



The Southern Psychiatric Association  
and the Alabama Psychiatric Physicians  
Association present:

# Resilience: COVID-19 and Beyond

## October 7-8, 2021



## SPA/APPA 2021 VIRTUAL CONFERENCE AGENDA

*Note: All times are listed in Central Standard Time*

### Thursday, Oct. 7

**1:45 p.m. – 2:00 p.m.**

**Get Connected:** Log in to the Horizon Virtual Venue early to work out any connection issues.

**2:00 p.m. – 2:30 p.m.**

**Community-based Resilience and Recovery**

Jacqueline Maus Feldman, MD, DLFAPA, Professor Emerita, University of Alabama

**2:30 p.m. – 3:00 p.m.**

**Mental Health Equity: Resilience and Recovery**

Timothy E. Stone, MD, Psychiatric Director, Wexford Health-Alabama

**3:00 p.m. – 3:45 p.m.**

**Ethics and the COVID-19 Pandemic**

Rebecca W. Brendel, MD, JD, Associate Director, Center for Bioethics, Harvard Medical School

**3:45 p.m. – 4:00 p.m. Break**

**4:00 p.m. – 4:45 p.m.**

**Professional Boundaries: Protecting the Doctor/Patient Relationship**

Stephen D. Loyd, MD, Chief Medical Officer, Cedar Recovery

**4:45 p.m. – 5:30 p.m.**

**New Antidepressants and the Pharmaceutical Pipeline: Where Are We Going?**

Richard C. Shelton, MD, Professor, University of Alabama - Birmingham

**5:30 p.m. – 6:15 p.m.**

**Preventing Violence, Seclusion and Restraints in Psychiatric Hospitals: The State of Affairs**

Sylvia Atdjian, MD, DFAPA, Associate Professor, Psychiatry and Behavioral Sciences, Johns Hopkins University School of Medicine

**6:15 p.m. – 6:45 p.m.**

**Comparison of the Risk of Psychiatric Disorders Between Bariatric Surgery Patients vs. Obesity Controls: A National Cohort Study**

Ari Morgenstern, MD, PGY-2 Resident, Mount Sinai

**6:45 p.m. – 7:45 p.m. Reception**

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### Friday, Oct. 8

**7:45 a.m. – 8:00 a.m.**

**Get Connected:** Log in to the Horizon Virtual Venue early to work out any connection issues

**8:00 a.m. – 8:45 a.m.**

**COVID-19 Vaccine Update**

Sandra Adamson Fryhofer, MD, Adjunct Associate Professor of Medicine, Emory University School of Medicine

**8:45 a.m. – 9:30 a.m.**

**Six Es of Racism: Ensuring Equitable Care**

Rahn Kennedy Bailey, MD, DFAPA, Chairman, Department of Psychiatry, Louisiana State University

**9:30 a.m. – 9:45 a.m. Break**

**9:45 a.m. – 10:30 a.m.**

**Decolonizing Psychiatry**

Ayesha Khan, PhD, Postdoctoral Fellow in Infectious Diseases, Mayo Clinic

**10:30 a.m. – 11:15 a.m.**

**The Effect of Mass Incarceration and America's History of Racial Injustice on Mental Health**

Charlotte Morrison, JD, Senior Attorney, Equal Justice Initiative

**11:15 a.m. – 11:45 a.m.**

**Promoting Diversity at UAB School of Medicine - Successes and Challenges**

Roger D. Smalligan, MD, MPH, FACP, Regional Dean, University of Alabama at Birmingham School of Medicine - Huntsville Regional Campus

**11:45 a.m. – 12:45 p.m. Reception**

# OBJECTIVES

## **At the end of the SPA/APPA 2021 Conference, participants will be able to:**

- Assess the impact of social determinants on people with mental illness and incorporating recovery into treatment planning.
- Recognize disparities in availability and quality of mental health care across different populations.
- Describe key features of ethical challenges in psychiatry and a plurality of approaches to address them.
- Recognize situations that threaten the doctor/patient relationship in regard to social media and prescribing to family members.
- Describe the mechanisms of action of the newest antidepressants and their effect on patients.
- Describe efforts to prevent the use of seclusion and restraints in the treatment of people in psychiatric hospitals.
- Recognize the need for mental health assessments and interventions for bariatric surgery patients.
- Review current COVID-19 guidelines and regulations.
- Identify actions that promote racial bias and inequitable mental health care among various populations.
- Describe the impact of historical and modern colonialism on psychiatry and psychology, and how it can cause racial health disparities.
- Cite America's history of racial injustice and mass incarceration, and the resulting effects on the physical and psychological health of minorities.
- Review the importance and challenges of improving diversity among psychiatrists and other healthcare providers in order to encourage minority populations to seek help.

# EDUCATION

## **Evaluation and Request for Credit**

At the conclusion of this activity, an email will be sent to all pre-registered attendees with a link to complete the evaluation and request for credit.

## **CME Transcripts**

Transcripts will be available for download eight weeks after the date of the educational event.

Go to [www.alamedical.org/CMEtranscript](http://www.alamedical.org/CMEtranscript) and follow the instructions to print or download your CME transcript. For assistance, please call Margaret McGuire at (334) 954-2500.

## **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 8.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.