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the freudian slip

TREATMENT WORKS | RECOVERY IS POSSIBLE

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APPA Fall Conference: Preregistration closes Oct. 22

APPA's Fall Conference is next week and we couldn't be more excited about our line up of speakers and Friday night reception. Plus, the conference has been approved for 7.5 *AMA PRA Category 1 Credits*[™]. (See full CME information on page 5). The conference will also include a resident/student poster contest. Abstracts are posted at alabamapsych.org/abstracts.

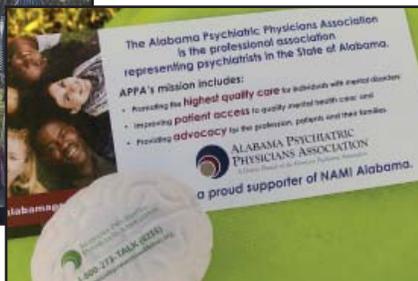
Thanks to a grant from the American Psychiatric Association meeting registration is free for Early Career Psychiatrists, Resident Fellow Members and students! (Early Career Psychiatrists who are General Members of the APA who are within their first seven years after completion of training.)

Preregistration will close Monday, Oct. 22. See event details on pages 5 and 6.

NAMIWalks Alabama exceeds goal

On Sept. 22, APPA joined with others in the community to sponsor the 2018 NAMIWalks Alabama event, which raises awareness of mental illness and raises funds to help individuals and families in our region. The fund raiser exceeded its

\$75,000 goal by more than \$5,000. Representing APPA at the event is Meghan Martin, APPA's new director. Learn more at www.namialabama.org.



Join us at the Mobile
Carnival Museum
Friday, Oct. 26, 6-8 p.m.



APPA's Fall Conference Reception will feature the Excelsior Band which has a rich and colorful history rooted in the tradition of carnival, Mobile and the Gulf Coast. The Excelsior Band has been performing in Mobile and surrounding areas since 1883.

The band plays many genres of music with emphasis on Dixieland and conventional jazz.

The Excelsior Band received the 2013 Alabama Folk Heritage Award presented by the Alabama Council on the Arts. The band also received the 2016 Mobile Chapter of the NAACP Image Award.

Hear sample tracks and learn more at <http://www.excelsiorband1883.com/>.

RSVP to cmorris@alamedical.org no later than Monday, Oct. 22.

WHAT'S UP AROUND THE STATE...

Birmingham



BIRMINGHAM PSYCHIATRIC SOCIETY



For more information about the Birmingham Psychiatric Society 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. 🌐

APPA treasurer leads way to more streamlined renewal process

Work done by Mark Haygood, DO, APPA's treasurer, has been recognized for its innovation and benefit to members. Haygood submitted an action paper asking the APA to continue streamlining the renewal process by initiating a one-click option to pay dues without having to go through the login procedure and navigating through several screens in order to renew.

In June 2018 the JRC referred the action paper to the Membership Department and requested a report back to the JRC in October 2018. The Membership Department has announced that the renewal system has been fully updated to allow one-click dues renewals. The feedback from members has been extremely positive.

Kudos to Dr. Haygood! 🌐



Department of Mental Health, Children's of Alabama awarded \$2 million grant to establish pediatric mental health network

Birmingham – The Alabama Department of Mental Health (ADMH) and Children's of Alabama have been awarded a \$2,009,323 grant from the Health Resources and Services Administration (HRSA) to establish a pediatric telemedicine health network to better serve children and their families living in rural Alabama.

The five-year grant will create a network of providers called the Alabama Pediatric Telemental Health Network and use evidence-based telehealth methods to train, educate and equip rural primary care providers to support early identification, diagnosis, treatment, and referral of children/adolescents with behavioral health conditions in a timely manner. The grant names the ADMH as the lead agency and Children's as the primary implementation partner.

The network will be modeled after an existing framework established 15 years ago with Dr. Marsha Raulerson, a Brewton, Alabama pediatrician, and Dr. Tom Vaughan, a Child/Adolescent Psychiatrist at Children's.

"The need for mental and behavioral health guidance is a growing issue among children in Alabama and nationwide," said Commissioner Lynn Beshear of the ADMH. "This grant enables us to provide preventive care that can offer hope and assistance for families in our state."

In the second year of the grant project, an Infant and Early Childhood Mental Health Consultant will be incorporated to the network of mental health providers to help pediatricians address social, emotional and behavioral issues specifically in infants and young children under the age of five. A primary goal is to establish and strengthen the knowledge and confidence of a child's primary care provider to manage the mental health component in conjunction with their overall health. 🌐

Courage for All initiative takes aim at opioid addiction

Montgomery – Opioid addiction is an epidemic in the nation and in Alabama. The crisis affects us all. It's going to take all our courage – together – to do something about opioid misuse, addiction, and overdose. The Courage for All initiative, a partnership of the Alabama Department of Mental Health and the Substance Abuse and Mental Health Services Administration, focuses on awareness and treatment of opioid addiction.

"There are low cost treatment options for those with substance abuse addiction in our state. We want to get the word out that recovery is possible with support and courage

HHS awards \$1 billion to combat opioid crisis

Department of Health and Human Services

The U.S. Department of Health and Human Services (HHS) has awarded more than \$1 billion in opioid-specific grants to help combat the crisis ravaging our country. The awards support HHS's *Five-Point Opioid Strategy*, which was launched last year and enhanced in mid-September. New data unveiled recently by HHS suggests that efforts are now yielding progress at the national level.

The 2017 National Survey on Drug Use and Health, conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA), found that the number of Americans initiating heroin use dropped by around half from 2016 to 2017. The number of Americans misusing opioids also dropped for the second year in a row, and the number receiving specialty treatment for heroin use increased.

From January 2017 through August 2018, the amount of opioids prescribed in America has dropped by 21 percent. In the same time, the number of prescriptions filled for naloxone has increased 264 percent, while the number of prescriptions for buprenorphine, one form of medication-assisted treatment, has risen 16 percent (data from IQVIA's Total Patient Tracker).

Substance Abuse and Mental Health Services Administration

SAMHSA awarded more than \$930 million in State Opioid Response grants to support a comprehensive response to the opioid epidemic and expand access to treatment and recovery support services.

The grants aim to address the opioid crisis by increasing access to medication-assisted treatment, reducing unmet treatment need, and reducing opioid overdose related deaths through the provision of prevention, treatment and recovery activities for opioid use disorder.

The Alabama Department of Mental Health and Mental Retardation received \$13.7 million of the SAMHSA grant.

Health Resources and Services Administration (HRSA)

HRSA awarded more than \$396 million to combat the opioid crisis.

to enable HRSA-funded community health centers, academic institutions, and rural organizations to expand access to integrated substance use disorder and mental health services.

- \$352 million awarded to increase access to substance use disorder and mental health services through the Expanding Access to Quality Substance Use Disorder and Mental Health Services to 1,232 community health centers across the nation. *(See side bar for Alabama-specific grants.)*
- \$18.5 million to support Behavioral Health Workforce Education and Training and Enhancing Behavioral Health Workforce awards.
- \$25.5 million to over 120 rural organizations to increase access to substance abuse prevention and treatment services serving rural populations across the country.

Centers for Disease Control and Prevention (CDC)

The CDC awarded \$155.5 million to increase support for states and territories working to prevent opioid-related overdoses, deaths, and other outcomes. This funding will advance the understanding of the opioid overdose epidemic and scale-up prevention and response activities, including improving the timeliness and quality of surveillance data.

In addition, CDC awarded \$12 million in funds to support 11 Tribal Epidemiology Centers and 15 tribal entities. These funds will improve opioid overdose surveillance so that prevention strategies can be targeted to better address this threat to tribal communities.

CDC is also distributing an additional \$27 million to nine non-governmental organizations, which will support states and territories with staffing, procurement, and training to enhance local public health capacity. 

Alabama community health centers receive funds to combat opioid crisis

Fifteen community health centers in Alabama will share in \$4 million from the U.S. Department of Health and Human Services. Also, in West Alabama, Cahaba Medical Care Foundation in Centreville will receive \$296,000.

The U.S. Department of Health and Human Services has awarded nearly \$352 million to 1,232 community health centers across the nation, including 15 in Alabama, through the **Expanding Access to Quality Substance Use Disorder and Mental Health Services** awards.

Grants were awarded to the following community health centers:

- Alabama Regional Medical Services, Birmingham: \$285,000
- Aletheia House, Birmingham: \$201,750
- Bayou La Batre Area Health Development Board, Bayou La Batre: \$285,000
- Capstone Rural Health Center, Parrish: \$287,250
- Central North Alabama Health, Huntsville: \$285,000
- Christ Health Center, Birmingham: \$285,000
- Franklin Primary Health Center, Mobile: \$285,000
- Health Services, Montgomery: \$285,000
- Mobile County Health Department, Mobile: \$285,000
- Northeast Alabama Health Services, Scottsboro: \$110,000
- Quality of Life Services, Gadsden: \$293,000
- Rural Health Medical Program, Selma: \$285,000
- S.E. Alabama Rural Health Associates, Troy: \$285,000
- Whatley Health Services in Tuscaloosa: \$285,000

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

October 4-5 | 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

Virtual Job Fair coming October 17

Behavioral health professionals are encouraged to attend a virtual job fair hosted by the Health Resources and Services Administration, an agency of the U.S. Department of Health and Human Services. More than 100 health care organizations across the country will participate and discuss:

- Open positions for mental health professionals
- Clinical environments, including approaches to integrated care
- Patient populations
- Community culture
- Salary and benefits
- Loan Repayment Opportunity

To register, create a professional profile on HRSA's Health Workforce Connector at <http://bit.ly/BHVJF>. To join, you will need a phone and a computer or tablet with internet connection. The virtual fair is Wednesday, Oct. 17, from 5:45 – 9:15 p.m.

Visit bbw.hrsa.gov for more information on HRSA.

Courage for all, cont.

from family, friends and community substance abuse treatment providers," said Commissioner Lynn Beshear, ADMH.

Visit the [Courage For ALL](#) website to get information on risk and addiction, take a self-assessment, call the 24/7 Hotline at 1-844-307-1760 for support and resources, or search substance abuse provider listings by your location. The outreach is made possible by an Alabama Opioid STR Grant provided by SAMHSA. Providers can access materials to share this effort to their community [here](#).

What can you do? It may be spreading the word about prevention and treatment options. It may be courageously bringing the subject up to a friend or loved one who's growing more dependent on drugs. It may be facing the mirror and admitting that you can't handle it alone.

It's okay to talk about it. Let's face addiction together. One act of courage at a time. To learn more, contact the [ADMH Office of Substance Abuse Treatment Services](#) at 334-242-3962 or the [Office of Public Information](#) at 334-242-3417. 🌐

LET'S HAVE
**THE COURAGE
TO TALK
ABOUT IT**

the
freudian
slip

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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

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.

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Medical Association of the State of Alabama through the joint providership of the Medical Foundation of Alabama and the Alabama Psychiatric Physicians Association. The Medical Foundation of Alabama is accredited by the Medical Association of the State of Alabama to provide continuing medical education for physicians.

Designation Statement

The Medical Foundation of Alabama designates this live activity for a maximum of 7.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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 APPA room block at the Battle House Renaissance Mobile Hotel & Spa has closed. Call (866) 316-5957 to check on availability.

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

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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. 14** 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: \$ _____