



TREATMENT WORKS | RECOVERY IS POSSIBLE

the freudian slip

WWW.ALABAMAPSYCH.ORG

School nurses can be mental health 'detectives' but they need help

Alabama Public Radio

*Part Two in an NPR Ed series on mental health in schools
Sept. 3, 2016*

Patricia Tolson has some visitors.

Two 5-year-old girls, best-friends, hold hands in her office at Van Ness Elementary School in Washington D.C., one complaining she doesn't feel well. Tolson, the school nurse, asks, "How long has your stomach been hurting?"

It just started, but this little one says her head hurt last night, too. Tolson knows she has a history of fevers, so she checks her temperature and asks her more questions: What did she eat? Has she gone to the bathroom? Does her head still hurt?

Schools function as the mental health system for up to 80 percent of children who need help, according to the American Association of Pediatrics.

And school nurses? They play a critical role in identifying students with mental health disorders.

It could be that these two little girls that went to Patricia Tolson's office are fine.

continued on page 5


Fair Ballot Commission announces Constitutional Amendments

The Fair Ballot Commission has announced the Constitutional Amendments that will appear on the November 8 ballot in Alabama. The ballot will include 14 statewide amendments and a number of local amendments.

Sometimes legislation is written in legal-speak, which can be very confusing to anyone not accustomed to that style, so the Fair Ballot Commission was created in 2014 to help average Alabamians understand the amendments by preparing summaries of the amendments in plain, simple to understand terms.



You can click on [Summaries](#) for a short pdf version of the amendments. Or, the voter-friendly ballot measure language is posted on the [Secretary of State's website](#).

The proposed Constitutional Amendments address a number of issues including questions about funding for State Parks, a person's right to work, impeachment process for certain elected officials and local laws established between 1984 and Nov. 8, 2016. 

Encourage your practice manager to attend the Oct. 8 Practice Managers Mini-Conference in Tuscaloosa. Registration is FREE and physician attendance at the APPA Fall Conference is not required. Practice managers will hear from Blue Cross Blue Shield, Managed Health Care Administration and New Directions. Registration information is on page 3.

Tides of Change in Mental Health Care

October 8 • Tuscaloosa Embassy Suites

APPA 2016 Fall Conference Agenda – Saturday, Oct. 8

9:00 a.m. – 1:00 p.m.

Practice Managers Mini-Conference

Location: Psychiatry South, Tuscaloosa

7:00 a.m. – 7:50 a.m.

Registration and Breakfast with Exhibitors

7:50 a.m. – 8:00 a.m.

Welcome

8:00 a.m. – 9:30 a.m.

Changing the Culture in Public Schools

Edgar W. Finn, MD, Assistant Professor of Psychiatry; Program Director, Child and Adolescent Psychiatry Fellowship, University of South Alabama College of Medicine

Sandra Parker, MD, Associate Professor of Psychiatry; Vice Chair, Department of Psychiatry, University of South Alabama College of Medicine

9:30 a.m. – 9:50 a.m.

Morning Break with exhibitors

9:50 a.m. – 11:05 a.m.

From Monotherapy to Polypharmacy: An Update

Godehard Oepen, MD, PhD, DFAPA, Grayson & Associates

11:05 a.m. – 12:05 p.m.

Catching Chameleons: Diagnosing and Managing Mood Disorders During and After Pregnancy

Christina Talerico, MD, Child and Adolescent Psychiatry Fellow, University of South Alabama College of Medicine

12:05 p.m. – 12:25 p.m.

Lunch with exhibitors, Poster Awards and Presentations

12:25 p.m. – 1:40 p.m.

Adverse Childhood Events: Who Pays for It?

Tarak Vasavada, MD, Professor of Psychiatry, University of Alabama at Birmingham

1:40 p.m. – 2:40 p.m.

Agitation in the Patient with Dementia

W. Bogan Brooks III, MD, Assistant Professor of Psychiatry;

Director, Medical Student Psychiatry Clerkship, University of South Alabama College of Medicine

2:40 p.m. – 3:00 p.m.

Afternoon Break with exhibitors

3:00 p.m. – 5:00 p.m.

Risk Management when Prescribing Controlled Substances

Charles D. Cash, JD, LLM, Assistant Vice President, Professional Risk Management Services

5:00 p.m.

Evaluation/Adjourn

Objectives

- Acquire the knowledge and skills to implement principles of rational polypharmacy.
- Recognize how adverse events in childhood can affect adult patients and their risk for psychopathology.
- Summarize federal and state laws regarding controlled substances, societal pressures, and the changing practice of medicine in order to reduce potential liability.
- Compare various treatment options for patients with mood disorders during pregnancy and the post-partum period.
- Review effective treatment options for patients with agitation in the context of dementia.
- Develop effective models for integrated mental healthcare settings, utilizing the specific example of school-based mental health assessment and treatment.

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Medical Association of the State of Alabama through the joint providership of the Medical Foundation of Alabama and the Alabama Psychiatric Physicians Association. The Medical Foundation of Alabama is accredited by the Medical Association of the State of Alabama to provide continuing medical education for physicians.

Designation Statement

The Medical Foundation of Alabama designates this live activity for a maximum of 8 *AMA PRA Category 1 Credits*SM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

REGISTRATION

Register online at www.tinyurl.com/APPA2016FallConference or print a registration form at www.alabamapsych.org/physicians and mail to APPA Fall Conference, Attn. Jennifer Hayes, PO Box 1900, Montgomery, AL 36102-1900.

ACCOMMODATIONS

The room rate at the Embassy Suites Tuscaloosa for Friday, Oct. 7, is \$159. Call (800) 362-2779 with room code ALP or use the link from the APPA website: www.alabamapsych.org/physicians. Note: The APPA Room block closes Sept. 9. We urge you to book your room early.

WHAT'S UP AROUND THE STATE...

Birmingham



BIRMINGHAM PSYCHIATRIC SOCIETY



For More information about the Birmingham Psychiatric Society, contact BPS President Paul O'Leary,

MD at dr.paul@me.com.

Central Alabama

For More information about the Central Alabama Society, contact Linda Teel at (334) 288-9009 ext. 207 or linda.teel@mpa1040.com.



Mobile



For more information about the Mobile Bay Psychiatric Society, contact James Hart, DO, at

jimfb@icloud.com.

Tuscaloosa

If you live in the Tuscaloosa area and would like to get connected with your fellow colleagues, check out the Tuscaloosa



Chapter of APPA. Contact Thaddeus Ulzen, MD, at tulzen@cchs.ua.edu for more information. 

Date set for Medical Association of the State of Alabama Governmental Affairs

Make plans to join your colleagues in Washington, D.C., at the Medical Association's Governmental Affairs Conference, Jan. 30-Feb. 1, 2017.

Protecting and promoting medicine's interests on Capitol Hill is a never-ending responsibility that requires participation from physicians across all specialties. This is particularly true considering the magnitude of the health issues confronting Congress.

The Medical Association's Governmental Affairs Conference will provide you the opportunity to get your voice heard! During the conference, you will have the chance to personally meet

your Senator and Representative and be able to engage in discussions with them regarding medicine's legislative agenda.

ACCOMMODATIONS

Make your reservations directly through the Willard InterContinental Hotel by calling (800) 424-6835 or online at www.washington.intercontinental.com. **Use Group Code M22 to reserve a room at the discounted rate. (Deluxe room rate is \$289.) Hotel booking deadline is 4 p.m. Jan. 2, 2017.**

Contact APPA Executive Director Jennifer Hayes for registration information. E-mail jbayes@alamedical.org or call (334) 954-2500. 



MACRA: Physicians to have more flexibility

www.alabamamedicine.org

MACRA will begin on Jan. 1, 2017, and according to CMS Acting Administrator Andy Slavitt physicians will have more options to comply and avoid a negative payment adjustment in 2019.

The announcement comes after intense pressure from industry stakeholders and policymakers to ease implementation of the Medicare Access and CHIP Reauthorization Act, which is set to start Jan. 1, 2017. Just two months ago, CMS announced the agency was considering delaying the start date.

Now, CMS seems to be conceding a bit of ground by adding more flexibility to the MACRA program with four options for participation:

Option One: The first option is designed to ensure more physicians are prepared to participate in 2018 and 2019 and will enable clinicians to submit data to the Quality Payment Program, including data after Jan. 1, 2017, and still avoid a negative payment adjustment.

Parents want schools to expand health education

Survey shows many want kids to be taught about managing stress, depression and bullying

HealthDay News

Many parents want teachers to go beyond sex education and substance abuse issues in their health classes, a new poll finds.

Middle and high schools should teach kids how to cope with issues such as stress, depression, bullying and suicide, according to two out of three parents surveyed.

“These results suggest that the stigma of mental health issues may have relaxed among today’s parents, in favor of using a broad array of resources to help children and adolescents with these critical areas,” said Sarah Clark. She is co-director of the C.S. Mott Children’s Hospital National Poll on Children’s Health.

While two-thirds of those polled said health education programs should include topics such as stress and bullying, only one-third said their child’s school currently covers these topics.

Nearly seven out of 10 parents said

basic first aid should also be taught, and 63 percent said their child should learn CPR, the survey results showed.

“Most parents today support traditional health education topics like pregnancy prevention, drug abuse and other risk behaviors that used to generate more debate in years past,” Clark said in a hospital news release.

“However, they clearly perceive a gap between what their children need and what they are receiving in the area of mental health education, as well as basic first aid and CPR,” she added.


Nearly 40 percent of parents said schools should teach children how to use the health care system. Only 10 percent said this topic is covered at their child’s school.

Pollsters cited several barriers to expanding health education. They include core academic requirements, student and parent choices for elective classes, and the cost of hiring more teachers. The

researchers suggested schools recruit local health care professionals to provide CPR and first-aid training to students.

Meanwhile, two-thirds of parents polled said traditional health topics – such as sex education, pregnancy prevention, exercise, nutrition, and drug and alcohol abuse – were covered at their child’s school.

“Most parents believe schools are on the right track with what kids are learning in health education, but recognize that today’s youth face a growing set of issues impacting their health,” said Clark. “School leaders may consider ways to incorporate health topics in the classroom.”

Pollsters questioned a random sampling of parents with at least one child between 11 and 18 years of age. The margin of error is plus or minus 3 to 4 percentage points. 

Mental health in schools continued

Or maybe there’s something else going on. And that’s what school nurses have to gauge every day.

“School nurses are the detectives in that school,” says Donna Mazyck, the executive director of the National Association of School Nurses. “They’re the eyes and ears of public health.”

She says nurses look for patterns, “so if a student comes back with the same symptoms every single day that week, that school nurse is going to begin to connect the dots.”

All of which is great if there’s actually a school nurse. Some schools share nurses. Some districts have just one for all of their schools.

On top of that, school nurses generally get very little training when it comes to mental health. Mazyck says she herself was overwhelmed when she was a school nurse. She saw depression, trauma, anxiety, grief and “students who didn’t even know what to do to calm themselves down,” she says. “They didn’t know how to cope.”

So Mazyck went back to school for a graduate degree in counseling and now she focuses on getting nurses more training. Mental health is routinely ranked one of the top issues all school nurses deal with, and many want to be better at it.

Nurses feel like they might open a Pandora’s box if they ask students certain questions about their mental health, says Sharon Stephan who co-directs the National Center for School Mental Health at the University of Maryland. Her team trains

school nurses all over the country. She says that nurses can feel overwhelming when they aren’t sure if there’s anyone in the community to help students outside the school.

Stephan says no one expects nurses, or even teachers for that matter, to be therapists or psychiatrists. But she tells nurses there are two simple questions you can ask yourself to see if a child needs help:

Is the student acting or behaving differently than they were before? Or, are they somehow far outside the norm of what you would expect?

What frustrates her is that often, the only time everyone pays attention is when there’s a tragedy, like a school shooting.

The idea is “Can we catch the one student who might harm others?” or “How can we identify the one student who might be suicidal?”

But she says there are so many more kids who need help – and the first person who might notice – is the school nurse.

Talking back, getting into fights and being distracted in school: “Is that just kids being kids? Or signs of a child struggling with mental health?” she says she asks herself.

Increasingly it’s the school nurse’s job to make that call.

[Listen to the broadcast or read the transcript here.](#) 

SAVE *the* DATE

Coming Attractions

2016 APPA Fall Conference

October 8 | Embassy Suites Hotel | Tuscaloosa
Reserve your room by calling (800) 362-2779

2017 APPA Spring Conference

April 21-22 | Montgomery Renaissance Hotel and Spa

2017 APPA Fall Conference

October 28 | Ross Bridge Resort, Birmingham

2018 APPA Spring Conference

April 20-21 | Embassy Suites, Montgomery

Does your practice manager read *the freudian slip*?

Make sure your practice manager is in the know and receiving the latest information from APPA. Email [Charlotte Morris](mailto:cmorris@alamedical.org) at cmorris@alamedical.org with your practice manager's name and contact information to make sure he or she is receiving *the freudian slip* each month by email. Read past issues of *The Freudian Slip* online at www.alabamapsych.org and click on News.

MACRA continued

Option Two: The second option will allow participation for part of the calendar year. Physicians may choose to submit Quality Payment Program information for a reduced number of days. The first performance period could begin later than Jan. 1, 2017, and the practice could still qualify for a small positive payment adjustment. This option can include the submission of information on how the practice uses technology and what improvement activities are being used. Physicians will choose from a list of quality measures and improvement activities under the Quality Payment Program in this category.

Option Three: The third option will allow physician groups to submit information for the entire 2017 year on quality measures and could qualify for a modest positive adjustment.

Option Four: The fourth option is for physicians participating in an Advanced Alternative Payment Model in 2017. Instead of reporting quality data and other information, the law allows participation in an Advanced APM, such as Medicare Shared Savings Track 2 or 3 in 2017. Physicians that receive enough of their Medicare payments or see enough of their Medicare patients through an Advanced APM in 2017 would qualify for a 5 percent incentive payment in 2019.

These changes come in response to feedback on CMS's April proposal for implementing the Quality Payment Program on how excessive reporting can distract from patient care; how to encourage new programs, such as medical homes; and the unique issues facing small and rural non-hospital-based physicians, Slavitt wrote in a blog post.

More details on these options will become available when CMS releases its final rule for implementing the Quality Payment Program, sometime before Nov. 1.

[Learn more about MACRA here.](#) 

the
freudian
slip

Alabama Psychiatric
Physicians Association

19 S. Jackson Street |
Montgomery, AL 36104
(334) 954-2500
Fax (334) 269-5200
www.alabamapsych.org

Tarak Vasavada, MD,
Publisher
Jennifer Hayes,
Executive Editor
Charlotte H. Morris,
Senior Editor

Articles or advertisements should be sent to Charlotte H. Morris, at cmorris@alamedical.org two weeks in advance of printing.

The Freudian Slip is published bimonthly. The articles contained in The Freudian Slip are meant to provoke thought and comment and do not necessarily reflect the views and opinions of the members, Executive Council or staff of the Alabama Psychiatric Physicians Association. Comments and letters to the editor are welcome.