Greetings to West Virginia District Branch Members!

I would like to wish everybody in the West Virginia Psychiatric Community a wonderful New Year! This year’s August District Branch Meeting was held virtually and was extremely well attended. It went very smoothly despite being a new modality for a lot of folks! The topics this year were Telepsychiatry and Ketamine. We heard from Dr. Kari Law who gave a timely presentation entitled “Telepsychiatry: From COVID and Beyond” and from Dr. Dan Thistlethwaite who presented “Ketamine and Esketamine – Novel Treatments for Refractory Major Depression.” Both were excellent and appreciated by those in attendance. New this year, TED talks were given by resident representatives from all three programs: Dr. Rebekkah Brown from Charleston spoke on “Psychedelics in Psychiatry”, Dr. Tamara Murphy from Marshall spoke on “Transgender Mental Health”, and Dr. Sarah Chowdhury from Morgantown spoke on “Understanding Issues Families and Individuals with Intellectual Disabilities Face with Accessing Mental Health Support”. These were well-received and we will continue to encourage resident engagement in our meetings. We were pleased to have Erin Philips, Director APA Government Affairs and Marsi Thrash, Regional Field Director for APA State Government Affairs, in attendance and they provided legislative reports. We also had a trivia question with a prize giveaway. Dr. Ralph Smith, who knew the publication date of the DSM-I, won the prize!

A resident trivia night was held December 3rd over Zoom with participants from each residency program, myself, Dr. Lauren Swager, and Barbara Samples. An Amazon gift card was won by the winning team and a good time was had by all!

I am looking forward to our next meeting on Friday, February 5, 2021, where we will hear cases as presented by residents from each of the residency programs. CME will be awarded for those in attendance. This will be our second virtual meeting and my last as President. Barbara Samples continues to do an amazing job organizing our events and I remain grateful to her for everything.

I hope to see everyone there. It has been an honor serving as your President!

Tiffany Sparks, MD - President
WEST VIRGINIA DISTRICT BRANCH OF THE
AMERICAN PSYCHIATRIC ASSOCIATION
VIRTUAL WINTER MEETING
FEBRUARY 5, 2021

AGENDA

<table>
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<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>12:00</td>
<td>Welcome/Announcements</td>
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<tr>
<td>12:30</td>
<td>Case Presentations by a Resident from each WV training program</td>
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<tr>
<td>2:30</td>
<td>Break</td>
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<tr>
<td>2:45</td>
<td>Business Meeting</td>
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Case Presentations by a Resident from each WV training program

- **“Dysphoric Milk Ejection Reflux: Case Presentation Discussing What it is, How it is Treated, and Why it is Important”**
  - Presented by: Schyer Kidd, MD, WVU Charleston

- **“Psychosis and Suicidal Ideation in a College Student”**
  - Presented by: Mathew Lemberger, Marshall University

- **“A Case Presentation of Psychosis in a Patient with Severe Neurologic Deficits”**
  - Presented by: Daniel Leonor, WVU Morgantown

Please RSVP by January 29, 2021 to Barbara Samples, wvdbpsych@frontier.com or 304-776-5067
You must RSVP in order to obtain the Zoom link to join the meeting
Disclosure
It is the policy of the CAMC Health Education and Research Institute that any faculty (speaker) who makes a presentation at a program designated for AMA Physician’s Recognition Award (PRA) Category I or II must disclose any financial interest or other relationship (i.e. spouses/partners, grants, research support, consultant, honoraria) that faculty member has with the manufacturer(s) of any commercial product(s) that may be disclosed in the educational presentation. Program Planning Committee Members must also disclose any financial interest or relationship with commercial industry that may influence their participation in this conference. Faculty relationships with industry, if any, will be made available on-site and disclosure made from the podium to the participants.

Accreditation: In support of improving patient care, this activity has been planned and implemented by The West Virginia Psychiatric Association and CAMC Health Education and Research Institute. CAMC Health Education and Research Institute is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team. Physicians- CAMC Health Education and Research Institute is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians. CAMC Institute designates this live activity for a maximum of 2.25 hours for AMA PRA Category I credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

West Virginia Psychiatric Association District Branch
Virtual Summer Meeting Minutes
August 21, 2020

Attendees: Veena Bhanot, MD; Walter Byrd, MD; Dilip Chandra, MD; Steve Corder. MD; Jorge Cortina, MD; T O Dickey, MD; Laurie Diehl Lamp, MD; Daniel Elswick, MD; Ahmed Faheem, MD; Kenneth Fink, MD; Suzanne Holroyd, MD; David Humphreys, MD; Martin Kommor, MD; Kari Law, MD; Muruga Loganathan, MD; Kelly Melvin, MD; Bridget Skidmore, MD; Ralph Smith, Jr., MD; Tiffany Sparks, MD; Pamela Sullivan, MD; Lauren Swager, MD; Daniel Thistlethwaite, MD; Joel Vogt, MD

Residents: Sarah Almasri, MD; Meenal Balakrishnan, DO; Jason Barrett, MD; Rebekkah Brown, DO; Sara Chowdhury, MD; Amanda Durazo, MD; David Faro, MD; Edward Hamrick, MD; Tenchee Lama Tamang, DO; Camille Leon, MD; Daniel Leonor, MD; David Lewis, MD; Ruosi Liu, MD; Aatif Mansoor, MD; Sunny Mattancheril, MD; Lauren Mayle, MD; Seth Moomaw, DO; Rachel Moreland, DO; Mallory Morris, MD; Mona Mohsin, MD; Tamara Murphy, MD; Salwa Nubani, DO; Joy Parks, MD; Vishal Patel, DO; Melanie Peterson, DO; Christian Skinner, DO; Ernest Spiotto, MD; Anuhya Vallabhpaneni, MD

Medical Student: Cecilia Neese

Guests: Erin Philip, Director, APA Government Relations; Marsi Thrash, APA Government Relations

Executive Director: Barbara Samples, BA

The summer meeting of the West Virginia Psychiatric Association was called to order in a Zoom virtual meeting format on Friday August 21, 2020 at 10:45 a.m. Welcomes and introductions were conducted by Dr. Tiffany Sparks, President, WVDB. Dr. Sparks also thanked APA, Inc. and PRMS for their donations for the meeting.
Dr. Lauren Swager presented a President’s plaque to Dr. Tiffany Sparks, the outgoing DB President, for her years of service as President of the DB 2019-2021. Dr. Swager thanked Dr. Sparks for her leadership and contributions to the DB.

The scientific portion of the meeting began with presentations on:

a. “Telepsychiatry: From COVID and Beyond,” presented by Kari Law, MD, Morgantown, WV
b. “Ketamine and Es-Ketamine, Novel Treatments for Refractory Major Depression”, presented by Daniel Thistlethwaite, MD, Charleston, WV.

dr. Dr. James Sparks, DB President, called the business meeting to order.

A. President’s report: Dr. Sparks indicated that nationally, dues to the American Psychiatric Association were down by 15%, and this has been attributed to the impact of the COVID-19 pandemic. This year the WV DB also had more members drop due to non-payment of dues. In relation to the pandemic, one of the many factors that have changed involves a substantial transition to increased use of telemedicine psychiatry in the state of West Virginia. The WVDB sent a letter to the Governor of WV and the state Department of Health advocating for more COVID 19 testing, especially impacting communities of color within the state.

B. Secretary’s report: The Secretary’s report was given by Dr. Byrd, and the minutes of the February 8, 2020 DB meeting were reviewed and approved as submitted.

C. Treasurer’s report: The Treasurer’s report was given by Dr. Swager, as Dr. Priddy was unable to attend to present the report. Dr. Priddy had prepared the report in depth with the recent expenditures and revenues in the checking account along with a review of the savings CD. The dues revenue from the APA is now direct deposited into the DB checking account. The treasurer report was approved as presented.

D. Assembly report: The Assembly report was given by Dr. Dickey. The Assembly meeting had been scheduled for May 2020 to coincide with the national meeting of the APA, but due to the pandemic it was conducted via a virtual format.

The next Assembly meeting scheduled in Washington DC in November 2020 will be virtual as well. The May 2021 National APA meeting is scheduled to occur live in Los Angeles, California, pending any changes that the pandemic may bring about to the schedule. Dr. Dickey indicated that in Area 5 there have been no applicants submitted for the early career psychiatrist representative (ECP) (less than 5 years post residency). He encouraged any ECP member who qualifies for this position to contact him for the application details. The next Area 5 Council meeting was scheduled to occur on August 29, 2020.
Dr. Cortina highlighted the need for increased opiate addiction awareness and quality of care, and informed members about a program, an addiction treatment locator, assessment and standards platform for substance abuse provider metrics that was launched a couple of months ago. The program also identifies addiction treatment sites within the state and region. Anyone interested in this program can go to https://treatmentatlas.org.

E. Resident’s report:
1. **Charleston:** Dr. Rebekkah Brown noted that TMS was underway, and outpatient ECT was beginning. Also, the Charleston program is welcoming a new residency coordinator. The Charleston program has 4 new PGY-1 Psychiatry and 2 new Med-psych residents. Additionally, the Charleston program has recently recruited a Neuropsychologist and a new Substance abuse counselor to replace those who recently retired.
2. **Huntington:** Dr. Mallory Morris noted that all four of the Psychiatry residents who recently graduated from the Marshall psychiatry residency program have elected to stay and take positions in the Marshall program as faculty. There are six new PGY 1 Psychiatry residents who started in July in Huntington, and one family medicine resident who is transitioning into the psychiatry PGY1 class.
3. **Morgantown:** Dr. Sara Chowdhury noted that the Morgantown residency has eight new at PGY 1 psychiatric residents, two Addiction Psychiatry fellows and two fellows in Addiction Medicine. Additionally, Mary Ann Long, MD is joining the faculty in the Addiction Medicine section of the Department and James Abel, MD is a new faculty member who will be assuming position of the WVU Medicine/United Summit Center. The Rockefeller Neuroscience Institute is now fully operational within the Health Science Center in Morgantown and has been engaged in pioneering work regarding Deep Brain Stimulation.

F. Legislative report: Dr. Dickey reported there were no major legislative bills currently before the West Virginia State Legislature with psychiatric impact. He did note that there had been increased interest in expanding prescribing privileges for nurse practitioners and PAs and this will likely be discussed more at the state level after the first of the year. Currently, there is no new action by the state psychological association to seek to expand psychology privileges regarding prescribing medications.

Dr. Faheem reported that WV is playing a leading role in telehealth changes and discussed other bills including psychologists wanting the same prescribing privileges as physicians, and noted that members should watch for bills regarding PA privileges that may be brought to the next session. He stressed the importance of members communicating with their Legislators and developing relationships with them.

Marsi Thrash, APA Regional Director, Government Relations gave a legislative report with National and State updates. There is legislation pending in most states across the nation pursuing insurance coverage parity for mental health diagnoses. It has been noted on the national level that West Virginia is serving as a model for developing the guidelines for delivering telepsychiatry mental health services, and in standardizing reimbursement protocols for telepsychiatric services, both by video and by phone. Scope of practice legislative efforts by psychologists seeking prescribing privileges continues to be a recurrent issue of concern in various states, including West Virginia, although there is no current pending legislation involving scope of practice legislation before the WV State Legislature at the present time. The issue of maintenance of certification (MOC) has continued to be a source of scrutiny and heated debate around the country and the APA nationally continues to discuss its position on the matter of MOC and the cost to psychiatrists in maintaining this certification. Erin Philip, Director, APA Government Relations informed members about the MOC toolkit and other information on the APA website. She reminded members of the virtual APA State Advocacy Conference September 26, 2020.
G. **Ethics report:** Dr. El-Khatib indicated that there had been one ethics complaint filed against a member of the WVDB, and that complaint was reviewed by Dr. Faheem and Dr. Byrd. After their review, it was determined that there was no indication of a distinct ethics violation in the complaint filed.

H. **Fellowship report:** Dr. Ralph Smith indicated that applications for fellow status continued to be submitted, but not at a rigorous rate. He encouraged DB members with fellow status to apply for distinguish fellow status.

I. **Membership report:** Dr. Bhanot compiled the membership report and Dr. Sparks presented it in her absence. The Membership report noted two new members transferred to WV: Dr. Muruga Loganathan, and Dr. Derek Goff; two new members, Dr. James Abel and Dr. Siddharth Arora; and one reinstated member, Dr. Ruosi Liu. There were also several new Resident Members:

- **Charleston:** Dr. Majd Alsayed; Dr. Samantha Conde; Dr. Schlyer Kidd; Dr. Jeffrey Niles and Dr. Alfred Tager.
- **Morgantown:** Dr. Meenal Balakrishnan; Dr. Seth Moomaw; Dr. Salwa Nubani; Dr. Vishal Patel and Dr. Tenchee Lama Tamana.
- **Huntington:** Dr. Jill Bange; Dr. Meredith Brown; Dr. Heidi Johnson; Dr. Aaron Puckett; Dr. Jacob Shumac; Dr. Angela Thorp and Dr. Sylvia Wajswol.

J. **New business:**

Dr. Swager, the current District Branch president-elect, announced the Nominating committee for 2021, which includes Dr. Dan Elswick, Dr. Tiffany Sparks, Dr. Adam Schindzielorz, and Dr. Swager as the Chairperson. Positions that will be available are president-elect and fellowship chair. The nominating committee will be gathering recommendations for these upcoming positions and disclosing the names at the Winter meeting on February 5, 2021. Ballots will be emailed to members in March/April.

K. **Old Business:**

Barbara Samples, DB Executive Director, shared that the District Branch had received an expedited grant from the APA for $2,884.62 and a donation from APA, Inc. for $1,500.00 and PRMS for $250.00. Due to budget cuts, the APA has discontinued the expedited grants for District Branches. In addition APA, Inc. is willing to provide some funding for a resident event in the fall/winter. Barbara asked that any resident who would like to be involved in the planning of the event to contact her.

Dr. Tiffany Sparks led a discussion regarding setting the date and time for the West Virginia District Branch Winter meeting in February 2021. The premise was that a Friday afternoon meeting may be easier to coordinate and would likely be better attended. The meeting will be held on Friday, February 5, 2021, 12:00 pm to 4:30 pm once again using the virtual Zoom platform.

The trivia game prize drawing was held with Dr. Ralph Smith as the winner.

Dr. Sparks indicated that the 2021 American Psychiatric Association Annual meeting is scheduled for May 1st through May 5th in Los Angeles, California. The annual meeting is currently planned as a live event, but conditions may change depending on the status of the pandemic.

Dr. Sparks adjourned the meeting at 4:30 pm.

Respectfully submitted,

Walter Byrd, MD
Secretary, District Branch Secretary
November 2020

This digest of events during the November virtual Assembly meetings held via Zoom summarizes the business conducted by the Assembly. Many other reports presented in written form can be found in the Assembly Packet. It is best to download or read these notes online, but they may also be printed and distributed in hardcopy (without access to the web links). You may use it as is, or edit and modify the content to suit your particular needs. Any errors or omissions should be considered unintentional. Corrections and suggestions may be sent to James A. Polo, M.D.

Speaker/Speaker-Elect’s Welcome — Mary Jo Fitz-Gerald, MD

Dr. Mary Jo Fitz-Gerald, MD welcomed everyone to the 93rd Meeting of the APA Assembly. She highlighted that the Speaker, Dr. Joseph C. Napoli, MD, was doing well but unable to attend this meeting. She also acknowledged the help that was provided by numerous individuals from the APA Staff to ensure that this second virtual Assembly Meeting was a success. In light of the continuing COVID-19 Pandemic, she mentioned that the Assembly Meetings for 2021 were already scheduled to be virtual. New Assembly Members were welcomed and given the opportunity to introduce themselves.

Report of the Nominating Committee — Paul O’Leary, MD

Paul O’Leary, MD joined the Assembly Meeting from Japan. He presented the slate of candidates submitted by the Nominating Committee for the 2020-2021 April election. For Speaker-elect, Dr. Adam Nelson, MD (Northern California Psychiatric Society, Area 6) will be running unopposed. Candidates for Recorder include: Dr. Phillip L. Scurria (Mississippi Psychiatric Association, Area 5) and Dr. Vasilis K. Pozios, MD (Michigan Psychiatric Society, Area 4). No additional nominations were submitted from the Assembly.

APA Position Statements

The following Position Statements were approved by the Assembly: (by consent)

Proposed Position Statement: Suicide Among Black Youth in the United States
Proposed Position Statement: Sexual Abuse of Migrants in ICE Custody
Proposed Position Statement: Growing Fear Over Coronavirus Spread and Mental Health Impact in ICE Detention Centers
Proposed Position Statement: Impact of Cannabis on Children and Adolescents
Proposed Position Statement: Screening and Treatment of Mood and Anxiety Disorders During Pregnancy and Postpartum
Assembly report continued...

**Proposed** Position Statement: Reducing the Burden of Treatment Plan Documentation

**Retained** Position Statement: Involuntary Commitment and Related Programs of Assisted Outpatient Treatment (2015)

**Revised** Position Statement: Medical Necessity

**Proposed** Position Statement: Abortion and Women’s Reproductive Health Care Rights


**Proposed** Position Statement: Use of the Terms Client and Provider

**Proposed** Position Statement: Medicaid Coverage for Maternal Postpartum Care

**Revised** Position Statement: Ensuring Access to Psychiatric Services for the Elderly

### Assembly Action Papers

**Action Papers approved during this meeting included:**

- 12A – To create a resource document that will help guide the choice and use of seclusion versus restraints in clinical settings.
- 12B – To develop and promote a position statement in alignment with the AMA’s policy, “Independent Practice of Medicine by Advanced Practice Registered Nurses” (H-35.988)
- 12C – To create a resource document that will address personal item access/restriction for psychiatrically hospitalized patients.
- 12D – To eliminate barriers and expand use of telehealth.
- 12I – To explore the process of sub-specialty accreditation to determine the feasibility of granting Emergency Psychiatry certification applying a similar pathway as is done for Addiction Medicine certification by the American Board of Preventive Medicine.
- 12K – To clarify that the “Principles” document does not currently represent the official position of the APA, and that a position statement be drafted that addresses the “Principles” document.
- 12L – To develop a Position Statement that will address the need for housing and employment opportunities for persons with psychiatric illness to include those with history of criminal activity.
- 12M – To have the APA expeditiously approve a Position Statement on The Adverse Effects of Misogyny and Gender Bias on the Health of Women.
- 12N – To fund ACROSS members to attend 2020-2021 Area Council meetings in equitable fashion as all other Assembly members, and treat equally with respect to budgeting support for participation in all Assembly activities moving forward.
- 12Q – To support joint meetings of the Council on Minority Mental Health and Health Disparities and the Assembly Committee of Representatives on Minority/Underrepresented Groups.
- 12T – To create a Task Force to explore member interest, as well as the financial, organizational, and public relations implications of changing the name of our organization from the American Psychiatric Association (APA) to the American Psychiatric Physician Association (APPA).
- 12U – To enhance APA transparency and accountability regarding human and financial resource allocation across all APA components.

### Additional Items

**The following items were voted on and approved:**

- 7.B.1 – The application of the American Society of Clinical Psychopharmacology to become an Allied Organization. (Assembly Committee on Procedures)
- 7.B.2 – The application of the Clinical Transcranial Magnetic Stimulation (TMS) Society to become an Allied Organization. (Assembly Committee on Procedures)
- 10.B – The addition of *Prolonged Grief Disorder* to the DSM. (DSM Steering Committee)
Assembly report continued...

Reports and Next Steps from the Assembly Committees/Work Groups

President’s Comments – Dr. Jeffrey Geller, MD

Dr. Jeffrey Geller, MD was provided with very little time to address the Assembly, as the schedule was running late. He chose not to present any slides, and instead addressed a single topic – Racism. He highlighted that this is the fundamental issue that we must address as an organization to ensure that structural systemic racism is eliminated within the APA. He explained that a consultant team will be selected to assess the entire organization. From that assessment, a strategic plan with key recommendations will be developed that will likely take some time to fully implement. He noted that this consultant will have a much broader scope than Dr. Marc Nivet, Ed.D who was asked only to review functions and operational efficiency of the Board of Trustees.

President-elect’s Comments – Dr. Vivian B. Pender, MD

Dr. Vivian B. Pender, MD was also provided with very limited time to address the Assembly. She also chose not to present any slides but did provide an overview of the primary issue that she would like to address during the tenure of her presidency. Dr. Pender will focus on the Social Determinants of Mental Health, as many of these (e.g. racism, ageism, sexism, etc.) often contribute to mental illness and negatively impact diversity, inclusion, and equity. She noted that divisiveness and social unrest leading into and continuing through the recent national election creates both the urgency and opportunity for the APA to lead on this important issue.

Commendations

Commendations to both Dr. Mary Jo Fitz-Gerald, MD (Speaker-elect) and Dr. Adam Nelson, MD (Recorder) who both stepped up these past several months as Acting Speaker and Acting-Speaker-Elect, respectively while our Speaker, Dr. Joseph C. Napoli received medical treatment.

Next Assembly Meeting

April 30 – May 2, 2021 (previously scheduled for Los Angeles, CA) will be virtual.

Report respectfully submitted by Dr. Jorge Cortina and Dr. T. O. Dickey, Assembly Representatives
RESIDENT NEWS

WVU Morgantown

The year 2020 has been a time unlike any other. What had started out being a typical new year, very quickly took a turn as the novel COVID-19 virus took over the globe. Healthcare providers around the world had to make quick adjustments at a scale unseen in modern history. West Virginia University and the Department of Behavioral Medicine and Psychiatry was no different.

Under the leadership of faculty who already had years of experience in tele-psychiatry, the Psychiatry Department swiftly shifted to virtual care. Initially, as the community needed time to understand the virus better, learn how to reduce risk, and get access to appropriate PPE, almost all patient contact became virtual. However, as the months have gone by and we have a better understanding of COVID-19, the department has returned to some in-person care while retaining virtual care where appropriate. All inpatient care has returned to in-person and so have almost all consults. Most outpatient care remains virtual except for patients who strongly prefer to be seen in person and/or whose care would be significantly better in person. These patient populations include, but are not limited to, non-verbal, ASD, IDD, very young children, and thought disorder patients. Phone visits are being phased out and being replaced by video appointments via Epic, Zoom, or in-person. Clinic room reconfigurations have been done to maintain social distancing for in-person visits. With each step taken to return to in-person care, the department has and will always continue to prioritize the health and safety of our patients and providers.

We are proud of our new interns and fellows who have adjusted smoothly and with great flexibility. Our chief residents have led the team through some very tough days and the entire resident body has worked together to keep morale up, provide support to each other, and be the family that the department is. We have also remembered to celebrate the successes this year including receiving a grant for Remote Cognitive Behavior Therapy for Major Depression in Primary Care research project. Two of our PGY-3’s presented at the Academy of Consult-Liaison Psychiatry 2020 Annual Meeting. Dr. Peterson presented A Rare Presentation of Hypothalamic Mass and Review of Evidence Based Management of Hyperphagia along with co-authors Dr. Hamrick and Dr. Chilcote. Dr. Hamrick presented Wash Your Hands, But Not That Much: A Case Report of Hyperactive Catatonia in a Patient with Kleefstra Syndrome along with co-authors Dr. Peterson, Dr. Chilcote, and Dr. Skidmore.

These past several months have shown the department’s ability to work as a team to adapt and possibly even expand the outreach of the department to patients via virtual visits for whom continuous in-person visits are difficult. While in-person care will be standard of care in most situations, virtual care has opened a door that is likely to remain open long after the pandemic. We, as a department, are very proud of how everyone in our team have navigated this difficult year and continued to provide great care to our patients. We strive to always provide the best possible care no matter what the new year has planned. We also want to share our appreciation for all healthcare providers for you have forever changed the definition of a hero.

Sara Chowdhury, MD
Department of Behavioral Medicine and Psychiatry
PGY-III
Resident News continued...

WVU Charleston

It has been an exciting few months for WVU/CAMC Psychiatry! Our new Neuropsychologist has started and has expressed a lot of interest in educating residents and students, which will be very valuable. Our new supportive therapy director has started seeing patients as well and plans to begin teaching residents at the beginning of the year. Interview season is underway and we have been navigating the changes, which accompany virtual interviews. Despite these changes we have still had very high amounts of applications with very impressive candidates, and we are looking forward to welcoming some of these as new residents next year. I would also like to congratulate Dr. Jason Barrett on his recent publication in Current Psychiatry entitled “COVID-19’s Religious Strain: Differentiating Spirituality from Pathology.” We have been immensely blessed that very few of our residents and none of our faculty members have tested positive for COVID-19. Despite the challenges 2020 has presented, this year has been a welcomed reminder that when our department is faced with adversity, we quickly rally behind each other and provide seemingly endless support for one and other. Our department wishes you all a Merry Christmas and a happy & healthy New Year!

Rebekkah R. Brown, D.O. - PGY-3
Charleston Area Medical Center
Behavioral Medicine/Psychiatry

Marshall University

Our program, much like everywhere else in the world has had coronavirus at the epicenter of our year. Our outpatient clinic is seeing patients via telehealth to minimize exposures to our patient population. Some of the inpatient services are rounding via telehealth as well. Our services at the state hospital have quickly implemented new technology and policies to keep everyone safe. Our lectures and journal club meetings continue to be over zoom. We are looking forward to the vaccine on the horizon.

Our residents and fellows have been trying to stay safe while also enjoying our downtime. Our program has wellness days at least once a month organized by our clinical coordinator. We have done things like make candy apples, play zoom bingo, gone on hikes, yoga from home, and painted ornaments. It has been a fun way to bond and stay connected.

Interview season has also been affected by the coronavirus outbreak. In previous years, the residents have had a great time getting to know the candidates at the dinner the evening before interviews. We've adjusted our get-to-know-you evenings by switching to zoom coffee hour and questions. While it's not quite the same as in person, the candidates have been receptive and had plenty of good questions. In previous years, we also had a fun bus tour around town for the candidates. Since that wasn't possible this year, some of the attendings took it upon themselves to make a fun video of all of our work sites and hotspots around Huntington. They even composed their own soundtrack! The candidates have told us that the video was one of their highlights and they found it helpful in getting to know our program.

This has been a challenging year for us all. We are working diligently and remaining flexible in order to continue to provide our patients with the best care. We are also always striving to take care of our residents and residency program especially during these tough times.

Thank you,
Mallory Morris, MD, PGY-3
Marshall University
Time to Renew Your APA Membership for 2021

Time is running out to renew your membership for 2021. Don't lose access to the *American Journal of Psychiatry*, free and discounted CME courses, practice resources, updates and services related to coding and reimbursement, reduced registration rates for the virtual 2021 Annual Meeting, and so much more. If you haven't done so yet, renew as soon as possible. Three ways to RENEW:

**Renew Online**
Pay online at my.psychiatry.org (login required) or email membership@psych.org to request a direct payment link.

**Renew by Phone**
Pay over the phone by calling APA's Membership Department at +1 202-559-3900.

**Renew by Mail**
Pay by returning the paper invoice received in the mail or scan and fax your invoice to 202-403-3673

https://membership.psychiatry.org

Changes to ICD-10-CM Codes for DSM-5 Diagnoses

The 2020 release of ICD-10-CM includes new, updated, or deleted codes that have been approved within the past year. Several changes affect the coding of *DSM-5* disorders.


New Resource for Patients & Family – Facts about Stigma, Prejudice and Discrimination Against People with Mental Illness

This new resource page, designed for patients and families and the public at large, reviews the facts on stigma, including the various types and their harmful effects, and then shares ways to address it. Information may be found on the APA website.

https://www.psychiatry.org/patients-families/stigma-and-discrimination

Looking for more Free CME?
Use the Member benefits (free) filter on the Learning Center catalog for a listing of other free activities available to APA members. The APA website contains a listing as well as courses of the month that offer free CME.
WELCOME NEW/REINSTATED MEMBERS

New Resident Members (July 2020)

Marshall University:  Jill Bange, MD; Meredith Brown, MD; Heidi Johnson, DO; Aaron Puckett, MD; Jacob Shumac, DO; Angela Thorp, MD

WVU Morgantown:  Albarra Badawood, MD; Meenal Balakrishan, DO; Salwa Nubani, DO; Seth Moomaw, MD; Tenchee Lama Tamang, DO; Vishal Patel, MD

WVU Charleston:  Majd Alsayed, MD; Samantha Conde, MD; Schlyer Kidd, DO; Jeffrey Miles, DO; Alfred Tager, MD

Reinstated:  Melissa Moody, MD

Transfer out of WV:  John Campo, MD (to Maryland)

Upcoming Events...

WV District Branch Winter Virtual Meeting, February 5, 2021 (see page 2 of this Newsletter for details)

WV Legislative Session opening day January 13, 2021

WV District Branch 2021-2023 Officer Election- Ballots to be emailed to members in early March

APA Annual Meeting, May 1-5, 2021 -Virtual Meeting

WV District Branch Summer Meeting, August 20, 2021 (Virtual or in-person to be determined)
APA Endorsed Professional Liability Insurance Program

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Comprehensive coverage that includes:

• Up to $50,000 of defense reimbursement, even for board complaints (with the option to increase this limit to $150,000)

• Telepsychiatry, subject to the terms and conditions of the policy

• Cyber Protection endorsement available for new and existing policies upon renewal (where allowable by law)