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## Make plans to join us in Gulf Shores April 1-3 for our Spring Conference

The agenda is almost set and registration is open for our 2022 Spring Conference, April 1-3, at The Lodge at Gulf State Park. Topics include:

- The Future of Psychiatry
- Neuronal Adaptation and Opioid-induced Hyperalgesia
- Prescribing Opioids (and other controlled drugs) after the Great American Opioid Crisis: Prudent Principles
- Psychosocial effects of COVID
- Treatment of Major Depression and Unmet Needs
- Understanding Suicide as a Public Health Issue
- Talk Saves Lives: The Foundation for Suicide Prevention in Alabama
- Legislative Update
- Courage in the Face of Adversity: One Family's Struggle to Combat Racism During the Civil Rights Movement in Huntsville, Ala.
- Comprehensive Decision-making and Interviewing Skills to Enhance Clinical Outcomes

*continued on page 3*

APPA partners with Medical Association to advocate on behalf of Alabama psychiatrists and their patients

APPA partners with the Medical Association of the State of Alabama for legislative advocacy on behalf of psychiatrists and their patients. Despite the challenges to care delivery and daily life brought by the COVID-19 pandemic, we are committed to moving medicine forward in 2022.

### General Legislative Policies Supported

- APPA and the Medical Association support:
- The physician-led health team model and maintaining the highest standards for medical care delivery across all specialties of medicine.
  - Reforming the "certificate of need" process to increase physician ownership of equipment and facilities and expand access to quality, affordable care.
  - Continued physician compounding and dispensing of drugs in physician offices.
  - Prohibiting deceptive health care advertising and requiring health professionals identify their license to patients.

*continued on page 3*

**APPA 2022 Spring Conference Registration**  
 Register online at [www.tinyurl.com/APPA2022SpringConference](http://www.tinyurl.com/APPA2022SpringConference)  
 or use the form on page 5.

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

### Bill would change involuntary commitment law

[aldailynews.com](http://aldailynews.com)

A bill in the Alabama Legislature would change the involuntary commitment process for someone with a mental health issue, allowing judges to consider behavior over a two-year period.

House Bill 70 also expands the definition of “real and present danger” for involuntary commitments to include the risk that the individual may “cause, allow, or inflict serious bodily harm upon himself, herself, or another individual,” and “be unable to satisfy his or her need for nourishment, medical care, shelter, or self-protection so that there is a substantial likelihood of death, serious bodily harm, serious physical debilitation, serious mental debilitation, or life-threatening disease.”

APPA President-elect Clinton Martin is familiar with the history of this bill. “The current phrasing which says an individual ‘poses a real and present threat of substantial harm to self and/or others’ is not clearly defined in Alabama law, thereby leading to very subjective interpretations of the term ‘harm.’” Martin said.

“Alabama is only one of four states that does not have a clear definition for what it means to be a harm to self or others. This new proposed bill is aimed to change that,” he continued.

Jimmy Walsh, an attorney and past president of NAMI, said the proposed law change would make the process easier and more responsive for families to get loved ones in crisis mental health help before they commit a crime or hurt themselves.

The Alabama Department of Mental Health has reviewed and is supportive of HB70, spokeswoman Malissa Valdes-Hubert said.

The bill has been assigned to the House Judiciary Committee and Reynolds hopes it gets considered in early February. 🌐

### Gov. Ivey proposes \$12 million to fund to new mental health crisis centers

During her 2022 State of the State Address on Jan. 11, Gov. Kay Ivey announced she will propose a \$12 million investment for two additional mental health crisis centers in Alabama.

“I am proud that my administration, with the support of the Legislature, is doing more to make significant improvements in mental health care than any since Gov. Lurleen Wallace in the 1960s,” she said.

Gov. Ivey and lawmakers in the last two years have funded capital investments for centers in Mobile, Montgomery, Birmingham and Huntsville.

In addition to the new mental health crisis centers, Gov. Ivey related that Alabama is increasing needed resources for things like autism therapy and school-based mental health care.

In October, Jefferson County was awarded \$6 million from the state and the Alabama Department of Mental Health to construct its new facility, which is expected to be complete some time this year.

Tuscaloosa County plans to construct the area’s first mental health crisis center – a resource that is sorely needed when considering jail and prison overcrowding, along with a lack of state hospital beds in mental health facilities. 🌐



Alabama Governor Kay Ivey delivers her State of the State Address at the State Capitol Building in Montgomery on Tuesday, Jan. 11. Photo by Mickey Welsh, Montgomery Advertiser.

## Lawmakers approve plan for use of funds from American Rescue Plan Act

al.com

On the second day of a special session called by Gov. Kay Ivey to allocate the \$772 million in federal pandemic relief money, House and Senate committees approved identical bills on how the state will use the money from the American Rescue Plan Act (ARPA).

This bill creates a 14-member legislative oversight committee that can request and receive reports from agencies on how they are using the funds.

The ARPA is sending fiscal recovery fund money to states in two installments. Alabama received \$1.06 billion last year and will receive the same amount in May or June for a total of \$2.1 billion.

For now, lawmakers are only considering the first \$1.06 billion. Decisions about how to use the second installment will come later, possibly during another special session later this year.

Last fall, the Legislature approved spending \$400 million in ARPA funds to

help build two prisons and appropriated \$80 million for hospitals and nursing homes. That leaves \$580 million left to spend from the first \$1.06 billion.

Among funding for other projects, the bills would provide:

- \$277 million for broadband expansion, including the \$192 million from the capital projects fund and \$85 million from the \$580 million.
- \$80 million for hospitals and nursing homes.
- \$37 million for health care services through assisted living facilities, mental health, rehabilitative services, and other entities.
- \$30 million for rural hospitals.
- \$20 million for emergency medical responders, including \$10 million for volunteer fire departments.
- \$5 million for telemedicine.

The Legislature could give final approval as early as next Thursday. 🗳️

## Spring Conference, cont.

- Dilemmas in Assessing Financial Capacity in Older Adults
- 20 Surefire Steps to Increase the Risk of a Malpractice Lawsuit or a Board Complaint

The conference will provide 12 hours of instruction and include plenty of time to relax or reconnect with colleagues.

### The Lodge at Gulf State Park

After being damaged in 2004 by Hurricane Ivan, the Lodge at Gulf State Park reopened in November 2018. APPA is excited to be meeting there for the first time for our spring conference.

Learn more about The Lodge at <https://lodgeatgulfstatepark.com/>. To learn more about Alabama's Gulf State Park, please visit [www.outdooralabama.com](http://www.outdooralabama.com) or [www.mygulfstatepark.com](http://www.mygulfstatepark.com).

APPA has a block of room reserved for our meeting dates. Discounted room rates begin at \$195 per night. Reserve a room by calling 800-618-4350 and mention the APPA group or book online at [tinyurl.com/TheLodge4APPA](http://tinyurl.com/TheLodge4APPA). 🗳️

## Legislative advocacy, cont.

- Physician autonomy in patient care and medical practice decisions as well as fair reimbursement for services.
- Reducing the administrative tasks required of physicians by insurers which increase annual health spending and negatively impact patient health.
- Increasing health insurance options for Alabamians, including expanding Medicaid.
- Increasing access to quality mental health care and continued state funding for the Maternal Mortality Review Committee and the Infant Mortality Review Committee.
- Attract highly qualified physicians by ensuring medical liability environment stability and pursuing further civil justice reforms.

### Specific Legislative Priorities Supported

- APPA and the Medical Association support:
  - Extending Medicaid coverage for qualifying mothers to 12 months postpartum as recommended by the Maternal Mortality Review Committee.
  - Providing access to state-managed

personal protective equipment reserves for medical practices in times of critical need and shortage.

- Same standards and reimbursements for telehealth as for face-to-face visits, and expanding broadband initiatives to facilitate increased use of telemedicine.
- The ability of medical practices to set patient practice policies.
- Increasing physician representation on state healthcare boards.

### General Legislative Policies Opposed

- APPA and the Medical Association oppose:
  - Scope of practice expansion for non-physicians that would fracture the physician-led health team model, lower quality of care and/or increase costs for patients.
  - Interference with the physician-patient relationship and attempts to reduce a physician's autonomy in patient care or medical practice decisions.
  - Legislation or other initiatives that could increase lawsuit opportunities against physicians, including the

establishment of statutory standards of care or any statutory dictums for medical care delivery.

- State-level increase of requirements for Maintenance of Certification.
- Tax increases disproportionately affecting physicians.

### Specific Legislative Policies Opposed

APPA and the Medical Association oppose:

- New lawsuit opportunities against physician employers and medical practices over employment policies.
- Efforts to reduce and/or politicize physician involvement in health regulatory affairs.
- Expanding Prescription Drug Monitoring Program (PDMP) access for law enforcement.
- Statutory requirements for mandatory Prescription Drug Monitoring Program (PDMP) checks.
- Changes to workers' compensation laws negatively affecting treatment of injured workers and medical practices. 🗳️

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

### January Course of the Month – Food for “Thought”: Mindful Nutrition and Mental Health

The role of food in physical health has been known for a long time, but the role diet plays in psychiatry is unexplored and underdeveloped. This course will explore the various ways in which diet affects the mind and brain, explain the presence and detriment of food access as it relates to mental health, propose a standardized “Rules of Food Hygiene,” and focus on how the microbiota influences our cravings and health. [Click here to access the Course of the Month.](#)

### What Psychiatrists Need to Know about the No Surprises Act

The “No Surprises Act” allows for patient financial protections that impact health plans, physicians, and facilities, and will apply to psychiatrists in certain circumstances. Regulations have been recently finalized that require certain patient protections to address concerns about surprise bills. These protections not only address emergency care but include disclosure requirements for all uninsured or self-pay services, and will, at some point in the future also include patients with insurance. These regulations formalize some of what most psychiatrists do when communicating fees to patients seeking care or to those they are already treating. APA’s [“No Surprises Act” implementation page](#) contains a summary of the key requirements along with links to templates.

### Make Your Voice Heard: Voting for the 2022 APA Election Is Open Until Jan. 31

Watch candidate town halls, and learn more about the candidates’ backgrounds, platforms, and vision for the future of psychiatry at [psychiatry.org/election](http://psychiatry.org/election). Read responses to key questions about their candidacy in the [Special Edition APA Election Newsletter](#).

### Save the Date for APA’s 2022 Annual Meeting!

[APA Annual Meeting](#) is gathering in-person for the first time since 2019. Join us May 21-25 in the birthplace of jazz, New Orleans! We’ll also offer an online option of connecting from your home to the strongest scientific program in psychiatry two weeks later, June 7-10.

### View and Comment on Recently Proposed Changes to DSM-5

Public comments now open for the DSM: Proposed Change: An “R” code for Impairing Emotional Outbursts would be added. Impairing Emotional Outbursts represent a serious symptom that may impact treatment planning, independent of a diagnosis. Learn more and add your comment: <https://www.psychiatry.org/psychiatrists/practice/dsm/proposed-changes/proposed-changes>. 🗣️

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and comment and do not  
necessarily reflect the views  
and opinions of the members,  
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the Alabama Psychiatric  
Physicians Association.  
Comments and letters to the  
editor are welcome.

# APPA 2022 Spring Conference

## April 1-3, 2022

The Lodge at Gulf State Park, Gulf Shores

### Registration

**PLEASE PRINT CLEARLY**

Name \_\_\_\_\_

Practice Name \_\_\_\_\_

Address \_\_\_\_\_

City, State ZIP \_\_\_\_\_

Office Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Dietary Needs \_\_\_\_\_

**Designation**  MD  DO  First Time Attendee  
 RN  Social Worker  Psychologist  
 Other \_\_\_\_\_

Cell Phone \_\_\_\_\_

Practice Manager Name \_\_\_\_\_

Practice Manager E-mail \_\_\_\_\_

I agree to my name, practice name and business address being shared with conference exhibitors.

**FEES (On or before March 30 | After March 28 add \$100)**

- APPA Member \$300       APPA Nonmember \$400       AACAP Member \$300       AACAP Nonmember \$400
- One Day \$200 (Friday)       One Day \$200 (Saturday)       One Day \$200 (Sunday)
- Early Career Psychiatrist - \$150       Resident - FREE       Student - FREE
- Nonphysician Clinician \$170
- Spouse and guests \$50 to attend meals and reception only (Name tag required)

Guest Name \_\_\_\_\_

**ACCOMMODATIONS**

The Lodge at Gulf State Park, 21196 E. Beach Blvd., Gulf Shores, AL 36542  
Room rates begin at \$195 per night. Reserve a room by calling 800-618-4350 and mention the APPA group or book online at [www.tinyurl.com/TheLodge4APPA](http://www.tinyurl.com/TheLodge4APPA). The deadline to reserve a room is March 10, 2022.

**DETAILS**

More conference information is online at [www.alabamapsych.com](http://www.alabamapsych.com). If you have special needs and/or need assistance, please contact Meghan Martin, at (334) 954-2500 or [Mmartin@alamedical.org](mailto:Mmartin@alamedical.org).

**REGISTRATION**

Register online at [www.tinyurl.com/APPASpring2022Conference](http://www.tinyurl.com/APPASpring2022Conference). Mail forms to APPA Spring Conference, Attn. Meghan Martin, PO Box 1900, Montgomery, AL 36102-1900. Fax (334) 269-5200. [www.alabamapsych.com](http://www.alabamapsych.com).

**PAYMENT**

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