

the freudian slip

TREATMENT WORKS | RECOVERY IS POSSIBLE

Alabama among states receiving HHS grants to combat the opioid crisis

media@hhs.gov

Earlier this month, the U.S. Department of Health and Human Services (HHS) through the Health Resources and Services Administration (HRSA) awarded nearly \$400 million to combat the nation's opioid crisis. The investments will enable HRSA-funded community health centers, rural organizations and academic institutions to establish and expand access to integrated substance use disorder and mental health services. The awards support HHS's Five-Point Opioid Strategy, introduced under President Trump in 2017.

Integrated Behavioral Health Services

Among the awards is more than \$200 million to increase access to high quality, integrated behavioral health services across the nation. Services will include the prevention or treatment of mental health conditions, and/or substance use disorders (including opioid use disorder) through the Integrated Behavioral Health Services (IBHS) program.

Recipients of IBHS grants in Alabama are:

- Alabama Regional Medical Services, Birmingham, \$167,000
- Aletheia House, Inc., Birmingham, \$167,000
- Bayou LaBatre Area Health Development Board, Inc., Bayou LaBatre, \$167,000
- Cahaba Medical Care Foundation, Centreville, \$167,000
- Capstone Rural Health Center, Parrish, \$167,000
- Central North Alabama Health Services, Inc., Huntsville, \$167,000
- Christ Health Center, Inc., Birmingham, \$167,000
- Franklin Primary Health Center, Inc., Mobile, \$167,000
- Mobile County Board of Health, Mobile, \$167,000
- Northeast Alabama Health Services, Inc., Scottsboro, \$167,000
- Rural Health Medical Program, Inc., Selma, \$167,000
- Southeast Alabama Rural Health Associates, Troy, \$167,000
- Whatley Health Services, Inc., Tuscaloosa, \$167,000

WWW.ALABAMAPSYCH.COM

APPA Fall Conference Oct. 4-5 Birmingham

Early Career Psychiatrist, Resident Fellow Member and Student Mini Conference

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

Friday afternoon of our fall conference will feature a **free** mini conference for Early Career Psychiatrists*, Resident Fellow Members and students. Topics will include risk management, contract negotiation and health legislation as well as a panel discussion on hiring practices. A complete agenda will be available soon. Register online at **www. tinyurl.com/APPA2019FallConference** or use the form on page 8.

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

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. with 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 form the American Psychiatric Association.

WHAT'S UP AROUND THE STATE...

Birmingham





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 hveits@ 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.

www.alabamapsych.com

Governor signs bill to fund Alzheimer's education

On Aug. 14, Gov. Kay Ivey signed into law House Bill 549, which moves the responsibility of eduction about Alzheimer's Disease and dementia from the Alabama Department of Mental Health to the Alabama Department of Public Health.

The legislation was needed for Alabama to be eligible to receive federal dollars under the Building Our Largest Dementia Infrastructure (BOLD) Act, and to enable UAB to be designated by the CDC as a Center of Excellence in Alzheimer's and dementia research and care.

BOLD Act

When Congress declared Alzheimer's Disease a public health crisis and passed the Building Our Largest Dementia Infrastructure Act (the BOLD Act) in December 2018, it created an Alzheimer's public health infrastructure across the country. Through the BOLD Act, Congress is implementing effective Alzheimer's Disease interventions focused on public health and is providing critical funding to state, local and tribal public health departments. These federal funds are tied to public health.

HB 549 was a collaborative effort among the Alabama Chapter of the Alzheimer's Association, Alabama Department of Public Health and Alabama Department of Mental Health.

The new law takes effect on Oct. 1, 2019.



HHS grants, cont.

Rural Communities Opioid Response Program

In addition to HRSA's investments in community health centers, HRSA's Federal Office of Rural Health Policy is awarding more than \$111 million to 96 rural organizations across 37 states as part of its Rural Communities Opioid Response Program (RCORP) initiative. These funds, which also include an evaluation of the initiative, will strengthen rural communities' capacity to provide needed SUD prevention, treatment, and recovery services and build the evidence base for interventions that are effective in rural settings.

Alabama counties receiving RCORP grants are Bullock, Chilton, Dallas, Dekalb, Franklin, Jackson, Macon, Marengo, Marion, Marshall, Perry, Pike, Wilcox, Walker and Winston.

Opioid Workforce Expansion Programs

HRSA is awarding nearly \$70 million to Opioid Workforce Expansion Programs (OWEP) for Professionals and Paraprofessionals to fund 64 grantees.

Alabama received 3 OWEP awards totaling \$3,808,740 in funding:

- Samford University, Birmingham, \$1,342,320
- University of Alabama At Birmingham, Birmingham, \$1,133,136
- University of South Alabama, Mobile, \$1,333,284

Graduate Psychology Education

HRSA is awarding more than \$17 million to Graduate Psychology Education (GPE) Program to fund 49 grantees. The University of Alabama in Tuscaloosa received 1 GPE award totaling \$363,787

The OWEP and GPE awards support training across the behavioral health provider spectrum including community health workers, social workers, psychology interns and post-doctoral residents. These programs encourage an integrated approach to training through academic and community partnerships. These workforce investments help clinicians to provide integrated behavioral health care and treatment services in underserved communities.

To learn more about HRSA's work combatting the opioid crisis, visit HRSA's Opioid Crisis page. 1

APA says time for action on firearm violence is now

http://alert.psychnews.org

APA has joined six other physician and health professional organizations in calling for action to address the public health epidemic of firearm-related injury and death.

"Our nation is in the midst of an epidemic of firearm-related injuries and deaths, and we must treat this as a public health crisis," APA President Bruce Schwartz, MD, said in a press release. "We see the long-lasting mental health impact firearm-related violence and injury has on our patients every day, and it is time for us to come together as a nation to address this epidemic."

The call to action was published in the *Annals of Internal Medicine*. In the article, Schwartz and leaders from the AMA, American Academy of Family Physicians, American Academy of Pediatrics, American College of Physicians, American College of Surgeons, and the American Public Health Association outlined several specific policy recommendations to prevent firearm-related injury and death in

the United States. These recommendations include the following:

- Comprehensive criminal background checks for all firearm sales.
- Further research into the causes and consequences of firearm injury and death.
- Improved access to mental health care and caution against broadly including all individuals with a mental health disorder in a category of individuals prohibited from purchasing firearms.
- Removal of barriers to physician counseling of patients about the health risks of firearms.
- Reasonable laws and regulations governing firearms with high-capacity magazines and other features for rapid firing.
- Enactment of extreme risk protection order laws, which allow families and law enforcement to petition a judge to temporarily remove firearms from individuals at imminent risk for using them to harm themselves or others.

"Across the United States, physicians have daily, firsthand experience with the devastating consequences of firearm-



related injury, disability, and death. We witness the impact of these events not only on our patients, but also on their families and communities," they wrote. "As with other public health crises, firearm-related injury and death are preventable. The medical profession has an obligation to advocate for changes to reduce the burden of firearm-related injuries and death on our patients, their families, our communities, our colleagues, and our society."

"The house of medicine is unified in this call," said APA CEO and Medical Director Saul Levin, MD, MPA, in the press release. "The time for action is now."

APPA Fall Conference, cont.

Practice Managers Conference

Saturday, Oct. 5, 8:00 a.m. - 1:00 p.m.

Saturday will feature a mini conference for psychiatric practice managers. Topics will include risk management, HIPAA and revenue life cycle management as well as a round table discussion during lunch. The registration fee for practice managers of APPA members is \$125; for nonmembers the fee is \$225. A complete agenda will be available soon.

Register online at www.tinyurl.com/APPA2019FallConference or use the form on page 8.

Accommodations

Grand Bohemian Hotel Mountain Brook, Autograph Collection

The Grand Bohemian Hotel Mountain Brook is located minutes from downtown Birmingham in the quiet suburb of Mountain Brook. Its location puts you near many favorite Birmingham attractions, such as the Birmingham Zoo, Mountain Brook Village and the Birmingham Botanical Gardens.

Amenities include the Poseidon Spa, Habitat Feed & Social Bar, Billiards Room, pool and fitness center.

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.



Welcome Reception

Friday, Oct. 4, 6:00 p.m. – 8:00 p.m.

On Friday, Oct. 4, all meeting attendees and guests are invited to our Welcome Reception at the Grand Bohemian's Art Gallery, which showcases works from local, regional and international artists.

Sign up for the reception on the registration form or send an e-mail to *cmorris@alamedical.org*.

See the full agenda on page 6. Register online or use the form on page 8.

How UAB is leading the way in novel treatment options for patients with treatment-resistant depression

by Savannah Koplon, UAB News

For John (*name changed to protect identity), treatment-resistant depression had significant impacts on his life.

With a long family history of severe depression, John had tried several medications through the years to treat his depression. He was caught in an ongoing cycle of learning to tolerate new medications, treating side effects of that particular drug and then transitioning to another medication after minimal to no signs of improvement.

"I was picking the lesser of evils – I was spending time and energy treating side effects of medications that other drugs couldn't cover," John shared. "I've had my share of setbacks and in not seeing positive treatment results."

Available medications on the market seemed to be no match for John's treatment-resistant depression (TRD), a form of depression that does not respond to existing therapies. That was until 2017, when John was approached about enrolling in a trial at the University of Alabama at Birmingham for a new intranasal spray to treat depression – esketamine.

A new drug

In March of 2019, the Food and Drug Administration approved a low-dose esketamine intranasal spray under the brand name of Spravato™ for use in patients with treatment-resistant depression (TRD). It is administered under physician supervision and with the accompaniment of an oral antidepressant. It is the first completely new medicine for depression in decades, and UAB has been involved in the design and execution of clinical trials of the drug for years.

Esketamine can improve depressive symptoms in some people in just hours, with effects appearing to accumulate over two weeks – a huge breakthrough in options and results for patients with TRD.

"Medication options developed since Prozac was introduced on the market in 1988 work through similar mechanisms, contributing to the cycle of trial, error and frustration in patients like John," explained Richard Shelton, MD, professor in UAB's Department of Psychiatry and Behavioral Neurobiology, who was involved in the design and execution of the esketamine trial. "The approval of intranasal esketamine opens a new phase of discovery that will help us better understand ways to provide treatment options for patients for whom traditional treatments have failed. At UAB, we are committed to furthering this discovery phase to hopefully identify other medications that can have similar impacts on TRD patients we see."

For the last two years, UAB was one of an international research network of outpatient research centers involved in the randomized, split esketamine trial, which enrolled nearly 200 adults. One group of patients received the intranasal esketamine spray accompanied by an antidepressant that the patient had not taken before, and the other group had a placebo intranasal spray and additional antidepressant.

Many recognize the name esketamine due to its relation to ketamine, a drug commonly used in anesthetic practices but one that has also been known to be misused recreationally. However, the newly approved esketamine is different. Intranasal delivery through a lower dose enables the body to quickly metabolize the drug but more slowly release its effects, helping to treat and suppress TRD symptoms over a longer period of time.

Esketamine is remarkable in that about 70 percent of people with TRD respond, and most maintain the response with continued treatment. Many patients – including John – experienced fewer side effects, as compared to other trials and medications they have tried.

"We've seen some patients who have some benefit occur within 24 hours following the first dose, but the effect tends to accumulate over a two-week period," Shelton said. "When patients respond well to the esketamine treatment, the frequency of returning for treatment helps to sustain the benefits they are experiencing."

John quickly noticed a difference in how he managed his TRD both at home and at work.

"I felt more level, more acute," John explained. "Esketamine has helped break the cycle of trying new things and finding my normal. I can clearly see from my experience how so many people could benefit from this treatment option."

Cost of commitment

As of now, the availability of intranasal esketamine is limited to specific clinics, with approval of a physician prescription being available later in 2019; UAB will be one of those sites. For Shelton, the discovery of esketamine as a treatment option means more potential for additional drug development.

"This work is continuing to further the conversation about why people are depressed and what we can do to help that," Shelton said. "As we get closer to this fundamental understanding, UAB will continue to play a part in spearheading novel trials and research that will continue to positively impact the lives of patients living with TRD and provide more options for them."

Patients like John who have been a part of the esketamine trial know the commitment involved to sustain the esketamine treatment regimen. TRD patients who are approved for esketamine use are administered the nasal spray under medical supervision twice a week for the first month, once per week for the second month, and every other week for the third month. Continued treatment may be required for some people beyond three months. They receive one spray per nostril at zero-, five- and 10-minute increments and cannot drive or operate machinery until the next day. Esketamine is currently not covered by insurance, but Shelton hopes it will be by the end of the year for most people.

However, in John's case, the treatment is worth the time and financial investment in his life and future. Even more, sharing his TRD experience and what esketamine has done to positively reshape his life helps destigmatize depression.

"My wife and I look at it like this – it's a time investment all around. The more treatments I try, our family loses time – and quality time, at that. Sure, the logistics of transportation, cost and in-office factors do exist; but we view it as a balance that's a good win for my family," John explained. "At the end of the day, I am getting back valuable, precious time in my life when my TRD is treated, and that's what matters. I'll do what it takes to keep that time."



Coming Attractions

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

August Course of the Month

Being a Good Partner to Law Enforcement: Strategies for Crisis Providers

Individuals experiencing a mental health crisis are at increased risk for contact with law enforcement, often with tragic consequences. While programs like Crisis Intervention Training (CIT) provide law enforcement with tools to respond to individuals in crisis, these interventions are focused at the point of emergency response. This course describes strategies for mental health providers and law enforcement to collaborate on innovative interventions at other points along the crisis continuum, while balancing the interests of compassionate mental healthcare and public safety. Presented by Margaret E. Balfour, MD, PhD, University of Arizona.

Click here to access the Course of the Month and sign up for updates about this free member benefit

New CME Module on Engagement Interview Protocol (EIP)

When suffering illnesses, people from different cultural backgrounds usually have their own illness beliefs, the understanding of the meanings of their symptoms based on their cultures and traditions. Because of differences in cultural and educational backgrounds, patients and their providers frequently have different views about an illness. The Engagement Interview Protocol (EIP) was designed to bridge different views to engage patients in appropriate psychiatric treatment. Now, APA Division of Diversity and Health Equity has published a new CME module on the EIP, where participants will learn to:

- Perform interviews that engage patients from different cultures to receive appropriate management for their psychiatric conditions
- Differentiate between the EIP and Cultural Formulation Interview
- Apply added dimensions of EIP to the standard psychiatric assessment to deliver culturally sensitive diagnoses to patients

Sign up for the new EIP course today

APA opposes STLDI plans

APA joined with 6 other health organizations filing an appeal in the U.S. Court of Appeals for the D.C. Circuit challenging the recent decision on short-term limited-duration junk insurance (STLDI) plans. The decision allows for the expansion of discriminatory, inadequate short-term "junk" plans, which can set higher premiums based on age, gender, and health status, and deny access to basic benefits, including coverage for pre-existing conditions.

Read more about the appeal here

the freudian slip

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> J. Luke Engeriser, MD, Publisher Meghan Martin, Executive Editor Charlotte H. Morris, Senior Editor

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 Fall Conference and Practice Manager's Mini Conference October 4-5, 2019 Grand Bohemian Hotel Mountain Brook ALABAMA PSYCHIATRIC PHYSICIANS ASSOCIATION ADdrne Brands of the American Psychiatre Association

APPA 2019 Fall Conference Agenda

FRIDAY, OCTOBER 4

12:00 p.m. - 5:00 p.m. ECP, RFM and Student Mini Conference

6:00 p.m. – 8:00 p.m. Welcome Reception

SATURDAY, OCTOBER 5

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. - 1:00 p.m. Practice Manger's Mini Conference

8:00 a.m. - 9:00 a.m.
ABPN MOC Update
Art Walaszek, MD, Vice Chair of
Education and Faculty Development,
University of Wisconsin School of
Medicine and Public Health

9:00 a.m. – 9:15 a.m. Morning Break with Exhibitors; Poster Viewing

9:15 a.m. – 10:45 a.m. New Knowledge about the Genetics of Personality: Implications for Clinical Practice C. Robert Cloninger, MD, PhD, LFAPA, Wallace Renard Professor of Psychiatry, Washington University School of Medicine

10:45 a.m. - 11:45 a.m.

Longterm Therapy in the Rearview Mirror: 'Evidence' from My 40 Year Clinical Career William Meyer, MSW, Associate Professor, Duke University Medical Center

11:45 a.m. – 12:15 p.m. Lunch, Poster Awards, Presentations

12:15 p.m. - 1:45 p.m.

Parasomnias - Things That Go Bump in the Night James Geyer, MD, FAASM, FAES, Medical Director, Alabama Neurology and Sleep Medicine

1:45 p.m. – 2:45 p.m.

Hippocompal Dysfunction in Psychotic Disorders Stephan Heckers, MD, Chair, Department of Psychiatry, Vanderbilt University

2:45 p.m. – 3:00 p.m. Afternoon Break

3:00 p.m. - 4:00 p.m.

Medical Deception: Overview and Updates

James C. Hamilton, PhD, Professor,
Department of Psychology, University of Alabama

4:00 p.m. - 5:00 p.m.

The CDC Adverse Childhood Experiences Study: New Findings and Relevance for Psychiatry Deborah Bock, MSW, LCSW, Independent Consultant

5:00 p.m.

Evaluation/Adjourn

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 8 *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/APPA2019FallConference 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 rate at the Grand Bohemian Hotel Mountain Brook 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.

APPA Fall Conference October 4-5, 2019

Call for Abstracts September 13 Deadline

In conjunction with the Fall 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 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, *lengeriser@altapointe. org*, by Sept. 13 for consideration.

See examples of abstracts at www.alabamapsych.com/abstracts.

Posters must be no larger than 48" by 36" on glossy paper. They do not need a foam backing.

APPA will provide display boards and easels to display the posters.

All poster presenters must register for the conference. Register online at www.tinyurl.com/
APPA2019FallConference or print a form at www.alabamapsych.com/
physicians.

Registration is free residents and students!

2019 Fall Conference Objectives

- Explain components of a person's humanistic and transpersonal style
- Name three factors contributing to the effectiveness of long-term vs. short-term therapy
- Name the requirements of the current MOC process
- Explain the ways they will include consultations with a sleep disorder specialist in their screening, evaluation and treatment of parasomnias
- Explain the role of functional disintegration of distinct brain circuits in psychotic disorders
- Explain the definition of malingering, factitious disorder, and Munchhausen Syndrome
- Explain the interaction of genetic, epigenetic, situational and psychological factors in the development and prevention/treatment of childhood trauma

ECP, RFS, Student Mini Conference Friday, Oct. 4, 12 – 5 p.m.

In conjunction with their fall meeting, APPA is offering a **FREE** mini conference on Friday for Early Career Psychiatrists*, Resident Fellow Members and Students.

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

Practice Manager's Mini Conference Saturday, Oct. 5, 8 a.m. – 1 p.m.

Psychiatric practice managers are the glue that holds a psychiatric practice together. These professionals handle the day-to-day office operations and allow Alabama's psychiatric physicians to concentrate on patient care.

Alabama Psychiatric Physicians Association is the only association to provide tailored continuing education for these administrators.

The registration fee for practice managers of APPA members is \$125 (\$225 for nonmembers).

Register online at www.tinyurl.com/APPA2019FallConference or print a form at www.alabamapsych.com/practice-managers.

APPA Fall Conference and Practice Manager's Mini Conference October 4-5, 2019

Grand Bohemian Hotel Mountain Brook

Signature _____



APPA 2019 Fall Conference Registration

PLEASE PRINT CLEARLY	merence registration
Name	Designation MD DO RN
Name for Badge	
Practice Name	
	City, State ZIP
	Cell Phone
E-mail	Dietary Needs
☐ First Time Attendee	•
□ 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. Meghan 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

Amount: \$ _____