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Member Checklist

- Register for 2024 meeting in Santa Barbara
- Send your member news to Kiki Kennedy at katherine.kennedy@yale.edu to be included in the next declaration
- Send nominations for new members



President's Remarks

Dear BRS Family,

A quick perusal of the internet reveals that Earth is flat, COVID-19 vaccines contain tracking chips that connect to 5G networks so that Bill Gates can follow our whereabouts, and gravity does not exist.

The gravity deniers obviously have never encountered stairs. Moreover, ample evidence suggests that the moon's gravitational pull as well as that of the sun, along with weather, and oscillation in Earth's shape all contribute to tidal highs and lows. At our meeting in San Jose, watching the tides roll in and out from our beautiful setting, I was reminded of the importance of keystone species in promoting and sustaining the health of an ecosystem. When "keystone" sea stars are removed from tide pools over an extended period, muscles "muscle in" and leave no room on the rocks for anything else.

BRS members are keystones in the psychiatric ecosystem—ensuring that there is space for new and diverse ideas, even a secure place in medicine for mental health and wellness. In Puerto Rico we were treated to Marcy Verduin's work to destigmatize and promote psychiatric care worldwide. We participated in the sharing of wisdom from past APA leaders to incoming President Petros Levounis, and we explored our values in a thoughtful, fun, and revealing exercise led by Laura Roberts. We also learned that it's pretty futile to try to come out ahead in a negotiation with Steve Sharfstein.

The internet is silent on the source of the gravitational pull that so wonderfully holds the BRS family together. As President, I recently had the honor of conveying news of their selection to our newest members this year. Thank you John Oldham and the membership committee for continuing to raise the bar. Josepha Cheong, Art Walaszek, and Sy Saeed are fantastic additions to our Society, and remind me that each of us is in BRS because someone thought our presence would make BRS better.

All of us in the broader BRS family contribute to the gravitational pull that is critical to creating the educational, convivial, and restorative space that defines our organization. That said, Kiki Kennedy is a super nova when it comes to forces for good and I can't thank her enough for organizing our meeting in San Juan and for her work on our upcoming meeting.

Santa Barbara will be the center of gravity for BRS this Spring. Fortunately, travel on flat surfaces is a breeze, and Bill Gates may be able help with point to point directions if you have a 5G device. We are counting on a big reunion.

Warmly,
Bryan

Bryan.King@ucsf.edu



From the Secretary Treasurer

Dear BRS Family:

Bryan's lovely reflection about the mysterious forces that bind us together brings to mind my daughter's research in physics at the European Center for Nuclear Research (CERN) in Geneva, Switzerland.

Her research examines what happens after 2 protons smash together within the Large Hadron Collider. After the protons collide, are any new, previously undetected, sub-atomic particles created? Do any unusual energy signatures arise? She is especially interested in the sub-atomic particles termed "long-lived" – the ones that outlast all the others – and how these novel particles behave before they decay.

Doesn't this sound (a bit) like what happens when we meet annually as BRS? We each come from different directions to arrive at the meeting as our own unique and singular entity. Then, over 3 days, we engage and connect with each other over new ideas and experiences. We transform one another. When we depart, we are altered, different than how we arrived, invigorated by renewed relationships, and sparked by new perspectives.

I hope that you will plan to attend our 2024 BRS Annual Meeting -- and expect to be transformed -- next March! We'll be traveling to beautiful Santa Barbara, California, and meeting from Wednesday, March 20th to Saturday, March 23rd.

Santa Barbara, with its Mediterranean climate and palm-lined beaches, is often called "the American Riviera". This seaside city boasts Spanish-style-architecture, upscale restaurants, and over 200 wineries. We'll be staying at the Mar Monte Hotel, part of the Hyatt Unbound Collection, which is perfectly situated in Santa Barbara, directly across from a beautiful stretch of beach, and right next door to the Andree Clark Bird Refuge and the Santa Barbara Zoo – and only a 10-minute drive from the trendy Funk Zone, which is host to museums, heritage sites, and wine tasting venues.

On Wednesday, we'll connect at the Mar Monte Hotel for our usual Welcome Party from 6 pm to 9 pm. We'll be busy both Thursday and Friday mornings with our usual meetings and intriguing presentations. We have planned a special "Food Tour" for our Thursday lunch that will introduce us to the history and architecture of Santa Barbara, while offering samples of delicious Santa Barbara specialties. (I've been told we need to arrive hungry!) Later on Thursday, and for an additional cost, we hope that you'll join us on a Cocktail Sunset Harbor Cruise from 5:30 pm to 7 pm aboard the Azure Seas and get the chance to experience Santa Barbara from the sea. Thursday evening you'll have free for dinner on your own, as well as Friday lunch. We are planning a guided museum visit on Friday afternoon, followed by our

special gala at the Santa Barbara Zoo, where we'll be in a brand new venue overlooking the Australian exhibit.

We hope you'll decide to stay on through Saturday, as we are putting together a fabulous list of activities that you can sign up for (pricing varies by activity.) You'll have your choice of a cruise to the Channel Islands, a mountain bike excursion, a tasting trip to exclusive wineries and olive farms, a day in Ojai, and more!

To reserve your spot, we are asking for a nonrefundable deposit of \$800/person that will cover all included activities and tours. Also, please be sure to make your room reservation at the Mar Monte Hotel – they're holding discounted rooms for us through February 22, 2024. Please see the forms at the end of this Declaration for all key information. In a later email, we'll offer pricing for our Saturday selection of activities.

I hope that you'll break free from whatever physical constraints bind you – and find your energy to join us in Santa Barbara next March!

This refrain from America's "Ventura Highway" says it all for me, as I contemplate California from the gray Connecticut coast:

*Ventura Highway in the sunshine
Where the days are longer and the nights are stronger than moonshine
You're gonna go, I know, I know*

I hope to see you in March!

Best,
Kiki



Business Meeting
Friday, March 24, 2023
12 noon
(Members Only)

- I. Welcome and Call to Order: Bryan H. King, MD
Report from the Board of Councilors
- II. Report from the Secretary-Treasurer: Katherine Kennedy, MD
 - a. Minutes from June previously distributed
 - b. Financial Update
 - c. Requests to transfer to Emeritus: Peter Silberfarb and Peter Tanguay
- III. Report from the Membership Recruitment Committee: John Oldham, MD
- IV. New Business:
- V. Adjourn

Present:

Bryan H. King, MD, President
Robert Golden, MD, President Elect
Katherine Kennedy, MD, Secretary-Treasurer
John Oldham, MD
Lawrence Hartmann, MD
John Rush, MD
Steve Sharfstein, MD
Richard Frances, MD
Dave Kinzie, MD
Larry Gross, MD
Marcy Verduin, MD
Petros Levounis, MD
Jack Bonner, MD
Jay Scully, MD
Laura Roberts, MD
Jack McIntyre, MD

I. Doctor King called the meeting to order at 11:15 am, Condado Beach, Puerto Rico.

There was a discussion of meeting locations:

We should plan for 2 years of meetings. As we think about that planning, we have alternated with US and international locations. After paring down the list, the suggestions were: San Diego, Savannah, Santa Fe, Santa Barbara/Ojai, Key West, Austin and Tucson.

International: Cartagena, Havana, Victoria, Vancouver, Virgin Islands.

In narrowing down locations people are interested in locations with good health care access and direct links for transportation. The locations with most votes were Santa Barbara and Key West.

The group asked to avoid the third week of March for Match Week.

Business Meeting (members only):

I. Called to order at 11:45 am.

II. Report from the Treasurer:

This should be a break even meeting. We do accept tax deductible donations.

III. Membership Committee:

We have a few members who are inactive. We need to make clear to new members that attendance is critical, participation is essential. When the sponsoring member reaches out to new members, the commitment is critical.

Meeting adjourned at 12 noon.

BENJAMIN RUSH SOCIETY

2024 DUES NOTICE

Annual Dues \$200.00.*

NAME

Please make check payable to Benjamin Rush Society and return by March 1, 2023.

Send to: Benjamin Rush Society
PO Box 570218
Dallas, TX 75357-0218

MEMBER NEWS: Please include your recent news announcements and general information for our next Declaration:

Please include any changes to your contact information:

*We appreciate dues from emeritus members but they are voluntary.

2024 MEETING REGISTRATION FORM

Benjamin Rush Society Annual Meeting

Mar Monte Hotel

Santa Barbara, CA

March 20 – 22, 2024

Member’s Name (**Please Print**): _____

Member Cost @ \$750 _____

of Guests ___ X \$750 each _____

Name(s) of Guest(s) _____

Optional Sunset Sail (limit 25) X \$100 each _____

Total Enclosed _____

PLEASE SUBMIT YOUR REGISTRATION FEE BY December 31, 2023

MEETING REGISTRATION: Please send only this registration form and the check for the meeting registration fee to the address below (make check payable to Benjamin Rush Society). See below for hotel accommodations.

Benjamin Rush Society
c/o Frances Bell
PO Box 570218 Dallas, TX, 75357-0218

HOTEL: Contact Mar Monte Hotel Reservations Department at 805 882 1234 or <https://www.hyatt.com/en-US/group-booking/SBARS/G-BRSG> to reserve your hotel room. Cost is \$299 per night.

RESERVATIONS DUE DATE

The reservations cutoff date is February 20, 2024 for guestroom accommodations.

In Memoriam: William Sledge, MD

William Sledge, MD, the George D. and Esther S. Gross Emeritus Professor of Psychiatry at the Yale University School of Medicine, passed away on December 20, 2022 at the age of 77. At Yale, William was as a transformative educational leader for the Department of Psychiatry. He led the Yale Psychiatry Residency Program, initially as Director of Graduate Education (1980-1986) and then as Associate Chair for Education (1990-1996). An innovative educator, his article on the “track system,” that enabled Yale psychiatry residents to pursue academic interests during residency training, contributed to the establishment of “research tracks” in many residency training programs.

William also was an impactful clinical leader. He led the Connecticut Mental Health Center (CMHC) Outpatient Division (1987-1989), served as CMHC Clinical Director (1989-1996), and Acting Director of CMHC (1994). During this period, he studied peer counseling and alternatives to inpatient hospitalization for individuals with chronic mental illness. He characterized roles that intensive outpatient treatment programs and supervised transitional units might play in preventing hospitalization. From 1996-2018, William served as the Medical Director of Yale New Haven Hospital Psychiatry. During this time, he facilitated the consolidation of the Yale New Haven Hospital Psychiatry and the Yale Psychiatric Institute, and then served as Medical Director of the new Yale New Haven Psychiatric Hospital. Along the way, he also served as Interim Department Chair (2007-2009), and Deputy Chair for Clinical Affairs for the Department of Psychiatry (2009-2018). For his work, William was recognized with many honors, including the Stephen Fleck Award, given to individuals who represent the highest values of academic psychiatry.

William had broad clinical interests. He was a graduate (1986) and active member of the Western New England Psychoanalytic Institute. He also was an important contributor in the field of aerospace psychiatry, leading to a listing in Who’s Who in Aviation and Aerospace. In addition to serving as the Chair of the Committee on Psychotherapy for GAP, William was active in the American Association of Directors of Residency Training and the American College of Psychiatry. William was also very active on the membership committee at BRS. Remarkably, he found time to serve as Head of Calhoun College (1995- 2005) alongside his wife Betsy, a long-term writing tutor in Silliman College, who served as Associate Head. They distinguished themselves as effective leaders of life within Calhoun College, bringing an array of outside luminaries to the College to enrich the lives of the students. William nurtured a breadth of passions outside of work. He was a pilot and an avid SCUBA diver. He had many stories of exploring wrecked ships on the East Coast and swimming with sea lions in Antarctica.

William grew up in Greensboro, Alabama and played varsity football at Washington and Lee University, graduating Phi Beta Kappa. He attended medical school at Baylor College of Medicine, where he was influenced by the surgeon Michael DeBakey and the psychiatrist Hilda Bruch. He arrived at Yale for psychiatry residency in 1972, after completing an internship at the University of Pennsylvania. He then spent two years at the U.S. Air Force School of Aerospace Medicine and the University of Texas, San Antonio. William returned to Yale in 1977 to join the faculty.

In addition to his wife Betsy, William is survived by three daughters, Ann, Margaret, and Katherine, and six grandchildren.

In Memoriam: Pedro Ruiz, MD

Pedro Ruiz, MD, passed away on the 14th of March 2023, 14 in League City, Texas, USA at the age of 86. Dr. Ruiz was a renowned psychiatrist, educator, and researcher who made significant contributions to the field of mental health throughout his distinguished career.

Dr. Pedro Ruiz was professor & Executive Vice Chair as well as Director of Clinical Programs at the Department of Psychiatry and Behavioral Sciences of the University of Miami Miller School of Medicine. Born in Cuba, Dr Ruiz completed his medical school education at the University of Paris in France. Subsequently, he conducted his graduate training in general psychiatry at the University of Miami Miller School of Medicine.

Thereafter, he joined the faculty at the Albert Einstein College of Medicine in New York City where he rose from instructor to Professor of Psychiatry. In this academic institution he occupied a series of administrative and

academic positions, such as, Director of the Lincoln Hospital Community Mental Health Center (1969-1977), Assistant Dean (1977-1979), Director of Bronx Psychiatric Center (1979-1981) and Vice Chair of the Department of Psychiatry (1979-1981).

Dr Ruiz was also tenured Professor of Psychiatry at Baylor College of Medicine (1981-1993) and at the University of Texas at Houston (1993-2010), where he also was Interim Chair of the Department of Psychiatry and Behavioral Sciences. Dr Ruiz served as President of the American Psychiatric Association (2006-2007), the American College of Psychiatrists (2000-2001), the American Board of Psychiatry and Neurology (2002-2003), the American Association of Social Psychiatry (2000-2002), and the World Psychiatric Association (2011-2014).

Over the span of his career, Dr. Ruiz served on more than 40 editorial boards, sat on countless National and International Committees and authored more than 1000 publications, most notably “Substance Abuse: A Comprehensive Textbook” and the Ninth and Tenth editions of “Kaplan & Sadock’s Comprehensive Textbook of Psychiatry”. His accomplishments, awards and recognition are too many to list.

In an excerpt from the journal, “The Psychiatrist”, first published in 2011, Pedro shared how he would like to be remembered, stating “As a physician/psychiatrist who cared not only for those with illnesses, including mental illness, but also cared for the most disadvantaged and poorest individuals across the world.” As noted by the World Psychiatric Association, he accomplished this goal with abundance.

Photos from our meeting in Puerto Rico

















New Member Highlights:

Dr. Josepha Cheong is Professor of Psychiatry and Neurology at the University of Florida College of Medicine and Physician, VHA VISN8 GRECC (Geriatric Research Education and Clinical Center) at the Malcom Randall VAMC, Gainesville, FL. She is board-certified in Psychiatry and in Geriatric Psychiatry.

Primary areas of academic focus are education (program development, graduate and post-graduate medical education), ethics, and faculty and leadership development and professional mentorship. Her primary areas of clinical focus are geriatric, emergency, and consult-liaison psychiatry. More specifically, memory and affective disorders, neuropsychopharmacology, and management of agitation and aggression are within her clinical expertise. She served as member of the University of Florida Department of Emergency Medicine – NASA Medical Support Team for the Space Shuttle launches and landings at Kennedy Space Center-Cape Canaveral, FL including STS-135, the final mission. Within the VA, Dr. Cheong has been actively involved in the national VHA Office of Academic Affiliations and has served as an Associate Chief of Staff/Education at the North Florida/South Georgia VHS and Assistant Chief, Psychiatry at the Tennessee Valley Healthcare System from 2014-2017. Currently, she is one of the two geriatric psychiatry specialists on the VHA National Telemental Health Consult Team charged with

providing in-depth specialty evaluations to older veterans across the national VA hospital system who would otherwise have no access to geriatric psychiatry expertise.

Dr. Cheong is highly regarded as a teacher and has received numerous awards at regional, state and national levels. She is a three-times recipient of the UF COM Teacher of the Year Award and two-times awardee of the UF COM Hippocratic Oath Award. She was honored as one of the inaugural seven faculty members to receive the UF College of Medicine Distinguished Teacher Award. The University of Florida has recognized Dr. Cheong with the competitive university-wide Distinguished Faculty Award. She is the recipient of the 2011 AAGP Educator of the Year Award. In recognition of her extensive contributions to academic psychiatry, faculty development and mentorship, she received the 2021 Association of Academic Psychiatry Roberts Award.

Josepha is active in numerous national professional and advocacy organizations. She has served on over 27 different task forces, committees, and councils for the APA including two terms as Chair, Elections Committee; Chair, Council on Aging; and 20+ cumulative years on the Scientific Program Committee – two as Chair (2009, 2013) and six as Vice-Chair. She has served as the elected Secretary for the American Association for Geriatric Psychiatry (AAGP). Beginning in 2017, Dr. Cheong was appointed as one of the eight Psychiatry Directors of the American Board of Psychiatry and Neurology (ABPN). Dr. Cheong has served as an examination writer for the various ABPN examination committees since 2004. In Fall 2020, she began her first term as a Director, Accreditation Council for Graduate Medical Education (ACGME) Board of Directors. Prior to her appointment to the Board of Directors, she served two terms as a Member of the ACGME RC for Psychiatry, including 3 years as Vice Chair of the Psychiatry RC Executive Committee.

Dr. Art Walaszek is a board-certified geriatric psychiatrist and Professor of Psychiatry at the University of Wisconsin School of Medicine and Public Health. He is Vice Chair for Education and Faculty Development in the Department of Psychiatry. He is past president of the American Association of Directors of Psychiatric Residency Training (AADPRT), currently serves on the Psychiatry Review Committee of the Accreditation Council for Graduate Medical Education (ACGME) and chairs the Council of Medical Education and Lifelong Learning at the American Psychiatric Association (APA).



Dr. Walaszek works with the Wisconsin Alzheimer's Disease Research Center, where he is Co-Leader of the Outreach, Recruitment and Education Core, and with the Wisconsin Alzheimer's Institute, where he leads the Public Health Pillar. Dr. Walaszek provides care to older adults with depression, anxiety, dementia and other mental health conditions, and teaches others to do the same. His research focuses on public health approaches to improving the care of people with dementia.

Dr. Walaszek is the author of the book, *Behavioral and Psychological Symptoms of Dementia* (2019), editor of *Late-Life Depression and Anxiety* (2022), and editor of *Substance Use in Older Adults* (forthcoming), all from American Psychiatric Association Publishing.

Dr. Sy Saeed served as the Chairman of the Department of Psychiatry and Behavioral Medicine at the Brody School of Medicine, East Carolina University from 2004 to 2022. During that time, he also served as the Executive Director of Behavioral Health Service Line for ECU Health, a non-profit hospital system made up of eight hospitals, physician practices, home health, hospice, wellness centers and other health care services serving 1.4 million people in 29 counties in Eastern North Carolina. He also serves as the Founding Director of the Center for Telepsychiatry at ECU and as the Founding Executive Director of the North Carolina Statewide Telepsychiatry Program (NC-STeP), a state funded program covering over 60 hospitals and community-based sites across North Carolina.



A 1982 medical graduate of Dow Medical College, Dr. Saeed completed his residency training in psychiatry at the Illinois State Psychiatric Institute, Chicago. He is a diplomat of the American Board of Psychiatry and Neurology. He is also certified in Psychiatric Administration and Management by the American Psychiatric Association and holds a MS degree in Counseling and Psychotherapy.

Prior to his appointment at East Carolina University, Dr. Saeed served as Professor and Chairman, Department of the Psychiatry and Behavioral Medicine at the University of Illinois College of Medicine at Peoria (1995-2004) where he was also the Clinical Director for the Comprehensive Community Mental Health Service NetWork of North Central Illinois, a state-operated Network serving people with serious and persistent mental illness in 23 counties and covering 1.5 million lives in north central Illinois.

Dr. Saeed was the founding Editor of the American Association of Psychiatric Administrator's Journal, *Psychiatrist Administrator* (2000-2010). He served as the founding Editor-in-Chief of the *Journal of Psychiatric Administration and Management (JPAM)* from 2011 to 2019. He serves on the editorial boards of several academic journals. He is a fellow of the American College of Psychiatrists, a Distinguished Life Fellow of the American Psychiatric Association, and an elected Fellow of the Royal Society of Health, London. He also serves on the Group for Advancement of Psychiatry (GAP), a think-tank for psychiatry dedicated to shaping psychiatric thinking, public programs, and clinical practice in mental health. In 2018 he was elected to the Governing Board of GAP. In 2014 Governor McCrory appointed him to the Governing Board of the North Carolina Institute of Medicine. In 2016, he was reappointed to the board for a 4-year term by the governor.

With over 100 publications, Dr. Saeed has published extensively in the areas of evidence-based practices; telepsychiatry; psychiatric administration and leadership; and psychiatric treatment integration. He has been involved in funded research both as a principal investigator and co-investigator, with over \$25,000,000 in external funding since 2004. He has lectured and presented nationwide and internationally, including being an invited speaker at a White House Convening on telehealth in 2016. In 2019 he was the recipient of the prestigious Gov. Oliver Max Gardner Award, the highest UNC award, selected by the UNC Board of Governors, to recognize UNC system faculty who have “made the greatest contribution to the welfare of the human race.”
