

## Treatment Works. Recovery is Possible.

**"WE ARE WHAT WE ARE ...**

**... because we have been what we have been,  
and what is needed for solving the problems of  
human life and motives is not moral estimates  
but more knowledge."**

**-- Sigmund Freud**

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## APA establishes innovation award to honor Paul O'Leary



Each year APA honors individuals for career recognition, lifetime service, outstanding research, and other categories that improve the lives of people with mental illness. Their newest award was created in memory of Alabama psychiatrist, Paul O'Leary, MD, FAPA, who passed away in May of 2021 at the age of 45.

A current campaign is underway to raise \$150,000 in seed money to fund the award that will support innovative initiatives that improve the quality of and access to mental health care in communities, as well

as that of behavioral health care teams. The first O'Leary Innovation in Psychiatry Award will be presented in 2023 at APA's Annual Meeting.

Dr. O'Leary's leadership in the profession of psychiatry and his mentorship of the next generation of mental health providers was extensive, exemplary, and inspiring. His commitment of improving the efficiency and access to mental health care for all is embodied in this award in his honor and memory.

As native of Alabama, it is fitting that Dr. O'Leary's public statement of purpose was, "Never Worry Alone." Notably, he received the Assembly Member-in-Training (MIT) Mentor Award for his work with residents and early career psychiatrists in 2013. He was slated to become president of the Southern Psychiatric Association in the fall of 2021.

Learn more and donate at: <https://psychiatry.org/membership>.



Save the Date  
APPA 2023 Spring  
Conference

March 31-April 3  
Sandestin Golf & Beach  
Resort



# What's Happening Around the State

## Montgomery police work with providers to help those in mental health crisis

### Montgomery Advertiser

The Montgomery Police Department's crisis intervention team has been working with the Montgomery Crisis Center since May.

The center is owned by Carastar Health and is funded by state, city and county funds. Their mobile unit works with Johnny Hollingsworth, a retired law enforcement officer, to train officers how to interact with people in mental health crises.

Besides working with Carastar's mobile team, Police Chief Darryl Albert said that the department's crisis intervention team also works with the Central Alabama VA Medical Center and the area hospitals.

## Group bridging gaps in mental healthcare in Mobile, Baldwin counties

### WKRG News

Finding help for mental health can be hard, but a group of gulf coast healthcare providers met in late October to try to bridge gaps in care.

For the first time in two years, members of the **Gulf Coast Mental Health Coalition** met in person to talk about "Mental health disparities in minority communities." The term "minority communities" covers more than just racial groups but any group with challenges like the poor, elderly or disabled.

"People think they can self-manage and self-cope but the reality is the longer you do that the more complicated problems become down the road," said Kyle Platt with Alliance Health Center.

## North Alabama facility responds to mental health emergencies

### Redstone Rocket

The first mental health crisis diversion center in north Alabama opened in October having moved from a temporary location that had been in service since May 2021.

The main purpose of WellStone Emergency Services, located on South Memorial Parkway in Huntsville, is to divert individuals from jails and emergency departments.

With a staff of about 80, the new facility will serve adults, with a ground-breaking in the spring for a 24-bed pediatric wing.

WellStone also partners with the Huntsville Police Department in a co-responder program in which a masters-level clinician partners with a Crisis Intervention Team officer to respond to crisis calls and try to de-escalate the situation on-site.

SAVE THE DATE www.alamedical.org

## POST-ROE ABORTION LAW IN ALABAMA

DATE: December 1
TIME: 6:30PM
ONLINE WEBINAR



**GENERAL COUNSEL**  
Brandy Boone  
Medical Association



**RISK MANAGER**  
Mallory Earley  
ProAssurance



**PRESIDENT**  
Julia Boothe, MD  
Medical Association



## Physician Finder: Cullman

Sound Mind Therapy in Cullman, Alabama, a positive and progressive community in North Alabama with beautiful lakes and great schools, is seeking a full-time or part-time Board-Certified Psychiatrist for general psychiatry and to provide the psychiatric component of our innovative TMS and Ketamine Therapies for TRD and mood disorders. Learn more and apply online at <https://www.linkedin.com/jobs/view/3273256039/>.

## 2022 FALL CONFERENCE WRAP-UP



### Welcome Reception



APPA's 2023 Fall Conference kicked off with a reception on the Grand National Patio. Attendees enjoyed the great weather while reconnecting with colleagues in a beautiful setting that included a fire pit and s'mores!



Janaki Nimmagadda, MD, enjoys s'mores with Dan Dahl, MD, and Terri Steele, MD.



Brian Gawronski, DO, of Wexford Health Systems, spoke about the state of psychiatric care in the Alabama prison system.

### Education Sessions

On Saturday, attendees heard from speakers on topics ranging from First Episode Psychosis to Transgender Mental Health.



Rachel Fargason, MD, of UAB, spoke on Advanced ADHD Practice.



Twenty-one abstracts were accepted for the 2022 Fall Poster Contest.



Pictured with APPA President Clinton Martin, MD, is Morgan Malone, PGY-2 at USA, who tied for second place in the poster contest with Thomas Kozar, MS-3 at UAB. The first place winner was Danielle Glinka, OMS-3 at ACOM.

### ALABAMA PSYCHIATRIC PHYSICIANS ASSOCIATION

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## MEET YOUR MANAGEMENT TEAM

Since 2011, APPA has been managed through the Specialty Society Management department of the Medical Association of the State of Alabama. Starting with just an executive director and a membership coordinator, the team has now grown to include staff with specific areas of expertise that bring a wealth of knowledge and experience to the management team.



### **Meghan Martin, Executive Director, APPA**

Meghan is the director of Membership for the Medical Association and has served as executive director of APPA for more than four years. She is a graduate of Troy University with a degree in broadcast journalism. She has more than 10 years of experience in event management, marketing and public relations. Her main roles with APPA include: coordinating board meetings, membership meetings and elections, working with the president-elect to secure speakers for conferences and overseeing the continuing medical education (CME) application process; and acting as a liaison to national specialty societies.

### **Mark Jackson – Executive Director, Medical Association of the State of Alabama**

Mark has been executive director of the Medical Association since 2014 and served as director of legislative affairs for 28 years prior to that appointment. He is a graduate of Auburn University with a degree in business. His main roles with APPA are: overseeing specialty society management activities; monitoring legislative issues that affect psychiatrists and coordinating calls to action with the Medical Association and APPA; and developing and maintaining relationships with the APPA board and members.

### **Charlotte Morris, Membership and Specialty Society Coordinator**

Charlotte has more than eight years of experience in specialty society management, with a total of 25 years in marketing and communications. She is a graduate of Abilene Christian University with a degree in mass communication. Her main roles with APPA include: maintaining membership records; completing CME applications; and promoting APPA conferences and coordinating registration.

### **Regan Patterson, Membership and Specialty Society Coordinator**

Regan is the newest member of our team, joining us in October 2022. She is a graduate of Louisiana State University with a degree in mass communication, and will complete a MPA from Auburn University in December. Her main roles with APPA include: creating and distributing the APPA newsletters; developing and maintaining the society's social media presence; managing website content; and assisting with conference promotion and registration.

### **Erich Burbage, Membership and Specialty Society Coordinator**

Erich joined the Medical Association in September of 2021. He attended Faulkner University and has more than 15 years of management experience in the banking and optometric industries. He assists APPA with coordinating exhibitors for all of our conferences; coordinating exhibitors on-site and managing on-site attendee registrations.

### **Amanda Studdard, Information Technology Specialist and Event Planner**

Amanda has been with the Medical Association for more than 17 years as their IT and event manager. She is a graduate of Auburn University with a degree in information systems management. She joined the specialty society team in 2020. Her main roles with APPA include: securing contracts with conference hotels; managing event set up; and coordinating technology and food/beverage needs for conferences.

### **Amanda Griffith – Finance Director, MASA**

Amanda has been with the Medical Association since 2019 serving as the finance director. She is a graduate of Auburn University with a degree in accounting and has more than 14 years of experience in accounting and human resource management. Her main roles with APPA include: ensuring payment of all financial responsibilities; managing financial records; and providing financial reports for board meetings.



## NEWS BRIEFS

### November Course of the Month – Advocacy for Anti-Racist Policies That Expand Equitable Access to Mental Health Care: The Role of the Psychiatrist

The **November Course of the Month** prepares participants to become clinician advocates – providing practical skill building on best advocacy practices, including tackling parity with an equity lens, actively working to recruit leadership and practitioners that represent the surrounding communities, expanding access to culturally-centered care, and more. Examples of effective actions individuals can take to support policy change, as well as resources available will be discussed.

### Mental Health Equity Fireside Chats

Bias in clinical practice, particularly in relation to race and gender, is a persistent cause of healthcare disparities. This bias can impact patient-provider interactions, treatment decisions, patient treatment adherence, and patient health outcomes. In this Fireside chat, panelists will unpack bias and explore cognitive and other strategies to ameliorate its impact on mental health care. [Register Today](#)

### APA social media to highlight Seasonal Affective Disorder (SAD) in November

Social media can be an important tool for psychiatrists to connect with mental health and medical communities. APA's office of Corporate Communications and Public Affairs (CCPA) has developed monthly themes that serve as conceptual anchors for APA communications efforts each month. The theme for November 2022 is Seasonal Affective Disorder (SAD) and how the changing of seasons can affect mental health. Visit [APA's social channels](#) to participate in the conversation.

### APA to promote early intervention and diagnosis of eating disorders

APA received a **\$100,000 grant** from the Council of Medical Specialty Societies to promote early intervention and proper diagnosis of eating disorders. APA plans to use the grant funding to develop resources based on the upcoming APA Practice Guideline on the Treatment of Eating Disorders aimed at educating psychiatrists, primary care providers, and patients and caregivers in the importance of diagnosing eating disorders early and accurately. APA is one of 11 medical specialty societies awarded \$100,000 grants to promote diagnostic excellence in medicine.

## The Freudian Slip

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Alabama Psychiatric  
Physicians Association.  
Comments and letters to  
the editor are welcome.

## Coming Attractions

### 2023 APPA Spring Conference

March 31- April 2 | Sandestin Golf and Beach Resort

### 2024 APPA Spring Conference

April 26-28 | The Lodge at Gulf State Park, Gulf Shores

### 2023 APPA Fall Conference

in Partnership with the Southern Psychiatric  
Association  
October 11-14 | The Westin, Huntsville

### 2024 APPA Fall Conference

October 11-12 | The Battlehouse Renaissance  
Mobile Hotel & Spa