



the freudian slip

TREATMENT WORKS | RECOVERY IS POSSIBLE

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APPA's Fall Conference is quickly approaching

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

Early Career Psychiatrists, Resident Fellow Members and Students

Early Career Psychiatrists (ECPs*), Resident Fellow Members (RFMs) and students are invited to attend a mini-conference on Friday, Oct. 27 from 1:30 - 5:30 p.m. Because of a sponsorship from American Professional Agency, Inc., registration is free! Learn about risk management as it pertains to the practice of psychiatry.

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

All Psychiatric Care Givers

Our main conference, Adapting to

Change, will begin with registration and breakfast at 7 a.m. on Saturday, Oct. 28, 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

Please encourage your practice managers to sign up for our Practice Managers Mini-Conference on Saturday, Oct. 28, in conjunction with the fall conference. Participants will hear from Nancy Thomas, Clinical Network Manager for New Directions. We are also waiting for confirmation on speakers from Blue Cross Blue Shield of Alabama and Tricare. Contact Jenah Wilson at jenah@riverregionpsychiatry.com for more information.



Welcome Reception

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

We encourage all meeting attendees (ECPs, RFMs, students, all Saturday meeting attendees and practice manager conference attendees) 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. If you have already registered and are not sure if you signed up for the reception, e-mail cmorris@alamedical.org.

Mental Health in Alabama: Commissioner Lynn Beshear speaks out

Editor's note: Hear from Commissioner Beshear at APPA's Fall Conference, Oct. 28, in Birmingham. See page 2 for details.

Montgomery Advertiser

In her "come full circle" career, Lynn Beshear believes everything she has accomplished has led her to oversee the state's mental health system.

It comes from her time working in the Intensive Care Nursery at Duke University Medical Center, to her latest 17-year stint as executive director of Envision 2020 – where mental health was on the forefront of her agenda the past few years.

Beshear, the newly appointed commissioner of the Alabama Department of Mental Health, plans to focus on

partnerships, planning and prevention.

"I want to make this department relevant," she said. "I think most people feel like it's just 'there' and it really doesn't relate to their lives.

"There's never going to be enough money, and we need to back up and say

continued on page 4

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 Sponsored by ProAssurance; 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.alabamapsych.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:

Hotel space for Friday night at Ross Bridge has sold out. Nearby Hotels include Residence Inn by Marriott Birmingham Hoover (205) 733-1665; Hyatt Place Birmingham/Hoover (205) 988-8444.

PAYMENT

Check payable to APPA

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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 *protem* 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. 



Alabama Mental Health, cont.

'What do we need to do starting at birth, or maybe before, for people to be mentally healthy?' The best-intentioned people in the world, from the best families imaginable, are still going to get schizophrenia, and bipolar disease, and major depression. Because these are diseases. These are not character flaws."

Beshear wants to always remember that her first job every day is to "protect our consumers. To make sure they are taken care of.

"My other top priority is to make sure we can take care of the workforce. Because if our workforce is not mentally and physically healthy, they're not going to deliver the level of care that needs to be delivered."

The biggest problem Beshear said the state faces has to do with accommodations and living environments for people with developmental disabilities. The focus now in caring for them is moving away from what is called congregant living and to instead incorporate people into the regular workforce as much as possible.

If there is one thing Beshear wants in the state, it is a peer program, in which those living with a mental illness can lean on someone who has been on their path.

Within the mental health department is the office of consumer relations, which oversees the state's peer to peer specialist program. Mike Autrey is director of the department, and has been diagnosed with both major depression and obsessive compulsive disorder (OCD).

The department offers a peer certified specialist program for people with a mental illness and who are in recovery. The program provides training so they can learn to use their recovery story to help others with mental illness who are not as far in their recovery.

There is also a program for substance abuse. "Traditional treatment treats your symptoms, and you need that," Autrey said. "But you get to a point that you find a medication that's working and you're feeling better. And then what? All I had to do was sit at home all day and started thinking about my situation and getting worse.

"This training helps people move beyond the symptoms of the illness but also the effects of the illness – the

unemployment, poverty, lack of hope. Because when you're in treatment for a long time, it's like any other thing. If you lose everyday living skills, you lose your ability to carry on conversations. You lose hope."

Peer support, he said, is about helping people realize that there is life in recovery from mental illness.

In January 2016, county commissioners in Montgomery, Autauga, Elmore and Lowndes counties signed a resolution in support of a new national initiative called Stepping Up, which works to reduce the number of people with mental illnesses in the nation's jails.

The Stepping Up Initiative was launched in May 2015 as a partnership of The Council of State Governments (CSG) Justice Center, The National Association of Counties and The American Psychiatric Association Foundation.

The initiative is designed to rally national, state, and local leaders around the goal of reducing the number of people with mental illnesses and substance use disorders in jail.

"I'd like to see Alabama as a 'Stepping Up' state," Beshear said. "I've been in touch with Ohio on how they did that."

Ohio Department of Mental Health and Addiction Services director Tracy Plouck serves on the board of directors for the Council of State Governments Justice Center, and was an early champion of the nationwide initiative.

Plouck told the *Montgomery Advertiser* the Ohio initiative is in its second formal year and of the state's 88 counties, 33 have county commissioner resolutions passed to make improvements at the intersections of mental illness and the jails.

Ohio is one of a handful of states, including Texas and California, that has been on the cutting edge of efforts to advance local initiatives to shift the state's reliance on jails and prisons as the primary mental health providers towards a system that diverts people with mental illness to community based treatment options, according to the National Alliance on Mental Illness Ohio.

Read the full article: [Mental health: How Alabama is responding](#) 

New APA resource helps psychiatrists avoid Medicare penalties

The APA has released a new [guide](#) to help psychiatrists avoid potential financial penalties from Medicare's new quality performance program, known as the Merit-based Incentive Payment System (MIPS). The MIPS was created in the Medicare Access and CHIP Reauthorization Act of 2015 (MACRA). It is part of Medicare's new Quality Payment Program, along with incentives for "Advanced" Alternative Payment Models.

The MIPS program rewards or penalizes physicians for performance quality. For the current performance year of 2017, rewards or penalties will be applied in 2019. **Thousands of psychiatrists could be subject to MIPS penalties in 2019 if they fail to do MIPS reporting for 2017.**

The APA guide, "[Take Action Now to Avoid Medicare Penalties](#)," offers step-by-step instructions to help psychiatrists navigate these new MIPS policies. The guide includes a checklist to determine whether MIPS reporting is needed, information on when and where to file reports, and recommendations on improvement activities physicians can participate in to receive performance credit.

For example, psychiatrists participating for at least 90 days in PsychPRO, the APA's national mental health registry, can receive credit for several improvement activities for being part of a "qualified clinical data registry."

"Take Action Now to Avoid Medicare Penalties" was prepared with substantial input from APA members. In addition to the detailed instructions, the guide includes additional resources and contact information for experts at APA and the Centers for Medicare and Medicaid Services. We urge all APA members who see Medicare patients to take a look.

For more help and information related to the Quality Payment Program, please visit the [APA Payment Reform Toolkit](#).

APA members can consult with APA experts by sending an email to qualityandpayment@psych.org or calling (800) 343-4671. 

Cullman Area Mental Health Authority merges with Huntsville's WellStone Behavioral Health

The Cullman Times

WellStone Behavioral Health in Huntsville and Cullman Area Mental Health Authority have merged, creating the largest and most comprehensive behavioral healthcare provider in North Alabama.

Operating as WellStone Inc., the organization will be led by a workforce of 400 employees serving more than 13,000 clients across the region, according to a press release. The merger became final Sunday.

"It's about building a stronger organization that meets the needs of our clients exactly when and where they need us the most," said Chris Van Dyke, Cullman Area Mental Health executive director, who will assume the role of Chief Operating Officer of WellStone.

"Behavioral health needs continue to grow, and state and local funding can't keep pace," Van Dyke said. "We embrace the opportunity to join forces as WellStone Inc. so that we can expand our reach within the region. Our team in Cullman will continue to provide services as they are available now but with enhanced operational support."

"It's critical to remove the stigma that often surrounds mental health services," WellStone Chief Executive Officer Jeremy Blair said. "One in five people will experience a diagnosable behavioral health condition each year. That's why our work remains focused on connecting children, adolescents and adults with the services they need to be at their very best." 

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

WELCOME NEW MEMBERS

Gary M. Bernard, MD, Fultondale
Elizabeth Birchall, Birmingham
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Thomas Bela Horvath, MD, Fairhope
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Oladipo Kukoyi, MD, Hoover
Laura E. Lockwood, DO, Hoover

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Heather Theobald, Madison
Anson Varghese, DO, Birmingham
Anna Williams, Mobile
William Caleb Wilson, Mobile
Yessie Yoon, MD, Birmingham
Chenhang Zou, Hoover

Congress fails to reauthorize CHIP funding

Federal funding for the Children's Health Insurance Program (CHIP) expired on Sept. 30. CHIP provides health insurance to nearly nine million children and adolescents from low-income families who do not qualify for Medicaid. The CHIP program provides access to mental health care for an estimated 850,000 beneficiaries experiencing serious behavioral or emotional disorders.

The APA urged lawmakers in Congress to reauthorize CHIP before the Sept. 30 deadline.

Until Congress renews CHIP, states are cut off from additional federal funding that helps lower- and middle-income families. Missing the deadline means an estimated 11 states will run out of federal CHIP money by the end of this year, and 32 states are expected to run out of money by March 2018, according to a study by the Kaiser Family Foundation. *Alabama* is projected to exhaust their federal funds before the end of March 2018.

The Foundation reports that nearly all (48 of 50) responding states (including DC) assumed continuation of federal CHIP funding in their FY 2018 state budgets.

Though current authorization for spending has expired, states can use some of their unspent federal funding to continue their programs. CHIP has been in this situation only one other time since it was established in 1997. In 2007, CHIP went weeks without funding authorization from Congress. 🌐

America's frontline physicians urge immediate reversal of decision to discontinue CSR payments

www.psychiatry.org

On Oct. 13, APA joined with other national health care organizations to urge immediate reversal of the decision to discontinue cost-sharing reduction (CSR) payments.

"This decision is not consistent with the administration's pledge to provide individuals and families with more options to secure affordable health care coverage. Elimination of CSR payments makes that goal harder, if not impossible, to achieve," their statement read.

The organizations are calling on the United State Senate and House of Representatives to take immediate action to restore these payments.

"A failure to address this matter will result in dramatic, if not catastrophic, increases in premiums across the country – resulting in millions of people either losing their health care coverage because of insurer departures from the market or their inability to afford coverage." 🌐

ProAssurance establishes academic research program dedicated to physician wellness

ProAssurance Corporation announced in September the establishment of the ProAssurance Endowed Chair for Physician Wellness at the University of Alabama at Birmingham. This academic chair is the first of its kind in the United States and demonstrates ProAssurance's commitment to its role as a leading advocate for America's physicians.

The initial \$1.5 million gift to the UAB School of Medicine will endow an academic chair and also will support a research team dedicated to addressing health issues that are unique to physicians.

As he announced the gift, ProAssurance Chairman and Chief Executive Officer Stan Starnes underscored the importance of the research that will emerge. He said, "Physicians have always been subject to the high levels of stress from a variety of factors such as society's expectations for successful outcomes, the threat of litigation and the effect of their professional obligations on the quality of their lives, and their families' lives.

"As medicine evolves to address the changing dynamic of healthcare in America, we must find ways to address these pressures," Starnes continued.

"UAB leadership is committed at the highest level to provide our physicians, residents, fellows and trainees the same type of world class care they provide for the citizens of Alabama and beyond every day," said UAB President Ray L. Watts, MD. "This generous investment by ProAssurance will enable us to recruit an expert in the field of physician wellness who can implement well-designed interventions that enhance our sustainable culture of wellness and provide trainees with tools and resources to manage stress and burnout."

ProAssurance also expects to provide an additional gift of \$500,000 to fund various initiatives in support of physician wellness. The company's chief medical officer, Hayes V. Whiteside, MD, said, "Assisting physicians has always been a high priority for ProAssurance. Now more than ever, we need to ensure that today's physicians maintain their commitment to our high calling, and that future physicians are equipped to deal with the realities of their vital chosen profession." 🌐



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ANNUAL MEETING

May 5-9, 2018 • New York City

2018 APA Annual Meeting

"Building Wellbeing Through
Innovation"

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

APA News Briefs

October Course of the Month – Neurocognitive Implications of Heavy Marijuana Use in Adolescence

Each month, members have free access to an online CME course on a trending topic. The October course reviews neuroimaging evidence characterizing the neural sequelae of heavy marijuana use in youth using data from several studies. [Click here](#) to access the Course of the Month and sign up for updates about this free member benefit.



Enjoy your commute with APA podcasts

APA hosts a growing number of podcasts produced by APA staff and members including *The Medical Mind Podcast*, a podcast about innovation in mental health care from the *APA Division of Education*.

Renew your membership for 2018!

With your support we have accomplished much this past year, from maintaining access to care for patients with mental illness and substance use disorders to launching a Presidential Work Group on physician wellness. Please renew your membership today to help us continue our important work in the year to come! **As a reminder, the deadline to renew your membership is Dec. 31, 2017.**



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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.

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