



the freudian slip

TREATMENT WORKS | RECOVERY IS POSSIBLE

WWW.ALABAMAPSYCH.ORG

APT to air documentary produced by Birmingham psychiatrist

In a world of conflicts and extremisms connected with religion and culture, this documentary focuses on a great exception - a small region in Kerala, India, with a history of ongoing harmony of Hinduism, Christianity and Judaism from the first century A.D., and Islam from the seventh century.



The program was produced by **N.S. Xavier, MD**, psychiatrist and author on religion and psychiatric issues, and is endorsed by experts in those fields and two Nobel Peace Laureates.

Alabama Public Television will air "The World's Most Enlightening Region" on Friday, Dec. 29 at 8 p.m., and Sunday, Dec. 31 at 1 p.m. 🌐

PDMP software change initiated

The Prescription Drug Monitoring Program (PDMP) promotes public health and welfare by detecting diversion, abuse, and misuse of prescription medications classified as controlled substances under the Alabama Uniform Controlled Substances Act. On Dec. 12, the Alabama PDMP was scheduled to change its database software system to the Appriss PMP AWARe system.

In PMP AWARe, the username is an email address and **each user must have a unique user name** (email address). Any accounts that share the same email address were **not** transferred to the new system. If your account was not transferred, you will have to submit a new registration application and wait for your account to be approved by the state administrator.

For assistance, call technical support at (855) 925-4767 option 1. For policy questions, you may contact the Alabama Prescription Drug Monitoring Program at (877) 703-9869 or by email at pdmp@adph.state.al.us. 🌐

MHA report gives poor outlook for mental health in U.S.

www.stateofreform.com

In November, Mental Health America (MHA) released their latest State of Mental Health Report. The report ranks all 50 states and the District of Columbia in terms of the mental health status of their adult and youth residents. The state's mental health status is determined

by the prevalence of mental health issues, substance use issues, and access and barriers to mental health care that residents experience.

On a national level, the report shows that 18 percent of adults have a mental health condition (over 43 million Americans), and 56 percent of those

American adults do not seek treatment. The report also shows that youth mental health is worsening. In the past five years, the number of youth with severe depression has risen from 5.9 percent to 8.2 percent.

When looking at the overall mental health status ranking of each state,

continued on page 3

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 will meet on Feb. 15, 2018, from 6 - 8 p.m. at the Original Oyster House. For more information e-mail wbrooks@altapointe.org.

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. 🌐



Mobile Bay Psychiatric Society announces election results, February meeting

Congratulations to **W. Bogan Brooks, MD**, who was elected president of the Mobile Bay Psychiatric Society (MBPS), and to **Bradley Sadler, MD**, who was elected vice president.

The next meeting of MBPS is scheduled for Feb. 15, 2018, from 6 - 8 p.m. in the Chart Room at the Original Oyster House in Spanish Fort. Harold Veits, MD, will talk about "Romantic Love: What a Psychiatrist Needs to Know."

RSVP to Dr. Brooks at wbrooks@altapointe.org. 🌐

NAMI Mental Health Summit set for Jan. 11 in Montgomery

Providing access and quality mental healthcare is essential and with this in mind, NAMI Alabama will conduct their second annual Mental Health Summit on Jan. 11, 2018, at the Embassy Suites Hotel in Montgomery.

NAMI Alabama, Alabama Council for Behavioral Healthcare, Alabama Disabilities Advocacy Program, and Wings Across Alabama colleagues will present "The Time is Now! A Day to Discover What Community Mental Health Should Look Like."

Featured speakers include Alabama Department of Mental Health Commissioner Lynn Beshear, Judge Steve Leifman and Joel Slack.

This one-day presentation follows the successful January 2017 Summit which urged state-wide backing for Crisis Intervention Training (CIT) to protect both police and individuals living with mental illness from preventable death in crisis confrontations. The 2017 Summit resulted in the passage of a CIT Joint Legislative Resolution and mandatory police academy training. Therefore, the efforts led to a dramatic increase in the Crisis Intervention Training throughout the state for law enforcement officers.

For hotel reservations at the Embassy Suites Hotel use the code NAM when booking on-line at www.EmbassySuites.com, or by calling (800) 362-2779. Self parking is \$14 plus tax; valet parking is \$21 plus tax.

The deadline to register is Jan. 2, 2018. Register at www.namialabama.org. 🌐

Annual motorcycle ride supports youth in state psychiatric hospital

Shelby County Reporter

For the 14th year in a row, members of the Heart of Dixie Harley Owners Group-Pelham Chapter geared up to brighten the holidays for teens and children committed to the Alabama Department of Mental Health's (ADMH) Psychiatric Adolescent Unit at the East Alabama Medical Center (EAMC) in Opelika.

The annual ride combined the excitement of gifts and fellowship with the thrill of a motorcycle ride. On Saturday, Dec. 9, a caravan of Harley-Davidson motorcyclists left the Pelham dealership at 9:30 a.m. and arrived at the ADMH unit at EAMC around 11:30 a.m. to visit and distribute gifts that they collected and wrapped.

"It is heartwarming to see the dedication of these riders. We are thankful to them, now and over the last 14 years, for giving their hearts, offering their time and putting a smile on the face of a child who needs love and understanding every day, but especially during the holiday season," said Commissioner Lynn Beshear, Alabama Department of Mental Health.

"We hope that our visit helps them feel some of the holiday spirit, and know that

New telehealth program available to local veterans

Cullman Times

The Birmingham Veterans Administration and Cullman County Health Department have opened a new telehealth program.

The Alabama Public Health Telehealth Network allows veterans to go to the Cullman County Health Department and connect remotely for a visit with their provider in Birmingham, using a secure audio-video internet connection.

“As you know, the veterans give so much of their lives to protect us and this country and have done through the ages,” said Congressman Robert Aderholt. “One of the commitments that we make to them is that we are going to provide healthcare.”

Not only will this cut down on the vet’s travel, but it will allow them to see a doctor quickly.

“They risk their lives on a day-to-day basis, those that are serving and those who have served, and this is a way for us to try to make sure we help our veterans,” said Aderholt.

Services include education on diabetes, counseling for mental health and genetic clinical assessment, diagnosis and treatment.

The carts are equipped with an HD video camera and codes, a computer with two 24-inch monitors, a bluetooth stethoscope and a handheld examination camera with three lenses.

“Providing facilities like this, especially in rural Alabama, there are so many parts of the state Alabama where veterans are still living in rural areas,” said Aderholt. “And as you know, they don’t have access to drive 10 minutes down the road and get access to a health clinic.”

All sessions are HIPAA compliant and encrypted.

Counties with active telehealth clinics at county health departments include: Baldwin, Calhoun, Chilton, Clay, Colbert, Conecuh, Covington, Cullman, Dallas, DeKalb, Escambia, Henry, Houston, Lauderdale, Macon, Madison, Marengo, Mobile, Montgomery, Perry, Pike, Russell, Shelby, Talladega, Tuscaloosa and Russell.

Counties with telehealth clinics at county health departments by June 2018: Barbour, Bibb, Bullock, Butler, Chambers, Cherokee, Choctaw, Clarke, Cleburne, Coffee, Crenshaw, Dale, Fayette, Franklin, Geneva, Greene, Hale, Jackson, Lamar, Lawrence, Lee, Lowndes, Marion, Marshall, Monroe, Morgan, Pickens, Randolph, St. Clair, Sumter, Tallapoosa, Washington, Wilcox and Winston. 🌐

APPA 2018 Spring Conference

Effective Leadership in Psychiatric Health Care

Plus sessions focusing on Child and Adolescent Psychiatry

Join us April 20-21, 2018

Birmingham Marriott
3590 Grandview Parkway, Birmingham

REGISTRATION IS OPEN!

Go to www.tinyurl.com/APPA2018SpringConference to register online or print a registration form at www.alabamapsych.org.

Thanks to an APA grant, registration is free for ECP, RFM and student members!

ACCOMMODATIONS

For room reservations, call the Birmingham Marriott at (888) 426-5171 or (251) 338-2000 and ask for the Alabama Psychiatric Physicians Association room block. Reserve a room online at www.tinyurl.com/APPAmarriott2018. Room Rate is \$129 per night.

Note: **The APPA room block closes on March 29, 2018.**

We welcome members of the Alabama Academy of Child and Adolescent Psychiatry.

MHA report, cont.

Massachusetts, South Dakota, and Minnesota take the top three spots, while Nevada and Mississippi rank 51 and 50.

The report also includes the state rankings of illegal substance use, thoughts of suicide, alcohol dependence, access to care, and uninsured rates.

The MHA found that some states, like Alabama, have a severe shortage of providers who can provide mental health care, and this plays a significant role in residents’ ability to seek treatment. On a brighter note, the report shows that in states with increased Medicaid expansion, youth coverage improved and they had fewer uninsured adults with mental illness.

[Read the State of Mental Health Report](#) 🌐

Motorcycle ride, cont.

people do care about them,” said Chris Ruff, past director of the Heart of Dixie Harley Owners Group. “It’s a humbling experience for us and a blessing for all. It is a privilege to contribute to something that these children look forward to. The kids put on a show for us with singing and dance routines. They also have lunch with us. We get to sit down, visit and talk with them.” 🌐

New Medicare cards coming in April

CMS has redesigned its Medicare card to remove Social Security numbers and use a randomly-assigned number to better protect users from identity theft and fraud.

CMS will begin mailing the *new cards* in April 2018 to meet the April 2019 deadline to replace all existing Medicare cards.

How to get ready for the change

- Ask your billing and office staff if your system can accept the 11-digit alphanumeric Medicare Beneficiary Identifier.
- If your system cannot accept the new number, system changes should be made by April 2018.
- If providers use vendors to bill Medicare, ask them if they are ready for the change.
- Verify your patients' addresses: If the



address you have on file is different than the address you get in electronic eligibility transaction responses, ask your patients to contact Social Security and update their Medicare records. This may require coordination between your billing and office staff.

For more information go to <https://www.cms.gov/Medicare/New-Medicare-Card/Providers/Providers.html>.

Government Affairs Conference set for January

Make plans to join your colleagues at the Medical Association of the State of Alabama's Governmental Affairs Conference in Washington, D.C., Jan. 29-31, 2018.

Register today!

Reserve a room at the Willard Intercontinental Hotel by calling (800) 424-6835 or (202) 628-9100 or online at www.washingtonintercontinental.com. Use Group Code MAS to reserve a room at the discounted rate of \$289/night. **The deadline to book a room at the Willard Intercontinental is Jan. 2, 2018.**

Three simple steps for increasing medicine's Influence

The following is a summary of an article appearing in the Nov. 22 Rotunda

From the outside looking in, the political process likely seems as inviting as a shark tank, as navigable as a corn maze, as predictable as the Kentucky Derby. Intimidating, confusing and frustrating are often used to describe advocacy-related interactions with government.

President Abraham Lincoln famously opined our nation's form of government - "of the people, by the people, for the people." However, outcomes are typically directed by those choosing to engage government on issues important to them, and so government becomes "of the people, by the people, for the people [who choose to participate]."

How physicians can participate

Step 1: Join, join, join. A significant portion of success is simply showing up, but most physicians don't have the time to spend traveling to Montgomery or Washington, DC. But when like-minded people pool their resources good things can happen. Advocacy organizations (individual state medical societies, and state and national specialty societies) concerned with ensuring delivery of quality care and a positive practice and liability environment all deserve your support and membership.

Step 2: Get to know a few key people.

Physicians are responsible for a lot, and it's easy to get in a routine and leave the job of representing the profession to someone else. While membership in organizations advocating for physicians helps fund advocacy operations, paying membership dues alone is not enough. Getting to know a few key people is not difficult, even if only by phone or email. In lawmakers' minds, there is no contact more important than one from a constituent.

Step 3: Put your money where your mouth is. Political action committees (PACs) help elect candidates physicians can work with on important issues. When it comes to PAC contributions, never underestimate the impact of even a small donation. Choosing not to participate in the political process is akin to getting sued,

consciously sitting out voir dire and letting the plaintiff's lawyer pick the jury.

Summary

The future of medical care rests not with elected lawmakers and appointed bureaucrats but with the men and women actually caring for patients every day. A representative democracy functions best when the electorate holds those elected to office accountable. Increasing medicine's ability to successfully advocate for physicians and the patients they serve will require increased participation in the political process. It is incumbent upon physicians to join the organizations fighting for them, to get to know their elected officials and to contribute to PACs whose goals align with their own.

Read the full article at www.alabamapsych.org.

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SAVE *the* DATE

Coming Attractions

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

2020 APPA Spring Conference

April 3-5 | Sandestin Golf and Beach Resort, Florida

APA News Briefs

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 APA continue its important work in the year to come! **As a reminder, the deadline to *renew your membership* is Dec. 31, 2017.**

2018 APA Annual Meeting Registration

The 2018 APA Annual Meeting is May 5-9, 2018, in New York, N.Y. Registration for members opened on Dec. 5. The deadline for Early Bird Registration is Tuesday, Feb. 6, 2018.

For more information, including housing and travel, go to psychiatry.org/annual-meeting.

Become an Anniversary Star!

The APA Foundation is celebrating its 25th anniversary this year. Make a tax-deductible gift with a "\$25" in it to be added to the list of Anniversary Stars appearing online and at the next APA Annual Meeting. Gifts to the Foundation support:

- Mental health in schools, places of worship, the workplace and the justice environment
- Research and training to improve mental health care
- Mental health needs during times of disaster
- Future leaders of psychiatry through fellowships and awards

Learn more at www.apafdn.org.

Fellowship applications available at APA

APA/APAF fellowships provide psychiatry **residents** and **early career psychiatrists** the experiential learning, training, and professional development they need to be leaders in the field of psychiatry. The fellowship programs offer opportunities to work with Congress on health policy, conduct research of your design, expand access to care to minority and underserved populations, focus on child psychiatry or substance abuse, and much more. In addition, APA Fellows get exclusive opportunities to be a part of APA leadership councils and network with APA members from around the country.

Applications are due Jan. 31. [Learn more.](#)

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