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**APPA Fall Conference
and Practice Manager's Mini Conference**
October 4-5, 2019
Grand Bohemian Hotel Mountain Brook



Early Career Psychiatrist, Resident Fellow Member and Student Mini Conference

Friday, Oct. 27, 12:00 p.m. - 5:00 p.m.

ECPs*, RFMs and students are invited to attend a mini conference on Friday afternoon, Oct. 4. Registration is free!

In addition, residents and students are invited to participate in a poster contest. Abstracts should be sent to Luke Engeriser, MD, lengeriser@altapointe.org, by Sept. 13 for consideration. Learn more at www.alabamapsych.org/residents.

**Early Career Psychiatrists are General Members of the APA who are within their first seven years after completion of training.*

Welcome Reception

Friday, Oct. 4, 6:00 p.m. - 8:00 p.m.

All meeting attendees are invited to join us Friday night for a reception you won't want to miss. Be sure to sign up on the registration form.

APPA Fall Conference

Saturday, Oct. 5, 7:00 a.m. - 5:00 p.m.

Our main conference will begin on Saturday with registration and breakfast at 7:00 a.m. and the first session beginning at 7:50 a.m. Registration is **free** for Early Career Psychiatrists, Resident Fellow Members and students thanks to a grant from the American Psychiatric Association.

Practice Managers Conference

Saturday, Oct. 5

Psychiatric practice managers will meet on Saturday, Oct. 5, in conjunction with the fall conference. More details to come.

See Registration Form on page 5.

2019 legislative re-cap

Involuntary Commitment

A host of bills concerning involuntary commitment were introduced this legislative session. In general, these bills amend current law to allow a certified nurse practitioner or physician assistant to coordinate with a physician or psychologist in deciding to treat an individual who is unable to consent **and** without having to contact a family member. The goal of these bills is to streamline the involuntary commitment process for facilities in rural areas. The Medical Association of the State of Alabama worked with multiple groups to successfully add liability protection for physicians before the bills passed.

Medication Assisted Treatment (MAT Act)

The Medication Assisted Treatment (MAT) Act establishes guidelines for the use of buprenorphine in nonresidential treatment programs and authorizes the Alabama Board of Medical Examiners (BME) to establish regulations governing MAT. In doing so, the BME shall create a working group of 17 addiction medicine specialists and mental health personnel to consult and assist in the drafting of rules.

Medical Marijuana

This bill reauthorizes CBD research at UAB via "Carly's Law" and creates a Study Commission to make recommendations to the Legislature relating to the medical use of cannabis in Alabama. The Commission will be comprised of 15 members and will issue its findings and draft legislation by Dec. 1, 2019.

Criminalization of Abortion and Attempted Abortion

HB314 makes performing an abortion a felony, punishable between 10 and 99 years in prison. There is an exception for when there is a serious risk to the mother's physical health. Although an amendment was added by the committee adding exemptions for situations like rape and incest, the amendment was tabled in the Senate under a procedural move. The bill passed the legislature and has been signed by the Governor.

Read a summary of the Human Life Protection Act 

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 bveits@gmail.com.

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.



Chambers County joins nationwide 'Stepping Up Initiative'

Approximately 2 million times each year, people who have serious mental illnesses are admitted to jails across the nation. Almost three-quarters of these adults also have drug and alcohol use problems. Once incarcerated, individuals with mental illnesses tend to stay longer in jail and upon release are at a higher risk of returning to incarceration than those without these illnesses.



"Stepping Up" is a national initiative to reduce the number of people with mental illnesses in jails and is the result of a collaboration between the National Association of Counties, The Council of State Governments Justice Center and the American Psychiatric Association Foundation.

Since the national Stepping Up initiative launched in 2015, nearly 500 counties across the country have passed a resolution to create data-driven plans to reduce the prevalence of mental illness in jails. Chambers County is the most recent county in Alabama to pass a resolution to provide mental health services to inmates at the Chambers County Jail.

Chambers County Commissioner Debra Riley said the county will receive \$60,000 in state funds to work with East Alabama Mental Health to send a social worker into the jail. The social worker will examine incoming inmates struggling with mental health.

Alabama counties participating in Stepping Up

Autauga	Elmore	Mobile
Blount	Etowah	Montgomery
Chambers	Jefferson	Morgan
Cherokee	Lowndes	Shelby
Cullman	Macon	
DeKalb	Madison	

If your county has **not** passed a resolution in support of Stepping Up but you would like to receive information and updates about the initiative, please click [Take Action Now](#) or visit www.stepuptogether.org.

UAB Huntsville opens psychiatric clinic for children and adults

UAB News

In a state with a pronounced need for enhanced mental health services, the Huntsville Regional Medical Campus of the University of Alabama at Birmingham School of Medicine has opened a new psychiatric clinic to serve both adult and pediatric patients.

"There is a critical need for additional mental health services in North Alabama, especially for traditionally underserved populations," said Roger Smalligan, MD, the dean of the Huntsville campus. "We believe this clinic, with its outstanding clinicians and staff, will fill a major need by providing increased access to psychiatric care for those in our region."

The clinic will be staffed by Clinton Martin, MD, associate professor and regional chair of Psychiatry, and Janaki Nimmagadda, MD, associate professor. Both physicians are board-certified in child and adolescent psychiatry and general adult psychiatry. While both are passionate about working with children, Martin focuses primarily on psychosis in adolescents, adult ADHD and major depression in adults. Nimmagadda focuses on childhood ADHD,



Clinton Martin, MD, FAPA, serves as secretary of APPA. Both Dr. Martin and Janaki Nimmagadda, MD, FAPA, serve on the APPA Early Career Psychiatrist Committee.

continued on page 3

National Physician Suicide Awareness Day is Sept. 17

The Council of Residency Directors in Emergency Medicine (CORD) is pleased to announce an emergency medicine collaborative effort with AAEM, AAEM/RSA, ACEP, ACOEP, ACOEP-RSO, EMRA, and SAEM in the initiation of the second National Physician Suicide Awareness Day on Sept. 17.

Vision Zero

Physician suicide is a tremendous issue in healthcare today. While estimates of the actual number of physician suicides vary, literature has shown that the relative risk for suicide being 2.27 times greater among women and 1.41 times higher among men versus the general population. Each physician suicide is a devastating loss affecting everyone - family, friends, colleagues and up to 1 million patients per year. It is both a very personal loss and a public health crisis. Vision Zero calls on individuals, residency programs, health care organizations and national groups to make a commitment to break down stigma, increase awareness, open the conversation, decrease the fear of consequences, reach out to colleagues, recognize warning signs and learn to

approach our colleagues who may be at risk. Let us challenge each other as individuals, communities, institutions and organizations to make changes to reach zero physician suicides.

Fast Facts Physicians

- Historical data suggest 300 to 400 doctors die by suicide each year, however that number is likely underestimated
- A better statistic is that physicians die by suicide at a rate that is more than double the general population
- Female physicians are more likely to die by suicide than men with a rate of 2.27:1.41
- How many physicians per specialty is unknown as well as per-state remains unknown
- In some states physicians who seek mental health assistance may be asked to report mental health issues with licensing and credentialing which often decreases help seeking behaviors
- Burnout is rampant the specialties most affected being critical care, neurology, family medicine, OB/Gyn, IM, and EM.



National Physician Suicide Awareness Day

Residents

- Resident death by suicide is less frequent than the general population.
- Overall suicide is the #2 cause of resident death. #1 cause of death in male and #2 cause of death in female residents.
- The greatest proportion of residents that died by suicide are PGY1s.
- Academic quarter 1 and 3 have the highest number of resident suicide deaths

[Learn More and view CORD Wellness Resources](#)

UAB Huntsville psychiatric clinic, cont.

adolescent mental health and mood disorders in transitional age youth between the ages of 16 and 24.

Nimmagadda and Martin came to UAB in 2011 to pursue their child psychiatry fellowship training following adult residency training at St. Elizabeths Hospital, Washington, DC. They joined the faculty in 2013 and 2014, respectively, jointly running the child and family assessment clinic, which was a diagnostic clinic that was immensely successful in catering to the needs of children in the Greater Birmingham area. In addition, Martin was the co-director of the First Episode Psychosis Clinic at Birmingham.

“Early identification and treatment are the key to management of any psychiatric illness,” Martin said. “There is an average of eight to 10 years’ delay between the onset of symptoms and the beginning of treatment during these critical developmental years in the life of a child. Nearly two-thirds of children in need of mental health services receive very little or no treatment. Therefore, collaborating with community and school leaders who often serve as gate keepers to children’s mental health is one of our first agendas.”

“The teenage years are critical for mental, social and emotional well-being,” Nimmagadda said. “Many psychiatric illnesses begin in adolescence and young adulthood, with almost half of all lifetime mental disorders starting by age 14. These psychiatric disorders could lead to considerable difficulty in a child’s ability to perform daily roles. The unique thing about our clinic is that we do not discharge a patient from our clinic at age 18 to adult services, but will continue to provide support during their early adulthood years, which are crucial for independence.”

The clinic occupies space on the first floor of the Huntsville Medical Campus building at 301 Governors Drive SW, in the heart of the downtown Medical District. There is free parking and two waiting areas, one for adults and one that is child-friendly. Appointments can be made by calling 256-551-4461.

Southern Psychiatric Association 2019 Conference

The Southern Psychiatric Association (SPA) is pleased to invite your participation in their 2019 Annual Meeting at the Brown Hotel in Louisville, Ky., Aug. 21 – 24.

The scientific programming will begin on Thursday, Aug. 22 and continue until noon on Saturday, Aug. 24.

Topics include:

- Computer-Assisted Psychotherapy for Depression: Can Technology Enhance Treatment Delivery?
- Understanding and Treating Suicidal Patients
- Exploring the Use of Cannabis Use on the Developing Brain
- Behavioral Health Integration: Models of Implementation – The Good, the Bad and the Ugly

For a detailed schedule and registration information, email [Janet Bryan](#), Executive Director, Southern Psychiatric Association.

SAVE *the* DATE

Coming Attractions

2019 APPA Fall Conference/Practice Manager Mini Conference ECP, RFM and Student Pre 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

2021 APPA Fall Conference

October 8-9 | Westin Huntsville

APA News Briefs

Birmingham psychiatrist takes office as Speaker of the APA Assembly



Paul J. O'Leary, MD, assumed the role of Speaker of the APA Assembly of District Branches at the conclusion of the APA Annual Meeting in May. Dr. O'Leary is a board-certified psychiatrist working in private practice in the Birmingham area and a clinical assistant professor at the University of Alabama at Birmingham. Dr. O'Leary has held numerous APA leadership roles including serving as APA Assembly Executive Committee Vice Chairperson 2018-2019.

[Read more about Dr. O'Leary and the APA Assembly](#)

Child and Adolescent Telepsychiatry Toolkit available on APA website

In partnership with the American Academy of Child & Adolescent Psychiatry, APA developed a toolkit to address the issues unique to practicing telepsychiatry with children and adolescents. The mission of AACAP is to promote the healthy development of children, adolescents and families through advocacy, education and research, and to meet the professional needs of child and adolescent psychiatrists throughout their careers.

The toolkit features a 19-video series from leading child and adolescent psychiatrists covering topics such as how to set up a virtual telepsychiatry space, legal/regulatory issues, reimbursement, and working in special environments like the juvenile justice system. [Learn more](#)

Mental Health Parity Compliance Act

APA endorsed "[The Mental Health Parity Compliance Act](#)," a bipartisan bill that would enhance the transparency and accountability of insurers' coverage of mental health and substance use benefits, in compliance with the federal parity law. APA urged the swift passage of the bill, which was co-sponsored by Sen. Chris Murphy (D-Conn.) and Sen. Bill Cassidy (R-La.). [Learn more on Mental Health Parity](#)

New fact sheet on queer populations now available

APA's Division of Diversity and Health Equity has published a mental health fact sheet on queer populations. The fact sheet covers information on demographics, terms, trends in mental health care, FAQs, and tips to communicate with patients.

[LGBTQ fact sheet and other resources](#)

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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 Fall Conference and Practice Manager's Mini Conference

October 4-5, 2019

Grand Bohemian Hotel Mountain Brook



APPA 2019 Fall Conference Registration

PLEASE PRINT CLEARLY

Name _____

Name for Badge _____

Practice Name _____

Address _____

Office Phone _____

E-mail _____

Designation MD DO RN

Social Worker Psychologist Practice Manager

Other _____

City, State ZIP _____

Cell Phone _____

Dietary Needs _____

First Time Attendee

REGISTRATION FEES: Check all that apply.

Early Career Psychiatrist, Resident Fellow Member and Student Mini Conference Friday, October 4, 12-5 p.m.

Early Career Psychiatrist - Free (ECPs are APA members within their first seven years after completion of training)

Resident Fellow Member - Free

Student - Free

Welcome Reception Friday, October 4, 6-8 p.m., Art Gallery at the Grand Bohemian Hotel

Free for all registered attendees

Spouse and guests \$50. Number attending _____

APPA Fall Conference, Saturday, October 5 (Add \$100 if registering after Sept. 30)

ECP, RFM, and student registration is free!

Member \$250

Non-Member \$350

Non-physician Clinician \$170

Early Career Psychiatrist - Free

Resident/Fellow - Free

Student - Free

Practice Manager of APPA Member \$125

Practice Manager of APPA Non-member \$225

REGISTRATION

Register online at www.tinyurl.com/APPA2019FallConference or mail to APPA Fall Conference, Attn.

Meaghan Martin, PO Box 1900, Montgomery, AL 36102-1900. Fax (334) 269-5200. www.alabamapsych.com.

ACCOMMODATIONS: THE GRAND BOHEMIAN HOTEL MOUNTAIN BROOK

The APPA room block rate is \$249 per night and is available for three days before and three days after the conference. Make your hotel reservations before Sept. 6 by calling (888) 711-5114. Ask for the Alabama Psychiatric Physicians Association group rate.

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: \$ _____