

**APPA Fall Conference
October 27-28, 2017**

**Adapting
to Change**

See pages 2 & 3 for details.

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**Join us for APPA's 2017 Fall Conference
October 27-28**

Renaissance Birmingham Ross Bridge Golf Resort & Spa



APPA's 2017 Fall Conference has something for all levels of psychiatric patient care.

Early Career Psychiatrist, Resident Fellow Member and Student Mini-Conference

Friday, Oct. 27, 1:30 p.m. - 5:30 p.m.

ECPs*, RFMs and students are invited to attend a mini-conference tailored specifically to their groups on Friday, Oct. 27 from 1:30 - 5:30 p.m. Because of a sponsorship from American Professional Agency, Inc., registration is free! ECPs, RFMs and students will learn about risk management as it pertains to the practice of psychiatry.

Residents and students are invited to participate in a poster contest in conjunction with the fall conference.

Abstracts should be sent to Luke Engeriser, MD, lengeriser@altapointe.org, by Oct. 1 for consideration. Learn more at www.alabamapsych.org/residents.

**Early Career Psychiatrists are General Members of the APA who are within their first seven years after completion of training.*

Welcome Reception

Friday, Oct. 27, 6:00 p.m. - 8:00 p.m.

All meeting attendees (ECPs, RFMs, students, all Saturday meeting attendees and practice manager conference attendees) are invited to join us Friday night for a special outdoor reception you won't want to miss. Be sure to sign up on the registration form.

Adapting to Change: APPA Fall Conference

Saturday, Oct. 28, 7:00 a.m. - 5:00 p.m.

Our main conference will begin with registration and breakfast at 7:00 a.m. with the first session beginning at 7:50 a.m. Registration is **free** for Early Career Psychiatrists, Resident Fellow Members and students thanks to a grant from the American Psychiatric Association.

Practice Managers Conference

Saturday, Oct. 28

Psychiatric practice managers will meet on Saturday, Oct. 28, in conjunction with the fall conference. More details to come.

2017 Fall Conference Agenda

FRIDAY, OCTOBER 27

6:00 p.m. – 8:00 p.m.
Welcome Reception

SATURDAY, OCTOBER 28

7:00 a.m. – 7:50 a.m.
Registration and Breakfast with Exhibitors; Poster Viewing

7:50 a.m. – 8:00 a.m.
Welcome

8:00 a.m. – 12:30 p.m.
Practice Managers Mini-Conference

8:00 a.m. – 9:30 a.m.
MACRA Requirements
James Stroud, CPA, Warren Averett

9:30 a.m. – 9:45 a.m.
Morning Break with Exhibitors
Poster Viewing

9:45 a.m. – 10:45 a.m.
Schizophrenia and Psychosis Related Disorders
Adrienne Lahti, MD, Patrick H. Linton Professor, Director, Division of Behavioral Neurobiology, University of Alabama at Birmingham; and Clinton Martin, MD, Assistant Professor, Child and Adolescent Psychiatry, University of Alabama at Birmingham

10:45 a.m. – 11:45 a.m.
The Aging Physician and Cognitive Decline: Implications for Medical Staffs, Hospitals and Communities
Robert Hunt, D. Min, MLAP, LPC-S, Clinical Coordinator and Interim Director, Alabama Physician Health Program; and Jim Alford, MD, volunteer, Alabama Physician Health Program

11:45 a.m. – 12:15 p.m.
Lunch, Poster Awards, Presentations

12:15 p.m. – 12:45 p.m.
Department of Mental Health Update
Lynn Beshear, Commissioner, Alabama Department of Mental Health

12:45 p.m. – 1:45 p.m.
LGBT Issues in Psychiatry
Rodney A. Villanueva, MD, Associate Program Director, Psychiatry Residency Program, Carolinas HealthCare System

1:45 p.m. – 2:45 p.m.
Unique Developmental Differences and Mental Health Challenges of Children and Adolescents in the Foster Care System Including Issues of Attachment
Mandy Hiles Howard, PhD, Assistant Professor of Psychology, Samford University

2:45 p.m. – 3:00 p.m.
Afternoon Break

3:00 p.m. – 5:00 p.m.
Risk Management Considerations when Using Social Media and Technology
Maira Wertheimer, Esq., RN, CPHRM Assistant Vice President, Healthcare and Psychiatry Risk Management Group, AWAC Services Company

5:00 p.m.
Evaluation/Adjourn

Learn more about our speakers in our weekly Conference Notes. Send your e-mail address to cmorris@alamedical.org or view the Notes online in the Events section of our website, www.alamedical.org.

Early Career Psychiatrist, Resident Fellow Member, and Medical Student Mini-Conference

FRIDAY, OCTOBER 27

Sponsored by American Professional Agency, Inc.

Guest Speaker:



Maira Wertheimer, Esq., RN, CPHRM, Assistant Vice President, Healthcare and Psychiatry Risk

Management Group, AWAC Services Company

1:30 p.m. – 2:30 p.m.
Risk Management and Behavioral Health

2:30 p.m. – 3:30 p.m.
Minimizing Risk When Treating Suicidal and Violent Patients

3:30 p.m. – 4:30 p.m.
Risk Management Considerations when Practicing Addiction Psychiatry

4:30 p.m. – 5:30 p.m.
How to Prepare for a Deposition

6:00 p.m. – 8:00 p.m.
Welcome Reception

Because of the sponsorship of APA, Inc., registration for the mini-conference is free for Early Career Psychiatrists, Resident Fellow Members and Medical Students Members of APA and APPA.

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 7.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Adapting to Change



ALABAMA PSYCHIATRIC
PHYSICIANS ASSOCIATION
A District Branch of the American Psychiatric Association

APPA Fall Conference

October 27-28, 2017

Renaissance Birmingham Ross Bridge Golf Resort & Spa

APPA 2017 Fall Conference Registration

PLEASE PRINT CLEARLY

Name _____

Practice Name _____

Address _____

City, State ZIP _____

Office Phone _____

E-mail _____

Dietary Needs _____

Designation MD DO First Time Attendee

RN Social Worker Psychologist Student

Other _____

Fax _____

Cell Phone _____

Practice Manager Name _____

Practice Manager E-mail _____

REGISTRATION FEES: Check all that apply.

Early Career Psychiatrist, Resident Fellow Member and Student Mini-Conference Friday, Oct. 27, 1:30-5:30 p.m.
Sponsored by American Professional Agency, Inc.

Early Career Psychiatrist - Free

Resident/Fellow - Free

Student - Free

Welcome Reception Friday, October 27, 6-8 p.m.

Free for all registered attendees

APPA Fall Conference, Saturday, October 28

ECP, RFM, and student registration is free thanks to the American Psychiatric Association.

Member \$250

Non-Member \$350

Non-physician Clinician \$200

Early Career Psychiatrist - Free

Resident/Fellow - Free

Student - Free

Spouse and guests \$50 to attend meals and reception only

(Name tags required) Guest Name(s) _____

Practice Manager Mini-Conference Saturday, October 28

Practice Manager (of physician member of your APA District Branch) \$125

Practice Manager (of a non-physician member) \$225

REGISTRATION

Register online at www.tinyurl.com/APPA2017FallConference. Mail forms to APPA Fall Conference, Attn. Jennifer Hayes, PO Box 1900, Montgomery, AL 36102-1900. Fax (334) 269-5200. www.alabamapsych.org.

ACCOMMODATIONS: RENAISSANCE BIRMINGHAM ROSS BRIDGE GOLF RESORT & SPA

The discounted room rate is \$209 per night for a deluxe room and is available for one day before and one day after the conference. Make your hotel reservations **before Sept. 29** by calling (800) 468-3571. **Ask for Room Code APP.**

PAYMENT

Check payable to APPA

Credit Card: VISA

MasterCard

American Express

Cardholder Name _____ Email address for receipt: _____

Card Number _____ Exp. Date _____ Security Code _____

Billing Address _____ City, State ZIP _____

Signature _____ Amount: \$ _____

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 Bay



The Mobile Bay Psychiatric Society has re-organized. Serving as co-presidents *protém* are W. Bogan Brooks, MD, and Hal Veits, MD.

Their next meeting is Nov. 2 at 6 p.m. For more information e-mail wbrooks@altapointe.org, or hveits@gmail.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. 🌐

Contract between New Directions Behavioral Health and MHCA to expire Sept. 30

Blue Cross and Blue Shield of Alabama (BCBS) was recently notified that the contract that currently exists between New Directions Behavioral Health®, BCBS' behavioral health benefit manager, and Managed Health Care Administration (MHCA) will not be renewed effective Oct. 1, 2017.

MHCA's primary functions are contracting and credentialing, claims processing, and provider payments for New Directions Behavioral Health. New Directions Behavioral Health has already begun to contract with those providers that currently have a contract in place with MHCA and will assume responsibility for all services previously provided by MHCA.

BCBS expects most of their current participating behavioral health providers, including those providers in the Expanded Psychiatric Services (EPS/EPL) network, to contract with New Directions Behavioral Health. They do not anticipate any significant changes for members; however, if a provider does not join the New Directions Behavioral Health network, members will be able to transition to a provider in the New Directions Behavioral Health network or, based on their benefits, utilize transition of care to continue seeing their current provider for 90 days.

Impacted members will be receiving letters explaining how to transition to a provider in the New Directions network and also, based on their benefits, how to utilize transition of care to continue seeing their current provider for 90 days. 🌐

Alabama residency programs in 100% Club

Congratulations to the University of South Alabama and Residency Program Director Luke Engeriser, MD, for being one of 11 residency training programs in the country to achieve Platinum Level status. The University of Alabama, under the leadership of Residency Program Director Laura Montgomery-Barefield, MD, also achieved 100% membership status, and is listed as a Gold Level program.

The APA 100% Club was established to encourage residents throughout the United States and Canada to join the APA with fellow trainees in their programs.

Many psychiatric residency programs come very close to making 100% Club each year, but fall a little short. In order to honor those programs for their efforts, the 100% Club has been expanded to three levels of Gold, Silver and Bronze, as well as the addition of a Platinum level which will recognize programs that have been part of the 100% Club Gold level for the past five consecutive years.

Resident benefits include:

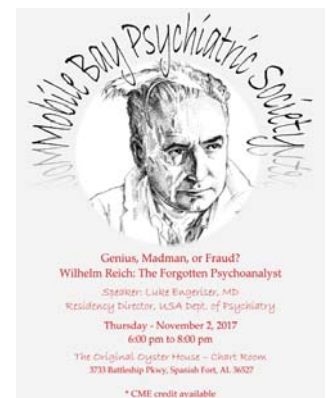
- **SET for Success** - featuring more than 60 free courses on the APA Learning Center
- Priority access to new learning formats on the **APA Learning Center** 🌐

Mobile Bay Psychiatric Society to meet Nov. 2

The Mobile Bay Psychiatric Society invites you to join them on Nov. 2 for "Genius, Madman, or Fraud – Wilhelm Reich: The Forgotten Psychoanalyst," with speaker Luke Engeriser, MD, residency director, University of South Alabama Department of Psychiatry.

The meeting will be Thursday, Nov. 2, from 6 – 8 p.m. at the Original Oyster House, 3733 Battleship Pkwy., Spanish Fort, AL 36527.

RSVP to: **W. Bogan Brooks, MD**, or **Hal Veits, MD**. 🌐



Will you help shape health policy?

With a few exceptions, our laws are written by people with little to no experience in mental health. Decisions made by the 140 members of the Alabama House and Senate directly impact our patients' lives. We can choose to not get involved hope for the best, or we can take an active role in shaping state health policy.

The Alabama Medical PAC (ALAPAC), administered by the Medical Association of the State of Alabama, helps elect candidates to office whom we can work with on the important mental health issues facing our state.

I am asking your support for ALAPAC. By contributing to ALAPAC, we can help elect candidates we can work with on legislation affecting our patients and the practice of psychiatry.

In just the past few legislative sessions, ALAPAC-supported legislators helped:

- Stop the Patient Compensation System bill, with its annual \$3,000 tax on each psychiatrist;
- Stop legislation that would have allowed marriage and family therapists to diagnose and treat mental and emotional disorders;
- Improve the delivery of mental health services in Alabama;
- Ensure adequate funding for Medicaid to prevent loss of access for patients; and
- Stop drivers of physician burnout like MOC.

Laws impacting our patients and the practice psychiatry will continue to be introduced. Can ALAPAC and I count on your support? Donate now or learn more at www.alamedical.org.



Tarak M. Vasavada, MD
President, Alabama Psychiatric Physicians Association

Contributions to ALAPAC are not tax deductible as charitable contributions for Federal income tax purposes. Voluntary political contributions to Alabama Medical PAC (ALAPAC) are not limited to the suggested amount. A portion of the contributions may be used in connection with Federal elections. Corporate funds will be used in either state elections or for education purposes. Federal contributions are subject to the limitations of FEC Regulations 110.1, .2, and .5.

Achieve a successful transition to MACRA's Quality Payment Program

In October 2016, the Medicare Access and CHIP Reauthorization Act (MACRA) of 2015 repealed the Medicare Part B Sustainable Growth Rate (SGR) payment system and adopted a new two-track system. MACRA's Quality Payment Program (QPP) program is designed to streamline the Physician Quality Reporting System (PQRS), Value-Based Modifier (VM) and Meaningful Use Incentive programs into one process.

The Medical Association of the State of Alabama has partnered with the Alabama Quality Assurance Foundation (AQAF), to help you make a decision that will impact your payment structure under MACRA. Part of AQAF's contract with CMS is to provide training to clinicians on four categories of the Quality Payment Program and help every practice in Alabama choose its pace to participate so that you achieve a positive or neutral Medicare Part B Fee Schedule payment adjustment.

Technical assistance from the AQAF staff is always FREE! Learn more at <http://alabamamedicine.org/physician-resource-pick-pace/>.



Save the date
for The APA Assembly
meeting
Nov. 3-5, 2017,
at the Omni Shoreham
in Washington, DC.

IPS: The Mental Health Services Conference New Orleans, La. | Oct. 19 – 22, 2017 Enhancing Access & Effective Care

IPS: The Mental Health Services Conference's mission is to train and support psychiatrists and other mental health professionals to provide quality care and leadership. Its goal is to ensure optimal care and hope of recovery for individuals who suffer from mental illness, substance abuse or other difficulties through the study of clinical innovations and services to better meet their needs.

Who Should Attend?

- Psychiatrists of all levels
- Psychiatric social workers
- Peer counselors
- Psychiatric nurse practitioners
- Psychologists
- Behavioral health administrators
- Primary care providers

The 2017 conference will highlight innovations in clinical services. Explore 80+ sessions, unique learning formats, and several in-depth courses. Other topics include:

- Addiction Psychiatry and the Opioid Crisis
- Medical Director and Administrator Skill Development
- Integrated and Collaborative Care
- Adult and Child Psychopharmacology
- Fundamentals of Using Telepsychiatry in Your Practice
- 2017 Psychiatry Review and Clinical Synthesis Course

Learn more online at www.psychiatry.org.

Biggest flash points in the Graham-Cassidy Health Care Bill

Nancy Shute, Alabama Public Radio

If Senate Republicans vote to repeal and replace the Affordable Care Act this week, it would affect the health care of pretty much every American.

Here's a recap of four key flash points in the health overhaul debate.

Pre-existing conditions.

One of the biggest issues in the repeal/replace debate has been coverage for pre-existing conditions, genetic risks and chronic illness. Before the Affordable Care Act, insurers could deny coverage to people with diseases like diabetes or charge them much higher premiums. The ACA requires insurers to cover pre-existing conditions without charging more. The GOP bills passed or proposed would give states the power to waive that requirement. People with disabilities or chronic diseases, people who have had cancer, and parents of children born with health problems say that could make insurance unaffordable.

Medicaid.

The federal/state insurance program provides health care for 20 percent of all Americans, including 40 percent of children, half of all births, 60 percent of nursing home expenses and 25 percent of mental health care. The Graham-Cassidy bill would transform the structure of Medicaid, giving states control over how they spend federal funds. The bill cuts Medicaid funding over time. States that expanded their Medicaid programs, including California and New York, would face the biggest cuts, while Texas and some states in the Deep South and West would fare better.

Essential Health Benefits.

The Affordable Care Act requires that insurers cover 10 "essential health benefits," including maternity care, mental health, hospitalization, prescription drugs, emergency care, and children's health. The GOP proposals would let states opt out of those requirements, affecting insurance sold on the exchanges and employer-based coverage. But economists say that won't lower health costs as much as the bills' backers may hope, since the three biggest drivers of health costs are hospital care, doctor visits and prescription drugs – three things states may be most reluctant to cut.

Uncertainty And Market Instability.

As far back as April, insurers were worried that they wouldn't have enough time to set rates for 2018. That fear has only increased. Earlier this month, entrepreneurs said the lack of clarity is interfering with hiring. Enrollment on the federal exchanges opens Nov. 1, though the Trump administration has cut advertising for open enrollment by 90 percent. Some private insurers are stepping up to fill the gap. 🌐

APA and MOC reform: What APA is doing for you

www.psychiatry.org

Maintenance of Certification (MOC) is an initiative of the American Board of Medical Specialties (ABMS), an organization of 24 approved medical specialty boards including the American Board of Psychiatry and Neurology (ABPN).

While the APA does not have the authority to ban or stop MOC, the APA is continually working on behalf of members to reform MOC, advocate against additional requirements, ensure requirements are relevant to psychiatric practices and establish a fair process for psychiatrists who demonstrate meaningful learning and improvement.

APA's Advocacy Priorities

- Ensure MOC status is not used for licensure, hospital privileges, or insurance paneling.
- Ensure psychiatrists receive credit for quality and practice improvement activities they are already completing within the scope of their own practice.
- Address concerns about the fees associated with maintaining certification.
- Reduce the burden of MOC as a contributor to physician burnout.
- Equip APA members with easy to use activities to meet the requirements of MOC in an efficient and cost-effective manner and that lead to improvement in patient care.

Get Involved, Provide Feedback, Help Advocate

The APA has established a standing committee of the APA Assembly and a member-wide MOC caucus to critically evaluate MOC and inform APA's strategy for MOC reform. The APA will continue to participate in and provide feedback at ABPN meetings, including the ABPN's annual Critical Issues Forum, to assert the needs of our members.

Please send us your feedback and let us know if you would like to participate in the MOC caucus. Contact us at membership@psych.org. 🌐

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Email: membership@psych.org

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www.my.psychiatry.org

SAVE *the* DATE

Coming Attractions

2017 APPA Fall Conference

October 27-28

Renaissance Birmingham Ross Bridge Golf Resort & Spa

2018 APPA Spring Conference

April 20-21 | Birmingham Marriott, Grandview Parkway

2018 APPA Fall Conference

October 26-27 | Battle House, Mobile

2019 APPA Spring Conference

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

2019 APPA Fall Conference

September 27-28 | Bohemian Hotel, Mountain Brook

What common psychiatric disorder leads to individuals visiting their medical doctor **3 to 5** times more often for nonspecific medical complaints?



Anxiety Disorders

Because of their high prevalence, chronicity, and clinical comorbidities, anxiety disorders continue to be a major clinical practice challenge with many patients remaining underrecognized and undertreated.

Early Career Members of APA receive a complimentary subscription to *FOCUS: The Journal of Lifelong Learning in Psychiatry* and have access to the article, "Anxiety Disorders Across the Life Span." Log in at www.psychiatry.org to learn more.

Remember, you must call APA Member Services at 888.357.7924 each year to renew your subscription.

P.S. – Are you listed on the APA's Find a Psychiatrist public database? It's a great way for patients and colleagues to find you. Opt in at my.psychiatry.org.



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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.