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TREATMENT WORKS | RECOVERY IS POSSIBLE

the freudian slip

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Join us for APPA's Fall Conference in Mobile!

We are excited about our upcoming conference and stellar line up of speakers invited by our president-elect, Godehard Oepen, MD. We'll begin with a Mardi Gras-themed reception at the Mobile Carnival Museum on Friday night, Oct. 26, with the conference following on Saturday, Oct. 27. The conference will provide approximately 7.5 hours of instruction and will feature a resident/student poster contest. Abstracts will be posted soon on APPA's website www.alabamapsych.org.

Thanks to a grant from the American Psychiatric Association **meeting registration is free** for Early Career Psychiatrists, Resident Fellow Members and students! (Early Career Psychiatrists who are General Members of the APA who are within their first seven years after completion of training.)

See the complete agenda and registration information on pages 5 and 6.

Accommodations

APPA has secured a block of rooms for the conference dates at the Battle House Renaissance Mobile Hotel & Spa. The conference rate is \$159 per night but **the discount is only available through Sept. 19!** The rate is valid for two days before and two days after the conference based on availability. Make your hotel reservations by calling (866) 316-5957. Ask for the Alabama Psychiatric Physicians Association room block. Find a link to online room reservations at www.alabamapsych.org/physicians.


APPA welcomes Meghan Martin

We are happy to introduce Meghan Martin as our new director. She is responsible for the overall management of the Alabama Psychiatric Physicians Association including membership recruitment and retention, and meeting planning. She comes to us from the Renaissance Montgomery Hotel and Spa where she specialized in sales and event management.



Meghan received a bachelor's degree in broadcast journalism and public relations from Troy University. Her experience will be a welcomed asset to our association.

While Meghan originally hails from Greenville, she currently lives in Montgomery with her husband, Jonathan, their 17 month old son Luke.

Meghan is filling the position left by Jennifer Hayes who resigned in January. 

APPA depends on support from vendors to make our conference affordable for attendees. Please share information with us about companies who visit your practice so we can invite them to be an exhibitor. Contact Meghan Martin at mmartin@alamedical.org for details.

continued on page 3



WHAT'S UP AROUND THE STATE...

Birmingham



BIRMINGHAM PSYCHIATRIC SOCIETY



The fall meeting of the Birmingham Psychiatric Society is Sept. 22 at the home of Drs. Narithookil and

Anne Xavier. For More information contact BPS President Paul O'Leary, MD, at dr.paul@me.com.

Central Alabama

For More information about the Central Alabama Society, contact Linda Teel at (334) 288-9009 ext. 207 or linda.teel@mpa1040.com.



Mobile Bay



For information on the Mobile Bay Psychiatric Society e-mail wbrooks@altapointe.org.

Tuscaloosa

If you live in the Tuscaloosa area and would like to get connected with your fellow colleagues, check out the Tuscaloosa



Chapter of APPA. Contact Thaddeus Ulzen, MD, at tulzen@cchs.ua.edu for more information. 🌐

Department of Mental Health awards grants for the 'Stepping Up Initiative'

Montgomery – Approximately two million times each year, people who have serious mental illnesses are admitted to jails across the nation. Almost three-quarters of these adults have drug and alcohol use problems. The Stepping Up Initiative is a national program with the goal to reduce the numbers of individuals in jails with mental illness. It is managed at the county level to establish effective partnerships across individuals in law enforcement, local governmental entities, elected officials, mental health and healthcare providers, courts and any others needed to meet the goal.

More than 450 counties nationwide have passed resolutions on the Stepping Up Initiative. Currently fifteen counties in Alabama have passed the Stepping Up resolution to work with local law enforcement, mental health providers and advocates.

"Today our local jails and hospitals – neither of which have it as their mission – are serving as mental health providers, which is creating a dire situation that is both dangerous and unsustainable. It is incumbent upon communities and regions to work together in partnership to reduce the number of individuals with mental illness in jails and ERs and to direct these individuals to the appropriate care. It will be a win for those individuals, a win for the community and indeed for the entire state and prison system," said Commissioner Lynn Beshear, Alabama Department of Mental Health (ADMH).

ADMH recently requested community mental health centers to provide a plan for case management services to establish an ongoing program in their county in order to reduce the numbers of people with mental illness and substance abuse disorders in local jails and emergency rooms. The awardees will receive a \$50,000 grant each. Their work will provide a customized, focused program in their county to work directly with individuals identified in local jails and hospitals.

The awardees for fiscal year 2019 are:

- Wellstone Behavioral Health: Huntsville and Cullman locations
- Mental Health Board of Chilton and Shelby Counties, Inc.
- Cherokee-Etowah-Dekalb Mental Health Center
- Marshall-Jackson Mental Health Board. Inc.
- Mental Health Center of North Alabama Inc.

Read more about The Stepping Up Initiative at <https://stepuptogether.org/>. 🌐

APPA sponsors NAMIWalks Alabama Sept. 22 • Wynton Blount Cultural Park, Montgomery

NAMIWalks is celebrating its 16th anniversary with its largest and most successful mental health awareness and fundraising event in the country.

APPA is proud to be a sponsor of 2018 NAMIWalks Alabama, which raises awareness of mental illness and raises funds to help individuals and families in our region. This year's theme focuses on breaking the stigma of mental illness, and will be in Montgomery at the Wynton Blount Cultural Park on Saturday, Sept. 22. Four days out from the event, NAMIWalks Alabama had raised nearly \$68,000 of its \$75,000 goal.



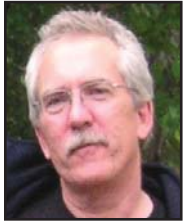
According to NAMI, mental illness impacts the lives of at least one in five individuals across the United States, or about 65 million Americans. In Alabama, the Department of Mental Health estimates more than 200,000 citizen in Alabama are affected by mental illness.

The walk is a partnership with NAMI, NAMI Alabama and their NAMA affiliates. Representing APPA at the event is Meghan Martin, APPA's new director.

Learn more at www.namialabama.org. 🌐

APPA Fall Conference, cont.

2018 Fall Conference Faculty



Throughout the last 20 years, **Mark Erickson, MD**, has worked in public sector psychiatry in Alaska. He completed a master's degree in biological psychology at the University of California, Berkeley, in 1983 and a medical degree at the University of Texas in 1988. He completed residencies in psychiatry at Columbia University and the University of California, San Diego.

His published work has focused on the natural history of human kinship and its significance for psychiatry.



Richard E. Blackwell, PhD, MD, is professor emeritus in the Department of Obstetrics and Gynecology at the University of Alabama - Birmingham. He received his medical degree from Baylor College of Medicine completing residency and internships at UAB Hospital. He also completed a fellowship at The Salk Institute in San Diego, Calif. He is board certified in reproductive endocrinology/infertility.



Stephen Taylor, MD, MPH, is a certified medical review officer and serves on the board of directors of the Medical Review Officer Certification Council (MROCC) of Pathway Healthcare, LLC. He is completing his tenth year as the medical director of the Player Assistance/Anti-Drug Program of the National Basketball Association (NBA) and the National Basketball Players Association (NBPA), a program Dr. Taylor designed and implemented.

His greatest passion has been providing education and specialized care to adolescent and young adult patients and their families afflicted with drug and alcohol addictions and general psychiatric disorders.

Dr. Taylor earned his medical degree from the Howard University College of Medicine, and then earned a master's degree in public health from the Harvard School of Public Health.



S. Nassir Ghaemi, MD, MPH, is a professor of psychiatry at Tufts University in Boston, and on the faculty of Harvard Medical School. He is a psychiatric researcher with expertise in depression and bipolar disorder, and training in philosophy and public health.

He is the author of *A First-Rate Madness: Uncovering the Links Between Leadership and Mental Illness*, has published more than 200 scientific articles or book chapters, and serves on the editorial board of numerous journals. He is founding editor of *The Psychiatry Letter*, a monthly newsletter for mental health clinicians.

Dr. Ghaemi earned his medical degree from the Medical College of Virginia in 1990, followed by medical internship and psychiatry residency at Harvard hospitals in Boston. He also earned master's degrees in philosophy from Tufts in 2001, and in public health from Harvard in 2004.



Stephen R. Shows, JD, is a senior risk resource advisor for ProAssurance, providing risk management advice to physicians and other healthcare providers. Mr. Shows practiced for many years in litigation and served as an assistant attorney general for the State of Alabama. He holds a bachelor's degree in molecular biology from Auburn University and a juris doctorate from the Cumberland School of Law at Samford University. He is a member of the Defense Research Institute and the Birmingham Bar Association. 🌐

2018 Fall Conference Objectives

- Acquire a widening of conceptual and diagnostic framework, and become aware of the insufficiencies of current diagnostic concepts and processes.
- Name endocrinological factors and safe treatments in psychiatric patients with hormonal abnormalities.
- Recognize the dilemma involved in performance enhancing drugs, addiction risks, and needed treatments in high school and college athletes.
- Identify findings about intra-familial suppression or enhancement of sexual attraction, and apply the Westermarck effect and related findings to a clinical population.
- Describe prime risk scenarios, safe diagnostics, treatment and documentation strategies, and ways to provide safety to patients, coworkers and physicians.

Join us for the Fall Conference Reception
Friday, October 26,
6 - 8 p.m.
Mobile Carnival Museum

SAVE *the* DATE

Coming Attractions

2018 APPA Fall Conference

October 26-27 | Battle House, Mobile

2019 APPA Spring Conference

April 5-7 | Sandestin Golf and Beach Resort, Florida

2019 APPA Fall Conference

September 27-28 | Bohemian Hotel, Mountain Brook

2020 APPA Spring Conference

April 3-5 | Sandestin Golf and Beach Resort, Florida

2020 APPA Fall Conference

October 9-10 | Prattville Marriott Legends

September is Suicide Prevention Month

Montgomery – Every year, mental health organizations and individuals in the United States and around the world raise awareness of suicide prevention during September, National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

Alabama Department of Mental Health Commissioner Lynn Beshear authored a recent Op-Ed, “Suicide is Just a Number until it’s Someone You Love,” discussing the need for suicide prevention and awareness. “In our state, a person dies by suicide every 11 hours... There is a stigma surrounding suicide that sometimes prevents serious discussion on the issue. As a result, those who need help may not seek the treatment needed. There is also, at times, a hesitation by loved ones who are not sure how to help,” said Beshear.

The Alabama Suicide Prevention and Resources Coalition (ASPARC) promotes awareness during September and every month. “Making people aware of the causes and consequences of suicide saves lives. It also reduces stigma that keep suicidal and mentally ill persons from obtaining help. Awareness motivates people to establish relationships and help suicidal persons find appropriate treatment. Awareness creates hope in the knowledge that effective treatment is available and death is not inevitable,” said David Coombs, president (ASPARC).

Veterans, in particular, experience a high rate of suicide. An average of 20.6 suicides every day occur among veterans, with 6,132 veterans and 1,387 servicemembers who died by suicide in 2015. Suicide prevention information is important to share with veterans, as crises can be heightened by their experiences during military service.

In order to address the issue of physician suicide, the Council of Emergency Medicine Residency Directors (CORD), annually dedicate the third Monday in September as National Physician Suicide Awareness (NPSA) Day. Data offers the relative risk for suicide among physicians as 2.27 times greater among women and 1.41 times higher among men versus the general population. Each physician suicide is a devastating loss. It is both a very personal loss and a public health crisis.

Suicide is preventable. Learn how to help and obtain resources at <https://afsp.org/take-action/>.



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slip

Alabama Psychiatric Physicians Association

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Articles or advertisements should be sent to Charlotte H. Morris, at cmorris@alamedical.org two weeks in advance of printing.

The Freudian Slip is published bimonthly. The articles contained in The Freudian Slip are meant to provoke thought and comment and do not necessarily reflect the views and opinions of the members, Executive Council or staff of the Alabama Psychiatric Physicians Association. Comments and letters to the editor are welcome.



ALABAMA PSYCHIATRIC
PHYSICIANS ASSOCIATION
A District Branch of the American Psychiatric Association

APPA Fall Conference

October 26-27, 2018

The Battle House Renaissance Mobile Hotel & Spa

APPA 2018 Fall Conference Agenda

FRIDAY, OCTOBER 26

6:00 p.m. – 8:00 p.m.

Welcome Reception
Mobile Carnival Museum

SATURDAY, OCTOBER 27

7:00 a.m. – 7:50 a.m.

Registration and Breakfast with
Exhibitors; Poster Viewing

7:50 a.m. – 8:00 a.m.

Welcome

8:00 a.m. – 9:30 a.m.

**The Incest Taboo - From Freud to
Now**

Mark Erickson, MD, Associate
Clinical Professor of Psychiatry
(retired), University of Washington

9:30 a.m. – 9:45 a.m.

Morning Break with Exhibitors
Poster Viewing

9:45 a.m. – 11:15 a.m.

**Use of Hormones in Mental Health
Care**

Richard E. Blackwell, PhD, MD,
Professor Emeritus, Department
of Obstetrics and Gynecology,
University of Alabama -
Birmingham

11:15 a.m. – 12:15 p.m.

**Evaluating and Treating Athletes
with Mental Health and Substance
Use Disorders**

Stephen M. Taylor, MD, MPH,
FASAM, Chief Medical Director,
Behavioral Health Division,
Pathway Healthcare, LLC

12:15 p.m. – 12:45 p.m.

Lunch, Poster Awards,
Presentations

12:45 p.m. – 2:15 p.m.

Why Most of the DSM is False

Nassir Ghaemi, MD, MPH,
Professor of Psychiatry at Tufts
Medical Center in Boston; Clinical
Lecturer at Harvard Medical
School

2:15 p.m. – 2:30 p.m.

Afternoon Break

2:30 p.m. – 4:30 p.m.

**Sound Medicine: The Impact of
Communication in Healthcare**

Stephen Shows, JD, Senior Risk
Advisor, ProAssurance

4:30 p.m.

Evaluation/Adjourn

*The Alabama Psychiatric Physicians
Association 2018 Fall Conference offers
attendees 7.5 hours of instruction.*

REGISTRATION

Register online at www.tinyurl.com/APPA2018FallConference or mail form to APPA Fall Conference, Attn. Meghan Martin, PO Box 1900, Montgomery, AL 36102-1900. Fax (334) 269-5200.

ACCOMMODATIONS

The discounted room rate at the Battle House Renaissance Mobile Hotel & Spa is \$159 per night and is available for two days before and two days after the conference. Make your hotel reservations before Sept. 19 by calling (866) 316-5957. Ask for the Alabama Psychiatric Physicians Association room block.

www.alabamapsych.org

APPA Fall Conference

October 26-27, 2018

The Battle House Renaissance Mobile Hotel & Spa

APPA 2018 Fall Conference Registration

PLEASE PRINT CLEARLY

Name _____

Name for Badge _____

Practice Name _____

Address _____

Office Phone _____

E-mail _____

Dietary Needs _____

Designation MD DO First Time Attendee

RN Social Worker Psychologist

Other _____

City, State ZIP _____

Cell Phone _____

Practice Manager Name _____

Practice Manager E-mail _____

REGISTRATION FEES: Check all that apply.

Welcome Reception Friday, October 26, 6-8 p.m., Mobile Carnival Museum

- Free for all registered attendees
- Spouse and guests \$50. Number attending _____

APPA Fall Conference, Saturday, October 27

ECP, RFM, and student registration is free!

- Member \$250
- Non-Member \$350
- Non-physician Clinician \$200
- Early Career Psychiatrist - Free
- Resident/Fellow - Free
- Student - Free

REGISTRATION

Register online at www.tinyurl.com/APPA2018FallConference or mail forms and payment to APPA Fall Conference, Attn. Meghan Martin, PO Box 1900, Montgomery, AL 36102-1900.
Fax (334) 269-5200. www.alabamapsych.org.

ACCOMMODATIONS: THE BATTLE HOUSE RENAISSANCE MOBILE HOTEL & SPA

The discounted room rate is \$159 per night and is available for two days before and two days after the conference. Make your hotel reservations before **Sept. 19** by calling (866) 316-5957. Ask for the Alabama Psychiatric Physicians Association room block.

PAYMENT

Check payable to APPA Credit Card: VISA MasterCard American Express

Cardholder Name _____ Email address for receipt: _____

Card Number _____ Exp. Date _____ Security Code _____

Billing Address _____ City, State ZIP _____

Signature _____ Amount: \$ _____