



## NOVEMBER 2019

### Call for Nominations

#### Important Reminder: the Call for Nominations needs you!

The Call for Nominations for the 2020-2021 WPS Board of Directors is open. But it will close at 11:59 pm Eastern Time on Monday, December 2, 2019. Don't miss this opportunity to nominate candidates for the upcoming vacancies. Follow these links for more information:

[The Call for Nominations announcement](#)  
[The Nominations Guide](#)  
[Online Nominations Form](#)

### Message from the President

--Philip Candilis, MD

Best wishes for the upcoming holidays everyone, and thank you for attending the annual members' meeting this Wednesday at George Washington's Department of Psychiatry. We are grateful to our hosts and the officers who updated us on the work to improve our financial standing and expand membership benefits.

We heard from our treasurer Steve Israel on the slow and steady resumption of economic growth. The choice of a more conservative management model that decreases costs while emphasizing robust accounting and budget practices is an important part of this. Executive Director Lyn Hainge and Next Wave Group principal Pat Troy have been an important part of our retrenchment and were present to speak with members.

APA CEO Saul Levin was present to make introductory remarks on his hopeful vision for American psychiatry and the importance of our continued involvement in advocacy and community engagement.

CME chair Matt Rudorfer reviewed his committee's pledge to cost-effective educational events - events that had already landed an array of prominent speakers for the October event downtown and covered the entire life-span of psychiatric engagement.

The presidential symposium on Saturday, April 4, 2020 will likewise cover contemporary topics, this time from the ethics of our profession: end-of-life decisions, aid-in-dying, updates from the APA Ethics Committee, and a special presentation from the entire APA Office of Diversity and Health Equity. Matters of social justice, healthcare access, and fairness are a well-established commitment of the profession, so a review of the new initiatives in our community will be most welcome. Physician-ethicist Gail Povar, mentor to a generation of DMV physicians, will keynote.

President-elect Farooq Mohyuddin and I were heartened by the presence of a large contingent of resident representatives from Saint Elizabeths Hospital. The public sector holds a special place in our vision of Washington-area psychiatry, so seeing the next generation of leaders among us was a keen reminder of the importance of recruiting those who will solve the challenges of access and parity

### In This Issue...

- [1. Call for Nominations](#)
- [2. Message from the President](#)
- [3. WPS Annual Meeting & Reception](#)
- [4. CLM Program](#)
- [5. APA News and fotes](#)
- [6. Workshops and Events](#)
- [7. Member News](#)
- [8. Classifieds](#)

### Calendar of Events

[Member Center](#)  
[WPS Leadership](#)  
[WPS Committees](#)

#### SPONSORED CONTENT

ONE POLICY. ONE CARRIER.  
PRMS PROTECTS  
GROUP PRACTICES.

**PRMS**  
PSYCHIATRIC PROFESSIONAL  
LIABILITY INSURANCE  
[LEARN MORE >](#)

#### GROUP COVERAGE? MAKE IT SIMPLE!

All providers in your practice - psychiatrists, psychologists, social workers and other behavioral healthcare providers - can be covered under one medical professional liability insurance policy, along with the entity itself. Click [here](#) for information!

### WPS EVENTS

#### WPS Holiday Party

Reminder:  
The next CLM event is right around the corner:

The Third Annual *Mind Games* program and CLM meeting will be held on Thursday, December 5, 2019.

*WPS / CLM*  
*Holiday Party*  
*& Mind Games*

Thursday December 5th @ The Colonnade  
2801 New Mexico Ave NW DC 20007

The 3rd Annual Mind Games: Come cheer on your friends & colleagues in this jeopardy-style competition!

Mind Games 6 pm  
CLM Meeting 7pm  
Party 7:30 - 9pm

facing the psychiatric community.

Remember the homeless this winter season, and thank you for your continued support of the Washington Psychiatric Society.

---

## WPS 2019 Annual Meeting & Reception

This year's WPS Annual Meeting, held on Wednesday, November 20, 2019, was a special evening for everyone. Over 40 people attended this year's event and reception, which was hosted at the George Washington University Medical Faculty Associates building. In addition to hearing organizational updates from WPS leaders President Philip Candilis, Treasurer Steven Israel, CME Committee Chair Matt Rudorfer and CLM Founder Eliot Sorel, the group enjoyed a very special surprise: meeting and hearing from special guest Saul Levin, CEO of APA. Dr. Levin, himself a member of WPS, emphasized the importance of WPS' work within APA.

Special thanks to PRMS for sponsoring the reception, and to Drs. Lorenzo Norris and Eindra Khin Khin for making it possible to hold this event at GWU/MFA.



L to R: Philip Candilis, MD, DFAPA, WPS President;  
Saul Levin, MD, MPA, APA CEO and medical Director;  
Lyn Hainge, MS, WPS Executive Director;  
Farooq Mohyuddin, MD, FAPA, WPS President-Elect



L to R: Steven Israel, MD, FAPA, WPS Treasurer  
Marilou Tablang-Jimenez, MD, DFAPA  
Constance Dunlap, MD, DFAPA, WPS Board Member & APA Assembly Delegate  
Eliot Sorel, MD, DLFAPA, WPS Board Member & APA Assembly Delegate



L to R: Susan Kinkead-Acree, MD  
Walter Bland, MD, LFAPA, WPS Board Member  
Ebony Caldwell, MD



Matt Rudorfer, MD, LFAPA,  
CME Committee Chair and his wife, Laurie

Reception sponsored by PRMS

All members welcome and especially encouraged for ECPs and RfMa!  
Free to WPS members.

[CLICK HERE TO REGISTER ONLINE](#)

## SAVE THE DATE!

Wednesday January 29, 2020  
7pm - 9pm  
Location - TBA

There's an excellent opportunity on the horizon! WPS is preparing to host training session on one of the key components of **our work within APA: Action Papers**. These papers are the vehicle through which critical ideas are discussed and new ideas presented at a national level. The training session would provide attendees **with step by step information about how to develop them, the process through which they are reviewed and presented, and their ultimate influence on our profession.**

## OTHER EVENTS OF INTEREST

### BPA

Thu, Dec 5, 2019, 8:00 AM -  
Thu, Dec 12, 2019, 12:00 PM EST  
Crowne Plaza Hotel - Inner Harbor  
110 W. Fayette Street  
Baltimore, MD 21201

**The Black Psychiatrists of America (BPA) invite clergy and seminarians** to attend two (2) half day conference sessions on December 5 & 12, 2019 as part of our community mental health outreach program "Get Your Check Up from the Neck Up". Our "Thoughtful Thursdays" are sessions specifically targeting faith based leaders of all denominations and are designed to help clergy enhance their capacity to more effectively address mental health issues in their congregants and peers. Nationally recognized psychiatrist experts will conduct all sessions. **SESSION I:** December 5, 2019 "Shepherding the Flock" Explores recognizing symptoms of mental and emotional distress and reducing stigma in faith based organizations. Assists clergy in knowing when, how and where to make needed referrals as well as looks deeply at suicide in the faith based community.

**SESSION II:** December 12, 2019 - "Guiding the Shepherd" Addresses the need for mental and emotional self care for clergy as well as emotional and mental distress among clerical colleagues.

**FACULTY SPEAKERS:** Annelle Primm, MD, MPH, \*\*  
Jonathan Shepherd, MD, \*\* Altha Stewart, MD, \*\* Michael Torres, MD, \*\* and Patricia Newton, MD, MPH, MA  
Complimentary Advanced Registration is required.

For more information: 855.435.5077 [info@bpaincpsych.org](mailto:info@bpaincpsych.org)

---

SPONSORED CONTENT



## Successful CLM "Healing the Healers" Program



CLM "Healing the Healers" attendees

The "Healing the Healers" event on November 14, 2019 was a terrific evening of CLM scholarship, friendship, and learning. Presentations from Drs. Mani Yavi and Esther Bilenkis and remarks by CLM Founder Eliot Sorel, MD, DLFAPA, stimulated robust dialogue and catalyzed and a follow up action plan across all DC Residency programs on Health and Wellbeing promotion.

## APA News and Notes

- **Small Study Examines Effectiveness Of Oral Antidepressant-Intranasal Esketamine Combo In Older Adults With Treatment-Resistant Depression**  
[Psychiatric News \(11/20\)](#) reports, "A subset of individuals 65 years or older with treatment-resistant depression who took a new oral antidepressant plus intranasal esketamine showed greater improvement of symptoms than those who took an antidepressant and intranasal placebo," research indicated. The 138-patient study, however, revealed that "the overall difference between the esketamine and placebo groups in symptom score reduction was not statistically significant, indicating a need for further research." The findings were published online Oct. 17 in the American Journal of Geriatric Psychiatry
- **Psychiatric News Alert**
  - [Study Examines Efficacy of Esketamine-Antidepressant Combo in Older Adults With Treatment-Resistant Depression](#)
  - [Ketamine Found to Rapidly Reduce Suicidal Thoughts in Depressed, Suicidal Patients in ER](#)
  - Time for a career move? Visit Job Central  
APA JobCentral is the career hub for psychiatry. Visit JobCentral to see open positions, post a resume, set up email alerts, or view freshly posted jobs, such as:
    - [Inpatient Psychiatrists, Calif.](#)
    - [Psychiatrist, Farmington, N.M.](#)
 Browse hundreds of more job openings across the country and around the world.
- **Psychiatric Treatment/Disorders**  
**Fish Oil Supplements May Benefit Children With AD/HD And Omega-3 Fatty Acid Deficiency, Study Indicates** [HealthDay](#), (11/20, Preidt) reports a [study](#) published in [Translational Psychiatry](#) suggests that children with AD/HD "and low blood levels of omega-3 fatty acids might benefit from supplements." The researchers said that fish oil supplements may increase attention in children with AD/HD, but only in those with low levels of omega-3 fatty acids. The article says that previous research has shown "that children with omega-3 deficiency are more likely to have more severe ADHD."
- **Government and Psychiatry**  
**Trump Administration Said To Be Pushing Consumers To Seek Help From Brokers Who Sell "Junk" Plans** [The Washington Post](#) (11/20, Abutaleb) reports, "The Trump administration is encouraging consumers on the Obamacare individual market to seek help from private brokers, who are permitted to sell short-term health plans that critics deride as 'junk' because they don't protect people with preexisting conditions, or cover costly services such as hospital care, in many cases." In addition, "consumers looking at their health insurance options on the federal exchange website" can click a tab "where they will see a list of such plans, often with significantly cheaper premiums than those offered under the Affordable Care Act." Critics say that these "are the latest examples of Trump administration efforts to weaken the ACA after failing to repeal and replace the law in Congress."
- **Psychiatry and Public Health**

Sunovion is a global biopharmaceutical company focused on the innovative application of science and medicine to help people with serious medical conditions. With patients at the center of everything it does, Sunovion has an unwavering commitment to support people with psychiatric, neurological and respiratory conditions. Visit us at [www.sunovion.com](http://www.sunovion.com).

## MEMBER NEWS!

WPS CME Committee Chair **Matt Rudorfer, M.D., LFAPA**, who oversees adult interventions research at NIMH, attended the *International Summit on Suicide Research*, held in Miami Beach in late October under the auspices of the International Academy of Suicide Research and the American Foundation for Suicide Prevention. At the meeting Matt served as Discussant on a panel on *Rapid-Acting Interventions for Suicide Risk*, at which he alerted the field to the impending release of an NIMH call for grant applications on that subject. He adds that given that the focus of this new NIMH initiative will be on the deployment of existing rapid-acting treatments to meet the needs of severely suicidal patients in real-world settings, WPS member clinical investigators will find this an attractive opportunity to seek NIMH funding for projects of great practical importance.

## Diane Shrier, MD - Notice in Error

Dr. Shrier's name was erroneously listed by APA in the In Memoriam section of the APANews online. We are pleased to report that Dr. Shrier is alive and well. APA is now putting stringent death verification policies in place, as a result of this unfortunate error.

## CLASSIFIEDS



Do you have office space available for rent or are you recruiting for a qualified psychiatrist to join your team? Reach your market by placing a classified ad with WPS [here](#).

- **Mental Health Coverage Continues to Fall Short, Study Suggests**  
[Bloomberg BusinessWeek](#) (11/20, Koons) reports that more Americans "turn to out-of-network providers when seeking mental health care than when seeking medical care, and the trend continues to worsen, a new study shows, despite a law designed to prevent this problem for people seeking treatment for conditions such as depression and addiction." In an update of a 2017 report about access to mental health treatment, researchers "found that the disparity between medical coverage and mental and behavioral health coverage continued to grow in 2016 and 2017."  
[Forbes](#) (11/20, Japsen) also reports on the story.
- **Study Suggests Having An Abortion Does Not Increase A Woman's Risk Of Suicide**  
[Reuters](#) (11/20, Millar) reports a [study](#) published in The Lancet Psychiatry concluded that "having an abortion does not increase women's risk of suicide." The study was "based on data from 520,000 Danish women over 17 years" and "found pre-existing mental health problems were the strongest risk factor for women trying to end their lives." Investigators also "found that among women who had a first-trimester abortion, 8.9 in 1,000 made a non-fatal suicide attempt in the year before the procedure, while 8.6 per 1,000 did in the year directly after," and "said the similarities in the rate indicated that the suicide attempts could not be attributed to the abortion."  
[Healio](#) (11/20) reports the study suggests that "although women who have had an abortion have a higher risk for nonfatal suicide attempts, the abortion itself is not the cause." Julia R. Steinberg, PhD, one of the study's authors, said, "There are 12 states that inform women seeking abortions that abortion increases or may increase their risk for suicidal ideation or mental health problems."
- **Large Proportion Of Gun Victims Continue To Suffer From PTSD, Substance Abuse Years Later, Study Shows**  
[The Washington Post](#) (11/20, Wan) reports, "Years after being shot, a large proportion of gun victims continue to suffer from increased unemployment, alcohol and drug abuse, and post-traumatic stress disorder, a new study shows, and the effects persist even when the injuries were minor." The study authors acknowledge "that treatment for gun injuries may need to change," as "currently, patients may be discharged quickly from the hospital, often with no checks on their mental health or follow-up care. And they say growing evidence suggests that gunshot trauma is harder to recover from than other types of injuries." The [report](#) was published Wednesday in the journal JAMA Surgery.  
[HealthDay](#) (11/20, Mozes) reports, "About 70,000 Americans survive gun shootings every year, but little research has looked at the long-term aftereffects, the study team said." For this study, they "conducted phone interviews with 183 patients who were shot between 2008 and 2017 and treated at an urban, level 1 trauma center."  
 Among the news outlets covering this story are [Newsweek](#) (11/20, Gander) and [Healio](#) (11/20, Gramigna).
- **Diabulimia Reportedly Becoming More Prevalent Among Young People With T1D**  
 The [Miami \(FL\) Herald](#) (11/20, Mayo) reports on diabulimia, "an eating disorder combined with the chronic illness of type 1 diabetes [T1D]." The condition, in which "patients learn how to restrict, or even omit, their insulin in order to lose or control weight," is "growing at an alarming rate among adolescents and young patients with" T1D.
- **Wednesday's Lead Stories**
  - [Low-Dose, Single Ketamine Infusion May Rapidly Reduce Suicidal Thoughts In Patients Presenting To The ED, Small Study Indicates](#)
  - [Study Underscores Higher Costs For Privately Insured Adult Patients Diagnosed With MDD And Suicide Ideation/Attempt](#)
  - [Roughly Half Of UK Adolescents Have Seen A Parent Who Is Not An Alcoholic Get Drunk Or Tipsy, Study Indicates](#)
  - [Five Lawsuits Filed Against JUUL This Week](#)