

PSYCHIATRIC MEDICAL PRACTITIONERS, INC.

THE FUTURE OF PSYCHIATRY...TODAY!

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LETTER FROM THE PRESIDENT

Hello and welcome to PMPI. My hope is that this newsletter gives you some insight into the exciting realm of Tele-psychiatry. Let me first start by telling you a little history of our organization.

Back in 2003 I laid the foundations of PMPI. My goal back then was to utilize the technology available to us to help Californians in need get the quality Psychiatric care they deserved. Today, that is still my goal.

Much has changed from back in 2003 when I first founded PMPI; nothing more than the Affordable Care Act which began last year in 2014! The ACA has allowed a renewed focus on Mental Health which is a critical part of the bill. Funding for MH to Medi-Cal and Medi-

Cal HMO's and many grants have been made available to help with the funding of equipment and resources to implement Tele-Psychiatry.

Internally, we are excited about the continued growth of our company. Today we service 23 clinic groups statewide comprising of soon to be from 81 to 93 total clinics.

We have also grown our panel of providers which consist of board certified/board eligible Psychiatrists and Mid Level Psychiatric Nurse Practitioners. To date we have 45 providers on our panel consisting of over 186 years in Tele-Health experience combined.

We are excited about the future of Tele-psychiatry and the role we play in it. If you feel there is

a need in your organization or just want to learn more about the opportunity, please feel free to reach out to us at anytime.

**Jagdeep S. Garewal, M.D.,
ABPN, President and CEO, PMPI**

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MENTAL HEALTH STIGMA

According to the Huffington Post, **An estimated 43.7 million American adults – 18.6 percent of all adults in the U.S. – suffer from a mental illness. But only 13.4 percent of U.S. adults get any mental health treatment at all.** Why is this? There is a stigma related to mental health, that's why. There is a "social stigma" which is characterized by

prejudicial attitudes and discriminating behavior directed towards individuals with mental health problems. In California, cultural impact on this stigma is also affecting care. This leads to shame and disgrace on the part of the person with the illness. This typically leads to an increase in morbidity and

mortality rates among those affected by a mental health disorder. Substance Abuse in addition complicates mental and physical health in addition to this. It is time we work together to eliminate the stigma and help those in need.

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PMPI AND SAMHSA



PMPI is proud to announce an additional partnership with **Clinica Sierra Vista** (CSV) which initiated beginning 2015. We have been working with CSV for a few years now and most recently added an additional clinical site which specializes in working with the homeless population of Kern County. This project is known as **SAMHSA**, which stands for **Substance Abuse and Mental Health Services Administration**.

We are excited to contribute our medication management and stabilization services to the homeless population in our community and as always look forward to combating mental illness within our community. For more information on this exciting project please follow the link below.

<http://www.bakersfieldcalifornian.com/health/x1593015619/Major-grant-to-fund-homeless-services-project>

TELE-PSYCHIATRY IN RURAL IDAHO WORKS WELL

“Tele-Psychiatry is a viable tool to create access for underserved populations...”

There's an article in Psychiatric News which discusses how a Rural area of Idaho began utilizing Tele-Psychiatry. **St. Mary's Hospital in Idaho County, Idaho, began utilizing Tele-Psychiatry for two reasons...it seen a need and the supply of Psychiatrists was low.** There are five Psychiatrists per 100,000 people in Idaho. The nearest adult psychiatrist is an hour away, and the nearest child psychiatrist works three hours away. Hospital President Patrick Branco says “It's a long way to nowhere.” He is referring to the fact that Idaho County is at least 500 miles from a major metropolitan area. Like other rural areas, this makes it difficult to provide many kinds of specialized medical care, including Psychiatric care.

Branco says that **since implementing Tele-Psychiatry, many of the patients significantly showed lower annual rates of hospitalization, primary care visits, or emergency room visits for any reason compared with baseline.** They also showed that costs for those services for those patients dropped from \$5103 per patient to \$2073 per patient. Pam McBride, Chiefs Grant Officer at St. Mary's Hospital put it best by saying “Tele-Psychiatry is a viable tool to create access for underserved populations, but teamwork is crucial for success.”

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CTN TOP 10 TELE-MEDICINE PERFORMERS

PMPI is proud and honored to state that we have had a part in serving five out of the top ten recognized Tele-medicine performers for the California Tele-Health Networks Tele-Medicine sites based on a survey conducted by Project U. We would like to thank the clinics we work with for their loyalty in partnering with PMPI for Psychiatric services and Medication Management. A special thank you is also deserved for our panel of providers who tirelessly work to provide such services to our clinic sites. We look forward to continuing our partnerships with our clinic sites and provider panel for many years to come.

<u>Rank</u>	<u>Site</u>	<u>City</u>
1	AMPLA HEALTH	YUBA CITY
2	TARZANA TREATMENT CENTERS, INC	TARZANA
3	SHASTA COMMUNITY HEALTH CENTER	REDDING
4	EASTERN PLUMAS HEALTH CARE	PORTOLA
5	RIDGECREST REGIONAL HOSPITAL, RURAL HEALTH CLINIC	RIDGECREST
6	CATALINA ISLAND MEDICAL CENTER	AVALON
7	MODOC COUNTY HEALTH SERVICES	ALTURAS
8	THE VENICE FAMILY CLINIC	VENICE
9	BARTON HEALTH	SOUTH LAKE TAHOE
10	MOUNTAINS COMMUNITY HOSPITAL, RURAL HEALTH CLINICS	LAKE ARROWHEAD

(PMPI service sites are highlighted in blue font)

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WELCOME NEW CLINICS !

PMPI is excited to welcome on board some additional clinic sites this year. We are proud to announce a contract with **Bakersfield Behavioral and Recovery Services**. In addition, we will be providing Psychiatric services via Tele at their TAY, RAWC and MKS site. We are also pleased to announce a new addition of clinics to the **Clinica Sierra Vista** partnership that we have had for a few

years now. As mentioned on page 2 of this newsletter, **PMPI** has partnered with the **Kern County Homeless Health** project of **Clinica Sierra Vista** to bring Tele-Psychiatry services to their patient population. This is an exciting project that we are proud to be associated with. PMPI looks forward to the partnerships that we foresee coming throughout this year and the

continuous loyalty of our current clinic sites that we have the privilege of working with. We look forward to the opportunity to continue to serve you!

Last year we started services in **United Health Centers of San Joaquin Valley**. Beginning in July 2019 we will be providing services to **Camarena Health, Tri-City Clinics, and the PACE program of AltaMed**, the largest FQHC in USA.

PROVIDER SPOTLIGHT - DR. RICHARD G. RAPPAPORT

Dr. Rappaport graduated from **Chicago Medical School** with a fellowship in **Neurophysiology** in 1959. Dr. Rappaport served his country from 1964-1966 in the **United States Air Force**, in which he was ranked as **Captain**. Dr. Rappaport runs a successful **Forensic Psychiatry Practice**, which he has been doing since 1969 till present.

Dr. Rappaport offers consulting services to large corporations in which he provides executive evaluations for trouble-shooting and crisis management. Dr. Rappaport is also an **Associate Professor of Psychiatry at UCSD Medical School** in San Diego, CA. Along with his many talents that keep Dr. Rappaport busy, he has also partnered with PMPI since end of 2013. Dr. Rappaport provides Psychiatric services via Tele to some of our **Clinica Sierra Vista** sites as well as our **Colorado River Medical Center** clinic site. He is well respected in his field and we are proud to have Dr. Rappaport on the PMPI team of professional Psychiatrists. In his leisure time he like to travel the world with his wife, and lecture on various Topics of Human Nature and Psychology in Cruise Ships and Vacation venues. He has undertaken 40 such Journeys.



WELCOME PROVIDERS ! !

Dr. Alejandra R. Suzuki is a Board Certified Psychiatrist who graduated from Universidad de Buenos Aires Facultad de Ciencias Medicas in Argentina. Dr. Suzuki held a residency position at the University of Southern California, LA county Medical Center in the Dept. of Psychiatry. Dr. Suzuki has also

held an Assistant Professor position while working at the University of Texas Houston Medical School, during which she was honored with an Outstanding Teacher Award. Due to her vast experiences around the globe, Dr. Suzuki is a multi-lingual provider. Welcome to the PMPI Team Dr. Suzuki!

Other New Providers:

Neville Kotwal, MD

David Scott, MD

Veena Doddakashi, MD, ABPN

Douglas Schave, MD, PhD, ABPN

Ernest DeGuzman, MD

HT. Mohan Kumar, MD, Ex-Medical Kern County Mental Health

Monica do Valle, DO, MPH

Susan Wallace, MD, Ex-Medical Director, Kaiser Permanente

Emily Samuel, PMHNP

Jody Pawell, PMHNP

Hilda McAdams, PMHNP

Jose Flores-Lopez, MD

Ehireme Ibazebo, MD

Catherine Stayer, MD