

SUMMER 2021

THE message



A Newsmagazine of Spokane County Medical Society

**The New Public Health Law
and How to Make Change
in Our Community**

**SCMS COVID-19
Arts & Humanities
Contest Winners**



SCMS MEMBER HIGHLIGHT

Darryl Potyk, MD



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Spokane County Medical Society

SCMS Mission

Serving as the guardian of community health and wellness while leading and promoting the professional practice of medicine.

President's Message



GROWTH IN CHALLENGING TIMES

It seems like yesterday that I took office as President. I can't believe we are already over halfway through the year. In May I attended the WSMA Leadership Conference that focused on quality improvement and organizational change. One of the speakers described personal

and organization growth in the context of a dynamic continuum shifting between the following four phases:

Stagnation ↔ Order ↔ Complexity ↔ Chaos

Stagnation occurs when members become complacent and fail to embrace necessary change over time in the face of changing circumstances. Rules are well established to maintain order and members often grow comfortable with the way things "have always been done". External or internal circumstances can add complexity to the landscape, causing a sense of uneasiness. In the extreme, those changing circumstances can even lead to chaos. Our first instinct when that happens is to attempt to reestablish some control over our circumstances and escape the discomfort we feel. Often those efforts are misguided attempts to move from chaos to order. A simple example was how people hoarded toilet paper at the beginning of the COVID-19 pandemic. Yet, at the same time there was substantial resistance to wearing facemasks.

This continuum is dynamic, fluid, constantly changing. The author's point was that both personal and organizational growth happens somewhere between order and complexity. To create dynamic organizations, we must leverage the gap between order and complexity to create and sustain high performance individuals, organizations, and teams. We need to have a clear-eyed understanding

of where we are in the continuum and respond appropriately to variations of currents in a sea of change. Many businesses and nonprofit organizations regularly use SWOT (Strengths, Weaknesses, Opportunities, Threats) Analysis as an opportunity to navigate the shark-infested waters between stagnation and chaos and pursue growth.

Over the past four years the SCMS moved from a period of stagnation to chaos. Declining membership, financial challenges and lack of a clear mission left us with a sense of uncertainty about whether the ship would be swamped. We went through a laborious process of redefining our mission and streamlining the way we operate. We moved from chaos toward order, but just when we were getting back on our feet, COVID-19 introduced a new round of complexity. The growth we gained as an organization by going through a process of ongoing SWOT analysis left us on firm footing to face the challenges over the past year. We have adjusted by moving to virtual meetings and temporarily curtailing many of our face-to-face social events and social outreach.

As we re-emerge from the pandemic, can we leverage this latest complexity to create a more resilient SCMS? What vision do you as members have for this organization going forward? We are inviting members to share their ideas with the Executive Committee. Drop an email entitled, "Let's work on it!" to shelly@spcms.org. No idea is too small or large. We look forward to hearing from you. ■

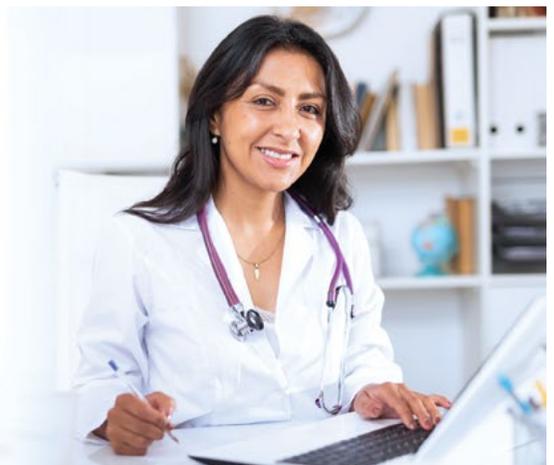
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2021 SCMS President

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Membership Recognition for March – December 2020 and June – August 2021

Thank you to the members listed here. Their contribution of time and talent has helped to make the Spokane County Medical Society the strong organization it is today. Our apologies for those we were unable to recognize in 2020.

50 YEARS

James Williams, MD
3/20/1970
Douglas Macduff, MD
6/30/1970
Max Taxter, MD
7/10/1970
Isaac Lawless, MD
8/10/1970
Larry Hatch, MD
10/27/1970
George Rice, MD
7/26/1971

40 YEARS

William Corell, MD
4/22/1980
Steven Thomas, MD
4/22/1980
Vivian Moise, MD
5/15/1980
Gary Matsumoto, MD
5/27/1980
John Van Gemert, MD
11/25/1980

30 YEARS

John Gollhofer, MD
3/15/1990
Carol Sexton, MD
8/24/1990
John Beare, MD
8/24/1990
Vincent Erickson, MD
8/24/1990
David Mikkelsen, MD
8/24/1990

C. Mielke, MD
8/24/1990
Craig Smentek, MD
8/24/1990
Robert Sexton, MD
11/21/1990
James Mullen, MD
11/21/1990
Sharon Cathcart, DO
11/21/1990
Joseph McManus, MD
11/21/1990
George Novan, MD
11/21/1990
Robert Cooper, MD
11/21/1990
H. Kennedy Cathcart, DO
12/12/1990
Gerald Inahara, MD
12/12/1990
Kevin Sweeny, MD
12/12/1990
Jeffrey Karp, MD
12/12/1990
Alan Alyea, MD
6/19/1991
Katherine Tuttle, MD
6/19/1991
William Sayres, MD
6/19/1991
Joel Sears, MD
7/17/1991
Sharon Genung, MD
7/17/1991
Daniel Murray, MD
7/17/1991

20 YEARS

Sally Aiken, MD
5/22/2000
Cameron Seibold, MD
7/10/2000
Jason Jones, MD
7/24/2000
Geoffrey Julian, MD
8/1/2000
Susan Lehman, DO
9/19/2000
Michael Leachman, MD
9/19/2000
Wayne Venters, MD
11/1/2000
Elizabeth Grosen, MD
12/13/2000
Paul Dunn, MD
12/13/2000
Thomas Bassler, MD
12/13/2000
Susan Laing, MD
12/13/2000
Scott Ahrndt, PA-C
12/13/2000

10 YEARS

Brian Simmerman, MD
1/8/2010
Tomas King, MD
1/27/2010
Ronald England, MD
7/1/2010

Jeffrey Bunning, MD
7/1/2010
Kevin Michels, MD
7/1/2010
Chad Wheeler, MD
8/1/2010
Emily Williams, MD
8/1/2010
Justin Frederick, MD
8/24/2010
Dominique Grant, MD
8/24/2010
Patricia Michels, MD
8/24/2010
Kathryn Miles, MD
8/24/2010
Trisha Kruger, MD
8/24/2010
Eric Guglielmo, MD
9/1/2010
Nathan Meltzer, MD
9/22/2010
Randall Espinosa, MD
12/8/2010
Dean Cranney, MD
7/1/2011
Amy Henkel, MD
7/1/2011
Jonathan Kalisvaart, MD
7/1/2011



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Medical Society**

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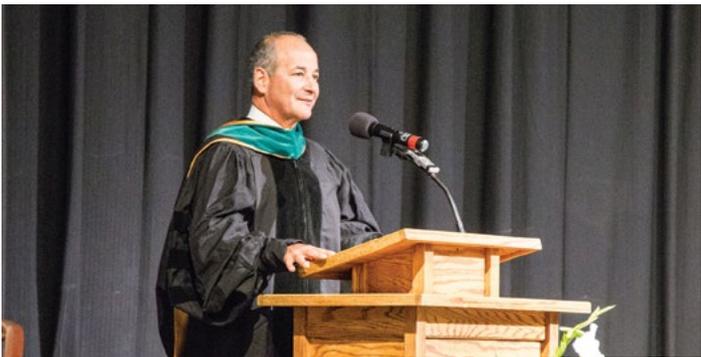


In Memoriam

Dexter Roland Amend, MD
(September 1919-July 2021)



Darryl Potyk, MD



Works at:

- University of Washington School of Medicine in Spokane.
- Associate Dean for Eastern Washington, overseeing all UWSOM activities east of the cascades.
- Chief of Medical Education for the UW-Gonzaga University Health Partnership.
- Providence Internal Medicine Residency Faculty.
- Medical Staff President for the combined medical staff at Sacred Heart Medical Center & Holy Family Hospital.

Specialty:

Internal Medicine & Geriatric Medicine.

Why? Internal medicine – I like the depth and breadth of the internal medicine skill set.

Geriatric Medicine – older patients have great stories, great outlook and often small things can make a huge difference for this patient population. Many people think geriatricians work in nursing homes, when in truth most work is done to keep people functional enough to avoid that.

Why SCMS:

We work together, we have common concerns and can achieve more together!

Top concerns in medicine:

Burnout and loss of purpose – losing sight of why we went into medicine in the first place.

It is still an immense privilege to have people to trust us to care for them when in need. Despite all the changes, medicine remains a noble profession.

When not at work / Go to unwind activity

When not at work, any outdoor activity with my kids will make a great day! With them, with friends, or with my wife, Carol, I love being outside. Specifically, during the winter – XC skiing, AT skiing; the rest of the year – bicycling and rock climbing. I love just spending time with Carol. Expanding my horizons through reading helps me to keep perspective as well.



What I read:

A little of everything. Most recent good reads: Caste (Isabelle Wilkerson), Nickel Boys (Colson Whitehead), Design Thinking – Harvard Business Reviews.

What you might not know about me:

Played on the tennis team at UCSB, as a freshman played against John McEnroe.

Best advice:

Don't take yourself too seriously.

What's next:

The University of Washington School of Medicine, in conjunction with Gonzaga University and McKinstry, are building a great new building for our medical students and our PA students at the corner of Trent and Hamilton. Four stories, anatomy lab, state of the art classrooms and room for expansion! We look forward to welcoming the community when the building opens early next summer.

Medical education is expanding in our region and will continue to do so. We are working together to educate the next generation of physicians who will be our partners, and more importantly, who will take care of us and our loved ones.

The number of residency programs available in the Inland Northwest has not kept pace with the increased number of medical students. We need to create more local residency programs in order to grow our own workforce. My hope is that as people choose to practice in Spokane, they will be involved in medical education in some fashion and that patients begin to appreciate the benefit of having learners with their doctors and expect to see medicals students while seeking care. ■



University of Washington School of Medicine Graduates Return to Spokane after Specialty Training

Pulmonologist and ICU specialist Ben Arthurs, cardiologist Darren Hollenbaugh, and dermatologist Kate Reed, have all returned to establish practices in Spokane.

The most recent projections from the American Association of Medical Colleges (AAMC) in June of 2020 show that the United States could see a shortage of between 54,100 and 139,000 physicians by 2033. This includes shortfalls in both primary and specialty care.

Specialty physician shortages, especially those that are hospital-based, including critical care, emergency medicine, and pulmonary specialists, are particularly urgent,” said AAMC President and CEO David J. Skorton, MD.

That’s why the Spokane medical community eagerly welcomes back UWSOM graduates who return to practice here after receiving specialty training that isn’t available locally. In addition to being the top-ranked school for Family Medicine/Primary Care, UWSOM boasts many graduates who choose to come back to serve their communities.

Ben Arthurs is one of them.

After graduating from UWSOM Spokane Arthurs spent an internship year at Stanford University, returned to Spokane to complete his internal medicine residency, and then pursued fellowship training in pulmonary and critical care medicine at Oregon Health & Sciences University in Portland.

“Option A was always to return to Spokane,” he said.

Arthurs had come to the area in 2008, as a member of the first class at the University of Washington School of Medicine-Gonzaga University Health Partnership. “I requested to study in Spokane. I grew up in Tri Cities, but my wife is from here,” said Arthurs.

When choosing his specialty, Arthurs said he was drawn to pulmonology because it includes an abundance of diagnostic work. He was happy to join the MultiCare team in Spokane where he works in critical care in the hospital setting, and also maintains a clinic practice. In 2018, he assumed directorship of the ICU at MultiCare Deaconess Hospital and MultiCare Valley Hospital.

“There are a lot more students here now than when I came through the doors,” Arthurs said. “It’s great to be able to participate in their training—maybe planting seeds so that they’ll return to practice here.”

Arthurs isn’t alone in his attraction to Spokane. “I believe over 25% of my class returned to the area,” he said. “That speaks to how savvy Spokane’s medical community is at attracting physicians. A lot of people who have trained outside the state want to work here.”

Darren Hollenbaugh certainly did.

The Montana native met his wife, Cindy, a pediatrician, at UWSOM in Seattle. “We both had clinical rotations in Spokane,” he said. “We originally thought we’d settle in Montana, but Spokane drew us back.”

Hollenbaugh completed his internal medicine residency at UWSOM in Seattle, and his cardiology fellowship at the University of Minnesota - Minneapolis/St. Paul.

As an undergrad, a cardiologist’s classroom lecture sparked an interest. “He exuded a love of his job and a passion for what he did,” Hollenbaugh recalled. “I asked if I could shadow him. I watched how kind he was to everyone. He was a perfect role model.” So much so, that Hollenbaugh chose to become a cardiologist, as well.

In 1996, he and Cindy launched their careers in Spokane. They’ve enjoyed watching the evolution of UWSOM’s presence in the area.

“It’s been fun to watch UW-Spokane grow,” he said. “UW has such a culture of excellence. The trainees are so full of knowledge and ask great questions—they keep those of us who teach humble.”

He looks forward to seeing students who’ve accompanied him on hospital rounds return to the area to work.

So, does Kate Reed. She grew up in Spokane surrounded by medicine. “My mom was a nurse, and my dad a doctor,” she said. “They’re great role models.”

After completing her undergrad degree at Boston College, she was delighted to be accepted into the UW School of Medicine.

“I requested to study in Eastern Washington because I wanted to be close to home,” she recalled. “It was the best decision I made. My class was small—we received so much attention



From left to right: Ben Arthurs, Darren Hollenbaugh, and Kate Reed.

and had a lot of independence in our learning. I loved the educational environment.”

Reed completed her internship year in Spokane and then moved to North Carolina to complete her specialty training in dermatology at Duke University.

She said medical dermatology fascinated her because of the wide variety of patients and conditions she treats. “It’s a good fit for me.”

Her goal had always been to return to Spokane with her husband, and in 2009, she joined Dr. Dick Herdener at Dermatology Specialists of Spokane, becoming a partner two years later.

“We have medical students rotate through our clinic,” said Reed. “It’s awesome for our community to have so many smart young people studying here.”

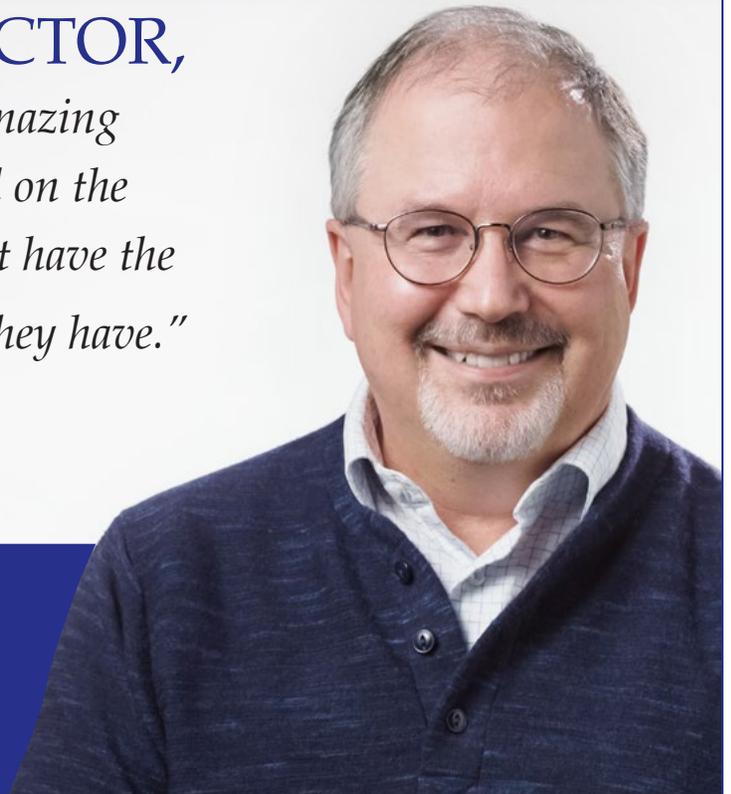
Reed isn’t surprised by the number of graduates with a wide array of specialties who choose to return to the area. She credits the community for embracing and supporting the vision of the UW School of Medicine-Gonzaga University Health Partnership

“The opportunity UWSOM gives students here is a win-win for the community,” Reed said. “I love what I do and where I do it. When it comes to working and raising a family, Spokane is a wonderful place.” ■

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SEPTEMBER**SCMS Board of Trustees Meeting**

September 22
Wednesday, 5:30 pm
Zoom

WSMA House of Delegates

September 25—26
Saturday-Sunday
Virtual Event

OCTOBER**SAVE THE DATE!
Medicine 2021**

October 8, Friday
7:00 am—5:00 pm
Zoom

SCMS Foundation Meeting

October 12
Tuesday, 5:45 pm
Zoom

**SCMS Medical Education
Committee Meeting**

October 20
Wednesday, 5:30 pm
Zoom

**SCMS Executive Committee
Meeting**

October 27
Wednesday, 5:45 pm
Zoom

NOVEMBER**SCMS Virtual Provider
Recruiting Fair**

November 2
Tuesday, 6:30 pm—7:30 pm
Zoom

SCMS Board of Trustees Meeting

November 17, Wednesday, 5:30 pm
Zoom

DECEMBER**SCMS Executive Committee
Meeting**

December 15
Wednesday, 5:45 pm
Zoom

If you have any questions regarding an event, please call
SCMS at (509) 325-5010 or email shelly@spcms.org.



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Elizabeth M. Gunderson, MD
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Srijana Rai, MD
Kristine J. Rinn, MD
Victor Rostapshov, MD
Mohammed Sabbagh, MD
Verneeda Spencer, MD
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**RADIATION ONCOLOGISTS
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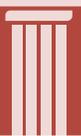
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SCMS COVID-19 Art, Poetry & Essay Contest Winners Announced

The Spokane County Medical Society's Medical Education Committee announced five \$500 award winners for their COVID-19 Art, Poetry & Essay Contest held this past spring, generously funded by the Spokane County Medical Society Foundation.

During this time of COVID, the Medical Education Committee (MEC) explored avenues to help promote wellness and social wellbeing among our Spokane medical residents and medical/PA students. "Since COVID and how it affects them individually is never far from their thoughts, we thought this contest would be a thoughtful way to share some of their concerns with other students, physicians and other members of the healthcare community that may lead to opportunities to support each other," stated Dr. Judy Swanson, Co-chair of the Medical Education Committee. "It promotes health and wellbeing for our medical/PA students and residents, and also shows them the supportive nature of the Spokane Medical Community, allowing for a platform to engage all the schools involved in UGME and GME that exist in the community."

All current Spokane-based medical residents and medical/PA students were invited to submit an entry in one of three

categories: an essay on how COVID-19 has impacted them as a resident or student, an image (original art, photograph, or video) on how COVID-19 has impacted them as a resident or student, or a poem reflecting COVID's impact on them as a resident or student. The winning entries were chosen by the Medical Education Committee contest panel comprised of representatives from PNWU, UW/GU Partnership, ESFCOM, and MEDEX programs, and were blinded to the residents' programs. Two separate \$500 prizes were awarded to the student group and three separate \$500 prizes were awarded to the resident group, for a total of five prizes.

"We were moved and impressed by the heartfelt words and images expressed by the residents and students in all the submissions," stated Dr. Chris Anderson, Co-chair of the MEC, "but selected the entries which most closely captured the essence of the goals of the contest."

We're pleased to present the selected entries here. We hope you enjoy them as much as we did! ■

13 HOURS IN N-95 *Dr. Logan Villarreal, MD-PGY-3, Family Medicine Residency*



NEW LIFE BEHIND A MASK

Dr. Jacob Hatch-Spokane Transitional Year

I've waited for this day for years
Delayed gratification
Only to find out through tears
They cancelled graduation

A doctor now, away I go
My things inside a van
To a town I'll never know
A strange version of Spokane

Along the way my wife falls ill
No sense of taste or smell
Two weeks inside we start to feel
We're stuck in COVID hell

The months go by it's all a blur
New life behind a mask
Hoping for a worldwide cure
A vaccine is all I ask

I learn the art of patient care
While covered head to toe
Sometimes I feel like it's not fair
It could be worse, I know

"Please help me breathe," my patients say
Their final supplication
In my heart I start to pray
And set up intubation

I update loved ones on the phone
It fills me with despair
To watch a patient die alone
When family can't be there

I'd waited for this day for years
I've learned the healer's art
I hold a hand, I hold back tears
I'm glad to do my part



JUST PASSING

Meganne Weissenfels-MEDEX Program

I bought a new wardrobe for medical school
I knew that I was going to have to look the part
And I didn't want to be just another student
Just another head
Just another notebook and pen

I have only worn those clothes a number of times
Because during a pandemic, you don't have to dress nice
I make sure that I just have nice hair
Just have a shirt on
Just don't get up from my desk
so that everyone on Zoom can see me pants-less

I don't mind rolling out of bed to sit down at my desk
But I would much rather be in person
So that I could just have a conversation with someone real
Just share some physical interactions
Just build some relationships

We watch recorded lectures by professors
Who really are trying their best
And they just want things to return to normal, too
Just want to be in their classrooms
Just want to be able to see students' faces



And as I watch these lectures
Some of them are really good and informative
But some aren't, and just sending an email to
Just get an email 8 hours later when I am
Just moving on to another topic, is disappointing

I have never "just passed" in my life
And that's a part of why I'm here
Because "just passing" has never been good enough
Just squeezing by
Just keeping my head above water

Until now.

And my teachers say that they can relate
They say that you've just got to keep going
Just watch the lectures
Just use your classmates

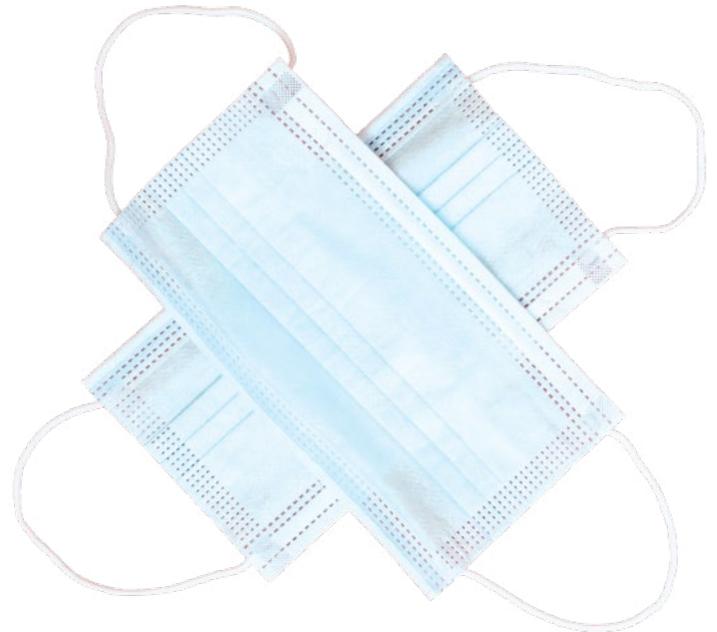
Sometimes it's hard to remember that I have classmates
Remember that people are going through
the same thing as me
Mostly, I just see them as little boxes on Zoom
Just little voices
Just pixels on my computer

The threat of school work if I get the virus is daunting
But luckily, I don't have to go anywhere
I can just sit in my apartment day in and day out

Just leave to pick up groceries
Just quarantine for quarters on end
And often, it seems like a lot
And that being in medical school during a pandemic is hard
But I am just fine
No, I'm just anxious
No, you know what, I am anxious.

Imreallyanxiousandhereiamwritingapoemtodescribewhat
thisburdenofayearisduringapandemicinsteadoftaking
morenotesandIdontknowthatIllbeabletojustifyitlaterand
Idonthaveanyonetotalktobecausemyfriendsandfamilydont
getitandmyclassmatesareallbusythinkingthesamethingand
becauseImburningoutImdrowningIamsuffocating

But I am still going
Because all that I can do
Is just get through one day at a time



LAND SLIDE 2020

Dr. William (Alex) Lehecka-Psychiatry Residency

“I wish we could return to the simplicity of only having the pandemic to worry about.”

For three weeks I explored the extensive trails surrounding Alaska’s capital. I touched glaciers, ascended snowcapped peaks, and had intimate experiences with wildlife. Upon arrival I asked an array of colleagues, with many years of experience on these paths, if they carried bear spray. Over and over, I heard not to worry. A quick internet search concurred, there are no reported bear mauling’s in Juneau’s history. I still undoubtedly spent hours in a heightened state of awareness throughout the 150 trail miles logged.

Bartlett consists of 57 beds. 12 allocated for psychiatric patients. In the middle of a pandemic, I felt safe. Patients were tested on arrival, and employees weekly. The borough was diagnosing around five cases a day.

December 1st was a significant day for Southeast Alaska. In the city’s history, those 24 hours saw more precipitation than any other: over five inches. Two feet of snow covering the ground vanished. There was palpable energy falling from the sky, running into the ocean.

This force was almost two-fold in a tiny town 93 miles north. Unlike Juneau, Haines has road access to Canada, but is more detached from civilization. Ferries have not been reliable lately and it’s not a Boeing destination. Haines is also built on the side of mountains.

Almost 10 inches of rain fell, melting 4 feet of snow. Roads became rivers. Power lines, six feet deep, were a common sight. A mile out of town, an earsplitting bang erupted. A mudslide, measuring five hundred feet across, slid a half-mile down into the depths of the ocean below. Sadly, 6 structures were buried and taken into the ocean carrying two people and two dogs.

One victim was the vibrant, young, Haines raised, kindergarten teacher. Last year she student taught under the same roof.

Soon a large portion of the town received EMERGENCY EVACUATION alerts on their phones. As helicopter’s searched, Red Cross crews arrived. Multiple shelters were fashioned, including the K-12 school. Unfortunately, uninterrupted rain fell for almost a week, causing continuous psychological harm. There was an incredible response for physical aid. Roads were fixed within days. Food and shelter were provided for anyone.

Bartlett’s CNO was raised in Haines. She approached her team, enquiring about mounting a response. Within days over a million dollars was allocated, including a grant the state earmarked. Leadership quickly put together a team, including: psychiatric providers, therapists, administrators, and a disaster relief clinician.

Learning I was part of the team, I called my cousin, who resides north of Haines. Knowing how much time I spend outside, I needed to know if bear spray was necessary. She plainly stated bears are common and those awake were likely very hungry.

Soon I was checking out with bear spray. When the cashier learned I wasn’t from Alaska, she stated, “You don’t need this, bears are all asleep right now.” I’ve never had a cashier attempt to talk me out of a purchase. I curtly explained my situation and completed the purchase. I was glad I did as the next day I learned a grizzly made its home in the woods directly behind the school.

The day we arrived, dozens of cars were parked, helping evacuate a house, slowly sliding into the ocean. Directly after arrival, I vividly remember the principal stating, **“I wish we could return to the simplicity of only having the pandemic to worry about.”** This summed up the gravity of the situation.

First couple days, we provided individual therapy for staff, students, and anyone affected. A day before school could reopen, zoom meetings were held with parents to discuss the restart. We learned how difficult it was for many children to sleep secondary to how scary noises were.

48 hours without precipitation, community leaders met to discuss safety. They decided roads were stable and people could return home. Next, attention shifted to school and when it may reopen. Given the support they had and would continue receiving, the superintendent reported the plan was to bring kids back the next day. Applause immediately erupted from every zoom room.



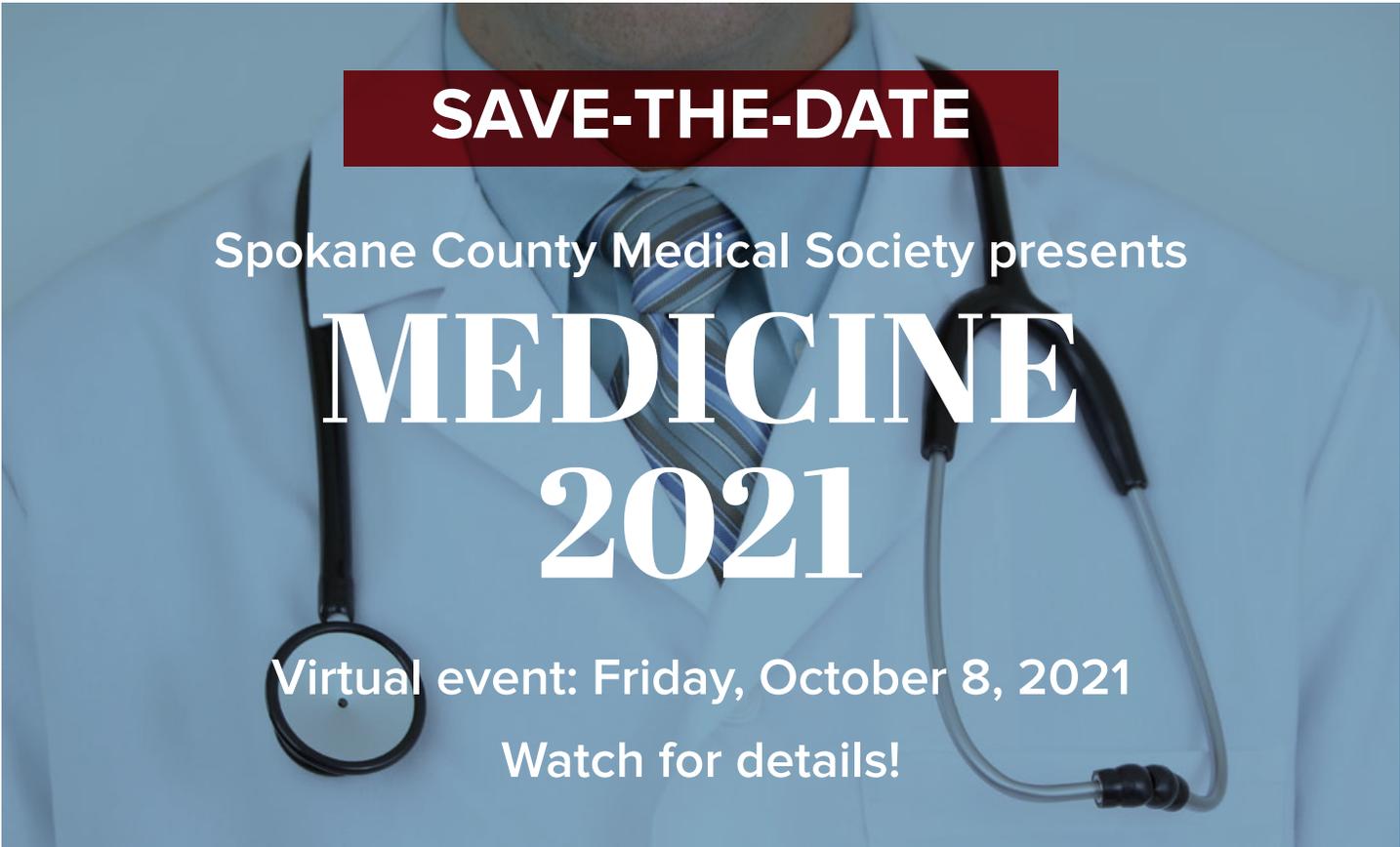
Every grade was assigned a practitioner to lead discussion. It was my honor to be graciously accepted into the fourth grade. First morning, I entered directly after the pledge of allegiance. I introduced myself, to which someone immediately stated, "that's his name." Soon I was volleying back and forth with the class, things that made me unique. Everything I stated a kid would shoot down, knowing someone with the same attribute. Soon I pulled us together expressing how even though I was new to their classroom, we had more similarities than differences.

From here we discussed the uniqueness and importance of keeping other people safe, by wearing masks. Students eagerly shared upsides to wearing masks. I shared my fear of coming to a town with zero active COVID-19 cases in months. How bad I would feel if I was an asymptomatic spreader. We highlighted this unique time, how there likely will never be a comparable period in their lives. Many reflected on the importance of keeping their community safe, "If my dad and uncle got it, we would not have anyone to run the post office."

Our focus changed to the gravity of the situation in their town. Hours were spent talking about grief, pain, fears, etc.... Most students recalled a loss in their life, which made them sad. Many cried. Their wonderful teacher walked around, patted backs, and provided tissues. I was amazed how comfortable kids were sharing painful emotions.

A week after this tragedy, school was filled with chatter and energy. Although pain was imminent, there was something special about being together again. This helped create more love, support, and comradery.

Emersion into the middle of a disaster provided a healthy perspective: even in the middle of a pandemic, it's important to count our blessings and love those around us. Things can change in an instant.



SAVE-THE-DATE

Spokane County Medical Society presents

MEDICINE 2021

Virtual event: Friday, October 8, 2021

Watch for details!

FEARS FOR MY FATHER

Miriam Levy-UW MS2

I have never been afraid to eat with my father, until now.

The dining room has begun to feel like a war zone, where the nightly battle of anxiety assaults the solace of familiar faces and routines. Tonight, the fray is no different, and I have willingly taken my station in the same, old chair that wobbles if I don't distribute my weight just so; the metaphor of this balancing act is not lost on me. Across the table he waves his hands with a wild passion, speaking at a rate outstripped by only my pounding heart. My mask dangles from one ear as I hurriedly transfer food from my plate into my mouth, my eyes tricked into seeing invisible particles escaping into the space between us.



These days, joining him at the dinner table, the old wood and water rings fail to delight in me happy memories. I no longer see a dynamic and spritely man, young for his years, sitting across from me. The tan he sports from building this summer now brings out the deep wrinkles etched in his skin. His wild, curly, boisterous hair seems glaringly grey and thin. And that sturdy, melodious baritone, a sound that has both intrigued and frightened me my whole life, now sounds dulled and weakened. He is all of a sudden fragile, breakable, horrifyingly mortal in a way he always has been yet, somehow, never was. He is, certainly, susceptible to illness, one I might bring home.

"... and this is my medical student, who is a second year." My preceptor recites, for the last time today.

Smiling behind my pale blue mask, I raise my hand in greeting and nod my head, remaining silent as she has already begun to plow ahead and start her check-in. I shrink into a corner against the wall, unable to maintain a true 6 feet from my preceptor, her scribe, or our patient.

The patient is a middle-aged woman who I note is alert, well-appearing, and talkative. My focus is set on committing this to memory so I can write it up later. As she speaks, detailing an extensive medication catalog that somehow seems longer than the one I saw in her chart, her mask slips below her nose, and she doesn't adjust it. Maybe she hasn't noticed, focused as she is on her inventory, or maybe she doesn't think it matters. We are in a tiny room together, after all. I am reminded of our close proximity when she coughs, and the harsh sound makes the hair on the back of my arms stand up.

"Don't worry!" She pauses her sentence to reassure us. "I always have some sort of cough or another. I have a runny nose too, but I get those a lot. I'm sure I'm completely fine!"

Watching her mask hover beneath her nose, I am not comforted. My hands itch to pull it back up, but I refrain, and my preceptor says nothing. This is not the first patient today to come in and let their mask hang off their nose or even slip below their chin. This is not the first cough or snuffle I have heard as I find myself squeezed into a room. And this is not the first time I will leave with my heart in my shoes, again walking out of the hospital chillingly aware of what I might be bringing home with me.

I have never been afraid to speak with my father, until now.

Over dinner he spins stories I have heard a thousand times over. For once, I am glad for stale conversation. I nod in all the right places, not only from reluctance to speak, but because I can't hear him over the thrill of my heart anyways.

He asks me about my day. This is a familiar siege, and still my stomach drops. I give him the same banal answer I gave throughout my teenage years. "Good," I respond from behind my replaced mask, preferring to stay away from long sentences, lest I wreak havoc with one simple breath. Nothing has ever been censored between us, but for the first time, I am painstakingly aware of what leaves my mouth when I open it. So I don't.

After eating, I traipse from the dining room into the living room, a prickle in my toes reminding me where else my feet have been. The lively sounds of a friendly argument over what movie we should watch seeps into my skin, drawing me in to our familiar Friday routine. My whole body starts buzzing, urging me to run to my room. To lock the door, to seal myself away. Yet my heart, though pumping out an ominous beat, aches for company, for respite, and I stay. I scoot my seat six feet from everyone else, my mask safely in place, looped expertly behind both ears.

My brother ignites a lively debate about the movie he has chosen, and my brain fills with arguments of my own. Before an essay pours forth from my mouth, I bite my tongue. But then, in his own rebuttal, my father makes a joke, and unwittingly, I laugh. My heart sinks.

I have never been afraid to laugh with my father, until now.



Spokane Medical Students, Kevin Glover and Colby Weil-Lonigan, Named Recipients of Bill Sherman, MD, Memorial Scholarship 2021

The Spokane County Medical Society Foundation (SCMSF) announced Kevin Glover and Colby Weil-Lonigan as the 2021 recipients of the Bill Sherman, MD, Memorial Scholarship.

The SCMSF is committed to medical education and as a demonstration of this commitment the Foundation offered a \$500 scholarship for two first-year students and access to recorded training sessions at this year's Washington State Medical Association (WSMA) annual Leadership Development Conference held virtually in May.

The WSMA Leadership Development Conference is held each May in Lake Chelan. The WSMA covers registration for the scholarship recipients, and the Spokane County Medical Society Foundation covers the travel and lodging for this in-person, 2-day event. Due to COVID-19 this year's conference transitioned from an in-person to a virtual event so the Foundation decided to make this year's scholarship a cash award, along with access to the recorded sessions.

"I am so grateful to the SCMSF for awarding me the Bill Sherman, MD Memorial Scholarship," stated Glover. "I love Spokane and am so excited to be able to train here, and hopefully return for future practice. The part of leadership that I love most is building teams and coalitions to solve systemic problems, and this scholarship and the materials it provides will help me learn to do that better."

"It is an honor to receive the Bill Sherman, MD, Memorial Scholarship for the year of 2021," stated Weil-Lonigan, "as it has been a huge goal of mine to become a leader within the field of medicine. Being a first generation Indonesian-American, I want to use my life experience and leadership skills to continue to uplift those who face barriers in seeking medical care and also those who want to pursue higher education. I am grateful to have been recognized by the Spokane County Medical Society Foundation and will use this scholarship towards my medical education."

This scholarship is for medical students interested in developing their leadership skills. To be considered, applicants must be medical students in their first year of medical school. Each applicant was required to provide a one-page statement documenting their professional goals and interest in healthcare leadership, one letter of recommendation, and a statement of "Good Standing" from their current educational institution.

Every year, the Leadership Development Conference features a truly outstanding lineup of speakers, all experts in their respective fields, and interactive sessions designed to enhance leadership skills. It also features wonderful networking opportunities with physicians from across the state. Students leave the conference with a better understanding of the impact of participating in organized medicine and with concrete ideas and skills that they can immediately put to use in their professional life.



Above: Kevin Glover. Below: Colby Weil-Lonigan



The Bill Sherman, MD, Memorial Scholarship Fund was created in honor of Bill Sherman, MD, who was a family physician and psychiatrist in Spokane, and was passionately interested in medical education and health policy. The first consideration of the award is for two Washington State students who envision pursuing primary care in Spokane County and are interested in developing their leadership skills and is for Spokane-based students. ■

The New Public Health Law and How to Make Change in Our Community



By Dr. Deborah Harper

In 2008 the Spokane Regional Health District board gave our Public Health Officer, Dr. Kim Thorburn, a gag order about discussing fluoridation in any form or venue. The next year they fired her for not being a good communicator. I had forgotten the phrase “gag order”

and I’ve eliminated the “dress style” although that was one of Kate McCaslin’s complaints.

There was a public outcry, it seemed time to change the governance of our Health District. Senator Chris Marr presented a bill, the SCMS and WSMA supported it. I thought it would pass without controversy. After all, why would elected officials want to serve on a board that would be sure to anger people on all parts of the political spectrum on a regular basis?

The bill never made it out of committee.

During the COVID-19 crisis public health officials across our state and our nation were fired or forced out. In Spokane our Public Health Officer, Dr. Bob Lutz, was fired by the SRHD board.

Time to try again.

A group of interested people and organizations got together as PHACTS (Public Health Action Coalition Team of Spokane). Doctors, dentists, nurses, public health workers, lawyers, non-profit leaders, students, and business owners organized into teams each of which met weekly. Jerrie Allard was hired to be our coordinator.

We decided to focus on two things: change the governance of health districts in our state and create secure funding for public health.

Representative Marcus Riccelli (D, 3rd District) took the legislative lead. He met with PHACTS and other interested parties before the start of the legislative session. He wrote a bipartisan bill.

We watched the progress of the bill (also known as sausage making) every step of the way. This information is readily available online at the Washington State Legislature webpage.

The bill passed the House easily and then went on to the Senate. Several of us were able to testify to committees as it progressed.

Why Advocate?

“Unless someone like you cares a whole awful lot, Nothing is going to get better. It's not.”
- Dr. Seuss, *The Lorax*



As the legislature made its changes, we kept our focus on our two principles.

We used social media, press releases, letter writing and phone calls from citizens throughout our state.

In the end, HB 1152 and ESB 1152 passed. You can read it yourself at: <https://app.leg.wa.gov/billsummary?BillNumber=1152&Initiative=false&Year=2021> and then click on the PDF file labelled “Go to documents...”

In short, health boards will now be made up of 50% elected officials and the other 50% include people with healthcare backgrounds, local tribal nations, lay people affected by healthcare and others. These people will be selected with input from groups like the SCMS and will go through a public vetting process.

And, for the first time since public health lost one third of its funding in the first \$30 car tab initiative, there will be dedicated funds for this important work.

Lessons learned: legislation may not pass the first time, try again; get expert help from your legislators and the SCMS and WSMA; pull together a varied group of advocates from a broad spectrum; listen to those who disagree with you.

And stay focused. ■

Diplomats are vital

A retired member of the U.S. Service, I was proud to at America in 10 coun- r my 32 years of service. is in advance of Foreign Day, which was Friday, igned by Congress to r active-duty and retired s of the Foreign Service. understatement to say past year of devastation ertainty has been difficult one. This includes mem- ur Foreign Service, who ained on the front lines out the pandemic, work- ng more than 100,000 ns home safely and ng to protect and serve s interests abroad. nacy and development rst line of defense, ng issues before they hreats to Americans. For cy and development to in take the premier place reign policy, however, strengthen our For- vice. Our diplomats are ched, and our embassies ulate are understaffed s eclipsed us with mos- ic outposts and over- s ic personnel. ear has demonstrat- d for increased glob- ent and the im- -U.S. global lead- ship. s diplomats on the n countries cover the presenting American . Let's make ure they necessary personnel and s to meet the needs of rican peo-

Brigadier General G. Berton, Ambassador (ret.)
Spokane

National Nurses Week

WE ARE WARRIORS!
ot superheroes or comic racters or a painting on l wall. e human beings. We get ck, afraid and sometimes lmed. Our humanity stop us from putting on ks and PPE, sometimes them 12 hours a day. ve taken an oath to care ck and dying. e not invincible. We do superpowers. We are dedication. e dedicated to fight this enemy — COVID-19. kes us WARRIORS!
ime during this week of on to thank the nurse in the one who helped you bor and delivery, cared uring that late-night o-ER, held your head as



Let's finish this race

After more than a year of the COVID-19 pandemic that has killed more than 500,000 Americans and disrupted our economic life, we are at a crossroads. We can deny it or ignore, or cling to conspiracy theories that relieve us from doing the hard work of managing this crisis. Or we can follow the advice of health care providers and public health experts that follow evidence-based research. The unprecedented work of the scientific community produced safe and effective vaccines that almost every adult American should soon be able to access. We now have about 26% of our population fully immunized but need to increase that to about 80% to achieve herd immunity.

We recognize the apprehension some may feel when faced with decisions about their health in the fast-moving timeline of our effort to control the pandemic. We have often heard changing or even conflicting information about the virus and the vaccines. It may seem hard to know who to trust. No vaccine is completely risk-free. Neither is any over-the-counter medicine that we use routinely for relief of pain or cold symptoms. There is much greater risk, however, in letting fear deter us from getting immunized.

People, both young and old, are still dying and suffering long-term complications from COVID-19 infections. More virulent strains of the virus are causing increases in the infection rates despite the progress we have made in combating it.

We are all weary of social distancing and donning masks. We have canceled or postponed vacations and family reunions. We want our jobs back. We want to eat a good meal at our favorite restaurant. No more Zoom meetings or online learning for our kids. We want this to be over. But we can't just wish it away. The fastest way out is to face it head on.

Americans are no strangers to sacrifice when faced with adversity. We were raised on stories of New Deal jobs programs that pulled us out of the Great Depression. We watched films like "Saving Private Ryan" and "Hacksaw Ridge," saw pictures of firefighters sifting through rubble after 9/11, and read about volunteers from all over the country helping the clean up after Hurricane Katrina. From the inception of our nation, Americans have maintained a balance between individual freedom and collective action for the common good. Which path will we take at this juncture of history?

The Spokane County Medical Society has been advocating for the health and well-being of the people of this region since 1885. We are on the front lines in our community's effort to combat the pandemic. We are making progress, but beating COVID-19 will require all of us to pitch in and do our part. We strongly recommend getting immunized as soon as possible. If you have questions or concerns, talk to your primary care provider. Double down on masking up and social distancing. As we finish and record our virtual times for Bloomsday, it's time to finish this other most important race Inland Strong!

Barry Linehan, PA-C, president, Spokane County Medical Society.

sharp and got it. They didn't call it science and engineering, but that's absolutely what it was/is. If you don't believe in science and the ensuing creativity/engineering that provides everything that humanity needs, strip yourself naked and walk into the wilderness - and live a very short, very painful life.

ible power to create a solution for the Snake River dams that saves salmon and steelhead while making all sectors of our economy stronger. That is because they can authorize money that will pay farmers more than it would cost them to transport grain by truck or train instead of barge. They can also authorize en-

is thankful for Rep. Simpson's initiative and encourages Inland Northwest community members to ask their congressional members to sit down with Rep. Simpson and get to work creating a healthier future for our salmon and our economy.

Dan Wilson, secretary, Backcountry Hunters and

are increasing gre allowing sufficien more than a leisu now Downtown P the SPS stadium v whole east side of a place to avoid du gestion.

Who also suffer ly, are the shops a in the other end of who now won't ha who want to visit, be able to draw th the new stadium v over a mile away.

To add insult to also entertaining Division for a ded Goodbye, downto nice knowing you

Ease the educa

Too many of us who are still payin student loans year their degree. After the United States ensive, especially coming from low- cost families.

The Pell Grant t around the years, s dents are not a coll when they otherw have. It used to cost of a four-year deg covers under 10% the cost of getting cation isn't going soon.

That's why we things we can't ask Congress to d Grant. President E taking initiative to Pell Grant by \$1,2 with a commime it in the future. Th working with oth across Washington Congress that we happen

The financial b college degree has down on far too m We need to do wh help lift this burd college affordable to more students Pell.

Church or opera

Is it any wonder bership in organiz steadily dropping case in point: Cath are saying Cathol office who do not abortion should b

Writing a Resolution for the WSMA House of Delegates



By Erin Rose Medina, MD
2021 SCMS Secretary-Treasurer

Three years ago, I attended my first WSMA House of Delegates (HOD) meeting as a member and 2 years ago as a delegate for the Spokane County Medical Society (I missed last year due to scheduling issues). The HOD meeting is usually held

on the last weekend in September. Last year it was held virtually and this year it has been changed from in person to virtual again due to the COVID-19 surge and the delta variant. If you're not familiar with it, the HOD meeting is where resolutions are introduced and voted on. Resolutions that are approved become WSMA policy. The policy is used to endorse and even lobby for legislation with the Washington State Legislator. One of the four pillars of SCMS is medical advocacy, and getting involved with the HOD is one way to get involved with that. This year, SCMS decided that we would like to do more than send delegates to the meeting and actually introduce some of our own resolutions. I decided I'd like to try writing a resolution, and I'd like to share a little about how that process has gone.

First, I had to come up with a topic. Direct to consumer advertisements (DTCA) of prescription drugs has always been something I've found obnoxious and with the explosion in such TV and print ads in the last few years, I've found it even more bothersome. So I decided I wanted to write a resolution advocating for the banning of such advertisements. When writing a resolution, the first step is to see if WSMA has an existing policy. WSMA does have a website for that. I did my best to look for existing policy, but I'm not very adept at navigating the website, so Shelly was able to put me in contact with some people who are better versed. I found out that while the AMA does have a very detailed statement recommending the banning of DTCA and steps to take until a ban is implemented, the WSMA does not.

My next step was reading on the topic. I did some Google and NCBI searches and read a bunch of articles on the

topic and got a good idea of the history of DTCA in America and what steps had already been taken to regulate it, what had been successful, and what hadn't. In a resolution, the background is written in a series of clauses beginning with "Whereas..." and then the "ask" comes at the end in clauses beginning with "Therefore be it resolved..." I wrote several "Whereas" clauses, then got a little lost on what to write as "Be it resolved" clauses. Shelly again came to my rescue and put me in touch with a local physician with lots of experience in writing resolutions. He in turn put me in contact with a medical student doing an elective on medical advocacy, who helped adapt the AMA's policy to apply to WSMA. This resulted in a very long series of "Be it resolved" clauses. I ran it past the SCMS Executive Committee who were a little concerned about the length, but ultimately we decided to submit the resolution to the WSMA.

Finally, I was contacted by WSMA representatives who suggested editing the "Be it resolved" clauses to make the resolution more readable and more likely to generate good discussion at the HOD meeting. This final draft of the resolution will be included in the handbook and will be discussed and voted on at the annual meeting next month.

While writing a resolution seemed intimidating at first, I felt very supported during the entire process by SCMS and our connections in WSMA. I have no background in research, policy writing, or medical advocacy other than the two HOD meetings I've attended in the past. I haven't even written an essay since college! I found that all that's needed in writing a resolution is an idea, some research, and some support from people familiar with the process. If I can write a resolution, anyone can! ■

Classifieds

MEETINGS/CONFERENCES/EVENTS

SAVE THE DATE! SPOKANE COUNTY MEDICAL SOCIETY PRESENTS MEDICINE 2021: Virtual event on Friday, October 8, 2021. More details to follow!

AL-ANON FAMILY GROUPS AND ALATEEN REFERRALS Al-Anon and Alateen support groups are available in Spokane County for family members and friends of alcoholics at which men and women share experiences of solving common problems arising from living with or loving a problem drinker. Alateen meetings are for teenage family members and friends of alcoholics and are not suitable for teens with current drinking problems. For further information and meeting schedules contact District2AlAnonOutreach@yahoo.com or (509) 456-2125. Al-Anon and Alateen support groups can supplement medical treatment and counseling therapy. Information provided by Al-Anon District 2 Public Outreach Committee.

COMPASSIONATE ADDICTION TREATMENT (CAT) SEEKING VOLUNTEER PROVIDERS I am the medical director for Compassionate Addiction Treatment in downtown Spokane. CAT is a low barrier facility that provides medical assisted treatment with Suboxone for opioid addicted individuals and provides counseling and social services assistance. We are seeking additional volunteer providers that could work 4 hours a week seeing patients. The work is very gratifying, and the staff are dedicated to their mission helping this underserved population to climb back to a normal life. If you are aware of any providers looking for a meaningful volunteer opportunity, please contact me: Michael Mainer, M.D., Medical Director, michael.mainer46@gmail.com, (509) 951-3877.

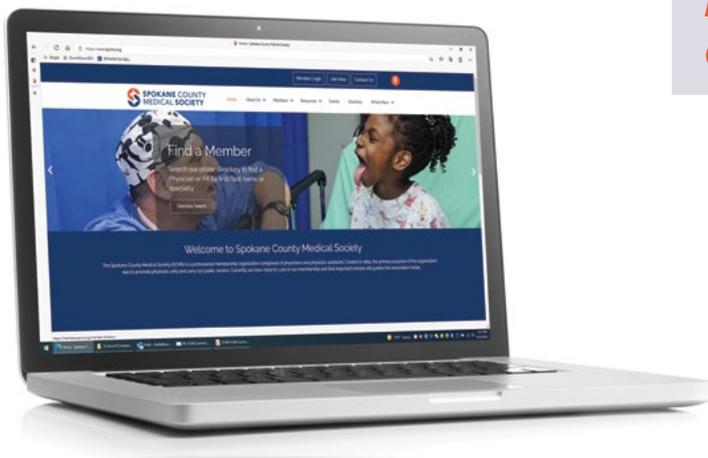
OVEREATERS ANONYMOUS is a free 12 step program for people who wish to stop eating compulsively. If you would like more information, including no cost workshops for your staff, please contact: 509-328-9972. www.oaregion1.org

Interested in placing a classified ad?

Contact Shelly Bonforti, SCMS Publications
Phone: (509) 325-5010, Fax: (509) 325-5409
or Email: shelly@spcms.org

SCMS Member Directory

AVAILABLE ON OUR WEBSITE AT SPCMS.ORG!



**New SCMS member-only portal,
GrowthZone's The Info Hub!**

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- Personalize your member listing page - your own information page on the website.
- Manage your membership and payments.
- Resources- being part of our association includes access to key sites, documents and other information to help you thrive in our community. Check out the resource area to learn more.



**Spokane County
Medical Society**

Have Questions? Call Us! (509) 325-5010

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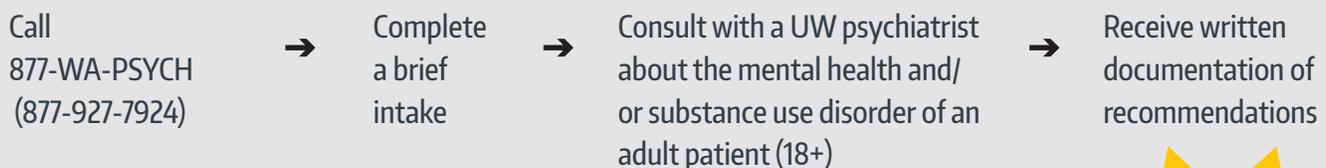
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