



# the freudian slip

TREATMENT WORKS | RECOVERY IS POSSIBLE

WWW.ALABAMAPSYCH.ORG

## APA outlines provisions of 21st Century Cures Act

In December, Congress overwhelmingly passed the 21st Century Cures Act (H.R. 34), an end-of-year healthcare package of bills with many mental health, substance use, and criminal justice provisions taken from the Helping Families in Mental Health Crisis Act (H.R. 2646), the Mental Health Reform Act of 2016 (S. 2680), the Mental Health and Safe Communities Act (S. 2002), and the Comprehensive Justice and Mental Health Act (S. 993). The passage of H.R. 34 marks a major first step toward reforming the mental healthcare system in the United States.

The Act contains numerous provisions that benefit the practice of psychiatry and the treatment of individuals with serious mental illness. The APA Department of Government Relations has identified key provisions contained in the legislation. See the report at [www.alabamapsych.org](http://www.alabamapsych.org).

### Mental healthcare provisions in the Act include:

- Requiring SAMHSA to develop a strategic plan every four years that identifies strategies to improve the recruitment, training and retention of a mental health and substance use disorder workforce.
- Reauthorizing grants to support integrated care models for primary care and behavioral healthcare services.
- Reauthorizing mental health awareness training grants for evidence-based programs that provide training and education.
- Reauthorizing grants to accredited institutions of higher education or professional training programs to support the establishment or expansion of internships or field placement programs in mental health.
- Authorizing the Secretary of Health and Human Services (HHS) to establish a training demonstration program for medical residents and fellows to practice psychiatry and addiction medicine in underserved, community-based settings.
- Establishing grants to states to establish, improve, or maintain programs for screening, assessment and treatment services for women who are pregnant, or who have given birth within the preceding twelve months, for maternal depression.
- Directing a study and reporting on the Medicaid Emergency Psychiatric Demonstration Project.
- Requiring new activities to strengthen enforcement of the Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA).

### Alabama senators support mental healthcare reform

APA President Maria A. Oquendo, MD, PhD, and CEO Saul Levin, MD, MPA, sent letters of appreciation to Alabama Senators Richard Shelby and Jeff Sessions for their support of H.R. 34.

The letters state, “As you know, each day individuals and their families struggle with mental health crises. For example, thirteen million Americans suffer from serious mental illness, yet almost forty percent of these individuals receive no treatment at all. The mental health reform provisions contained in H.R. 34 address challenges facing individuals suffering from mental illnesses, including substance use disorders, by facilitating improved coordination of fragmented mental health resources, addressing the critical psychiatric and mental health clinical workforce shortage, and strengthening the enforcement of the Mental Health Parity and Addiction Equity Act.”

- Providing \$4.8 billion over ten years to the National Institutes of Health, including \$1.5 billion for the Brain Research Through Advancing Neurotechnologies (BRAIN) Initiative.

## 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](mailto: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](mailto:linda.teel@mpa1040.com).



## Mobile



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

[jimfb@icloud.com](mailto: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](mailto:tulzen@cchs.ua.edu) for more information. 

## Registration is open for January mental health summit

NAMI Alabama, the Alabama Council for Behavioral Healthcare, and the Alabama Disabilities Advocacy Program will present *Mental Health Summit: A Matter of Time – A Strategic Discussion for Solving Alabama's Mental Health Crisis*, Jan. 19, 2017, at the Hyatt Regency Birmingham - The Wynfrey Hotel from 8:30 a.m. - 4:30 p.m. Registration will open at 8:00 a.m.



Featured speakers are Gov. Robert Bentley; Jim Purdue, commissioner of the Alabama Department of Mental Health; Pete Earley, author and mental health reform advocate; Maj. Sam Cochran, Sr., NAMI law enforcement consultant; Herbert Cotner, Dallas Police Senior Corporal; Peter Lane, DO, Birmingham psychiatrist; and Steve Leifman, Associate Administrative Judge in the Miami-Dade County Court Criminal Division and Special Advisor on Criminal Justice and Mental Health for the Supreme Court of Florida.

Registration is \$25 per person. The deadline to register is Jan. 12, 2017. Visit <http://www.namialabama.org> for more information. 

## Mountain Brook psychiatrist named Leading Psychiatrist of the World



Arthur M. Freeman III, MD, of Mountain Brook, has been recognized as a Leading Physician of the World and Top Adult Psychiatrist in Birmingham, Alabama, by the International Association of HealthCare Professionals, an organization that selects doctors of excellence who have demonstrated leadership and achievement in their medical specialty.

Dr. Arthur Freeman is a native of Birmingham where he is in private practice of psychiatry and is a clinical professor of psychiatry at Tulane University School of Medicine. 

## Room deadline nears for GA Conference

The Medical Association of the State of Alabama's Governmental Affairs Conference is Jan. 30-Feb. 1, 2017, in Washington, D.C.

The conference provides the opportunity for your voice to be heard! During the conference, you will have the chance to meet and engage in discussions with your senator and representative regarding medicine's legislative agenda.

### ACCOMMODATIONS

Make your reservations directly through the Willard InterContinental Hotel by calling (800) 424-6835 or online at [www.washingtonintercontinental.com](http://www.washingtonintercontinental.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 – [jbhayes@alamedical.org](mailto:jbhayes@alamedical.org) or call (334) 954-2500. 



# Rural Alabama's health status: Is there a long-term solution?

## *Alabama Rural Health Association*

The poor health status of Alabama's population is an established fact. Life expectancy for Alabamians is three years less than that for the nation with rural Alabamians being 3.5 years less than that for the nation. Life expectancy for residents of rural Wilcox County is 9 years less than that for the nation. Alabama has the third highest death rate among all 50 states. There are numerous other examples of Alabama's health status struggles with most being more serious in rural areas.

Alabama has many outstanding programs and policies aimed at providing care to those who need it the most. There are ongoing debates about expanding Medicaid coverage to include additional underserved and vulnerable members of our population. We have several excellent programs that have been developed in an effort to produce more rural primary care physicians and other health care providers. Tele-medicine and tele-health are rapidly expanding with promises of providing services where these do not currently exist or are not sufficient to handle the need. More and more charity clinics, Federally Qualified Health Centers, and Certified Rural Health Clinics are being opened, expanding the capacity of Alabama's health care safety net.

But, wouldn't it be wonderful if Alabama's need for health care services was not so great because our population was much healthier? Think about the widespread benefits that would accompany a healthier population. What is the secret to attaining this goal?

There is strong evidence that if such a solution exists, it is a part of the very strong connection between education, income, and health status. Nearly one in every three Alabamians with less than a high school education (32.7%) lives in poverty. The percent below poverty level decreases steadily as educational attainment increases. There is a strong relationship between income and educational attainment.

The death or mortality rate for Alabamians with less than a 9th grade education (4,405.4 deaths per 100,000 population) is nearly double that for

persons with a 9th grade through 12th grade (but not graduation) education (2,290.0), nearly 2.25 times that for Alabamians with a high school education (2,007.1) and more than five times greater than that for persons attending or completing college. There is a strong relationship between educational attainment and mortality.

The impact that educational attainment has on health knowledge, behavior, and status is not open to debate. However, many may not be aware of how great this impact is and how it is seen for all causes of death. While the death rate for all causes is more than 5 times higher for Alabamians with less than a 9th grade education compared to those with some college, the mortality disparity between these two population components is even greater for selected causes that are related to health behavior:

- Nearly 5.5 times higher for trachea, bronchus, and lung cancer
- Nearly 6 times higher for diabetes mellitus
- Nearly 6.5 times higher for heart diseases
- Over 7 times higher for pneumonia
- Nearly 8 times higher for chronic lower respiratory diseases
- Nearly 6.5 times higher for nephritis, nephritic syndrome, and nephrosis

The key component in this relationship appears to be educational attainment. However, increasing the educational status of Alabamians is a long-term goal. If we can improve the educational status of our

population through a quality education, a higher income and improved health status should automatically result.

A good starting point for improving education that should be agreeable and non-political is the expansion of tele-education. Through the expansion of tele-education, Alabama's children attending public, private, and parochial schools as well as those who are being home schooled can together share a virtual classroom. Those students who have a strong desire to learn and better themselves in life can take courses that could not even be considered in many schools, especially our more rural schools. Instructors of proven ability and quality can be used in teaching these courses.

While this may sound like a dream, remember that the basic requirement for having a dream come true is that you first have the dream. There are several challenges that must be overcome to fully implement tele-education. First, Alabama must have broadband coverage throughout the entire state to bring this service to our most rural areas where income and health status tend to be less adequate. Another challenge involves the fact that school systems are quite independent with class scheduling. There would be problems with scheduled tele-education classes not fitting well with class schedules in many schools. Perhaps requiring standardized class scheduling for part of the school day could solve this challenge. 🌐



**It's time to renew your APA and APPA dues!**



Go go [www.psychiatry.org](http://www.psychiatry.org).

SAVE *the* DATE

## Coming Attractions

### 2017 APPA Spring Conference

April 21-23 | 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

### 2018 APPA Fall Conference

October 6 | Battle House, Mobile

### 2019 APPA Spring Conference

April 5-7 | Sandestin Golf and Beach Resort, Florida

## APA/APAF seeks fellowship applicants

APA/APAF Fellowships allow residents and fellows to expand their skills and explore interests while completing their regular training program. Many come with funding for projects or research and provide an excellent opportunity to connect with colleagues from across the country. Applications are due Jan. 30, 2017. [Explore the fellowships today.](#)

## Physician Finder

THE UNIVERSITY OF ALABAMA® seeks applicants for a psychiatry faculty position.

### Responsibilities

Teaching family medicine residents and medical students, providing direct patient care, engaging in scholarly activity.

### For information contact:

Dr. Thad Ulzen at [tulzen@ua.edu](mailto:tulzen@ua.edu) or 205-348-1325 and visit [cchs.us.edu](http://cchs.us.edu).

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Articles or advertisements should be sent to Charlotte H. Morris, at [cmorris@alamedical.org](mailto:cmorris@alamedical.org) two weeks in advance of printing.

## New APA resource helps Early Career Members on the non-clinical side of medicine

Your early career as a psychiatrist is an exhilarating time as you continue to develop your identity as a physician and explore new opportunities. It can also be challenging as you tackle the business side of medicine and manage your career. Your APA membership can help with business of medicine resources, professional development, and career management – now collected on one [APA webpage.](#)

Save the Date  
APPA's Spring Conference  
April 21-22, 2017

Renaissance Montgomery Hotel and Spa  
Rate is \$135.  
Room Block expires March 22, 2017  
[Reserve a room online](#)



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.