



Photo by Debby Hudson on Unsplash

# the freudian slip

TREATMENT WORKS | RECOVERY IS POSSIBLE

WWW.ALABAMAPSYCH.COM

## Fall Educational Conference to be conducted virtually

Given the current situation with COVID-19 and keeping the health and safety of our attendees in mind, APPA's Executive Council decided to conduct the fall conference virtually on Saturday, Oct. 10. We will hear from an outstanding lineup of speakers and will have breaks throughout the day to help eliminate screen fatigue. See page 6 for a full schedule.

### Conference approved for CME 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 6 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

continued on page 3

## Welcome 2020-2022 APPA President Godehard Oepen, MD, PhD, DLFAPA

Because of the cancellation of APPA's Spring Conference, the annual business meeting was postponed and subsequently conducted via Zoom on Sept. 9.

Taking office as president is **Godehard Oepen, MD, PhD, DLFAPA**. Dr. Oepen was born and raised in West-Germany. He studied medicine in Marburg, Fribourg/Switzerland, and Freiburg. After his term in the military, he completed residency training in neurology and obtained a PhD in clinical neurophysiology. He then completed a second residency training in psychiatry at the Albert Ludwigs University in Freiburg, Germany, where he then served as senior clinician and associate professor.



In 1989, Dr. Oepen continued his research and clinical activities in Boston at Harvard University, where he underwent another required residency training in American psychiatry at McLean Hospital/Harvard Medical School.

His more than 110 articles, book chapters and three edited books cover a wide range of topics including Huntington's Disease, Parkinson's Disease, MS, Schizophrenia, Bipolar Disorder, Borderline Personality Disorder, Psychopharmacology, and Philosophical Issues in Psychiatry.

After four years at the Bedford VA Hospital and two years as medical director of the Harvard North Shore Geriatric Psychiatry Program in Salem, Mass., Dr. Oepen joined Alabama Psychiatric Services in 1999 and until its closing in Feb. 2015 was assistant medical director for Clinical Services and Education. While there he was coordinator of APS' continuing medical education program. In March 2015 Dr. Oepen joined Grayson & Associates in their Riverchase office providing inpatient care at St. Vincent's East.

Look for profiles of our other executive committee members in future issues of *Freudian Slip*. 

### APPA 2020-2022 Executive Committee

President: Godehard Oepen, MD, PhD, DLFAPA, Birmingham

President-elect: Clinton Martin, MD, FAPA, Huntsville

Secretary: Daniel Dahl, MD, Birmingham

Treasurer: Mark Haygood, DO, MS, Mobile

**WHAT'S UP AROUND THE STATE...**

**Birmingham**



**BIRMINGHAM  
PSYCHIATRIC  
SOCIETY**

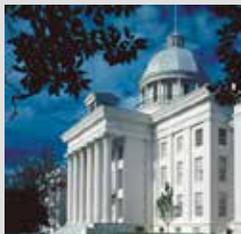


For more information about the Birmingham Psychiatric Society contact BPS President Paul O'Leary,

MD, at [dr.paul@me.com](mailto: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](mailto:linda.teel@mpa1040.com).



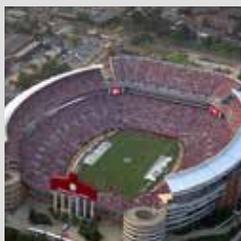
**Mobile Bay**



For information on the Mobile Bay Psychiatric Society e-mail [pnarahari@altapointe.org](mailto:pnarahari@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](mailto:tulzen@cchs.ua.edu) for more information.



**APPA requests support for 'Healthcare Workforce Resilience Act'**

In a May letter to U.S. Congressmen and House Members, APPA 1998-2020 President J. Luke Engeriser, MD, DFAPA, urged support of S. 3599, known as the Healthcare Workforce Resilience Act. The legislation addresses the shortage of physicians and nurses during the nation's COVID-19 pandemic and will enhance the healthcare workforce.

Specifically, the bill authorizes the recapturing of 15,000 unused immigrant visas for physicians as well as 25,000 visas for nurses. The bill further allows for the issuing of visas for the immediate families of these physicians and nurses and not have those visas count toward the 40,000 limit.

**APPA website adds mental health news from around Alabama**

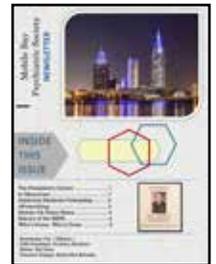
In addition to seeing current and past issues of *Freudian Slip* on APPA's website, you may now find links to current mental health news stories across the state. Visit [www.alabamapsych.com/news](http://www.alabamapsych.com/news), click on the headline to link directly to the story. Articles are refreshed weekly.

**Mobile Bay Psychiatric Society publishes newsletter; website coming soon**

Mobile Bay Psychiatric Society (MBPS) has published their first newsletter and are working on launching a website.

The bi-annual newsletter features a message from MBPS president, **Praveen Narahari, MD**, updates on mental health news from south Alabama and psychiatrists who are new in town or moved on.

To be added to the distribution list to receive the newsletter, contact newsletter editor, **Hal Veits, MD**, at [hal\\_veits@msn.com](mailto:hal_veits@msn.com).



**2021 Membership billing to begin in October**

Membership dues renewals for APPA and APA will begin the first week of October. You may renew online through your [my.psychiatry.org](http://my.psychiatry.org) account or email a request to [membership@psych.org](mailto:membership@psych.org) for a direct payment link.

To make paying dues more affordable, you may choose to participate in a payment plan of monthly, quarterly or biannual installments. Just complete the **Scheduled Payment Plan form** or call the APA's membership department at (202) 559-3900.

Our power is strengthened with each member's support and involvement. Now more than ever, your membership is critical to our profession and the patients for whom we care.



**Physician Finder: Huntsville**

Huntsville Hospital seeking BC/BE Psychiatrist for inpatient hospital coverage to include ED, medical floor consults and follow ups, with average of 15 patients per provider. Coverage of pediatric consults required. Monday through Friday position, call requirements of weekend call 1:4 and weekday call of 2-3 days per month. [Tina.baker@hhsys.org](mailto:Tina.baker@hhsys.org) 256-265-7073.

# APPA Virtual Conference October 10, 2020



## APPA Virtual Conference Faculty



**Michael D. Banov MD**, is medical director of PsychAtlanta and PsychAtlanta Research Center in Atlanta, Ga., and is an assistant clinical professor of psychiatry at the Medical College of Georgia.

Dr. Banov received his medical degree from Emory School of Medicine and completed his psychiatry training at McLean-Mass General Hospital through the Harvard Medical School Residency Program. He was chief resident of the psychotic disorders program and was given a teaching faculty appointment at Harvard Medical School before moving back to Georgia.

Dr. Banov has conducted more than 100 clinical research studies with new and existing compounds in the management of acute and chronic psychiatric conditions.

**Nancy Bishop, BS**, is the State Pharmacy Director at the Alabama Department of Public Health and is the director of the Prescription Drug Monitoring Program (PDMP).

She is a member of the Alabama Pharmacist Association and the American Pharmacist Association.



**Gabrielle A. Carlson, MD**, is a professor of psychiatry and pediatrics at State University of New York at Stony Brook. She is the founder and former director of their

Division of Child and Adolescent Psychiatry.

She earned her medical degree from Cornell University Medical College and completed training at Washington University in St. Louis, and the National Institutes of Mental Health. She

completed a fellowship in child and adolescent psychiatry at UCLA where she subsequently taught on the faculty.

Dr. Carlson is president of the American Academy of Child and Adolescent Psychiatry.



**Marco Del Giudice, PhD**, is associate professor of psychology at the University of New Mexico. He earned his PhD in cognitive science from the University of

Turin, Torino, Italy.

His work explores a broad range of topics at the intersection of human behavior, evolution, and development.

He has published more than 90 papers and chapters, and won the 2016 Early Career Award of the Human Behavior and Evolution Society.



**Andrew Friede, MD, MPH**, practices preventive medicine at Grayson & Associates in Birmingham.

He earned his medical degree at Johns Hopkins and completed preventive medicine residency and MPH at Harvard.

Dr. Friede began his career at the Centers for Disease Control and Prevention as a medical epidemiologist researching maternal and child health issues.



**Philip Muskin, MD, MA, DLFAPA**, is professor of psychiatry at Columbia University Medical Center and a clinical supervisor, C-L clinician and private

practitioner of psychiatry and psychoanalysis.

He is a graduate of Cornell University, the Graduate Faculty of the New School for Social Research, New York Medical College (AOA), and the Columbia University Psychoanalytic Center.

He has published numerous articles, books, and chapters on topics including the role of religiosity in DNR decisions, the psychodynamics of physician-assisted suicide, and decision-making capacity of medically ill patients.



**Praveen Narahari, MD, MS**, is assistant medical director for AltaPointe Health Systems.

He earned his medical degree from N.T.R. University of Health

Sciences - Kakatiya Medical College, Warangal, India. He also obtained a master's degree in community nutrition from Eastern Kentucky University.

Before beginning his residency in adult psychiatry at the University of South Alabama he volunteered as research assistant at the University of Louisville, Department of Psychiatry.

He served as chief resident of psychiatry during his PGY 4 year and received the Red Sash Award from the USA medical student class of 2015, 2016 and 2017. He received Faculty Teacher of the Year award from residents in 2018.

Dr. Narahari's special interests are in the area of biological psychiatry, community psychiatry and psychopharmacology.



**Charles Nevels, MD**, is a psychiatrist in Tuscaloosa and is affiliated with multiple hospitals in the area, including Birmingham Veterans Affairs Medical Center and Medical West.

He received his medical degree from Medical College of Georgia School of Medicine. His residency and internship were with Menninger School of Psychiatry. Dr. Nevels has been in practice for more than 20 years. 🌐

Register online at  
[www.tinyurl.com/APPA2020VirtualConference](http://www.tinyurl.com/APPA2020VirtualConference)  
or use the form on page 7.

## APA Presidential Task Force to address structural racism throughout psychiatry

[www.psychiatry.org](http://www.psychiatry.org)

In July, the American Psychiatric Association (APA) announced the creation of a Presidential Task Force to Address Structural Racism Throughout Psychiatry. The Task Force was initially described at an APA Town Hall on June 15 amidst rising calls from psychiatrists for action on racism.

Focusing on organized psychiatry, psychiatrists, psychiatric trainees, psychiatric patients, and others who work to serve psychiatric patients, the Task Force is initially charged with:

1. Providing education and resources on APA's and psychiatry's history regarding structural racism;
2. Explaining the current impact of structural racism on the mental health of our patients and colleagues;
3. Developing achievable and actionable recommendations for change to eliminate structural racism in the APA and psychiatry now and in the future;
4. Providing reports with specific recommendations for achievable actions to the APA Board of Trustees at each of its meetings through May 2021; and
5. Monitoring the implementation of tasks 1-4.

Cheryl D. Wills, MD, associate professor of psychiatry at Case Western Reserve University (Ohio), and APA Area 4 Board of Trustees Member, is the chair of the Task Force.

"The history of the APA, going back to its very roots in the 1700s, is scarred with structural racism and racist ideas," said APA President Jeffrey Geller, MD, MPH. "While efforts have occurred over the years to rectify this problem, particularly by Black psychiatrists, as a field and organization we still have a very long way to go. I believe in this moment, when all Americans are seeing the murders and trauma of many Black Americans, as well as an upswell of activism and change, we hope all our members will work with the Task Force to bring about actions that will make a difference for our organization and field with positive ripple effects far beyond." 🌍



Find the Task Force hub at  
<https://www.psychiatry.org/psychiatrists/structural-racism-task-force>.



## APPA speaks out on systemic racism

APPA recognizes and is committed to confronting racism and racial inequalities within our society and the healthcare system. APPA further recognizes the need to end systemic racism in our country and to work toward a better, fairer, and more just society.

Worsening inequities, unequal access to care, and the racial disparities of psychiatrists all have roots in systemic racism and must be confronted.

Tremendous work needs to be done to ensure that everyone has the opportunity, resources, and conditions to achieve optimal mental health.

### The Alabama Psychiatric Physicians Association:

- Opposes all forms of racism;
- Considers racism a public health crisis and a threat to public health;
- Understands the elimination of health disparities will not be achieved without first acknowledging the contributions of all races to health and social inequalities;
- Understands that we have a responsibility to actively work to eliminate discriminatory policies and practices across all of healthcare;
- Supports ending racial discrimination in mental health care and the equitable access to quality services; and
- Encourages all psychiatrists to be advocates for justice. 🌍

## Survey: Alabama medical practices hit hard by COVID-19

[www.alabamamedicine.org](http://www.alabamamedicine.org)

In just a few months, the coronavirus pandemic changed the way we function as a society and fundamentally altered our healthcare delivery system. It has exacerbated weaknesses in the infrastructure of health care and exposed limitations in current policies at a time when costs are rising and access to care is dwindling.

The Medical Association of the State of Alabama conducted a survey to determine the impact of COVID-19 on medical practices and care delivery. The survey identified several key findings:

- Patient volume is down leading to concerns that Alabamians are not going to their physician for routine care;
- More than 70% of respondents said COVID-19 has had a severe impact on practice finances, causing layoffs and furloughs and limiting access to care;
- More than 71% said they're likely to continue providing telemedicine if insurers continue covering those services; and
- More than 71% are concerned about the potential liability from lack of PPE and patients canceling or delaying procedures and other medical care.

In light of the findings of the survey, the Medical Association is recommending several public policy proposals:

- Allocate state stimulus funds to reimburse practices for COVID-19 related expenses;
- Expand testing, PPE, and cleaning supply availability;
- Continue coverage of telemedicine by insurers at existing rates; and
- Enact "safe harbor" legislation to provide liability protections to health care providers.

Read the full report at [www.alabamamedicine.org](http://www.alabamamedicine.org). 🌍

SAVE *the* DATE

## Coming Attractions

### 2020 APPA Fall Conference

October 10 | Zoom

### 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 is Back: Two free CME courses available now

APA Members can access two free CME courses this month: “Addictive Substances and Sleep” and “Beyond the Initial Treatment of Anxiety Disorders.” Check them out today in the new [APA Learning Center](#).

### New Practice Resource: APA App Advisor

The use of mobile health technologies is expanding across the health care market with thousands of smartphone apps directly available for patients to download. To help psychiatrists and mental health professionals navigate questions regarding the efficacy and risks of mobile apps, APA created [App Advisor](#), a new tool with sample app evaluations and resources developed by our Expert Panel to help you and your patients make informed decisions about choosing a mental health app.

### APA Coronavirus Resources: [Psychiatry.org/coronavirus](https://www.psychiatry.org/coronavirus)

APA is collecting authoritative and timely resources at [psychiatry.org/coronavirus](https://www.psychiatry.org/coronavirus) and will update this page on a continual basis. Upcoming webinars to help you navigate the rapidly changing clinical practice environment will be linked, along with information for your practice, patients and their families, the public, and healthcare and community leaders.

### Telepsychiatry & COVID-19

Learn more about whether telepsychiatry may be a helpful option for your practice, and access APA's collection of [resources on telepsychiatry](#).

### Keep up with APA's Presidential Task Force to Address Structural Racism Throughout Psychiatry

The APA Presidential Task Force to Address Structural Racism Throughout Psychiatry was formed by APA President Dr. Jeffrey Geller in June 2020, and its work is ongoing. Visit the [Task Force's resource page](#) to learn about its charge and activities.

In addition to the task force, APA CEO and Medical Director Saul Levin, MD, MPH, joined the CEOs of the American Psychological Association and the National Association of Social Workers in an op-ed titled, “[Mental-health leaders: We must end pandemic of racism](#),” published in *The Orlando Sentinel* calling for action to be taken to end structural racism in America. The op-ed includes suggested action for lawmakers to take, including permanent rollbacks to telepsychiatry restrictions, police reform, and working with mental health professionals to respond to individuals in mental health crisis. 🌍

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two weeks in advance  
of printing.

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