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Proposed 'No Sell' list for firearms to be considered in Alabama

The following article contains excerpts from the article "Proposed Waiting Period Law for Firearms Aims to Save Lives of Suicidal Alabamians," by Katherine Webb-Hehn, and published by the Juvenile Justice Information Exchange. [Read the full article online.](#)

When law professor Frederick Vars was a young attorney practicing at a small firm in Chicago, he suffered a life-altering breakdown, was diagnosed with bipolar disorder and began treatment. At his sickest, Vars struggled with suicide ideation so severe, his daily life was in constant disruption.

"I was afraid to go into the kitchen because of the knives," he said. "I didn't trust myself."

Grateful not be one of the 45,000 Americans who die annually of suicide, Vars considers himself lucky because at his darkest time, he didn't have easy access to a firearm.

Firearms are by far the deadliest means of suicide in the United States, accounting for 50 percent of self-inflicted fatalities. In Alabama, according to the latest data from the public health department, 70 percent of suicides are carried out with guns. For every suicide in the United States, there are 25 attempts, but unlike other common methods of self-harm, self-inflicted gunshot wound survival is rare: Only 15 percent of people who attempt suicide with a gun survive.

In hope of saving lives like his own, Vars is proposing legislation to enable people who suffer mental illness to protect themselves from access to firearms.

The bill allows people who suffer mental illness to add their names to a "no sell" list for firearms. Vars is traveling the country with the proposal. So far, the measure has been adopted into law by Washington state, is in consideration in Massachusetts and will be proposed to the Alabama legislature next year.

Public and mental health providers across Alabama, including groups dedicated to suicide prevention, support Vars' efforts.

APPA President J. Luke Engeriser said, "Most individuals who attempt suicide

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APPA's Fall Conference is quickly approaching. Preregistration will remain open through Monday, Sept. 30. Register [online](#) or use the form on page 6. Be sure to sign up for the Welcome Reception. See details below.

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.

Enjoy cocktails, hors d'oeuvres and reconnecting with colleagues. Sign up on the registration form or send an e-mail to cmorris@alamedical.org.



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 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.



Two Chapters of APPA to meet in October

Birmingham Psychiatric Society

The Birmingham Psychiatric Society will meet at 7 p.m. on Oct. 10 at Perry's Steakhouse & Grille in Birmingham. The dinner lecture will be presented by Hari Kannan, MD, of Soiooux Falls, SD, and is sponsored by Allergan.

This dinner lecture is open to the Birmingham Psychiatric Society members and their guests, as well as members from other Birmingham groups. RSVP to katherine@SHKMedicine.com no later than Oct. 3.

Mobile Bay Psychiatric Society

The Mobile Bay Psychiatric Society will meet Oct. 10 in the Chart Room at the Original Oyster House in Spanish Fort from 6:30 - 8 p.m. to hear from Praveen Narahari, MD, who will present *Assisted Out Patient Treatment and its Effectiveness in Providing Quality Care and Decreasing the Overall Healthcare Cost*.

RSVP to Chapter President Hal Veits, MD, at hveits@gmail.com.



NCPS invites APPA members to join call explaining the Goldwater Rule

The Northern California Psychiatric Society is hosting a webinar, Goldwater Deconstructed, on Thursday, Sept. 26, at 7:30 p.m. The webinar will be presented by APA Board of Trustees member Cheryl Willis, MD, director of Child and Adolescent Forensic Psychiatric Services, University Hospitals of Cleveland and Case Western Reserve University.



Dr. Willis will address the history of mental health, public figures and the media, starting with George Washington and Abraham Lincoln. The discussion will examine the developmental history of Barry Goldwater, the situations that led to the *Fact* magazine scandal, the litigation that followed, the Goldwater Rule and what AMA, FSMB, and the expectations about professional conduct in the media that other mental health professional organizations have set forth. The lecture ends with how mental health professionals should interface with the media.

- Appreciate the ethical boundaries that should be considered when speaking with the media about mental health
- Understand how to respond to the media when asked about the behavior of public figures
- Appreciate potential adverse consequences that may occur when the Goldwater rule is disregarded

Webinar pricing is based on the attendee's membership category:

- Resident/Medical Student Member - Free
- Early Career Member - \$10
- General Member - \$20

Register online at <https://ncps.org/education/events>.

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the American Psychiatric Association (APA) and Northern California Psychiatric Society. The APA is accredited by the ACCME to provide continuing medical education for physicians.

Designation Statement

The APA designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychiatrists offer recommendations to help older adults with mental disorders

psychnews.org

As the percentage of U.S. adults older than 65 years continues to grow, so too does the need for preventing mental illness among older adults as well as improving clinical services and outcomes for older patients with psychiatric disorders. So said psychiatrists Warren D. Taylor, MD, MHSc, of Vanderbilt University Medical Center, and Charles F. Reynolds III, MD, of the University of Pittsburgh, in an article published in *JAMA Psychiatry*.


“There will never be enough geriatricians, so we need collaborative approaches that allow us to improve treatment and reduce disease burden,” Taylor and Reynolds wrote. “Research in these areas requires transdisciplinary and translational team-based science, where psychiatrists and psychologists work with geroscientists, implementation scientists, and social scientists.”

They outlined several areas of emphasis for research that could help reduce the burden of psychiatric illness in older adults:

- **Expand suicide prevention efforts, including early identification of those at greatest risk.** Despite a rise in suicide rates in other populations, older adults have the highest risk of suicide completion, they noted.
- **Develop strategies to prevent the recurrence of psychiatric disorders such as mood and anxiety disorders, which are common in older populations.** “While we have substantial information about the acute treatment of these disorders, we know far less about how to keep someone well and avoid future episodes,” they wrote.
- **Determine best ways to treat older patients for substance use disorders.** This includes careful consideration of possible untreated general medical conditions and risk of cognitive impairment in these patients.
- **Continue to investigate the impact of mental illness on general medical disorders.** “Beyond addiction, other mental disorders negatively affect the outcomes of medical disorders, including

cardiovascular disease and diabetes. Further research is needed to elucidate the biological mechanisms underlying these observations and to identify specific targets where intervention may improve both mental and physical prognosis,” they wrote.

- **Elucidate the contribution of mental disorders to cognitive decline and dementia risk.** Depression and other mental disorders accelerate cognitive decline and increase risk of dementia. The mechanism underlying this relationship remains unclear, which complicates efforts to reduce this risk and preserve long-term cognitive function in this population, they wrote.

Although “these challenges are daunting ... [w]e have a moral obligation to care for the most vulnerable in our society,” Taylor and Reynolds concluded. “We need better research and clinical services focused on mental disorders in the elderly, along with integrated interventions promoting resilience, wellness, and successful aging.” 

Walker County has received \$1 million to address opioid crisis

[Daily Mountain Eagle](http://DailyMountainEagle.com)

Walker County has received more than \$1 million from several sources in the past year to address a range of needs related to the opioid crisis.

Among the seven new projects funded are ones to improve transportation options for those seeking treatment, to assess the mental health needs of local students and to provide outpatient treatment for substance use disorders in a primary care setting at Capstone Rural Health Center.

Most recently, Walker County was included in a study of unmet needs of relatives caring for children whose parents have a substance use problem. Twelve percent of local households surveyed in July are caring for a grandchild or some other child because of a parent’s drug use.

The work has been ongoing since the Health Resources and Services Administration awarded the county a \$200,000, one-year planning grant in September 2018. An extension was recently approved that continues the funding through March.

The federal funds were awarded under the Rural Communities Opioid Response Program. A group of local and regional partners have been meeting monthly to look at ways to increase access to substance abuse prevention and treatment services.

“We’ve looked at it more broadly. Although opioids does get a lot of focus, we’ve tried to focus on any substance anywhere along the spectrum from prevention to intervention to treatment and


recovery,” said Rachel Puckett, who came onboard as program manager in February.

The group is made up of nine members: Capstone Rural Health Center, Walker Area Community Foundation, Walker County Schools, Carbon Hill First United Methodist Church, St. Mary’s Episcopal Church, Alabama Department of Public Health, United Way of Central Alabama, University of Alabama Capstone College of Nursing and the Center for AIDS Research at the University of Alabama-Birmingham.

Additional stakeholders that have been consulted include the Walker County Commission, Walker County District Attorney’s Pretrial Program, Drug Court Program, Walker County Sheriff’s Office, Walker County Department of Human Resources, Walker Women’s Specialists, Walker Baptist Medical Center, Southern Research Prosperity Fund and Regional Planning Commission of Greater Birmingham.

The group’s work will soon continue as the new Behavioral Health Priority Group within the Walker County Health Action Partnership.

Next month, the group will meet to identify priorities for 2020. Puckett said creating viable employment opportunities will likely become one of next year’s priorities.

“Over and over again, people in recovery tell us about the need for steady employment,” Puckett said. 

SAVE *the* DATE

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

Firearms 'No Sell' list, cont.

but survive feel remorse about the act and relief that they did not succeed. Firearms are particularly dangerous for a suicidal person because they rarely offer a 'second chance' when used to attempt suicide. A voluntary 'no sell' list for firearms could help protect Alabamians who know that they are going through a difficult time in their lives and recognize that they are at increased risk for impulsive self-harm."

Republican Rep. Allen Farley, who plans to sponsor the bill in Alabama, said this measure would not "infringe on any American's Second Amendment Rights." Instead, he said, it allows people the option to protect themselves in a time of great vulnerability.

The details of the bill are being worked out: In Alabama, the list would be a temporary, 21-day delay.

"This allows someone to say, 'You may not know I'm a harm to myself or others, but I do,'" Vars said. In Alabama alone, he said, the voluntary "no sell" list has the potential to save dozens of lives a year. 🌐

Health, dental insurance available from the Medical Association of the State of Alabama

The Physicians Insurance Plan of Alabama (PIPA), administered through Blue Cross Blue Shield, is a benefit available to members of the Medical Association of the State of Alabama. PIPA provides the physician, their family and staff with strong benefits at affordable premiums.

Open enrollment is Oct. 1 - Oct. 31 for a Jan. 1, 2020, effective date. Current PIPA participants do not have to reapply. However, any changes to current plans must be made no later than Oct. 31.

Visit www.alamedical.org/insurance for full details of the plan and for links to applications and materials. Contact Brenda Green at bgreen@alamedical.org with questions specific to the insurance application procedure.

For information on joining the Medical Association of the State of Alabama, contact Meghan Martin, Director of Membership and Specialty Society Management, at mmartin@alamedical.org. 🌐



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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 Agenda

FRIDAY, OCTOBER 4

1:30 p.m. – 5:30 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 Manager'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.

Hippocampal 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.

www.alabamapsych.com

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: \$ _____