Greetings to West Virginia District Branch Members! It is with great pleasure I thank you for electing me your new District Branch President and I’m honored to follow in the footsteps of wonderful Dr. Suzanne Holroyd.

For those who were unable to attend the February District Branch meeting, we had a terrific session. We were thrilled to have a phone call from Dr. Saul Levin, the CEO and Medical Director of the APA, as well as from Marsi Thrash, the Regional Field Director for State Government Affairs. Danny Scalise, the Chief Lobbyist for the West Virginia State Medical Association presented an update on the status of several bills, including the proposed legislation regarding psychologist prescribing. This was very informative, and we appreciate him for the time he spent working with us and keeping us apprised.

We had a great turnout and a fantastic lunch, as well as three excellent resident presentations given by Dr. Gira Borad from WVU Charleston, Dr. Tamara Murphy from Marshall, and Dr. Halima Al-Qawasmi from WVU Morgantown. These presentations were very well-received by the meeting attendees and I am optimistic about the future of psychiatry in West Virginia. In addition, the residents are planning a Mental Health Movie Night for residents across all three programs. A date will be announced soon.

Our summer meeting will be at The Greenbrier on August 23, 2019. By popular request from our membership, the topic this year will be Physician Burnout/Well-Being and we will have presentations from Dr. Jorge Cortina and Pauline Berry, BSN, Allied Group. New this year, a resident from each program will be presenting a poster. We hope to continue this at the summer meetings to encourage resident attendance. CME will be awarded for those in attendance and the business meeting will follow the educational portion.

I want to thank Barbara Samples, our Executive Director, who kept me organized for many years and continues to keep me in line. She does a superb job coordinating our meetings, and I thank her from the bottom of my heart.

I hope to see you at our next meeting!

Tiffany Sparks, MD
President
Congratulations to our newly elected District Branch Officers:

Tiffany Sparks, MD – President
Lauren Swager, MD – President-Elect
Walter Byrd, MD – Secretary
Jeffrey Priddy, MD – Treasurer
T. O. Dickey, MD – Assembly Representative
Jorge Cortina, MD – Assembly Representative
Erika Maynard, MD – Resident Fellow Representative
Danielle Guinan, MD – Resident Fellow Deputy Representative

Resident Poster Presentation at the District Branch Summer Meeting August 23, 2019

This year at the District Branch Summer meeting on August 23, 2019 at the Greenbrier, one resident from each WV psychiatry residency training program will present a poster during the meeting. The posters will be available for viewing prior to the start of the meeting and during the break. Each resident will present their poster to the audience and will allow time for Q & A. This is the first time we are including poster presentations at our meeting and are very excited to add this to our agenda. Please make every effort to attend the meeting to support our residents.

Raffle Drawing at the Summer Meeting

At the Summer DB Meeting, we will have a raffle drawing for a “Freud basket of goodies”. The drawing will take place at the conclusion of meeting (must be present to win). Tickets for the raffle drawing will be sold prior to the meeting and during the break. Each ticket is $5.00. The drawing will be held at the conclusion of the meeting and you must be present to win. All proceeds from the raffle will go to the APA Foundation. The basket was donated by PRMS, Inc.
Are you working too many hours, or taking work home with you? If the answer is yes then the odds are you are a burnout physician or have a greater chance of bearing that title.

Study after study has documented the prevalence of physician burnout, (2 out of 5 psychiatrists have professional burnout), as the nation’s health system strives to deliver higher quality of care at lower costs. Burnout is characterized by a high degree of emotional exhaustion and high depersonalization and a low sense of personal accomplishment from work.

Please join us on August 23, 2019 to learn more about Physician Burnout causes, risk factors, and ways to address the problem.

WEST VIRGINIA DISTRICT BRANCH OF THE
AMERICAN PSYCHIATRIC ASSOCIATION
SUMMER MEETING – “PHYSICIAN BURNOUT/WELL-BEING”
AUGUST 23, 2019
The Greenbrier, Crystal Room

AGENDA
10:45 – 11:00 am Welcome and introductions
11:00 – 12:00pm “Physician Burnout...Reducing the Risks”
Pauline Berry, MSN, Allied Group
12:00 – 1:00 pm Lunch/Visit Exhibits
1:00 – 2:30 pm “Physician Heal Thyself: Burnout Among Psychiatrists”
Jorge Cortina, MD, DFAPA
2:30 – 3:00 pm Resident Poster Presentations
3:00 – 3:15 pm Break
3:15– 4:30 pm Business Meeting

Raffle drawing at conclusion of meeting (must be present to win)
Tickets for the raffle drawing will be sold prior to the meeting and during the break for a “Freud Basket” of goodies. Each ticket is $5.00. The drawing will be held at the conclusion of the meeting and you must be present to win. All proceeds from the raffle will go to the APA Foundation.

Please RSVP by August 12, 2019 to Barbara Samples, wvdbpsych@frontier.com or 304-776-5067
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 3 hours for AMA PRA Category I credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

District Branch Meeting Minutes, February 23, 2019

Attendees: Walter Byrd, MD; Jorge Cortina, MD; T. O. Dickey, MD; Hussein El-Khatib, MD; Kenneth Fink, MD; Michael Hackman, MD; Yahia Homsi, MD; David Humphreys, MD; Jerome Massenburg, MD; Kalpana Miriyala, MD; Jeffrey Priddy, MD; Krista Rhodes, MD; Neal Thomas, MD; Ralph Smith, Jr., MD; Tiffany Sparks, MD; Pamela Sullivan, MD; Lauren Swagger, MD; Joel Vogt, MD
Residents: Halima Al-Qwasmi, MD; Gira Borad, MD; Rebecca Brown, MD; Daniel Cho, MD; Elizabeth Collier, MD; David Faro, MD; Derek Goff, MD; John Hendleman, MD; Patricia Mathew, DO; Fahd Mousa, MD; Tamara Murphy, MD; Adam Schindzielorz, MD; Jamal Shah, MD
Medical Students: Emma Nellhaus, Nadye Menking-Colby, Justin Gandee, Adam Christian (Marshall University School of Medicine)
Guest: Danny Scalise, Lobbyist

Opening:
11:00 a.m.-12:00 p.m.
The meeting was called to order by Dr. Sparks at 11:00 a.m.
The meeting was being held simultaneously in Charleston at the WVU Education Building and by live remote tele-conference at the Morgantown Health Sciences Center North location.

There was an initial telephone call-in connection with Dr. Saul Levin CEO and Medical Director of the American Psychiatric Association. Dr. Levin thanked Dr. Suzanne Holroyd for her work during her term as President of the DB, Dr. T O Dickey, for his work as the Assembly Representative, and commended Barbara Samples for her hard work as the Executive Director of the DB. He also thanked the members for their participation in the APA and the DB and encouraged them to continue to participate in all aspects of the APA and DB. This session was followed by a more lengthy and extensive review of the current political climate and legislative action status within the state legislature, as explained by Danny Scalise, lobbyist for the WVSMA. The presentation by Mr. Scalise was quite helpful and identified both individuals within the state legislature as well as pending legislative bills that have been and continue to be relevant to the well-being and future practice of Psychiatry in the State of West Virginia. Mr. Scalise reinforced his availability, and gave the members present his current contact information, and reiterated that he is happy to be called upon as a resource regarding any elements of legislature of significance to the WV District Branch occurring in the legislature in Charleston and across the state.

12:30 p.m. to 2:45 p.m.
The educational portion of the district branch meeting was comprised of three quite excellent clinical presentations by psychiatry residents representing the psychiatric residency programs in Charleston, Marshall University, and WVU Morgantown.
1. “New Onset of Non-organic Delusions in Elderly.” This case was presented by Gira Borad, MD, PGY-3, WVU Charleston. The presentation quite excellently reviewed a case of erotomania, its etiology, diagnosis and management strategies. A compelling disorder within the confines of psychiatric diagnoses.

2. “Dependent Personality Disorder with Borderline Traits.” Presented Tamara Murphy, MD, PGY-1 from Marshal University. This case presentation reviewed factors impacting dependent personality disorder…ranging from early psychosocial influences, current stressors and relevant genetic predispositions.

3. “Postictal Psychosis” The postictal case presentation was given by Dr. Halima Al-Quawasmi, MD, PGY-4 at the WVU Morgantown psychiatry residency. The case was very well done and highlighted the complexity of making diagnoses in the postictal state, and that a mixture of biological issues related to the temporal lobe epilepsy activity was also associated with associated emotional and cognitive changes within the patient's personality. In certain cases, postictal states can eventuate in psychosis as well.

2:45 p.m. to 3:00 p.m. Break

3:00 p.m. to 4:00 p.m. Business Meeting

Dr. Sparks called the business meeting section of the District Branch Meeting to order and delivered the WV District Branch Presidents’ report, with an overview of the healthy status of the district branch and reflected the vision for its expansion and function in 2019.

Treasurer's Report:
Dr. Priddy gave the Treasurer report. All is in order with the District Branches finances, as the funds remain in two areas: a general checking account to manage routine deposits and expenditures and a long-term CD savings account.

Secretary’s Report:
Dr. Byrd gave the Secretary's report, which included a review of the minutes and key points from the minutes of the previous West Virginia district branch meeting, held August 24, 2018 at the Greenbrier resort. A motion was made to approve the minutes as read, seconded and the previous minutes were approved from the August 24, 2018 meeting.

Committee Reports:
Assembly Report: Dr. T.O. Dickey gave the Assembly report from the November Assembly meeting held in Washington, D.C. and noted that a full digest of the November Assembly meeting was included in the January 2019 District Branch newsletter. Dr. Dickey reminded the DB that with the departure of Dr. Arrington last year, there remains a need for the appointment of another Assembly representative for the West Virginia District Branch. Dr. Sparks noted that the officer ballot for DB officers for 2019-2021 contains a selection for a new Assembly Representative to replace Dr. Arrington.

Dr. Dickey noted that he would not be able to attend the American Psychiatric Association national meeting May, 18-22 in San Francisco due to a family commitment, but that Dr. Carol Freas would be able to represent the DB at the Assembly meeting in his place. Dr. Dickey also conveyed that the next Area 5 Council meeting has been scheduled to occur in Raleigh, NC in the near future.

RFM Reports:
a. Dr. Elizabeth Collier, psychiatry resident from the Charleston program reported that two new attendings have recently joined the Charleston Department of Psychiatry and that Dr. Cho has received APA presidential leadership fellowship. Dr. Collier conveyed that one of the upcoming goals of the Charleston program is to assess and address factors related to physician burnout. Also, she noted that there is excitement related to the acquisition of a new TMS machine and the TMS treatment protocol now available through the Charleston program.

b. Dr. Schindzielorz, psychiatry resident from the Marshall program indicated that the Marshall program will be expanding to take six psychiatric residents per year, beginning next year. This is a milestone for the Marshall Department, as the youngest of the three psychiatry residency programs in the state. Marshall has recruited a new consult liaison attending, who will be coming on board this summer. The TMS program is expanding at Marshall and the clinical department of Psychiatry is now managing 20 beds at the Mildred Bateman state psychiatric facility in Huntington.

c. Dr. Guilian was not in attendance, but Dr. Halima Al-Qawasmi, fourth year resident from Morgantown gave the report for the WVU Morgantown Program, highlighting that as of 2019 the Morgantown is anticipating growing by two faculty members and will have three fellowships: Child and Adolescent fellowship, Addiction fellowship, and Forensic psychiatry fellowship.
February 23 Meeting Minutes continued…

Legislative Report:

Dr. T.O. Dickey gave the legislative report and reviewed various potential pieces of legislation potentially under consideration in the state legislature at this time that could be relevant to the interests of the WV District Branch. Dr. Dickey reiterated the fact that Danny Scalise is happy to be available for contact and consultative direction if necessary regarding legislative issues potentially impacting the district branch. Dr. Ralph Smith commented that the legislative update by Danny Scalise was one of the most helpful summaries he had heard in years regarding this topic.

Ethics Report:

Dr. Hussein El-Khatib gave the ethics report, citing that there were no infractions to report.

Fellowship Report:

Dr. Ralph Smith gave the fellowship report, and he indicated that the application to become a fellow in the APA can now be completed online, and Distinguish Fellow applications are being received as well. Members who qualify may contact Dr. Smith if they need assistance in completing the application process or other documents associated with the process.

Membership Report:

Dr. Bhanot was not in attendance at the meeting but District Branch Executive Director, Barbara Samples, gave an updated membership report, summarizing the transfers in and departure from the West Virginia District Branch. There are currently 191 West Virginia District Branch members with 1 new member, 16 new resident members, 4 reinstated members, and 3 members who transferred out of WV. There are still several members on the potential drop list so Barbara reminded the members to pay their dues by March 31, 2019 to avoid a lapse in their membership.

Old Business:

There was further discussion on the likelihood that the mental health awareness week would not be participated in by the district branch in the manner that it had been in the past. Discussion was held on how to possibly improve the community “interest and buy in” to promote mental health awareness. Dr. Cho from CAMC indicated that maybe an on-campus push through social media could help to possibly rejuvenate the concept of a movie night, which would include a Q&A session for the attendees surrounding mental health issues following the movie. This would be conducted during National Mental Health Awareness Week in May. This was an idea supported in concept by the District Branch membership present. In the past the District Branch has received a grant from the APA to provide funding for the basic expenses of such an outreach including the copyright fee, rental of a venue fee, and other expenses.

New Business:

Dr. Sparks indicated that the topic for the summer meeting of the West Virginia District Branch at The Greenbrier on August 23, 2019 would be “Physician Wellness and Burn Out.” Dr. Sparks also indicated that ballots for officers would be forthcoming in March. Everyone was encouraged to attend the APA National meeting in San Francisco, May 18-22, 2019.

Adjournment:

4:15 p.m. Meeting was adjourned by Dr. Sparks.

Respectfully submitted:

Walter Byrd, MD
Secretary, West Virginia District Branch
Dr. Carol Freas attended the May 2019 meeting of the APA Assembly in my absence. The following report is copied from Assembly Notes composed by Dr. Adam Nelson.

**Treasurer Report — Gregory W. Dalack, MD**
APA had a net loss in 2018 compared to a net gain in 2017. Most of the losses were attributed to investments. Several income centers still managed to have net gains, but net expenses were also higher in 2018. Similarly, APA Foundation had net losses in 2018 compared to net gains in 2017. Current financials in 2019 are ahead of pace for 2018, led by increases in APA Annual Meeting registrations. The Investment Oversight Committee is studying the Assembly’s proposal to divest of fossil fuel investments and will be making its recommendations to the BOT later this year.

**APA President-Elect — Bruce Schwartz, MD**
Dr. Schwartz reported that the Council on Healthcare Systems and Financing, in response to an Action Paper passed by the Assembly last year, has begun to develop a tool to assess the level of treatment intensity required for adequacy of care. Also, given the outcome of the recent landmark case in California of Wit v. UnitedHealthcare, the Council on Quality of Care is also developing standards of acuity of patient care. The psychiatrist workforce deficit is getting worse as older “baby-boomer” psychiatrists move toward retirement. In the next decade, the shortage of psychiatrists is expected to exceed 15,000. This will adversely impact efforts to achieve and maintain parity of psychiatric care. Innovations will improve access to care, but will fall short of resolving it. As the problem grows, expect non-MD providers to seek greater autonomy and increased scope of practice toward prescriptive authority.

**APA President — Altha Stewart, MD**
Dr. Stewart has worked closely this year in collaboration with Dr. Batterson. The actions taken recently by the APA Assembly challenge APA leadership to be better as leaders. Her legacy as APA President has been to encourage and mentor young psychiatrists to become more active in the organization in the past year. MOC remains a problematic issue for many members. APA is working hard to resolve issues with the ABPN. Being president of the APA for the past year has been one of the top five highlights of her life. Dr. Stewart offers her thanks for the support of the Assembly and for the work we do.

**American Psychiatric Association Foundation — Saul Levin, MD, MPA, Chairperson/Chief Executive Officer and Medical Director & Daniel Gillison, Jr., Executive Director**
The APAF remains committed to funding APA fellowships. This year drew 69 fellows, including 48 women and 21 men, from 43 institutions for a total of 108 fellows currently. Foundation activities at this year’s APA Annual meeting include a historical training track, several video recording booths offering attendees a chance to share their views on psychiatry, hosting the APA Mind Games, including a special 175th Anniversary edition, and of course, the APA’s 175th Anniversary Gala at San Francisco’s City Hall. APAF now offers several ways to donate, including texting ‘APAF2019’ to 44321, a silent auction to be held during the Annual Meeting, or you can always Adopt-A-Book at the APA Library in Washington, DC. APAF remains a platform for activism.

**APA Political Action Committee — R. Scott Benson, MD, Chair**
APAPAC spent $315.5K in 2018, still well behind other specialty group PACs. In 2019, the PAC has raised $172K from 900 members’ contributions so far. As of the start of the May Assembly, 44% of Assembly members have contributed so far this year (compared to 93% last year). BOT and AEC members are near 90% participation. Area 4 leads the way with $13.8K, while Area 1 lags behind with $288. PAC funds are used to support parity, suicide prevention, and opioid use-related issues.

**Assembly Committee on Procedures — A David Axelrad, MD, Chair**
The Assembly approved amendments to the election procedures for nominating of officer candidates to replace those nominees who withdraw from the election. The Association of Medicine and Psychiatry’s application to be part of ACROSS was also approved.
Assembly report continued...

CEO/Medical Director of the APA — Saul Levin, MD, MPA

With nearly 39,000 members, APA membership is the highest in the past 20 years. The APA website has had a 700% increase in traffic. It includes over 200 diversity activities, Find-a-Psychiatrist, and several areas focusing on innovation and toolkits for member use. In 2018, APA has been awarded several research grants, including CMS Transforming Clinical Practices initiative (TCPi) Support Alignment Network (SAN) – $2.9M/4 years, CMS Quality Measure initiative – $5.4M/3 years, SAMHSA Clinical Support System for SMI (CSS-SMI) – $14.2M/5 years, and SAMHSA STATES Technical Assistance Team Education and Support through AAAP – $442K/2 years. A draft of updated Practice Guidelines on Treatment of Patients with Schizophrenia are online. Please review and give your feedback. APA Publishing is planning to release 30 new book titles in 2019, 85 titles for 2019-2021. An Alexa app is in development for abstracts of Psychiatric News articles. And new “Psychiatry Unbound” podcasts with Dr. Laura Roberts are being released. APA’s Annual Meeting is expecting 12,000 attendees, 252 exhibitors, and 288 allied group meetings scheduled. Media requests to APA have increased 115% since 2015. An APA Leadership Cascade will provide timely and targeted messages to all levels of APA leadership. Efforts at strategic communication have increased quality of connection to members as evident by increased number of emails opened, and fewer email opt-outs. APA can also be found on social media, including Twitter, Facebook, Linkedin, Youtube, the APA App, and Instagram. Dr. Levin can also be found on social media at Twitter, Instagram, and Linkedin.

APA Position Statements

The following Position Statements were approved by the Assembly:

- Proposed Position Statement for a Neuroscience-based Nomenclature (NbN) Project
- Proposed Position Statement: Supporting Implementation of the Mental Health Parity and Addiction Equity Act
- Proposed Position Statement: Civil Commitment for Adults with SUDs
- Revised Position Statement Against use of cannabis for PTSD
- *Retained Position Statement: Cultural Psychiatry as a Specific Field of Study Relevant to the Assessment and Care of All Patients
- *Revised Position Statement: Carve Outs and Discrimination
- *Revised Position Statement: In Opposition to Cannabis as Medicine
- *Revised Position Statement: Substance Use Disorders
- *Proposed Position Statement: Use of Opioid Medications with Terminally Ill Patients
- *Revised Position Statement: Sexually Transmitted Infections Including HIV Infection Among Older Adults
- *Revised Position Statement: The Role of the Psychiatrist in Nursing Facilities
- *Revised Position Statement: Need to Maintain Intermediate and Long-Term Inpatient Care Access for Persons with Serious Mental Illness
- *Revised Position Statement: Abuse and Misuse of Psychiatry
- *Revised Position Statement: Hospital Privileging of Psychologists and Other Non-Psychiatrist Mental Health Professionals

Action Papers/Items

Among the Actions taken during this session, the Assembly voted:

- To Oppose Requirements to Prescribe Dangerous Quantities of Psychotropic Medications
- To Promote Prominent and Appropriate Documenting of Substance Use History in Medical Records
- *To Improve Payment Models for Telepsychiatry and C/L Services, Increasing Access to Quality MH Care
- To Approve a Position Statement on Universal Health Care Coverage in the United States
- To Adopt a New Position Statement on Scope of Practice for Prescription of Medications to Psychiatric Patients
- To Explore Increasing APA Support for DB Central Billing and PAC Fundraising
- To Improve Psychiatric Training in Family Medicine Residencies
- **To Develop a Position Statement Requiring Medical Supervision**
- To Develop a Public Relations Campaign for Improving Public Understanding of Psychiatry
- To Conduct a Feasibility Study to Find an Alternative Process for Specialty Certification
- To Advocate for a National Opioid Use Disorder Screening and Awareness Day
- To Advocate for CME Credit for Psychiatrists Participating in Maintenance of Certification (MOC)
- *To Provide Article Based Assessment for Maintenance of Certification (MOC) for Free to APA Members
- To Create a Workgroup to Update and Amend Federal Standard 42 CFR §8.12 for Opioid Treatment Programs
- To Create a Workgroup to establish a media response and talking points on climate mental health impacts
- To Conduct a Research Assessment of Climate-Related Psychiatric Service Needs
Assembly report continued…

To Create a Workgroup to establish a media response and talking points on climate mental health impacts
To Conduct a Research Assessment of Climate-Related Psychiatric Service Needs
To Develop Recommendations for Lowering Prescription Drug Prices
To Request from APA an Annual Strategic Report on Access to Quality Mental Health Care
To Create a Position Statement Promoting the Terms “Physician”, “Psychiatrist”, and “Patient: over the Terms “Provider” and “Client” in Psychiatric Practice
To Develop and Disseminate Model Curricula on Climate Change and Mental Health
To Explore an Environmental Sustainability Partnership as a Benefit for APA Members
To Reduce Stigma of Substance Use in Athletic Organization Policies by eliminating the Term “Abuse”
*To Promote Expansion of Psychiatry Residency Positions
To Develop a Leadership Training Course for Psychiatrists
To Develop Programs to Eliminate Workplace Bullying at the VA
*To Advance Gender Equality of Compensation in Medicine
*To Develop Sustainable Funding for Early Recognition and Treatment of Psychotic Disorders in Youth
To Improve Safe Prescribing of Controlled Substances Nationwide Through State PDMPs
To Oppose Rescheduling and Monitoring of Medical Marijuana Prescriptions
For APA to Become a Partner with TIME’S UP Healthcare
For APA to Urge Health Plans to Comply with BH Network Adequacy to Improve Access to Care
*To Protect Government-Employed Psychiatrists from Political Pressure
For APA Recognition of International Women’s Day
To Consider a Reduction of Dues for Members with Joint APA and ACROSS Organization Memberships
To Oppose One Member-One Vote for APA Assembly Elections
To Oppose Members’ Ability to Ethically and Legally Respond to Online Reviews
To Improve Transparency of Cost Estimate Analysis on Action Paper Submissions
To Oppose Creation of a Council on Advocacy and Patient Safety (CAPS)
To Develop a Position Statement on the Use of Emotional Support Animals (ESAs)
To Develop and Promote Criteria for Support of Psychiatrists as Department Leaders
To Develop a Nationwide APA RFM Merit Award Modeled on the Area III RFM Membership & Leadership Development Innovations
To Include Territorial Acknowledgments in APA Meeting Programming
*Items with a * were approved by consent. Items in bold invited greater debate and may be worthy of further discussion with DB and Area Council members.

You can view all current and previous Action Papers and track their current status on AITS

Presentation of Assembly Awards Committee — Daniel Anzia, MD, Chair

The DB Best Practices Award for large DB went to the Colorado Psychiatric Society. Honorable mention went to Northern California Psychiatric Society. For small DB, the award was given to Mississippi Psychiatric Association. Honorable mention went to Georgia Psychiatric Physicians Association.

Award for Area Voting in Elections went to Area 3 with 21% voter turnout. For DB voting, the award went to North Dakota Psychiatric Association with 33%.

The Warren Williams Awards for Outstanding Contributions in Mental Health were presented to Bhasker Dave, MD (Area 4) who was recognized for his lifelong work in public sector psychiatry, outstanding contributions, service, teaching and lifelong commitment to MH Services. and Charles Herndon, MD – Alaska (Area 7), who was recognized for his focus on treating people with SUDs, especially physicians, for which he was described as a "doctor's doctor", for his service to others, colleagues, with compassion, humility, and a great sense of humor.

The Excellence in Service Award was given to Monica Taylor-Desir, MD, MPH - North Dakota (Area 4) who developed and expanded services in a clinic serving indigenous communities, developed programs to serve rural communities, reduce suicide by creating "zero suicide" policies, and for her tremendous compassion for the people with whom she works.

The Profiles in Courage Award was given to Jeffrey Geller, MD, who, against the advice of his training program chair, left a teaching position at Beth Israel Hospital and Harvard Medical School for Worcester State Hospital in Western Massachusetts in 1978, where he quickly became medical director and fought local political influences to prevent releasing persons with SMI into inadequate community based residential care. Dr. Geller has argued for extending involuntary care for a subset of SMI individuals as well as for outpatient treatment commitment. He takes on important issues and controversy even if it is politically ill-advised. Dr. Geller invites all of us to retort to all of those nay-sayers of 40 years ago to "stuff it".

Assembly Elections
The Assembly held its annual election of Officers for the coming year. For Speaker-Elect, the Assembly elected Joseph Napoli, MD (Area 3), and for Recorder, the Assembly elected Mary Jo Fitz-Gerald, MD (Area 5). Congratulations to all the candidates on a well-fought campaign.
Assembly report continued…

Reports and Next Steps from the Assembly Committees/Work Groups

Committee on MOC - Russell Pet, MD
- ABPN has been named in a class-action lawsuit. A motion for dismissal will be heard later in May
- There are two other lawsuits pending against ABIM and ABMS

Committee on Psychiatric Diagnosis and the DSM
- Procedures for changes to DSM 5 include submissions to the website.
- There are several changes pending for the next edition, which will be DSM-5-TR
- Persistent grief disorder, personality disorders, and suicide behavior disorder will be moving from Section 3 to Section 2.

Committee on Public and Community Psychiatry – Isabel Norian
- Issues included discussion on the future of IPS
- Leslie Gise, MD presented a summary report on healthcare reform

Committee on Access to Care - Eliot Sorel, MD
- The committee examined results of surveys of the DBs, Area Councils, NAMI, and National Business Purchasers of Healthcare Coalition
- Among the many achievements include 4 Action Papers produced for this session of the Assembly

Workgroup on increasing voter turnout – Edward Thomas Lewis, MD
- Only 3 people showed up to the Committee
- APA voter turnout numbers are similar to those of other membership organizations
- It remains a problem the workgroup intends to address.

Hail and Farewells:
The Assembly bids farewell to several members who are finishing up their terms after this session. Of particular note are the departures of Daniel Anzia, MD (Area 4), Seeth Vivek, MD (Area 2), and Jeff Akaka, MD (Area 7). Cumulatively, these 3 Assembly members have amassed nearly 70 years of tenured experience with the Assembly. Your influences have been profound and your wisdom and guidance will be cherished and missed.

I serve as the representative from Area 5 to the Assembly Committee on Access to Care. Please contact me at todickey@gmail.com if you have questions or have an issue that you think can be addressed in an action paper.

Respectfully submitted, T. O. Dickey, MD, Assembly Representative
RESIDENT NEWS

WVU Charleston Division

As each academic year comes to a close, it also brings with it so many new beginnings. It is not only the beginning for a new set of interns, but it is the beginning of a brand new, non-resident, life for our graduating seniors. It is a time when residency programs receive an infusion of hope. Both from the hope and excitement that is inherent in new interns and because we are again reminded that there really is a light at the end of the residency tunnel!

For our program this year, it also means a beginning of some new and exciting opportunities. We will be starting a TMS clinic that we hope to have running later this year and we are working on getting an Esketamine clinic opened. Our COAT program continues to grow and to offer more and more hope and support to members of our community. Our recently initiated Transgender rotation began successfully in the second half of last year. It allows us to have the chance to learn about Transgender issues not only from a psychiatric standpoint but an endocrine and surgical view as well. This year, we will be adding an additional Psychiatric Procedure elective that will allow us to incorporate training in ECT, TMS, and Esketamine administration. We are looking forward to these new chances to learn and additional treatment options to better serve our patients.

In order to ATTEMPT to improve resident wellness and combat burnout (whether experienced directly or felt looming overhead as a dreaded impending possibility), we will also be implementing some new wellness initiatives including a quarterly “Wellness Day” in place of didactic time and a brand new relaxation room for our Psychiatry and Med/Psych residents. A place to briefly escape the hospital, curl up on a couch, do yoga, or to simply take a mindful breath.

Finally, the end of the academic year gives us time to reflect; to look back at ourselves and examine how we were as physicians, learners, teachers, and, most importantly, as human beings. A chance to expand on our strengths, begin to improve on our weaknesses, and to look to the future will all of the hope that a new beginning brings.

Elizabeth Collier, MD, PGY-3
Chief Resident – Behavioral Medicine and Psychiatry
CAMC/WVU – Charleston Division

Marshall University

The theme of growth at Marshall Psychiatry continues into 2019. We have added several new services and expanded services at other sites. We will now be covering an inpatient unit at St. Mary’s Medical Center as well as providing weekend coverage at Cabell Huntington Hospital on the consult service and significantly expanding our inpatient services at Mildred Mitchell-Bateman Hospital. In addition, our Geriatric Psychiatry Fellowship Program and our Child and Adolescent Psychiatry Fellowship Program will both be accepting their first trainees in July of 2020. We received GME and ACGME approval to expand our incoming intern class and are welcoming six new interns this month.

In July, we will also welcome a new attending, Doctor Adam Schindzielorz, from this year’s graduating class. We say goodbye to the other members of our first full class and wish Doctors Ashley Collins, Brandon Lilly, and Kamal Patel good luck in their future endeavors. Doctor Patel will be headed to Dartmouth for a Sleep Medicine Fellowship and Doctors Collins and Lilly are heading to Clarksburg, WV and Charleston, SC, respectively, to begin their careers in inpatient psychiatry. Our upcoming PGY-4 class including Doctors Meredith Bentley, Clare Bajamundi-Plyler, Jordan Gaal, and Janice Hostetter have all signed letters of intent to stay on as faculty with Marshall Psychiatry following completion of training. In addition, Doctor Bajamundi-Plyler will be our first Geriatric Psychiatry Fellow. I have also signed on to stay with Marshall Psychiatry following a Child and Adolescent Psychiatry Fellowship.
Resident News continued…

We had another large turnout at the annual APA meeting in San Francisco as representatives from our program presented thirteen posters. Several of our residents and medical students attended and had a great time. There were numerous talks on physician burnout and resident wellness, which I found to be very interesting and relevant. We have taken several steps to support resident wellness within our program including implementation of Co-Chiefs of Curriculum, Research, and Wellness, a peer mentor program, a financial wellbeing lecture, and “Rest and Digest” social lunch hours in addition to wellness week activities and other social engagements outside of work.

We are excited by the growth of our program within just a few years and look forward to more opportunities to serve our community here in Huntington and the tristate area in the future. We hope to see you all at the WV APA summer meeting in August!

Erika Maynard, MD, PGY-2 Resident
Marshall Psychiatry

WVU Morgantown

This year marks a time of growth and transition for the West Virginia University Department of Behavioral Medicine and Psychiatry. Our department has officially joined forces with the departments of Neurology, Neurosciences, and Neurosurgery as part of the Rockefeller Neurosciences Institute (RNI). The RNI offers an avenue for collaborative efforts to develop innovative solutions to a wide range of neurological and psychiatric conditions including addiction, Alzheimer’s, autism, and traumatic brain injury. It is also serving as a center for groundbreaking research including a Phase II clinical trial for the use of ultrasound waves to slow the effects of Alzheimer’s and a Phase III clinical trial to reduce opioid use for chronic pain. The RNI is led by executive chair and neurosurgeon, Dr. Ali Rezai, and highlights the multidisciplinary efforts to improve overall brain health.

Other notable expansions include WVU Psychiatry’s partnership with the United Summit Center and the March opening of the WVU Center for Hope and Healing, a 28-day residential treatment program offering comprehensive withdrawal management and addiction treatment to patients struggling with substance abuse disorders.

Change is also occurring within the department itself. Dr. Marc Haut has stepped down from his position as department chair to take a position as Vice Chair and Director of Clinical Research and Education for the RNI. Dr. Jim Berry has since stepped in to serve as interim chair. Our department now houses three separate psychiatric fellowships including a Child and Adolescent Psychiatry fellowship, a Forensic Psychiatry fellowship, and the first ever Addiction Psychiatry fellowship in the state of West Virginia which will aid in the growing efforts to address the state’s debilitating opioid epidemic. The general psychiatry program is also excited to announce GME approval for expansion and (thanks to the efforts of Program Director, Dr. Daniel Elswick) will now be accepting 8 general psychiatry residents per year!

As the academic year comes to a close, we will also be celebrating the graduation of 5 residents, Doctors Eden Rouse, Patrick Vincent, Jeffrey Liubicich, Jourdan Aromin, and Jeremy Hustead. Dr. Rouse will be taking her talents to Austin, TX to practice outpatient psychiatry with a focus on ketamine infusions. Dr. Vincent will be moving to Pittsburgh to serve in a community ACT program. Doctors Liubicich and Aromin have joined a telepsychiatry company, which serves West Virginia in addition to states across the country, and Dr. Hustead will be staying at WVU to complete his addiction psychiatry fellowship. We are very proud to graduate a multitalented group of residents who are committed to the mental health needs of our state and country.

Overall, we are excited to embrace additional growth and development in all aspects of our program. We look forward to our incoming interns and will continue the tradition of training residents well-equipped to serve the needs of our state.

Danielle E. Guinan, MD
Department of Behavioral Medicine and Psychiatry
PGY-II
Don’t Forget to Get Your Annual Meeting Certificate of Attendance

If you attended APA’s 2019 Annual Meeting but didn’t get your certification of attendance, you can do so now through Thursday, August 22. [https://www.psychiatry.org/psychiatrists/meetings/annual-meeting/certificate-of-attendance-and-evaluation](https://www.psychiatry.org/psychiatrists/meetings/annual-meeting/certificate-of-attendance-and-evaluation)

You can also share your comments about the meeting and any changes you would like to see.

Promoting Mental Health in Appalachia

APA’s Division of Diversity and Health Equity has produced a series of resources focused on addressing disparities in mental health care among Appalachian people. Appalachian people experience disproportionately adverse living conditions when compared to the rest of the nation. Appalachian counties are also over-represented in the nation’s worst quintile for four of the five measures of social determinants of health. DDHE’s [Mental Health Facts for Appalachian People](https://www.psychiatry.org/psychiatrists/meetings/annual-meeting/certificate-of-attendance-and-evaluation) provides a snapshot of the current state of mental health in the region, while [APA’s video guide to treating Appalachian patients](https://www.psychiatry.org/psychiatrists/meetings/annual-meeting/certificate-of-attendance-and-evaluation) provides helpful best practices for providing high-quality care to members of this unique cultural subset. [Central Appalachia and the Opioid Epidemic](https://www.psychiatry.org/psychiatrists/meetings/annual-meeting/certificate-of-attendance-and-evaluation) is an on-demand CME learning activity designed to formulate a more culturally appropriate approach to the treatment of opioid use disorders in the region.

Diversity-related Educational Resources on APA website

The APA prepares all members to be culturally competent psychiatrists and aids in eradicating mental health disparities by creating programs that align with APA policy by supporting and increasing diversity within APA; serving the needs of evolving, diverse, underrepresented and underserved patient populations; and working to end disparities in mental health care. To get the latest information on diversity-related educational resources, member engagement opportunities, and mental health advocacy, please visit APA’s redesigned Diversity and Health Equity web page at [www.psychiatry.org - Diversity & Health Equity](https://www.psychiatry.org - Diversity & Health Equity).

APA Member Patrice Harris, MD, M.A. Inaugurated AMA’s 174th President

Dr. Patrice Harris, a former resident of Bluefield, WV, a graduate of West Virginia University School of Medicine, and a long-time APA member, was sworn in as AMA’s 174th President during a ceremony at the AMA’s House of Delegates meeting in Chicago in June. Dr. Harris, who is the first African American woman President of AMA, said during her address that “diversity and inclusion are critical to closing the gap in health disparities and that a focus of her presidency will be on health equity and increasing the diversity of the physician workforce”. Dr. Harris also vowed to elevate mental health as a part of overall health and to increase the understanding of the impact of childhood trauma on health. During her presidential year, she will continue to chair the AMA’s Task Force to Reduce Opioid Abuse, which she has chaired since its inception in 2014. Congratulations to Dr. Harris.
WELCOME NEW/REINSTATED MEMBERS

Reinstated members: Elizabeth McClellan, MD (Charleston); Adina Bowe, MD (Charleston); Michele Cirulli, MD (Bruceton Mills)

Transfer to WV: Rajdip Barman, MD (Martinsburg)

Transfer out of WV: Venkata Chivukula, MD (NC); Bryan Lockmer, MD (PA); Naheed Saleem, MD (MD)

Upcoming Events…

WV District Branch Summer Meeting, August 23, 2019 at The Greenbrier

IPS: The Mental Health Services Conference, October 3-6, 2019, New York, NY

APA Annual Meeting, April 25-29, 2020, Philadelphia, Pennsylvania

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Happy Independence Day &
Thanks to all those who serve