



APA Annual Meeting
May 18-22
San Francisco, Calif.

Early Bird registration closes Feb. 12.
See page 4 for details.

the
freudian
slip

TREATMENT WORKS | RECOVERY IS POSSIBLE

WWW.ALABAMAPSYCH.COM

Registration is open for APPA's Spring Educational Conference

Registration is open for APPA's Spring Conference. Our education committee has put together an outstanding line up of speakers. The 3-day conference will provide 12 hours of instruction, and plenty of free time to re-connect with colleagues or spend time with your family and friends in beautiful Sandestin!

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

Call for Abstracts

In conjunction with the Spring Conference, APPA will host a Resident/Medical Student Poster Contest. Residents and students who are interested in participating are asked to coordinate with a faculty member in preparing a poster for the meeting. The posters are assigned abstract numbers and are published on the APPA website so they count as "Published Abstracts" on your CV. This is a very easy way to build your academic portfolio!

The posters will be judged at the conference and awards given to the highest ranking posters.

Abstracts should be sent to [Luke Engeriser, MD](#), by March 15 for consideration. (Examples of abstracts on [APPA's website](#).)



See pages 5 and 6 for our agenda and registration form.

why RENEW?

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

It's time to renew your membership with APPA and APA!

Renewing gives you continued access to valuable benefits, including:

- Subscriptions to *The American Journal of Psychiatry* and *Psychiatric News*; and updates on state and federal legislation, and how to contact committee members.
- Practice resources, like *PsychPRO*, APA's new mental health registry.
- Discounted registration to the APA Annual Meeting, and APPA's Spring and Fall Conferences.

You've already invested in your career. Your membership in APA and APPA is a vital continuation of that investment.

1. Renew online: my.psychiatry.org or email a request to membership@psych.org for a direct payment link to be sent to you via email.
2. Call (202) 559-3900.
3. Pay in monthly, quarterly, or biannual installments. Complete the [Scheduled Payment Plan form](#) or speak with our membership department by calling (202) 559-3900.
4. Renew by mail or fax using the paper invoice received in the mail.



2019 Membership Renewal

Thank you for your membership in APA!

WHAT'S UP AROUND THE STATE...

Birmingham



BIRMINGHAM PSYCHIATRIC SOCIETY



Join BPS on March 6 to hear from Craig Chepke, MD, Excel Psychiatric Associates, PA, who will present

“Understanding the Whole Patient: Recognizing and Treating Tardive Dyskinesia with INGREZZA®”. RSVP by Feb. 27 to katherine@shkmedicine.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. 📞



APA leaders go to Washington

In November, Paul O'Leary, MD, member of APPA's Legislative and Public Affairs committee and former APA Region 5 Assembly Representative, represented APPA at the American Psychiatric Association's (APA) wreath-laying ceremony at the Vietnam Veterans Memorial Wall in Washington, DC. The ceremony was in honor of the 200 psychiatrists who served during the war, including psychiatrist and U.S. Army Capt. Peter B. Livingston, MD.



Paul O'Leary, MD, Birmingham, at the wreath-laying ceremony in November.

At the end of January, representatives of APPA attended the Medical Association of the State of Alabama's 2019 Governmental Affairs Conference.

The Conference included the opportunity for physicians to spend time speaking with their Congressional representatives.

O'Leary's visit with Rep. Gary Palmer included a conversation about drug pricing and DEA quotas that limit production of medications.



Clinton Martin, MD, Huntsville, (second from the left) and Paul O'Leary, MD, Birmingham, (third from the left) join with other physicians from Alabama at Rep. Gary Palmer's office.

Many thanks to our Congressional Delegation and their staff for taking time out of their busy schedules to listen to the concerns of the true voice of medicine from Alabama's physicians. 📞

Alabama Department of Mental Health receives award

The Alabama Department of Mental Health (ADMH) received the “Outstanding State Member” award from the Community Anti-Drug Coalitions of America earlier this week at CADCA's 29th Annual Leadership Forum in Washington, DC. The award recognizes and supports the state's substance abuse prevention efforts.

The department's Substance Abuse Prevention staff have worked to promote prevention efforts through avenues that include:

- Promotion of a data driven Strategic Prevention Framework statewide.
- Prevention services offered in all 67 Alabama counties.
- Expanded prevention resources and initiatives statewide.
- Implementation of the Community College Initiative to address substance use prevention.
- Promotion of coordinated efforts to strengthen community collaboration and more.

The mission of CADCA (Community Anti-Drug Coalitions of America) is to strengthen the capacity of community coalitions to create and maintain safe, healthy and drug-free communities globally. This is accomplished by providing technical assistance and training, public policy advocacy, media strategies and marketing programs, training and special events. 📞

First Step Act is start toward meaningful prison reform

Psychiatric News

Congress passes the most ambitious criminal justice and sentencing overhaul in decades, addressing some concerns of individuals with mental illness. Advocates hope reforms will trickle down to state and local prisons.

A bipartisan criminal justice reform bill signed into law late last month includes some provisions beneficial to individuals with behavioral health disorders.

The most ambitious criminal justice and prison sentencing reform in many years, the First Step Act (S 756) aims to cut recidivism and improve federal prison conditions while also reducing mandatory sentences. Prior to the enactment of the First Step Act, it had been several decades since Congress had made significant reforms to federal criminal justice and prison policies.

APA supported several of the provisions that passed, particularly prison staff training on how to handle incidents involving inmates with mental illness. However, APA and other organizations that advocate for mentally ill people are concerned that it falls short of the sweeping overhaul required to address the needs of the more than 2 million individuals with serious mental illness who are cycling in and out of jails and prisons.

“APA members will see some benefit for their patients from this legislation, particularly those who work in the corrections sector or those working with individuals post-release,” said APA President Altha Stewart, MD, an associate professor of psychiatry and director of the Center for Health in Justice Involved Youth at the University of Tennessee Health Science Center. “These types of systems improvements are very consistent with APA’s work to develop better treatment models for people with mental illness in jails and prisons.” For example, APA joined the Stepping Up initiative, a national effort to reduce the number of individuals with mental illness in county jails, in 2015.

Several years in the making, President Donald Trump embraced the measure last November, and with his support, the bill was approved by the Senate by a bipartisan vote of 87-12 on December 18, followed

by a House vote of 358-36 two days later.

“[M]y job is to fight for ALL citizens, even those who have made mistakes,” Trump tweeted, congratulating the Senate for its passage of the historic measure. “This will keep our communities safer and provide hope and a second chance to those who earn it. In addition to everything else, billions of dollars will be saved.”

The new law will do little to address that the United States is out of step with the rest of the developed world regarding incarceration rates. There is one person locked up for every 143 people in the United States, compared with 1 in 1,079 on average in other founding NATO countries, according to the Prison Policy Initiative.

As a federal law, the First Step Act applies only to the 225,000 individuals in federal prisons and jails, only a very small fraction – about 10 percent – of all those incarcerated in the United States. The majority are locked up in state prisons and local jails, more than 1.9 million people, to whom these reforms do not apply.

“If we can enact these reforms at the federal level, we can figure out a way to bring them about at the state and local levels,” Stewart said. “It is very disheartening that we imprison more of our citizens than any other developed country and that an overwhelming proportion of individuals incarcerated are actually mentally ill – and are incarcerated as a direct result. As a society, we can do better for them.”

APA supported the following provisions in the First Step Act:

- A requirement that staff training address how to identify and respond to incidents involving individuals with mental illnesses.
- An order for the federal Bureau of Prisons to report on the availability of treatment for heroin and opioid use

disorders in prison through evidence-based programs, including medication-assisted treatment.

- A mandate to end juvenile solitary confinement, except as a last resort and as a temporary response to behavior posing an immediate risk of physical harm
- The law bans the shackling of pregnant women, which endangers the lives of both mothers and infants as well and ends restrictions on access to menstrual hygiene products.

When it comes to sentencing, the law reduces sentences for drug

offenses, shaving off decades in many cases. Nearly half of federal prisoners are incarcerated for drug crimes.

One goal of the law is to cut recidivism rates by helping prisoners better prepare to rejoin society. It requires federal prisons to determine each inmate’s “criminogenic needs” upon intake and tailor programs to them. The law also creates incentives for participants, including shaving time off sentences for those who take part. It reauthorizes reentry programs that promote transitional employment. The law also requires incarcerated individuals to be housed as close as practicable to their primary residence and allows for home confinement for low-risk prisoners.

“Now, the focus turns toward appropriations in 2019,” said Megan Marcinko, APA’s director of federal relations. “We hope to see reauthorization and expansion of Community Behavioral Health Clinics (CCBHCs), a demonstration project that treats individuals with mental illness earlier in the disease course and in their own communities, saving money that would be spent on criminal justice and hospital readmissions, while better utilizing emergency response resources.”

The text of the First Step Act (S 756) can be accessed [here](#).



Photo by Pablo Padilla on Unsplash

SAVE *the* DATE

Coming Attractions

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

2021 APPA Spring Conference

April 23-24 | Embassy Suites, Montgomery

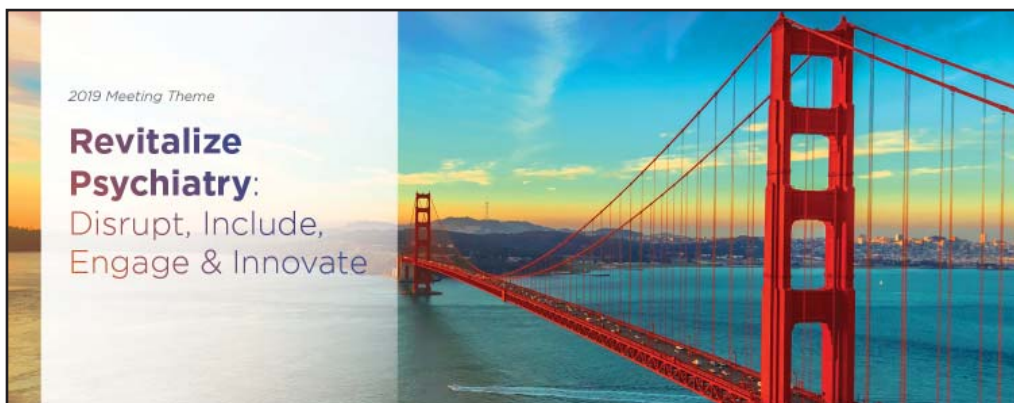
APA News Briefs

Sign up Now for APA's 2019 Federal Advocacy Conference


Join us for APA's 2019 Federal Advocacy Conference in Washington, DC, on March 11 and 12. You will have an opportunity to lobby members of Congress on issues that affect psychiatry and our patients. You will receive hands-on advocacy training to prepare you for your Hill visit. Space is limited, so register today. [Register now.](#)

February Course of the Month - Psychiatrists and the Treatment of Pain

Concerns about undertreatment of pain have led to rapid growth in the rates of prescription opioids and a dramatic increase in the prevalence of prescription opioid use disorders, which themselves pose risks of premature mortality. Psychiatrists often see patients with pain, yet most psychiatrists feel uncertain about their role in the treatment of pain. This presentation discusses treatments for pain to assist the general psychiatrist in the recognition and assessment of pain. Presented by Eric D. Collins, MD, of Columbia University. [Click here](#) to access the Course of the Month and sign up for updates about this free member benefit.



Early-Bird Registration for APA Annual Meeting 2019 Ends Feb. 12

Early-bird registration rates for APA's 2019 Annual Meeting in San Francisco are available until Feb. 12. Advanced registration rates will take effect on Feb. 13 and run until April 9. Your 2019 APA membership dues must be paid to qualify for member registration rates. You can register and find out more about the 2019 Annual Meeting, including the APA's 175th Anniversary Celebration, by visiting Psychiatry.org/annualmeeting. 

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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.

APPA 2019 Spring Conference

April 5-7, 2019

Baytowne Conference Center, Sandestin, Fla.

Alabama Academy of Child and Adolescent Psychiatry members welcome!

Agenda

Friday, April 5

12:00 p.m. – 1:00 p.m.
Conference Registration

1:00 p.m. – 1:15 p.m.
Opening General Session and Welcome

1:15 p.m. – 2:15 p.m.
Art and Mental Illness
*Godehard Oepen, MD, PhD, DFAPA,
Grayson & Associates, PC*

2:15- 3:15 p.m.
Deep Brain Stimulation for the
Treatment-Refractory Obsessive-
Compulsive Disorder
*Rachel A. Davis, MD, Assistant Professor;
Director, OCD Clinic and Co-Director,
Neuromodulation Program, Department
of Psychiatry, University of Colorado
Anschutz Medical Campus*

3:15 p.m. – 3:30 p.m.
Break

3:30 p.m. – 5:00 p.m.
Psychedelic Medicine: Past, Present and
Future
*Manuel Morales, MD, Assistant Professor,
Department of Psychiatry, University of
Missouri-Kansas City School of Medicine*

5:00 p.m. – 6:30 p.m.
Reception with Exhibitors

Accommodations

Room rates begin at \$186 per
night. Call Sandestin Group
Reservations at (800) 320-8115
with group code 23M8OR or
reserve a room online at [www.
Sandestin.com/23M8OR.aspx](http://www.Sandestin.com/23M8OR.aspx).

Saturday, April 6

7:00 a.m. – 8:00 a.m.
Breakfast with Exhibitors

8:00 a.m. – 9:30 a.m.
Beat Burnout with Mindfulness
Meditation
*Serena Nimityongskul, MD, Child and
Adolescent Fellow, University of South
Alabama College of Medicine; and
Irena Bukelis, MD, Assistant Professor,
Division of Child and Adolescent Psychiatry
and Behavioral Neurobiology, University of
Alabama-Birmingham*

9:30 a.m. – 10:30 a.m.
When the Joy of Practicing Medicine Turns
Against You: Dealing with Compassion
Fatigue in the Physician and Caretakers
*Tarak Vasavada, MD, DFAPA, Medical
Director, Behavior Health Services*

10:30 a.m. – 11:00 a.m.
Morning Break with Exhibitors

11:00 a.m. – 12:30 p.m.
Less is More Redux: Rationale for
Extended Dosing
*Roger A. Boshes, MD, PhD, Associate
Professor, University of Massachusetts
Medical School*

12:30 p.m. – 12:45 p.m.
Pick up boxed lunch

12:45 p.m. – 1:45 p.m.
Sexual Addiction
*Martin Kafka, MD, DLFAPA, Clinical
Associate Professor of Psychiatry (Retired),
Harvard Medical School*

1:45 p.m. – 2:15 p.m.
Business Meeting and Poster Awards/
Presentations

Sunday, April 7

7:00 a.m. – 8:00 a.m.
Breakfast with Exhibitors

8:00 a.m. – 9:30 a.m.
Disasters in Mental Health
*Richard H. Weisler, MD, PA, Adjunct
Professor of Psychiatry, University of
North Carolina Chapel Hill School of
Medicine; Adjunct Associate Professor
Psychiatry and Behavioral Sciences, Duke
University Medical Center; and
Pamela Tucker, MD, Medical Officer,
Agency for Toxic Substances and Disease
Registry*

9:30 a.m. – 9:45 a.m.
Morning Break with Exhibitors

9:45 a.m. – 10:45 a.m.
The Bowen Family Systems Theory and
Psychotherapy
*Judith Bowen, MD, Partner, Drs. Bowen
and Kowalksi, LLP*

10:45 a.m. – 11:45 a.m.
The Sad Synapses: Understanding the
Synaptic Biology of Depression
*Jenny Dwyer, MD, PhD, Clinical Fellow,
Yale University*

11:45 a.m.
Evaluation/Adjourn

Registration

Register online at [www.tinyurl.
com/APPA2019SpringConference](http://www.tinyurl.com/APPA2019SpringConference)
or print a registration form at
[www.alabamapsych.com/
physicians](http://www.alabamapsych.com/physicians).

APPA 2019 Spring Conference

April 5-7, 2019

Baytowne Conference Center, Sandestin, Fla.
Alabama Academy of Child and Adolescent Psychiatry members welcome!

APPA 2019 Spring Conference Registration

PLEASE PRINT CLEARLY

Name _____

Practice Name _____

Address _____

City, State ZIP _____

Office Phone _____ Cell Phone _____

E-mail _____ Practice Manager Name _____

Dietary Needs _____ Practice Manager E-mail _____

Designation MD DO First Time Attendee
 RN Social Worker Psychologist
 Other _____

FEES (On or before April 1 | After April 1 add \$100)

- APPA Member \$300 APPA Nonmember \$400 AACAP Member \$300 AACAP Nonmember \$400
 One Day \$200 (Friday) One Day \$200 (Saturday)
 Nonphysician Clinician \$170
 Early Career Psychiatrist - FREE Resident - FREE Student - FREE
 Spouse and guests \$50 to attend meals and reception only (Name tag required)

Guest Name _____

ACCOMMODATIONS

Room rates begin at \$186 per night. Call Sandestin Group Reservations at (800) 320-8115 with group code 23M8OR or reserve a room online at www.Sandestin.com/23M8OR.aspx. Room block closes on March 7, 2019.

DETAILS

More conference information is online at www.alabamapsych.com. If you have special needs and/or need assistance, please contact Meghan Martin, at (334) 954-2500 or Mmartin@alamedical.org.

REGISTRATION

Register online at www.tinyurl.com/APPA2019SpringConference. Mail forms to APPA Spring Conference, Attn. Meghan Martin, PO Box 1900, Montgomery, AL 36102-1900. Fax (334) 269-5200. www.alabamapsych.com.

PAYMENT

Check payable to APPA Credit Card: VISA MasterCard American Express

Cardholder Name _____ Email address for receipt: _____

Card Number _____ Exp. Date _____ Security Code _____

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Signature _____ Amount: \$ _____