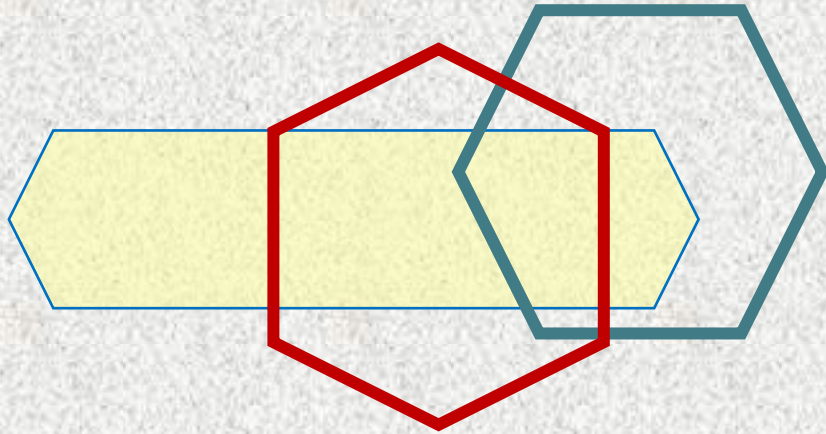


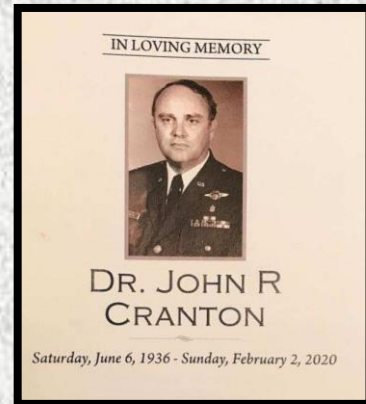
Mobile Bay  
Psychiatric Society  
**NEWSLETTER**



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Newsletter Vol. 1 Edition 1  
2020 President: Praveen Narahari  
Editor: Hal Veits  
Creative Design: Sarah Sika Bowden

# THE PRESIDENT'S CORNER

Dear Colleagues,

I welcome you and congratulate you on your dedication and commitment to patient care in this difficult time, as COVID 19 pandemic has changed our way of life and also greatly impacted the community that we serve. I believe we are the front-line workers in dealing with in-direct effect this Covid 19, creating significant mental health crisis in our communities.

There is a nationwide increase in antianxiety and antidepressant medication prescriptions between months of February and March of 2020. There is also a significant increase in suicide attempts, crisis line phone calls to mental health centers across the country and in our region. There has been fear and insecurity about their loved ones.

We have seen the first onset of brief psychotic episodes, manic episodes, panic attacks, depressive disorders, substance use, in our local community. We have seen an increase the number of crisis calls to mental health outpatient clinics.

This calamity may increase the long-lasting effects on mental health of communities across the country. Psychiatrists are among the front-line worker ready to take on this challenge to our community.

Praveen Narahari, MD, MS, FAPA  
President Mobile Bay Psychiatry Society  
Assistant Professor of Psychiatry,  
Board Certified in American Board of  
Psychiatry and Addiction Medicine

## IN MEMORIAM DR. JOHN R. CRANTON JUNE 6, 1936 – FEBRUARY 2, 2020

Dr. Cranton was well known and respected in the field of Psychiatry in Mobile for the past 55 years. He continued to work and serve the community until he could not and many of his patients wrote memories that he had saved their lives more than once over the years. For many years he was the only provider of ECT in the Mobile area which he did at the Mobile Infirmary. Some considered Dr. Cranton a workaholic, but he considered himself a “community psychiatrist” where the work was never ending. He was always very active in the Psychiatric community and served as the President of the Mobile Chapter of the APPA in 1989. He was a life fellow in the APA and the Southern Psychiatric Association

Dr. Cranton has been called a Renaissance Man by many because of his many interests and talents. He was born in Birmingham, England and immigrated to the U.S. in 1949. He went to college at Spring Hill College and medical school at the University of Alabama. After an internship in the USAF, John became a flight surgeon and later served in the reserves until he retired in 1996 as a Colonel.

Dr. Cranton had many passions. He had a baritone singing voice and loved to sing in the choir at St. Luke’s Church. He loved The Tide and was a booster of the Million Dollar Band and served on the Committee for the Arts and Sciences at UA. He collected antique jewelry, illustrated books, coins, stamps, vinyl records, and art. He also loved the American West and often wore cowboy boots and a bolo tie to work always marking him as “an interesting character”. At the age of 75, John was newly diagnosed with liver cancer and was given three months to live (that was more than 5 years ago). He had a trip planned to climb Machu Picchu in Peru. Terminal illness be damned, he went ahead with the trip! He was a never give up kind of guy, smiling the whole way.

Dr. Cranton dearly loved his Lord, his wife Pat, his church, his work, and he will be missed by many people for his true compassion, generosity, and zest for life.

**Rest In Peace**



Contributed by Dr Chris Wilkerson and his wife Phyllis, and John’s widow, Pat Cranton

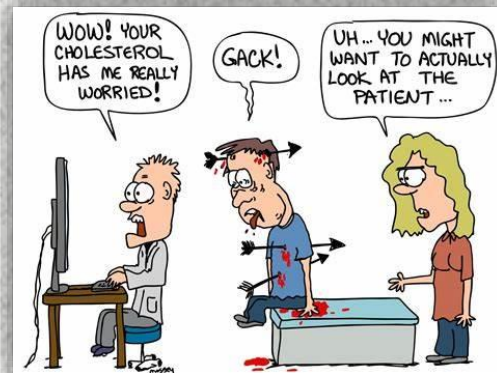
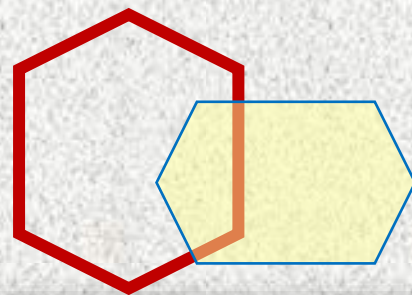


## Addiction Medicine Fellowship Comes to Mobile

Luke Engeriser at USA/Altapointe announced that the ACGME has approved his application for an Addiction Fellowship here in Mobile for 2 Fellows. The psychiatry review committee endorsed the application on April 24, 2020. Luke hopes to start in July with a Fellow pending his finding an appropriate candidate and that he can secure the funding. In addition to his duties as the residency training director for psychiatry, he is now the Training Director of the Addiction Medicine Fellowship.

Luke is now board certified in Addiction as well as Psychiatry. His teaching faculty for the Fellowship includes three other USA/Altapointe staff psychiatrists, all board certified in Addiction Medicine: Marianne Saitz, Praveen Narahari, and Lori Lowthert.

Congratulations to Luke and his colleagues for bringing Alabama its very first Addiction Medicine Fellowship!



## Acceptance of ePrescribing in South Alabama

ePrescribing has been a leading factor in physician acceptance of the EMR. ePrescribing was touted to have many benefits, including reducing errors by physicians and pharmacists, and reducing malpractice claims. Time will tell. The Center for Medicare and Medicaid (CMS) began to incentivize physicians to ePrescribe first in 2007, and again in 2009-2010, with a 2% bonus for ePrescribers. In 2010 CMS paid \$8 billion to 165,800 physicians and hospitals as incentives (1). In 2015, the incentive bonus was reduced to 0.5%.

More recently, states have begun to mandate ePrescribing of controlled drugs to combat the opioid epidemic. 11 states now have laws in effect mandating ePrescribing of controlled substances – Minnesota was the first (2008) and mandated ePrescribing of all drugs. 18 more states have laws that will come into effect prior to 1/01/2021. Another seven states have pending legislation to mandate ePrescribing (2). Alabama does not require it.

In south Alabama, Altapointe psychiatrists have ePrescribed for many years, and controlled substances for about two years. At CompMedPsych Systems, their four psychiatrists ePrescribe, and three of them ePrescribe controlled drugs. At the VA Clinic in Mobile, they no longer have their own pharmacy that allowed ePrescribing. The four VA psychiatrists use paper scripts for local pharmacies. John Cantwell has ePrescribed controlled substances for about four years. Chris Wilkerson has ePrescribed for many years in his work at the Southwest Alabama MHC, and just recently began ePrescribing in his Mobile practice. Several other local psychiatrists ePrescribe (including Magdi Tageldin, Candes Dotson, Mark Haygood and Jim Hart) and three that do not are looking at it. I was introduced to ePrescribing at Pathway Healthcare in 2019 and am now doing it in my private practice. For me it was the biggest incentive to get my own EMR, although a stand-alone software products are available.

1. J. Warren Salmon and Ruixuan Jiang, "E-Prescribing: History, Issues, and Potentials", in Online Journal of Public Health Informatics, 4(3), 12/19/2012. Open Access article.
2. [www.mdtoolbox.com/e-prescribe.map](http://www.mdtoolbox.com/e-prescribe.map)

# REPORT FROM THE VA CLINIC IN MOBILE



I find working at the Mobile VA clinic to be pleasant and satisfying. Other than myself, our psychiatrists are Sera Cox, Gregory Cummings and Melissa Hall. Two psychiatric nurse practitioners also are employed at our clinic. Donna Earnshaw retired at the beginning of 2018. There is presently at least one unfilled opening for a psychiatrist at our clinic.

With regard to e-prescribing, all medications ordered from our central VA pharmacy are ordered electronically through our Computerized Medical Record System (CPRS). Mobil VA clinic no longer has its own pharmacy due to cost-cutting measures. Written prescriptions are still used for medications obtained from outside pharmacies.

Contributed by Dr. Seth Strauss





# History of the Mobile Bay Psychiatric Society

(As told by Chris Wilkerson and Hal Veits)



Chris Wilkerson came to Mobile to do his psychiatry residency at USA (1984-1987). He stayed on the faculty of USA, then as a psychiatrist at Searcy until 2002. He then started a private practice in Mobile. "In the generation before me", he recalls, "there was an active group with Dixon Meyers, Bill Rudder, Claude Brown, Stonewall Stickney, Ed Kimbrough and John Cranton. There was a fuss about some psychiatrists doing group therapy with 50 members, and the group spoke out against this practice. Stonewall Stickney said "there is a difference between group therapy and tele-evangelism". By the late 90's the original group drifted apart and there was no longer an organized group of psychiatrists from our community.

In 2002, Chris started a private practice, and felt there needed to be a community group for psychiatrists, "we needed to know each other, to network". He invited several local psychiatrists and led organizational meetings at the Captain's Table, next to the Battleship on the Causeway. This group included Brad Hassell, Todd Luellen, Joe Thomas, John Cranton, and Hal Veits. They chose the name "Mobile Bay Psychiatric Society", and elected Chris as the first President. Chris got the group designated an official chapter of the state's APA District Branch. Quarterly meetings, a Christmas party, and speakers were organized. Various drug manufacturers agreed to sponsor the meetings and also provided guest speakers. Hal Veits was elected the second President in 2003. The organization was informal with no bylaws, no dues, and no minutes of meetings. There was no formal membership application – all local psychiatrists were invited, whether they were an APA member or not.

Hal Veits was re-elected President keeping the meetings going. As attended the meetings, including private practitioners. Chris recalls psychiatric aspects of bariatric Teater PsyD from Biloxi, who did determine who were good Steve Weinstein, a Mobile bariatric meeting and there was an excellent Dr. Richard Powers, a neurologist Birmingham drove down to give a back the same day. Hal from Birmingham doing that same on Bipolar Disorder – Lamictal was thriving.



every year until 2011 – he enjoyed many as twenty psychiatrists USA/Altapointe doctors and one meeting devoted to surgery, presented by Julie evaluations for a surgeon to candidates for bariatric surgery. surgeon, attended that specific discussion. Physicians such as and psychiatrist from talk on Dementia, and drove remembers Godehard Oepen drive. He gave a very good talk sponsored that one. The group

By 2008 - 2009, there was mounting pressure on a national and local level for physicians to separate themselves from the drug companies. We moved forward with letting go of drug company support of our meetings. Hal invited the District Branch President, Bruce Atkins from Tuscaloosa, to come to a meeting at The Pillars ("individual checks, please") that included Joe Thomas, Chris Wilkerson, John Cranton and Hal Veits. We agreed to move forward without drug company support.

For the next three years the group met at the Mobile Infirmery Medical Center (MIMC) with the support of MIMC CME staff, and the Infirmery provided a free dinner. During that time Gil Laden, a local attorney specializing in Soc Sec Disability, gave a talk. Dr. Deborah Simkin came over from Destin, Florida to give a talk on the brain chemistry of addiction. After a few years, the powers that be at MIMC decided to limit our CME event to once yearly as very few of us were on the medical staff at MIMC.

The group went back to meeting at a restaurant – dinner was Dutch treat. The group's attendance diminished. Hal remembers giving a talk about "The Thyroid – What a Psychiatrist Needs to know". Sandra Parker gave an interesting talk about Stonewall Stickney. There was more attendance with new Altapointe and USA personnel which led to the introduction of Dr. Ron Franks and Dr. Bogan Brooks. Both have continued to support the MBPS. In 2011 a new President was elected. Thereafter attendance fell, interest waned, and the group disbanded.

In 2017, Bogan Brooks at Altapointe and Hal decided to get the MBPS re-started again. They served as Co-Presidents *pro tempore*, until an election the following February. Flyers went out, and we had our first meeting. Dr. Brooks was elected President the following February. One year later Dr. Veits was elected, followed by Dr. Praveen Narahari in early March 2020. There were lectures by Drs. Hal Veits, Luke Engeriser, Jay Mulkerne, Ron Franks, Serena Nimityongskul and Praveen Narahari. The MBPS is listed in the Chapters of the monthly newsletter of the APPA, our District Branch. The group receives CME support for our programs through the USA School of Medicines CME Department.



## Who's Come

## Who's Gone

### Who is new in town?

Candes Dotson opened a private practice in Mobile. At Comprehensive MedPsych Systems (CMPS), Dustin Harrison has started in their Mobile office. Lynda Tenhundfeld returned to Mobile and is back at CMPS. Lynda does Child Adolescent only, with a focus on Autism. Janak Ghelani now works at CMPS, after coming over from Altapointe where he was a Child Adolescent Psychiatrist. Lori Lowthert joined USA/AltaPointe and works at their EastPointe Hospital in Daphne. After Aneek Shoemaker left Altapointe/USA, Eddie Finn moved back to Mobile to resume his job as Director of the Child Adolescent Fellowship program.

### Who has gone?


We lost two psychiatrists to death, John Cranton in February 2020 (see separate *In Memoriam*) after a lengthy illness (liver) and Arthur Dumont III of Orange Beach in September 2018 after a lengthy illness (cardiac).

Kathy Ney moved to Fargo, North Dakota where she works for a psychiatric hospital, and Amanda Mumford to Asheville, NC where she works for a psychiatric hospital. Deborah Hart moved to Kentucky. Jonathan Benaknin of CMPS moved to practice in south Florida.


Terry Passman moved to new quarters in Fairhope – his new address is 8367 Morphy Ave., Suite A, near Thomas Hospital. Delta Behavioral in Daphne closed, and Jim Hart joined Mark Haygood at New South Psychiatry just off Dauphin near I-65. Janet Linton of Delta Behavioral now only works inpatient. Jamie Nguyen completed her adult and child training at Altapointe/USA and went to work for Comp Med Psych Systems. She left there in March 2020. Sarah Siddiqui completed her adult and child training at AltaPointe/USA and joined the child psychiatry section of Altapointe last year. This week she and her family are moving to Atlanta GA where she will practice.



Candes Dotson



Lynda Tenhundfeld



Eddie Finn



Arthur Dumont III

## Goodnight Mrs. Calabash

Well that's it, folks, our first MBPS Newsletter. I hope you enjoy it. I hope you will think about contributing to the Newsletter, either with an article or even suggestions for future content. I wish to thank Sarah Sika Bowden, my daughter, for creative design, graphics and ideas. I also wish to thank the many of you who contributed including Chris Wilkerson, Seth Strauss, Praveen Narahari, Bogan Brooks, Luke Engeriser, Mark Haygood, Magdi Tageldin, John Cantwell, Candes Dotson, and Terry Passman.

I read yesterday that "connection builds resilience", so I encourage you during this time of social distancing to seek and accept opportunities for connection, whether it's with our local community of psychiatric physicians, the MBPS, the APPA, Medical Society of Mobile County, Medical Association for State of Alabama, Southern Psychiatric Association, American Association of Community Psychiatrists, APA, AMA and many others. It can also be informal. Every time I have a conversation with many of you, I feel stronger, more grounded. So, don't be a Lone Ranger. I hope this Newsletter will foster connection. Our current MBPS President, Praveen Narahari, is also creating a website for our group. We are considering Zoom meetings for some of our presentations, as Altapointe is now doing for their Grand Rounds.

So, I will say goodnight to you all, and "Goodnight, Mrs. Calabash wherever you are!"

- Hal Veits



(If you are not familiar with Mrs. Calabash, you can find her on YouTube)