



Massachusetts Psychiatric Society

your information source for psychiatry in Massachusetts

Issue 163 May 2016

www.psychiatry-mps.org

FROM THE PRESIDENT

Mark J. Hauser, MD



Incoming President Remarks

I am honored to serve as president of our Massachusetts Psychiatric Society. I look forward to working with you all during this coming year. As President-Elect I have enjoyed working closely with our immediate past president Greg Harris and with our current president Rohn Friedman. It has been a privilege to work with our great group of volunteer leaders - our Executive Committee and Council as well as our committee chairs and so many of our members. I call attention to the dedicated support of our staff - our Administrative Director Lynda Layer, our Member Relations Coordinator Mayuri Patel, and our Continuing Medical Education Coordinator Julie Kealey. My own personal assistant Kevin Feldman also works as a virtual assistant to our society. I have had the pleasure of working with our talented lobbyist Lisa Simonetti and our long-standing and dedicated General Counsel Jim Hilliard.

Our society represents about 1700 members. We are one of the largest district branches of the American Psychiatric Association. Our members participate in dozens of committees and interest groups, and our Chapters in Western Massachusetts and Southeastern Massachusetts meet regularly. Our society nurtures relationships with many psychiatric and behavioral health organizations, and we appreciate working together towards our common purpose of advocating for our patients and our profession. One example is our relationship

with the Massachusetts Association of Behavioral Health Systems and their devoted Executive Director David Matteodo.

I recently reviewed some statistics about our members and I think it will interest you to know that our members range in age from 25 years up into the 90s. An analysis of our member's ages reveals a median age of 56, half older, half younger. The average age is 54. There are more 69 year olds than any other single year - 44 to be exact. There are two peaks of membership - the years surrounding age 34 and the years around age 69. For a reason yet to be determined, there is a dip in the number of members who are between 40 and 45 years old. I plan to launch a task force to reflect on the composition of our membership, and more importantly on the composition of the group of non-members so that we can determine an effective approach to attract more members. Let's encourage membership for all residents and fellows, residency and fellowship directors, department chairpersons and the rest of our impressive colleagues.

I have had the pleasure of membership in our society since 1984. I joined as a third-year psychiatry resident. 32 years have passed since then, and they have gone by far faster than I would have liked. Early on, I became involved in the Psychiatry & Law committee, eventually serving as its Chairperson. For the last 20 years I have helped

with the design and delivery of our Annual Risk Management Conference. In that role and others I've had the pleasure of learning from, and working with, Dr. Thomas Gutheil. I joined the Executive Committee and served as treasurer for four years. After that I was councilor for three years.

Our previous headquarters in Wellesley had a conference room with which many of you are familiar. On three walls hung portraits of our nearly 50 past presidents. On so many Tuesday nights I looked with admiration at the pictures of those past presidents. So many of our past presidents have gone on to great accomplishments. I would gaze at those portraits and think to myself how much I would like to be a past president! Well, as you know, there is only one path to past-presidency!

Last year our society made a big change in our administrative support - and I am pleased to report that we are off to a great start with our new association managers, the Specialty Management Services division of the Massachusetts Medical Society. Many of our members are also members of MMS. There are many reasons to encourage more of our members to also join the medical society. Now, we hold our meetings in the beautiful facilities here at the Society. Another significant benefit of this arrangement is that we can have many concurrent meetings, something not possible in our old headquarters. For example, on

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**MASSACHUSETTS
PSYCHIATRIC SOCIETY**

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2015-2017

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Education Coordinator

(continued from page 1)

January 21st I attended the inaugural meeting of our technology committee and at the same time our public sector committee and two other committees were also meeting.

Many thanks are due to the people who have helped me reach this point in my career but I will only mention a few by name. First and foremost I acknowledge my wife Andrea who has been incredibly supportive and patient regarding my volunteer work for our society. My mother Deborah Hauser is here tonight, and I have a little story to share about my upbringing. Many of us grew up in families who provided us with inspiring messages - some overt and some subliminal. When I was a boy, my parents told me repeatedly that I could accomplish anything I set my mind to, and that I could, someday, be President! So Mom, thanks for the inspiration!

I have been fortunate to have the pleasure of working with so many dear colleagues. I have had wonderful role models, teachers and mentors. I think back to my psychiatry residency at Beth Israel Hospital and remember all of the wonderful supervisors and teachers I had there. I think back to the fateful day that Dr. Ed Mikkelsen suggested a part-time job as psychiatrist for persons with intellectual disability (then called mental retardation) and psychiatric illness - a suggestion that has led to a career spanning

32 wonderful years. I think back to the opportunity I had to organize and run Doctor on Call moonlighting programs offered to me by Dr. John Ratey. I'd like to thank you, John, for the role you played in launching my career!

As a profession we face many challenges, and you can count on our society leadership to work with our members, the allied organizations, and our government - both the legislative and executive branches. There will be inevitable problems and we will face them! I look forward to hearing from you, and working with you. I encourage you to be involved in ways that are meaningful to you. Let's look ahead to a wonderful year!



Mark J. Hauser, MD
President,
Massachusetts Psychiatric Society

The MPS staff

congratulates all newly elected officers and looks forward to working with the Executive Committee, Council and all our members in the coming year!

2016 MPS Annual Meeting Keynote Address “The Changing Face of Mental Health Care”



Scott Taberner is the Chief of Behavioral Health and Supportive Care at the Office of MassHealth. In his role he leads MassHealth’s efforts to better coordinate and integrate care for behavioral health, physical health and long-term services and supports for members, including elders and persons with disabilities. Taberner oversees the Office of Behavioral Health, Office of Long Term Services and Supports, and Home and Community Based Waivers. Prior to joining MassHealth in 2015, he served in senior leadership positions at the Massachusetts Behavioral Health Partnership, the Department of Youth Services, the Parole Board, and the Senate Committee on Ways and Means.

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2016 MPS OUTSTANDING PSYCHIATRIST AWARDS

PSYCHIATRIC EDUCATION

Sandra DeJong, MD, MSc.



We are fortunate to count among our psychiatric colleagues Sandra M. DeJong, MD, who has been selected as the 2016 recipient of the MPS Outstanding Psychiatrist Award for Education. Dr. DeJong is the director

of the Child and Adolescent Psychiatry training program at Cambridge Health Alliance, where she also serves as the interim director of the Child and Adolescent Psychiatry division.

After graduating from Harvard-Radcliff, Dr. DeJong taught high school English. She then earned a Masters in Journalism from Columbia University and worked as a journalist prior to obtaining an MD from the University of Massachusetts Medical School. She did her adult psychiatry residency at University of Massachusetts and her Child and Adolescent fellowship in the MGH-McLean program. She developed a child psychiatry consultations service at

Newton-Wellesley Hospital and started a private practice. In 2004 Dr. DeJong joined the faculty of Cambridge Health Alliance.

Widely regarded as one of the nation's thought leaders in child and adolescent psychiatry training, Dr. DeJong is the editor of the Child Psychiatry PRITE examination of the American College of Psychiatrists and is currently the president-elect of the American Association of Directors of Psychiatric Residency Training (AADPRT). She served as the program chair of the AADPRT annual meeting in 2015, is a member of the AACAP Ethics Committee, was one of the authors of the ACGME/ABPN Milestones for Child and Adolescent Psychiatry Training, and serves on the AADPRT Child Psychiatry Milestones Assessment Task Force.

Dr. DeJong's skills as an educator have been recognized by the Cambridge Health Alliance with the 2012 Maria C. Sauzier Teaching Award and the 2015 Academic Council Award for Excellence.

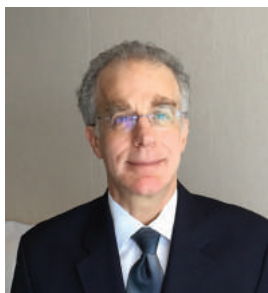
In addition to her many other publications and presentations at national meetings, a particular focus of Dr. DeJong's educational offerings has been how to help psychiatrists learn to think about professionalism issues in the internet era. In 2008 she was awarded a Harvard Macy Scholarship

to investigate the impact of technology on psychiatric practice and ways of teaching about it. In 2010–2011 she chaired the AADPRT task force on Professionalism and the Internet, leading the group in creation of a nationally distributed, vignette-based curriculum for teaching about this subject to medical students, residents, and faculty in psychiatry and other medical specialties. Dr. DeJong has presented workshops on professionalism and the internet at both national psychiatry meetings and for an MPS Risk Management course. Her book, *Blogs and Tweets, Texting and Friending: Social Media and Online Professionalism in Health Care* (Elsevier, 2014), has also served to bring these important issues to the attention of the psychiatric community.

Dr. DeJong's educational impact thus extends from 11 years of training child psychiatrists at Cambridge Health Alliance to editing the national child psychiatry in-service training examination to having created curricula and trained adult and child psychiatry residents and practitioners throughout the United States. The MPS is honored to recognize Dr. Sandra DeJong as its Outstanding Psychiatric Educator for 2016.

CLINICAL PSYCHIATRY

David Harnett, MD



Dr. David Harnett has excelled clinically and administratively in general and geriatric psychiatry. He is the founding medical director of the Geriatric Medical

Psychiatric Program of Hallmark Health. He is currently chair of Psychiatry and system medical director for Behavioral Health Services at the Hallmark Health System, which includes Lawrence Memorial of Medford and Melrose-Wakefield Hospital.

A *magna cum laude* graduate of Duke University, Dr. Harnett went on to earn his MD from NY University School of Medicine. He trained in psychiatry at Tufts New England Medical Center, where he was also a fellow in psychopharmacology and consultation-liaison. He received certifi-

cation from the ABPN in psychiatry and with added qualifications in geriatric psychiatry.

Dr. Harnett now directs the Center for Healthy Minds, a comprehensive outpatient geriatric psychiatric evaluation and treatment center and has been named a Hallmark "hero" for his service to the hospitals and the community and is recognized as one of Boston's Top Doctors. He is honored as a distinguished life fellow of the APA and has received the Presidential Award from MPS, where he has also chaired the geriatric committee since 1999. Dr. Harnett holds the academic title of clinical professor of Psychiatry at Tufts University School of Medicine and has received the Excellence in Clinical Teaching Award from the Tufts University Family Medicine Residency. He is valued as the director of Geriatric Psychiatric Training for the Tufts Medical Center psychiatry residents and is also active as lecturer and preceptor for Tufts medical residents and students.

Dr. Harnett has written and spoken extensively in person and through the radio and TV media on topics in psychopharmacology and mental health issues in the elderly. He was on the editorial board of "The

Clinical View — Geriatric Psychiatry in Long Term Care" and has written on many topics including integrating psychotherapy and psychopharmacology and on psychiatric treatment in the medically ill. He has authored several book chapters and, along with JP Tupin and Richard Shader, edited the *Handbook of Clinical Psychopharmacology, 2nd ed.*

In his spare time David is a regional governor of the NYU School of Medicine Alumni Association.

Dr. Harnett is married to Dr. Vivian Halfin, a Tufts C-L psychiatrist on the obstetrics and gynecology service. They have two children of whom they are very proud — a daughter who is a lawyer and a son who is an emergency medicine resident.

The MPS is pleased to present Dr. Harnett with the 2016 Outstanding Psychiatrist Award for Clinical Psychiatry.

2016 MPS OUTSTANDING PSYCHIATRIST AWARDS

PUBLIC SECTOR

Annette Hanson, MD, MBA



Annette Hanson, MD, MBA, was born in Minneapolis, MN, received her MD from the University of Minnesota, and completed her psychiatric residency at the Cambridge Hospital, where she also served as chief resident. Presently, she is assistant clinical professor at Tufts University School of Medicine and vice chair of Public Sector Psychiatry at Tufts Medical Center.

Dr. Hanson has been deeply involved in public sector psychiatry since her training days. Her most significant contributions occurred during her tenure as the deputy commissioner of Clinical and Professional Services at the Department of Mental Health (DMH), as chief medical officer of the Department of Medical Assistance, and as medical director of Public Sector for ValueOptions Healthcare. She was able to develop programs for patients not only in the Commonwealth, but also at the national level at CMS having served

on committees addressing pharmacy effectiveness, delivery and cost, workforce development, and patient-centered care. She led the development of the Mass Health Drug List, which became a model for the CMS requirements through the National Pharmacy Workgroup. She also led the development of the Massachusetts Child Pharmacy Program (MCPAP), now a DMH-sponsored consultation program set up to allow pediatricians caring for children on psychotropic medications to call and speak with a child psychiatrist. This program proved so successful that the legislature encouraged all insurers to provide this service to their pediatric practitioners. Another important contribution was the collaborative study with Massachusetts Behavioral Health Partnership on the medical vs. psychiatric costs of patients on second generation anti-psychotic medications vs. first generation medications. This study showed that the metabolic syndrome caused by second generation drugs increased the medical costs for these patients but decreased the psychiatric costs. It also found that patients on clozapine had the fewest re-admissions of all the medications, attributed to the weekly visits which stabilized patients. The use of clozapine was encouraged and reimbursed by a \$1 million line item in the State Budget which made Massachusetts a leader in the use of clozapine. At the same time, Dr. Hanson urged the legislature to fund two Centers of Excellence research grants of \$1 million

each to encourage the research and training so desperately needed by the most disabled and severely ill psychiatric patients.

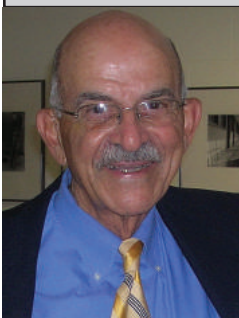
In order to reward the public sector employees, she also worked to develop a train-the-trainer model of education for all DMH staff. One of the outcomes of this model is the Assaulted Staff Assessment Program (ASAP), which is now used by over 30 states and many foreign countries as a way to help staff assaulted by psychiatric patients.

Dr. Hanson and her husband, Professor Robert Hanson, have two sons and a granddaughter. She continues to teach psychiatric residents, medical students, physician assistant students, and nursing students. She is also a board member of Community Resources for Justice, an agency that provides residential services to persons in the Department of Developmental Services and re-entry services to persons leaving the criminal justice system. She wishes to continue guiding young professionals and hopes to spark their interest in public sector psychiatry.

The Massachusetts Psychiatric Society is pleased to honor Dr. Annette Hanson with the 2016 Outstanding Psychiatrist Award for her commitment and work on Public Sector Psychiatry.

LIFETIME ACHIEVEMENT

Edward Khantzian, MD



The Massachusetts Psychiatric Society is honored to present the award for Lifetime Achievement to Dr. Edward J. Khantzian. Dr. Khantzian is a graduate of Boston University and Albany Medical

School. He was a resident at Massachusetts Mental Health Center and the Cambridge Hospital (where he was its first chief resident). He is a graduate of the Boston Psychoanalytic Society and Institute.

In addition to his outstanding clinical work and his numerous publications and presentations, several of his contributions are unique and especially noteworthy. He is probably best known for his work on drug abuse and addictions. He was the proponent of the hypothesis of self-medication and self-care deficits in substance use disordered patients. These notions revo-

lutionized our understanding of the psychodynamics of substance use disorders. He also proposed modified techniques in group therapy for substance abusers. His research has revolved around the diagnosing of psychiatric disorders in addicts as well as the development of new therapies for their treatment.

Dr. Khantzian has made several important initiatives in consultation and direct treatment:

He was the founder and past director of the Cambridge Hospital Drug Treatment Programs. He has been supervising physician for the National Football League Drug Control Program, and currently serves as senior consultant to the NFL and the NFL Players Association's clinical program for substance abuse. He is a founding member and president and chair of the Board of Directors of the Massachusetts Medical Society's Physician Health Services program. He is founding chair for the Group for the Advancement of Psychiatry, Committee on Alcoholism and the Addictions; founding member of the American Academy of Addiction Psychiatry; and past president and chair of the MPS Committee on Alcoholism and the Addictions.

Dr. Khantzian has received the Massachusetts Medical Society's 2002 Award for

Excellence in Medical Service "for distinguished demonstration of compassion and dedication to the medical needs of patients and/or the public." He was the recipient of the Founder's Award of the American Academy of Addiction Psychiatry for his "courage in changing ways we think of and understand addictions." In 2013 he was honored by the Bowlby Center in London and was asked to deliver their 20th John Bowlby Memorial Lecture.

Dr. Khantzian is an exemplary colleague, a distinctly kind man, a friend to many, and our chief authority for the understanding of the addictions. He has helped an uncountable number of patients, either directly or indirectly though his consultations, to be given care and that that care be of a humane quality. His publications also elaborate our understanding of the addictions in a way that has humanized and revolutionized treatment.

For his superb clinical work, teaching, research, and outreach and for his organizational initiatives and service, the Massachusetts Psychiatric Society has the honor of presenting the 2016 Outstanding Psychiatrist Lifetime Achievement Award to Dr. Edward J. Khantzian.

2016 MPS OUTSTANDING PSYCHIATRIST AWARDS

RESEARCH

Bruce Cohen, MD, Ph.D



Dr. Bruce Cohen is selected for recognition of his outstanding achievements in psychiatric research. He is also lauded for his outstanding service as a master teacher, mentor, consultant, and psychiatric administrator.

Dr. Cohen did his undergraduate work at Massachusetts Institute of Technology. He graduated from Case Western Reserve University School of Medicine with an MD and with a PhD in Molecular Genetics. He did his psychiatry residency training at McLean Hospital and was a research fellow at the Mailman Research Center at McLean. In 1995 he became professor of psychiatry at Harvard and in 2007 he was named the Robertson-Steele Professor of Psychiatry.

Dr. Cohen has maintained a long association with McLean Hospital. He has been associate general director; founding direc-

tor of the Brain Imaging Center; director of the Adult Residency Training Program, co-founding director of the MGH/McLean Adult Psychiatry Residency Training Program, and senior vice president for Research and Training. From 1997–2005 he served as president and psychiatrist-in-chief of McLean Hospital, a time when it regained financial stability and raised over \$85 million in donations for existing services and 36 new programs.

Dr. Cohen is the author of nearly 300 published, peer-reviewed articles of original research. He has written many textbook chapters and has even authored a book for consumers and the lay public. He has served on McLean, Partners, Harvard, NIMH, and other national and international selection, steering, advisory, and review committees. He holds five patents and has been awarded millions of dollars in competitive funded grants from NIMH, NIH, NARSAD, and NIDA. He has also won multiple local and national awards for his research, teaching, and clinical care. These include recognition from NARSAD, NAMI, and the American College of Neuropsychopharmacology.

Dr. Cohen is currently director of the Program for Neuropsychiatric Research and

leads a consortium of investigators and clinicians seeking convergent evidence from clinical, behavioral, laboratory, and brain imaging studies to define mechanisms underlying mental health and illness and to develop new treatments. His research activities focus particularly on the diagnosis and treatment of patients with psychotic and mood disorders, including bipolar disorders.

In recognition of his outstanding leadership in administration and research and his dedication to educating mental health professionals and the public about mental illness and its treatment, the Massachusetts Psychiatric Society is proud to honor Dr. Bruce Cohen with the 2016 Outstanding Psychiatrist Award for Research.

ADVANCEMENT OF THE PROFESSION

John Ratey, MD



During his career John Ratey has pursued many interests but they are all tied together by his overriding interest and training in neuropsychiatry. He has advanced psychiatry on many

fronts.

Dr. Ratey graduated from Colgate University where he was a Washburn scholar. He attended the University of Pittsburgh School of Medicine and won the L.W. Earley Memorial Prize for highest scholastic performance in psychiatry and the Joseph Heidenkamp Award for the highest scholastic performance in child psychiatry. John stayed in Pittsburgh to do a rotating internship in neurology at St. Francis Hospital. He then returned to Boston to do his psychiatric residency at Massachusetts Mental Health Center (MMHC), where he was an inpatient chief resident. He did a clinical fellowship in the Harvard Medical

School (HMS) Chronic Care Program and then an Elvin Semrad Teaching Fellowship at MMHC. He is currently assistant professor of psychiatry at HMS and formerly at Tufts. He is also adjunct professor of Sports Science at the National Taiwan State University.

Dr. Ratey's early career interests were in mental retardation, autism, and the neuropsychiatry of developmental disorders. He sought to understand and treat affect intolerance and aggression in these populations. He served as clinical director of the Developmental Disorders Unit and Director of Research at Medfield State Hospital and was one of few consultants at the time who was interested in treating patients with developmental disorders.

During the next phase of his career, Dr. Ratey expanded his interests to understanding and treating Attention Deficit Disorder. Along with Ed Hallowell, Dr. Ratey co-authored *Driven to Distraction*, *Answers to Distraction*, and *Delivered from Distraction*.

More recently Dr. Ratey has added a new interest — the effect of exercise on the brain. In 2008 he wrote *Spark: The Revolutionary New Science of Exercise and the Brain*. In 2014 he wrote *Go Wild: Free Your Mind and Body from the Afflictions of Civilization* along with J. Manning.

John has received many awards including the coveted Harry C. Solomon Award. He has held many lectureships and organized several APA symposia on treatment of ADHD and of aggression. He is co-investigator or principal investigator on studies of the treatment of aggression and more recently on the effect of exercise on improving attention, concentration, and learning in children.

He has been invited to speak at many hospitals and residency programs in Boston and throughout the United States. He has also been invited to present at international conferences in Europe and Asia.

For his interest and leadership in studying and working with patients with developmental and neuropsychiatry problems, the MPS is pleased to present Dr. John Ratey with the Outstanding Psychiatrist Award for Advancement of the Profession.

2015 MPS SECRETARY'S REPORT

As Secretary of the Massachusetts Psychiatric Society, I would like to formally thank all of our members for their continued participation and support. In 2015, membership in the society saw a slight increase in our total number of members:

New General Members	4
Reinstates	52
Resident Fellow Members	33 New, 31 Reinstated
Transfer Out	44
Transfer In	59

MPS continues to encourage and work with local training programs to assist in getting each of the programs as close to 100% resident participation as possible. We have four training programs with 100% participation for 2015-2016, Berkshire Medical Center, Boston University Medical Center, Harvard Longwood Psychiatry Residency Training Program and University of Massachusetts. I would like to encourage all the Psychiatry Chairs here tonight to consider sponsoring all of your resident's membership during their residency. The first year is free.

Our elections over the past few years have resulted with the addition of several young psychiatrists to our Council and Executive Committee. Having Resident Fellow Members as Co-Chairs has energized many of our committees. With our younger member involvement we continue to expand our use of technology, and have even begun a Health Information Technology Committee. We continue to offer CME programs on our website and also link to other online CME programs as a service to our members. We have made many advances and changes to our website and continue to update it.

A society such as ours only remains strong when its members feel that the actions of the society are relevant to its member's values, concerns and needs. MPS strives to achieve this goal by having an active committee structure. MPS joins with the Massachusetts Medical Society and other physician organizations to advocate for better patient care. We also keep our members abreast of changes in policies of the Board of Registration in Medicine which ultimately affects all of us. MPS maintains a strong lobbying presence with the legislature in Massachusetts through our lobbyist, Lisa Simonetti, who makes known to lawmakers the effect that proposed legislation may have on the treatment of our patients and our practice as physicians.

All of these activities are complex and time-consuming and we are very fortunate to have many talented members who donate considerable amounts of their time to these matters. For those of you who have not been involved with these activities or committees of the society, I'd like to encourage you to join your colleagues in this rewarding work.

Finally I would like to thank you for the opportunity to serve the MPS as Secretary. Through our concerted actions as a society of physicians we can advocate for policies that are beneficial for our patients and our profession.



Siu Ping Chin Feman, MD
Secretary

2015 MPS TREASURER'S REPORT

The Massachusetts Psychiatric Society's accounts have been audited for 2015. Our operating income for 2015 was \$492,074. Income from membership dues decreased by 1% to \$308,837. Income from meeting fees decreased by \$61,000, back to the same level that we experienced in years prior to 2014 when we saw a large increase due to increased attendance, donations, and sponsorships associated with our 50th Anniversary Annual Meeting. Advertising revenue from our member newsletter has continued to increase year-to-year. Following an increase from 2013 to 2014 of 23%, we benefitted from an increase in 2015 of another 34% to a total of over \$102,000. Personnel costs continued as our largest expense in 2015 despite a decrease of 13% to \$200,000, and accounted for 40% of total operating expenses. However, with the transition to management by the Massachusetts Medical Society on December 1, we paid our final payroll and will have no payroll or personnel costs in 2016. At year-end, total operating expenses were \$503,224, and we had a net operating loss of \$11,150.

The Society's investment funds are managed by Merrill Lynch. Following six years in a row of growth in our investments, we suffered a net loss of \$6,600 in 2015. Our investments had a balance at year-end of \$506,848. Currently, approximately 66% of our portfolio is in fixed income investments, 26% in equities, and 7% in cash.

The MPS Staff, Council, and Executive Committee are committed to carefully monitoring expenses and make every effort to ensure that MPS resources are utilized in the best interest of the Society and our members.

I would like to extend thanks to the MPS Staff who have transitioned with us to the Massachusetts Medical Society, Mayuri Patel and Julie Kealey, for their continued commitment to and excellent work for the Society, and to our new Administrative Director, Lynda Layer, who has done so much to make our transition to the Massachusetts Medical Society management go so smoothly. We have continued to make important changes in how we manage the financial operations of the Society and I look forward to continuing this work during the coming year.

Bruce Black, MD
Treasurer

SAVE THE DATE

SATURDAY, JUNE 11, 2016

Annual Psychotherapy Conference

Massachusetts Medical Society, Waltham, MA

Watch for a detailed program brochure and registration info soon

LIST OF MPS PRESIDENTS

Northern New England Psychiatric Society

Philip Solomon, MD (1964-1965)

Paul E. Emery, MD (1965-1966)

James W. Dykens, MD (1966-1967)

Jacob Swartz, MD (1967-1968)

Martin A. Berezin, MD (1968-1969)

John C. Nemiah, MD (1969-1970)

Miles F. Shore, MD (1970-1971)

Fred H. Frankel, MD (1971-1972)

William E. Stone, MD (1972-1973)

A. Louis McGarry, MD (1973-1974)

Massachusetts Psychiatric Society

Donald S. Gair, MD (1974-1975)

Carol Nadelson, MD (1975-1976)

Henry G. Altman, MD (1976-1977)

Lee B. Macht, MD (1977-1978)

Alvin Becker, MD (1978-1979)

Richard Shader, MD (1979-1980)

Malkah Notman, MD (1980-1981)

Lenore A. Boling, MD (1981-1982)

Jon E. Gudeman, MD (1982-1983)

Carl Salzman, MD (1983-1984)

Bernard A. Katz, MD (1984-1985)

Edward Mason, MD (1985-1986)

Benjamin Liptzin, MD (1986-1987)

Steven M. Mirin, MD (1987-1988)

Gary Jacobson, MD (1988-1989)

Myron L. Belfer, MD (1989-1990)

Lloyd I. Sederer, MD (1990-1991)

Donald S. Gair, MD (1991-1992)

Paul S. Appelbaum, MD (1992-1993)

Eileen B. Kahan, MD (1993-1994)

Peter B. Randolph, MD (1994-1995)

Kathleen M. Mogul, MD (1995-1996)

Don R. Lipsitt, MD (1996-1997)

Andrew Brotman, MD (1997-1998)

Paul Summergrad, MD (1998-1999)

Jerome H. Rogoff, MD (1999-2000)

Frederick J. Stoddard, MD (2000-2001)

David Osser, MD (2001-2002)

Elizabeth Childs, MD (2002-2003)

James M. Ellison, MD, MPH (2003-2004)

Michael I. Bennett, MD (2004-2005)

Mary Anne Badaracco, MD (2005-2006)

Robert L. Pyles, MD (2006-2007)

Eugene Joseph Fierman, MD (2007-2008)

Todd F. Holzman, MD (2008-2009)

Theo C. Manschreck, MD (2009-2010)

Marie H. Hobart, MD (2010-2011)

Donald B. Condie, MD (2011-2012)

Alex N. Sabo, MD (2012-2013)

Janet E. Osterman, MD (2013-2014)

Gregory G. Harris, MD, MPH (2014-2015)

Rohn S. Friedman, MD (2015-2016)

Mark J. Hauser, MD (2016-2017)

APA 2016 DISTINGUISHED FELLOWS

Steven A. Adelman, MD



It's a great honor to be recognized by one's peers as a Distinguished Fellow. Throughout my career I have strived to make a difference in people's lives, and being acknowledged by the MPS in this important way suggests that my belief that at times I have done so is not

entirely delusional.

Having been programmed to go to medical school in my formative years, one aspect of my adolescent rebellion was to dash my family's plan for me to view college, medical school and residency as preparation for the almost inevitable cardiology fellowship. No, I was going to plumb the depths of emotion, defenses, uncontrollable behaviors, addiction and neurotransmitters. I'd show them by shunning the world of coronary care, instead following in the footsteps of Freud and Kraepelin by directing my attention to matters supratentorial.

Throughout my life and my career, I have

been influenced by Freud's dictum that our most important decisions should be guided "by the deep inner needs of our nature." I encourage my younger colleagues to keep this dictum in mind as you shape your careers. When you leave residency and fellowship, the career that stretches ahead of you is a large and inviting blank canvas of sorts. As you paint the picture of your career, always attend to those deep inner needs, while factoring in the input of loved ones, teachers, mentors and therapists. Individual psychotherapy with a sagacious psychodynamically-oriented psychiatrist was de rigueur for psychiatrists who trained "back in the day." In my opinion, personal psychotherapy is a rich, rewarding and essential experience for all who contend with the vicissitudes of behavior, emotion, and mental disorders.

While still in residency, guided by the mentorship of Dr. Roger Weiss, I developed an abiding interest in the emerging field of addiction psychiatry. Being part of that "startup" has been a particularly rewarding feature of my career. In my first job at UMASS Medical School, I was fortunate to join a national faculty development fellowship in addiction medicine. Thanks to doctors Aaron Lazare, Paul Barreira and Michael Liepman for affording me this critically important career opportunity. Thanks to Dr. Jim Harburger, formerly of HCHP and HVMA, for helping me to hit my stride in that system as its first addiction psychiatrist. That work led to roles in governance and leadership that otherwise

would not have come my way. Additional empowerment came from Dr. John Renner and the MPS's excellent committee on Substance Abuse/Addictions.

Psychiatry in the mid-20th century became somewhat untethered from the mainstream of medical practice. I have enjoyed watching us return to our medical origins, informed, as we are, by psychological-mindedness and the close attention we pay to the doctor-patient relationship. All of the above prepared me for my current role as the director of Physician Health Services, where I have the privilege of assisting colleagues of all stripes with personal and psychiatric challenges that imperil our ability to take excellent care of patients. Former PHS Director, Dr. Luis Sanchez, and PHS board chair and addiction psychiatrist extraordinaire Edward J. Khantzian, MD, are the physician health giants whose shoulders I stand on.

I want to close by saying that I am greatly concerned by the current epidemic of occupational stress and burnout that pervades the health care system in 2016. My hope is that organized psychiatry, embodied by the APA, MPS and other state membership societies, will rise to this challenge by developing and adopting best practices in the domains of physician self-care and humane and personalized patient-centered care. We should not squander the opportunity we have to play a central role in re-humanizing the medical profession.

Rebecca W. Brendel, MD, JD



Thank you to MPS for nominating me for this honor and for supporting my selection as a Distinguished Fellow of the APA. It is a humbling privilege to be recognized in this public way by colleagues and leaders in our field, and to share this recognition

with other DF recipients. This designation has led me to reflect on how I came to enter our specialty – and the incredible journey since.

The path to my current career in psychiatry, law, and ethics began when I was an undergraduate and studied philosophy while also completing premedical coursework. While I remained committed to medical school, as I neared the end of college, I also wanted to continue to learn and study more about questions of ethics and policy. I began medical school in the early 1990s amidst a national debate about the future of the U.S. healthcare system and, after my second year of medical

school, the opportunity arose to take a leave of absence from medical school to study law in Chicago, where grant funding had created a multidisciplinary group of medical students from around the country who had come to Chicago to pursue doctorates in non-science fields or law. This experience set the frame for a career at the intersection of law, medicine, policy, and human rights.

During law school and the remainder of medical school, psychiatry became a natural fit. First hand, as a law student assisting in representing mentally ill clients in legal proceedings and alternately as a medical student learning about treating mental illness, I saw how the medical and legal systems approached the same problems from different perspectives and how those approaches often led to suboptimal outcomes for the individual client/ patient and could prevent progress and change by engaging in parallel rather than collaborative discourse.

As I entered residency, I became increasingly focused on how to create synergy between legal, medical, and ethical approaches in care of and policy regarding the mentally ill. Following residency, I completed additional training in forensic psychiatry and ethics, and joined the consultation and law and psychiatry services at Mass General. Early work in general hospital forensic psychiatry led me to participate in innovative projects to improve care for patients who historically had fallen

through the cracks in the system and could not receive the care they needed not due to incurable medical illness but due to their comorbid mental illness as well as social, economic, and/ or legal circumstances. This work set the stage for further clinical, forensic, academic, and advocacy work in psychiatry, law, and ethics.

Throughout, MPS and APA have provided the collegiality, expertise, and infrastructure to address the complex challenges facing our field and our patients. The resources that our professional organizations provide for learning, collaboration, and advocacy to advance our profession and mental health care more generally are critical as we work together into the future. With strong organizational leadership, we can achieve the dual aims of furthering our understanding of mental illness and translate that knowledge into solid grounding for both the future of our profession and for the promise of equitable, safe, accessible, and effective care for all affected by mental illness. My advice to trainees and early career psychiatrists is to become involved in MPS and APA early, to learn from colleagues and organizational resources, and to stay involved to contribute to the future of our profession. A decade or two from now, you'll be encouraging those behind you to do the same.

APA 2016 DISTINGUISHED FELLOWS

Florina Haimovici, MD



I am honored to be recognized as a Distinguished Fellow by the Massachusetts Psychiatric Society and the American Psychiatric Association. I would like to thank my mentors and colleagues in my department of Psychiatry at Brigham and Women and Faulkner Hospitals who have guided and supported me.

My career path went from clinical training to research and, following nearly 10 years of full-time research, made a full turn to a clinical practice in psychiatry. Along with my origins and early training in Romania, followed by residency and fellowships in Harvard-affiliated hospitals, my breadth of experience served as a broad and deep interdisciplinary and multicultural base for my practice and research, and allowed me to build excellence as a clinician teacher. After graduating from medical school in Romania and spending several years in clinical practice there, I moved with my family to the United States to escape persecution by the Ceausescu regime. Thanks to my experience in immunology research related to my MD thesis, I obtained a Research Fellowship at the Fearing Laboratory of the BWH/HMS Department of

Obstetrics, Gynecology and Reproductive Biology. During my years at the Fearing Lab I supervised the research of many residents and clinical fellows from HMS and visiting fellows from around the world. My research focus helped me appreciate the impact of immunologic disturbances on reproductive outcomes and the importance of taking a holistic approach to the well-being of infertile couples. In my new role as a clinical investigator in psychiatry I have begun a new study on the interconnectedness of cytokines, stress, and psychopathology in reproduction. This builds upon my basic scientific contributions to our understanding of the mechanisms of growth factors and cytokine effects on embryo implantation.

Since I graduated medical psychiatry fellowship at BWH in 2001, I spend most of my time in clinical work and teaching, and the remaining time in my own research. I received four awards for clinical and research excellence and several more scholarship awards.

I am especially proud to be a pioneer in collaborative care. In 2001 I started a virtually imbedded Psychiatric Infertility clinic in the Department of OB/GYN at BWH that had flourished, taking care of women during their infertility work up, pregnancy and postpartum struggles. Since 2001, I have been working in the BWFH Consultation-Liaison Service, providing acute psychiatric care through consultation and follow-up in the emergency room, medical and surgical floors and ICU. I act as a liaison to both the medical and nursing staff regarding the emotional,

psychological, and psychiatric concerns of their patients. In 2003 I started a co-located Psychiatric Clinic that provides pre-op psychiatric consults for the Bariatric Surgery Department at BWH. In 2008 I started and co-chaired the Delirium Task Force at BWFH working with physicians, RN, PA and SW representatives from all departments at BWFH. Building upon my research and clinical experience, I have broadened my expertise in psychosomatic medicine. I also pioneered an interdisciplinary teaching focus in medical psychiatry that allows me to supervise fellows in psychosomatic medicine and contribute to interdisciplinary curriculum development. For over 15 years I have been dedicated to teaching Harvard Medical School students and since 2006 I am the Director of Education in Medical Psychiatry at Faulkner Hospital.

My interdisciplinary expertise has been recognized locally, nationally, and internationally, as reflected in invited oral presentations at conferences, seminars, and workshops in both reproductive immunology and psychiatry. I plan to continue making the best possible use of my strong multicultural and interdisciplinary background to provide excellent clinical care in a variety of settings, to help train young psychiatrists specializing in psychosomatic disorders, and to explore several areas of clinical care with narrowly focused research. I encourage early career psychiatrists to appreciate and continue the integrated and collaborative approach of addressing our patients' psychiatric issues.

John Raymond Peteet, MD



I am grateful for the honor of becoming a Distinguished Fellow and appreciative of the APA and the MPS, where such a diverse group of colleagues can work and learn together.

Psychiatry attracted me as a first year medical student with its access to the deepest parts of a person. What I learned from mentors during residency at Mass Mental Health Center about helping overwhelmed individuals to acknowledge, bear and put into perspective their suffering continues to inform my practice as a C/L psychiatrist at the Brigham and Dana-Farber Cancer

Institute.

Both we and our patients benefit from the many scientific discoveries and related therapeutic innovations which are advancing our field. However, I have also been impressed with how often seriously ill and addicted patients draw upon transcendent resources, and how often we feel unprepared to help them deal with moral and spiritual sources of distress. In recent years, this has encouraged me to learn, write, teach and collaborate with colleagues on these challenges in venues such as the APA's Caucus on Spirituality, Religion and Psychiatry, and its Mental Health and Faith Community Partnership.

As Palliative Medicine has grown in response to deficiencies in our system of care, psychiatrists are less able to claim that we are the physicians most concerned with the patient as a whole person. But it is my experience that patients need us more than ever to know them in depth.

APA 2016 DISTINGUISHED FELLOWS

Sally Ann Reyering, MD



Thank you to the Massachusetts Psychiatric Society for honoring me as a Distinguished Fellow. I had every intention of becoming a Family Physician upon entering medical school, but I discovered that my true motivation was to hear people's stories. I was likewise fascinated by the expression of language and metaphor in those who suffer from thought disorders, so before I knew it, I was hooked and become, what I only later understood to be a Community Psychiatrist. Working with individuals with serious mental illness became a passion which was nurtured first at Massachusetts Mental Health Center and then at our fine state hospital system of care, the late Medfield State Hospital and the now Worcester Recovery Center. Anyone who works with

those with serious mental illness is painfully confronted with the reality of severely shortened lifespan precipitated by a huge burden of chronic medical illness, complicated by a tremendously fragmented system of care. This led to an increased focus on the public health and systems-of-care aspects of practicing psychiatry, with work in the central office of the Department of Mental Health (DMH) and more recently as the Medical Director of Mental Health Services at Bay Cove Human Services, a large provider of community mental health services for those in Boston who receive DMH services. I am now pivoting to a new aspect of psychiatry as a co-Principal Investigator in a PCORI project with the Massachusetts General Hospital Center for Addiction Medicine to disseminate effective smoking cessation treatment in this complex system of care, in hopes of bending the mortality curve. Membership in the MPS has likewise nurtured all of these career transitions with its broad membership of interesting and supportive colleagues.

The greatest achievement in psychiatry in my opinion is the invention of clozapine. Sadly, this was many years ago and those who suffer from psychotic disorders

are awaiting its improvement. The recent discoveries on the pathogenesis of schizophrenia, done right here in Boston at the Broad Institute, Harvard Medical School, and Boston's Children's Hospital, (http://www.nytimes.com/2016/01/28/health/schizophrenia-cause-synaptic-pruning-brain-psychiatry.html?_r=0) ranks as this generation's greatest achievement.

My advice to those who are just starting their career is to assert leadership even when its authority hasn't been given to you! This will make you a tireless advocate for those who desperately need it, will insert common sense into a world sorely lacking in it, and earn you the respect of others who are looking for a way forward in a chaotic world.

Cathy R. Schen, MD



I was a Comparative Literature major at Brown University and wrote my senior thesis on what gets communicated beneath the spoken word in the novels of Virginia Woolf and Nathalie Sarraute. Only later, after working in publishing and journalism, did I decide to go to medical school with an interest in psychiatry. One inspiration for that decision was a book by Marguerite Sechehaye, *Autobiography of a Schizophrenic Girl*.

At Albert Einstein Medical School, during my psychiatry rotation, my attending told me that the adolescent who I was treating might eventually develop schizophrenia. That comment prompted me to read the high-risk studies on schizophrenia and later, as a fourth year psychiatry resident, to do a chief residency at Metropolitan State Hospital. I stayed on after completing my residency to act as inpatient attending psychiatrist. I worked through the closing of the hospital and the statewide phase

of deinstitutionalization, assisting some patients in their transition to the community, and others to move to a select few psychiatric hospitals. During that time, I was pregnant with my first child and was touched by how many patients approached me to share their stories about their children and about themselves as parents.

As a child I moved every few years with my family. Once I came to Massachusetts, I put down roots: I found a professional home at Cambridge Health Alliance and have been there ever since. Leston Havens and Cecilia Jones were mentors and supervisors for over twenty years. Dr. Havens encouraged my love of teaching. I taught a course on schizophrenia and the psychoses. I now teach psychodynamic psychotherapy to PGY2 residents. I've enjoyed working on writing projects with colleagues and Grand Rounds presentations and co-authoring papers. I now Co-chair the clinical competency committee and am a member of the faculty curriculum review committee and faculty writing group.

My clinical work includes a private practice in Sudbury where I treat patients ages 16 to 84 (currently) with a wide range of concerns and diagnoses, for psychotherapy and combined treatment. Being a provider in the community makes me appreciate MPS and its ability to advocate for mental health at the state level

and provide education, support and community to psychiatrists both in and outside academic environments. I am Co-Chair of the MPS Psychotherapy committee with Bob Goisman and Margaret Tuttle. Our committee, along with APA's Psychotherapy Caucus, of which I'm a member, strives to support psychosocial treatments and preserve a broad role for psychiatrists.

I have met monthly for peer supervision with a group of dedicated psychiatrists in the suburbs west of Boston for many years. We act as an informal clinic and treatment team, sharing weekend coverage, discussing patients and their families, often sharing cases. This group balances the solitary nature of private practice and of psychiatry in general, where so much of the work takes place behind a closed door.

I am excited by NIMH's RAISE study that shows that psychosocial treatments for patients with schizophrenia matters. At the same time, neuroscience research and the discovery of new technologies—imaging, the human genome, and computational neuroscience, are hugely exciting frontiers that promise to elucidate psychiatric diagnoses in the future. I hope that we can continue to value both—be open to the evidence as we treat our patients with respect and humanity.

Congratulations to the following MPS members who have achieved Life Status

Advancement to Life Member

- Prudence Baxter, MD
- Cynthia Berry, MD
- Thrassos S. Calligas, MD
- George M. Dominiak, MD
- Anthony Carl Erdmann, MD
- Alice Marie Freeman, MD
- Douglas Howard Griffiths, MD
- Alexandra Helper, MD
- Barton S. Herskovitz, MD
- Robert C. Joseph, MD
- M. Knapp, MD
- Andrew David Mann, MD
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- Allan S. Nineberg, MD
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- Moris Pardo, MD
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- Neil Barry Redlener, MD
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- Victoria Anne Shea, MD
- Robert Douglas Sigadel, MD
- Deborah Anne Silen, MD
- Jorge Raul Veliz-Cruz, MD
- Jonathan Samuel Weiss, MD
- Andrew Stephen Winneg, MD

Advancement to Distinguished Life Fellow

- Lewis M. Cohen, MD
- John Adam Fromson, MD
- Steven Edward Hyman, MD
- Anthony Joseph Rothschild, MD
- Alex Nicholas Sabo, MD
- Andrew Satlin, MD
- Donald Lawrence Sherak, MD

Advancement to Life Fellow

- Jess Morris, MD
- Zamir Nestelbaum, MD
- Ellen Minkoff Pashall, MD

MPS extends its appreciation to our
departing Executive Committee Officer:

Immediate Past President
Gregory G. Harris, MD, MPH

And thanks the following Council
member for their service:

MPS Councilor
Arthur Papas, MD

Congratulations to our 50 Year Members

- Newton Doran Bowdan, MD
- Anton Oscar Kris, MD
- Robert David Mehlman, MD
- Chester A. Pearlman, MD
- Eugene U. Piazza, MD
- Alvin Francis Poussaint, MD
- Roy M. Shulman, MD
- Bennett Simon, MD

MASSACHUSETTS PSYCHIATRIC SOCIETY ELECTION 2016/17 RESULTS



I certify that the following have been successful in the recent MPS election for Officers and Committee positions as noted below. Ballots closed as of 04/12/16.

President-Elect:

Donna Norris, MD

Secretary:

Siu Ping Chin Feman, MD

APA Representatives:

**Patrick Aquino, MD
John Bradley, MD
Gary Chinman, MD**

Council:

**Michael Hanau, MD
Pedro Politzer, MD
Sally Reyering, MD**

Nominating Committee:

**Eugene Fierman, MD
Arthur Papas, MD**

Respectfully Submitted,

**Siu Ping Chin Feman, MD
Secretary
Massachusetts Psychiatric Society**

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ADDRESS SERVICE REQUESTED

MPS Calendar of Events		
APA Annual Meeting	May 14-18, 2016, Atlanta	www.psychiatry.org
Health Information Technology Committee	May 19, 2016 at 7:00 PM at MMS	jtorous@bidmc.harvard.edu
Executive Committee	May 24, 2016 at 7:00 PM at MMS	llyer@mms.org
Geriatric Committee Meeting	May 25, 2016 at 7:00PM at MMS - Commonwealth (2nd Floor)	jkealey@mms.org
SEMPS w/MPS President Mark Hauser, MD	June 1, 2016 at 6:00PM, Riverway Lobster House, South Yarmouth MA	jkealey@mms.org
Annual Psychotherapy Conference	June 11, 2016 from 8:15 AM - 3:30 PM at MMS	jkealey@mms.org
Council	June 14, 2016 at 7:00 PM at MMS	llyer@mms.org
Health Care Systems & Finance	June 21, 2016 at 7:00 PM at MMS	llyer@mms.org
Health Information Technology Committee	June 23, 2016 at 7:00 PM at MMS	jtorous@bidmc.harvard.edu
Psychotherapy	June 23, 2016 at 7:00 PM at MMS, Middlesex Central, (2nd Floor)	jkealey@mms.org
Executive Committee	June 28, 2016 at 7:00 PM at MMS	llyer@mms.org