



Photo by Aleksandr Ledogorov on Unsplash

TREATMENT WORKS | RECOVERY IS POSSIBLE

the
freudian
slip

WWW.ALABAMAPSYCH.COM



2020 Spring Conference Canceled

Due to the increasing spread of COVID-19 and based on the declaration of a National Emergency and recommendations from the Alabama Department of Public Health and Centers for Disease Control (CDC) to cancel meetings over 50 attendees, the Alabama Psychiatric Physicians Association (APPA) is cancelling the APPA Spring Meeting on April 3-5, 2020 in Sandestin, FL. Although we are disappointed that we cannot proceed with our exciting scientific program, public health concerns and the safety of our members must come first. We hope that the excellent speakers who had agreed to present at the meeting will be able to participate in a future meeting. We are grateful for the hard work of our meeting organizers and regret that we are not able to proceed.

We are currently investigating options for a virtual business meeting and resident/student/fellow poster presentation. We had another big year in terms of student and resident involvement with 13 poster abstracts submitted, and we would like to make sure that their hard work was not in vain!

The APPA will apply registration fees paid to a future APPA conference unless a refund is requested. Refund requests should be sent to cmorris@alamedical.org. Please be patient while we work through all aspects of canceling the event.

If you have scheduled your own room reservation, please cancel this on your own as the APPA will not be able to cancel your reservation for you. Call the Sandestin Golf & Beach Resort at (800) 320-8115.

We hope that everyone is able to attend our next planned meeting on October 9-10, 2020 at the Marriott Legends Capitol Hill in Prattville. 🌍

APA Annual Meeting in Philadelphia canceled

In the wake of numerous travel restrictions and public health guidance associated with the pandemic spread of coronavirus (COVID-19) the 2020 Annual Meeting in Philadelphia will not take place.

In lieu of the Annual Meeting, the APA will work with speakers to develop the 2020 APA On Demand product this spring as well as other options for delivering psychiatric education this spring.

The latest information from the Centers for Disease Control and Prevention and Pennsylvania health authorities supports our judgment that travel restrictions, meeting restrictions and social distancing are the required, safe and responsible actions. Public health must come first.

All current 2020 Annual Meeting registrants will have the option of a full refund or crediting their registration fee toward the 2020 APA On Demand product. For more information, visit the [FAQ page](#).

We especially hope that our members and colleagues in the medical community who are dealing with containing and treating the virus and its mental health impact will remain safe and healthy. 🌍

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.



If you suspect your patient may have COVID-19:

Complete the online Novel Coronavirus Consultation Form

You do not have to call to get approval for the test. The confirmation you receive after submitting the form IS the approval.

Evaluating Patients

ADPH recommends providers use [CDC guidance](#) to evaluate patients seeking medical care for COVID-19. Symptoms might include: fever, cough, and/or shortness of breath and may appear 2-14 days after exposure.

After submitting the Consultation Form, you will receive an email confirming receipt of your request. If you are requesting testing by ADPH Bureau of Clinical Laboratories (BCL), the email will contain instructions for specimen collection and shipping, guidance for hospitalized patients, and patients being discharged home. Once you have submitted the [Consultation Form](#), there is no need to call ADPH. However, their 24/7/365 emergency phone number: (800) 338-8374 is available if necessary.

If you are submitting your specimens to a commercial or clinical laboratory, the confirmation email will contain guidance for hospitalized patients and patients being discharged home. You should contact your preferred laboratory for specimen collection and shipping instructions.

If your facility is unable to complete the online Consultation Form, you may submit the [CDC Novel Coronavirus Consultation Form](#). Fax or e-mail completed form AND face sheet with patient demographics (Subject Line: "nCoV PUI Form") to: ADPH at (334) 206-3774 or PUIFax@adph.state.al.us.

NOTE: There will be delays submitting via fax due to time required for manual review. Forms received before 4:00 p.m. will be processed the same day. Forms received after 4:00 p.m. will be processed the next day.

ADPH Resources

- [Specimen Collection Guidance for Novel Coronavirus](#)
- [Log of Persons Entering Room Housing PUI](#)

Print Materials Available for Download:

- "Attention Patients" Posters: [English](#) | [Chinese](#) | [Spanish](#)
- For other print materials, visit our [COVID-19](#) main page.

CDC Resources

See latest updates on [Information for Healthcare Professionals](#).

Physician Finder: Birmingham-Hoover

Alabama Licensed Psychiatrist Needed

Established practice, congenial staff and providers seek replacement of retiring psychiatrist with full schedule. Birmingham-Hoover area. Interested parties call (205) 978-7830. If no answer press zero and ask for Peggy Holly.

Blue Cross expands telehealth coverage in response to COVID-19 crisis

Blue Cross and Blue Shield distributed the following announcement to providers on March 13, 2020:

As we continue to monitor the outbreak of the new coronavirus (COVID-19) in Alabama, we are expanding telehealth to ease access to appropriate medical services for your patients who are Blue Cross and Blue Shield of Alabama members.

What does the expansion include?

The expansion of telehealth services is effective March 16, 2020, and allows clinicians to provide medically necessary services that can be appropriately delivered via telephone consultation. These actions will be effective for one month, expiring on April 16, 2020. It will be reevaluated for a continuance as needed.

This is applicable for patients who wish to receive their care remotely and limit their exposure. It can also serve as an initial screening for patients who may need to be tested for the coronavirus. For guidance on coronavirus testing, please refer to the Centers for Disease Control & Prevention and the Alabama Department of Public Health websites.

Member cost-sharing (copays, deductibles, etc.) will apply according to the member's contract benefits. This applies to all Blue Cross and Blue Shield of Alabama members including Blue Advantage®.

What types of providers can perform telehealth?

This applies to physicians and their extenders who currently receive Blue Cross reimbursement on the Preferred Medical Doctor (PMD), Physician Extender, Select and Select Extender fee schedules. Urgent care is also included; however, at this time, we are not including other provider types.

How does this affect behavioral health?

Behavioral health providers are included in this policy expansion. Some of these providers already perform telemedicine services. Under this policy, all behavioral health providers will be able to perform services telephonically. This will expire on April 16, 2020, but be reevaluated for continuance as needed.

For more information about behavioral health phone consultations, see our telemedicine operational policy. For behavioral health billing and coding guidelines specific to this telehealth expansion, refer to the New Directions Behavioral Health telehealth expansion memo (link will be posted here when available).

New Directions will communicate additional telehealth services information to providers. To support providers who may have patients experiencing distress or anxiety, New Directions is offering a crisis hotline for the public at 1-833-848-1764.

What services can be performed?

Telehealth is appropriate for consultations and visits for either low complexity, routine or ongoing evaluation and management. This would include acute illnesses or chronic disease management that, based on the provider's medical judgment, can be managed over the phone.

What codes apply?

Providers should bill established-patient evaluation and management codes up to a level 3 (CPT Codes 99211, 99212 and 99213). Standard documentation applies and additional billing guidelines will be posted on ProviderAccess. Claims should be filed with place of service 02 (telehealth). A modifier is not required.

Providers should only bill for telephonic consultations when the provider speaks directly with the patient. Providers should not bill Blue Cross for services when, for example, a nurse speaks to the patient, even if the provider was consulted.

If you have questions, call Provider Networks at 1-866-904-4130.

New Directions Behavioral Health is our business associate and is an independent company that provides diagnostic testing, information and services.

CPT codes, descriptions and data copyright ©2019 American Medical Association. All rights reserved. Applicable FARS/DFARS apply.

COVID-19 Mental Health Impacts: Resources for Psychiatrists

www.psychiatry.org

With COVID-19 evolving rapidly across the world, APA's Committee on Psychiatric Dimensions of Disasters and the APA's Council on International Psychiatry compiled the following list of resources for psychiatrists. The resources cover not only the physical impact of the coronavirus, but on its potential mental health and psychosocial issues and responses. The resources also include a section on telepsychiatry, to prepare for the possibility of isolation and/or quarantine.

For immediate assistance:

- Disaster Distress Helpline - Call (800) 985-5990 or text TalkWithUs to 66746
- National Suicide Prevention Lifeline - Call (800) 273-8255 or [Chat with Lifeline](#)

- Crisis Textline - Text TALK to 741741

Resources for Providers

- [Taking Care of Patients During the Coronavirus Outbreak: A Guide for Psychiatrists](#) (Center for the Study of Traumatic Stress, CSTS)
- [Helping Patients Manage the Psychological Effects of Quarantine and Isolation](#) (CSTS)
- [How Healthcare Personnel Can Take Care of Themselves](#) (CSTS)
- [Supporting the Mental Health of Patients During COVID-19: A Guide for Healthcare Personnel](#) (CSTS)
- [Supporting Patients During Quarantine or Confinement](#) (CSTS)
- [Care for Critically Ill Patients With COVID-19](#), (*JAMA Insights: Clinical Update*, March 11, 2020)

Alabama legislative update

House Expected to Vote on Mental Health Bills

House Majority Leader Nathaniel Ledbetter (R-Rainsville) unveiled in early March a package of bills and legislative resolutions being introduced in the Alabama House to expand access to mental health services. The effort is a bipartisan one, and many of the legislative items have both Democratic and Republican sponsors.

The mental health package includes legislative items to:

- Create and fund three mental health 24-hour crisis care centers in Alabama;
- Create a process for a “72-hour hold” for individuals believed to have mental illness and pose a threat to themselves or others under 72-hour protective custody, to include transportation to a facility (to include one of the three new crisis care centers) for evaluation and treatment;
- Require each school system to employ a mental health service coordinator;
- Require the certifying body for law enforcement to provide mandatory crisis intervention training and continuing education to officers; and
- Encourage all 67 counties to implement the Stepping Up initiative, which aims to reduce the number of individuals in jail with mental illness.

Medical Cannabis Passes Senate Committee

In late February the Alabama Senate Judiciary Committee advanced a bill allowing cannabis to be recommended for up to 15 conditions for medicinal purposes.

SB165, informally named the Compassion Act and sponsored by Sen. Tim Melson, MD, would allow physicians to recommend medical cannabis for conditions such as cancer, anxiety and chronic pain. It would also let patients with state-issued cannabis cards to purchase cannabis products at licensed dispensaries. Cannabis products dispensed to patients would be under strict state regulation from seed to sale, including testing products for consistency and to ensure no contamination.

Under Melson’s bill, medical cannabis would be available to anyone 19 years or older whom a physician certifies as having a qualifying medical condition. Patients 18 or younger would need a parent or guardian to administer cannabis. The patient would have to apply for a medical cannabis card, which would cost no more than \$65.

The bill would also establish a fund using tax proceedings for increased research on cannabis.

Senate Committee Approves Collaborative Practice Ratio Increase

In February, the Senate Health Committee approved an amended version of legislation dealing with the ratio of physicians to nurse practitioners in a collaborative practice.

Originally, the bill would have allowed physician collaboration with an “unlimited” number of full-time equivalent nurse practitioners or nurse-midwives. However, after significant input from the Medical Association, the legislation was amended as follows:

- Deletes “unlimited” and instead increases the current ratio of FTEs from 1:4 to 1:9;
- Adds physician assistants to the total collaborative ratio;
- Maintains the collaborating physician’s autonomy and authority within the collaborative practice agreement;
- Maintains the ability for exceptions to this new 1:9 ratio through regulation; and,
- Maintains the current regulatory structure for physician assistants, nurse practitioners, nurse midwives, and collaborating physicians.

The legislation (SB114) now moves to the Senate floor for a vote. 🗳️

COVID-19 Resources for Psychiatrists, cont.

- *Telepsychiatry and COVID-19* (APA)
- *Best Practices in Videoconferencing-Based Telemental Health guide* (APA and American Telemedicine Association)
- **Resources for Families**
- *Taking Care of Family Well-Being* (National Child Traumatic Stress Network, NCTSN)
- *Supporting Homebound Children During COVID-19* (CSTS)
- *Supporting Your Family During Quarantine or Isolation: Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreak* (Substance Abuse and Mental Health Services Administration, SAMHSA)

Resources for Healthcare & Community Leaders

- *Helping People Manage Stress Associated with the COVID-19 Virus Outbreak* (National Center for PTSD)
- *How Public Health Leaders Can Support Communities Dealing with Quarantine* (CSTS)
- *Health Risk and Crisis Communication to Enhance Community Wellness* (CSTS)

- *Addressing Stigma Associated with COVID-19* (World Health Organization)

Additional Resources

The Lancet: Rapid Review, The psychological impact of quarantine and how to reduce it: rapid review of the evidence

United Nations Inter-Agency Standing Committee, Briefing: “*Addressing Mental Health and Psychosocial Aspects of COVID-19 Outbreak*”

For general resources and guidance on coronavirus and prevention, see the Centers for Disease Control and Prevention (CDC) resources

- *What you need to know*
- *Guidance on prevention and control*
- *Guidance for travelers*
- *Coronavirus Stigma and Resilience*
- *Mental Health and Coping During COVID-19* 🗳️

SAVE *the* DATE

Coming Attractions

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

2022 APPA Spring Conference

April 1-2 | The Lodge at Gulf State Park

2022 APPA Fall Conference

October 7-8 | Marriott Resort, Auburn-Opelika Grand National

APA News Briefs

Course of the Month

Highs and Lows: Clinical Pearls and Lessons Learned in the Outpatient Management of Geriatric Bipolar Disorder reviews guidelines for the treatment of aging patients with bipolar disorder. It will cover several challenging and complicated cases of geriatric bipolar disorder treated in an interdisciplinary outpatient clinic. Among other topics, it will explore the management of traditional mood stabilizers and associated symptoms of subtle toxicity in the context of medical co-morbidity and aging. <http://apapsy.ch/mbr-mar20>

Featured Course for Members:

A Comprehensive Framework for the Office Evaluation of Neurocognitive Disorders

A thorough assessment of neurocognitive disorders requires in-depth knowledge of not only psychiatry but also several aspects of geriatric medicine, neurology, neuroimaging and even medical ethics. During this course, participants will learn a practical six-step approach for the efficient evaluation of patients with cognitive complaints in the office, illustrated by real cases. http://apapsy.ch/framework_ncd

What Is APA Doing for You at State and National Levels?

Learn about APA's advocacy activities in Washington, D.C., and in state capitals to shape policies that advance psychiatry and promote the highest quality of care. <https://www.psychiatry.org/psychiatrists/advocacy/february-2020-advocacy-update>

Call for Applications to Join the 2020–2021 Editorial Board

The American Journal of Psychiatry—Residents' Journal is now accepting applications from APA Resident-Fellow Members to join the 2020–2021 Editorial Board. Learn more and apply by March 15, 2020. <https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp-rj.2019.150215>

Hey Alexa! Play My Psychiatric News Brief!

A new episode of Psychiatric News Alert, Pain and Cannabis Use Disorder, is now available on Alexa. The episode is also on the Psychiatric News home page and the journal article page associated with the alert. <https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2019.19030284>

Free Risk Management Courses from APA, Inc.

American Professional Agency, Inc., APA's endorsed medical liability carrier, offers almost a dozen risk management courses with AMA PRA Category Credit™, which are available free to members at www.psychiatry.org/risk.

the
freudian
slip

Alabama Psychiatric Physicians Association

19 S. Jackson Street |
Montgomery, AL 36104
(334) 954-2500
Fax (334) 269-5200
www.alabamapsych.com

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.