

# PSYCHIATRIC NEWS

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## APA's ANNUAL MEETING PHILADELPHIA APRIL 25-29, 2020

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## PSYCHIATRIC NEWS

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## FROM THE PRESIDENT

# Great Meeting in a Great City!

BY PHILIP R. MUSKIN, M.D., M.A., AND BRUCE SCHWARTZ, M.D.

Philadelphia is the host city of APA's 2020 Annual Meeting. This great city is the birthplace of not only our nation but also our proud professional organization. With its enticing variety of historic attractions and high culture, unique neighborhoods, and world-class restaurants, Philadelphia is a fitting setting for the Annual Meeting and an excellent opportunity it provides for learning.

The theme of "Advancing Quality: Challenges and Opportunities" will be reflected throughout the 500-plus sessions. As you can see by paging through this issue of *Psychiatric News*, there are too many outstanding sessions to describe them all in this article.

The official kick-off of the meeting occurs on Saturday, April 26, at the Opening Session, where Dr. Patrice Harris will address attendees (see facing page). Dr. Harris is the 174th president of the AMA, the first African American woman to hold this position, and a member and former trustee of APA. On Monday afternoon, Dr. Richard Kogan will present the William C.



Philip R. Muskin, M.D., M.A., is chair of the Scientific Program Committee.

Bruce Schwartz, M.D., is president of APA.

Menninger Memorial Lecture at the Convocation of Distinguished Fellows (see page 6). He is a Juilliard-trained pianist who will discuss the life of Tchaikovsky and play selected pieces by the composer. These sessions are just two highlights of a meeting packed with incredible sessions.

As clinicians, we strive for quality care based on the application of evidence-based knowledge. Yet *measurement* of quality has emerged as a challenge, especially in the delivery of efficient care. Dr. Thomas Lee, an internist and professor at Harvard Medical School, has expertise in the development of integrated, val-

ue-based health systems and the impact of these changes on patient and physician function. He will present a Frontiers of Science lecture titled "What Patients Want," which will focus on the goals of health care, what patients want from their health care professionals, and how clinicians can reliably meet patient needs while reducing clinician burnout.

Among the participants in the Presidential Session titled "Mind the Gap: Bridging Research and Policy Into Practice" will be Dr. Patrick Conway, former chief medical officer of the Centers for Medicare and Medicaid Services, and Patrick Kennedy, former member of Congress and long-time mental health advocate. They will provide examples of how clinical and research evidence can drive policy change to improve care for patients.

In a unique format, Drs. Carol Alter, Glenda Wrenn Gordon, Margorie Balfour, and Robert Roca will present a case conference on quality outcome measurement titled "Are We Making a Difference: Measuring Patient Out-

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### 6 | Award-Winning Pianist to Deliver Convocation Lecture

Psychiatrist Richard Kogan, M.D., will discuss the music and mind of the composer Pyotr Tchaikovsky.

### 10 | Be Inspired by World Treasures at Philadelphia Museum of Art

The museum, which stretches across a sprawling campus that also includes the Anne d'Harnoncourt Sculpture Garden and the Rodin Museum, features 200 galleries.



### 13 | Book Tickets Now to Tour First Penitentiary for 'Criminally Insane'

This year's EduTour will take 45 participants on a 90-minute tour of Eastern State Penitentiary and examine the role of psychiatry in prisons today.

### 17 | Technology Can Improve Treatment of People With Serious Mental Illness

Several sessions will walk you through the many ways SMI Adviser's apps and online education can support clinical practice.



## PRELIMINARY PROGRAM

- 7 | SATURDAY
- 12 | SUNDAY
- 19 | MONDAY
- 25 | TUESDAY
- 33 | WEDNESDAY

### See You in Philadelphia!

The preliminary program, which starts on page 7, was up to date at press time. For the latest information and session locations, download the APA Meetings App (see page 21) or check the program guide distributed at the meeting.

# AMA President Harris to Share Insights At Opening Session

*A long history of leadership in organized medicine gives AMA President Patrice Harris, M.D., M.A., special insight into how physicians can influence public health policy. BY MARK MORAN*

**"T**ruly a steel magnolia ... and people best not forget it."

That's how Barbara McAneny, M.D., described psychiatrist Patrice Harris, M.D., M.A., who succeeded her as AMA president at Harris' presidential inauguration in June last year.

The steel magnolia will be speaking at the Opening Session of this year's APA Annual Meeting in Philadelphia. Also speaking are APA President Bruce Schwartz, M.D., and President-elect Jeffrey Geller, M.D., M.P.H.

A former member of the APA Board of Trustees and chair of the AMA Board, Harris was inaugurated as the 147th president of the AMA at the 2019 Annual Meeting of the AMA House of Delegates in Chicago last June (*Psychiatric News*, <https://psychnews.psychiatryonline.org/doi/10.1176/appi.pn.2019.7a24>), vowing to make mental health a priority in her presidential year.



As chair of the AMA Task Force to Reduce Opioid Abuse, Patrice Harris, M.D., M.A., has emphasized the need to reduce opioid prescribing by physicians while also advocating for treatment for substance use disorders and pain management.

"We are no longer at a place where those with mental illness and addiction are hidden and ignored, but we are not yet at a place where mental disorders are viewed without stigma and truly

integrated into health care," she said in her inauguration address.

Harris, the first African American woman president of the AMA, also vowed to focus on health equity and increasing

the diversity of the physician workforce. "We are no longer at a place where we can tolerate the disparities that plague communities of color, women, and the LGBTQ community. But we are not yet at a place where health equity is achieved in those communities."

Harris continues to serve as chair of the AMA Task Force to Reduce Opioid Abuse. She was a trustee-at-large on the APA Board of Trustees from 2001 to 2004. In addition, she was president of the Georgia Psychiatric Physicians Association and founding president of the Georgia Psychiatry Political Action Committee.

APA CEO and Medical Director Saul Levin, M.D., M.P.A., said that throughout a career of advocacy and leadership in organized medicine, Harris has helped to raise the profile of psychiatry and APA.

"I urge everyone attending this year's Annual Meeting to come hear what Patrice has to say. She has been a remarkably effective advocate for our profession and our patients." **PN**

**The Opening Session will be held Saturday, April 25, from 4 p.m. to 5:30 p.m. in Hall A, 200 Level, in the Pennsylvania Convention Center.**

*continued from facing page*

comes and the Value of Our Work."

Each year there is a series of award lectures in the Distinguished Psychiatrist and Frontiers of Science formats. The distinguished psychiatrists for 2020 are Drs. Joshua Gordon ("The NIMH: Programs, Priorities, and Plans"); one of the authors of this article, Philip Muskin ("A Journey of Caring Collaboration"); Carol North ("Disaster Mental Health Epidemiology and Nosology: Perspectives From Three Decades of Research"); Maryland Pao ("What's Your Career Trajectory? One Woman's Path to Work Integration Into Life"); and Paul Summergrad ("Beyond Consultation-Liaison: The Boundaries of Medical Psychiatry").

Presenting Frontiers of Science lectures are Drs. Josef Dalmau ("The Role of Synaptic Autoantibodies in Psychiatric Disease"); Kevin Ochsner and Kamran Khodakhah ("Cerebellar Modulation of the Reward Circuitry and Social Behavior"); and Mary Jeanne Kreek, a true pioneer of addiction medicine ("History and Current Status of Methadone and Buprenorphine/Naloxone Maintenance Treatment and Neurobiological and Genetic Research

of Specific Addictive Diseases"). NIAAA will present a dozen sessions including one by its director, Dr. George Koob (see page 14). NIDA and SAMHSA will also present several sessions.

In a special two-part session for trainees and early career psychiatrists, Dr. Jeremy Lazarus will lead a panel to provide an overview of the different types of private practice, the pros and cons of being in private practice, and how to decide whether private practice is what the attendee really wants. The second session will discuss malpractice/liability insurance for private practice; how to negotiate contracts; self-pay versus insurance pay; documentation; coding and billing; and HIPAA and OSHA compliance.

Chef David Bouley will present "The Living Pantry," a "how to" via a video he produced especially for our meeting (see page 18). He will then join Drs. Drew Ramsey and Uma Naidoo and one of the authors of this article (Philip Muskin) to discuss the role of food, healthy eating, and the impact of dietary lifestyle on our patients (and us too).

Dr. Kimberly Yonkers will receive the Adolf Meyer Award for her decades of research on women's mental health.

She will present the lecture "Exploration of How to Care for Pregnant Women With Psychiatric Illness." Dr. Jonathan Metzl, winner of the Benjamin Rush Award, will present "Mental Illness, Mass Shootings, and the Politics of American Firearms" (see page 32).

There will be two Advances in Psychiatry sessions in which experts will discuss the latest research in key areas. Dr. Hebert Pardes will lead the session "Youth Anxiety: An Emerging Epidemic?" It will be interactive, encouraging active involvement of the audience. The other session will be led by Dr. Maria Oquendo on "Deaths of Despair or Brain Conditions?" In addition to Dr. Oquendo, an internationally recognized suicide researcher, the presenters are Drs. Nora Volkow and Christine Moutier (see page 15).

Vibrant operates national and local crisis hotlines. Kimberly Williams from Vibrant will chair a session on the role of crisis lines in the prevention of suicide and data on their effectiveness. The plan for a national three-digit hotline number will be discussed as well.

Dr. Bharat Vatwani will present one of the two international lectures. His talk, "Reaching Out to the Unreached: The Wandering Mentally Ill Destitute

on the Streets of India," will focus on how homeless people with mental illness can be rescued from the streets and rehabilitated comprehensively in a custodial care program that combines a compassionate approach to socialization, occupational engagement, and professional medical intervention. Dr. Vatwani's eloquence and storytelling bring audiences to tears, but he ends on a hopeful note. Audiences often give him a standing ovation. As we struggle with homelessness in this country, Dr. Vatwani shows us that we can make a difference.

Dr. Mark Solms will present the other international lecture, "The Basic Emotional Circuitry of the Brain: Implications for Psychiatry." He will describe the basic emotional circuitry of the human brain and how each circuit relates to various forms of psychopathology. Implications for treatment and drug development will also be briefly discussed, as will implications for psychiatric nosology.

We're sure you'll agree with us that this meeting will be one you don't want to miss. It's fitting that so much cutting-edge science be presented in the city where APA was born 175 years ago. We've come a long way! **PN**



# Richard Kogan, M.D., to Put Words to Music At Menninger Convocation Lecture

Psychiatrist and award-winning pianist Richard Kogan, M.D., will discuss Tchaikovsky's music and melancholy. BY NICK ZAGORSKI

Many people are likely familiar with the music of Pyotr Ilyich Tchaikovsky, especially around the holidays when selections of "The Nutcracker" fill the airwaves. Yet few know of the turbulent emotional life of the composer behind iconic songs like the "Waltz of the Flowers" or the bombastic "1812 Overture," said Richard Kogan, M.D., a clinical professor of psychiatry at Weill Cornell Medical College, artistic director of the Weill Cornell Music and Medicine Program, and co-director of the Weill Cornell Human Sexuality Program.

Attendees at APA's 2020 Annual Meeting in Philadelphia can learn more about one of the 19th century's greatest composers and hear samples of his music at the Convocation of Distinguished Fellows, where Kogan will deliver the 2020 William C. Menninger Memorial Convocation Lecture.

His lecture, titled "Tchaikovsky: Music and Melancholy," is part of a long series of lectures that Kogan has presented at APA's Annual Meeting on the connections between musical artistry and mental illness. The lectures are accompanied by piano performances by Kogan, who is an award-winning pianist.

"Tchaikovsky's music is the indelible outgrowth of his mental state," Kogan told *Psychiatric News*. "His glorious ballets, for example, reflect an idealized fantasy world where he could escape his real-world despondency."

According to Kogan, juxtaposing Tchaikovsky's glorious music with an exploration of his struggles helps illustrate the need to destigmatize mental illness. "It seems perverse to stigmatize a group that includes individuals like Tchaikovsky who have made such an immense contribution to civilization," he said.

In Tchaikovsky's case, stigma also applied to his sexual orientation. "He was a gay man living in Russia at a time when such behavior was punished by banishment to Siberia. He was terrified of the implications and did everything to hide the truth. He even had a brief and ultimately disastrous marriage, which compounded his personal strife."

Those emotional troubles might have even led to Tchaikovsky's death in 1893. Though his death was attributed to cholera, many historians



Annual Meeting favorite Richard Kogan, M.D., will discuss how the stigma of homosexuality contributed heavily to Tchaikovsky's depression.

suspect it might have been suicide.

His only escape was music. Tchaikovsky once wrote in a letter that "without music, I would go insane." That letter was one of thousands written by Tchaikovsky, who also kept extensive diaries. His most extensive correspondence was with wealthy widow Nadezhda von Meck, who offered

to be his patron on the condition they never meet in person, a condition Kogan said is unique in the annals of artistic patronage. The pair, however, did exchange more than 1,200 letters over 14 years, which provided tremendous insight into Tchaikovsky's psyche.

"For years, I had heard that Dr. Kogan's session should not be missed," said APA CEO and Medical Director Saul Levin, M.D., M.P.A., "but I would miss it due to a 'lecture I had to hear.' After becoming the CEO and medical director, I bumped into him and told him I wish I could hear his lecture and recital. Alas, my duties always kept me away. I finally had the chance to hear his presentation on Shubert at another organization's meeting, and I now make it a priority to attend these remarkable sessions. This year is a special year as Dr. Kogan rarely performs Tchaikovsky, so it is fortunate it will be the Convocation presentation."

Though unplanned on Kogan's part, the location of Philadelphia is also symbolic in Tchaikovsky's life. In spring 1891, Tchaikovsky traveled to the United States for a brief tour of several East Coast cities. The tour may be most remembered for Tchaikovsky's providing the first-ever performance at the just-opened Carnegie Hall in New York; it concluded on May 18 at the Philadelphia Academy of Arts—the last time Tchaikovsky performed in the United States. **PN**

**The Convocation will be held on Monday, April 27, in Hall B, 200 Level, Pennsylvania Convention Center from 4:30 p.m. to 6:45 p.m.**

## Annual Meeting Highlights



Here are just some of the Annual Meeting highlights and general information that will help you get the most out of your experience at the meeting.

### Opening Session and Special Lecture

Saturday, April 25, 4 p.m.-5:30 p.m. Opening ceremonies will be followed by a special lecture by Patrice Harris, M.D., M.A. (see page 5)  
Hall A, 200 Level, Pennsylvania Convention Center

### Welcome Reception

Saturday, April 25, 5:30 p.m.-7 p.m.  
Exhibit Halls C-E, 200 Level, Pennsylvania Convention Center

### Convocation of Distinguished Fellows

Monday, April 27, 4:30 p.m.-6:45 p.m. The session includes the induction of distinguished fellows and introduction of distinguished life fellows; fellows and life fellows; 50-year distinguished life fellows, life fellows, and life members; international distinguished fellows and fellows; presentation of awards; and the presentation of the William C. Menninger Memorial Convocation Lecture by Richard Kogan, M.D. (see above article)  
Hall B, 200 Level, Pennsylvania Convention Center

### APA Foundation Benefit

**Proceeds benefit the APA Foundation**  
Saturday, April 25, 7 p.m.-10 p.m. (see page 27)  
Union League Club, 140 South Broad Street

### Registration

Friday, April 24, Noon-6 p.m.  
Saturday-Tuesday, April 25-28, 7:30 a.m.-5 p.m.  
Wednesday, April 29, 7:30 a.m.-Noon  
Broad Street Atrium, 100 Level, Pennsylvania Convention Center

### Courses/Master Courses

(Note: additional registration fee required)  
Saturday-Tuesday, April 25-28, 8 a.m.-noon, 8 a.m.-5 p.m., 1 p.m.-5 p.m. More information, including the course schedule, is posted at <http://apapsy.ch/amcourses>.  
Marriott Downtown

### APA Central, APA Bookstore, Publishers Book Fair, and Career Fair Only

Saturday, April 25, 10 a.m.-4 p.m.  
Exhibit Halls C-E, 200 Level, Pennsylvania Convention Center

### All Exhibits

Saturday, April 25, 5:30 p.m.-7 p.m.  
Sunday-Monday, April 26-27, 9:30 a.m.-5 p.m.  
Tuesday, April 28, 9:30 a.m.-2 p.m.  
Mid-Day Mingles: Sunday-Tuesday, April 26 to 28, 11:30 a.m.-1 p.m.  
Exhibit Halls C-E, 200 Level, Pennsylvania Convention Center

### Product Theaters

Sunday-Monday, April 26-27, 10 a.m.-5 p.m.  
Tuesday, April 28, 10 a.m.-2 p.m.  
Exhibit Halls C-E, 200 Level, Pennsylvania Convention Center

### MindGames

Saturday, April 25, 1 p.m.-2 p.m.  
Grand Hall, 200 Level, Pennsylvania Convention Center

### Mental Health Innovation Zone

Sunday-Tuesday, April 26-28, 8 a.m.-4:40 p.m. (see page 27)  
Grand Hall, 200 Level, Pennsylvania Convention Center

### Psychiatry Innovation Lab

Sunday, April 26, 12:30 p.m.-4:30 p.m.  
Grand Hall, 200 Level, Pennsylvania Convention Center

### Scavenger Hunt

Saturday-Tuesday, April 25-28, 8 a.m.-5 p.m.  
Pennsylvania Convention Center

### Women's Gathering

Sunday, April 26, 11:30 a.m.-1:30 p.m.  
Pennsylvania Convention Center

### Shuttle Busing

Starts each day with pick up at designated hotels  
Saturday-Wednesday, April 25-29, 7 a.m.

Last departure from the Pennsylvania Convention Center:  
Saturday, April 25, 7:30 p.m.; Sunday, April 26, 5:30 p.m.;  
Monday, April 27, 7:30 p.m.; Tuesday, April 28, 5:30 p.m.;  
Wednesday, April 29, 2 p.m.

**SATURDAY, APRIL 25**  
**8 A.M.-9:30 A.M.**

**APA Publishing Session**

**Transference-Focused Psychotherapy for Severe Personality Disorders in Adolescence** *Chair: Lina Normandin, Ph.D.*

**General Sessions**

**A Roadmap to Psychiatric Residency: Assisting Stakeholders in the Medical Student Advising and Residency Recruitment Process** *Chair: Lia A. Thomas, M.D.*

**An Olympic Feat: Balancing Motherhood and Early Career Psychiatric Practice** *Chair: Alicia E. Phillips, D.O.*

**Building Hope: Scenes From a Global Mental Health Journey** *Chair: Eugenio M. Rothe, M.D.*

**C-L Show and Tell—Everything You Ever Wanted to Know About Consultation-Liaison Psychiatry: A Guide for Residents and Medical Students** *Chair: Margo Christiane Funk, M.D., M.A.*

**Clozapine and Treatment-Resistant Schizophrenia** *Chair: Jean-Marie E. Alves-Bradford, M.D.*

**Comorbidity in Bipolar Disorder: Pleiomorphic Heterogeneity or Nosological Pandemonium?** *Chair: Joseph F. Goldberg, M.D.*

**Criminal Justice Jargon and Best Treatment Practices for Patients Involved in the Justice System** *Chair: Michael K. Champion, M.D.*

**Dispelling Myths About Head Injuries: An Impactful Look at Sport-Related Concussion** *Chair: Aaron Slone Jeckell, M.D.*

**Genetic Mechanisms of Sleep and Sleep Disorders** *Chair: Catherine A. McCall, M.D.*

**Getting Involved in State Legislative Advocacy: A Primer for Mental Health Providers** *Chair: Maria Mirabela Bodic, M.D.*

**Getting to the Ideal Behavioral Health Crisis System: Essential Elements, Measurable Standards, and Best Practices** *Chair: Matthew Louis Goldman, M.D., M.S.*

**Heat Waves and Psychiatric Medications: Sickly Hot** *Chair: Elizabeth Haase, M.D.*

**Hot Topics in College Mental Health for Student Athletes: Advancing Quality of Care** *Chair: Claudia L. Reardon, M.D.*

**Human Trafficking: Hidden in Plain Sight** *Chair: Lujain Alhajji, M.D.*

**Impostor Syndrome and the IMG: A Cross-Sectional View Through the Psychiatric Career** *Chair: Lama Bazzi, M.D.*

**Lights... Camera... Action! A Lesson on Educating Trainees to Address Social Determinants of Mental Health Through Interactive Theater** *Chair: Karen Thuy Duong, D.O.*

**Making ECHOs: How Psychiatrists Can Advance the Quality of Psychiatric Care in Their Primary Care Settings** *Chair: Thien Chuong Richard Ly, M.B.B.S.*

**Reaching Out to the Unreached:**

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**PSYCHIATRIC**  
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**ANNUAL MEETING**  
April 25-29, 2020 • Philadelphia



**The Wandering Mentally Ill Destitute on the Streets of India** *Presenter: Bharat Maniram Vatwani, M.D.*

**Reflections on Improving the Quality of Place: Psychiatry, People, and the Spaces They Inhabit** *Chair: Sheila Judge, M.D.*

**Role of Behavioral Health in Bending the Cost Curve: NYU Langone-Brooklyn Experience With the New York State DSRIP Program** *Chair: W. Gordon Frankle, M.D.*

**"Roma": Resilience and Compassion in a Mexican Family Through Transcendental Style in Film** *Chair: Francis G. Lu, M.D.*

**Suicide and Firearms: What Do We Know and What Do We Do?** *Chair: Ahmad Hameed, M.D.*

**The Psychiatrist in the Collaborative Care of Transgender Persons** *Chair: Nathan Q. Ha, M.D., Ph.D.*

**Understanding Pathways of Recovery From an Alcohol Use Disorder** *Chair: Brett Hagman, Ph.D.*

**Wit v. UBH: Understanding a Landmark Verdict Against Managed Care** *Chair: Daniel Knoepfelmacher, M.D.*

**Workforce Diversity: Addressing the Leaky Pipeline for Black Men in the Psychiatric Workforce** *Chair: Danielle Hairston, M.D.*

**Presidential Session**

**Ethical Issues at the Interface of Psychiatry and Medicine: An Invited Presentation by the Academy of Consultation-Liaison Psychiatry** *Chair: Mary Ann Adler Cohen, M.D.*

**8 A.M.-NOON**

**Courses**

**Course ID: C8073 | Good Psychiatric Management for Borderline Personality Disorder** *Director: Lois W. Choi-Kain*

**Course ID: C1320 | Integrating Technology and Psychiatry** *Director: John Luo, M.D.*

**Course ID: C1634 | Talking to and Listening to Your Patients About Marijuana and CBD** *Director: Henry Samuel Levine, M.D.*

**Course ID: C1845 | Treating Complicated Grief in Practice Settings** *Director: M. Katherine Shear, M.D.*

**8 A.M.-5 P.M.**

**Master Course**

**Course ID: M8021 | Buprenorphine and Office-Based Treatment of Opioid Use Disorder** *Directors: Petros Levounis, M.D., John A. Renner, M.D.*

**9:30 A.M.-10:30 A.M.**

**Poster Session**

**Poster Session 1**

**10 A.M.-11:30 A.M.**

**APA Publishing Session**

**Psychotherapeutic Approaches to Sexual Problems** *Chair: Stephen B. Levine, M.D.*

## Reflecting on Our Legacy as We Move Into the Future

BY SAUL LEVIN, M.D., M.P.A.

**T**he APA Annual Meeting returns this year to Philadelphia, where in 1844 13 medical leaders of the nation's psychiatric hospitals gathered for a meeting that would mark the beginning of our Association. Their drive and compassion helped lead to more compassionate and effective care and gave rise to the APA we know today.

This Annual Meeting marks the end of a year of celebrating APA's founding and reflecting on what the past 175 years of American psychiatry has meant to patients and psychiatrists at home and abroad. Understanding the link between the history of our profession and the present is key to determining a strong future for APA and our profession.

It is incredible to think of how far psychiatry has come as a medical specialty since the humble beginnings of our Association in the 19th century. This growth is evidenced in the Annual Meeting, which has evolved from a small gathering in a single room to the preeminent psychiatric event of the year, with thousands of psychiatrists



Saul Levin, M.D., M.P.A., is CEO and medical director of APA.

from all over the world participating in hundreds of scientific sessions. Whenever I attend the Annual Meeting, I come away feeling that the future of psychiatry is bright. So much new research and information on issues that impact the field and our patients are shared with the world at our meeting, and it is inspiring to see the ways that our members are creating, innovating, and improving treatment to deliver the highest quality care and keep pace with a rapidly changing health care landscape.

Digital resources have increased our access to education and our ability to communicate with colleagues more easily and frequently, but on their own they cannot replace the unique experience of the Annual Meeting. The opportunities for networking, face-to-

face interaction with experts, and reconnecting with old friends are some of the reasons why I look forward to the meeting each year.

One of the major points on which I reflected in the past year was the spirit of collaboration and innovation that brought the 13 founders of APA together in 1844. It pleases me to say that their legacy lives on in the work our members do each day despite the numerous obstacles they face. As we enter a new decade, I know that our members will harness this spirit and continue to put in the hard work needed to address the major issues affecting our patients and profession, like the disparities in treatment for members of minority/underrepresented groups, high incarceration rates for people with mental illness, barriers that prevent people from accessing care, the opioid crisis, the need for more research funding, and stigma.

I hope you'll join me in April as we gather in the city that was central to the rise of American psychiatry and APA itself and forge ahead into the future as medical leaders for the mind, brain, and body. **PN**

*continued on next page*



# ANNUAL MEETING 2020 • PHILADELPHIA

## Preliminary Program Guide • SATURDAY

continued from previous page

### General Sessions

**AJP Residents' Journal: 15 Years of a Trainee-Led Journal** Chair: Shapir Rosenberg, M.D.

**CBD for All: The Facts, Fiction, and Flapdoodle of Cannabidiol** Chairs: Anil A. Thomas, M.D., Faye Chao

**Climate Change and Indigenous Cultures: How Indigenous Knowledge Informs Us in Creating Resilience and Adaptation—an Open Talking Circle** Chairs: Mary Hasbah Roessel, M.D., Edward J. Neidhardt, M.D.

**Community Activism Narratives in Organized Medicine: Homosexuality, Mental Health, Global and Social Justice, and the American Psychiatric Association** Chair: Saul Levin, M.D., M.P.A.

**Data Versus Diatribe and the Depiction of Suicide in the News Media** Chair: Mira Zein, M.D., M.P.H.

**Emerging Potential Biomarkers to Inform Bipolar Clinical Practice** Chair: Balwinder Singh

**Ethical and Professional Considerations in Integrated Behavioral Health** Chair: Michael James Redinger, M.D., M.A.

**Evolving Assisted Dying Policies and Challenges With Mental Illnesses: What If There Is No Goldilocks Solution?** Chair: Karandeep Sonu Gaind, M.D.

**Exceeding the Limits of Capacity: Challenges in Leaving Against Medical Advice** Chair: Charles Robinson

**Forgotten No More: Intellectual and Developmental Disability**

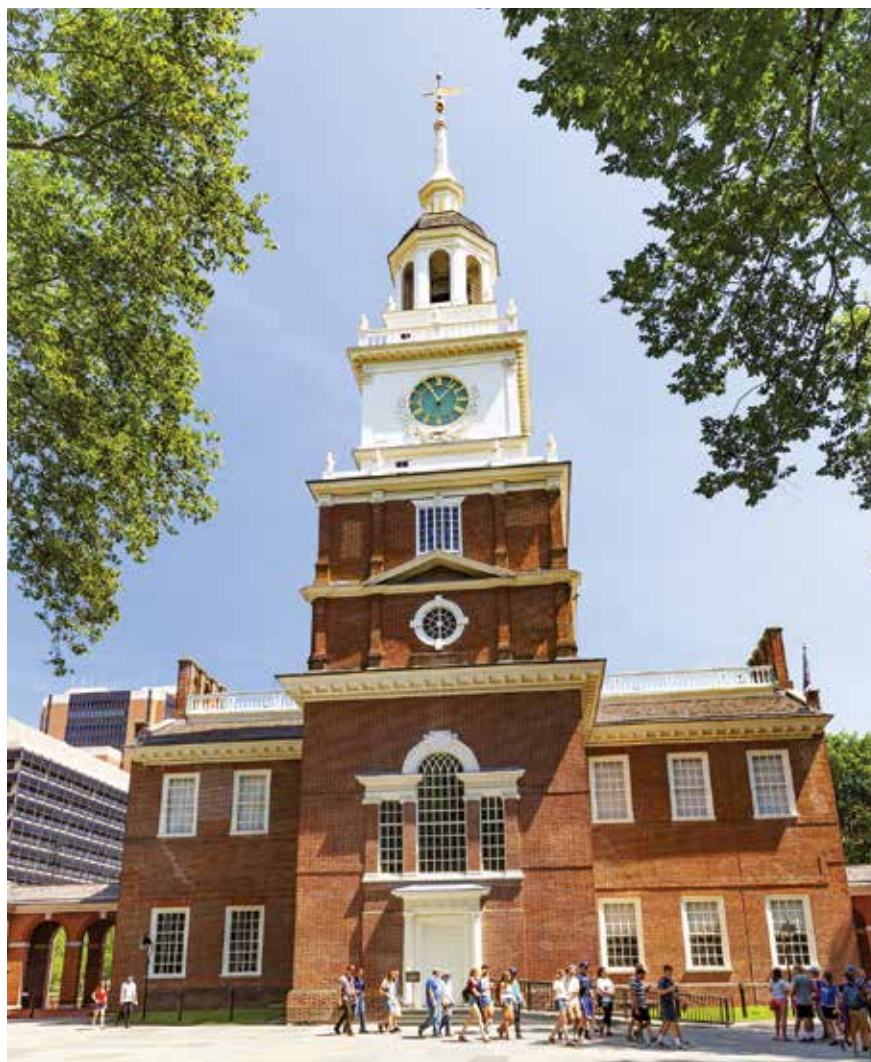
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### REGISTER NOW!

Take advantage of advance registration fees by registering by **March 23**; save \$25 more by registering online. To obtain a form to register by mail or fax, call (202) 559-3900.

- **Register online:** Go to psychiatry.org/annualmeeting and click on "Registration."
- **Fax registration form:** Fax your completed registration form with credit card information to (202) 380-0676.
- **Mail registration form:** Mail your completed registration form and check payment (made payable to APA and drawn on a U.S. bank) to American Psychiatric Association—Registration, P.O. Box 896656, Charlotte, NC 28289-6656.

After **March 23**, you can register online only (late advance fees apply); faxed and mailed registration forms will not be accepted. You can also register on site.



**Psychiatry 2020 Update** Chairs: Nita V. Bhatt, M.D., M.P.H., Julie P. Gentile, M.D.

**How Do I Prescribe Exercise for Depression? Advancing the Quality of Psychiatric and Physical Wellness of Your Patients** Chairs: Rohul Amin, M.D., Rachel Snell, D.P.T.

**IMG Contributions to American Psychiatry** Presenter: Ananda Pandurangi, M.D., M.B.B.S.

**Listening to the Unheard: Challenges Facing Older Immigrants and How Clinicians Can Respond** Chair: Carl Ira Cohen, M.D.

**New Approaches to Psychiatric Boarding in the ED** Chairs: Monika Chaudhry, M.D., Itai Danovitch, M.D., M.B.A.

**New Approaches to the Study and Treatment of Risky Drinking and Alcohol Use Disorder** Presenter: Katie Witkiewitz, Ph.D.

**Paradigm Shifts in Neurodegenerative Disorders: Implications for Psychiatry** Chair: Edward Huey, M.D.

**Patient Engagement and Facilitating Change in Patient-Centered Care: Integrating Motivational Interviewing and Shared Decision Making** Chair: Michael A. Flaum, M.D.

**Patient Suicide Loss: Prevalence, Impact, and Practical Support Resources for Psychiatric Providers** Chair: Raymond Tucker, Ph.D.

**Person, Family, and Neighborhood: A Newly Adapted Recovery Model for Hispanics** Chair: Andrea Patricia Mendiola, M.D.

**Personality Pathology From Genetics to Brain Measurements to Epidemiology** Chair: James Harry Reich, M.D.

**Pharmacological Approaches to Treatment-Resistant Depression** Presenter: Maurizio Fava, M.D.

**Population Health, Value-Based Care, and Psychiatry** Chair: Patrick S. Runnels, M.D.

**Psychiatrists on the Front Lines of the U.S.-Mexico Border Immigration Crisis: Providing Forensic Evaluations and Establishing Asylum Clinics** Chair: Barbara Robles-Ramamurthy, M.D.

**Real-World Solutions for Small Primary Care Practices: Implementing Practical and Effective Integrated Care** Chair: Matthew Louis Goldman, M.D., M.S.

**Taking Mental Health Care for Elite Athletes to the Next Level: An Update From the International Olympic Committee** Chairs: Claudia L. Reardon, M.D., Brian Hainline, M.D.

**That Which We Call Addiction by Any Other Name: Exploring Benefits and Dangers of Categorizing Problematic Interactive Media Use as Addiction** Chairs: Tarek Aly, M.D., Martha J. Ignaszewski, M.D.

**The Consequences of Limited Psychiatric Care to Individuals Who Are Involved With the Criminal Justice System** Chair: Myriane Isidore, M.D.

**The Measures Are Coming! Preparing for Mandatory Reporting on Core Set Quality Measures** Chair: David Samuel Kroll, M.D.

**Training the Next Generation of Psychiatrists: Models for Incorporating "Interventional Psychiatry" Into Residency Training** Chair: Brandon Michael Kitay, M.D., Ph.D.

**Triple Play: Stimulants, MSM, and HIV—a Syndemic** Chairs: Kenneth Bryan Ashley, M.D., Luis Filipe Gomes Pereira, M.D.

**You Were Never Really Here: Recognizing Subtle Presentations of Trauma and Dissociation** Chair: David Jiang, M.D.

### Presidential Session

**Dissemination and Implementation of an Evidence-Based Care for Suicide Attempters in Japan** Chairs: Tsuyoshi Akiyama, M.D., Ph.D., Toshifumi Kishimoto, M.D.

11:30 A.M.-12:30 P.M.

### Poster Session

Poster Session 2

1 P.M.-2 P.M.

### MindGames

**MindGames Resident Competition** Host: Art C. Walaszek, M.D.

1 P.M.-2:30 P.M.

### General Sessions

**A Crash Course in Law ... to Let You Focus on the Patient Instead of Liability** Chair: Ashley VanDercar, M.D., J.D.

**Addressing Mental Health Challenges Faced by Asians: Lessons Learned From U.S. and China** Presenter: Xiaoduo Fan, M.D.

**Amy: Reflecting on the Amy Winehouse We Never Knew—Insight for the Psychiatrist** Chair: Andrea M. Brownridge, M.D., J.D., M.H.A.

**Becoming a Man (BAM) and Working on Womanhood (WOW): Culturally Responsive, School-Based Interventions Serving Urban Students of Color** Chair: Anita Rao, M.D.

**Behavioral Health Work Group: A Multidisciplinary Approach to Advancing the Quality of Behavioral Health Care in a Major Academic Hospital System** Chair: Jacqueline A. Hobbs, M.D.

**Beyond Consultation-Liaison: The Boundaries of Medical Psychiatry** Presenter: Paul Summergrad, M.D.

**Caring for Veterans** Chairs: James K. Rustad, M.D., Douglas Noordsy, M.D.

**Developing a Suicide-Specific Treatment Program in Your Health Care Setting** Chairs: Kathleen A. Crapanzano, M.D., Raymond Tucker, Ph.D.

**Developmental and Psychiatric Effects of Cannabis Use: From Prenatal Exposure Through Young Adulthood** Chair: Jennifer Minami

**Embracing Our Responsibility for Inclusion: Implementing the 2019 ACGME Common Program**





**REGISTER NOW FOR MEETING AND SAVE!**

See box on page 8 for registration information. Advance registration fees are now in effect. Please note that courses and master courses require additional enrollment and ticket purchase.

**Requirements on Diversity and Inclusion** Chair: Tracey M. Guthrie, M.D.

**Empowering Women With Serious Mental Illness to Make Decisions About Reproductive Health** Chair: Jamie Spitzer, M.D.

**Ghosting and Grinder: What Every Psychiatrist Should Know About Rejection in the World of Online Dating** Chairs: Asha D. Martin, M.D., Kathryn Baseline, M.D.

**Going Global: Navigating Mental**

**Health Opportunities Abroad in Training and Beyond** Chair: Xiaoyi Yao  
**Harmful Drinking Among Women and Girls: SBIRT and Beyond** Chair: Deidra Roach, M.D.

**Leading Successful Interdisciplinary Teams: Guidelines for Consultation-Liaison Psychiatrists** Chair: Michael B. Maksimowski, M.D.

**Management of the Perinatal Patient With a Mood Disorder: Practical Approaches for Preventing Poor Outcomes** Chair: Crystal T. Clark, M.D.

**NYC START: A New Model for Securing Community Services for Individuals Hospitalized for First-Episode Psychosis** Chair: Daniel Anderson

**“Red Flag” Gun Laws: What Every Psychiatrist Should Know** Chair: Reena Kapoor, M.D.

**Redefining the Old Boys’ Club: Inviting a Younger Generation Into**

**Organized Psychiatry and Political Activism** Chair: Michelle Hume, M.D., Ph.D.

**States’ Responses to the Opioid Crisis: Program Highlights From SAMHSA Grantees** Chair: Louis Trevisan  
**Stepping Out of Line: 50 Years of Feminist Advocacy Within Psychiatry** Presenter: Nanette K. Gartrell, M.D.

**The Benefits and Challenges of Assuming Leadership Roles: A Workshop for Residents, Fellows, and Early Career Psychiatrists** Chair: Tobias Diamond Wasser, M.D.

**The Human Face of Access to Care: Physicians Talk About Their Children and Siblings With Psychosis** Chair: Lisa Dixon, M.D.

**The Role of Synaptic Autoantibodies in Psychiatric Disease** Presenter: Josep Dalmau, M.D., Ph.D.

**Transgender-Affirming Care: What Every Psychiatrist Should Know** Chair: Julie P. Gentile, M.D.

**Treating Substance Use Disorders With Classic Psychedelics** Chair: Bryon Adinoff, M.D.

**Van Gogh Paintings in Philadelphia: “During Your Hasty Visit Did You See the Portrait ... (?)”** Chair: Robert Joseph Pary, M.D.

**What You Need to Know About the Assessment and Treatment of Dissociative Identity Disorder: Cutting-Edge Research and Clinical Implications** Chair: Richard Joseph Loewenstein, M.D.

**Winning Big: The Expansion of**

**Sports Psychiatry in Brazil, South Korea, the United Kingdom, and the United States** Chair: David R. McDuff, M.D.

**Writing About Controversial Topics in the Age of Social Media (a Survival Guide)** Chairs: Dinah Miller, M.D., Dominic Sisti, Ph.D.

**Presidential Session**

**Change During Psychodynamically Oriented Treatment** Chair: Jennifer I. Downey, M.D.

**1 P.M.-5 P.M.**

**Courses**

**Course ID: C1877 | In Front of the Mic: Public Speaking Strategies for Psychiatrists in the Media, Classroom, Statehouse, and Courtroom** Director: Victoria C. Kelly, M.D.

**Course ID: C1396 | Intellectual Disability (Intellectual Developmental Disorder): A Clinical Review and Update** Director: Kathleen A. Koth, D.O.

**Course ID: C1257 | Psychiatrists in Recovery and the Recovery of Psychiatry: The Role of Self-Disclosure** Director: Robert S. Marin, M.D.

**Course ID: C1118 | Updates in Geriatric Psychiatry** Director: Rajesh R. Tampi, M.D., M.S.

**2:30 P.M.-3:30 P.M.**

**Poster Session**

**Poster Session 3 PN**

**Free Self-Assessment Tool Will Help You Plan Meeting Schedule, Earn Credit**



APA has developed an educational activity—the 2020 APA Annual Meeting Self-Assessment in Psychiatry—to help meeting registrants assess their strengths and weaknesses and use the information to help determine their schedule at APA’s Annual Meeting. The self-assessment is a 100-question examination that tests areas of psychiatric practice covered in the ABPN content outline for the recertification examination. Participants can earn up to 8 hours of AMA/PRA Category 1 credit and fulfill up to 8 hours of a self-assessment component (MOC Part 2) of the Maintenance of Certification process. Meeting registrants will receive an access code with their registration confirmation.

For more information, send an email to [EDUCME@psych.org](mailto:EDUCME@psych.org).

## Earn MOC Credit Through Special Annual Meeting Sessions

Psychiatrists can earn CME credit toward meeting Maintenance of Certification (MOC) requirements by participating in several special educational sessions at this year’s Annual Meeting in Philadelphia.

Participants in the master course titled “Essentials of Clinical Psychopharmacology,” directed by renowned psychopharmacologist and past APA President Alan F. Schatzberg, M.D., will be eligible to earn credit toward the Self-Assessment CME (Part 2 of MOC) as well as Performance in Practice (Part 4 of MOC). The course is scheduled for Tuesday, April 28, from 8 a.m. to 5 p.m. (see box at right). The course includes a self-assessment (2 credits) with a series of questions for participants to answer using audience feedback technology with review of references and rationales post-course in the online APA Learning Center.

Additionally, members who attend the popular interactive “Focus Live” educational sessions will be able to test their knowledge of topics in psy-

chiatry and earn self-assessment credit for MOC Part 2. Participants in each session will be able to earn 2 credits toward MOC Part 2. Participants will use their mobile devices to answer board-type multiple-choice questions in sessions moderated by Mark Rapaport, M.D., the editor of *FOCUS: The Journal of Lifelong Learning in Psychiatry*. Rapaport and A. John Rush, M.D., will lead a “Focus Live” session on “Biomarkers in Psychiatry” on Monday, April 27, from 1 p.m. to 2:30 p.m. From 3 p.m. to 4:30 p.m. that same day, Joseph Goldberg, M.D., will lead the session “Evidence-Based Principles for Bipolar Disorder Treatment.” Both sessions will be held in 201A-C in the Pennsylvania Convention Center.

APA has developed a pre-meeting educational activity for Annual Meeting registrants—the 2020 APA Annual Meeting Self-Assessment in Psychiatry—to help attendees assess their strengths and weaknesses and plan their meeting schedule accordingly (see box above). **PN**

## Psychopharmacology Master Course to Offer MOC Credit



APA is offering an opportunity to earn Maintenance of Certification (MOC) credit through an innovative and interactive course at this year’s Annual Meeting. Participants in the master course “Essentials of Clinical Psychopharmacology,” directed by Alan F. Schatzberg, M.D., will be eligible to earn both self-assessment credit (Part 2 of MOC) and Performance-in-Practice (PIP) chart review (Part 4 of MOC) credit.

The course will be held Tuesday, April 28, from 8 a.m. to 5 p.m. at the Marriott Downtown. It will cover the latest information on the pharmacologic treatment of major psychiatric disorders and include case discussions.

For the self-assessment activity, participants will take a pretest using audience feedback technology. A projector will display each multiple-choice question on a large screen. After participants have entered their answer, the course director will reveal the correct answer, as well as the distribution of audience responses.

Participants will be eligible to earn up to two hours of self-assessment credit (Part 2 of MOC) by participating in the live multiple-choice question review during the course and by completing a post-course follow-up in the APA Learning Center at [education.psychiatry.org](http://education.psychiatry.org).

For the clinical PIP module activity (completion of three stages fulfills a Part 4 MOC requirement), participants will complete Stage A by reviewing five charts prior to the course using a tool available to course registrants in the APA Learning Center. (Course registrants will be provided with an access code.) They should choose one of the following medication classes for the chart review: SSRIs, benzodiazepines, atypical antipsychotics, or anticonvulsants/lithium and assess on five charts specific quality measures for one of the medication classes.

After the meeting, participants who wish to obtain MOC PIP credit must log in again to the APA Learning Center and complete Stage B of the PIP module (the improvement plan). To finish the clinical PIP module, participants must also complete Stage C by reviewing five more charts (of the same patient or different patients) after the initial completion of Stages A and B, note improvements, as well as complete an online evaluation. All stages must be completed by July 29. Course registrants will receive a Learning Center access code to claim credit for these special course elements.

To register for the course, see registration information on page 8.





"Off We Go into the Wild Blue Yonder" by Susanna Lewis, 1977.

## Art Abounds in Philadelphia

From Baroque to American folk art, the Philadelphia Museum of Art has exhibitions to suit every aesthetic. **BY TERRI D'ARRIGO**

Ask 100 artists what inspires them, and you will receive 100 different answers. For French Impressionist Claude Monet, it was nature, notably flowers. For Flemish Baroque artist Peter Paul Rubens, it was mythology and religion. For early 20th century American folk painter Horace Pippin, it was war and the African American experience. Attendees at APA's Annual Meeting in April can draw inspiration of their own from the works of these artists and more with a trip to the Philadelphia Museum of Art. Located a short distance from the Pennsylvania Convention Center on a sprawling campus that also includes the Anne d'Harnoncourt Sculpture Garden, the Rodin Museum, and the Perelman Building, the Museum of Art boasts 200 galleries of art from around the world—and the steps made famous by Rocky Balboa.

Annual Meeting attendees will be in Philadelphia in time to catch "Horace Pippin: From War to Peace," a collection of six paintings by the self-taught artist. A native of West Chester, Pa., Pippin was severely wounded in World War I, and the injury left his right arm partially paralyzed. After the war,

he returned home to eke out a living by taking odd jobs, but the emotional scars of battle plagued him.

At age 40, Pippin turned to art both as solace and self-therapy. He taught himself pyrography, a method of drawing by burning images into wood panels, and from there he moved on to oil painting. Pippin would paint by holding

the paintbrush in his right hand while guiding his right arm with his left hand. It took him three years to complete his first painting, "The Ending of the War, Starting Home," which will be on display as part of the exhibition. Pippin went on to create other antiwar pictures, but much of his work focused on the African American experience.

Visitors can also catch a memorial exhibition of work by Marisa Merz, the only woman artist associated with Arte Povera, an Italian art movement from the late 1960s through the 1970s wherein the artists combined textiles and other industrial matter with organic matter such as soil or plant matter to make a statement about the interplay between the natural and the artificial. Merz's work incorporates materials such as copper wire, wax, unfired clay, heavy metals, and industrial paints.

Merz began making art at age 40, and she chose not to date her artwork or present it in traditional exhibition settings for most of her life. She received her first solo museum exhibition when she was 90 years old. She died last summer at age 93.

The Philadelphia Museum of Art also houses several prominent permanent collections. Among them is the largest collection of works by Marcel Duchamp, who became famous for his "readymades," works created with manufactured objects. The New European Galleries in the museum are home to Impressionist and Post-Impressionist paintings including Paul Cézanne's "The Large Bathers" and Vincent van Gogh's "Sunflowers," as well as works by Édouard Manet, Claude Monet, Pierre-Auguste Renoir, Camille Pissarro, and Edgar Degas. "Baroque: The

Art of Drama" highlights the grandeur of 17th century painting and sculpture and features the works of Rubens, Luca Giordano, and their contemporaries.

Fans of fashion and pop culture will enjoy the merger of art and clothing in "Off the Wall: American Art to Wear," a celebration of wearable art created in the 1960s and 1970s and housed at the Perelman Building, a short walk from the main building. With titles derived from the era's popular music such as "The Times They Are a-Changin'" (Bob Dylan) and "I Am Woman" (Helen Reddy), the exhibition's nine sections feature coats, jackets, vests, shorts, and other items in a riot of color and materials.

The Rodin Museum, which is administered by the Philadelphia Museum of Art, is the only museum dedicated to the works of Auguste Rodin outside of France. It contains nearly

150 of the French sculptor's works, including bronze casts of "Eternal Springtime," "The Gates of Hell," "The Burghers of Calais," and "The Thinker."

A sunny April day may call for a stroll through the Anne d'Harnoncourt Sculpture Garden, a one-acre sculpture garden that is home to large-scale contemporary works by artists like Claes Oldenburg, Toshiko Takaezu, and Ellsworth Kelly.

Tickets to the Philadelphia Museum of Art are good for two days and include entrance to the Main Building, the Perelman Building, the Rodin Museum, and the Anne d'Harnoncourt Sculpture Garden. **PN**

**2** The main building is located at 2600 Benjamin Franklin Parkway. For more information, visit <https://philamuseum.org>.



"Poplars, End of Autumn" by Claude Monet, 1891.



"The Park Bench" by Horace Pippin, 1946.



# Five Philadelphia Museums Bring the Arts Alive

From Picasso to rare books, treasures await art lovers who attend APA's Annual Meeting.

BY TERRI D'ARRIGO

Art buffs attending APA's Annual Meeting in Philadelphia are in for a treat: In addition to the Philadelphia Museum of Art, the city has a vast, eclectic array of museums and galleries.

**The Barnes Foundation**, chartered by Albert C. Barnes, M.D., in 1922, is a wonderland of Impressionist, post-Impressionist, and modern paintings. Visitors will find works by Pierre-Auguste Renoir, Paul Cézanne, Henri Matisse, Amadeo Modigliani, Pablo Picasso, and Vincent Van Gogh. Annual Meeting attendees will be in town in time to catch the first major exhibition dedicated to Marie Cuttoli, who befriended and collected works by important modern artists, including Picasso, Georges Braque, and Joan Miró. **"Marie Cuttoli: The Modern**

as well as a selection of performance artist Trevor Shimizu's videos and video paintings. The ICA, part of the University of Pennsylvania, is located at 118 South 36th Street. For more information, visit <https://icaphila.org>.

**Philadelphia's Magic Gardens** is an immersive, mixed-media art environment that is completely covered with mosaics by Isaiah Zagar. The mosaics incorporate bottles, bicycle wheels, mirrors, international folk art, and handmade tiles. The space consists



"The Card Players" by Paul Cézanne, 1890-1892.

The Barnes Foundation



Terri D'Arrigo

Bottles and dishes combine for a stunning mosaic at Philadelphia's Magic Gardens.

**Thread From Miró to Man Ray**" will feature approximately 40 objects, including large-scale tapestries and paintings, drawings, photographs, clothing, rugs, and archival material. The Barnes Foundation is located at 2025 Benjamin Franklin Parkway. For more information, visit <https://www.barnesfoundation.org/>.

**The Institute for Contemporary Art (ICA)**, famed for hosting Andy Warhol's first solo museum show, aims to bring underrecognized artists to the attention of the broader world. The Annual Meeting will coincide with exhibitions featuring large-scale sculptures by Philadelphia-based artists Karyn Olivier and Michelle Lopez,

of two indoor galleries and an outdoor sculpture garden. Located in one of the city's most energetic neighborhoods, Philadelphia's Magic Gardens resides at 1020 South Street. Visit <https://www.phillymagicgardens.org/> for more information.

**The Rosenbach** houses a collection of nearly 400,000 rare books, manuscripts, and fine and decorative art objects. Founded in 1954 by book collector A. S. W. Rosenbach, Ph.D., and his brother Philip, the brothers' own personal collection is the core of the Rosenbach and features the only surviving copy of Benjamin Franklin's first *Poor Richard's Almanack* and the manuscript of James Joyce's *Ulysses*.

More recent additions include the papers of poet Marianne Moore and Bram Stoker's notes for *Dracula*. The Rosenbach is located at 2008-2010 Delancey Place. For more information, visit <https://rosenbach.org/>.

**Woodmere Art Museum** is dedicated to the art and artists of Philadelphia. Annual Meeting attendees will be in town just in time for an exhibition about Africa in the city's arts, featuring the works of visual artists Barbara Bullock, Charles Searles, and Twins Seven Seven.



"Redheaded Girl in Evening Dress" by Amedeo Modigliani, 1918.

The Barnes Foundation

Another exhibition will explore the relationship between art and poetry in the works of Warren and Jane Rohrer. Housed in a 19th-century stone mansion on six acres in Chestnut Hill, Woodmere Art Museum is located at 9201 Germantown Avenue. Visit <https://woodmereartmuseum.org> for more information **PN**



ANNUAL MEETING 2020 • PHILADELPHIA

Preliminary Program Guide • SUNDAY

SUNDAY, APRIL 26

8 A.M.-9:30 A.M.

APA Publishing Sessions

**Combating Physician Burnout: A Role for Psychiatrists** *Chair: Sheila M. LoboPrabhu, M.D.*

**Evidence-Based Treatment Approaches for Suicidal Adolescents** *Chair: Michele Berk, Ph.D.*

General Sessions

**Alcohol and Immune System Interactions: Challenges and Opportunities** *Chair: Changhai Cui, Ph.D.*

**Association of Academic Psychiatry Resident Curriculum Vitae Boot Camp** *Chair: Suzanne Murray*

**Athl-Ethics: A Sprint of Ethical Considerations in Clinical Care, Research, and Publication** *Chair: Kenneth Roland Kaufman, M.D.*

**“Boy Erased”: The Devastating Toll of Conversion Therapy** *Chairs: Beth M. Belkin, M.D., Ph.D., Richard Randall Pleak, M.D.*

**Building a Private Practice—Part 1** *Chair: Jeremy Allan Lazarus, M.D.*

**“But Everybody Is Doing It!”: Talking Psychotherapy Integration in Residency Training** *Chair: Marina Bayeva, M.D., Ph.D.*

**Clozapine Rechallenge After Major Adverse Effects** *Chair: Peter Manu, M.D.*

**Cognitive Behavior Therapy for Suicidal Behavior** *Chairs: Jesse H. Wright, M.D., Judith Beck, Ph.D.*

**Demystifying PNES: A Multidisciplinary Approach** *Chair: Magdalena Spariosu*

**EQ Algorithms: Using Data Science to Create a Proactive and Integrated Model of Psychiatric Care** *Chair: Cecilia Livesey, M.D.*

**How to Write a Good Scientific Abstract: A Workshop by the APA Scientific Program Committee** *Chair: Maria Isabel Lapid, M.D.*

**Interview-Based Assessment of Cognitive Deficits in People With Serious Mental Illness** *Chair: Joseph Ventura*

**New Perspectives on Quality, Safety, and Equity in the Treatment of Personality Disorders** *Chair: Royce J. Lee, M.D.*

**Nigrescence and the Future of American Psychiatry** *Presenter: Stephen A. McLeod-Bryant, M.D.*

**Organizing Chaos: Standards of Care in the Psychiatric Emergency Service** *Chair: Margaret E. Balfour, M.D., Ph.D.*

**Physical Health Monitoring for People With Serious Mental Illness: Opportunities to Improve Care Delivery** *Presenter: Christina V. Mangurian, M.D.*

**Quality of Care and Informatics: Advancing Precision in Measurement-Based Mental Health Care** *Chair: Juliet Beni Edgcomb, M.D., Ph.D.*

**Relationship-Centered Communication: A Skills-Based Workshop for Psychiatric Providers** *Chair: Oliver M. Stroeh, M.D.*

**SAMHSA’s New Approach to Technical Assistance and Training: Supporting Psychiatrists and the Broader Mental-Health Community** *Chair: Humberto Carvalho*

**Slamming the Revolving Door in Jacksonville, Fla.: Keeping Individuals With Mental Health and Substance Use Disorders Out of the Correctional System** *Chair: Colleen E. Bell, M.D.*

**Teaching the Clinical Diagnostic Process and the Pitfalls of Cognitive Shortcuts** *Chairs: Adam Lee Hunzeker, M.D., Rohul Amin, M.D.*

**The Basic Emotional Circuitry of the Brain: Implications for Psychiatry** *Presenter: Mark Solms, Ph.D.*

**The Burden Is Ours: Supporting General Psychiatrists in Engaging Youth and Families in Substance Use Treatment** *Chair: Martha J. Ignaszewski, M.D.*

**The Developmental Perspective in Brain and Behavior: Analytic Tools and Findings From the Adolescent Brain Cognitive Development (ABCD) Study** *Chair: Gayathri Dowling, Ph.D.*

**The Gender Gap: Girls and Women With Autism Spectrum Diversity** *Chair: Andrea M. Brownridge, M.D., J.D., M.H.A.*

**The Living Pantry Part 1: Food, Nutrition, and Mental Health** *Presenter: David Bouley*

**Thinking Outside the Box: Using Patient-Reported Data to Improve Clinical Care** *Chair: Nicole M. Benson, M.D.*

**Women’s Reproductive Mental Health 1: Focus on Hormones, Immune Function, and Mood Across the Life Cycle** *Chair: Elizabeth M. Fitelson, M.D.*

**Working on Womanhood (WOW): An Effective, Trauma-Informed Model for Addressing Mental Health Needs of Vulnerable Young Women** *Chair: Anita Rao, M.D.*

**Workplace Mental Health: Behavioral and Psychological Issues** *Chairs: Michelle B. Riba, M.D., M.S., Sagar V. Parikh, M.D.*

Presidential Session

**The Microbiome and Psychosis** *Chair: Dolores Malaspina, M.D., M.S., M.S.P.H.*

8 A.M.-NOON

Courses

**Course ID: C1488 | Fact, Fiction, or Fraud: Improving Clinical Documentation and Avoiding Pitfalls in Electronic Health Record Systems** *Director: Seth M. Powsner, M.D.*

**Course ID: C1906 | Identifying and Treating Eating Disorders and Their**

Advertisement



**Complications** Director: Anne Marie O'Melia, M.D.

**Course ID: C1113 | Risk Assessment for Violence** Director: Phillip Jacob Resnick, M.D.

8 A.M.-5 P.M.

Course

**Course ID: C1795 | Neuropsychiatric Masquerades: Medical and Neurological Disorders That Present With Psychiatric Symptoms** Director: Jose R. Maldonado, M.D.

Master Course

**Course ID: M8050 | Motivational Interviewing: Practice Your Skills, Change Your Practice** Director: Carla B. Marienfeld, M.D.

9:30 A.M.-10:30 A.M.

Poster Session

Poster Session 4

10 A.M.-11:30 A.M.

General Sessions

**Bringing Disaster Psychiatry Into Payment Mainstream—Are We Ready?** Chairs: Sander Koyfman, M.D., Allan K. Chrisman, M.D.

**Building a Private Practice—Part**

2 Chair: Jeremy Allan Lazarus, M.D.

**Cerebellar Modulation of the Reward Circuitry and Social Behavior** Presenter: Kamran Khodakhah, Ph.D.

**Committing to Shared Decision Making in Community Psychiatric Practice** Chair: Lisa Dixon, M.D.

**Comparing Yoga, Cognitive Behavior Therapy, and Stress Education for Generalized Anxiety Disorder: Lessons Learned in a Randomized Controlled Trial** Chair: Naomi M. Simon, M.D.

**Crisis Hotlines Are Key to Transforming Care Delivery** Chair: Kimberly Williams

**Finding Depression Biomarkers: Inflammatory Signals, MicroRNA, and Neuroimaging Across Adolescent, Postpartum, and General Adult Populations** Chair: Jennifer Vande Voort, M.D.

**Involuntary Psychiatric Care: Understanding Psychiatry's Most Contentious Issue** Chair: Dinah Miller, M.D.

**Medical Conditions Mimicking Psychiatric Disorders Versus Psychiatric Disorders Mimicking Medical Conditions: Diagnostic and Treatment Challenges** Chair: Catherine C. Crone, M.D.

**Medical Student Know Thyself: A Novel Self-Focused Curriculum Addressing Suicidality** Chair: Leonard M. Gralnik, M.D., Ph.D.

**NIAAA 50th Anniversary, Alcohol Use Disorder: The Brain, the Pain, and Alleviating the Shame** Presenter: George F. Koob, Ph.D.

**Outrunning the Bullet: The Physician's Role in Firearm Violence and Mass Shootings** Chairs: Nita V. Bhatt, M.D., M.P.H., Julie P. Gentile, M.D.

**Psychiatric Management of Self-Inflicted Burns** Chair: Vanessa L. Padilla, M.D.

**Psychiatry in the City of Quartz: Studies on Serious Mental Illness and Social Inequality** Chair: Gregory Gabrellas, M.D., M.A.

**Psychiatry Interactive Review** Chairs: Iqbal "Ike" Ahmed, M.D., Vikas Gupta, M.D., M.P.H.

**Service Innovation Balancing Risk and Recovery in Inpatient Psychiatric Care: 333, PROMISE, and PROTECT From Cambridge, UK, and Brisbane, Australia** Chair: Manaan Kar Ray, M.B.B.S., M.Sc.

**Should Psychotherapy Become a Subspecialty of Psychiatry? Opportunities, Pitfalls, and the U.K. Experience** Chair: Robert J. Gregory, M.D.

**Smoking and Alcohol Reduction Treatment in a Socioeconomically Diverse, SMI Population: A Pilot Quality Improvement Approach** Chair: Henry Chung, M.D.

**Speaking Out: How Three**



REGISTER NOW FOR MEETING AND SAVE!

See box on page 8 for registration information. Advance registration fees are now in effect. Please note that courses and master courses require additional enrollment and ticket purchase.

**Physicians With Lived Experience Are Fighting Stigma** Chair: Michael F. Myers, M.D.

**The 21st Century Mental Health System: What Should It Be?** Presenters: Ann Marie T. Sullivan, M.D., Neal Cohen

**The Experience and Impact of Coming Out Professionally as a Sexual Minority: Implications for Training and Clinical Practice** Chair: Marshall Forstein, M.D.

**The Importance of Public Psychiatry: Seizing a Sense of Urgency and Inspiring Future Generations to Serve Our Communities** Chair: Alan Tomas Rodriguez Penney, M.D.

**The Living Pantry Part 2: Food, Nutrition, and Mental Health** Chair: Philip R. Muskin, M.D., M.A.

**The Psychedelic Renaissance and Its Forensic Implications: Violence Risk Assessment and Evaluation Considerations** Chair: Brian James Holoyda,

continued on page 16

## 2020 EduTour to Visit Original 'Penitentiary'

*Eastern State Penitentiary, which traces its roots to the prison reform ideas of Benjamin Rush, was an important precursor to the modern penal system.*

BY NICK ZAGORSKI

When the original 13 members of APA met in Philadelphia in 1844 to establish the country's first medical specialty organization, they toured the recently built Eastern State Penitentiary so they could learn more about the treatment of the "criminally insane." This year's EduTour will take participants on a tour of this historic site, which is believed to be the first prison to use approaches aimed at reforming and rehabilitating inmates.

The roots of Eastern State Penitentiary can be traced back to an important APA figure: Benjamin Rush. In 1787, Rush founded the Philadelphia Society for Alleviating the Miseries of Public Prisons, a group dedicated to improving the appalling conditions of Philadelphia jails. Rush and others believed the key to prisoner reform was to keep individuals in separate cells and provide vocational tasks to keep them busy. Work and solitude would promote "penitence" in this new facility known as a "penitentiary."

Though Rush would not live to see the results, the group he founded eventually convinced the Philadelphia legislature to fund a new facility using the penitentiary model, and Eastern State Penitentiary opened on October 25, 1829. The building itself was considered a mar-

vel in 19th century engineering, and the penitentiary model was subsequently adopted for prisons across the world.

As with other noted prisons, Eastern State Penitentiary has seen its share of famous inmates (such as Al Capone), daring escapes, and controversies over

prisoner maltreatment before the building closed for good in 1970.

EduTour attendees will be able to soak in all the history during a special 90-minute guided tour of the penitentiary. EduTour attendees will also learn more on how psychiatry and the penal system have been intertwined from the time of Benjamin Rush to today, when prisons tragically serve as de facto mental health centers. EduTour guests will also get an interactive tour of the penitentiary's medical wing and an up-close look at the facility's laboratories, operating room, and psychiatric ward.

Those who are not able to attend the EduTour on Sunday, April 26 (tickets are limited), may still want to stop by this important medical landmark. General guided tours are available every day at 2 p.m., or guests can take a self-guided audio tour narrated by actor Steve Buscemi. **PN**



Marked by a red cross, this gate leads to Eastern State Penitentiary's medical wing. It was recently opened to the public and includes the prison's psychiatric ward.

Nicole Frankhouser

**2** The visit to Eastern State Penitentiary will be held on Sunday, April 26, from 1:15 p.m. to 4:15 p.m. There is an additional \$89 registration fee to participate, and the tour is limited to 45 participants on a first-come, first-served basis. More information can be accessed at <https://www.psychiatry.org/psychiatrists/meetings/annual-meeting/learning-opportunities/edutour>. Please email [innovation@psych.org](mailto:innovation@psych.org) if you have questions.



# NIMH Director to Discuss Advances In Treating Major Depression

*Efforts to build upon the successful FDA approvals of esketamine and brexanolone are a part of the National Institute of Mental Health's research priorities, as the institute looks toward a future of precision depression care. BY NICK ZAGORSKI*

The Food and Drug Administration approval of the fast-acting medications esketamine and brexanolone in March 2019 symbolized a significant leap forward in the treatment of major depression, but challenges remain.

"Due to risks associated with each drug, patients can't simply pick up a prescription for esketamine or brexanolone at their local pharmacy," said Joshua Gordon, M.D., Ph.D., director of the National Institute of Mental Health (NIMH) in comments submitted to *Psychiatric News*. Instead, patients must receive the medications under the supervision of a health care professional in a certified medical office.

"The hard work of trying to harness the full potential of these medications and other available treatments continues apace," Gordon continued. Still, the journey of esketamine and brexanolone offers a compelling tale of how NIMH-supported bench-to-bedside research can advance the understanding of the brain and lead to therapeutic breakthroughs. The story of these drugs, as well as NIMH's ongoing research efforts in depression, will be

a focus of Gordon's presentation titled "The NIMH: Programs, Priorities, and Plans" at the APA Annual Meeting.

Gordon noted that a research team led by Carlos Zarate, M.D., chief of the NIMH Section on the Neurobiology and Treatment of Mood Disorders and chief of the institute's Experimental Therapeutics and Pathophysiology Branch, has identified one promising esketamine derivative—the metabolite hydroxynorketamine—that might produce robust antidepressant effects with minimal undesirable symptoms or risk of misuse. Scientists from NIMH, the National Institute on Aging, and the National Center for Advancing Translational Science are getting ready to test this compound in patients with treatment-resistant depression.

NIMH is also supporting research on other modes of treatment for depression such as brain stimulation. As with ketamine and brexanolone, brain stimulation therapies like electroconvulsive therapy (ECT) and transcranial magnetic stimulation (TMS) can provide rapid symptom relief for many patients. Sarah H. Lisanby, M.D., director of NIMH's Noninvasive Neu-



NIMH Director Joshua Gordon, M.D., Ph.D., has planned an interactive session for APA's Annual Meeting so that he can learn directly from APA members about their views and priorities for research.

romodulation Unit, and colleagues have developed tools to improve the safety and efficacy of these stimulation therapies and have advanced new methods such as magnetic seizure therapy, which has features of both ECT and TMS.

"Today, people who are living with depression have more treatment options available to them than ever

before," said Gordon. "But there is still a long way to go in understanding how to best tailor treatments to each person. Speeding up the treatment selection process could prevent months or even years of debilitating symptoms." An active focus of NIMH-supported research, therefore, is to build on the emerging understanding of the heterogeneity of depression so that individuals can receive optimal treatment sooner. Researchers have begun to make use of "big data" and advances in neuroscience to develop algorithms that could help determine which treatment option is best for individual patients. "While a long way off from public use, [using] genetic [information] to match people with the medication is another possible approach that is likely to benefit from ongoing research," Gordon added.

"Together, these many lines of NIMH-funded research have the potential to produce precision medicine that could change the way we think about and treat depression," he said. "The road from basic science discoveries to novel therapies may be long and winding, but we already have evidence that it can lead to success." **PN**

**▶ "The NIMH: Programs, Priorities, and Plans" will be held Monday, April 27, from 8 a.m. to 9:30 a.m.**

## NIAAA Marks 50 Years With Special Research Track

*Attendees will have the opportunity to learn about the latest advances in the treatment of alcohol use disorder, explore new NIAAA resources that can be integrated into clinical practice, and more.*

**BY MEGAN RYAN, M.B.A.**

A special research track organized in conjunction with the National Institute on Alcohol Abuse and Alcoholism (NIAAA) at APA's Annual Meeting in Philadelphia will feature an exciting lineup of sessions on the latest advances in alcohol research, as well as a 50th anniversary tribute to NIAAA.

Sessions in the NIAAA research track include the following:

- **"NIAAA 50th Anniversary—Alcohol Use Disorder: The Brain, the Pain, and Alleviating the**

**Shame"** (Sunday, April 26, 10 a.m.-11:30 a.m.): NIAAA Director George F. Koob, Ph.D., will describe how decades of research led to the identification of key neurocircuits that underlie alcohol addiction. Koob will also detail how significant overlap in the engagement of brain circuits mediating emotional pain and physical pain may help to explain the role of alcohol in "deaths of despair."

- **"Understanding Pathways of Recovery From an Alcohol Use Disorder"** (Saturday, April 25, 8 a.m.-9:30 a.m.): Brett Hagman, Ph.D., from NIAAA chairs this session with speakers Jalie Tucker, Ph.D., Stephen Maisto, Ph.D., and John Kelly, Ph.D. They will provide findings from a series of prospective studies of natural recovery attempts among problem drinkers,

examine how time and areas of individual functioning are critical for defining recovery from alcohol use disorder, and discuss how individuals with alcohol or drug use disorder achieve long-term stable remission and experience enhanced quality of life.

- **"New Approaches to the Study and Treatment of Risky Drinking and Alcohol Use Disorder"** (Saturday, April 25, 10 a.m.-11:30 a.m.): Katie Witkiewitz, Ph.D., will describe harm reduction and mindfulness-based approaches for addressing alcohol misuse and alcohol use disorder (AUD). She will also discuss the importance of reducing alcohol consumption as a public health priority.

- **"Harmful Drinking Among Women and Girls: SBIRT and Beyond"** (Saturday, April 25, 1 p.m.-2:30 p.m.): NIAAA's Deidra Roach, M.D., chair of this session, and

speakers Mary McCaul, Ph.D., Stacy Sterling, Dr.PH., M.S.W., and Grace Chang, M.D., M.P.H., will highlight current research on alcohol screening and brief intervention and discuss alcohol specialty treatment services for women and girls.

- **"Alcohol and the Immune System Interactions: Challenges and Opportunities"** (Sunday, April 26, 8 a.m.-9:30 a.m.): This symposium, chaired by NIAAA's Changhai Cui, Ph.D., features Gyongyi Szabo, M.D., Ph.D., Adron Harris, Ph.D., and Kevin Tracey, M.D., who will provide an update on the effects of alcohol on innate and adaptive immune responses, how altered neuroimmune signaling contributes to excessive alcohol consumption, and the use of bioelectronic medical devices as a novel approach to inhibit organ inflammation.

- **"Deaths of Despair: Alcohol Misuse and Psychiatric Comorbidities"** (Sunday, April 26, 3 p.m.-4:30 p.m.): Symposium Chair Aaron

*continued on facing page*



# What Can Developing Brain Teach About Addiction?

The NIDA director will examine recent trends in U.S. substance use and how projects such as the new Healthy Brain and Child Development Study will aid in understanding the trajectories of substance use. **BY NICK ZAGORSKI**

The rise of teen nicotine and THC vaping and the emerging links between cannabis and psychoses are two of the recent substance use trends in the United States that National Institute on Drug Abuse (NIDA) Director Nora Volkow, M.D., plans to tackle during a presentation at APA's 2020 Annual Meeting in Philadelphia.

In an interview with *Psychiatric News*, Volkow noted that the marked increase in vaping among U.S. youth over the past few years is worrisome because vaping

is not just another way to intake tobacco or cannabis. "These e-cigarette devices are designed to deliver a high content of nicotine or THC [tetrahydrocannabinol, the primary psychoactive component of cannabis] in a short amount of time," she told *Psychiatric News*. "This rapid delivery results in a much greater likelihood of becoming addicted to cannabis or nicotine."

Teens who vape nicotine may also be more likely to become addicted to other substances, as nicotine is known



David Hathcox

Teens who vape nicotine may be more likely to become addicted to other substances because nicotine makes the effects of other drugs more powerful, says Nora Volkow, M.D.

## Volkow to Discuss So-Called 'Deaths of Despair' With Oquendo, Moutier



Following her NIDA lecture, Nora Volkow, M.D., will join APA past President Maria A. Oquendo, M.D., Ph.D., the Ruth Meltzer Professor and Chair of Psychiatry at the University of Pennsylvania, and Christine Moutier, M.D., chief medical officer for the American Foundation for Suicide Prevention, for a panel discussion on how problems such as poverty and social isolation adversely affect the brain.

There is a growing trend in the lay and scientific literature to refer to suicides, overdoses, and death from chronic alcohol use collectively as "deaths of despair." The connotation for this term reflects a sense that these deaths come about by feelings of hopelessness and helplessness.

The panel will discuss the many implications of the "deaths of despair" and the many factors that might contribute in influencing one's motivation for living. The talk will be held Monday, April 27, from 3 p.m. to 4:30 p.m.

to make the rewarding effects of other drugs more powerful, she said.

Though nicotine and cannabis are popular topics of media interest, Volkow also plans to discuss the growing numbers of people dying from misuse of stimulants. Volkow told *Psychiatric News* that the most recent population data have shown that overdose deaths from cocaine and methamphetamine are almost as high as those from the synthetic opioid fentanyl. As stimulants become more popular, it is likely that new synthetic stimulants will emerge just as has occurred for opioids, she added.

"I predict that in the coming decade, we will continue to see an increase in the use of synthetic drugs, which are designed to have greater potency than that of natural drugs," Volkow said.

"New types of synthetic drugs, in combination with new delivery devices such as the new generation of electronic cigarettes, will maximize the rewarding effects of drugs."

## Brain Development

In the face of such challenges with drugs of misuse, a better understanding of how the brain develops may lead to advances in the prevention and treatment of substance use disorders, Volkow said. She will also discuss some of NIDA's current initiatives in the area of neurodevelopment during her lecture, including updates from the ongoing Adolescent Brain Cognitive Development (ABCD) Study, as well as the planned Healthy Brain and Child Development (HBCD) Study. The ABCD Study

see *Addiction* on page 34

continued from facing page

White, Ph.D., of NIAAA, along with speakers Richard Grucza, Ph.D., and Ismene Petrakis, M.D., will explore the recent rise in midlife mortality, including deaths from drug and alcohol overdoses, suicides, and liver disease. They will further explore the changing patterns of alcohol use and psychiatric comorbidities contributing to these deaths.

- **"Fetal Alcohol Spectrum Disorders (FASD): What Mental Health Providers Need to Know About Identification, Prevalence, Risk Factors, Treatment, and More"** (Monday, April 27, 8 a.m.-9:30 a.m.): This symposium, chaired by Bill Dunty, Ph.D., of NIAAA and featuring speakers Christina Chambers, Ph.D., M.P.H., Sarah Mattson, Ph.D., and Alan Unis, M.D., will explore FASD risk factors, common cognitive and behavioral impairments in people with FASD, and treatments. The information will support a pragmatic approach to assessing and treating children,

adolescents, and young adults who have been prenatally exposed to alcohol and experience psychiatric disorders, with a focus on strategic psychotropic interventions.

- **"The NIAAA Alcohol Treatment Navigator: What It Can Do for You and Your Patients"** (Monday, April 27, 10 a.m.-11:30 a.m.): NIAAA's Laura Kwako, Ph.D., will outline the content of NIAAA's Alcohol Treatment Navigator, a website for individuals with AUD and the health care professionals who care for them. Kwako will specifically focus on how health care professionals might integrate elements of the portal into clinical practice.

- **"The New NIAAA Clinician Core Resource: What Every Health Care Professional Should Know About Alcohol"** (Monday, April 27, 1 p.m.-2:30 p.m.): In this interactive presentation, Kwako will describe a new online tool NIAAA is developing called the Clinician Core Resource for Healthcare Professionals, which will provide basic information about

alcohol and its consequences for health. The resource will include content related to foundational knowledge on alcohol, its clinical impacts, and strategies for prevention and treatment.

- **"Pain and the Brain: Insights on Opioid Therapy and Alcohol Use Management in People With Chronic Pain Conditions"** (Monday, April 27, 3 p.m.-4:30 p.m.): Mark Egli, Ph.D., of NIAAA, Scott Edwards, Ph.D., Jane Ballantyne, M.D., and Joseph Sherman, M.D., will present preclinical findings on the phenomenon of enhanced pain sensitivity (hyperalgesia) in the context of alcohol and opioid use. They will also discuss the roles of hyperalgesia in negative motivational states associated with substance use disorders and in emotional pain, as well as brain neuroadaptations linked to pain-avoidance behavior.

- **"Screening and Treatment for Alcohol Use Disorder in Patients With Alcohol-Associated Liver Disease"** (Tuesday, April 28, 8 a.m.-9

a.m.): Session co-chairs Kathy Jung, Ph.D., and Joe Wang, Ph.D., both of NIAAA, will be joined by NIAAA's Lorenzo Leggio, M.D., Ph.D., M.Sc., and Jessica Mellinger, M.D., M.Sc., to discuss current biomarkers of alcohol consumption, the biomarker strengths and shortcomings, and the appropriate contexts for their use. This session will also cover wearable alcohol biosensors, including a discussion on the best uses of this technology.

- **"Gut, Liver, and Brain Interactions in the Etiology and Treatment of Alcohol Use Disorder"** (Tuesday, April 28, 1 p.m.-2 p.m.): Steve Kliever, Ph.D., Craig McClain, M.D., and Leggio will highlight recent findings on gut- and liver-derived factors that contribute to AUD and may be potential targets for AUD treatment. This session will be co-chaired by Jung and Wang.

NIAAA invites all psychiatrists to attend this research series and hopes it is both inspirational and educational. **PN**



# ANNUAL MEETING 2020 • PHILADELPHIA

## Preliminary Program Guide • SUNDAY

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M.D., M.B.A., M.P.H.

**The Relationship Between Neurobiological and Psychodynamic Determinants of Personality** *Chair: Saul Levin, M.D., M.P.A.*

**The U.S. Navy's Mental Health Response to the Fitzgerald and McCain Collisions** *Chair: David Asher Nissan, M.D.*

**Treatment-Resistant Depression in Late Life: The Optimum Study** *Chair: Steven Roose*

**Women's Reproductive Mental Health 2: Meeting the Challenges of Mental Health Care for Women and Families Across the Life Cycle** *Chair: Elizabeth M. Fitelson, M.D.*

**11:30 A.M.-12:30 P.M.**

### Poster Session

Poster Session 5

**1 P.M.-2:30 P.M.**

### APA Publishing Session

**Acceptance and Commitment Therapy (ACT) for Psychiatric Clinicians: The Basics and Beyond** *Chair: Kirk Strosahl, Ph.D.*

### General Sessions

**#PsychiatryMatters: Combating Mental Health Misinformation Through Social Media and Popular Press** *Chair: Pooja Lakshmin, M.D.*

**ACGME CLER Pathways 1.1: Implementing the Guidelines on Well-Being, Preparing Your Program for Change** *Chair: Rachel M. Sullivan, M.D.*

**Antipsychotic Monotherapy in the Treatment of Taijin Kyofusho: A Case Report** *Chair: Jason Dedeker, M.D.*

**Being a Psychiatrist and a Novelist** *Chair: Monica Naomi Starkman, M.D.*

**Big Little Lies: Why Patients Don't Always Disclose Their Eating Disorder and the Basics of Treating Them Anyway** *Chair: Angela S. Guarda, M.D.*

**Clinical Update: Top 10 Geriatric**

**Psychiatry Issues for the General Psychiatrist** *Chairs: Josepha A. Cheong, M.D., Iqbal "Ike" Ahmed, M.D.*

**"Doctor, Are You Sure I Am Bipolar?" Challenges in the Differential Diagnosis of Bipolar Disorder** *Chairs: Jair C. Soares, M.D., Marsal Sanches, M.D., Ph.D.*

**Doing Well by Becoming Better: The Role of the Virtues in Psychiatric Practice** *Presenter: John Raymond Peteet, M.D.*

**Emerging Advances in the Use of Technology for Peer Support in SMI** *Chair: Patrick Hendry*

**Finding the Common Threads in a Tapestry of Diversity and Intersectionality: Complex Cases of Student Mental Health** *Chair: Amy W. Poon, M.D.*

**Integrative Psychiatry: Mind-Body Treatments for Anxiety, PTSD, Refugees, Disaster Response, and Military Stress: Lecture and Experiential — Part 2** *Chairs: Richard Paul Brown, M.D., Patricia Lynn Gerbarg*

**John Gunderson Residency Workshop in Borderline Personality Disorder—Part 1** *Chair: Marianne Seligson Goodman, M.D.*

**Ketamine for Agitation: Are We Ready?** *Chair: Leslie Zun, M.D.*

**Management of Pain Without Opioids** *Chair: Michael Robert Clark, M.D.*

**Medical Cannabis: What Psychiatrists Should Know** *Chair: David Alan Gorelick, M.D., Ph.D.*

**Mental Health Disparities in Appalachia: American Psychiatric Association's Efforts in Creating Alliances and Sharing Best Practices** *Chair: R. Lawrence Merkel, M.D.*

**Preventing Adolescent Marijuana Use in a Changing Landscape: Federal and Local Efforts** *Chair: Justine J. Larson, M.D., M.P.H.*

**Psychiatrist Beware! Using Landmark Cases to Lower Malpractice Risk** *Chair: Kayla L. Fisher, M.D., J.D.*

**Quality Improvement Approaches Can Help You Integrate Behavioral Health Care Into Primary Medical/HIV Care** *Chair: Francine Cournos, M.D.*

## Join With APA to 'Give Back' to Meeting's Host City



In its 11th year, "APA Gives Back" provides an opportunity for APA, its members, and Annual Meeting attendees to support a community organization in the city where the Annual Meeting is held. Support this year's program by making a donation to Angels in Motion (AIM). AIM provides "blessings bags" containing food, snacks, clothing, hygiene products, and resource information to individuals struggling with addiction. AIM is breaking barriers, providing support, and spreading awareness one life at a time with the hope to one day destigmatize addiction and provide those in need with the proper care and enough love to support them on their road to recovery and a new life.

Contributions may be made during the registration process through APA's Annual Meeting registration system at <http://annualmeeting.psychiatry.org/registration>.

**Removing Racial Blind Spots: Making Use of Challenges and Opportunities While Promoting (E)Quality in Psychotherapy and Clinical Supervision.** *Chair: Constance E. Dunlap, M.D.*

**Research With an Attitude: How Values Matter** *Chair: Philip Candilis, M.D.*

**"Strike a Pose": What the TV Series Teaches Us About African American and Latinx LGBTQ Communities** *Chairs: Kenneth Bryan Ashley, M.D., Keith A. Hermansteyne, M.D.*

**Supporting Our Patients During Their Hospitalization and After Discharge: Improving Quality of Inpatient Psychiatric Care for Vulnerable Communities** *Chair: Elizabeth R. LeQuesne, M.D., M.P.H.*

**Teaching Residents to Supervise: An Experiential Workshop** *Chair: Marshall Forstein, M.D.*

**The "Mentally Ill Mass Shooter" Stereotype: Examination of the Retrospective Analysis of the Role of Mental Illness in Mass Shootings** *Chair: Daniel P. Witter, M.D., Ph.D.*

**The Right Stuff: Providing Psychiatric Evaluations for Pilot Patients** *Chair: Simon Kung*

**The Young and the Hashtagless: Critically Examining the Risks and Opportunities for Social Media and Teens and Its Role in Relieving or Perpetuating** *Chairs: Ali Maher Haidar, M.D., Shreya Maniar Nagula, M.D.*

**Using Superheroes as Teaching Tools on Substance Use Disorders: From Alcohol to Anabolic Steroids** *Chairs: Sharon Packer, M.D., Ryan C. Hall, M.D.*

**What Do I Do Now? The Development of a Clinical Pathway for Children and Adolescents With Identified Suicide Risk** *Chair: Stephen Soffer, Ph.D.*

**1 P.M.-4 P.M.**

### Learning Lab

**A Leadership Boot Camp for Residents and Fellows** *Presenters: Ashley E. Walker, M.D., Sandra M. DeJong, M.D.*

**1 P.M.-5 P.M.**

### Courses

**Course ID: C1805 | A Systematic Approach to Identification and Management of Treatment-Resistant Depression** *Director: James W. Murrough, M.D.*

**Course ID: C1467 | Clinically Relevant Forensic Psychiatry for Nonforensic Clinicians** *Director: Tobias Diamond Wasser, M.D.*

**Course ID: C1731 | Join the Movement! An Intensive Hands-On Skills Workshop in Providing Asylum Evaluations to Immigrants Fleeing Torture and Persecution** *Director: Shawn S. Sidhu, M.D.*

**2:30 P.M.-3:30 P.M.**

### Poster Session

Poster Session 6

**3 P.M.-4:30 P.M.**

### APA Publishing Sessions

**A Roadmap for Managing Bipolar II Disorder: Treatment Challenges and Opportunities** *Chair: Holly A. Swartz, M.D.*

**New Research on Anxiety, Trauma, and OCD-Related Disorders That Could Change How You Practice** *Chair: Helen Blair Simpson, M.D., Ph.D.*

### General Sessions

**Advancing Integration of Physical Health Services in Mental Health**

continued on page 18





# SMI Adviser Brings Expertise on SMI to Annual Meeting

*SMI Adviser, APA's Clinical Support System for Serious Mental Illness (SMI), will sponsor five educational sessions featuring experts in SMI. All mental health professionals are invited to visit the Mental Health Innovation Zone in the Exhibit Hall to learn more about SMI Adviser and how it can assist you in treating this population. BY MARK MORAN*

Experts in serious mental illness (SMI) will present at five educational sessions sponsored by SMI Adviser, APA's Clinical Support System for Serious Mental Illness, at this year's Annual Meeting in Philadelphia.

Additionally, SMI experts and APA staff will be available at the SMI Adviser booth located near the Mental Health Innovation Zone in the Pennsylvania Convention Center to introduce attendees to SMI Adviser.

"This is an opportunity for all mental health professionals who work with patients with serious mental illness to learn about this exciting initiative, which is using digital technology to expand expertise in treating serious mental illness," said APA Director of Education Tristan Gorrindo, M.D. "Using apps, consultations, and online education, we're committed to helping all clinicians implement the best possible care when treating people with serious mental illness. We urge interested clinicians to visit us at the SMI Adviser booth and at SMI Adviser's educational sessions to meet the SMI experts who support this initiative and to learn about how SMI Adviser is supporting front-line clinical practice."

SMI Adviser was funded in July 2018 by a five-year, \$14.2 million grant from the Substance Abuse and Mental Health Services Administration. It incorporates educational courses, fact sheets, toolkits, and consultation to expand the base of clinicians—including physicians, nurses, recovery specialists, peer-to-peer specialists, and others—able to provide evidence-based care to individuals with SMI. (SMI typically

includes schizophrenia, bipolar disorder, and major depressive disorder.)

Last year, SMI Adviser expanded its reach by introducing a new app that can be downloaded for free to a smartphone (*Psychiatric News*, <https://psychnews.psychiatryonline.org/doi/10.1176/appi.pn.2019.10b14>). The app allows clini-

cognition in serious mental illness and the evidence supporting interview-based assessment. Participants will be provided with instruction on use of the CAI. Presenters include Joseph Ventura, Ph.D., and Alexander Young, M.D.

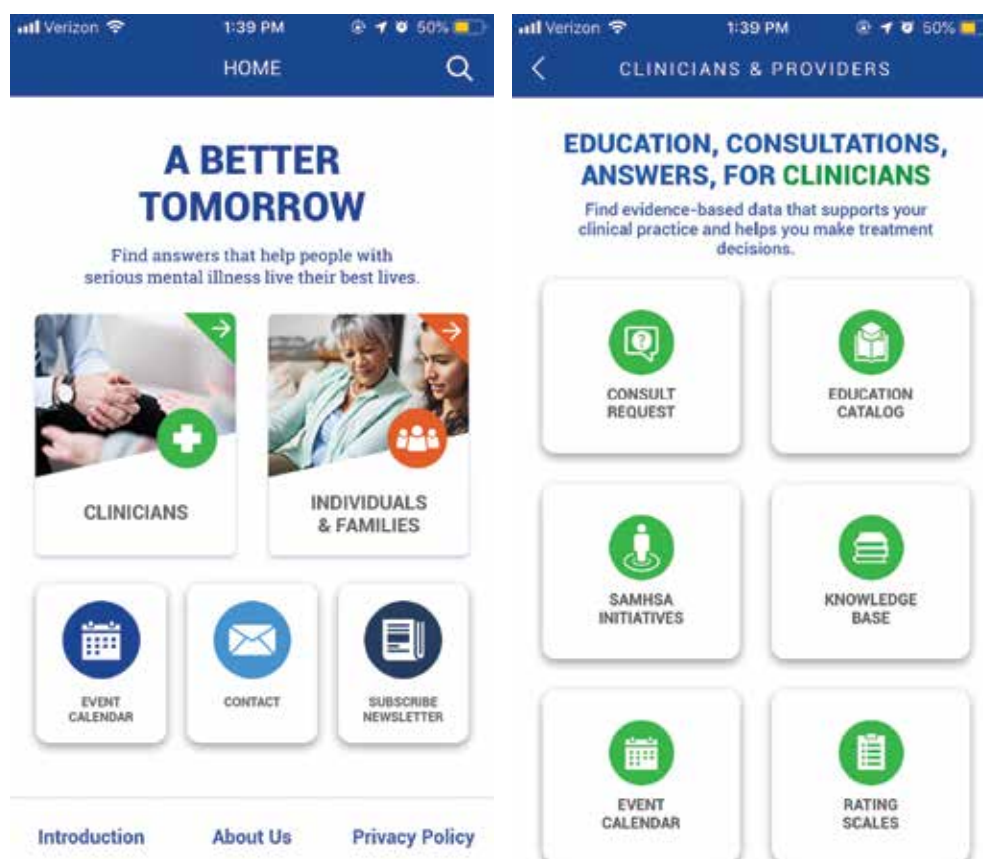
- **"Emerging Advances in the Use of Technology for Peer Support in SMI"** (Sunday, April 26, 1 p.m.-2:30 p.m.): Peer support is an evidence-based service that has been shown to enhance the care of SMI. One limitation, however, is that

a.m.-9:30 a.m.): Participants in this Learning Lab will learn about risks and benefits of existing LAI formulations. Dosing of oral antipsychotic medications and optimal conversion to LAI formulations will be detailed, including ongoing monitoring parameters. A "skills lab" will allow participants to practice giving these injections in correct anatomical sites, considering dosing, medication formulation and re-constitution, volume of injection relative to appropriate site administration, and monitoring for side effects and effectiveness of pharmacotherapy. Jacqueline Feldman, M.D., is the presenter.

- **"Psychiatric Advance Directives: Establishing a Patient's Plan for a Mental Health Crisis"**

(Monday, April 27, 10 a.m.-11:30 a.m.): A psychiatric advance directive (PAD) is a legal tool recognized in many states that allows a person with mental illness to specify preferences for treatment and hospitalization in advance of periods of compromised decision-making capacity. Without such information, clinicians may be left to make surrogate decisions for a patient, often through a complicated court-ordered process. There is a national effort to ensure that all patients being discharged from an inpatient psychiatric unit have a valid PAD. A new PAD smartphone app has been developed to walk an individual through the creation of a PAD. The app will be demonstrated, and attendees will have the opportunity to download it. Presenters include Tristan Gorrindo, M.D., Amy Cohen, Ph.D., Teri Brister, Ph.D., and Patrick Hendry.

- **"Clozapine: What's New With Our Most Effective Antipsychotic Medication"** (Wednesday, April 29, 8 a.m.-9:30 a.m.): This session will review innovations in the use of clozapine, the most effective antipsychotic medication for treatment-resistant schizophrenia. Emerging point-of-care devices for obtaining white blood cell counts and serum levels at clinical practice sites will be reviewed and compared. Updates on recent changes to the Risk Evaluation and Mitigation Strategy (REMS) program will be presented, including strategies for easing clinician and patient burden. Presenters include Deanna Kelly, Pharm.D., Alexander Young, M.D., Donna Rolin, Ph.D., Jonathan M. Meyer, M.D., and Dan Cohen, M.D., Ph.D. **PN**



The homepage of the SMI Adviser App (left) has portals for clinicians and individuals with serious mental illness and their families. The portal for clinicians (right) allows them to request a free consultation and offers a large volume of resources.

cians to earn educational credits, obtain consultation from experts, and access tools to support care.

Following are the educational sessions organized by SMI Adviser:

- **"Interview-Based Assessment of Cognitive Deficits in People With Serious Mental Illness"** (Sunday, April 26, 8 a.m.-9:30 a.m.): Cognitive deficits that accompany serious mental illness are highly prevalent and can have long-term functional consequences. Enhancing treatment for these illnesses requires the implementation of cognitive assessment in routine clinical practice. Interview-based measures of cognition include the Cognitive Assessment Interview (CAI), which has been shown to be reliable, valid, and sensitive to treatment effects. This session will review the role of

patients have sometimes been unable to find the "right match" in their geographic area. Digital technology offers a solution by allowing individuals to access peer support via chatrooms, apps, and video visits. Yet there are risks as well as benefits that must be considered including online/digital privacy, ensuring access to quality peer support, and integrating peer support into clinical care. Presenters will discuss the potential of digitally facilitated peer support and offer advice on how to select and use digital services. Presenters include Patrick Hendry, John Torrous, M.D., Benjamin Druss, M.D., M.P.H., and Teri S. Brister, Ph.D.

- **"Alternative Treatments for SMI: 'How-To' for Long-Acting Injectables"** (Monday, April 27, 8

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**REGISTER NOW FOR MEETING AND SAVE!**

See box on page 8 for registration information. Advance registration fees are now in effect. Please note that courses and master courses require additional enrollment and ticket purchase.

continued from page 16

**Using a New Continuum-Based Framework** *Chairs: Varsha Narasimhan, M.D., Henry Chung, M.D.*

**Aggression and Violence Against Hospital Health Care Workers: Lessons in Quality and Safety From the Front Lines** *Chair: Erika H. Saunders, M.D.*

**Children of Psychiatrists** *Chair: Michelle B. Riba, M.D., M.S.*

**Deaths of Despair: Alcohol Misuse and Psychiatric Comorbidities** *Chair: Aaron White, Ph.D.*

**Delivering HIV Prevention and Care to Transgender People: An Update** *Chair: Kenneth Bryan Ashley, M.D.*

**Family Murder: Pathologies of Love and Hate** *Presenter: Susan Joy Hatters-Friedman, M.D.*

**Getting Your Priorities in Order: Ethical Issues in Psychiatric Research Prioritization** *Chair: William R. Smith, M.D.*

**Healing the Wounds of Conscience: Exploring the Philosophy, Evidence, and Practical Implications of Moral Injury Using Mixed Media** *Chairs: Elizabeth Gretchen Sarnoski, M.D., Terry L. Correll, D.O.*

**History and Current Status of Methadone and Buprenorphine/Naloxone Maintenance Treatment of Opioid Addiction and Neurobiological and Genetic Research of Specific Addictive Diseases** *Presenter: Mary Jeanne Kreek, M.D.*

**Hot Topics in ADHD From the American Professional Society of ADHD and Related Disorders (APSARD)** *Chairs: Anthony Leon Rostain, M.D., Jeffrey H. Newcorn, M.D.*

**Integrative Psychiatry: Mind-Body Treatments for Anxiety, PTSD, Refugees, Disaster Response, and Military Stress: Lecture and Experiential—Part 1** *Chairs: Richard Paul Brown, M.D., Patricia Lynn Gerbarg*

**International Medical Graduates and Psychiatry Residency Training in the United States: Diverse Challenges and Opportunities** *Chair: Ali Ahsan Ali, M.D.*

**John Gunderson Residency Workshop in Borderline Personality Disorder—Part 2** *Chair: Marianne Seligson Goodman, M.D.*

**Latinex 2020** *Chair: Bernardo Ng, M.D.*

**Leading a Colorful Life: Integration of the Arts Into One's Personal and Professional Life** *Chair: Stephanie*

*Morgan Davidson, M.D.*

**Motivational Planning and Design: Environmental Interventions for Urban Mental Health** *Chair: C. Freeman, M.D., M.B.A.*

**New Developments in the Field of Administrative Psychiatry** *Chair: Sy Atezaz Saeed, M.D., M.S.*

**No Good Deed Goes Unpunished: Holding a Patient on a Medical Service Who Lacks Capacity** *Chair: Philip R. Muskin, M.D., M.A.*

**Nutrients, Lifestyle Interventions, and Pharmaceuticals to Support Women's Sexuality With Special Attention to L-Dopa in Fava Beans** *Chair: Barbara D. Bartlik, M.D.*

**Personality Disorders in the College Population: Case Discussions** *Chair: Victor Y. Hong, M.D.*

**Political Freud** *Chair: Donald Matthew Mender, M.D.*

**Readin', Ritin', Rating, and Reduction of Risk: Tough Choices and Smart Choices (Risk Management for Psychiatrists)** *Chairs: Tony W. Thrasher, D.O., David J. Yankura, M.D.*

**Strengthening the Pipeline of Physician-Scientists During Psychiatry Residency and Beyond** *Chairs: Antonia New, M.D., Maria Mercedes Perez-Rodriguez, M.D., Ph.D.*

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**REGISTER NOW FOR MEETING AND SAVE!**

See box on page 8 for registration information. Advance registration fees are now in effect. Please note that courses and master courses require additional enrollment and ticket purchase.

**Suffering in Silence: Uncovering the Prevalence of Major Depression Among Black Men in Specific Impoverished Areas** *Chair: Louis Belzie, M.D.*

**Supporting Medical Directors in Behavioral Health Clinics** *Chair: Saul Levin, M.D., M.P.A.*

**Using Social Media for Advocacy: Pearls and Perils** *Chairs: Carol Ann Bernstein, M.D., Katherine Gershman Kennedy, M.D.*

**Who's in Charge? Medications for Addiction Treatment (MAT) and the Criminal Justice System** *Chair: Sherry Ann Nykiel, M.D.*

#### Presidential Session

**Alcohol Use Disorder Clinical Research From the Intramural Program at NIAAA** *Chair: Nancy Diazgranados PN*

## A Chef and a Psychiatrist Walk Into a Kitchen ... And Talk About Food and Mental Health

*The effects of the foods we eat—and how they are prepared—is a complex subject, but two psychiatrists, an agricultural researcher, and a famous New York City chef will sort it all out for Annual Meeting attendees.*  
**BY AARON LEVIN**

The stomach and the mind have become closer friends in recent years as researchers have explored the connections between the gut microbiome and the brain. Now a world-famous chef and several psychiatrists with a great interest in food will do their best at APA's 2020 Annual Meeting to explain how the foods we eat can influence our mental health.

The first session features a talk by renowned New York chef and restaurateur David Bouley. He will discuss the effects of food on mental health and how good foods can improve health and strengthen the central and peripheral nervous systems. The ingredients in a meal can combine to create a whole that is more than the sum of its parts nutritionally, according to Bouley.

A few years ago, Bouley took a break from running his restaurants



Chef David Bouley believes that the right foods can improve health, strengthen the central and peripheral nervous systems, and be enjoyable and fun.

to travel around the world and experience other cuisines.

"We realized that we needed to learn about the science of cooking and how we can serve people a meal where they're not going to have any side effects, where they're going to have an enjoyable and fun evening."

The journey took him to Japan, where he learned more about fermented foods. These foods, which he believes are more healthful, included

cultured butter; kurozu (black vinegar made by fermenting unpolished rice), and traditional fermented foods like sunki, a rare kind of pickle made without using salt.

Chef Bouley will present a video of cooking techniques prepared expressly for the APA meeting. It will feature techniques using fresh foods that can be done at home while he describes in detail what each technique does and its health benefits.

He often holds discussions at his Bouley Test Kitchen with psychiatrists and other physicians on the latest science connecting food to brain health, followed by a five-course "wellness-inspired" dinner.

Among his recent collaborators is Drew Ramsey, M.D., an assistant clinical professor of psychiatry at Columbia, who will be one of the panelists in the morning's second session. Ramsey founded the Brain Food Clinic in New York City, which offers consultation and treatment for depression, anxiety, and emotional wellness concerns.

"We want to talk about how what one buys and what one eats and how one prepares food can raise the level of one's dietary lifestyle in order to maintain mental health or reduce the risk of mental illness," said session chair Philip Muskin, M.D., M.A., a professor of psychiatry at Columbia University and chair of APA's Scientific Program Committee. "Healthy eating doesn't have to be boring."

Another panelist is Uma Naidoo, M.D., an instructor in psychiatry at Harvard Medical School and director of Nutritional and Lifestyle Psychiatry at Massachusetts General Hospital—and a Cordon Bleu-trained chef.

Muskin asked Naidoo about a diet that was nominally healthful but not so enjoyable. Naidoo used her Cordon Bleu training to rework the diet to add flavor and make it delicious. She believes: "If you don't enjoy food, you won't eat it."

*continued on facing page*



MONDAY, APRIL 27

8 A.M.-9:30 A.M.

APA Publishing Session

**The Textbook of Medical Psychiatry: The Medical Differential Diagnosis of Psychiatric Disorders** *Chair: Paul Summergrad, M.D.*

General Sessions

**Advancing Collaborative Care Implementation: Challenges and Opportunities in Workforce Training** *Chair: Heather C. Huang, M.D.*

**Assembling a Leadership Toolkit for Trainees: Perspectives and Experiences of APA Leadership Fellows** *Chair: Daniel Y. Cho, M.D.*

**Building Quality Infrastructure: Challenges and Opportunities From Four Academic Psychiatry Quality Improvement Programs** *Chair: Luming Li, M.D.*

**Buprenorphine Update and Evolving Standards of Care** *Chair: Petros Levounis, M.D.*

**Changes Are Coming: How to Avoid Audits and Get Paid for the Work You Do** *Chair: Gregory G. Harris, M.D., M.P.H.*


**Cognitive Behavior Therapy for Personality Disorders** *Chair: Judith*

*continued from facing page*

Brain-healthy foods don't always have to be exotic, said Naidoo. A simple baked salmon crusted with walnuts and accompanied by some sautéed spinach and glazed sweet potatoes can be managed easily in any home kitchen.

Panelist Raymond Glahn, Ph.D., is a nutritional physiologist at Cornell University and the U.S. Department of Agriculture. His work serves as a bridge between agriculture and human nutrition by focusing on plant breeding and processing to improve the nutritional quality of food crops. Glahn studies the bioavailability of trace minerals, especially iron and zinc. Deficiencies in those minerals lead to poor growth and development, poor cognitive development, and reduced resistance to disease, among other problems.

Muskin said that recent research is pointing out ways that diet affects mental health. For instance, women who eat lots of high-glycemic-load foods have trouble sleeping, and eating more dark chocolate may lessen the risk of depression. Unsurprisingly, controversy remains, said Muskin. "There's a ton of data—some are good, some really stink." **PN**

 **"The Living Pantry Part 1: Food, Nutrition, and Mental Health"** will be held Sunday, April 26, from 8 a.m. to 9:30 a.m. "The Living Pantry Part 2: Food, Nutrition, and Mental Health" will follow at 10 a.m.

*Beck, Ph.D.*

**Collaborative Care and Bipolar Disorders: Managing Uncertainty (Trauma, Anxiety, Borderline, or Bipolar?) in Psychiatric Consultations** *Chair: James Phelps, M.D.*

**Confronting the Opioid Crisis: Bridging the Gap in Access to Medication Assisted Treatment (MAT) Between Urban and Rural Areas (Practical Insights)** *Chair: Elisabeth Brockman-Knight*

**Data and More Data: Making Use of SAMHSA Data in Clinical Practice, Program Planning, and Scientific Assessment** *Chair: Elizabeth Lopez*

**Disaster Preparedness for Seniors** *Chair: Micheline Dugue, M.D.*

**Fetal Alcohol Spectrum Disorders (FASD): What Mental Health Providers Need to Know About Identification, Prevalence, Risk Factors, Treatment, and More** *Chair: Bill Dunty, Ph.D.*

**International Updates Part 1: Update of Strategies in Europe, Australia/New Zealand, and the United Kingdom** *Chair: Saul Levin, M.D., M.P.A.*

**Management of Patients Who Deliberately Ingest Foreign Objects** *Chair: Kenneth Michael Certa, M.D.*

**Mental Health Crisis in Relation to Social Unrest in Hong Kong** *Chair: Roger Ng, M.D.*

**Models for Addressing Religiously Based Mental Health Stigma** *Chair: John Raymond Peteet, M.D.*

**Narcissism, Power, and Relatedness in the American Psyche: Historical and Clinical Perspectives** *Chair: Ravi Chandra, M.D.*

**Patient Suicide in Residency Training: The Ripple Effect** *Chair: Rachel Christine Conrad, M.D.*

**Pharmacogenomic Testing for Major Depression: Does It Really Deliver Improved Response and Remission?** *Presenter: John Francis Greden, M.D.*

**Psychiatry and Insurers: Parity, Patient Access, and Prior Authorizations** *Chair: Andrew David Carlo, M.D.*

**Psychiatry Side Gigs: Advancing Quality Psychiatric Care, Even on the Side** *Chair: Abhisek Chandan Khandai, M.D., M.S.*

**Schizophrenia? Hashimoto Encephalopathy? Or Both? A Case of Hashimoto Encephalopathy in a Woman With a Preexisting Diagnosis of Schizophrenia** *Chair: Claire C. Holderness, M.D.*

**Screentime: Learning to Teach Pediatric Telepsychiatry (PTP) Using a National Curriculum** *Chairs: Sandra M. DeJong, M.D., Shabana Khan, M.D.*

**Television and Podcast Series: Teaching Forensic Psychiatry and Using Narrative Medicine Through True Crime and Fiction** *Chair: Karen B. Rosenbaum, M.D.*

**The NIMH: Programs, Priorities, and Plans** *Presenter: Joshua A. Gordon, M.D., Ph.D.*

Women Psychiatrists: Join Your Colleagues for Special Gathering



All women psychiatrists at APA's 2020 Annual Meeting are invited to a Women's Gathering and meeting from 11:30 a.m. to 1:30 p.m. on Sunday, April 26. This gathering is for women psychiatrists of all ages and career interests.

Women are welcome to talk informally among themselves, speak with renowned women psychiatrists representing a variety of subspecialties and career opportunities, and hear about women's activities at APA. There will be opportunities for mentoring, networking, brainstorming, and support. Come chat with APA leaders and colleagues from around the world or just enjoy some downtime with friends. This is an especially important year for women to share their personal and professional experiences.

*The gathering will be held on Sunday, April 26, from 11:30 a.m. to 1:30 p.m. in the Pennsylvania Convention Center.*

10 A.M.-11:30 A.M.

APA Publishing Sessions

**A Pathway to Freedom: An Integrated Health Care Intervention for Addressing Human Trafficking** *Chair: Mollie R. Gordon, M.D.*

**Supervision in Psychiatric Practice Across Venues and Providers** *Chair: Sallie G. DeGolia, M.D., M.P.H.*

General Sessions

**Advancing Psychiatric Quality Using Different Lenses: The Psychiatrist's Role in Quality Through Research, Policy, Leadership, and Treatment** *Chairs: Luming Li, M.D., Paul Abbott Bryant, M.D.*

**Advancing the Quality of Diagnosis and Treatment in the Correctional Setting** *Chair: Danielle Barr Kushner, M.D.*

**Assessing Competency in Psychodynamic Psychotherapy** *Chair: Deborah Levine Cabaniss, M.D.*

**Body Dysmorphic Disorder: An Interactive Discussion of Clinical Challenges and How Knowledge of Potential Etiologic Factors Can Assist With Treatment** *Chair: Katharine A. Phillips, M.D.*

**Collaborative Care Reimbursement by Medicaid: A Tale of Five States** *Chair: Lori E. Raney, M.D.*

**Confronting Medical Racism: Advancing Quality by Addressing Inaction** *Chair: Jessica Elizabeth Isom, M.D., M.P.H.*

**Eating Disorders: A Clinical Research Update** *Chair: Evelyn Attia, M.D.*

**Exploration of How to Care for Pregnant Women With Psychiatric Illness** *Presenter: Kimberly Ann Yonkers, M.D.*

**Fulfilling the Promise of Personalized Therapeutics for Psychiatric Disorders** *Chairs: Matthew W. State, M.D., Vivian P. Liu, M.D.*

**Healing Our Healers: Management of Physicians and Other Health Care Providers With Burnout and Other Psychiatric Conditions** *Chairs: Rohul Amin, M.D., Jarred Andrew Hagan, D.O.*

**International Updates Part 2: Update of Strategies in South Africa,**

*continued on next page*

**Unaccompanied Minors: Traumatized, Trapped, and Alone** *Chair: Balkozar Seif Eldin Adam, M.D.*

**Unleash the "Paws"itivity: Using Animal-Assisted Activities in Colleges and Universities** *Chair: Meera Menon, M.D.*

**What Patients Want** *Presenter: Thomas Lee, M.D.*

**"Will You Let Me Die?" Terminality and Treatment Futility in Psychiatry** *Chair: Dominic Sisti, Ph.D.*

**Women, Leadership, and Psychiatry: Barriers, Policies, and the Importance of Mentorship.** *Chair: Ruby C. Castilla Puentes, M.D.*

Learning Lab

**Alternative Treatments for SMI: 'How-To' for Long-Acting Injectables** *Chair: Jacqueline M. Feldman, M.D.*

Presidential Session

**Creative Solutions to the Psychiatry Workforce Crisis** *Chair: Donna Marie Sudak, M.D.*

8 A.M.-NOON

Courses

**Course ID: C1752 | Global Mental Health: A Training Curriculum** *Director: Vivian Blotnick Pender, M.D.*

**Course ID: C1150 | Psychodynamic Therapy for Personality Disorders: Transference-Focused Psychotherapy Extended (TFP-E)** *Director: Eve Caligor, M.D.*

**Course ID: C1112 | The Clinical Assessment of Malingered Mental Illness** *Director: Phillip Jacob Resnick, M.D.*

8 A.M.-5 P.M.

Master Courses

**Course ID: M8054 | A Primer on First-Episode Psychosis for the Practicing Psychiatrist: Keys to Providing Quality Psychiatric Care Within This Emerging National Model** *Director: Steven N. Adelsheim, M.D.*

**Course ID: M8082 | The Suicidal Patient: Principles and Practice of Assessment, Treatment, and Care Management** *Director: Kirk Strosahl, Ph.D.*



continued from previous page

**Mexico, and Israel** Chair: Bernardo Ng, M.D.

**Is It Ever Ethical to Withhold a Psychiatric Diagnosis? A Look at Borderline Personality Disorder and the Impact of Diagnostic Nondisclosure** Chair: Erika Fieldman Sims, M.D.

**Ketamine: New Formulation, New Data, New Perspectives** Chair: Ravi Navin Shah

**Land of the Free Labor: The Psychosocial Health of the Black Community as a Consequence of Criminalization, From the 13th Amendment to the War on Drugs** Chairs: Danielle Jackson, M.D., M.P.H., Danielle Hairston, M.D.

**Medication Assisted Treatment (MAT) for Opioid Use Disorders (OUD) in Adolescents** Chair: Tina Louise Jackson, M.D.

**Of Sound and Fury: Passive Real-Time Smartphone Speech and Behavior Patterns Predict Outcomes in Bipolar Disorder and Suicide Risk** Chair: Melvin McInnis

**Prevention and Management of Side Effects to Reduce Suffering, Facilitate Medication Adherence, and Improve Outcomes** Chairs: Rajnish Mago, M.D., Joseph F. Goldberg, M.D.

**Psychiatric Advance Directives: Practical Clinical Information, Evidence Updates, and Applications** Chair: Justine J. Larson, M.D., M.P.H.

**Psychiatric Conditions, Accession Standards, and Waivers in the U.S. Military** Chair: Elspeth Cameron Ritchie, M.D., M.P.H.

**Responding to the Impact of Suicide on Clinicians** Chair: Eric Martin Plakun, M.D.

**The NIAAA Alcohol Treatment Navigator: What It Can Do for You and**



istock/SerrNovik

**Your Patients** Chair: Laura Kwako, Ph.D.

**The Trauma of Treating Trauma: Overcoming Challenges Utilizing Patient-Centered Multidisciplinary Interventions** Chair: Jennifer Morrison-Diallo, Ph.D.

**Toward a State of Mental Health With Quality Public Service Psychiatry: The Unique Advocacy Role of the Pennsylvania Psychiatric Leadership Council** Chair: Kenneth Stewart Thompson, M.D.

**Transdermal Estrogen for Psychiatric Disorders: Benefits and Risks** Chair: Mark Weiser, M.D.

**Transforming the Brain Through Yoga** Chair: Geetha Jayaram, M.D., M.B.A.

**Violence in the Hospital: Precipitants, Features, and Interventions**

Chair: Ryan Edward Lawrence, M.D.

**What's Your Career Trajectory? One Woman's Path to Work Integration Into Life** Presenter: Maryland Pao, M.D.

Presidential Session

**Mind the Gap: Bridging Research and Policy Into Practice** Chair: Patrick Conway, M.D.

1 P.M.-2:30 P.M.

APA Publishing Session

**Therapeutic Risk Management of the Suicidal Patient** Chair: Hal S. Wortzel, M.D.

General Sessions

**Advanced Telepsychiatry Case Dilemmas Roundtable: Navigating**

**Common and Complex Challenges in Clinical Telepsychiatry** Chair: James H. Shore, M.D.

**Advancing Quality and Safety: Challenges and Opportunities in Building a Psychiatric Morbidity and Mortality Review** Chair: Janahan A. Vijanderan, M.D., M.S.

**Advancing Women in Medicine: Challenges, Opportunities, and Skills for Meaningful Change** Chairs: Amy W. Poon, M.D., Christina T. Khan, M.D., Ph.D.

**An Overview of Best Outpatient Practice in the Care of Transgender Individuals** Chair: Caitlin McFarland, M.D.

**Burnout Awareness and Prevention in International Medical Graduates: A Panel Discussion on**

continued on page 22

# Minority, Underrepresented Members Connect Through Caucuses

Psychiatrists who identify with or are interested in any of APA's recognized minority and underrepresented (M/UR) groups can join that group's caucus and attend its meeting at APA's 2020 Annual Meeting in Philadelphia.

The M/UR group caucuses were established to provide a networking opportunity and foster communication among members from diverse backgrounds.

There is no limit to the number of caucuses you may join; the only requirement is that you must be an APA member to join. There are M/UR caucuses for the following groups of psychiatrists: American Indian/Alaska Native/Native Hawaiian, Asian American, black, Hispanic, international medical graduate, LGBTQ, and women.

Participation in a caucus is a pathway to the following:

- Exploring shared ideas about professional growth and advancement.
- Identifying, supporting, and electing top-notch M/UR members for leadership posts.
- Networking with members who have a shared interest.
- Advocating for minority and underrepresented patients.
- Initiating mentoring relationships.
- Discussing ideas with APA leadership.
- Assuming leadership roles in APA. **PN**

To join a caucus, go to [psychiatry.org/MUR](https://psychiatry.org/MUR) and click on "Join" on the right side of the webpage.

APA Minority Caucus Schedule	
SUNDAY, APRIL 26	MONDAY, APRIL 27
11:30 a.m.-1:30 p.m. Caucus of Women Psychiatrists Pennsylvania Convention Center	11 a.m.-Noon Caucus of International Medical Graduate Psychiatrists Franklin Hall Room 3, Marriott Downtown
1:30 p.m.-4 p.m. Caucus of LGBTQ Psychiatrists and AGLP Annual Membership Meeting Independence Ballroom, Marriott Downtown	3 p.m.-4 p.m. Caucus of Asian-American Psychiatrists Conference Room 410, Marriott Downtown
6 p.m.-7:30 p.m. Caucus of Black Psychiatrists Juniper Ballroom, The Notary Hotel	7 p.m.-8 p.m. Caucus of American Indian, Alaska Native, and Native Hawaiian Psychiatrists Conference Room 410, Marriott Downtown
7 p.m.-8 p.m. Caucus of Hispanic Psychiatrists Franklin Hall Room 8, Marriott Downtown	



# Excerpt of Play Honoring John Fryer, M.D., To Be Reprised at Annual Meeting

Ken Marks, who portrayed Fryer's father in the off-Broadway production of "217 Boxes," will reprise his recitation of Fryer's address at APA's 1972 Annual Meeting. **BY MARK MORAN**

An excerpt from the award-winning play "217 Boxes of Dr. Henry Anonymous," about the psychiatrist who helped spark the movement to remove homosexuality from *DSM*, will be presented at this year's Annual Meeting in Philadelphia.

Dr. Henry Anonymous was actually John Fryer, M.D., the psychiatrist who appeared in a mask as "Dr. Anonymous" at APA's 1972 Annual Meeting in Dallas and announced that he was gay. The event was a major catalyst for the removal of homosexuality from *DSM* one year later.

Acclaimed actor Ken Marks, who played Fryer's father, Ercel Fryer, in the off-Broadway production of "217 Boxes," will perform a 30-minute monologue from the play in which he reads the speech that Fryer's son delivered at the Dallas meeting.



Paula Court

Playwright Ain Gordon came across John Fryer's records and correspondence in 217 boxes stored at the Historical Society of Philadelphia.

The performance at the Annual Meeting is produced by Equality Forum, a nonprofit whose mission is to advance national and international lesbian, gay, bisexual, and transgender (LGBT) civil rights with an educa-

tional focus. The performance will be followed by a panel discussion including Marks; Ain Gordon who wrote "217 Boxes"; APA CEO and Medical Director Saul Levin, M.D., M.P.A.; Amir Ahuja, M.D., president of the Association of

Gay and Lesbian Psychiatrists, and Malcolm Lazin, executive director of Equality Forum.

In an interview with *Psychiatric News*, Lazin said Fryer's appearance in disguise, challenging his colleagues at the 1972 Annual Meeting, is a "seminal moment in American civil rights history."

He noted that *DSM* was cited as an authority for discriminatory and repressive laws against homosexuals, as well as medical practices such as chemical castration and electroshock therapy. "In this way, John Fryer's appearance in a mask before his colleagues was one of the darkest chapters in APA history," he said. "Yet it was also one of the brightest, because his appearance compelled APA to look at whether the *DSM* classification was scientifically justified."

The removal of homosexuality from the list of mental disorders a year later was crucial, because it removed the justification for discrimination—not just within APA and the profession of psychiatry, but more broadly throughout society.

"It was hugely consequential—the beginning of what turned out to be a 50-year process of changing societal attitudes," Lazin said. "What John Fryer

see **Fryer** on page 35

Advertisement

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**Transcultural Factors of Physician Wellness** *Chairs: Marco Christian Michael, M.D., Paulo Marcelo Gondim Sales, M.D.*

**Can I Make a Career—and a Living—Working With Homeless Mentally Ill Individuals? Part 1** *Chair: Stephen Mark Goldfinger, M.D.*

**“Catch Me If You Can”: Catatonia in General Medical Settings** *Chairs: James K. Rustad, M.D., Vineeth John, M.D., M.B.A.*

**Choosing the Right Treatment for Substance Use Disorders** *Chair: Edward Nunes, M.D.*

**Defining the Future Strategy for Quality and Value: A Presentation by the Council on Quality Care and Workgroup on Quality Strategy** *Chair: Carol L. Alter, M.D.*

**Disaster Mental Health Epidemiology and Nosology: Perspectives From Three Decades of Research** *Presenter: Carol S. North, M.D.*

**Education Is a Pillar of Mental Health for Hispanics** *Presenter: Daniel Castellanos, M.D.*

**Focus Live: Biomarkers in**

**Psychiatry** *Mark Hyman Rapaport, M.D., A. John Rush, M.D.*

**Grand Challenges in Behavioral Health Delivery: The Shifting Landscape for Psychiatric Services, Complex Psychiatric Issues, and Barriers to Progress** *Chairs: Luming Li, M.D., John M. Santopietro, M.D.*

**Immune Activation and Neuropsychiatric Symptoms in HIV Infection** *Chair: Mark Bradley*

**Making Your Mark: Networking and Professional Development in Psychiatry** *Chair: Pallavi Joshi, D.O., M.A.*

**Mental Health Issues of Migrants, Asylum Seekers, and Other Displaced Populations: Reports From the Americas and Western Europe** *Chair: Paul Summergrad, M.D.*

**New Guideline Recommendations for Strengthening Psychiatric Practice** *Chair: Laura J. Fochtmann, M.D.*

**Nicotine Use Cessation: A Psychopharmacology Algorithm** *Chair: David Osser*

**Opportunities and Challenges in Addiction Research** *Chair: Nora D. Volkow, M.D.*

**Reward Deficiency Syndrome:**

## Got Questions About CME and APA's Educational Programs?



The APA Education Center will provide attendees a one-stop shop for all their learning and certification needs. The Education Center is said to have the feel of an Apple Store, where members can browse available resources in a relaxed and comfortable area while having an opportunity to have their questions answered by the APA Education team. Here are just some of the things you can do at the center:

- Claim CME credit.
- Get assistance with the APA Meetings App (see page 21).
- Check in for approved Resident/Fellow Scholars.
- Learn about and purchase APA OnDemand, which offers more than 350 hours of sessions from APA's 2020 Annual Meeting.
- Learn about the APA Learning Center, the online platform to earn CME credits, meet MOC requirements, and learn new skills.

*The Education Center will be located on the Arch Street Bridge, 200 Level, Pennsylvania Convention Center.*

**Making Use of the Science to Treat Addictive, Impulsive, and Executive Function Deficiency Syndromes** *Chair: Dhruv Shah, D.O.*

**Social Psychopharmacology: A New Era of Psychedelic-Assisted Group Therapy and Support** *Chair: Alexander Trope, M.D., M.Sc.*

**Teaching Sociocultural Psychiatry: An Interactive Process** *Chair: Josepha A. Immanuel, M.D.*

**The #MeToo Movement: Implications for Psychiatrists** *Chair: Michelle B. Riba, M.D., M.S.*

**The NIAAA Core Resource: What Every Health Care Professional Should Know About Alcohol** *Chair: Laura Kwako, Ph.D.*

**The Spectrum of Anxiety and Depression in Adolescents and Adults With Autism Spectrum Disorder** *Chair: Elizabeth Wise, M.D.*

**The Time Is Now: Advancing Quality Care by Increasing Workforce Diversity** *Chair: Lilanthi Balasuriya, M.D., M.S.*

**Updates From the Council on Psychiatry and the Law** *Chair: Debra A. Pinals, M.D.*

**What Are We Doing to Promote and Protect Children's Mental Health in Latin America?** *Chair: Ruby C. Castilla Puentes, M.D.*

**WPA's Mission, Vision, and Action Plans** *Chair: Afzal Javed, M.B.B.S.*

**Youth Anxiety: An Emerging Epidemic?** *Chair: Herbert Pardes, M.D.*

## Presidential Session

**From Clinical Trials to Advocacy: The Management of Neuropsychiatric Symptoms of Dementia** *Chair: Kirsten M. Wilkins, M.D.*

**1 P.M.-5 P.M.**

## Courses

**Course ID: C1526 | Disasters and Mental Health: Helping Your Patients Deal With Adverse Effects of Climate Change, Pandemics, and Mass Violence** *Director: Joshua C. Morganstein, M.D.*

**Course ID: C1869 | QTc Prolongation, ECG Interpretation, and Psychotropic Medications: An Expert Skills Course** *Director: Margo Christiane Funk, M.D., M.A.*

**Course ID: C1114 | The Psychiatrist as Expert Witness: The Ins and Outs**

*continued on page 24*

## Session Aims to Support, Give Voice to Medical Directors

*Saul Levin, M.D., M.P.A., will lead a group discussion with medical directors of behavioral health clinics to learn about the challenges they face and offer support and guidance.*

**BY KATIE O'CONNOR**

An Annual Meeting session led by APA CEO and Medical Director Saul Levin, M.D., M.P.A., will give medical directors in community settings an opportunity to discuss the challenges they face and brainstorm ways in which APA might be able to help them.

The session, titled “Supporting Medical Directors in Behavioral Health Clinics,” is meant to facilitate conversations and ensure that medical directors’ voices are heard.

“The medical director’s role is absolutely essential,” Levin said. “They are ultimately responsible for the care and safety of the patients and clinicians: If something goes wrong, the buck stops with them. That’s why it is so important their expertise is recognized in the clinic’s operations.”

While the directors’ medical experience is regarded as necessary on the clinical side of operations, Levin said he sometimes hears from those who find they must fight to be heard when offering suggestions on the administrative side. Having spent their careers focusing on clinical care, physicians rarely have a background in business to help them



Medical directors are highly valued for their clinical expertise, but sometimes feel their voices aren't heard when it comes to the business side of running a ward, says Saul Levin, M.D., M.P.A.

communicate their patients’ needs in language that is meaningful to their clinic’s administration.

Beyond administrative issues, medical directors often find themselves grappling with the challenges facing much of the mental health treatment world, such as lack of resources and staff recruitment. Levin said he hears stories of medical directors taking up tasks, such as tending to patients’ beds, because their clinics are understaffed. “But they do it,” Levin said, “because they want the patients to feel comfortable and safe.”

Additional discussion topics include contracting, workforce development, and leadership development.

Every time Levin has held this ses-

sion in the past, he said, participants have brought up issues that had not been raised the previous year.

“We want to ensure medical directors’ roles and experiences are appreciated and that their expertise is valued to the fullest extent,” Levin said. “The medical directors aren’t just there to follow rules and regulations. They must ensure their patients’ safety, as well as the safety of the other clinicians on the ward. APA is here to support and advocate for them, as we do for all our members.” **PN**

“Supporting Medical Directors in Behavioral Health Clinics” will be held Sunday, April 26, from 3 p.m. to 4:30 p.m.



# Take Time to Meet and Learn From Your International Colleagues



munication, we must continue to learn from each other.”

Attendees can also connect with international researchers through the APA International Poster Engagement Program (see story below).

In addition to the educational sessions listed below, two courses aim to expand attendees’ knowledge of global issues. Shawn S. Sidhu, M.D., Gabrielle Shapiro, M.D., and Olivia Shadid, M.D., will use an interactive format to teach participants how to perform an asylum evaluation and accompanying forensic write-up in “Join the Movement! An Intensive Hands-On Skills

Workshop in Providing Asylum Evaluations to Immigrants Fleeing Torture and Persecution.” The presenters have experience conducting asylum evaluations and working with immigrant populations.

Another course, “Global Mental Health: A Training Curriculum,” will explore the scope, definition, and curriculum of global mental health training. Vivian Pender, M.D., Francine Cournos, M.D., James Griffith, M.D., and Myrna Weissman, Ph.D., will examine the need for more mental health training and programs that build cross-cultural clinical competency. Presenters will engage with participants to discuss the lack of consistency in education, clinical training, and research on global mental health. (Courses require additional registration and payment.) **PN**

Attendees will have numerous opportunities to learn about research and innovations from around the globe. **BY KATIE O’CONNOR**

**F**ew events offer a better chance to engage with and learn from psychiatric colleagues from around the world than the APA Annual Meeting. This year, psychiatrists from more than 50 countries will converge on Philadelphia and present a rich diversity of perspectives and ideas.

Sessions will cover a variety of topics, with some touching on timely issues such as the mental health of migrants, asylum seekers, and other displaced populations, while others will explore the different strategies that countries employ to deliver health care.

“It is more important than ever to engage with our colleagues from around the world to exchange medical knowledge, research, culture, and ideas,” said APA CEO and Medical Director Saul Levin, M.D., M.P.A. “As our world grows increasingly smaller with advances in technology and com-

## Session Information on Global Mental Health Topics

### SATURDAY, APRIL 25

10 a.m.-11:30 a.m.

#### Dissemination and Implementation of an Evidence-Based Care for Suicide Attempters in Japan

Speakers: Tsuyoshi Akiyama, M.D., Ph.D., Toshifumi Kishimoto, M.D., Kazuya Okamura, Chiaki Kawanishi, Bruce Schwartz, M.D.

1 p.m.-2:30 p.m.

#### Going Global: Navigating Mental Health Opportunities Abroad in Training and Beyond

Speakers: Xiaoyi Yao, Duncan Cheng, Megan Marie Mroczkowski, M.D.

### MONDAY, APRIL 27

8 a.m.-9:30 a.m.

#### International Updates Part 1:

Update of Strategies in Europe, Australia/

#### New Zealand, and the United Kingdom

Speakers: Saul Levin, M.D., M.P.A., Wendy Burn, M.D., John Allan, Philip Gorwood

#### Decreasing the Global Mental Health Treatment and Research Gaps

Speaker: Milton Leonard Wainberg, M.D.

10 a.m.-11:30 a.m.

#### International Updates Part 2: Update of Strategies in South Africa, Mexico, and Israel

Speakers: Bernardo Ng, M.D., Bonginkosi Chiliza, Tsvi Fischel, M.D., Michelle P. Durham, M.D., M.P.H., Saul Levin, M.D., M.P.A., David C. Henderson, M.D., Albert Bernard Janse van Rensburg, M.Med., Ph.D.

1 p.m.-2:30 p.m.

#### WPA’s Mission, Vision, and Action Plans

Speakers: Saul Levin, M.D., M.P.A., Afzal Javed, M.B.B.S.

#### Mental Health Issues of Migrants, Asylum Seekers, and Other Displaced Populations: Reports From the Americas and Western Europe

Speakers: Paul Summergrad, M.D., Bernardo Ng, M.D., Milton Leonard Wainberg, M.D., Dinesh Bhugra, M.D., Vincenzo Di Nicola, M.D., Ph.D.

3 p.m.-4:30 p.m.

#### The Social Determinants of Health: Essential Elements to Global Health Care Quality and Outcomes

Speakers: Eliot Sorel, M.D., Bernardo Ng, M.D., Roy Abraham Kallivayalil, M.D., Vincenzo Di Nicola, M.D., Ph.D., Sergio Aguilar-Gaxiola, M.D., Ph.D., Ruth S. Shim, M.D., M.P.H.

## Poster Program Builds Bridge Between APA Members And International Researchers

*The APA International Poster Engagement Program focuses on connecting APA members with researchers from outside the United States during the APA Annual Meeting.*

**BY JENNIFER SEVERE, M.D., AND JOSEPHA IMMANUEL, M.D.**



Jennifer Severe, M.D., and Josepha Immanuel, M.D., are former APA/APAF Minority Fellows and members of the APA Council on International Psychiatry. They are co-leading the coordination of this year’s APA International Poster Engagement Program.

**E**ach year at the APA Annual Meeting, the APA International Poster Engagement Program (IPEP), established and coordinated by the APA Council on International Psychiatry, allows up-and-coming researchers and junior investigators from around the world to present their research during daily poster sessions. These international poster presenters welcome the opportunity to share their

findings and, for many, experience the APA Annual Meeting for the first time.

IPEP, now in its fourth year, connects APA members, primarily members of the APA Caucus on Global Mental Health and Psychiatry who volunteer as reviewers in the program, with these budding international researchers. The program allows colleagues from different parts of the world to exchange research and ideas,

while providing young psychiatrists with a valuable professional development opportunity.

Over its first three years, the program has had 41 participants from 26 countries, including Argentina, Australia, Brazil, Canada, Colombia, China, Egypt, Ireland, India, Italy, Japan, Latvia, Mexico, Nepal, the Netherlands, New Zealand, Portugal, Philippines, Saudi Arabia, Spain, Singapore, South

Korea, Sweden, Taiwan, Thailand, and Turkey. While research topics vary, most posters focus on global mental health, systems of care, and psychiatric disorders in populations outside the United States.

Participants have said the program made them feel “welcomed,” “included,” and “valued” at the APA Annual Meeting. One participant noted that “the practice of psychiatry can be very different” around the world, and the Annual Meeting provides a great opportunity to “share what we do in our own health care systems.”

This program has proven to be enriching not only to the participants, but also to the APA members serving as program reviewers. APA looks forward to continuing it for years to come. **PN**

**2** All international research posters are scheduled to be presented during “Poster Session 1” on Saturday, April 25, from 9:30 a.m. to 10:30 a.m.



# ANNUAL MEETING 2020 • PHILADELPHIA

## Preliminary Program Guide • MONDAY

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of Being a Forensic Consultant Director: Phillip Jacob Resnick, M.D.

3 P.M.-4:30 P.M.

### General Sessions

**"217 Boxes of Dr. Henry Anonymus": Civil Rights Icon Dr. John Fryer** Chair: Malcolm Lazin, J.D.

**Advancing Quality of Psychiatric Care With Broader Lithium Use** Chair: Janusz K. Rybakowski, M.D., Ph.D.

**Are We Making a Difference: Measuring Patient Outcomes and the Value of Our Work** Chair: Carol L. Alter, M.D.

**Can I Make a Career—and a Living—Working With Homeless Mentally Ill Individuals? Part 2** Chair: Stephen Mark Goldfinger, M.D.

**Crouching Tiger, Hidden Identities: LGBTQ Asian American Mental Health** Chair: Albert Ning Zhou, M.D.

**Deaths of Despair or Brain Conditions?** Chair: Maria Antonia Oquendo, M.D., Ph.D.

**Delayed Maturation of Executive Functioning in Autism** Chair: Wajih Yousuf, M.D.

**Focus Live: Evidence-Based Principles for Bipolar Disorder Treatment** Mark Hyman Rapaport, M.D., Joseph F. Goldberg, M.D.

**Gay Sex in the 21st Century** Chair: Eric Yarbrough, M.D.

**How Can Korean and Japanese Psychotherapy Contribute to Psychotherapy in America?** Chair: Yong Chon Park, M.D., Ph.D.

**Innovating, Implementing, and Sustaining Integrated Care Over the Patient Lifespan** Chairs: Nicole M. Benson, M.D., Andrew David Carlo, M.D.

**Introduction to Food Addiction** Chair: Timothy W. Fong, M.D.

**Pain and the Brain: Insights on Opioid Therapy and Alcohol Use Management in People With Chronic Pain Conditions** Chair: Mark Egli, Ph.D.

**Perspective in the Assessment of Patients With Serious Mental Illness to Consent to Treatment** Chair: Laura A. Clarke, M.D.

**Practice Tips for Advancing Quality and Reducing Risk in Women's Mental Health Care** Chair: Jacqueline A. Hobbs, M.D.

**Pre-Deployment Biological and Behavioral Markers to Identify Risk**

**and Resilience Factors for PTSD in Active-Duty Military Personnel** Chair: Charles R. Marmar, M.D.

**Racism and Climate Change: Impacts on Communities of Color** Chair: Robin Julia Cooper, M.D.

**Teens, Screens, and Social Connection: Problems and Solutions** Chair: Alma Spaniard, M.D.

**The Bottomless Abyss: Updating Psychoanalysis in General Psychiatric Training Through the Lens of Child Psychoanalysis and Trauma-Informed Care** Chair: Timothy Rice

**The Importance of Psychological Evaluations in U.S. Asylum Cases: How to Start an Asylum Clinic in Your Hospital or Medical School** Chair: Jon Wesley Boyd, M.D., Ph.D.

**The Most Graceful Exit Possible: An Exploration of Roles for the Psychiatrist in Patients Facing or Requesting Death** Chair: Adrienne D. Mishkin, M.D., M.P.H.

**The Social Determinants of Health: Essential Elements to Global Health Care Quality and Outcomes** Chairs: Eliot Sorel, M.D., Bernardo Ng, M.D.

**The Technological Addictions: From Fun and Games to Bona Fide**

i

REGISTER NOW FOR MEETING AND SAVE!

See box on page 8 for registration information. Advance registration fees are now in effect. Please note that courses and master courses require additional enrollment and ticket purchase.

**Psychiatric Conditions** Chair: Petros Levounis, M.D.

**Two Sides of a Coin: Community and Patient Engagement in Bipolar Disorder Genetic Research** Chair: Joyce Balls-Berry

**U.S. Immigration Court and Traumatized Women Facing Deportation: Three Cases Introducing the Clinical-Legal Connection** Chair: Howard L. Forman, M.D.

**Yo, That's Where I Grew Up: Google Maps Street View as an Innovative Therapeutic Tool** Chair: Akeem N. Marsh, M.D.

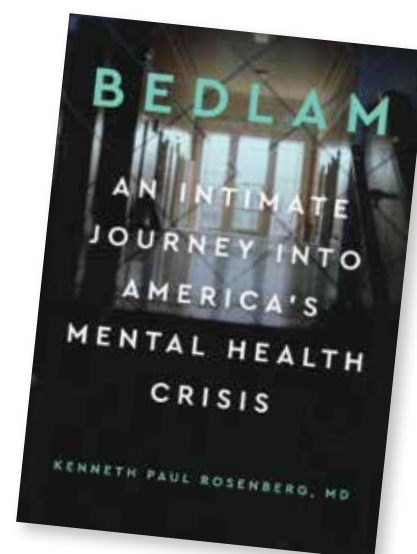
### Presidential Session

**Can the Chief Wellness Officer Save Us?** Chair: Richard Fredric Summers, M.D. **PN**



Upper East Films LLC

Todd, whose story is featured in the film "Bedlam" by psychiatrist Kenneth Rosenberg, M.D., is one of thousands of homeless people with serious mental illness in Los Angeles. The film will be shown at APA's 2020 Annual Meeting in Philadelphia.



Long-time filmmaker and psychiatrist Ken Rosenberg, M.D., is the producer and director of the documentary "Bedlam," which is also the title of a

book he wrote in connection with the film.

## Philly: A Homecoming for 'Bedlam'

*The failure of this country to help people with serious mental illness stops our nation from coming to grips with one of its greatest social crises and facing the tragedy in which real people and real families are paying the ultimate price.* **BY KEN ROSENBERG, M.D.**

I am an addiction psychiatrist in New York City and a documentary filmmaker. My education about mental illness started long before I became a psychiatrist. When I was 14, Merle, my beautiful and kind 20-year-old sister, developed schizophrenia. Her illness, compounded by my parents'

denial, tore at the very fabric of our family and altered the course of each of our lives. Merle died at age 55, not uncommon for people with a serious mental illness, who die decades earlier than the general population. Her autopsy cited a heart attack and a previously undetected breast cancer as

causes of death. But I knew the truth: What killed my sister was serious mental illness—accompanied by shame, stubbornness, denial, and confusion.

Since her death, I have come to see that my family's tragedy is an American tragedy. My family's shame is America's great secret. In my own small effort to prevent more premature deaths like Merle's, I organized a workshop at APA's 2012 Annual Meeting in Philadelphia called "Bedlam Revisited." It featured psychiatrists who had been working

over the years to call attention to the crisis of people with serious mental illness (SMI), and it was named for the world's longest-standing asylum: Bethlem Royal Hospital, nicknamed Bedlam. Established in the 14th century, Bethlem Royal Hospital is now a modern and highly regarded psychiatric hospital in suburban London, but "bedlam" remains synonymous with hopeless chaos and incurable madness. At the 2012 workshop, leaders in the field—

continued on facing page



## Your Advocacy Voice Is More Important Than Ever!



2020 promises to be an historic election—not only will the country decide who will be our next president, but 88% of all congressional seats will be up for reelection. Now is the time for psychiatry to protect our friends in Congress and help elect new champions. We need lawmakers in Washington who understand the challenges we face as a profession and who will fight to protect our patients' access to quality mental and substance use disorder services.

APAPAC is a democratic tool with a singular focus: to help shape a Congress committed to solving the many problems facing the profession of psychiatry and the care of our patients. Now more than ever, we need your support for APA's advocacy efforts. Combine your personal contributions with those of your peers to support candidates who will fight to strengthen coverage protections for our patients, increase access to mental health services, and elevate the importance of physical and mental health parity.

Together, we can work to shape the future of our mental health system. Visit our Advocacy Booth, and learn more about all the advocacy opportunities APA offers to empower you, including taking the first advocacy step by sending letters to your members of Congress at the booth, joining our Congressional Advocacy Network, and contributing to APAPAC.

Next, join us in celebrating our legislative successes and the hard work of APA's advocates at the APAPAC reception on Sunday, April 26, from 9 p.m. to 11 p.m. APAPAC contributors who have donated at least \$250 (\$125 for resident-fellow members) are invited to the APAPAC reception; all others may purchase tickets at the Advocacy Booth: \$100 for general members, \$50 for early career psychiatrists, and \$25 for resident-fellow members. The reception will be held at the City Winery at 900 Filbert Street, which is known for delivering the highest-end combination of culinary and cultural experiences.

**To donate, go to [psychiatry.org/APAPAC](https://psychiatry.org/APAPAC) or stop by the Advocacy Booth in APA Central. See you at the reception!**

*continued from facing page*

including Marcia Goin, M.D., Judge Steven Leifman, Paul Fink, M.D., Paul Applebaum, M.D., Nada Stoland, M.D., John Talbott, M.D., Jeffrey Geller, M.D., Colin Dias, M.D., and others—discussed the inadequate resources available to people with SMI and the criminalization of many.

Eight years later, we are returning to Philadelphia for the Annual Meeting, and Dr. Geller is our president-elect. Bruce Schwartz, M.D., and Saul Levin, M.D., M.P.A., also long-time advocates for people with SMI, are our current president and CEO and medical director, respectively. The three of them are bestowing a lifetime achievement award on schizophrenia/bipolar expert E. Fuller Torrey, M.D., at the meeting.

In connection with Dr. Torrey's award presentation, APA is showing "Bedlam," my just-completed, 90-minute PBS-sponsored film on the tragic trajectory that many of those with SMI in America experience today. Based in part on that 2012 APA workshop, my film and book (also called *Bedlam* and published this past fall by Penguin Random House), plunge us into the epicenter of the crisis in Los Angeles, where at least 20,000 people with mental illness live on the streets. The largest mental institution in the United States is the L.A. County Jail, and the main refuge for many is the emergency room at the L.A. County+USC Medical Center. Made with producer Peter Miller, "Bedlam" was the first documentary over-

view about SMI to be shown at the Sundance Film Festival.

Philadelphia is not just where my "Bedlam" project started; the city has enormous importance to APA, its members, and me. Philadelphian Benjamin Rush, M.D., is recognized as the father of American psychiatry, and APA was founded in Philadelphia in 1844. On a more personal level, Philly is where I grew up and where Merle was first involuntarily hospitalized at one of the nation's first mental institutions, the Institute of Pennsylvania Hospital.

In the 1990s, that hospital ceased its care for those with SMI. Half of the old hospital has since been repurposed as a large homeless shelter for families in Philadelphia. Many asylums have been torn down to make way for today's jails and homeless shelters. Our nation today, however, may be waking up to our national disaster of untreated people with SMI living on the streets and populating our jails, and APA is working hard to change this situation.

With APA's support, I hope that the book and film "Bedlam" will serve as a call to consciousness and action. I hope the stories of our patients will move the public to overcome shame and stigma and that more of my colleagues will join the public as an undaunted, unashamed, and unified force that insists on change. **PN**

**2** **"'Bedlam': A New PBS Film and Book on America's Mental Illness Crisis—Part 1"** will be held Tuesday, April 28, from 1 p.m. to 2:30 p.m. **Part 2** will follow from 3 p.m. to 4:30 p.m.

## TUESDAY, APRIL 28

**8 A.M.-9:30 A.M.**

### General Sessions

**A Game-Changing Approach for Delirium: A Newly Developed EEG Device to Predict Patient Outcomes and Novel Pharmacotherapy With Ramelteon/Suvorexant** *Chair: Aubrey Chan, M.D., Ph.D.*

**A Multifaceted Approach for Championing Integration of Addiction Treatments Into Primary Care** *Chair: Dongchan Park, M.D.*

**Are Your Patients With Opioid Use Disorder Worried, Losing Sleep, or Dealing With Trauma?** *Chairs: Geetha Subramaniam, M.D., Carlos Blanco-Jerez, M.D., Ph.D.*

**Black and Gay: A Historical Perspective of Black Gay Men** *Presenter: Billy Emanuel Jones, M.D.*

**Caring for the Traumatized: Assessment and Treatment of Refugees and Asylum Seekers** *Chair: Balkozar Seif Eldin Adam, M.D.*

**Cognitive Behavior Therapy: Troubleshooting Common Challenges** *Chair: Jesse H. Wright, M.D.*

**Complex Mood Disorders: How Should They Best Be Diagnostically Classified?** *Chair: Joseph F. Goldberg, M.D.*

**Decreasing the Global Mental Health Treatment and Research Gaps** *Presenter: Milton Leonard Wainberg, M.D.*

**HALTING TRAFFICK: Psychiatry's Role in Reducing Human Trafficking in the U.S. and Worldwide** *Chair: Cheryl D. Wills, M.D.*

**Innovation and Informatics: Enhancing the Collaborative Care Model** *Chair: Courtney B. Wolk, Ph.D.*

**Managing Difficult Transferences and Countertransferences** *Chair: Holly D. Crisp, M.D.*

**Mental Health Advocacy in the Trumpian Era** *Chairs: Jose P. Vito, M.D., Robert Scott Benson, M.D.*

**Overcoming Challenges in College Mental Health Services and Delivery** *Chair: Amy W. Poon, M.D.*

**Overcoming Unconscious Biases in Forensic Psychiatry: Ethics Approaches to Combat Bias and Reach Objective Opinions** *Chair: Robert Weinstock, M.D.*

**Positive Psychiatry and Positive Psychotherapy Tools to Work and Age Well** *Chair: Erick L. Messias, M.D.*

**Proactive Approaches at the Local, State, and Federal Level: Advocacy for the APA Foundation Programs** *Chair: Jacqueline M. Feldman, M.D.*

**Screening and Treatment for Alcohol Use Disorder in Patients With Alcohol-Associated Liver Disease** *Chair: H. Joe Wang, Ph.D.*

**Social Media, Mental Health, and Digital Technology** *Chair: Elizabeth Englander*

**The Rocky Road to Removing Gender Dysphoria From DSM-5** *Chair: Jack*

*Drescher, M.D.*

**Thud: A Critical Reexamination of the History and Ethics of Rosenhan's Experiment, "On Being Sane in Insane Places"** *Chair: Dominic Sisti, Ph.D.*

**Treatment of Severe Obsessive-Compulsive and Related Disorders: What Do You Do If First-Line Treatments Don't Work?** *Chair: Katharine A. Phillips, M.D.*

**Using Motivational Interviewing to Improve Health and Behavioral Health Outcomes in Underserved Communities** *Chair: Joseph Laino*

**What's Eating You? Challenges in the Outpatient Management of Eating Disorders** *Chair: Erica C. Garcia-Pittman, M.D.*

**When Do I Need to Obtain an ECG as a Psychiatrist? Advancing Quality of Care for Your Patients With the Practical What, When, and Why's of ECGs** *Chairs: Rohul Amin, M.D., Adam Lee Hunzeker, M.D.*

**When the Binary Bough Breaks: How Psychiatrists Can Promote the Health and Human Rights of Intersex Children and Adults** *Chair: Katharine B. Dalke, M.D.*

**Who Is the Psychiatrist of the Future? Psychotherapeutic Expertise in Psychiatric Consultation to Integrated Care** *Chair: David L. Mintz, M.D.*

### Learning Lab

**Opioid Overdose Awareness and Reversal Training** *Chair: Allison Herens, L.S.W.*

### Presidential Session

**Facing the Challenge of Cannabis Legalization: Psychiatry's Role** *Chair: Kevin Allen Sevarino, M.D.*

**8 A.M.-NOON**

### Courses

**Course ID: C1705 | Acute Brain Failure: Pathophysiology, Diagnosis, Management, and Sequelae of Delirium** *Director: Jose R. Maldonado, M.D.*

**Course ID: C8059 | All You Ever Wanted to Know About Clozapine: Basics and Beyond** *Director: Robert Osterman Cotes, M.D.*

**Course ID: C1659 | Keep Calm and Standardize on: Best Practices for the Care of Youth With Agitation and Aggression and the Pediatric BETA Consensus Guidelines** *Director: Nasuh Malas, M.D., M.P.H.*

**Course ID: C1249 | Treating Narcissistic Personality Disorder: Transference-Focused Psychotherapy** *Director: Frank Elton Yeomans, M.D.*

**8 A.M.-5 P.M.**

### Master Course

**Course ID: M8038 | Essentials of Clinical Psychopharmacology** *continued on page 30*

# Let's Talk About Psychotherapy

*This year's Annual Meeting offers numerous sessions on psychotherapy that will not only sharpen your skills to treat specific disorders but also enhance other treatment approaches. BY DAVID MINTZ, M.D.*

While those psychiatrists who value psychotherapy often worry about the marginalization of psychotherapy in psychiatry, APA's 2020 Annual Meeting has much to offer the psychiatrist-psychotherapist. There are roughly three dozen sessions focusing on psychotherapy. A quick search on the Session Search tool on the Annual Meeting website (see web address at the end of this article) identifies 23 sessions in which psychotherapy and psychoanalysis are the primary topics. However, over a dozen other sessions are listed under other primary topics that feature psychotherapy.

While a number of sessions aim to review and deepen participants' skills in some of the most commonly practiced forms of psychotherapy, such as dialectical behavior therapy, psychodynamic psychotherapies, interpersonal therapy, motivational interviewing, and group therapy, many other



David Mintz, M.D., the leader of APA's Caucus on Psychotherapy, is the director of psychiatric education/associate director of training/team leader at the Austen Riggs Center.

sessions explore novel psychotherapeutic modalities, innovative adaptations of mainstream psychotherapies, or integrative psychotherapeutic approaches that incorporate skills and techniques from different schools of thought, depending on the current needs of the patient.

Indeed, there seems to be an integrative mood at this year's Annual Meeting, with many of the psychotherapy-focused presentations exploring ways to integrate psychotherapies or to use psychotherapeutic skills to enhance other treatment approaches, whether through the use of motiva-

tional interviewing or acceptance and commitment therapy to enhance pharmacotherapy, the value of the psychiatrist's psychotherapeutic expertise in collaborative care consultation, or the use of psychedelic medicines to optimize psychotherapeutic learning. The integrative mood is also reflected in several presentations on integrating psychodynamics and neurobiology.


Many of the psychotherapy offerings explore ways to deal with complex clinical problems, including complicated grief, sexual problems, severe personality disorders, trauma, and suicidality. Others explore ways to optimize psychotherapeutic care for specific populations, including older adults, underserved communities, and populations vulnerable to victimization, and to help clinicians develop cultural sensitivities and illuminate racial blind spots.

The health of clinicians is another focus, and several sessions highlight the value of psychotherapy and psychotherapeutic skills for them. This includes sessions helping clinicians to recognize and manage difficult transferences and countertransferences in

psychiatric practice or on collaborative care teams, as well as the application of psychotherapeutic approaches to counter burnout.

Further, an interest in the next generation of psychiatrist-psychotherapists is evident, with five sessions focusing on the needs of psychiatric trainees and exploring ways to enhance psychotherapy training for psychiatrists.

Lastly, the seventh annual meeting of the APA Caucus on Psychotherapy will be held on Sunday, April 26, from 8 a.m. to 10 a.m. in the Grand Ballroom of the Notary Hotel. The caucus is the only authorized body within APA to specifically tend to the interests, concerns, and needs of psychiatrists who are invested in psychotherapy as a core aspect of psychiatric identity and practice. All psychiatrists with an interest in psychotherapy and biopsychosocial psychiatry are invited and encouraged to attend. **PN**

 The Annual Meeting Session Search can be accessed at <http://apapsy.ch/SessionSearch>. The APA Caucus on Psychotherapy will meet on Sunday, April 26, from 8 a.m. to 10 a.m. in the Grand Ballroom of the Notary Hotel.

## Sessions on Psychotherapy: State of the Art and Considerations for Future



Many of the complex issues pertinent to the practice of and research in psychotherapy are the focus of more than three dozen sessions at this year's Annual Meeting. Here are just some of the psychotherapy-related sessions on the schedule. Check the APA Meetings App (see page 21) for the latest information. Additional registration is required for courses.

### SATURDAY, APRIL 25

8 a.m.-Noon

**Treating Complicated Grief in Practice Settings (Course)**  
M. Katherine Shear, M.D., Sidney Zisook, M.D., Stephen Cozza, M.D., Alana Iglewicz, M.D.

1 p.m.-2:30 p.m.

**Change During Psychodynamically Oriented Treatment**  
Jennifer Downey, M.D., Debra Katz, M.D., Michael Stone, M.D., Richard Hersh, M.D., Eric Plakun, M.D., Vincenzo Di Nicola, M.D., Ph.D.

### SUNDAY, APRIL 26

8 a.m.-9:30 a.m.

**Cognitive Behavior Therapy for Suicidal Behavior**  
Jesse Wright, M.D., Judith Beck, Ph.D., Donna Sudak, M.D.

8 a.m.-10 a.m.

**Caucus on Psychotherapy**  
Grand Ballroom, Notary Hotel

10 a.m.-11:30 a.m.

**The Relationship Between Neurobiological and Psychodynamic Determinants of Personality**  
Saul Levin, M.D., M.P.A., Otto Kernberg, M.D., Mark Solms, Ph.D., Dragan Svrakic

1 p.m.-2:30 p.m.

**Acceptance and Commitment Therapy (ACT) for Psychiatric Clinicians: The Basics and Beyond**  
Kirk Strosahl, Ph.D., Debrin Goubert, M.D., Laura Roberts, M.D., M.A.

**Removing Racial Blind Spots: Making Use of Challenges and Opportunities While Promoting (E)Quality in Psychotherapy and Clinical Supervision**

Constance Dunlap, M.D., Flavia De Souza, M.D., M.H.S., Ebony Dennis, Psy.D., Jessica Isom, M.D., M.P.H., Myra Mathis, M.D.

### MONDAY, APRIL 27

8 a.m.-Noon

**Psychodynamic Therapy for Personality Disorders: Transference-Focused Psychotherapy Extended (Course)**  
Eve Caligor, M.D., Otto Kernberg, M.D., Frank Yeomans, M.D.

1 p.m.-2:30 p.m.

**Social Psychopharmacology: A New Era of Psychedelic-Assisted Group Therapy and Support**  
Alexander Trope, M.D., M.Sc., Chris Stauffer, Elizabeth Nielson

### TUESDAY, APRIL 28

8 a.m.-9:30 a.m.

**Cognitive Behavior Therapy: Troubleshooting Common Challenges**  
Jesse Wright, M.D., Judith Beck, Ph.D., Donna Sudak, M.D.

**Managing Difficult Transferences and Countertransferences**  
Holly Crisp, M.D., Glen Gabbard, M.D.

**Who Is the Psychiatrist of the Future?**

**Psychotherapeutic Expertise in Psychiatric Consultation to Integrated Care**  
David Mintz, M.D., Madeline Lansky, M.D., Sherry Katz-Bearnot, M.D., Elizabeth A. Greene, M.D.

8 a.m.-Noon

**Treating Narcissistic Personality Disorder: Transference-Focused Psychotherapy (Course)**  
Frank Yeomans, M.D., Otto Kernberg, M.D., Eve Caligor, M.D., Diana Diamond, Ph.D.

10 a.m.-11:30 a.m.

**Psychotherapy in Psychiatry—2020: Reintegrating and Unifying Perspectives**  
Ferda Sakman, M.D., David Mintz, M.D., Alyse Eytan, M.D., Guy Cameron Williams, M.D., Seamus Bhatt-Mackin, M.D.

1 p.m.-2:30 p.m.

**New Directions for Cognitive Behavior Therapy for Mood Disorders**  
A. John Rush, M.D., Paul Grant, Ph.D., Michael Thase, M.D., Jesse Wright, M.D., Donna Sudak, M.D.

1 p.m.-2:30 p.m.

**Dynamic Therapy With Self-Destructive Borderline Patients: An Alliance-Based Intervention for Suicide**  
Eric Plakun, M.D., Samar Habl, M.D.

1 p.m.-5 p.m.

**Interpersonal Psychotherapy for Posttraumatic Stress Disorder (Course)**  
John Markowitz, M.D.





Oscar &amp; Associates

## Innovation Zone Adds New Touches To a Familiar Formula

*A bigger stage, a more interactive Innovation Lab competition, and digital research posters highlight some of the changes to APA's "meeting within a meeting."* **BY NICK ZAGORSKI**

**T**he Mental Health Innovation Zone—APA's celebration of technology, innovation, and creative thinking—will be back at this year's Annual Meeting in Philadelphia.

Located in the Grand Hall of the Pennsylvania Convention Center, the Innovation Zone will feature a main stage that will host panel discussions,

product demonstrations, lively TED Talk-style lectures, and other events over the course of four days.

The main event, APA's Innovation Lab, will be held Sunday, April 26. In this competition, seven hopeful teams will pitch their ideas on how to improve the delivery of mental health care to a panel of judges from business, technol-

ogy, and health care industries. After receiving feedback, the finalists will revise and strengthen their proposals before presenting their final pitch.

Audience members will be encouraged to play a more active role in the competition this year, including greater dialogue with contestants and a role in choosing the winners of the competition. A number of prizes will be awarded, including the \$10,000 Grand Prize. (The deadline for pitch proposals has closed.)

Also new this year: The Innovation

Zone will host MindGames—APA's popular trivia contest for psychiatry residents. It will be held on the Innovation Stage on Saturday, April 25.

In between the planned programs, attendees can enjoy some quiet time in the Innovation Zone's lounge area to recharge their brains (and their mobile devices) or visit some technology exhibit booths, including one for SMI Adviser, APA's Clinical Support System for Serious Mental Illness (see page 17).

This year's Annual Meeting will include a poster session dedicated to innovation. Presenters were encouraged to submit a digital poster that could make use of videos or animations; e-posters will be displayed on the Innovation Zone Stage in between sessions.

Attendees who want a little more activity might want to take part in APA's "Scavenger Hunt." This type of event, which was piloted at the 2019 IPS meeting, involves attendees tracking down a series of QR codes; once scanned with their phone camera, each code will provide a clue about the location of the next code. Anyone who completes all 10 has a chance at winning a prize, but every participant should have fun along the way and meet some interesting people. **PN**

**▶ The Mental Health Innovation Zone will be open from April 25 to April 28. MindGames will take place on Saturday, April 25, from 1 p.m. to 2 p.m. The Innovation Lab will take place on Sunday, April 26, from noon to 5 p.m. More information on the Innovation Zone and program updates can be found at <https://www.psychiatry.org/psychiatrists/education/mental-health-innovation-zone>.**

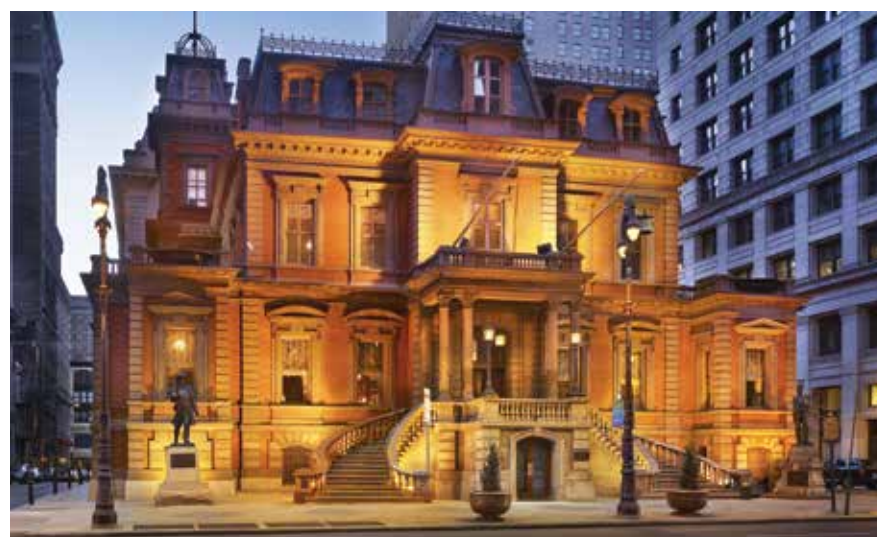
## APA Foundation Rolls Out Red Carpet at Historic Location for Annual Benefit

*The APA Foundation's benefit on Saturday, April 25, at the Union League of Philadelphia embraces the history of the city while supporting the Foundation's programs and initiatives.*

**BY KATIE O'CONNOR**

**J**ust 17 years after the organization that would become APA was founded in Philadelphia, the country was torn apart by war, and the city, just north of the Mason-Dixon line, was divided. But in 1862, a group in Philadelphia took a decidedly pro-Union stance, founding the Union League of Philadelphia, a patriotic organization dedicated to supporting President Abraham Lincoln and the continuity of the Union. The Union League still operates as a private club today, headquartered at the stately Union House on Broad Street.

The APA Foundation will give APA members attending the Annual Meeting



Courtesy the Union League of Philadelphia

Almost every lavishly decorated room in the Union League of Philadelphia is adorned with paintings, some of which are over 200 years old.

the opportunity to see the Union League house during its benefit on Saturday, April 25, from 7 p.m. to 10 p.m. Each year, the Foundation hosts a benefit to support its various initiatives to address

the most pressing mental health issues in this country today.

In addition to camaraderie, attendees will enjoy good food and libations at the black tie-optional event.

"Not only does the Foundation benefit provide members with the opportunity to socialize with their colleagues in an elegant atmosphere, they will also be able to learn more about the Foundation's many programs to promote access to high-quality health care for people with mental illness," said Saul Levin, M.D., M.P.A., APA CEO and medical director and chair of the Foundation's Board of Directors. These programs and initiatives include the following:

- 25 awards and eight fellowships and grants are given each year in the areas of research, career achievement, and early career advancement.
- More than 500 counties have passed resolutions in support of the Stepping Up Initiative, aimed at reducing the number of people with mental illness in jails.

see **Foundation** on page 34



# PsychPRO Reaping Benefits for Clinicians Reporting MIPS Data

Annual Meeting attendees who participate in Medicare can learn how PsychPRO can help them report MIPS quality data during a session that will also provide an update on an APA initiative using registry participants to develop quality measures. **BY MARK MORAN**

**P**sychedPRO, APA's mental health registry, continues to grow and is now helping more than 1,000 participants, including psychiatrists and behavioral health clinicians, meet quality reporting requirements.

For psychiatrists, who comprise more than half of the PsychPRO participants, the registry is also helping them meet maintenance of certification requirements.

The registry makes it especially easy for mental health professionals who participate in Medicare and are required to report quality data under MIPS (Merit-based Incentive Payment System) to do so—and that can mean higher reimbursement: 38% of PsychPRO participants who were required to report MIPS data in 2017 qualified for as much as a 4% bonus in reimbursement in 2019; this year, an estimated 55% of PsychPRO participants reporting 2018 performance data will reap up to a 5% increase in payment, depending on their MIPS score.

Mental health professionals interested in how PsychPRO can help them meet MIPS and other requirements will want to attend the Annual Meeting session “MIPS and Beyond: Using PsychPRO to Inform the Development and Testing of Quality Measures.” The registry will also have a demonstration area in APA Central in the Exhibit Hall.

The Annual Meeting session will describe how the registry is assisting in the development of new quality measures. In 2018, under a cooperative

agreement with the Centers for Medicare and Medicaid Services (CMS), APA received a three-year award to develop meaningful quality measures for behavioral health. The initiative engages patients, technical experts, and a Learning Collaborative of diverse behavioral health clinicians. Learning Collaborative participants are members of PsychPRO.

PsychPRO (Psychiatric Patient Registry Online) was launched in May

2017 to help members achieve the following:

- Avoid payment penalties and earn bonuses for meeting quality reporting requirements while minimizing the burden of data collection.
- Achieve optimal patient outcomes through tools to measure, chart, and benchmark clinical care.
- Automatically obtain Maintenance of Certification Part IV credit for quality improvement.
- Develop better ways to treat and

prevent psychiatric illnesses and help the field of psychiatry develop and test its own quality measures.

There are four MIPS performance categories: quality, promoting interoperability, cost, and improvement activities.

A total MIPS score of 70 or greater in the 2017 reporting year qualified a practice for possible bonus money on its 2019 Medicare reimbursements. Not reporting anything resulted in a 4% penalty. (For an overview of the Quality Payment System, go to APA's Payment Reform Toolkit at <https://www.psychiatry.org/psychiatrists/practice/practice-management/coding-reimbursement-medicare-and-medicaid/payment-reform>.)

PsychPRO participation has grown steadily, with an average of 300 clinicians joining each year. In 2017, well ahead of schedule, the registry qualified as a CMS Qualified Clinical Data Registry and has maintained that status through 2020. Individual clinicians and small and large group practices from 25 states are represented in PsychPRO.

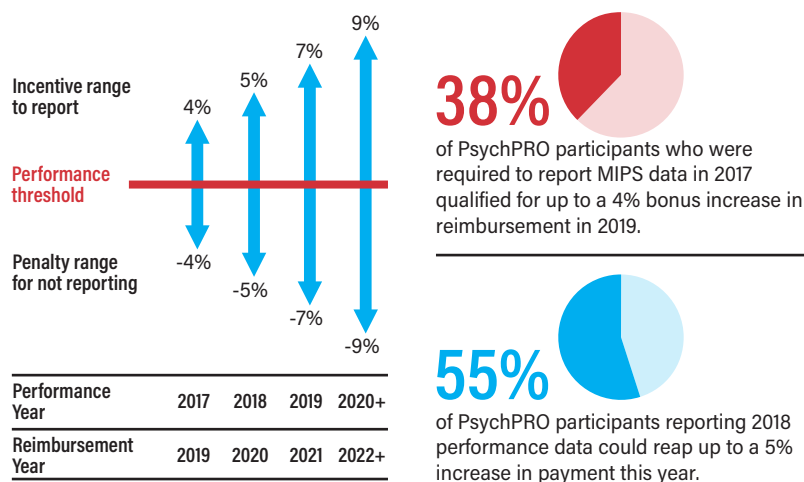
Nonetheless, an estimated minimum of 5,000 psychiatrists required to report MIPS data could benefit from joining PsychPRO; according to CMS data, 30% of these failed to report the data in 2017 required to avoid a penalty in 2019. And the stakes will get higher with possible bonuses (or penalties) of 7% in 2021 for those reporting 2019 performance data, and 9% in 2022 for those reporting data this year.

“I urge APA members and other mental health professionals to join PsychPRO,” said APA CEO and Medical Director Saul Levin, M.D., M.P.A. “It's one of APA's most successful initiatives and provides real, tangible benefits to participants—making their professional lives easier, reducing administrative burdens by making reporting requirements simple, and potentially helping them earn bonuses under the MIPS program.”

APA President Bruce Schwartz, M.D., who has made quality a priority issue in his presidency, commented, “If you aren't a PsychPRO participant yet, please attend the Annual Meeting session and learn how this tool can help your practice and how you can become a part of a community that is helping to drive the quality of mental health care forward in the field.” **PN**

## PsychPRO Is Growing—So Are Reporting Incentives, Penalties

APA's mental health registry helps mental health professionals meet MIPS (Merit-based Incentive Payment System) reporting requirements. Clinicians reporting last year on their 2019 performance may earn up to a 7% payment bonus or get up to a 7% penalty on 2021 reimbursements. Penalties and incentives increase to 9% this reporting year.



Source: Centers for Medicare and Medicaid Services and PsychPRO

## APA's Special Interest Caucuses to Meet



The purpose of APA's special interest caucuses is to promote communication and networking among member psychiatrists who share an interest in various areas of psychiatry and bring emerging or important issues to the attention of APA and the field of psychiatry. Learn more at <http://apapsy.ch/SpecialInterest>.

### SATURDAY, APRIL 25

5:30 p.m.-6:30 p.m.

#### Resident-Fellow Member Caucus

Franklin Hall Room 303, Marriott Downtown

### SUNDAY, APRIL 26

8 a.m.-10 a.m.

#### Caucus on Psychotherapy

Grand Ballroom, Notary Hotel

9 a.m.-11 a.m.

#### Caucus on Integrative Psychiatry

Conference Room 305, Marriott Downtown

1 p.m.-2:30 p.m.

#### Caucus of VA Psychiatrists

Conference Room 305, Marriott Downtown

### MONDAY, APRIL 27

1 p.m.-4 p.m.

#### Caucus on College Mental Health

Liberty Ballroom A & B, Marriott Downtown

Noon-1 p.m.

#### Caucus on Maintenance of Certification

Franklin Hall Room 10, Marriott Downtown

Noon-2 p.m.

#### Caucus of Psychiatrists Treating Persons With Intellectual Disabilities

Franklin Hall Room 13, Marriott Downtown

### TUESDAY, APRIL 28

11:45 p.m.-1 p.m.

#### Caucus on Climate Change and Mental Health

Conference Room 407, Marriott Downtown

12:30 p.m.-2 p.m.

#### Caucus on Religion, Spirituality, and Psychiatry

Conference Room 414, Marriott Downtown



# Challenges and Opportunities: Plenty of Offerings For Residents and Fellows This Year

*Why should you attend this year's Annual Meeting? Read on!*  
**BY JESSICA L. W. MAYER, M.D.**

**A**s a resident or fellow in psychiatry, you'll discover that APA's Annual Meeting offers rich opportunities to meet and learn from top experts and explore topics of interest that may have arisen during training or may be completely new. Also, you'll have plenty of opportunities to network with peers and established psychiatrists and to enjoy downtime



Jessica L. W. Mayer, M.D., is a PGY-4 triple-board resident (pediatrics, adult psychiatry, child and adolescent psychiatry) at Indiana University. She is a member of the Scientific Program Committee.

exploring a vibrant city rich in history, culture, and cuisine options. Through the many sessions planned for you (see schedule below), you can develop or

sharpen your leadership skills and prepare for finding your next position.

You might want to begin your Annual Meeting journey by checking out the Exhibit Hall, where information about career opportunities will be available, along with information about APA programs and services available to you. You'll also find the APA Publishing Bookstore, where you can buy the latest books in psychiatry at a discount. And don't forget to peruse the commercial exhibits.

Another highlight you'll enjoy is the

MindGames resident competition. Three finalist residency teams, to be announced next month at the annual meeting of the American Association of Directors of Psychiatric Residency Training, will compete Jeopardy-style to test their knowledge of psychiatry.

Also, you are invited to attend the Resident-Fellow Member (RFM) Caucus meeting on Saturday, April 25, from 5:30 p.m. to 6:30 p.m. in the Franklin Hall Room 303 at the Marriott Downtown. To become a member of the RFM Caucus, please go to your member profile at [my.psychiatry.org](http://my.psychiatry.org), click on "Special Interests Caucuses," and check the box for resident-fellow members.

Of course, you are welcome to  
*see Residents on page 34*

## Sessions for Residents, Fellows to Focus on Training Issues, Leadership, and Career Options



Below is a sampling of the many sessions that APA has planned for residents and fellows so they can meet and socialize with one another, ask questions, share information, and learn more about their chosen profession. The registration fee for the Annual Meeting includes admission (on a first-come, first-served basis) to all scientific sessions except courses. Check the APA Meetings App (see page 21) for the latest information.

### SATURDAY, APRIL 25

8 a.m.-9:30 a.m.

**A Roadmap to Psychiatric Residency: Assisting Stakeholders in the Medical Student Advising and Residency Recruitment Process**

**Impostor Syndrome and the IMG: A Cross-Sectional View Through the Psychiatric Career**

**Lights ... Camera ... Action! A Lesson on Educating Trainees to Address Social Determinants of Mental Health Through Interactive Theater**

**Workforce Diversity: Addressing the Leaky Pipeline for Black Men in the Psychiatric Workforce**

10 a.m.-11:30 a.m.

**AJP Residents' Journal: 15 Years of a Trainee-Led Journal**

**Patient Suicide Loss: Prevalence, Impact, and Practical Support Resources for Psychiatric Providers**

**Training the Next Generation of Psychiatrists: Models for Incorporating "Interventional Psychiatry" Into Residency Training**

1 p.m.-2 p.m.

**MindGames Resident Competition**

1 p.m.-2:30 p.m.

**Going Global: Navigating Mental Health Opportunities Abroad in Training and Beyond**

**Redefining the Old Boys' Club: Inviting a Younger Generation Into Organized Psychiatry and Political Activism**

**The Benefits and Challenges of Assuming Leadership Roles: A Workshop for Residents, Fellows, and Early Career Psychiatrists**

### SUNDAY, APRIL 26

8 a.m.-9:30 a.m.

**"But Everybody Is Doing It!": Talking Psychotherapy Integration in Residency Training**

**Association of Academic Psychiatry Resident Curriculum Vitae Boot Camp**

10 a.m.-11:30 a.m.

**Should Psychotherapy Become a Subspecialty of Psychiatry? Opportunities, Pitfalls, and the U.K. Experience**

**Speaking Out: How Three Physicians With Lived Experience Are Fighting Stigma**

**The Importance of Public Psychiatry: Seizing a Sense of Urgency and Inspiring Future Generations to Serve Our Communities**

1 p.m.-2:30 p.m.

**John Gunderson Residency Workshop in Borderline Personality Disorder—Part 1**

**Teaching Residents to Supervise: An Experiential Workshop**

1 p.m.-4 p.m.

**A Leadership Boot Camp for Residents and Fellows**

3 p.m.-4:30 p.m.

**International Medical Graduates and Psychiatry Residency Training in the**

**United States: Diverse Challenges and Opportunities**

**John Gunderson Residency Workshop in Borderline Personality Disorder—Part 2**

**Strengthening the Pipeline of Physician-Scientists During Psychiatry Residency and Beyond**

### MONDAY, APRIL 27

8 a.m.-9:30 a.m.

**Assembling a Leadership Toolkit for Trainees: Perspectives and Experiences of APA Leadership Fellows**

**Patient Suicide in Residency Training: The Ripple Effect**

1 p.m.-2:30 p.m.

**Can I Make a Career—and a Living—Working With Homeless Mentally Ill Individuals? Part 1**

**Making Your Mark: Networking and Professional Development in Psychiatry**

1 p.m.-2:30 p.m.

**The Time Is Now: Advancing Quality Care by Increasing Workforce Diversity**

3 p.m.-4:30 p.m.

**Can I Make a Career—and a Living—Working With Homeless Mentally Ill Individuals? Part 2**

**The Bottomless Abyss: Updating Psychoanalysis in General Psychiatric Training Through the Lens of Child Psychoanalysis and Trauma-Informed Care**

### TUESDAY, APRIL 28

8 a.m.-9:30 a.m.

**Mental Health Advocacy in the Trumpian Era**

10 a.m.-11:30 a.m.

**Psychodynamic Psychotherapy Supervision. How to Teach Psychodynamic**

**Principles: Using Video Clips of Supervision for Open Dialogue**

1 p.m.-2:30 p.m.

**Avoiding the Chill Pill: Verbal De-escalation Training for Psychiatric Residents in a Simulated Lab Setting**

**Can I Just Text or Email You? Risk Management Considerations Using Text/Email in Psychiatry Practice**

**Conflict Management for Leaders in Psychiatry**

**The White Space: How Portraiture Affects Belonging and Well-Being in Academic Medical Spaces**

**Training the Next Generation of Physicians in the Treatment of Opioid Use Disorders: A Model for Waiver Training in Medical School**

**Working With the Homeless: From Residency to a Career**

3 p.m.-4:30 p.m.

**Empowering Trainees to Engage in Scholarly Work and Leadership Roles**

**Innovative Primary Care Training for Psychiatry Residents in Integrated Psychiatric Settings**

**International Web-Based Research by Early-Career Psychiatrists (ECPs): Examples, Opportunities, and Challenges**

**Journal Club Best Practices**

**Leadership Training for Trainees by Trainees**

**Physician Heal Thyself? Easier Said Than Done: Barriers to Physicians Getting Treatment and Strategies to Engage Them**

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Preliminary Program Guide • TUESDAY

continued from page 25

Directors: Charles DeBattista, Alan F. Schatzberg, M.D.

10 A.M.-11:30 A.M.

APA Publishing Sessions

**Lifestyle Psychiatry: Using Exercise, Diet, and Mindfulness to Manage Psychiatric Disorders** *Chair: Douglas L. Noordsy, M.D.*  
**Madness and Creativity** *Chair: Peter John Buckley, M.D.*

General Sessions

**Abortion or Adoption: Mental Health Outcomes in a *Roe v Wade* Crisis** *Chairs: Virmarie Diaz Fernandez, M.D., Daniel P. Witter, M.D., Ph.D.*  
**Advancing Quality in Women’s Health Care: Practical Advice From Four Generations of Women Psychiatrists** *Chairs: Carol C. Nadelson, M.D., Gail Erlick Robinson, M.D.*  
**Assessment and Pharmacological Treatment of Neuropsychiatric Symptoms of Dementia** *Chair: Maureen C. Nash, M.D.*  
**At Risk: Integrating Mental Health, Law, and Advocacy to Improve the Well-Being of Vulnerable Immigrant Populations** *Chair: Pamela Carolina Montano, M.D.*  
**Cannabis: Clearing the Smoke on Cannabis Use Disorder** *Chair: Smita Das, M.D., Ph.D., M.P.H.*  
**Cultivation, Radicalization, and Identification: Understanding the Role of Popular Culture and Social Media in Risk for Violence** *Chair: Praveen R. Kambam, M.D.*  
**Diverse Perspectives and Practical Strategies in URM Psychiatry Recruitment, Retention, and Development** *Chair: Jeala Bernice Barnett, M.D.*  
**Drawing on Your Resilience to Face the Challenges of Burnout** *Chair: Joseph C. Napoli, M.D.*  
**Evolving Perspectives on Emotion, Emotion Regulation, and Their Social Context** *Presenter: Kevin Ochsner, Ph.D.*  
**Financial Sustainability of Integrated Care: A Variety of Approaches** *Chairs: Manish Sapra, M.D., James Colin Rachal, M.D.*  
**Firearms and Suicide Prevention: Why We Should Ask About Guns and How to Do It** *Chair: Marian Rain, M.D.*  
**Game on! Video Game Violence, Problematic Gaming, and Clinical Dilemmas of Video Games** *Chairs: Matthew C. Fadus, M.D., Sandra M. DeJong, M.D.*  
**Improving Controlled Substance Agreements: Addressing Stigma, Liability, and Practicality** *Chair: Jennifer Dominique Bellegarde, D.O., M.S.*  
**Improving Patient and Staff Safety One Unit at a Time: How We Succeeded in Reducing Violence on a Psychiatric Inpatient Unit** *Chairs:*

*Rajveen P. Vora, M.D., Jan Schuetz-Mueller, M.D.*  
**Ketamine in the Consultation Setting: What the C-L Psychiatrist Should Know** *Chair: Kristina L. Jones, M.D.*  
**LGBTQ+: A Primer for Mental Health Providers** *Chair: Richard Randall Pleak, M.D.*  
**Long-Term Medication for Axis I Disorders: Lifetime Treatment or Not** *Chair: Ira David Glick, M.D.*  
**Mental Illness, Mass Shootings, and the Politics of American Firearms** *Presenter: Jonathan Metzl, M.D., Ph.D.*  
**Promising Medications to Treat Alcohol Use Disorder** *Chair: Lorenzo Leggio, M.D., Ph.D., M.Sc.*  
**Psychiatric Emergencies in the U.S. and in France** *Chairs: Francois C. Petitjean, M.D., John A. Talbott, M.D.*  
**Psychoanalysis and Neuroscience: The Columbia Research Model** *Chair: Susan C. Vaughan, M.D.*  
**Psychodynamic Psychotherapy Supervision. How to Teach Psychodynamic Principles: Using Video Clips of Supervision for Open Dialogue** *Chair: Sergio V. Delgado, M.D.*  
**Psychotherapy in Psychiatry—2020: Reintegrating and Unifying Perspectives** *Chair: Ferda Sakman, M.D.*  
**SAMHSA Priorities Fireside Talk** *Presenters: Saul Levin, M.D., M.P.A., Elinore McCance-Katz, M.D., Ph.D.*  
**Terror, Tactics, and Trauma: Implications of Islamophobia for Psychiatrists** *Chair: Mariam F. Aboukar, D.O.*  
**The Effects of Loneliness and Social Support on Mental, Cognitive, and Physical Health** *Chair: Ellen Eun-Ok Lee, M.D.*  
**The General Psychiatrist and the Hostile Abdomen: An Approach to Intentional Foreign Body Ingestion in the Acute Care Setting** *Chair: Kevin Donnelly-Boylan*  
**To Tweet or Not to Tweet: Social Media Use for Professional Development and for Mental Health Research** *Chair: Carolyn Rodriguez, M.D., Ph.D.*  
**Translational Perspectives on Psychiatric Comorbidities in Substance Use Disorders** *Chair: Holly Moore, Ph.D.*  
**Who’s Responsible? School Mass Shootings: From the Lens of Psychiatry and Law** *Chairs: Clarence Watson, M.D., J.D., Ellen Sholevar, M.D., Raghuram Prasad, M.D.*

Learning Lab

**Psychiatric Advance Directives: Establishing a Patient’s Plan for a Mental Health Crisis** *Chair: Tristan Gorrindo, M.D.*

Presidential Session

**Roles of a Psychiatrist in the United States Public Health Service Commissioned Corps** *Chair: Micah J. Sickel, M.D., Ph.D.*

1 P.M.-2:30 P.M.

General Sessions

**“Blood Will Tell”: Diagnostic Diver- sions in a Case of Psychosis With Abnormal Movements and Dysmor- phic Red Cells** *Chair: Joseph Manuel Villarin, M.D., Ph.D.*  
**A Journey of Caring Collaboration** *Presenter: Philip R. Muskin, M.D., M.A.*  
**Assessment of Technology Use as a Valuable Diagnostic and Therapeu- tic Tool** *Chair: Zeynep Ozinci, M.D.*  
**Avoiding the Chill Pill: Verbal De-escalation Training for Psychiat- ric Residents in a Simulated Lab Set- ting** *Chair: Anetta Raysin, D.O.*  
**“Bedlam”: A New PBS Film and Book on America’s Mental Illness Cri- sis—Part 1** *Chair: Kenneth Rosenberg, M.D.*  
**Can I Just Text or Email You? Risk Management Considerations Using Text/Email in Psychiatry Practice** *Chair: Anne Huben-Kearney, R.N.*  
**Computational Psychiatry and Future Perspectives** *Chair: Nevzat K. Tarhan, M.D.*  
**Conflict Management for Leaders in Psychiatry** *Chair: Jessica Chaffkin, M.D.*  
**Confronting the Maladaptive Cul- ture of Medicine and the Epidemic of Depression and Suicide Within the Medical Community: Are We Eating Our Young?** *Chair: Ludmila B. De Faria, M.D.*  
**Correctional Psychiatry: Improv- ing Access, Safety, and Efficacy** *Chair: Hossam M. Mahmoud, M.D., M.P.H.*  
**Disorders of Impulsivity: Update on Current Treatment Approaches** *Chair: Jon E Grant, M.D., J.D., M.P.H.*  
**Dynamic Therapy With Self-De- structive Borderline Patients: An Alliance-Based Intervention for Sui- cide** *Chair: Eric Martin Plakun, M.D.*  
**Gut, Liver, and Brain Interactions in the Etiology and Treatment of Alcohol Use Disorder** *Chair: M. Kath- erine Jung, Ph.D.*  
**Improving Quality Through Novel Consultation-Liaison and Addiction Psychiatry Approaches to the Opioid Crisis** *Chair: Diana M. Robinson, M.D.*  
**Long Day’s Journey Into Light: A Psychiatrist With Bipolar Disorder** *Chair: Michael F. Myers, M.D.*  
**MIPS and Beyond: Using PsychPRO to Inform the Development and Test- ing of Quality Measures** *Chair: Diana Clarke, Ph.D.*  
**New Directions for Cognitive Behavior Therapy for Mood Disorders** *Chair: A. John Rush, M.D.*  
**Preparing for Important Changes** *Chair: William Hurt Sledge, M.D.*  
**Psychiatrist: Friend or Foe to the Transgender People—a Dialogue** *Chair: Eric Yarbrough, M.D.*  
**Psychiatry in the Courts: APA Confronts Legal Issues of Concern**

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REGISTER NOW FOR MEETING AND SAVE!

See box on page 8 for registration infor- mation. Advance registration fees are now in effect. Please note that courses and master courses require additional enrollment and ticket purchase.

**to the Field** *Chair: Marvin Stanley Swartz, M.D.*  
**Reflections on Services for Per- sons With Intellectual and Develop- mental Disabilities Nearing Six Decades as a Brother, Psychiatrist, and Scientist** *Presenter: Edwin Haynes Cook Jr., M.D.*  
**Single Payer and Mental Health: Have Doubts? Here Are Some Answers** *Chair: Jon Wesley Boyd, M.D., Ph.D.*  
**The Price of Being Cool in Adoles- cents: Dabbing, Vaping, and E-Ciga- rette Use** *Chair: Muhammad Zeshan, M.D.*  
**The White Space: How Portraiture Affects Belonging and Well-Being in Academic Medical Spaces** *Chair: Nien- tara Anderson*  
**Training the Next Generation of Physicians in the Treatment of Opioid Use Disorders: A Model for Waiver Training in Medical School** *Chair: Ste- phen A. Wyatt, D.O.*  
**Unprecedented Access to Psychi- atric Expertise: Making It a Reality** *Chair: Lori E. Raney, M.D.*  
**Working With the Homeless: From Residency to a Career** *Chair: Anthony J. Carino, M.D.*

Learning Lab

**Risks Versus Benefits of Marijuana and Cannabidiol (CBD): Is the Grass Greener on One Side?** *Chair: Rajiv Rad- hakrishnan, M.D.*

Presidential Sessions

**Advancing Evidence-Based Com- munity Treatment for First-Episode Psychosis** *Chair: Lisa Dixon, M.D.*  
**Current Issues in Psychiatric Mal- practice Litigation and Professional Boundaries** *Chair: Richard Lesesne Fri- erson, M.D.*

1 P.M.-5 P.M.

Courses

**Course ID: C1380 | Evaluation and Treatment of Sexual Dysfunctions** *Director: Waguith W. IsHak, M.D.*  
**Course ID: C1654 | Imminent Sui- cide Risk Assessment in High-Risk Individuals Denying Suicidal Ide- ation or Intent: Introduction and Training** *Director: Igor I. Galynter, M.D., Ph.D.*  
**Course ID: C1120 | Interpersonal Psychotherapy (IPT) for Posttrau- matic Stress Disorder (PTSD)** *Director: John C. Markowitz, M.D.*

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## Beyond Cheesesteak: Philly Foodies' Recommendations to Feast Like a Local!

*The Bourse, Rittenhouse Square, Chinatown, tacos, pizza, Korean, Burmese, vegetarian, steakhouses, sushi, Middle Eastern, Italian, French, wine bars, BYOBs, you name it—delicious options abound near the Annual Meeting this year.*

BY MADELEINE A. BECKER, M.D., M.A., AND DANIEL G. BECKER, M.D.

Philadelphia is a foodie paradise, but you have to know where to eat. It's a big city, with practically unlimited options for every kind of taste. Having lived in Philadelphia for over 20 years, we will help guide you to some great options that are all in relatively close proximity to the center of the city and the Pennsylvania Convention Center.

Let's start with lunch. The convention center is just a few blocks away from Reading Terminal Market. Nearly every type of food can be found here, from crepes to Indian to Amish apple dumplings (one of our favorites!). It is a must—you can get lost in all of the exciting options. Plus, it's a great place to buy souvenirs.

You can also just walk a short distance south on 13th Street to find plenty of great lunch options, such as **Barbuzo**, **Tredici**, and **El Vez**.

The convention center is also a few blocks from Chinatown. You may want to wander over and walk into any restaurant that catches your eye there. One of our favorites is **Dim Sum Garden**. There are other options besides Chinese food in Chinatown. **Rangoon** is a Burmese restaurant, a favorite among visitors and locals. If you want something warm and comforting, **Vietnam Restaurant** has great pho.

In the Independence Mall area, you can find lots of choices at the Bourse. This historic building was home to the nation's first commodities exchange

market and is located within a block of the Liberty Bell, Independence Hall, the Constitution Museum, the African American Museum, and the American Jewish Museum. The Bourse now hosts a modern upscale food court with offerings including Egyptian fare, Korean food, Hawaiian poke, fresh pasta, awesome tacos, and much more.

Speaking of tacos, some of the best tacos in the country can be found at **South Philly Barbacoa**. It's just two blocks from the iconic **Pat's Cheesesteaks**, one of the more famous Philadelphia eateries. Dress casually, and arrive early. The lines can be long (but worth the wait!).

Let's not forget pizza. There are many great places to get a slice or a pie in the city: **Alice** is very close to the convention center (and has locations in Rome, too) and will make your eyes and your mouth water. **Top Tomato** is very casual, has a great variety, and is good for a quick slice for lunch. **Snap Kitchen Pizza** and **Zavino** are also in close proximity to the convention center, so you can run out and grab a slice during the Annual Meeting. **Pizzeria Stella** has a brick oven imported from Italy and is an excellent choice for lunch or dinner.

The following are a few more great lunch venues, not too far from the convention center: **Dizzendorf** (falafel and hummus), **Federal Donuts** (awesome fried chicken and donuts), **Giwa** (Korean), **Philadelphia Chutney Com-**



Madeleine A. Becker, M.D., M.A., is an associate professor of psychiatry in the Department of Psychiatry and Human Behavior and the Department of Integrative Medicine and Nutritional Sciences at Thomas Jefferson University Hospital. Daniel G. Becker, M.D., is a clinical professor of otolaryngology: head and neck surgery at the University of Pennsylvania.



**pany** (Indian, with Bollywood movies playing on the TV screen here), **Mission Tacos**, **DanDan** (Chinese), and **Caribou Café** (French bistro).

All these places are close to the Walnut and Chestnut street shopping areas, so these are good options when you need a bite and a break.

For dinner, there are many choices, and so we list a few of our favorites by category. Plan ahead and make a reservation.

- **Middle Eastern:** **Suraya** (Lebanese), **Zahav** (Israeli), and **K'Far Café**.

- **Italian:** **Gran Caffè L'Aquila** (outstanding regional Italian with award-winning gelato), **the Saloon** (iconic old-school South Philly Italian), **Dante and Luigi's** (Italian), **Vetri** (Upscale Italian), and **Davio's** (Northern Italian).

- **Mexican:** **El Vez**, **Tequilas, Xochitl**, and **Condesa**.

- **Rittenhouse Square** (deserves its own category): **Parc** (French, great for breakfast, lunch, or dinner), **Rouge**, and **Devon Seafood** are excellent choices with outdoor seating and a view of the square.

- **Sushi:** Our neighborhood favorites are **Koto**, **Kisso**, and **Fat Salmon**. More upscale are **Morimoto**, **Double Knot**, **Zama**, **Royal Sushi** and **Izakaya**, and **Tuna Bar**.

- **Vegetarian:** For great Philadelphia vegetarian cuisine, try **Vedge** (reservations!), **V Street**, and **Goldie**.

- **Classics:** Some favorites that have stood the test of time include **Amada** (Spanish tapas), **Fork** (American), **Talula's Garden** (American, with a lovely outdoor eating space), **Mustard Greens** (Chinese), **Buddakan** (nouveau-Chinese), and **The Continental**. **Han Dynasty** (Chinese) in Old City is just a short walk from **Franklin Fountain**, a wonderful old-world homemade ice cream shoppe well worth visiting (and its homemade candy shoppe is next door).

- **French:** **Bistro la Minette** and **Royal Boucherie**.

- **Steaks:** Steakhouses are popular and plentiful in Philadelphia. **Alpen Rose**, **Barclay Prime**, **Butcher and Singer**, **Union Trust**, **Del Frisco's**, **The Palm**, **Capital Grill**, and **Malbec** are some of the most popular choices.

- New hot location: **Vernick Fish** (at the Four Seasons).

- Some wonderful little BYOBs can be found throughout the city: **La Viola**, **Branzino**, **Little Nonna**, **Pumpkin**, **La Fontana della Citta**, **Melograno**, **Res Ipsa**, **Perla** (Filipino), and **Isot** (Turkish) are great choices.

- For a good cocktail and getting together with friends we suggest **Tria** (wine bar), **Ritz Carlton** (the lobby or the bar), **XIX at the Bellevue**, and **JG Skyhigh** (at the Four Seasons).

Of course, this is not an exhaustive list. There are many other great places to eat in the city and more options if you want to see other areas of Philadelphia. For a list of wider options, including nearby South Philadelphia, Fishtown, University City, and beyond, Google "Philadelphia Magazine Top 50 Restaurants" for 50 great places to eat.

Enjoy Philadelphia, and bon appetit! **PN**



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**Course ID: C1444 | Transcranial Magnetic Stimulation: Clinical Applications for Psychiatric Practice Directors:** Richard A. Bermudes, M.D., Philip G. Janicak, M.D.

**3 P.M.-4:30 P.M.****General Sessions**

**Advances in HIV Prevention Interventions for People With Mental Illness** Chair: Kenneth Bryan Ashley, M.D.

**Advancing Quality of Transgender Care With WPATH Standards of Care Version 8** Chair: Dan H. Karasic, M.D.

**"Bedlam": A New PBS Film and Book on America's Mental Illness Crisis—Part 2** Chair: Kenneth Rosenberg, M.D.

**Beyond Diversity and Inclusion: Is Your Workplace Affirming?** Chair: J. Corey Andrew Williams, M.D., M.A.

**Boots, Babies, and Beyond: Maternal Mental Health During and After Military Service** Chair: Melinda Ann Thiam, M.D.

**Consultations in Conflict: How to Negotiate Win-Win Solutions** Chair: Andrew M. Siegel, M.D., M.A.

**Criminal Injustice, an Underappreciated Social Determinant of Mental Health, Explored Through the Prism of Hip-Hop** Chair: Sarah Yvonne Vinson, M.D.

**Empowering Trainees to Engage in Scholarly Work and Leadership Roles** Chair: Donna Marie Sudak, M.D.

**Ethics Dilemmas in Psychiatric Practice** Chair: Rebecca W. Brendel, M.D., J.D.

**Improving Care and Protecting the Clinician: Learning the Multiple Purposes of Treatment Contracting** Chair: Richard G. Hersh, M.D.

**Innovative Primary Care Training for Psychiatry Residents in Integrated Psychiatric Settings** Chair: Jean-Marie E. Alves-Bradford, M.D.

**International Web-Based Research by Early Career Psychiatrists (ECPs): Examples, Opportunities, and Challenges** Chairs: Alan R. Teo, M.D., Victor Pereira-Sanchez, M.D.

**Journal Club Best Practices Chair:** Elizabeth Ryznar, M.D.

**Leadership Training for Trainees by Trainees** Chair: Heather Burrell Ward, M.D.

**Lessons From Hogwarts: Erickson's Stages, the Therapeutic Alliance, and Parenting Styles as Explored Through the Works of JK Rowling** Chair: Francis O. Ridge, D.O.

**My Personal and Professional Journey Through Autism: Update on Autism Treatment Through the Lifespan** Chair: Ilana M. Slaff, M.D.

**Navigating Clinical and Ethical Complexity in Geriatric Psychiatry** Chairs: Laura Bodin Dunn, M.D., Boski Patel, M.D.

**Physician Heal Thyself? Easier Said Than Done: Barriers to Physicians Getting Treatment and Strategies to Engage Them** Chairs: Laurel Mayer, M.D., Carol Ann Bernstein, M.D.

**Seeing Through the Smoke: Medicolegal Implications of Medical Marijuana** Chair: Chandler Hicks, D.O.

**Social Media Skills for Psychiatry Leaders: Building Your Brand** Chair:

Howard Y. Liu, M.D.

**Social Psychiatry: Current Challenges and Future Directions** Chair: Eugenio M. Rothe, M.D.

**Substance Use in the Perinatal Period: Latest Research Findings and Implications for Clinical Practice** Chair: Claire Wilson, MB.Ch.B.

**The Problem With Problematic Surrogate Decision Makers** Chair: Howard L. Forman, M.D.

**Treatment of Depression With or Without Comorbidity: Does Personality Disorder Really Matter?** Chair: Henricus Van

**Vision: The Next Frontier for Psychiatry** Chair: Saul Levin, M.D., M.P.A.

**When #MeToo Is Not Enough: Addressing the Mental Health Needs of Survivors of Intimate Partner Violence (IPV) in the Community** Chair: Obianuju Jennifer Berry, M.D., M.P.H.

**Learning Lab**

**Mobile Mental Health Meets Clinical Psychiatry: New Tools for New Models of Care** Chair: John Torous, M.D. **PN**

## How Can Psychiatrists Contribute to Dialogue on Mental Illness and Violence?

Jonathan Metzl, M.D., Ph.D., has examined history to expose the ways that gender, class, race, and societal assumptions are intertwined with—and sometimes obscure—social and public policy issues such as guns and gun violence. **BY MARK MORAN**

Maybe gun violence, including a mass shooting, is a simple thing: guy (or woman) with a gun pulls the trigger. Bang. Or maybe it is the violent intersection of any number of social and political influences: gun laws or the lack of them, socioeconomic status, racial and gender stereotypes, social networks (or their lack), and feelings of community connectedness.

Jonathan Metzl, M.D., Ph.D., this year's Benjamin Rush Award winner, will seek to untangle these social determinants of gun violence and how psychiatrists might usefully address them in the lecture "Mental Illness, Mass Shootings, and the Politics of American Firearms."

He is the Frederick B. Rentschler II Professor of Sociology and Psychiatry and the director of the Center for Medicine, Health, and Society at Vanderbilt University. The Benjamin Rush Award, established in 1967, recognizes an individual renowned for major contributions to the literature on the history of psychiatry.

Metzl is the author of the recently



Jonathan Metzl, M.D., Ph.D., says that psychiatrists can contribute to the conversation about guns and gun violence by focusing on the meaning of guns to people and how social networks—or their lack—influence gun violence.

published book *Dying of Whiteness: How the Politics of Racial Resentment Is Killing America's Heartland*. In the book, Metzl examines how racial and class anxieties and resentments among white working-class Americans are connected to public policies—repeal of gun control laws and curtailments of school, health, and social support programs, including the Affordable Care Act—that have measurably hurt working-class Americans.

It's Metzl's fourth book. In 2010 he published *The Protest Psychosis: How*

*Schizophrenia Became a Black Disease* in which he examined how schizophrenia and race became intertwined and African American men came to be overdiagnosed with the disorder.

Metzl's 2003 book, *Prozac on the Couch*, traces the notion of "pills for everyday worries" from the 1950s to the early 21st century through psychiatric and medical journals, popular magazine articles, pharmaceutical advertisements, and popular autobiographical "Prozac narratives."

His recent work has focused on guns and gun violence, including mass

violence, and the ways in which gun violence is falsely conflated with mental illness. In a 2015 article in the *American Journal of Public Health*, Metzl and co-author Kenneth MacLeish, Ph.D., wrote: "[N]otions of mental illness that emerge in relation to mass shootings frequently reflect larger cultural stereotypes and anxieties about matters such as race/ethnicity, social class, and politics. These issues become obscured when mass shootings come to stand in for all gun crime and when 'mentally ill' ceases to be a medical designation and becomes a sign of violent threat."

In comments to *Psychiatric News*, Metzl said his lecture will address how psychiatrists can meaningfully contribute to discussion and debate about guns. "A host of false assumptions surrounds the narrative that tries to connect mental illness with mass shootings," he said. "You have to look at mass shootings in the context of gun laws, social networks or the lack of them, gender stereotypes, substance abuse, what guns symbolize for people—all of the other stories that get put on the back burner in the rush to focus on mental illness. These are the kinds of issues psychiatrists can address more meaningfully than trying to make individual-level predictions about who will be violent." **PN**

**2** The lecture "Mental Illness, Mass Shootings, and the Politics of American Firearms" will be held Tuesday, April 28, from 10 a.m. to 11:30 a.m. The *American Journal of Public Health* article is posted at <https://ajph.aphapublications.org/doi/full/10.2105/AJPH.2014.302242>. "What Guns Mean: The Symbolic Lives of Firearms" is posted at <https://www.nature.com/collections/jdiffcfjba>.



WEDNESDAY, APRIL 29  
8 A.M.-9:30 A.M.

#### General Sessions

**Catatonia Resolved, Now What?**  
*Chair: Alison Lenet, M.D.*

**Climate Grief, Anxiety, and Burnout: Climate First Responders Need Our Help and We Need Theirs** *Chair: David Alan Pollack, M.D.*

**Clozapine: What's New With Our Most Effective Antipsychotic Medication** *Chair: Alexander S. Young, M.D.*

**Consult-Liaison Psychiatry in the Digital Age** *Chairs: Katherine Brooke Martin, M.D., Edward R. Norris, M.D.*

**Integrating Tobacco Treatment Into Psychiatry Practice** *Chair: Smita Das, M.D., Ph.D., M.P.H.*

**Intensive Short-Term Dynamic Psychotherapy With Older Adults? Evidence, Theory, Technique, and Case Presentation** *Chair: Brandon C. Yarns, M.D.*

**Opportunities for Change: Implementing the Cultural Formulation**

**Interview on the Streets of New York** *Chair: Dhruv R. Gupta, M.D.*

**So, You Have a Duty to Warn. Now What?** *Chair: Abhishek Jain, M.D.*

**The "Other" Kind of Breakdown: Identifying and Overcoming Communication Barriers and Delivering Effective Psychiatric Care** *Chair: Lama Bazzi, M.D.*

#### Presidential Session

**American Academy of Child and Adolescent Psychiatry Update on Screening and Treatment of Depression and Suicide in Youth** *Chair: Karen Dineen Wagner, M.D., Ph.D.*

10 A.M.-11:30 A.M.

#### General Sessions

**Advancing Quality of Multimodal Evidence-Based Practice Implementation in Inpatient Psychiatric and Residential Treatment Setting** *Chair: Ajeng J. Puspitasari, Ph.D.*

**Bringing Seniors Together: A Common Sense, Group Approach to**

**Treating Late-Onset Depression and Anxiety in Rural Settings** *Chair: Michael A. Flaum, M.D.*

**Challenges and Opportunities in an Integrated Refugee Health Clinic: Advancing Culturally Sensitive Quality Care, Innovation, and Collaboration** *Chair: Lilanthi Balasuriya, M.D., M.S.*

**Changing the Conversation: A More Effective, Imaginative, and Empathetic Approach in Treating and Communicating With Patients About Bipolar Disorder** *Chair: Karen L. Swartz, M.D.*

**Common Issues, Limited Options: Challenges Faced and Lessons Learned in the Outpatient and Inpatient Management of Primary Psychosis in Older Adults** *Chair: Erica C. Garcia-Pittman, M.D.*

**DART Reduced: Quality Improvement and Patient Safety Methods Applied to Protect Staff From Pediatric Patient Aggression and Violence** *Chair: Avram H. Mack, M.D.*

**Improving Care in Innovative Community Mental Health Settings**

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REGISTER NOW FOR  
MEETING AND SAVE!

See box on page 8 for registration information. Advance registration fees are now in effect. Please note that courses and master courses require additional enrollment and ticket purchase.

**Through Public-Academic Partnerships: Perspectives of Fellows, Leaders, and Consumers** *Chair: Tamara Bendahan, M.D.*

**Let's Skype in: Technology-Enhanced Well-Being Curriculum. Can Telepsychiatry Improve Access to Mental Health During Residency?** *Chair: Alaa Elnajjar, M.D.*

**Murder by Text Message: Psychiatric Implications of *Commonwealth v. Carter*** *Chair: Meghan Musselman, M.D.*

**Taking the Helm: Peer Leadership to Strengthen Investment in Resident Professional Identity** *Chair: Thomas Wolfgang Mehlmauer Klotz, M.D. PN*

## Philadelphia: City of Revolution And Home to Independence

Philadelphia is home to dozens of landmarks of the growing colonial unrest leading to the American Revolution, independence from Great Britain, and the signing of the Constitution. **BY MARK MORAN**

Located between New England and the colonies on the southeastern border of North America and the continent's most populous city in the late 18th century, Philadelphia seemed destined to become the unofficial capital of the American Revolution.

Founded as a city of religious tolerance, the spirit of Philadelphia infused the Revolution: It was home to one of the 18th century's most famous citizens, Benjamin Franklin; the site of the first and second Continental Congress; and the place where the Declaration of Independence and Constitution of the United States of America were written and signed.

Throughout the city and surrounding region are dozens of landmarks of the Revolution. Here are just a few of the most prominent:

- **The Museum of the American Revolution** is devoted entirely to the Revolutionary period, holding an important collection of art, manuscripts, and printed works along with British, French, and American weapons used in battle and personal



This life-sized exhibit in the Museum of the American Revolution depicts Hessian cavalry troops fighting on the side of the Loyalists.

diaries written in camp. The museum illuminates the lives of the founding fathers and common soldiers—as well as enslaved and free black people, American Indians, and women—through immersive displays and artifacts designed as a storytelling experience. Galleries are organized chronologically, leading visitors from the beginning of the conflict through the creation of the United States.

- **Carpenters' Hall** was the site of the First Continental Congress, during which representatives of 12 of

the American colonies (Georgia didn't participate) registered their fury at King George's taxes and trade policies in 1774. The representatives voted on a trade embargo, the first of many unified acts of defiance. In addition to being historic, the building is an architectural gem.

- Of course, visitors interested in the American Revolution will want to tour **Independence Hall**. In the sweltering summer of 1776, 56 delegates gathered at the Pennsylvania State House and pledged their

"lives, their fortune, and their sacred honor" by signing the Declaration of Independence. Eleven years later, representatives from 12 states gathered to shape the U.S. Constitution, finally creating one unified nation. Tickets are free and available at the Independence Visitor Center.

- Families traveling with children to Philadelphia may especially want to visit **The Betsy Ross House**, home of America's flagmaker. Betsy herself is at home, plying her trade and regaling visitors with stories of colonial life. The Revolutionary War left the young upholsterer twice a widow. After losing her first husband, John Ross, to an ammunition explosion, she wed John Ashburn, who died after being captured and imprisoned by the British.

- **Congregation Mikveh Israel** is the oldest formal congregation in Philadelphia and the oldest continuous synagogue in use in the United States. It is known as "the synagogue of the Revolution." The congregation's website states that during the war, Jews from the surrounding colonies came to Philadelphia seeking refuge from the British. Haym Salomon, a member of the congregation, helped to finance and underwrite the war effort and made personal loans to government figures. The website also states that Salomon was part of a delegation protesting the state's religious test oath and was treasurer for the Society for the Relief of Destitute Strangers. **PN**

# Foundation

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• More than 80,000 school personnel across the country have been trained on the warning signs of mental illness through the school mental health education program and curriculum for middle and high schools known as Typical or Troubled?

• More than 1,200 judges have been trained on mental health issues that arise in the courtroom through the Foundation’s Judges and Psychiatrists Leadership Initiative.

• The Center for Workplace Mental Health reaches approximately 50,000 individuals through online publications, an estimated 9,000 through conferences and webinar presentations, and more than 200,000 through worksite programs.

Built in 1865, the Union League house takes up an entire city block. In addition to its historical significance, the building boasts an impressive collection of artifacts, sculptures, and paintings that recount America’s history. Among its many treasures is the wooden lectern at which Lincoln issued one of the country’s most famous

speeches, the Gettysburg Address. The League commissioned some of the artwork, including a portrait of Abraham Lincoln, during the Civil War. **PN**

 Tickets can be purchased for \$250 each at <https://apafdn.org/get-involved/events/the-apa-foundation-benefit>.

## Residents

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attend any scientific session that interests you, not just those especially designed for residents and fellows. You can review the entire schedule and pick out your favorite sessions in the Session Search tool on APA’s website at <http://apapsy.ch/SessionSearch>. Here are some of mine:

- “Lessons from Hogwarts: Erickson’s Stages, the Therapeutic Alliance, and Parenting Styles as Explored through the Works of JK Rowling”
- “Medical Conditions Mimicking Psychiatric Disorders vs. Psychiatric Disorders Mimicking Medical Conditions: Diagnostic and Treatment Challenges”
- “Managing Difficult Transferences

and Countertransferences”

- “Cognitive Behavior Therapy: Troubleshooting Common Challenges”
- “Lights ... Camera ... Action! A Lesson on Educating Trainees to Address Social Determinants of Mental Health Through Interactive Theater”

With so many sessions to choose from, your biggest challenge will be choosing which ones to attend. Best of luck picking, safe travels, and I look forward to seeing you there! **PN**

## Addiction

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is a landmark collaborative effort between many institutes at the National Institutes of Health to measure brain changes in children from age 10 to 20. The HBCD Study is a new proposed initiative that will follow the brain development of newborns, including those born to mothers who used opioids during pregnancy, until they reach early adolescence.


“Monitoring the full range of childhood development is crucial to achieve success in treating brain disorders,” Volkow said. Data from HBCD will pro-

vide clues not only for developmental disorders such as autism that manifest early in youth, but also disorders such as depression that typically emerge in adolescence. “The risk factors that signal the onset of depression are present early in youth,” Volkow explained.

From NIDA’s perspective, a knowledge of these trajectories is important given the strong connections between mental illness and substance use. For example, Volkow will discuss the emerging links between cannabis use, psychoses, and depression.

“We associate cannabis use with a higher risk of psychosis, but its association with depression and suicidality, which has been noted by several epidemiological studies, has been much less investigated.”

Currently, it’s unclear which direction this association goes: whether teens with incipient depression begin using cannabis to self-medicate or whether cannabis use exacerbates existing risk factors to trigger depression onset (or potentially both). “If we better understand the trajectories of mental illness and substance use, we can intervene earlier,” she said. **PN**

 Volkow’s lecture, “Opportunities and Challenges in Addiction Research,” will be held on Monday, April 27, from 1 p.m. to 2:30 p.m.

Advertisement



# Fryer

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did had a remarkable ripple effect throughout society and down through the years. He was truly a major civil rights hero.”

“217 Boxes” was performed in its entirety during the Annual Meeting in New York in 2018. The story is drawn from the 217 boxes of records and papers belonging to Fryer that were stored at the Pennsylvania Historical Society in Philadelphia.


Gordon, a past Guggenheim Fellow and three-time Obie (off-Broadway theater) Award winner, spent two years as an “embedded artist” at the Pennsylvania Historical Society. With funding by the society and the Pew Center for the Arts and Heritage, he was charged to “look for personal battles for liberty.”

Fryer’s records and personal correspondence, stored in those 217 boxes, was a goldmine. “Much of my work as a playwright has been about the ways in which mainstream history edits out a lot of people and stories that don’t fit into or help promote the accepted narrative,” Gordon told *Psychiatric News* in an interview prior to the 2018 performance. “Inside those edited-out pieces of history is where I find my inspiration.”

The boxes of Fryer’s papers contained all manner of paraphernalia—charge receipts, airline ticket stubs—as well as letters and correspondence with friends, acquaintances, and colleagues. (The boxes also contained some patient records, which remain sealed and which Gordon was unable to see.)

Gordon drew a portrait of Fryer through the personification of three characters who were prominent figures in the archives: Alfred Gross, a social activist with whom Fryer collaborated to help gay men who had been arrested in bars or elsewhere for homosexual conduct; Fryer’s secretary, who elaborates in the play on Fryer’s therapy with men who were ill with HIV/AIDS in the 1980s; and Fryer’s father.

For Gordon, Fryer’s masked appearance as Dr. Anonymous in 1972 began to dominate much of the archival correspondence. “It occurred to me as my image of Fryer changed from box to box that in a way the mask had become more famous than the man,” Gordon said. “That seemed to me to be a metaphor for much of gay history.” **PN**

 The 30-minute excerpt from “217 Boxes of Dr. Henry Anonymous” will be performed Monday, April 27, at 3 p.m. in the Michael Nutter Theater in the Pennsylvania Convention Center.

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