Dear PaPS members,

As we welcome warmer weather and longer days, I would like to share some updates and will begin with changes to the newsletter structure. You may notice that our quarterly newsletter will have more focus on state specific activities and articles. Based on feedback from council members and review by executive committee, information from the APA and other resources would be condensed, to allow easy access to additional information via online links.

Thanks to our Education team, our monthly webinar series offering free CME credits to our members, continues to be well received with strong participation and evaluations from attendees. The Nominating Committee is finalizing the 2024-2025 Slate of Officers for the District Branch and is working closely with Chapter leadership and councilors to assist with filling officer positions. At the same time, our Membership Committee has been actively engaged in retention and recruitment efforts. The Workforce Shortage Task Force remains focused on addressing the needs of our community with pursuing education on Collaborative Care Model and connecting with residency training programs, in an effort to increase training positions across the state. Last but not the least, the Government relations team and lobbyist are diligently monitoring legislative issues on several fronts, and meeting with lawmakers pertaining to issues regarding scope of practice and access to mental health care.

At a chapter level, the activities hosted for members so far this year have included Philadelphia Chapter’s Resident and Fellow Members Social Event and Colloquium of Scholars in February, Pittsburgh Chapter Spring Symposium and Northeast Chapter Educational Dinner in March, and Philadelphia Chapter Women’s Education Conference in April.

APA has notified us that more than 600 PaPS members are eligible to apply for Distinguished Fellow recognition. Ms. Angela Ladner, as the PaPS DFAPA Coordinator (dfapa@nextwavegroup.com) is available to assist with the application process. Please keep in mind the deadline for submission is July 1, 2024.

If you are planning to attend the APA Annual Meeting in New York, please join your PaPS colleagues for an informal gathering on Monday, May 6th, 6:30 PM at Connolly’s Irish Pub & Restaurant.

I wish to thank you for your readership, as I write my last presidential article for the newsletter. It has been an honor to serve in this role.

Warm regards,

Usman Hameed, MD, DFAPA, DFAACAP
Pennsylvania Psychiatric Society President
2023–2024 Pennsylvania Psychiatric Society

2023–2024 STATE AND CHAPTER LEADERSHIP

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Usman Hameed, MD, DFAPA, DFAACAP

President Elect
Irakli Mania, MD, DFAPA

Vice President
Kavita K. Fischer, MD, DFAPA

Immediate Past President
Hope Selarnick, MD, DLFAPA, FASAM

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President/CEO Next Wave Group

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2023–2024 Pennsylvania Psychiatric Society Executive Committee

PRESIDENT
Usman Hameed, MD, DFAPA, DFAACAP

IMMEDIATE PAST PRESIDENT
Hope Selarnick, MD, DLFAPA, FASAM

PaPS Calendar of Events

- April 3 – PaPS Monthly Webinar Session
- April 8 – PaPS Nominating Committee Meeting
- April 9 – DB Executive Council Meeting
- April 13 – Philadelphia Chapter Women’s Educational Symposium
- April 16 – PaPS Government Relations Committee Meeting
- May 1 – PaPS Monthly Webinar Session
- May 3-8 – APA Annual Meeting (Marriott Marquis, New York City)
- May 6 – PaPS Member Meet & Greet in NYC
- May 14 – DB Executive Council Meeting
- May 21 – PaPS Government Relations Committee Meeting
- June 5 – PaPS Monthly Webinar Session
- June 8 – PaPS Annual Business Meeting/Installation of Officers
- June 18 – PaPS Government Relations Committee Meeting

**Events as of April 4, 2023**
Psychiatric Society Executive Committee

PRESIDENT ELECT
Irakli Mania, MD, DFAPA, FASAM

VICE-PRESIDENT
Kavita K. Fischer, MD, DFAPA

TREASURER
Mark Matta, DO, DFAPA

SECRETARY
Indranil Chakrabarti, MD, FAPA

The PaPS community is comprised of approximately 1,300 members across Pennsylvania. Members are solo practitioners, hospital/clinic based, community and group practitioners, and academia.

With the diverse backgrounds in specialty practice, career level, and expertise, PaPS offers members a wealth of shared knowledge, experience, and mentoring.

PaPS looks forward to serving our members needs in 2024.
Memoirs usually present the author's efforts to reach professional and personal goals by creating powerful images of success and failure along the way. In contrast, the life described by Joseph Henry Albeck in *Shaped by Shadows: A psychiatrist and poet explores his Holocaust heritage* revolves around his reaction to parental trauma. His mother and father escaped separately from the concentration camp in Poniatow, Poland to avoid being among the two thirds of European Jews murdered by the German government during the Holocaust. The inmates at Poniatow sorted “the belongings of Jews who had been gassed at Auschwitz” so they could be used in Germany. Albeck’s mother escaped with eight others and was the only one not recaptured and burned to death back at Poniatow. His father escaped just before “all 25,000 remaining inmates were shot and buried in the trenches they had been forced to dig.” His mother could have been recaptured, because she was identified by a German officer who had known her at Poniatow. Instead, he stole her handmade leather boots and said, “You’ve come so far, let someone else kill you.”

Albeck’s mother and father then hid from capture and execution in Warsaw for over a year until the Russian army freed it. They travelled to the American zone of occupied Germany and a displaced persons’ camp. Albeck was born in a US Army field hospital where he was the “first Jewish baby born in that part of Germany since it had been declared *Judenrein* (‘pure of’ or ‘cleansed of’ Jews) under the Nazis.” This autobiography shows that he did not see his parents’ survival and his birth as a gift or deserved blessing. Nor did he, unlike many survivors, avoid learning about the social, sexual, and economic abuse that culminated in the murder of six million European Jews and left Albeck’s parents with only one surviving European relative.

His parents managed to make a new home in New York City where Albeck graduated from Columbia college. After medical school at Harvard, he completed a residency in psychiatry at McLean Hospital and practiced for many years, often treating drug addicts. Development of a sustained academic career was hampered by his episodes of depression. His description of suffering symptoms of Post-traumatic Stress Disorder before it had been identified as a clinical entity will interest psychiatrist readers as will his discussion of the intergenerational effect of his parents’ trauma. He found that writing poems helped him “bridge the gap between the brutal facts of my parents’ experiences and my own complicated and sometimes paradoxical feelings about their Holocaust traumas.” This is the only memoir I have read that uses the author’s poetry to elucidate the text. The painful story may be read without the poetry.

A resurgence of denial that from 1941-1945 Nazis killed one third of the world’s Jews combined with partial or complete denial of more recent genocides reminds me (out of context) of a line from “Notes Toward a Supreme Fiction,” Wallace Stevens’ poem: “Nothing had happened because nothing had changed.” This book may help us recognize all genocides, past and present, and work toward a world free of such evil.

Edward C. Leonard, Jr, MD, DLFAPA
Spring is here, or at least as far as the calendar shows.

PaPS notified over 600 members of their eligibility to apply for DFAPA status.

Angela Ladner (dfapa@nextwavegroup.com) is available to PaPS members to assist with completion of your application and providing tips on how to increase your score. Feel free to reach out directly to Angela.

The PaPS leadership continues to volunteer substantial time and effort to keep the forward movement going for the Society. Members can be assured their needs and the fiduciary oversight of the Society are in great hands. If you have a question or concern, please email papsych@papsych.org.

The monthly webinar series in February, March, and April provided members the opportunity to learn about advocacy efforts, steps to keep you and your information safe, and telepsychiatry. Sessions continue the first Wednesday of each month at 6:30 PM. May’s session will focus on Collaborative Care: Marking the Greatest Impact with Your Psychiatric Expertise,” and will be facilitated by Dr. Eleanor Anderson of Penn Medicine. These monthly sessions are FREE to PaPS members and provide 1.0 CME credit hours.

As always, visit the PaPS website (www.papsych.org) for the latest updates and registration information. PaPS Council meetings, whether at the District Branch or Chapter levels are open to all members. Registration is required for non-Council members.

Did you miss the deadline for remitting your dues payment? There is still time to reactivate your membership. As of April 1st, members who did not pay dues were moved to “expired” status and access to member information at APA and PaPS has been frozen. If you are heading to the APA Annual Meeting and your dues has not been paid, you will not be able to take advantage of the members’ only discounts.

If you have questions, concerns, or ideas for advancing the psychiatry profession for PaPS members, please reach out to me at rcook@nextwavegroup.net.

Be well,

Robbi-Ann M. Cook, CAE
Executive Director

ASSURE
The Roadmap to PaPS’ Path Forward

Advocate for the needs of patients and physicians
Support our members’ professional needs
Serve our patients and community
Uphold the highest standards of care for our patients
Respect diversity
Educate the public about mental illness

Mission & Goal of PaPS

Empowering Quality Psychiatric Care in Pennsylvania

Be part of the renewed energy and engagement. Get involved. Be engaged!
Legislative Update

WRITTEN BY KENNETH CERTA, MD, DLFAPA, GOVERNMENT RELATIONS CO-CHAIR

The legislative calendar had a hiatus due to needed repairs at the Capitol Building as well as to make sure that there was a clear majority in the house. Elections to fill vacant seats and a patch to a leaky ceiling are now complete, and the business of government continues.

We provided written testimony before a joint meeting of the House Committees of Health and Professional Licensure, designed to address problems with access. The PA Medical Society provided effective in-person testimony as well, highlighting the importance of comprehensive training as received by physicians (including psychiatrists). Much of the meeting was centered around independent practice for nurse practitioners, but the possible prescribing psychologist bill (HB 1000) also received some attention. At this point, we are cautiously optimistic that the Professional Licensing Committee will not proceed with the current bill. We stand ready to talk with other stakeholders about real concerns that need to be addressed.

There is an effort being made by the administration to loosen the requirements of in-person psychiatrist time in licensed psychiatric clinics. It is a bit muddled, but currently there is a requirement that there be two hours of psychiatric time for every clinician in an outpatient clinic. The wording is unclear—it also references supervision as well as a requirement for the “direction” of a psychiatrist. We have been working with the Rehabilitation and Community Providers Association, which has been working with OMHSAS to get more time for telehealth spelled out.

There is also an effort to allow more time to be provided by Advanced Practice Professionals (Certified Registered Nurse Practitioners and Physicians’ Assistants) in lieu of a psychiatrist. The very real problem many agencies have in recruiting sufficient psychiatrists needs to be addressed.

We are working on a compromise that acknowledges the need for our knowledge and skills. We are hoping to include reference to a collaborative agreement with a psychiatrist and explicit reference to the provision of psychiatric time in outpatient mental health clinics.

Collaborative care continues to be a high priority as a means of addressing the problem of access. We are hoping that next year’s budget will recognize the need for state help in advancing collaborative care. Whether this needs to be done by a specific piece of legislation or by budget wrangling remains to be seen.

We are cautiously optimistic that our efforts to address the shortage of psychiatrists in the commonwealth may be close to bearing fruit. We are working with several members of the house and senate to introduce legislation modeled on what was done in New Jersey—state funding for an additional residency slot in each existing residency program over the four years of training. PA did this last year with family medicine—it is time for psychiatry.

Please contact me, or any other member of the committee, to discuss concerns. I again urge everyone to be engaged in the process by meeting with their own legislator. As we spoke about at last month’s advocacy webinar, elected representatives want to hear from informed constituents; we can help them.

PaPS MEET & GREET – APA Annual Meeting
New York City
Monday, May 6th (6:30 – 8:30 PM)

Join your PaPS leadership and colleagues for an evening of networking immediately following APA’s Convocation on Monday, May 6th. The informal gathering will take place on the 1st Floor of Connolly’s Irish Pub & Restaurant (121 W, 45th St.) from 6:30 PM to 8:30 PM.

RSVP Requested by April 29, 2024
Email: papsych@papsych.org
Support the Advocacy Efforts of the Pennsylvania Psychiatric Society Today

The PaPS PAC Online Donation Portal Is Now Live

PaPS PAC Mission: The PaPS PAC represents the interests of Pennsylvania psychiatrists and our patients. Contributions are used to show bipartisan support to our friends in the Pennsylvania legislature who champion the causes and concerns important to psychiatry and medicine in our state.

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Harrisburg, PA 17106

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WISHING YOU A HAPPY SPRING!
Last year around this time, I discussed the results of the 2023 NRMP Psychiatry residency match. I noted some encouraging trends over time in terms of medical student interest in psychiatry, and consistent growth of psychiatric residency slots, but I also had concerns that there is still a significant “bottleneck” with the available PGY-1 positions, such that it will likely take many years before there is any momentum against the current shortage of psychiatrists.

With fresh results from this year, let’s see how the 2024 match fits into the picture.

**Interest and Availability**

In 2024, we saw a continued, steady increase in both medical students applying to psychiatry (3176) as well as PGY-1 positions available (2261). Figure 1 puts these numbers in context. While I do not present formal data comparing psychiatry to other specialties, I can report that psychiatry’s increase in position allotment is relatively consistent with the overall match; psychiatry positions still account for approximately 6% of all available positions, which is consistent from 2023.

![Figure 1 - Applicants (orange line) and positions (blue line) during match years 2014-2024.](image1)

Notably, the slope of the increase for both numbers is roughly the same, and slightly higher for the position allotment. What this means is that over time, the positions available per applicant have steadily increased. In 2014, for every psychiatry applicant, there were 0.559 positions available in the match. For 2024, this has increased to 0.712 positions available per applicant, similar to what we saw in 2023. Figure 2 demonstrates these numbers over time.

**Match Results**

Over the past decade, psychiatry programs have had little issue filling most, if not all, of their positions. The worst year for psychiatry since 2014 was the year 2014 itself, which still had a respectable 97.7% match rate. 2024 was one of the strongest years yet in terms of fill rate, with 99.5% of available positions filling. Since 2014, this is second only to match year 2017, where psychiatry had a 99.7% match rate.

Perhaps as a result of the increasing positions per applicant (fig. 2), applicants pursuing psychiatry are increasingly likely to match. In 2014, 54.6% of applicants successfully matched into a psychiatry program. In 2024, this number was 70.8%, the best year over the past decade from the applicants’ point of view.

![Figure 2 - Positions available per applicant, match years 2014-2024.](image2)

Figure 3 summarizes these results.

![Figure 3 - Percentage of residency positions filled (blue line), and percentage of applicants successfully matching (orange line) for psychiatric programs and applicants, match years 2014-2024.](image3)
Reflections

Overall, I think there are several positive notes from these data. Perhaps most importantly, psychiatry still demonstrates little struggle with generating medical student interest, and certainly plenty enough to keep pace with its steady increase in allotted residency positions. And while it is regrettable that about 900 students each year who seek a career in psychiatry are unable to pursue it (at least immediately), the numbers suggest that applicants to psychiatry programs have never been more likely to match than what we saw in 2024.

Psychiatry’s increase in position allotment has also kept relative pace with the overall residency match, and as with 2023 represented approximately 6% of all available residency positions. I find a degree of reassurance in this, along with the fact that medical students remain interested in this field, and that residency programs are clearly successful with the match.

However, I don’t see much reassurance for the concerns I raised last year. Frankly, I don’t expect them to be addressed in any salient way in the years ahead, but I think they bear repeating.

Last year, I discussed one projection from 2018 which estimated that by this year, the psychiatry shortage would be somewhere between 14,000 and 31,000. I also noted, based on some estimates of the current psychiatric workforce and the average age of a practicing psychiatrist, that around 2,250-2,500 psychiatrists would be entering retirement age each year.

If my numbers are roughly correct, the allotment of psychiatry PGY-1 positions this year would approximately match the psychiatrists who are likely entering retirement age. However, it will take at least 4 years before these psychiatrists enter the workforce, and many years beyond that to address the existing shortage that’s already in place.

Ultimately, while I am optimistic for psychiatry’s ability to generate medical student interest and successfully navigate the NRMP match, I remain concerned that the current annual position allotment for psychiatry is barely positioned to match the psychiatrists who leave the workforce each year, let alone address the existing shortage. And in the meantime, I worry that Pennsylvania (as well as other states) will turn to increasingly desperate measures (however well-intentioned they may be) to cover the gap, such as increasing the scope of practice for non-psychiatrist mental health providers, or extending prescribing privileges to mental health professionals who (while well-trained and gifted in their own right) have no medical training.
The Collaborative Care Model (CoCM), which involves a care manager embedded in a medical setting, supervised weekly by a psychiatrist, has a robust evidence base, with over 90 randomized controlled trials demonstrating its effectiveness at reducing depression and anxiety. Psychiatrists in this model can optimize the psychiatric care of 60-80 patients with just a half-day per week of their time. This webinar provides an overview of this model, including the typical work of a supervising psychiatrist, current governmental advocacy efforts, and information on getting a collaborative care program started in your area.

Program objectives:
- Explain the principles of population-based integrated care
- Describe the workflow and evidence base of the collaborative care model in psychiatry
- Name two key resources for learning more about setup and implementation of the collaborative care model at your institution

The May session provides 1.0 AMA PRA Category 1 Credits™.

The Educational Webinar Series continues the 1st Wednesday of each month from 6:30 PM to 7:30 PM and features a different topic and speaker(s) each month. For a full look at upcoming sessions, visit www.papsych.org.

PaPS members can attend all sessions complimentary; non-members will be able to register for individual sessions at $35/session.

Advanced registration is required. Upon submission of your registration, you will receive a confirmation email with additional details to connect to the session on May 1st session.

Accreditation Statement: In support of improving patient care, this activity has been planned and implemented by American Psychiatric Association (APA) and the Pennsylvania Psychiatric Society (PaPS). The American Psychiatric Association (APA) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Designation Statement: The American Psychiatric Association (APA) designs this live activity for a maximum of 1.0AMA PRA Category 1 Credit™. Physicians should claim only credit commensurate with the extent of their participation in the activity.
Greetings!

The Philadelphia Chapter has continued to be actively engaged in education and community building. With the dedication, hard work and vision of our new Eastern Regional Director, Roy Harker, we are moving forward in many exciting ways.

After a short rest in December, we held “Envisioning meetings” via ZOOM with Committee chairpeople. These meetings were designed to allow time for reflection and “dreams”— (questions entertained: what truly was the best purpose of the committee, and did it need to be altered in some way to fulfill its potential or to change its focus? What issues were seen as roadblocks to a more engaged group? What were the hopes and dreams for the committee if you could make anything happen? Should the committee also provide a role of “support” and add a sense of community to its mission? Etc).

These committee discussions provided insight and direction to our Chapter’s leadership, thus enabling the Executive Committee to discuss ways to provide the means to help the chairs begin to reach their goals.

In February, our Resident Committee held a “Meet and Greet” event at Spin and the turnout was excellent. Residents, led by an introduction by Dr. Kirklan Kathe, and members of Chapter leadership (Dr. Kenneth Certa, Dr. Kenneth Weiss, Dr. Eleanor Anderson, Dr. Rao Gogineni and Dr. Ellen Davis Conroy) discussed the importance of engagement in their society and how joining a committee and contributing some time would allow them to make a difference. Legislative engagement was stressed, as was the need to join a community of support. The resident Committee is chaired by Dr. Kirklan Kathe (Jefferson) with fellow residents: Dr. Lily Zhang (Temple), Dr. Kelly Akah (Einstein), Dr. Abhishek Allam (Tower Health) and Dr. Trish Ike (Penn).

The Resident Committee is hoping to have a summer “welcome picnic” in a Philadelphia public park so that new residents, unfamiliar with the area, can meet upper year residents and develop some new, helpful friendships and connections. Additionally, thoughts to have a local Job Fair have been met with very positive support and steps are underway to consider the options.

We also had a very excellent Colloquium of Scholars CME event with a “revitalized” Friday night “meet and greet the speakers” dinner for residents and members of the Executive and Education Committees to mingle with the speakers. This dinner was sponsored entirely by The Belmont Behavioral Hospital administration and the evening was exceptional. Dr. Rao Gogineni chaired this entire dual event weekend, with help from a committee of psychiatrists and residents. Poster judges were quite busy, with 25 RFM posters presented. Six awards were announced for the top posters, split between two categories. Judges of the Cognitive Behavior Case Writing Award and the Psychodynamic Case Writing Award presented the two winners. All awards will be given to the winners during the annual Philadelphia Chapter Award Gala in November 2024.

This excellent program was an in-person, full day event, with speakers Dr. Marina Goldman; Dr. Dilip Jeste, Dr. Jeffery Smith and Dr. Steven Berkowitz.

Winners of the 2024 COS Case Conference Written awards were:
**CBT Case Formulation Award:** Dr. Eugenia Royter
**Psychodynamic Case Writing Award:** Dr. Teddy Goetz

Colloquium of Scholars 2024 Poster Competition Winners Research Category:

1. Association of Structural Variation at the 17q21.31 Locus and Autism Spectrum Disorder in a Pediatric Dataset: Jacob Jensen; Michael Gandal; Pan Zhang, Daniel D. Vo1-- Perelman School of Medicine, University of Pennsylvania
2. Evaluation of Pediatric and Young Adult Emergency Psychiatry Consults in the Hospital Kiana Malta. BA:Miriam Butler, BS: Connor Mot BS; Krystal Hunter PhD, MBA; Puneet Sahota, MD, PhD--Cooper Medical School of Rowan University
3. Xylazine: A Review of Literature Katherine Hubert, DO PGY-4 Phoenixville Hospital, Tower Health Drexel University College of Medicine
CHAPTER NEWS

Philadelphia Chapter, Continued

Case Report Category

1. Unveiling Neuropsychiatric Lupus Presentation as First Episode Psychosis--Amy Gilligan BA; Sushi Mukkamalla, BA; Joely Zilkha, RN, BS; Lawrence Gerchikov, DO-- Cooper Medical School of Rowan University

2. Hypnopompic Hallucinations in Adolescents: A Case Report--Zachary Padron BS; Christian M. Bruni MD, MS--Cooper Medical School of Rowan University

3. rTMS for a Patient with ECT-Refractory Catatonia--Joe Sichel BS; Ankit Rana BA; Basant Pradhan MD--Cooper Medical School of Rowan University

Our Women’s Committee Spring Symposium will be an in-person event at The Inn at Swarthmore on April 13th. The symposium theme is “Autism in Girls and Women”, with speakers Dr. Jamie Pearson, Dr. Parish-Morris, Dr. Wendy Ross and Dr. Cecelia Johnson-Dunlap. This conference morning is a highlight for many area women physicians since the venue (with breakfast!) provides space for much networking, support and interaction. This yearly event is open to all.

Our Philadelphia Chapter’s Awards Committee, Chaired by Past President, Marina Goldman, has begun the nomination process, encouraging nominations from membership. The award winners will be presented and celebrated at our annual Awards Gala on November 16, 2024 at The College of Physicians in Philadelphia. Please mark this special date on your calendar since the evening is shaping up to be truly memorable!

Legislative advocacy efforts continue to be highlighted and we suggest members read Dr. Certa’s excellent and comprehensive articles in these newsletters. Efforts are now underway to have a link on our website to current legislative concerns. In this manner, we hope to provide timely education and action suggestions for those who are interested and committed to the future of our profession. We continue to encourage all members to get to know their state legislators and voice their opinions.

Volunteering, providing a sense of community and involvement outside our boundaries, has been another effort, supported by members of our Executive Council. We have been working with our Gala Community Service Award winner, The Pennsylvania Horticultural Society (PHS), for practical options to volunteer as single physicians or families. PHS has well-developed programs that work to decrease areas of community blight and replace these areas with beautiful community gardens and community interaction spaces. Studies have shown these spaces decrease gun violence and also support improved mental health. We are hoping to have a May date for an interesting and rewarding group experience. Stay tuned.

The Chapter has been encouraging growth with innovation in many aspects of our committee structure. We are looking for interested members who wish to join committees and infuse our Chapter with their ideas and spirit! We have many committees and multiple opportunities for service. Please email me or our President Elect, Dr. Weiss, if you are interested in being a part of our committees and want to know what options are available. Emails can be sent to our Eastern Regional Executive Director, Roy Harker through this website.

We look forward to welcoming all interested members to our final (virtual) meeting of this year on Tuesday June 4, 2024 at 6:30pm. An email will be forthcoming and we look forward to having you join us, as we install our new President and Executive Council members.

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Is there someone in your Chapter who won an award, got a promotion or started a new program?

Use the PaPS Newsletter to get the word out and recognize your colleagues.

Continued on next page >>
Colloquium of Scholars

We are always looking for new ways to add “spice” to our newsletter.

Feeling the urge to write an article or share a story you found interesting?

We’d love to hear from you!

Please contact Bev Dupuis, at bdupuis@nextwavegroup.com

Deadlines for future newsletters:

Summer Newsletter: July 5, 2024
Women’s Program

Philadelphia Chapter, Continued

LEFT TO RIGHT (TOP TO BOTTOM):

Cecelia Johnson-Dunlap, DO, MBA, Co-Chair of the 2024 Women’s Committee Spring Symposium ‘Autism in Girls and Women.’ Autism in girls/women is an area which often falls to the psychiatrist to treat, yet most psychiatrists are not taught how to diagnose and treat patients with autism, or more specifically girls/women with autism. The goal of this conference was to fill in this gap such that attendees will have an understanding of how to diagnosis autism in girls/women as well as develop treatment strategies.

Julia Parish-Morris, PhD. Clues to understanding social-communication in autistic girls and women.

Wendy Ross, MD. Unmasking the spectrum: Diagnosing girls and women with autism.

Jamie N. Pearson, PhD. Faces for Families: Supporting Black autistic girls and women through a community engaged intervention.
Warm greetings from Pittsburgh during this confusingly cold April evening. The Pittsburgh Chapter continues to provide enriching and innovative opportunities for learning and fellowship locally and across the state.

In February, our chapter hosted a Fireside Chat with Attorney Brian Lipkin who specializes in contract law. This evening was advertised to the entire PaPS to help those members, especially our younger colleagues, who might be facing contract negotiations.

The feedback we received from the evening was unanimously positive, and our goal is to provide additional Fireside Chats in the future with similar themes.

In early March, we had our annual Pittsburgh Chapter Spring Symposium held at the usual Cranberry Marriott venue, entitled “Trending Topics in Psychiatry”.

We were grateful to have local Pittsburgh psychiatrists sharing their wisdom in the topics of suicide, adult ADHD, gambling disorders and obesity management in psychiatric patients.

We look forward to additional gatherings in the coming months including Pittsburgh Women’s committee events, a membership drive event and additional Fireside Chats.

Finally, a word of recognition for Drs. Mayank Gupta and this writer, Aileen Oandasan, for achieving Fellow of the American Psychiatric Association distinction. We are so proud to join our esteemed colleagues in this very worthy journey.
APA ANNUAL MEETING
NEW YORK CITY | MAY 4 – 8, 2024

Join APA for five days of sessions, courses, and more in the vibrant New York City to leave you feeling inspired, energized, and better prepared. Connect with colleagues and industry experts from around the globe. Choose from 500+ educational sessions led by psychiatry and mental health expert educators. Engage with an array of exhibitors featuring the latest therapeutics and technologies in psychiatry.

Can't make it to NYC? We've got you covered. The Virtual Annual Meeting will feature live-streams of a limited selection of sessions from New York, all accessible from the comfort of your home or office, or anywhere with a secure internet connection.

Register today for our best Early Registration rates for the in-person only experience. Registration for the virtual-only experience opens in February 2024.
CASE OF THE QUARTER: TERMINATION

Written by
Claims Department
Professional Risk Management Services® (PRMS®)

The “Case of the Quarter” column is a sample case study that highlights best practices in actual scenarios encountered through PRMS’ extensive experience in litigation and claims management. Specific names and references have been altered to protect clients’ interests. This discussion is for informational and education purposes only and should not be relied upon as legal advice.

FACTS:
Dr. Spring was treating a patient, Ms. Flowers, who was non-adherent to his treatment plan. She frequently cancelled appointments and self-adjusted her medications. Dr. Spring decided to terminate the treatment relationship and to begin that process by telling Ms. Flowers at her appointment that week. Dr. Spring told Ms. Flowers the reasons he was terminating the relationship and that he would cover her for 30 days. He noted that she had enough medicine to carry her through for the month. Dr. Spring also gave her some provider referrals and said that with her authorization he would make her records available to the new provider. Ms. Flowers said she understood and they parted amicably. Dr. Spring emailed and mailed (certified mail, return receipt requested) a letter to Ms. Flowers detailing everything they had discussed regarding terminating the treatment relationship and specifying the date on which his 30-day coverage would end. He documented the steps he had taken in the patient’s chart.

Although Ms. Flowers found a new psychiatrist within 30 days, she filed a complaint with the state’s Board of Medicine alleging Dr. Spring abandoned her. The Board notified Dr. Spring that it was investigating her complaint and requested a copy of the records.

ALLEGATION:
Ms. Flowers alleged that Dr. Spring ended their treatment relationship without adequate warning and without sufficient medication refills; thus, abandoning her.

DEFENSE:
Dr. Spring immediately reported the Board’s investigation to his malpractice carrier and asked for an attorney to represent him. The attorney talked with Dr. Spring to learn what happened and reviewed Ms. Flowers’ medical record. The attorney reviewed the Board’s notice to Dr. Spring and informed the Board that he was representing Dr. Spring. Together, the attorney and Dr. Spring drafted a letter to the Board setting forth Dr. Spring’s credentials and experience and explaining the steps Dr. Spring took when terminating treatment with Ms. Flowers and the basis for the termination. The attorney submitted to the Board a copy of the medical record, the record of missed appointments, and the termination letter with proof of mailing.

OUTCOME:
The Board found that Dr. Spring had properly terminated treatment and closed his case without discipline.
TAKEAWAY:

Know what your state requires regarding terminating treatment. Most licensing board websites have information on this in policy statements, guidelines, or FAQs. Seek guidance on proper termination from your professional liability carrier’s Risk Managers. Properly terminate treatment relationships with documentation to show the steps taken.

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Did You Miss This in the APA News?

APA ISSUES STATEMENT AGAINST ANTI-DEI LEGISLATION

APA issued a statement opposing the dozens of bills introduced in state legislatures and Congress aiming to ban diversity, equity, and inclusion (DEI) initiatives in higher education. APA affirmed that “the principles of diversity, equity, and inclusion are critical to ensure that the next generation of physicians can serve the needs of evolving, diverse, underrepresented, and underserved patient populations.”

Read more.

INDIVIDUALS WITH FAMILY HISTORY OF TREATMENT-RESISTANT DEPRESSION MAY HAVE GREATER RISK THEMSELVES

Read more.

ADVANCING PSYCHIATRY BY ADVOCACY | PETROS LEVOUNIS, M.D., M.A.

APA serves as psychiatry’s voice on the national stage. In practice, that means that APA leaders and staff are constantly working with lawmakers in Congress and our coalition partners to advance policies that support the mission, vision, and values of our Association, our patients, and the health and mental health of the general public. APA’s advocacy doesn’t stop with our efforts in the nation’s capital. In fact, it is quite the opposite. Many of the issues on which APA advocates at the federal level originate in local communities that APA members serve, and our individual voices are essential as we work to advance psychiatry throughout the United States and abroad.”

Read more.
NEW POLL: AMERICANS LESS LIKELY THAN IN 2022 TO SAY SOCIAL MEDIA HAS HURT SOCIETY, POLITICAL & CIVIL DISCOURSE

While many Americans are neutral on whether social media is harmful or helpful to their mental health, they tend to say it’s more likely to have helped them personally than society at large. Their viewpoints on the harms of social media to society at large have changed since a similar poll was done in 2022.

Read more.

STUDY FINDS NO LINK BETWEEN ACETAMINOPHEN USE DURING PREGNANCY AND AUTISM, ADHD RISK

Children exposed to acetaminophen in the womb do not appear to have an increased risk of autism or attention-deficit/hyperactivity disorder (ADHD), according to a study published today in JAMA. While a broad analysis of Swedish families found a slightly increased rate of these disorders in children exposed to acetaminophen in the womb, the researchers found no evidence acetaminophen was responsible when factoring in genetic or family influence.

Read more.

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DR. JOSHUA GORDON TO STEPDOWN AS DIRECTOR OF THE NATIONAL INSTITUTE OF MENTAL HEALTH

On February 29, 2024, Joshua A. Gordon, M.D. Ph.D., announced his decision to end his tenure as the director of the National Institute of Mental Health.

Read more.

LIFE WITH SCHIZOAFFECTIVE DISORDER

In this lived experience feature story, Ray Lay describes the challenges of living with schizoaffective disorder and his later success in life.

Read more.

INTERVENTION REDUCES LIKELIHOOD OF DEVELOPING POSTPARTUM ANXIETY AND DEPRESSION BY MORE THAN 70%

Results from a large clinical trial funded by the National Institutes of Health show that an intervention for anxiety provided to pregnant women living in Pakistan significantly reduced the likelihood of the women developing moderate-to-severe anxiety, depression, or both six weeks after birth.

Read more.

SAMHSA FISCAL YEAR 2025 BUDGET SEEKS $8.1 BILLION TO SUPPORT MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES ACROSS THE US

The Fiscal Year (FY) 2025 President’s Budget includes $8.1 billion for the Substance Abuse and Mental Health Services Administration (SAMHSA), $612 million more than the agency’s FY 2023 enacted budget. The FY 2025 budget proposal continues to support the President’s Unity Agenda to address the nation’s ongoing mental health crisis and overdose epidemic.

Read more.

BIDEN-HARRIS ADMINISTRATION ANNOUNCES NEW INITIATIVE TO INCREASE INVESTMENTS IN PERSON-CENTERED PRIMARY CARE

The U.S. Department of Health and Human Services (HHS), through the Centers for Medicare & Medicaid Services (CMS), announced a new voluntary model that empowers primary care providers in eligible Accountable Care Organizations (ACOs) to treat people with Medicare using innovative, team-based, person-centered proactive care.

Read more.
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