

## Treatment Works. Recovery is Possible.

**" LOVE AND WORK ...  
are the cornerstones of our humanness."**

**-- Sigmund Freud**

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## Join us for APPA's 2023 Spring Conference

We are looking forward to seeing you at our spring conference, March 31 - April 2, at Sandestin Golf and Beach Resort. Pre-registration will close on Tuesday, March 28, so [sign up today](#). 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
- Management of Opiate Use Disorder
- Patient on Staff Violence
- Psychological Testing
- Boundary Issues
- Schizophrenia treatment

[See agenda for more information](#)

**The deadline to pay  
your membership  
dues for 2023 is  
March 31.**

**Renew today!**

[my.psychiatry.org](https://my.psychiatry.org)

After our opening afternoon of educational sessions on Friday, bring your family and join us on the Grand Lawn from 5:30 - 7:00 p.m. for food, fun and fellowship! Enjoy heavy hors d'oeuvres, drinks and live music while you reconnect with colleagues!



# What's Happening Around the State



## Health groups sound alarm about deadly fentanyl'

[AL.com](#)

Alabama's major statewide health organizations have joined forces to raise attention about the dangers and prevalence of illicit fentanyl, a powerful drug that is the leading cause of overdose deaths in Alabama and across the nation. Leaders of the state medical association, hospital association, and the departments of public health and mental health gathered outside Jackson Hospital in Montgomery to launch the "Odds Are Alabama" campaign, an initiative to alert people to the risks of fentanyl and direct them to information and help. The name of the campaign is based on a study by the U.S. Drug Enforcement Agency that found that 60 percent of fake pills seized by the DEA contained a potentially deadly dose of fentanyl.

## Alabama Department of Corrections picks new inmate healthcare provider

[Associated Press](#)

The Alabama Department of Corrections, for the second time this year, has picked a Tennessee-based company to provide healthcare services at its 27 facilities.

YesCare Corp., based in Brentwood, Tennessee, was chosen over three other companies that submitted proposals. The department said it would negotiate with YesCare and release information about the contract once it is final. The four-and-a-half-year contract is scheduled to take effect April 1, [al.com](#) reported.

## Monthly clinics to address diagnosis and treatment of depression by primary care clinicians

The UAB Depression and Suicide Center in partnership with the Department of Family and Community Medicine and the Department of Psychiatry and Behavioral Neurobiology is planning a collaborative and engaging monthly ECHO clinic.

The goal of these ECHO clinics will be to increase the number of patients with depression who can be treated successfully in their primary care physician's office by providing Alabama physicians with didactic instruction and live, de-identified and HIPAA-compliant case discussion on a monthly basis. [Read More](#)

## APPA past president featured in Birmingham Medical News

[Birmingham Medical News](#)

by Jane Ehrhardt



The story of Godehard Oepen, MD, PhD, DFAPA, of Birmingham, was featured in the December 2022 issue of Birmingham Medical News.

Learn about his German heritage and his journey to practicing psychiatry in America that included medical degrees in two continents, three residencies and a PhD. "It's how much of what you do is actually useful to others, especially those who are considered useless," Oepen stated.

<https://www.birminghammedicalnews.com/article/8587/a-german-psychiatrist-comes-to-america>

## Nominations are being accepted for inaugural Innovation in Psychiatry award

The O'Leary Award for Innovation in Psychiatry was established in 2022 by the APA Foundation with support of the O'Leary family.



The award provides seed money to launch innovative ideas in the field of mental and behavioral health, and is named after our own Paul J. O'Leary, MD, who served APPA in many ways throughout his career.

The deadline to nominate or apply is March 31. The award will be presented in 2023 at APA's Annual Meeting in San Francisco, Calif., in May.

Continued on page 3.



## Membership Benefits

### 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.

### O'Leary Award, cont.

#### Nominees must:

- Be a current member of APA
- Reflect Dr. O'Leary's values, which include improving the efficiency of behavioral health care teams, improving and expanding access to care and addressing crisis de-escalation, stabilization, and wrap-around services to support recovery.

#### Submissions should Include:

- Statement of Need: What is the opportunity or problem to be addressed, the need for the idea or innovation, and how was that need determined?
- Goals and Objectives:
  - What are the specific goals and objectives for the seed funding?
  - What are the specific, measurable activities to accomplish these objectives?
  - Explain how the objectives will improve efficiency and/or access to care.

**NOMINATE/ APPLY HERE**

**Deadline to apply is March 31st**

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## NEWS BRIEFS

### March Course of the Month – Women’s Mental Health Care in 2022: Practice Tips and Resources for Advancing Quality and Reducing Risk

The care of women in life stages related to childbirth (pregnancy, postpartum, lactation) poses unique challenges and risks for psychiatrists. Obtaining timely, relevant, and evidence-based information in a rapid and easily understandable format is critical for both psychiatrists and patients, as well as developing strategies for ensuring safe and quality care and mitigating any practice risks. This course will review cases, debate best practices, and review risk management strategies.

[Click here to access the Course of the Month and sign up for updates about this free member benefit.](#)

### MHSC Call for Abstract Submissions – Deadline Extended

Attention care team members - don't miss your chance to shine! APA is accepting session and research poster submissions from all mental health professionals, including residents and fellows. Showcase the incredible work you've been doing at this year's Mental Health Services Conference in Washington D.C., taking place in October 2023. The submission deadline has been [extended to Thursday, March 16](#).

### APA Communications Monthly Themes: March 2023

APA’s Communications Division has developed monthly themes that serve as conceptual anchors for APA communications efforts each month. March 2023 will focus on Pets & Mental Health, Women’s Mental Health, and Gambling Awareness. You can find a social media toolkit for March’s [#Paws4MentalHealth campaign here](#). 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.

### APA 2023 Annual Meeting

Come and connect with world-renowned experts and professionals in psychiatry while enjoying the rich cultural opportunities the “Golden Gate City” has to offer at APA’s 2023 Annual Meeting! [Register today & save!](#)

## 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