



News & Updates From the *Connecticut Psychiatric Society*

Join A Committee!



Getting involved in a committee can be a rewarding way to contribute to a cause you're passionate about while also networking and gaining valuable experience. Your contributions can make a significant impact on CPS, its members and its mission!

[Join Here!](#)

"Find a Psychiatrist" Directory

If you want to be included in this directory, you must opt-in. To do this, [login to the website](#) to access your member profile. Then, click on the 'Edit Profile' button. Complete the fields that will update your member profile for the search filters, include a bio and your headshot. Be sure to click save when you are done!

As a reminder, your username to login is the email address in your APA profile.

[Find A Psychiatrist Directory](#)

General Membership Meetings

These meetings are held in the odd numbers months on the **2nd Wednesday at 6 p.m.** and are open to all members. Please join to hear the latest association news and updates. Reminder

emails are sent to members along with the Zoom link, but you can also access from the [website's calendar of events](#).

The webinar recordings of past meetings can be accessed on the website. Click below for the latest.

[Meeting Recordings](#)

Federal Government Takes Parity Discussion to States

After meeting with Department of Labor representatives, psychiatrists in Connecticut are encouraging their colleagues in other states to work with their district branches, report problems they have with insurers, and raise public awareness about parity issues.



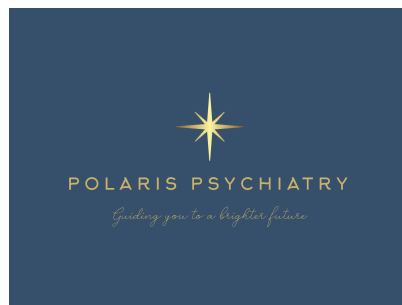
For about 15 years, federal law has required insurance companies to cover treatment for mental disorders at the same level as medical/surgical care. Yet Tichianaa Armah, M.D., still has patients who must call a laundry list of psychiatrists before they find someone who is in network, even though the lists were provided by their insurance companies.

In August, Armah was joined by other psychiatrists and mental health advocates to describe examples like this directly to the people who have taken up the fight to crack down on insurers that are not complying with the federal parity law. Members of the Connecticut Psychiatric Society (CPS) and representatives of other mental health advocacy organizations met with Lisa Gomez, assistant secretary of the Department of Labor's Employee Benefits Services Administration (EBSA), to discuss parity. Armah is chief psychiatry officer with Community Health Center Inc. and president of CPS.

[Read More From APA Here](#)

Members Share Their News

CPS Member, Christopher Hammel, MD, Opens New Practice



[Polaris Psychiatry](#) is the group practice of Christopher Hammel, MD (owner of Connecticut Psychiatry) and Tonya Ruggieri, MD (Co-Director of the Center for Interventional Psychiatry at the Institute of Living at Hartford Hospital, and a biomedical engineer). We are a new practice focused on interventional psychiatry, initially offering TMS to patients with treatment-resistant MDD. Please contact us to discuss referrals, and we

would also be glad to stop by your office to leave business cards and pamphlets for your patients, and/or to talk with you about TMS!

CPS President, Tichianaa Armah, Advocates for Increased Telehealth Access for Under Resourced Populations



On Sept. 12 & 13, DEA hosted the first of two days of public Telehealth Listening Sessions to host presentations by individuals representing various points of view related to the proposed permanent rules pertaining to controlled medications. 186 requests to present either in person or virtually were submitted and 60 were selected. Among those selected was Dr. Tichianaa Armah who spoke on behalf of CT Psychiatrists and the

Community Health Center, Inc. She spoke about the importance of telehealth for increased access for under resourced populations and the impact of changes to audio only visits on people of color and monolingual Spanish speaking patients and the elderly.

How Can You Share Your News?

CPS would love to hear about exciting changes and achievements of members and their colleagues by highlighting them in our communications. If there is anything you or a colleague have accomplished or experienced that we should be aware of, let us know! Examples include, but are not limited to:

- Open a new practice
- Publish a new paper
- Win an award
- Provide testimony
- Having a band debut (yes we are versatile!)
- Will be in the news or providing a public training
- Deserve an award you want us to nominate a colleague for as a district branch

Catch up on the latest in CPS member news on our website [here](#).

[Share Your News!](#)

[Connect With CPS](#)

Simply scan the QR code for our virtual business card which will get you all of our contact information and social media links: Facebook, X, Instagram and LinkedIn.



Contact Info:

430 New Park Ave, Ste 102 PMB 207, West Hartford, CT 06110

[860-980-4353](tel:8609804353)

hello@ctpsych.org

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