



# APPA 2024 SPRING CONFERENCE

## Elevating Psychiatry in Alabama

The Lodge at Gulf State Park – April 26-28, 2024

### Agenda

#### Friday, April 26

**12:00 p.m. – 1:00 p.m.**  
Conference Registration  
(Lunch is on your own)

**1:00 p.m. – 2:00 p.m.**  
Elevating Psychiatry in Alabama:  
Navigating Challenges and Seizing  
Opportunities  
*Amanda Williams, MD, Psychiatrist,  
Gardenia Cove Mental Health*

**2:00 p.m. – 3:00 p.m.**  
An Overview of Dance/Movement  
Therapy and the Power of Movement  
*Rita Brown, LPC, BC-DTR, Therapist/  
Team Leader, AltaPointe Health*

**3:00 p.m. – 3:30 p.m.**  
Break with Exhibitors

**3:30 p.m. – 4:30 p.m.**  
Vagus Nerve Stimulation for  
Treatment of Resistant Major  
Depression  
*Matthew Macaluso, DO, Professor,  
UAB Heersink School of Medicine*

**4:30 p.m. – 5:30 p.m.**  
Is Retirement Good for Us?  
*W. Bogan Brooks, MD, DLFAPA,  
Retired Psychiatrist, Cheshire, CT*

**5:30 p.m. – 7:00 p.m.**  
Reception with Exhibitors

#### Registration

Register online at [www.tinyurl.com/APPA2024SpringConference](http://www.tinyurl.com/APPA2024SpringConference) or  
print a registration form at [www.alabamapsych.com/physicians](http://www.alabamapsych.com/physicians).

[www.alabamapsych.com](http://www.alabamapsych.com)

#### Saturday, April 27

**7:00 a.m. – 8:00 a.m.**  
Breakfast with Exhibitors,  
Poster Viewing

**8:00 a.m. – 9:00 a.m.**  
Management of Mood Disorders in  
the Perinatal Patient  
*Jessica Coker, MD, Associate  
Professor, University of Arkansas for  
Medical Sciences*

**9:00 a.m. – 10:00 a.m.**  
Self-medication: Historical and  
Practical Perspectives  
*Rahul Malhotra, MD, Psychiatrist,  
Partners in Psychiatry*

**10:00 a.m. – 10:30 a.m.**  
Morning Break with Exhibitors,  
Poster Viewing

**10:30 a.m. – 11:30 a.m.**  
Autism from a Pediatric Primary Care  
Provider's Perspective  
*Nina Ford-Johnson, MD, FAAP,  
Physician, Infirmary Pediatrics*

**11:30 a.m. – 12:30 p.m.**  
Potential Benefits, Risks and the  
Mental Health Impact of Social  
Media Use on Children and  
Adolescents  
*Tanuja Gandhi, MD, Child  
Psychiatrist, Lifespan and The  
Warren Alpert Medical School of  
Brown University*

**12:30 p.m.**  
Legislative Update (No CME)  
*Evans Brown, Manager,  
Government Relations and Public  
Affairs, Medical Association of the  
State of Alabama*

**12:45 p.m.**  
Business Meeting and Poster Awards

#### Sunday, April 28

**7:00 a.m. – 8:00 a.m.**  
Breakfast

**8:00 a.m. – 9:00 a.m.**  
Benzodiazepines in Outpatient  
Practice  
*Bradley Sadler, MD, DFAPA,  
Owner, Southern Psychiatry*

**9:00 a.m. – 9:15 a.m.**  
Break

**9:15 a.m. – 10:15 a.m.**  
The Importance of Empathy: Using  
Motivational Interviewing to Build  
Healthy Patient Relationships  
*Robert Layzod, LPC,  
Psychotherapist, New South  
Psychiatry*

**10:15 a.m. – 11:15 a.m.**  
Policy Updates, Procedures and  
Proficiencies for Collaborative  
Practice and Supervisory Agreements  
*Kimie Buley, BS, Director of  
Advanced Practice Providers,  
Alabama Board of Medical  
Examiners*

**11:15 a.m.**  
Evaluation/Adjourn

#### Accommodations

Room rates at The Lodge at Gulf State Park begin at \$219 per night. Call (800) 618-4350 and mention the Alabama Psychiatric Physicians Association room block or find the link to book online at [www.alabamapsych.com/physicians](http://www.alabamapsych.com/physicians). The deadline to reserve a room is March 26, 2024.

# *Learning Objectives*

## **At the end of the APPA 2024 Spring Conference, participants will be able to:**

- Integrate routine follow-up and monitoring protocols into the management of pediatric patients with autism.
- Demonstrate proficiency in developing, documenting, and implementing effective supervisory agreements.
- Analyze historical trends related to self-medication behaviors.
- Apply motivational interviewing techniques to facilitate empathetic and collaborative conversations with patients.
- Assess the psychosocial impact of retirement on overall well-being.
- Demonstrate the ability to conduct comprehensive screening and assessment for mood disorders in perinatal patients.
- Describe the neurobiological mechanisms through which VNS modulates brain function and its potential impact on the treatment of individuals with treatment-resistant depression.
- Evaluate the appropriate indications for prescribing benzodiazepines in outpatient practice.
- Assess current research findings on the potential benefits, risks, and mental health impact of social media use on children and adolescents.
- Identify issues affecting mental health care policy in the governmental, political, legal and administrative realms.
- Recognize the evidence-based benefits of dance/movement therapy for the treatment of mental health issues.