

Treatment Works. Recovery is Possible.

"THE ONLY PERSON...
with whom you have to compare yourself
is you in the past."

-- Sigmund Freud

NEW YEAR
FRESH START

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**Cast your ballot by
January 31 for the 2023
APA National Elections**

Vote Today!

Registration is open for APPA's 2023 Spring Conference

Registration is open and the agenda is almost set for our 2023 Spring Conference, March 31 - April 2, at Sandestin Golf and Beach Resort. In addition to the launch of our "Women in Psychiatry" initiative other topics include:

- Management of Mental Health Disorders within the TAY population
- The Science of Happiness and How to Pursue It
- Understanding Commitment Laws in Alabama
- Patient on Staff Violence
- Updates in Psychological Testing
- Boundary Issues
- Sleep Apnea and Mental Health
- Schizophrenia Treatments

APPA has a block of room reserved at Sandestin for our meeting dates. Discounted room rates begin at \$194 per night. Reserve a room by calling (800) 320-8115 and mentioning group code 24I9SJ or find the link to book online at www.alabamapsych.com/physicians.

Residents and students are invited to participate in a poster contest. The deadline for abstracts is Feb. 24. Find details at the link above.



APPA
2023 SPRING CONFERENCE



SANDESTIN GOLF & BEACH RESORT • MARCH 31 – APRIL 2

What's Happening Around the State

Operation 'We Remember' kicks off in Enterprise

[Dothan Eagle](#)

The Alabama Department of Veterans Affairs has partnered with the Alabama Department of Mental Health for a veteran's suicide prevention awareness campaign called "Operation We Remember." Participating colleges and businesses throughout the state will display 152 American flags to serve as a visual reminder that suicide knows no boundaries. The flags symbolize and honor the 152 veterans in Alabama who lost their lives to suicide in 2020.

"Operation We Remember" was formally announced on Sept. 9, 2022, at Riverwalk Stadium in Montgomery. Learn more about Veteran suicide prevention at <https://www.vetsforhope.com/>.

Mental health phone response center expands to all Alabama counties

[WVUA 23 Digital](#)

Children's of Alabama has expanded its [Psychiatric Intake Response Center](#) (PIRC) to reach all 67 counties in Alabama. The PIRC is a free and confidential phone response center that matches parents, family members and other adults with licensed mental health professionals in Alabama to discuss mental health resources and services for children and teenagers. PIRC is open seven days a week from 8 a.m. to 11 p.m. Call (205) 638-7472.

New Heights Community Resource Center opens in Tuscaloosa

[CBS42](#)

The New Heights Community Resource Center officially opened in west Tuscaloosa on Jan. 18.

It is the first of its kind in Alabama. Tuscaloosa City Schools Superintendent Dr. Mike Daria says this project is a major milestone for education, students and families.

"Today is a great day. We open New Heights officially and this is truly a facility that provides services for our students and our families and it puts it in a one stop shop support area and so today is exciting day to make this available for students and their families," said Daria.

Fostering Hope, Healing, and Renewal

March 1-3, 2023

Join us

Join the Alabama Professionals Health Program at the Lodge at Gulf State Park for our Inaugural conference on bringing hope and renewal back to the workplace for healthcare professionals.

A Few Highlighted Speakers & Topics

Brandy Boone, JD

Practicing Outside the Lines: The Potential Consequences of Boundary Violations

Sandra L. Frazier, MD, FSAM

Restoring our Joy - Reconnecting with our purpose and learning how to thrive, not just survive at work

Cayce Paddock, MD

Opioid Simulation: Experiencing the Road to Recovery

Matt Sherrer, MD, MBA, FASA, FAACD

Collectively Intelligent Teams - Comparing the data on collective intelligence, teaming, and mutual learning model application to healthcare

Scott Teitelbaum, MD, FAAP, DFASAM

Physician Health Programs: The Role They Play in Healing and Restoration

Alabama Professionals Health Program

www.alabamaphp.org



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/>.

GRANT STUDY



The University of Alabama at Birmingham

MDD Referrals needed for a NIMH R01 grant study

The University of Alabama at Birmingham Huntsville Regional Campus is looking for referrals to participate in a study on depression and suicidality.

Purpose

This study is dedicated to helping identify biomarkers for depression and suicidality. The purpose of the study is to better understand these links to improve medical and psychiatric care in the future.

This research is also to test the effects of standard treatment of depression on improvement in depressive and suicidal behavior and on biomarkers (e.g. miRNA) for these disorders.

Study Visits

- These studies have two visits
- Key inclusion criteria:
 - Male and Female participants 11-60 years of age and physically healthy
 - Diagnosis of MDD
- Key exclusion criteria:
 - The following DSM-V diagnoses:
 - A lifetime history of psychotic disorder
 - Alcohol or drug use disorder (except nicotine/cafeine) within the last month
 - Anorexia nervosa

Compensation

Parents and subjects that participate in the study will be compensated. Parents will be compensated \$50 and children will be compensated \$100. Adult participants will be compensated \$100.

For more information contact Brittany McCrory at the Huntsville Office of Psychiatric Clinical Research. Email hsvpsychresearch@uabmc.edu or call (256) 551-4431.

**It's time to renew your
membership !**

Renew online at

<https://www.psychiatry.org>
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SUICIDE AND CRISIS LIFELINE UPDATE

In its first five months, 988 Suicide And Crisis Lifeline receives over 1.7 million calls, texts and chats

NPR

The 988 Suicide and Crisis Lifeline received over 1.7 million calls, texts and chats in its first five months. That's nearly half a million more than the old 10-digit Suicide Prevention Lifeline fielded during the same period the year before.

Launched in mid-July last year, the 988 number is modeled on the 911 system and is designed to be a memorable and quick number that connects people who are suicidal or in any other mental health crisis to a trained mental health professional.

"We see the uptick in volume as an indicator that more people are aware of the service and are able to access it," says Kimberly Williams, the president and CEO of Vibrant Emotional Health, the non-profit that oversees the national 988 network of nearly 200 crisis centers spread across the nation.

More people getting connected to help, faster

Not only are more people reaching out, more are being connected to help.

Federal data shows that the Lifeline responded to 154,585 more contacts – including calls, text messages and chats – in November 2022 than the same month the year before. The number of abandoned calls fell from 18% in November 2021 to 12% last November.

The average wait time to speak to a counselor also fell – from close to 3 minutes in November 2021, to 36 seconds last November.

"So more people are being connected to those trained counselors and they're being connected more quickly to the life-saving services that are available," says Dr. John Palmieri, a psychiatrist overseeing the 988 launch for the Substance Abuse and Mental Health Administration. And the biggest rise in recent months has been in the number of people connecting to the Lifeline via texts and chats.

"We know that texts and chat are modes of communication that are preferred by younger callers, younger people in crisis, and that those younger people in crisis tend to be in more acute stages of distress," says Palmieri.

And so, responding quickly is even more important with this population, he adds.

Culturally sensitive counselors

The 988 Lifeline is also trying to improve access to crisis care for people in marginalized communities.

Last September, it launched a pilot program to allow people to connect with a counselor specifically trained to address issues faced by LGBTQ youth, says Williams of Vibrant Emotional Health. Those services are being provided by the Trevor Project, the leading suicide prevention organization for LGBTQ youth. Additional funding approved in the most recent federal spending bill "is going to allow us to create a formal and permanent sub-network from this pilot," adds Williams.

[Read the full article here](#)

Why Membership Matters

- Membership with APPA and APA means joining more than 36,000 colleagues nationwide to advance the treatment of mental illness, ensure access to care for patients, and fight for patients' rights.
- APPA members receive updates on legislation, what it means to you as a professional, and how to contact committee members to voice your opinion.
- Not only do APA members receive a subscription to the American Journal of Psychiatry, but APPA members receive e-newsletters and e-mail blasts of the top news and events affecting Alabama's psychiatric physicians.

Log on to <https://my.psychiatry.org> to renew your membership today.

We are only as strong as our membership, and we want you to stay with us.



NEWS BRIEFS

January Course of the Month – Psychopharmacology Master Class: The Art of Psychopharmacology

This course will explore evidence-based practice, addressing the science of the art of psychopharmacology, the importance of the doctor-patient relationship, the importance of a patient-centered evaluation, how a deeper understanding of the patient may help guide prescribing decisions, as well as some common errors in prescribing that may undermine effective treatment. [Click here](#) to access the Course of the Month and sign up for updates about this free member benefit.

Get Ready to Vote in APA Elections

You can help chart the course for the future of APA and psychiatry by voting in APA Elections. Make an informed choice by viewing candidate bios, reading the 2023 candidate guide, and watching the [“Meet the Candidates” town hall series](#). Voting for APA Elections opens on January 3 and continues through January 31. You can find more information, including the full election schedule, on [APA’s elections page](#).

APA Communications Monthly Themes: January 2023

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. January 2023 will focus on **Mental Health New Year’s Resolutions**. Visit [APA’s social channels](#) to participate in the conversation each month.

Animated Explainer Videos on Common Disorders

APA has developed a series of animated explainer videos on commonly searched mental disorders and other conditions related to mental health. The videos cover topics including OCD, Depression, Anxiety, ADHD, and Climate Change, among others. You can see all of the videos in [English here](#), and in [Spanish here](#). Be sure to [subscribe to APA’s YouTube Channel](#) as new videos on other topics and disorders are added on a regular basis.

Save the date for APA’s 2023 Annual Meeting!

Next year we’re back in the “Golden Gate City” San Francisco, on May 20-24, for an exciting four days of mental health programming. There will also be an online option available to conveniently connect you from your home or office to the premier psychiatry event of the year. [Early registration](#) is open. <http://www.psychiatry.org/annualmeeting>

The Freudian Slip

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council or staff of the
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