



## WPS MEMBER PRESENTATIONS AT APA 2021

*Note: Information was supplied by members; all dates, times, and locations are subject to change.  
Please use online information provided by APA for planning,*

**Submitted by:** Bhagwan Bahroo M.D.

**Preferred Email**

bbahroo@hotmail.com

**Topic/Title:**

Food for Thought: Mindful Nutrition and Mental Health

**Names of Authors:**

Bhagwan A. Bahroo, Jonathan Bui, Thanh Nguyen, Lino Gutierrez and Matthew Hunter

**Description:**

Nutrition is fast becoming more important as an academic and a clinical aspect of Psychiatry. Medications and Psychotherapies are the mainstay for treatment of psychiatric conditions, but the global burden of mental health continues to increase. Complementary and Alternate Medicine is also finding a place as an additional avenue of treatment. The nutritional approach is minimal as it applies to the treatment of these conditions. The role of food health has long been known, but the role diet plays in psychiatry is underdeveloped. The speakers plan to propose a standardized “Rules of Food Hygiene” akin to the “Rules of Sleep Hygiene.” The presenters will explore the various ways in which diet affects the mind and brain. There is increasing literature demonstrating the correlation between nutritional deficiencies and mental illness. We will discuss the role for adjunctive nutraceuticals such as B Vitamins, Omega-3 fatty acids, and Vitamin D in relation to treatment of mood disorders. Food deficiencies can be driven through socioeconomic, volitional, or situational factors. Food deserts have been identified as one of these factors. The presenters will also elucidate the presence and detriment of food access as it relates to mental health. Although deficiencies are one area of concern, we will also explore the other end of the spectrum: overconsumption as it applies to mental health. The microbiota links the digestive system to hormonal regulations, sympathetic adjustments, inflammation, and neurochemical processes. We will discuss how the microbiota influences our cravings and health, but also how dietary interventions alter the composition of the microbiota to our advantage or disadvantage. There is speculation on certain microbiota having a positive or negative impact on mental illnesses.

**Date of Presentation:**

05/04/2021

**Time of Presentation:** 9:00 am

**Location:**

APA On Demand 2021

**Submitted by:** Philip Candilis M.D.

**Preferred Email**

philip.candilis@dc.gov

**Topic/Title:**

Ethics dilemmas in Psychiatry

**Names of Authors:**

Brendel, Dike, Candilis, Powell

**Description:**

The APA Ethics Committee responds to member questions submitted over the past year.

**Date of Presentation:**

05/01/2021

**Time of Presentation**

2-3:30

**Location:**

Online

**Submitted by:** Philip Candilis M.D.

**Preferred Email**

philip.candilis@dc.gov

**Topic/Title:**

Organizational Ethics in Psychiatric Practice

**Names of Authors:**

Hume, Candilis, Brendel, Coyle

**Description:**

APA Ethics Committee members present data from their recent survey of District Branch ethics committees. This includes a case typology, member attitudes towards ethics investigations, and a model for supporting the organization's ethics mission.

**Date of Presentation:**

05/01/2021

**Time of Presentation**

On Demand

**Location:**

Online

**Submitted by:** Wilson Compton M.D.

**Preferred Email**

wcompton@nida.nih.gov

**Topic/Title:**

Cannabis and Psychosis: Population, Neurobiological, and Treatment Services Perspectives

**Names of Authors:**

Wilson M. Compton, Deepak Cyril D'Souza, Marc Manseau

**Description:**

Over 127 million persons in the U.S. had used cannabis at some time in their lives and over 3.5 million used cannabis for the first time in 2019, according to recent national data. International data show that cannabis is the world's most commonly used 'illicit' drug, and data from population studies and treatment systems document strong associations between cannabis use and psychosis, including schizophrenia. Some studies suggest a particular relationship between more potent forms of cannabis and synthetic cannabinoids (e.g., Spice and K2), and psychosis. Thus, increasing potency of cannabis products (both plant forms and extracts) may confer increasing population risk. In examining the relationship between cannabis and psychosis, it is important to consider both acute exposure outcomes as well as longer term risks associated with early exposure. Acute exposure can result in anxiety, positive symptoms (e.g., paranoia and disorganization), negative symptoms (e.g., amotivation) and cognitive deficits (e.g., memory and attentional impairments). Whether cannabis itself can trigger onset of chronic psychosis is not as clear. First cannabis use in early teens is associated with increased rates of psychosis by early adulthood. In addition, this increased risk appears to be linked to specific genetic and psychosocial factors, and it may be mediated by family risk for psychotic disorders. Data from epidemiological, family and cohort studies are consistent with cannabis as a risk factor for the onset, but whether this represents an uncovering of incipient cases or represents an increase in the overall rate of psychosis remains uncertain. In addition to potentially increasing onset of psychosis, cannabis can also complicate treatment. Cannabis can increase severity of symptoms, cause relapses of psychosis, and exacerbate negative symptoms. Yet, many outpatients with chronic psychosis use cannabis, motivated by desire for both positive and negative rewards. That

is, the motivation may be the high/intoxication and/or relief of symptoms, or to ameliorate side effects of medications. Health systems need to incorporate interventions to provide integrated, evidence-informed treatment to individuals with cannabis use and psychosis, especially at a time when cannabis laws are evolving. For this panel, three speakers will provide overviews of current evidence, including a panel discussion with the audience: Dr. Wilson Compton, Deputy Director, National Institute on Drug Abuse, will present "Epidemiology of cannabis use and psychosis"; Dr. Deepak Cyril D'Souza, Professor of Psychiatry, Yale University School of Medicine, will present "Translational perspectives on the overlapping neurobiology of cannabis and psychosis", and Dr. Marc Manseau, Chief of Medical Services, New York State Office of Addiction Services and Supports, will present "Implications of cannabis use by persons with psychosis for the planning and implementation of health services".

Key Citations: Hindley, Guy, Katherine Beck, Faith Borgan, Cedric E. Ginestet, Robert McCutcheon, Daniel Kleinloog, Suhas Ganesh, Rajiv Radhakrishnan, Deepak Cyril D'Souza, and Oliver D. Howes. Psychiatric symptoms caused by cannabis constituents: a systematic review and meta-analysis. *The Lancet Psychiatry* 2020. Kendler KS, Ohlsson H, Sundquist J, Sundquist K. Prediction of Onset of Substance-Induced Psychotic Disorder and Its Progression to Schizophrenia in a Swedish National Sample. *Am J Psychiatry* 2019;176(9):711-719. Murray RM, Englund A, Abi-Dargham A, Lewis DA, Di Forti M, Davies C, Sherif M, McGuire P, D'Souza DC. Cannabis-associated psychosis: Neural substrate and clinical impact. *Neuropharmacology*. 2017;124:89-104. Cooper K, Chatters R, Kaltenthaler E, Wong R. Psychological and psychosocial interventions for cannabis cessation in adults: a systematic review short report. *Health Technol Assess*. 2015;19:1-130. Rygaard Hjorthoj CR, Baker A, Fohlmann A, Nordentoft M. Intervention efficacy in trials targeting cannabis use disorders in patients with comorbid psychosis systematic review and meta-analysis. *Curr Pharm Des*. 2014;20:2205-11.

**Date of Presentation:**

05/03/2021

**Time of Presentation:**

2:00-3:30 PM

**Location:**

Session ID: 9033

**Submitted by:** Constance E. Dunlap M.D.

**Preferred Email**

drconstancedunlap@gmail.com

**Topic/Title:**

Seeking Equity during the Covid-19 pandemic and in the aftermath of George Floyd: Discussing racism race in psychotherapy

**Names of Authors:**

Chair: Constance E. Dunlap, M.D. Presenters: Flavia De Souza, M.D., M.H.S., Constance E. Dunlap, M.D., and Myra L. Mathis, M.D.

**Description:**

The Covid-19 pandemic has disproportionately affected Black people and further exposed health disparities and health inequities in the US. The public police killing of George Floyd on May 25, 2020 forced the world to confront the reality that Black and brown women, men and children are disproportionately killed by law enforcement. While there may be divergent reactions to the global protests and riots that have followed, there is consensus about the need for clinicians to be prepared for what Shim and Starks refer to as a syndemic, or synergistic epidemics of the coronavirus pandemic and racial injustice. Psychiatrists are uniquely qualified to understand these issues. Whether there are differences in political ideology or divergent views about solutions, physicians are duty bound to help their patients, regardless of their political ideology process the distress, anxiety and trauma caused by the morbidity, mortality, and violence playing out near and far - in our country and around the globe. Having the skill to discuss race and racism in treatment is a prerequisite to working with disparate populations and taking steps to reduce health inequities. It has been established that trainees are more comfortable than their supervisors when it comes to talking about issues of difference. The silence about race in treatment can be traced to the history of psychoanalysis. George Floyd's death broke the silence inside and outside the consulting room. We now have an opportunity to make a meaningful shift in the way we think about, talk about, and make use of race in manifest and latent material in treatment. This panel is open to all but is designed for resident fellow members, early career psychiatrist members, and supervisors who may be grappling with these issues. Objectives:

At the end of this presentation attendees will:1) Know how the history of silence around race/racism influenced the technique of psychoanalysis and psychotherapy. 2) Understand how the Covid-19 pandemic further exposed silent health (and economic) disparities and inequities in the US.3) Understand how George Floyd's murder disrupted the silence around race inside and outside the treatment room and in supervision.4) Be able to recognize and address latent and manifest references to race-related material as it emerges in our work.

**Date of Presentation:**

05/01/2021

**Time of Presentation**

Virtual

**Location:**

Virtual

**Submitted by:** Constance E. Dunlap M.D.

**Preferred Email**

drconstancedunlap@gmail.com

**Topic/Title:**

Law Enforcement & Qualified Immunity: A Psychoanalytic Exploration of State Sanctioned Dehumanization

**Names of Authors:**

Constance E. Dunlap, MD (chair), Ebony Dennis, PsyD, Justin Hopkins, PsyD, and Jessica Isom, MD, MPH

**Description:**

It has been established that police killings of Black, Indigenous and People of Color (BIPOC) have an adverse effect on the health of those who identify with or feel connected to these communities. The qualified immunity doctrine has been used to exonerate over 98% of law enforcement officers charged with these killings. The Black Lives Matter movement was established in 2013 to shed light on this disturbing trend - the increasing killings of people without accountability - which has been compared to public lynchings. However, there are polarized reactions resulting in some embracing the mantra "Black Lives Matter" and others responding with the retort "All Lives Matter." The death of George Floyd led to over 2,000 protests around the globe during the Covid-19 pandemic. These protests shed light on what some consider to be law enforcement's perverse role in a form of government that allows the terrorizing of members of the BIPOC communities while risking vicarious trauma to those who witness such lethal use of force increasingly via social media. Central to understanding this phenomenon are several observations: 1) law enforcement has historically played a role in reinforcing hierarchical caste systems in the US and around the globe; 2) at this point in our history, many whites in the US and around the globe have frequently shifted into a paranoid-schizoid position, perceiving an idealized white dominant good self that is being threatened by a subjugated bad Black and brown other; and 3) something beyond implicit bias training is needed if we are to effectively interrupt this trend that is likened to state-sanctioned dehumanization. At the end of this session, the participant will be knowledgeable about the:1) Origins of the qualified immunity doctrine and efforts to reform it;2) History of the evolution of law enforcement which has its roots in slavery;3) Range of physical (and psychological) injuries sustained during encounters with law enforcement;4) Public policies that promote criminality and result in dehumanization; and5) Psychoanalytic processes that contribute to a law enforcement officer's identity development and response during critical incidents.

**Date of Presentation:**

05/03/2021

**Time of Presentation**

11:30 am

**Location:**

Virtual

**Submitted by:** Tricia Lemelle MD, MBA

**Preferred Email**

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**Topic/Title:**

Technology Gap During COVID-19: Disparity Impact on Student Learning and Mental Health

**Names of Authors:**

Tricia Lemelle MD, MBA; Cesar Cardenas MD, Cheryl Wills MD, Gabrielle Shapiro MD, Andrea Diaz Stransky MD

**Description:**

The COVID-19 pandemic impacted education in the United States and the world. The results from implementing precautionary measures such as social distancing made the educational and technological gap more apparent across the nation. The decision for school closures impacted nearly 55 million students in kindergarten through 12th grade in the United States. Across the globe, more than 160 countries implemented nationwide school closures impacting 87% of the world's student population. Access to technology allowing for long distance learning was highlighted during the pandemic. The technology gap between households of different income classes was made prominent in the early stages of the pandemic. It also played a role in the case of reopening schools for the new academic school year. Prior to the pandemic, nearly one-in-five teens could not always finish their homework because of this digital divide. During the pandemic, lower income parents were most concerned that their children would fall behind due to school closures and lack of access to devices and tools necessary for distance learning. Some 15% of U.S. households with school-age children do not have a high-speed internet connection. This is more pronounced in black and Hispanic households with school-age children, especially those with low incomes<sup>3</sup>. The impact of parents working multiple jobs or being essential workers also were additional stressors. Equally important, the accessibility and availability of mental health in schools has also been affected due to school closures. Thus, impacting overall mental health in those that are most vulnerable. This session will identify disparities in technology for the availability of distance learning during the pandemic. We will highlight regional examples of various school districts throughout the country reviewing the educational impact from school closures/distance learning. We will also identify the effects that school closures had on student mental health and will identify helpful resources for student mental health during the pandemic.

**Date of Presentation:**

05/02/2021

**Time of Presentation****Location:**

**Submitted by:** Etuajie Oiyemhonlan Halbert D.O.; MS

**Preferred Email**

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**Topic/Title:**

The impact of Racial Injustice on Community Trust and Quality Healthcare

**Names of Authors:**

Gloria Osuruaka, MD Sadé Diahann Frazier, DO, MS Etuajie Oiyemhonlan Halbert, DO, MS Fatimah Albrekkan, MD Ronald Schouten, MD, JD, CTM, DLFAPA

**Description:**

The killings of George Floyd, Breonna Taylor, Tamir Rice, and several other members of the Black community by law enforcement have brought racial injustices to the forefront of American society's consciousness, yet again. Police brutality has become so prevalent that Alang et al, have suggested that it is an individual social determinant of health. The most recent of these cases have come to light even as a global pandemic highlights the pervasive inequities in healthcare experienced by African American and other minority populations. The disproportionate application of police violence on African American citizens has led to community mistrust which has had an impact on mental health care outcomes and burden in their communities. This session will explore the historical context of the failure of the criminal justice system to adequately police communities of color by the under investigation of urban violence and the dissemination of racial profiling as explored in Jill Leovy's "Ghettoside". Next, mistrust of the medical community by African Americans will be explored by reviewing prominent examples of intentional harm on individuals of color not limited to the Tuskegee experiment and Henrietta Lacks. The combined effect of living in an era where race is highly politicized and weaponized has a deleterious impact on the mental health of African Americans. The inability to feel safe with the people who are supposed to protect or treat you is a destruction of the social contract. This session will also explore the role of mental health providers in assessing the development of child and adolescent patients exposed to repetitive images and their impact on their future-oriented thinking. The goal of the session presenters is to give psychiatrists and mental health providers a broader understanding of the historical context of social injustices, how this affects the child and adolescent communities

and in turn continues to perpetuate generational mistrust. Finally, participants will receive tools and resources to address health care disparities during challenging times.

**Date of Presentation:**

05/01/2021

**Time of Presentation:**

**Location:**

**Submitted by:** Maryland Pao M.D.

**Preferred Email**

paom@mail.nih.gov

**Topic/Title:**

What to do with the rest of my life? Career tips for launching psychiatrists

**Names of Authors:**

Jessica Worley, Margo Funk, Jay Shore, Eric Williams, Maryland Pao

**Description:**

This session hosts this panel of nationally prominent psychiatrists from a diverse range of backgrounds and career paths in academia, telepsychiatry, community psychiatry, and research. They've been asked to imagine they are wearing our shoes (residents/fellows) just starting out again and to give us advice about early career decisions. Speakers will share their own important lessons learned and mentoring tips such as where and how to look for a job, when to consider a transition between positions, and how to best navigate the challenging balance between work and personal life demands. A Panel Discussion features Dr. Margo Funk, Dr. Jay Shore, Dr. Eric Williams, and Dr. Maryland Pao

**Date of Presentation:**

05/01/2021

**Time of Presentation**

11:30-1pm

**Location:**

Virtual

**Submitted by:** Gerald Perman M.D.

**Preferred Email**

gpperman@gmail.com

**Topic/Title:**

Psychodynamic Lessons from the Novel Coronavirus (AAPDPP Presidential Symposium)

**Names of Authors:**

Gerald P. Perman, M.D.(Chair); Douglas Ingram, M.D., Kimberly Best, M.D., Saba Syed, M.D., Eugenio Rothe, M.D.

**Description:**

The COVID-19 pandemic has had profound effects on the mental health of individuals and families, and on psychiatric training and practice. The American Academy of Psychodynamic Psychiatry and Psychoanalysis (AAPDPP) proposes to present a 90-minute workshop with the title: "Psychodynamic Lessons from the Novel Coronavirus Pandemic." Our workshop will be chaired by Gerald P. Perman, M.D., Immediate Past President of the AAPDPP, and will include presentations by Dr. Perman and four other distinguished speakers followed by a Q&A session. Dr. Perman will describe how the coronavirus pandemic, with the need for self-quarantine and social distancing, affected patients in outpatient psychiatric treatment. He will characterize common defenses used by patients to manage the challenges presented by the pandemic with a resultant increase in psychiatric morbidity, but also how in other instances social isolation aided the healing of pre-existing interpersonal and interfamilial conflict. Douglas Ingram, M.D., Past Academy President, will address the impact of COVID-19 on the therapeutic space. He will describe how the consultation room came to serve rather unthinkingly as the therapeutic space in which co-created dialogue unfolded and how recourse to digital technology required a rethinking of this space within which the psychiatrist and patient worked. Kimberly Best, M.D., Associate Chairman and Program Director at Einstein Medical Center, Philadelphia, PA, will discuss ways in which the pandemic dramatically affected medical student education and psychiatric training. Psychiatric trainees were exposed to patients with COVID-19 or with unknown status, often without necessary supplies of protective equipment or test kits. Classes were cancelled,

rotation schedules changed, and telepsychiatry was implemented. Residents had to deal with their own anxieties while simultaneously attending to the needs of psychiatric patients who themselves were impacted by the pandemic. Syed Saba, M.D. works for the Department of Health Services in Los Angeles and has had extensive experience in consultation-liaison psychiatry. She was thrust into a front-line position as a psychiatrist within the public health system caring for patients with severe mental illness. She will describe changes that she made in the delivery of consultative care including collaboration with primary medical teams to assist with diagnostic clarification, behavioral management and recovery while balancing staff and patient safety concerns. Finally, Eugenio Rothe, M.D, President of the American Association of Social Psychiatry, was deeply moved by cases of unresolved mourning and memories of previous separations from loved ones that were elicited by the pandemic lockdown. He will present brief patient vignettes in support of his presentation.

**Date of Presentation:**

05/02/2021

**Time of Presentation**

11:30 AM

**Location:**

Pre-recorded Zoom presentation followed by live Q&A with the audience

**Presented by:** Meghan Schott D.O.

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meghan.schott@gmail.com

**Topic/Title:**

Intersectional Capacity Assessments: Religious and Ethical Consideration

**Names of Authors:**

Melissa Peace, Meghan Schott

**Description:**

poster presentation

**Date of Presentation:**

05/01/2021

**Time of Presentation:**

**Location:**

**Presented by:** Meghan Schott D.O.

**Preferred Email**

meghan.schott@gmail.com

**Topic/Title:**

Melodic Medicine: Positive Response to Music in an Adolescent with Catatonia

**Names of Authors:**

Cecily Lehman, Steven Nemcek, Meghan Schott, Alvia Azad

**Description:**

poster presentation

**Date of Presentation:**

05/01/2021

**Time of Presentation:**

**Location:**

**Submitted By:** Cynthia Turner-Graham, William Lawson

**Preferred Email**

dr.cynthia@forsoundmind.com

**Topic/Title:**

Structural Racism in Psychiatry: The Past is Driving the Present

**Names of Authors:**

Cynthia Turner-Graham, M.D, William Lawson, M.D., King Davis, Ph.D.; Moderator - John McIntyre, M.D.

**Description:**

The manifestations of structural racism in mental health care service delivery and its consequences are reviewed. Defensive underpinnings of structural racism are explored, using examples from mid-20th century literature. 100+ year archival history of the first psychiatric hospital established in the U.S. for the segregated mental health treatment of Blacks is examined.

**Date of Presentation:**

05/01/2021

**Time of Presentation:** 11:30am

**Location:**

Virtual

**Submitted by:** Lise Van Susteren

**Preferred Email**

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**Topic/Title:**

Enhancing Use of the DSM-5 Outline for Cultural Formulation: Linking Social Determinants of Mental Health to Structural Competency Through v Codes

**Names of Authors:**

Francis Lu, Helena Hansen, Merrill Rotter, Lise Van Susteren

**Description:**

it isn't just what happens on the "inside"...how social, political and environmental conditions exact a physical and emotional health that affects our mental health.

**Date of Presentation:**

05/01/2021

**Time of Presentation:** 11:30 – 1:00

**Location:**

online