious mental illness (SMI) like schizophrenia, bipolar disorder, and schizoaffective disorder, are at elevated risk for developing poor physical health outcomes and dying at an earlier age than their counterparts in the general population⁽¹⁻³⁾. Recent estimates indicate that people with these mental disorders die on average 8 to 11 years earlier than people without mental disorders, largely due to preventable medical conditions (e.g., diabetes, cardiovascular disease), modifiable risk factors (e.g., smoking, lack of exercise), poor access and quality of medical care, and the unmanaged cardiometabolic side effects of psychiatric medications⁽⁴⁾.

These rates and burden of cardiovascular disease and poor physical health outcomes may be even higher among Hispanics with SMI compared to non-Hispanic Whites with similar mental health needs. Studies show elevated rates of common cardiovascular risk factors (e.g., obesity, diabetes, metabolic syndrome) in this growing minority population⁽⁵⁻⁸⁾. For example, a ten-

year study of patients with schizophrenia treated with clozapine found that Hispanics patients were at higher risk than White patients for developing diabetes and having a cardiovascular-related death⁽⁹⁾.

Lack of access to medical services and poor quality of medical care can further exacerbate the health and health care needs of Hispanics with SMI. Baseline data from the CATIE study, a large multi-center effectiveness trial of antipsychotics for people with schizophrenia, found that 30% of participants with diabetes, 62% with hypertension, and 88% with dyslipidemia did not receive appropriate treatment for these medical conditions⁽¹⁰⁾. Rates were even higher for minorities. Fifty percent of non-white females (including Hispanics) with diabetes, 79% of Hispanics with hypertension, and 96% of non-white females with dyslipidemia received no treatments for these conditions. In sum, Hispanics with SMI may face a disproportionate burden of medical illness and

Continued. on pg. 5

poor quality medical care even against the backdrop of the poor quality of care received by people with SMI. These health disparities justify the need to devote special attention to this population in treatment planning and to accelerate the development and implementation of effective health care interventions for Hispanics with SMI.

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Resource Corner

Robert Wood Johnson Foundation's Finding Answers Intervention Research (FAIR) Database

A searchable database tool containing 388 journal articles on intervention studies aimed at reducing racial and ethnic health disparities (e.g., diabetes, depression, cardiovascular disease)

<http://www.solvingdisparities.org/fair>

SAMHSA-HRSA Center for Integrated Health Solutions

Excellent web-based resource that promotes the integration of primary and behavioral health services to improve the health and wellness of individual with mental health and substance use conditions

<http://www.integration.samhsa.gov>

Membership Dues and New Methods of Payment

On February 7th, 2013, the ASHP Board approved a motion to make the dues structure comparable to other specialized professional organizations of similar size. Funds are used to pay for our wonderful coordinator, Frances Bell, maintaining and enhancing our website, supporting the costs of our annual meeting, and other costs associated with upgrading our means of communication among and with members.

Dues can now be paid electronically via PayPal on our website: <http://americansocietyhispanicpsychiatry.com>

General Psychiatrist Member \$90.00
International Psychiatrist Member \$75.00
Psychologists, social workers, nurses and other mental health professionals:
U.S. \$75.00
International \$50.00
Retired \$50.00
Residents and Students \$25.00

AMERICAN SOCIETY OF HISPANIC PSYCHIATRY OFFICERS (2013-15)



ROBERTO LEWIS-FERNÁNDEZ, M.D. – PRESIDENT

Dr. Lewis-Fernández is Professor of Clinical Psychiatry at Columbia University and Director of the NYS Center of Excellence for Cultural Competence and the Hispanic Treatment Program at New York State Psychiatric Institute. He is also Lecturer on Global Health and Social Medicine at Harvard University. His research focuses on developing clinical interventions and novel service-delivery approaches to help overcome disparities in the care of underserved US cultural groups.



MAURICIO TOHEN, M.D., DR.PH., MBA – PRESIDENT-ELECT

Dr. Tohen is Professor of Psychiatry and the Krus Endowed Chair at UT Health Center, San Antonio. His research reflects more than 20 years of work in clinical epidemiology and clinical trials in the area of bipolar disorder. His research integrates academic and industry work, and his current projects include clinical trials in bipolar disorder and clinical epidemiology of bipolar disorder with a focus on first episode patients.



MARGARITA ALEGRÍA, PH.D. – IMMEDIATE PAST-PRESIDENT

Dr. Alegría is Director of the Center for Multicultural Mental Health Research and Professor of Psychology in the Department of Psychiatry at Harvard Medical School. Her published work includes mixed-methods research, psychiatric epidemiology and health services research as well as analysis of topics including mental health and substance abuse service disparities; patient-provider communication; and testing of interventions aimed at reducing disparities (e.g. patient activation, improved screening).

Continued. on pg. 7



CAROLYN RODRÍGUEZ, M.D., PH.D. – SECRETARY GENERAL

Dr. Rodríguez is Assistant Professor of Clinical Psychiatry at Columbia University and the New York State Psychiatric Institute. Her research focuses on developing novel treatments for patients suffering from obsessive-compulsive disorder (OCD) and hoarding disorder and understanding the neurobiology of the glutamate neurotransmitter system.



CHRISTINA MANGURIAN, M.D. – TREASURER

Dr. Mangurian is Assistant Professor of Clinical Psychiatry at the University of California, San Francisco and the Director of the UCSF Public Psychiatry Fellowship. Her research focuses on improving the medical care received by people with severe mental illness, with a particular focus on underserved, diverse populations.



LEOPOLDO J. CABASSA, PH.D., M.S.W. – EDITOR

Dr. Cabassa is Assistant Professor at the Columbia University School of Social Work and Assistant Director of the New York State Center of Excellence for Cultural Competence at the New York State Psychiatric Institute. His current research focuses on the implementation of integrated physical and mental health services to improve the physical health of underserved racial and ethnic groups with serious mental illness and address health disparities.



FRANCES BELL – SECRETARIAT

Ms. Bell is the administrator for Group for the Advancement of Psychiatry, the Association of Women Psychiatrists, the American Association of Community Psychiatrists and the American Society of Adolescent Psychiatry.



MARIA SCIANCALEPORE, MPA – FUND RAISING CHAIR

Ms. Sciancalepore is the Department Administrator and Executive Director of the Pathology Department at NYU Langone Medical Center.

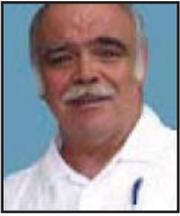
BOARD MEMBERS:



ALEX KOPELOWICZ, M.D. – BOARD MEMBER, PAST-PRESIDENT

Dr. Kopelowicz is Professor and Vice-Chair of the Department of Psychiatry and Biobehavioral Sciences, Geffen School of Medicine at UCLA, Chief of Psychiatry at Olive View-UCLA Medical Center and Medical Director of the San Fernando Mental Health Center (SFMHC), a community mental health center operated by the Department of Mental Health of Los Angeles County.

Continued. on pg. 8



FRUCTUOSO IRIGOYEN, M.D., DFAPA – BOARD MEMBER

Dr. Irigoyen is the Medical Director of The Center Comprehensive Mental Health, the International Medical Graduates Representative at the APA Assembly, and ABPN-certified Psychiatrist in private practice. He has published extensively about his work as a physician with the Tarahumara Indians in the Chihuahuan Sierra Madre (e.g., (“Cerocahui, una comunidad en la Tarahumara”) and is author of “Alzheimer’s disease, a primer for caregivers.”



BERNARDO NG, M.D. – BOARD MEMBER

Dr. Ng is Assistant Professor of Psychiatry at the University of California, San Diego. He is co-founder of the Sun Valley Model integrating clinical, teaching, and research activities with collaboration of private and community clinics, industry, and academic centers. He works in one of the poorest counties in California, covering a rural, underserved, predominantly Hispanic area near the Mexican border. His research focus includes rural issues, antipsychotic use in the elderly, and behavioral disorders in dementia.



MARÍA OQUENDO, M.D. – BOARD MEMBER, PAST- PRESIDENT

Dr. Oquendo is Professor of Clinical Psychiatry at Columbia University and Vice-Chair for Education in the Department of Psychiatry at Columbia University and the New York State Psychiatric Institute. Her areas of expertise include suicidal behavior and the diagnosis, pharmacologic treatment, and neurobiology of Bipolar Disorder and Major Depression, as well as cross-cultural psychiatry.



MILTON WAINBERG, M.D. – BOARD MEMBER

Dr. Wainberg is Associate Clinical Professor of Psychiatry at Columbia University and Medical Director of the Columbia University HIV Mental Health Training Project. His research focuses on substance abuse, risk for HIV, adherence to medications, behavioral interventions and Global Mental Health implementation and dissemination science.



CARLOS ZARATE, M.D. – BOARD MEMBER

Dr. Zarate is Chief, Section on the Neurobiology and Treatment of Mood Disorders and Chief of Experimental Therapeutics and Pathophysiology Branch (ETPB) at the National Institute of Mental Health, and Clinical Professor of Psychiatry and Behavioral Sciences, at The George Washington University. Dr. Zarate’s current research focus is on developing novel medications for treatment-resistant depression and bipolar disorder.