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## SPA/APPA 2021 Virtual Conference Wrap-up

Just when we thought it was safe to meet in person, the Delta variant of COVID-19 entered the game and prompted us to move to a fully virtual conference. APPA appreciates the work of the planning committee, the staff and board of the Southern Psychiatric Association and, of course, the speakers who made all of the necessary adjustments to transition to a virtual format in the “third quarter” of our planning process.

We express particular appreciation to our sponsors and exhibitors who were willing to participate in our virtual meeting. See pages 3-5 for highlights of each company:

- Gold Sponsor – PRMS
- Silver Sponsor – American Professional Agency, Inc.
- Exhibitors – AbbVie, Army Medical Recruiting, GeneSight, HopeWay, IDgenetix, Janssen Neuroscience Company and Sheppard Pratt.

### Poster Contest – Tie for First Place

Nine submissions were accepted for entry into our *fall virtual poster contest*. After votes were tallied, two entries tied for first place:



**Itamar Shapira, MS-3, UAB School of Medicine**  
 Abstract 21-2-01  
 Two Hits, but the First Matters Most: Childhood Trauma Predisposes to Adult PTSD and Influences Adult Interpersonal Dynamics



**Matthew Bonds, MS-3, UAB Huntsville**  
 Abstract 21-2-09  
 MicroRNA Correlates of Childhood Maltreatment and Suicidality

### APPA 2022 Spring Conference

Registration is open for our 2022 Spring Conference, April 1-3, at The Lodge at Gulf State Park. Visit [www.alabamapsych.org/physicians](http://www.alabamapsych.org/physicians) for registration and room reservation details.

## Medical Cannabis rules proposed

*Medical Association of the State of Alabama*

The Alabama Board of Medical Examiners (BME) has issued for public comment rules for physician certification to recommend cannabis to patients with qualifying medical conditions. These rules provide the framework for physician application and eligibility for a certification permit and the actual physician requirements for certification for medical cannabis use.

### A summary of the rules is as follows:

1. In order for a physician to be eligible for a certification permit, the physician must hold a current unrestricted Alabama medical license, an Alabama Controlled Substance Certificate, and a DEA license.
2. The physician must be registered and have access to the Prescription Drug Monitoring Program (PDMP) and the Alabama Medical Cannabis Patient Registry System
3. Physicians must complete an initial four-hour (4) CME course on medical cannabis and a two-hour (2) review course every two years.
4. The initial Certification Permit is \$300 and must be renewed annually with a fee of \$200
5. Per the legislative statute, certifying physicians will be prohibited from having

*continued on page 6*

## Alabama Psychiatric Physicians Association

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

### \$4.8 million grants to assist child abuse victims in Alabama

*WRBC.com*

Gov. Kay Ivey has announced grants totaling \$4.8 million to help provide services to child victims of abuse, neglect and sexual assault, as well as provide training and resources to local law enforcement and nonprofit agencies.

The grants will help nonprofit organizations provide services including forensic interviews, mental health services, medical services referrals, advocacy, community education and prevention services.

“Young victims deserve to have the same professional services and help given to them as adult victims,” Gov. Ivey said. “I commend these agencies that work daily to help those who have been harmed and work to prevent further abuse.”

The Alabama Department of Economic and Community Affairs is administering the grants from funds made available by the U.S. Department of Justice.

“ADECA shares Gov. Ivey’s dedication to protecting the most vulnerable among us by making sure child victims have the resources they need and that those helping the children are trained to provide the best assistance possible,” ADECA Director Kenneth Boswell said.

The following grants were awarded to various local and state agencies who provide direct services to victims and providers:

- Russell County Child Advocacy Center (Russell County): \$66,240.
- Pike Regional Child Advocacy Center (Barbour, Bullock, Coffee, Pike): \$109,440.
- Morgan County Child Advocacy Center (Morgan County): \$229,440.
- The Children’s Advocacy Center of Cherokee County (Cherokee County): \$140,160.
- Walker County Children’s Advocacy Center (Walker, Marion): \$217,920.
- Escambia County Regional Child Advocacy Center, Inc. (Conecuh, Escambia, Monroe): \$67,200.
- Family Counseling Center of Mobile, Inc. (Mobile County): \$347,650.
- West Alabama Children’s Advocacy Center (Fayette, Lamar, Pickens): \$83,520.
- Covington County Child Advocacy Center, Inc. (Covington County): \$91,200.
- The Child Advocacy Center of Marshall County (Marshall County): \$144,000.
- Talladega County Child Advocacy Center, Inc. (Clay, Coosa, Talladega): \$82,560.
- DeKalb County Children’s Advocacy Center, Inc. (DeKalb County): \$270,487.
- Cramer Children’s Center (Colbert, Franklin, Lauderdale, Lawrence, Winston): \$583,680.
- James M. Barrie Center for Children, Inc. (Etowah County): \$260,160.
- St. Clair Children’s Advocacy Center (St. Clair County): \$65,280.
- Butterfly Bridge Children’s Advocacy Center, Inc. (Autauga, Chilton, Elmore): \$270,720.
- CARE House, Inc. (Baldwin County): \$116,160.
- Prescott House Child Advocacy Center (Jefferson County): \$242,880.
- Calhoun/Cleburne Children’s Center, Inc. (Calhoun, Cleburne): \$130,560.
- National Children’s Advocacy Center (DeKalb, Jackson, Madison, Marshall, Morgan): \$597,983.
- Central Alabama Regional Child Advocacy Center (Bibb, Dallas, Hale, Perry, Wilcox): \$105,600.
- Child Protect Inc. (Montgomery County): \$131,520.
- The Child Advocacy Center of Cullman, Inc. (Cullman County): \$234,477.
- Shelby County Children’s Advocacy Center, Inc. (Shelby County): \$281,280. 🌐



## Exhibitor Sponsors

A special thank you to the meeting's Gold Sponsor, Professional Risk Management Services (PRMS), who sponsored the social events following the CME programs, and our Silver Sponsor, American Professional Agency, Inc. We value their continued support of our meetings.

AbbVie is driving the pursuit of improved mental health. Over the last 30 years, the company's scientists and clinicians have worked to tackle the complexity of mental illness and today offer a portfolio of medicines and a pipeline of innovation that spans depression, anxiety, bipolar disorder, and schizophrenia. To learn more about AbbVie's work to support individuals throughout their mental health journey, please visit [www.abbvie.com](http://www.abbvie.com) or follow @abbvie on *Twitter*, *Facebook*, *Instagram*, *YouTube* and *LinkedIn*.

Contact: Lauren Phillips  
Phone: 205-317-5601  
Email: [Lauren.phillips@abbvie.com](mailto:Lauren.phillips@abbvie.com)  
Website: <https://abbvie.com/ccf80>

### AltheaDx: Precision Medicine for Mental Health

AltheaDx, Inc. is a commercial stage molecular diagnostics company specializing in the field of pharmacogenomics (PGx). IDgenetix® is AltheaDx's PGx product test for depression and anxiety and is supported by a published/peer-reviewed Randomized Controlled Trial that demonstrated clinical utility over standard of care when physicians used the test prior to prescribing a medication.

### Raising the Standard of Care

IDgenetix® is raising the standard of care with a comprehensive and personalized pharmacogenomic test:

- Simple cheek swab that determines how your patient's genetic makeup will influence their individual response to medications
- Randomized Controlled Trial supporting clinical utility in treating depression and anxiety
- Our bioinformatics platform and algorithmic analyses also helps identify drug-drug interactions

### How Can a Pharmacogenomic (PGx) Test Help?

DNA unlocks the code to discovering medications that can

work best with your patients. Why? Because Pharmacogenomic testing pinpoints genetic variations that otherwise would go undetected.

### How Much Does an IDgenetix® Test Cost?

- Medicare (Part B) covered tests mean patients pay \$0 out of pocket
- Medicare Advantage covered tests mean patients may have to cover a portion of the cost (typically \$330 or less)
- Commercial or Other Insurance plans vary but your patient may have to cover a portion of the cost (typically \$330 or less)
- Participating Medicaid States normally mean your patients pay \$0 out of pocket
- Uninsured patients should contact us to see how we can help
- We bill your insurance for the cost of the IDgenetix® test

**Give your practice an advantage with one of the most accurate pharmacogenomic tests available to make personalized medicine easy.**

### Your questions. Answered.

Please contact our customer service center at 1-855-MY-PGX-ID (1-855-697-4943) or [support@IDgenetix.com](mailto:support@IDgenetix.com), or speak to your local IDgenetix® account manager to set up an online account and obtain IDgenetix® sample collection kits.

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American Professional Agency, Inc., (APA, Inc.) holds the unique distinction of being the endorsed professional liability carrier of the APA as well as the endorsed sponsor for AACAP. We earned this honor through a combination of product offerings and services that are best in class. These include:

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- Policy discounts for new policy holders, part time professionals and policy holders who complete on line risk management CME courses.
- CME webinars offered in partnership with APA District Branches.

*continued on page 4*

## 2021 Exhibitor highlights, cont.

We have been in business for 65 years and we insure all mental health professionals. We pride ourselves on our excellent customer service. Please feel free to contact us if we can answer any questions – 800-421-6694. We thank you for your many years of support and look forward to working with you.

Christine Cotter  
Vice President, Public Relations  
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Website: <https://www.americanprofessional.com>



The GeneSight test provides information about your patient that may help you avoid multiple medication trials. The GeneSight Psychotropic test is a pharmacogenomic test that analyzes clinically important genetic variations which may impact how your patient metabolizes and responds to certain medications used to treat mental health conditions. The test is a powerful tool to augment your knowledge, experience and passion for your patients.

GeneSight Psychotropic now includes ADHD medications!

Lauren Goode  
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Website: [www.GeneSight.com](http://www.GeneSight.com)



HopeWay is a private nonprofit voluntary mental health treatment facility in Charlotte, NC serving adults 18+. HopeWay could easily be described by its beautiful sprawling campus or the serene environment, but the distinguishing factor is the top-notch, evidence-based care offered by the interdisciplinary team of physicians, psychologists, therapists and nurses. Through HopeWay's integrative model, clients are entering treatment and learning the skills necessary for sustainable, long-term recovery to live their most fulfilling life.

In addition to 36 private bedrooms and baths in the Residential Program (4-6 weeks average length of stay), HopeWay offers two day treatment options – a Partial Hospitalization Program (with and without housing offered) and an Intensive Outpatient Program (virtual and on-site). HopeWay recently expanded services to offer intensive, evidence-based treatment for Veterans struggling with PTSD.

HopeWay's treatment model focuses on complete psychiatric and medical wellness with access to full diagnostic and assessment services and psychological testing, when needed. The experienced team of psychiatrists and therapists work with clients to create individualized treatment plans based on assessments and the client's goals. In combination with individual therapy sessions, clients participate in group therapy and integrative therapies, such as art, music, recreation, horticulture, health & wellness, yoga, drumming, pet therapy and mindfulness and meditation. Because of the importance of maintaining both mental and physical health, HopeWay has achieved the recognition with the Joint Commission as a Behavioral Health Home, with their on-site wellness clinic to address the physical needs of their clients

In-Network with Aetna, BCBS, Cigna, CBHA, Magellan, Medcost and United Healthcare. Also, a VA Community Care Provider under the MISSION Act for the Veterans PTSD Intensive Program. Financial assistance available upon qualification. Call Karen Ortiz@ 980-205-1350 or Admissions at 888-859-2106.

Karen Ortiz  
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### Janssen Neuroscience Company

At Janssen, we're creating a future where disease is a thing of the past. We're the Pharmaceutical Companies of Johnson & Johnson, working tirelessly to make that future a reality for patients everywhere by fighting sickness with science, improving access with ingenuity, and healing hopelessness with heart. In Janssen Neuroscience, we continue the mission of our namesake, Dr. Paul Janssen, whose discoveries transformed treatment and care for people with serious mental illness. We work to heal minds and restore hope for adults living with serious brain disorders. We collaborate with healthcare professionals, caregivers and those living with psychiatric and neurological disorders, including schizophrenia, mood disorders, and multiple sclerosis, to improve health outcomes and advance solutions that address critical needs. Learn more about these efforts at [www.janssen.com/neuroscience](http://www.janssen.com/neuroscience). Follow us at [www.twitter.com/JanssenUS](https://www.twitter.com/JanssenUS).

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## 2021 Exhibitor highlights, cont.



PRMS® manages The Psychiatrists' Program®, a full-service **medical professional liability insurance** for behavioral healthcare providers. Unparalleled in its risk management expertise, aggressive defense strategies, and specialized policy, the program includes telepsychiatry and forensic coverage at no cost, and license defense coverage up to \$150,000 (amount may vary by state).

Refer a psychiatrist or behavioral healthcare group practice to PRMS and we will make a \$50 donation to the Southern Psychiatric Association or Alabama Psychiatric Physicians Association, regardless of whether a policy is purchased. Start referring today at [PRMS.com/refer](http://PRMS.com/refer).

Remy Palmer, RPLU, ARM, Senior Account Manager  
Email: [TheProgram@prms.com](mailto:TheProgram@prms.com)  
Website: [www.PRMS.com](http://www.PRMS.com)



### About Sheppard Pratt

Sheppard Pratt is the largest private, nonprofit provider of mental health, substance use, developmental disability, special education, and social services in the country. A nationwide resource, Sheppard Pratt provides services across a comprehensive continuum of care, spanning both hospital- and community-based resources.

Sheppard Pratt is home to some of the top specialized programs in the nation, including:

#### **The Retreat** (click for link)

A residential private pay program for adults with mood, anxiety, personality, and substance use disorders. Residents can expect well-appointed accommodations, the utmost privacy, and a breadth of treatment modalities. The Retreat offers a comprehensive diagnostic assessment, psychopharmacological and neurostimulation interventions, therapy (psychodynamic psychotherapy, DBT, CBT, and others), complementary therapies (yoga, acupuncture, occupational, equine, art, and others), and a supportive transition to aftercare.

#### **The Center for Eating Disorders:** (click for link)

A comprehensive program for the treatment of complex eating disorders with inpatient, partial, and intensive outpatient levels of care. Our multidisciplinary team cares for individuals 12 and older of all genders. Each patient participates in a holistic treatment plan for mind and body which incorporates individual, group, and family therapy; medication management; nutritional counseling and support; expressive arts and occupational therapy; and medical consultation.

#### **The Trauma Disorders Program:** (click for link)

An internationally recognized inpatient program for adults with complex post-traumatic and dissociative disorders. Our therapeutic milieu model ensures that all aspects of our environment promote healing and recovery. Each comprehensive, individualized treatment plan includes individual psychotherapy, pharmacotherapy, group psychotherapy, family therapy, and expressive and rehabilitative therapies.

#### **Comprehensive Outpatient Psychiatric Evaluation Service:** (click for link)

A three-day psychological, psychiatric, and substance use assessment that leaves each patient with a thorough, accurate diagnostic evaluation and treatment plan. Evaluations can include psychodiagnostic testing, family systems assessment, pharmacological assessment, addiction assessment, and specialty evaluations (OCD, personality disorders, eating disorders, geriatric, forensic, neuropsychiatry, and more).

To learn more about Sheppard Pratt and its specialty programs, contact:

Kelli Lillard, Director, National Outreach  
Phone: 410-553-1487  
Email: [Kelli.Lillard@sheppardpratt.org](mailto:Kelli.Lillard@sheppardpratt.org)  
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As a psychiatrist and an officer on the U.S. Army health care team, you will have the opportunity to immerse yourself into a unique culture and environment where your diagnoses and treatments will support the readiness of our military's efforts and improve the lives of Soldiers and their families.

As part of our collaborative, multi-disciplinary health care team, you'll enter a comprehensive, international system of care with no concerns about overhead expenses and malpractice insurance. You'll have opportunities to work with some of the most innovative technologies and treatments in the industry and practice at world-class medical facilities that train future Army behavioral health leaders, all while developing advanced skills.

If you choose to serve in the Army Reserve, you can work in your community and do when needed. Whichever you choose, you'll train to become a leader in your specialized field while enjoying the privileges that come with being an officer.

To find out more about becoming an Army Psychiatrist, contact the Birmingham Army Healthcare Recruiting Team, call (205) 930-0924 or visit [www.goarmy.com/AMEDD](http://www.goarmy.com/AMEDD).

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For More Information: <https://www.goarmy.com/info.html?iom=AYCB>  
Army Medicine Website: [www.goarmy.com/AMEDD](http://www.goarmy.com/AMEDD)

# 988 suicide hotline getting \$282M to ease July launch

## Associated Press

People in crisis and those trying to help them will have a new phone number – 988 – to reach the national suicide prevention network starting July 16. Federal health officials will be announcing more than \$280 million to smooth the transition from the current 10-digit number.

Three-digit dialing to reach suicide hotline counselors has long been a goal for mental health advocates, lawmakers in Congress, the Federal Communications Commission and the telecommunications industry. The new 988 number will also handle text and chat.

Mental health experts are hoping that the three-digit number will deliver a

breakthrough in assisting people in crisis who may otherwise try to harm themselves.

People who call, text, or chat 988 will be able to reach trained counselors who belong to the National Suicide Prevention Lifeline network. Counselors at more than 180 local centers listen to people in crisis and provide support, connecting them with other services as may be needed.

Of the \$282 million, \$177 million will go to bolster and expand the existing crisis network's operations and telephone infrastructure. The rest of the money, \$105 million, will go to build up staffing at local call centers.

Suicide attempts result in more than

300,000 people seen in hospital emergency departments for self-harm injuries. Rates of suicide rose steadily over much of the last 20 years, and it remains a leading cause of premature death for people from their teens well into their 50s.

Recently, the FCC voted unanimously to require phone companies to support texting to 988 as well. Commissioners said nowadays many people may be more inclined to text and the choice of voice or text should make no difference when someone in distress is trying to find help.

*This article was edited to fit this space. Read the full article at [cbs42.com](https://www.cbs42.com).*

## Medical Cannabis rules, cont.

- a financial interest related to the certification of a patient's qualifying medical condition (other than fees charged for medical services rendered)
- Physicians can only certify qualifying medical conditions for which they have education and training to treat patients in their normal course of practice.
  - Physicians must follow specific documentation requirements including minimum standards for patient records, written patient consent, and submissions to the State patient registry.
  - Certifying physicians must provide an annual report to the BME with their observations of the effectiveness of medical cannabis.

### Qualifying Medical Conditions Per the Legislative Statute

- Autism Spectrum Disorder (ASD)
- Cancer-related cachexia, nausea or

- vomiting, weight loss, or chronic pain
- Crohn's Disease
- Depression
- Epilepsy or a condition causing seizures
- HIV/AIDS-related nausea or weight loss
- Panic disorder
- Parkinson's disease
- Persistent nausea that is not significantly responsive to traditional treatment, except for nausea related to pregnancy, cannabis-induced cyclical vomiting syndrome, or 24 cannabinoid hyperemesis syndrome
- Post-Traumatic Stress Disorder (PTSD)
- Sickle Cell Anemia
- Spasticity associated with a motor neuron disease, including Amyotrophic Lateral Sclerosis
- Spasticity associated with Multiple Sclerosis or a spinal cord injury

- A terminal illness
- Tourette's Syndrome
- A condition causing chronic or intractable pain in which conventional therapeutic intervention and opiate therapy is contraindicated or has proved ineffective

To see a full copy of the proposed rules from the BME please click the following link: [https://www.albme.gov/uploads/pdfs/MED\\_EX\\_540-X-25\\_Proposed.pdf](https://www.albme.gov/uploads/pdfs/MED_EX_540-X-25_Proposed.pdf)

These rules have been only approved for public comment and are not final. Anyone wishing to comment on the proposed rules can do so by submitting written comments to:

Alabama Board of Medical Examiner  
Medical Cannabis Regulations  
PO Box 946  
Montgomery, Al 36101-0946

## Physician Interest Survey

Based on the proposed rules as summarized above, the Medical Association is wanting to determine the level of interest from Alabama physicians in becoming certified to recommend medical cannabis to their patients. By taking this quick survey you will assist the Association and the State in the planning and development of the medical education needed to become certified.



[Take the Physician Interest Survey](#)

SAVE *the* DATE

## Coming Attractions

### 2022 APPA Spring Conference

April 1-3 | The Lodge at Gulf State Park

Reserve a room by calling 800-618-4350 and mention the APPA group or visit [www.alabamapsych.org/physicians](http://www.alabamapsych.org/physicians) for link to online reservations.

### 2022 APPA Fall Conference

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

Reserve a room by calling 800-228-9290 and mention the APPA group.

### 2023 APPA Spring Conference

March 31- April 2 | Sandestin Golf and Beach Resort

### 2023 APPA Fall Conference

in Partnership with the Southern Psychiatric Association

October 11-14 | The Westin, Huntsville

## APA News Briefs

### December Course of the Month – Exploration of How to Care for Pregnant Women with Psychiatric Illness

The risk for development of a mood or psychotic disorder is highest in females during their reproductive years, resulting in a high likelihood that pregnancy and psychiatric illness will intersect. This course reviews the prevalence of common psychiatric disorders in pregnancy, the longitudinal course of illness, as well as management strategies for optimal care of pregnant women with psychiatric illness. [Click here to access the Course of the Month.](#)

### CDC report spurs APA to call for improved access to treatment

APA released a statement calling for improved access to treatment for substance use disorders (SUDs) in the wake of a CDC report that detailed over 100,000 overdose deaths between April 2020 and April 2021. APA also called for collaboration between Congress and addiction treatment experts to develop and implement science-based policies and programs to end the opioid epidemic, more support for training of clinicians to treat people with SUDs. [You can read the full statement here.](#)

### Build Back Better Act includes significant funding for mental health and substance use disorder programs

APA released a statement praising the U.S. House passage of the Build Back Better Act, a \$2 trillion spending package that contains significant funding for mental health and substance use disorder programs. Among the health care provisions that would be expanded by the bill are Mental Health Parity, funding to grow the Behavioral Health Workforce, funding for mobile crisis services and the 9-8-8 hotline, and an extension to the Children's Health Insurance Program. [You can learn more about the bill and read more about its mental health provisions here.](#)

### SMI Adviser provides resources for improving access to rural mental health care

A recent report from SMI Adviser explores obstacles to connecting rural and remote populations with mental health care, and offers solutions developed by clinicians, administrators and other staff working in those areas. "Improving Behavioral Health Services for Individuals with SMI in Rural and Remote Communities," is designed to provide a resource for practitioners and policymakers working in rural and remote areas to improve the availability, accessibility, and acceptability of behavioral health care for individuals with SMI. [You can learn more about SMI Adviser and read the full report here.](#)

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