



DECEMBER 2019

Call for Nominations - closing soon!

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The 2020 Call for Nominations for upcoming vacancies on the WPS Board of Directors will close at midnight on Tuesday, December 10. Click on the links below for the information and forms needed to nominate yourself or a fellow WPS member to one of these important positions.

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

Message from the President

--Philip Candilis, MD

Dear Friends and Colleagues,

Best wishes for the holiday season and the coming new year. As we reflect on the many festivals celebrating the end of the calendar, we may appreciate the importance of language marking the differences in our celebrations. They may be "holy-days," feasts of the harvest, or even general celebrations of light over darkness. Our university friends tell us it's no coincidence that the nearby winter solstice marks the lengthening of the short winter day.

Language is important for our thinking about patients this time of year too. At Saint Elizabeths we speak of "individuals in care" to mark the individuality of persons who are not defined by being patient. They don't wait for others to define them. The contemporary medical literature is the same: ethicists write of "persons diagnosed with mental illness," underscoring their personhood and the external source of diagnostic identification. We are not defined by our illnesses; indeed, there is an inherent dignity to our personhood that bears special notice throughout the year.

This idea of dignity of the person has been around for a while. Our philosophy friends find it in the writings of Immanuel Kant and Thomas Aquinas. Political scientists put it into the UN's Universal Declaration of Human Rights: "Whereas recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world." Thomas Jefferson and his conspirators, too, marked the Declaration of Independence with this sense of something "inalienable" and inherent.

Some remain skeptical, famously calling the concept useless or "squishy." (Yes, academics can talk like that.) Ethicist Ruth Macklin was convinced we have enough in the principle of autonomy, or "self-rule," to cover the respect that is due to all people. But this time of year is enough for many of us to appreciate the worth and consideration required in our interactions with others. Especially the most vulnerable.

Our heartfelt thanks to all of you who are active in your communities, churches, and hospitals this time of year and, frankly, all the year - decorating, donating, and appreciating. There are many of you who cover our duties so we can be with family; you spend time with patients so we can travel and be with family and

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WPS EVENTS

Save the Date!

The 2020 Presidential Symposium will be held on Saturday morning, April 4, 2020 at St. Elizabeths. With a working title of "Ethical Challenges in Psychiatry," it will feature speakers from APA and from local institutions on such subtopics as diversity, health equity and end of life issues. More information will be coming soon.

WPS - 3rd Annual Mind Games

friends. WPS activities continue throughout the month too, with Early Career events and the famous CLM Mind Games challenge just this past week.

But the time after Thanksgiving and into the new year is special. A time not just for being patient, but for advocacy and civic presence.

Philip Candilis, MD

APA New Director of Research

I am pleased to announce the selection of Nitin Gogtay, MD as the new Director of Research and Deputy Medical Director for the APA. Dr. Gogtay comes to us from the National Institute of Mental Health where he is currently serving as Chief Medical Officer and Director for the Office of Clinical Research - an office that he developed and that oversees all NIMH-funded clinical research. He is recognized internationally for his work in pediatric psychosis and has extensive knowledge in designing and running clinical trials and protocols. His wealth of experience will serve the APA Division of Research well as it continues to work on DSM and build PsychPRO - the mental health registry.

Dr. Gogtay is a board-certified psychiatrist with more than 25 years of basic and clinical research experience. He received his medical degree from B.J. Medical College in Pune, India, where he also completed a pathology residency.

He completed his psychiatry residency at NY Hospital - Weil Cornell Medical School. He also did post-doctoral fellowships at the Karolinska Institute in Sweden, University of Sydney, the National Institute of Neurological Disorders and Stroke in Bethesda, and the University of Maryland School of Medicine in Baltimore.

He is an APA Member, Fellow of the American College of Neuropsychopharmacology, and a Member of the Society of Biological Psychiatry. He is a three-time recipient of NIMH Director's Award for Leadership, which underscores the leadership skill set he brings to the APA.

Dr. Gogtay will start in his new position on March 2, 2020 and I have asked him to come to the December APA BOT meeting.

Please join me in welcoming Dr. Gogtay to the APA.

Regards,
Saul Levin, MD, MPA, FRCP-E, FRCPsych
CEO & Medical Director
American Psychiatric Association

APA News and Notes

WHAT'S NEW AT THE APA

- APA released a statement urging action to end disparities in mental health coverage in the wake of a report released by Milliman, Inc. The report, which covered calendar years 2016 and 2017, showed that patients using commercial PPO health plans were more likely to pay out of pocket for mental health care compared to general medical care, and that primary care reimbursement rates were higher than behavioral health reimbursements. You can read more about the Milliman report and APA's response [here](#).
- APA and the APA Foundation Center for Workplace Mental Health joined a coalition with National Alliance of Healthcare Purchaser Coalitions and the Meadows Mental Health Policy Institute to launch The Path Forward for Mental Health and Substance Use initiative. The goal of this collaborative effort is to realign the healthcare market to focus on a more sustainable approach and ensure affordable access to high value, effective treatment. You can read more about The Path Forward Initiative [here](#).

APA IN THE NEWS

- **Individuals With Opioid Use Disorder May Be At High Risk For Overdose Even After 18 Months Of Treatment, Study Suggests**
[Medscape](#) (12/3, Anderson, Subscription Publication) reports, "Individuals with opioid use disorder are at high risk for overdose even after 18 months of treatment," research indicated. In the study that "included 8996 adult Medicaid recipients who initiated buprenorphine therapy, continued on this treatment for a minimum of six months, and maintained Medicaid enrollment for at least six months after stopping their use of



L to R: Judges, the winning Georgetown Team, Event organizers, and Saul Levin, MD

The 3rd WPS CLM "Mind Games" was held on December 5, 2019 and was a great success. Teams from all five local residency programs competed in this "Jeopardy!" style game while an enthusiastic audience cheered them on. Congratulations to this year's winner - and first time participants - the team from Georgetown. We were particularly happy to welcome APA CEO and Medical Director, Saul Levin, MD.

SAVE THE DATE!

Wednesday January 29, 2020

7pm - 9pm
George Washington University/
Medical Faculty Associates office
2120 L St. NW;
6th Floor conference room

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.**

Saturday, April 4, 2020

The 2020 Presidential Symposium will be held on Saturday morning, April 4, 2020 at St. Elizabeths. With a working title of "*Ethical Challenges in Psychiatry*", it will feature speakers from APA and from local institutions on such subtopics as diversity, health equity and end of life issues. More information will be coming soon.

MEMBER NEWS!

Do you have news to share? Let us know!

CLASSIFIEDS

buprenorphine," researchers "found that among patients who were treated with buprenorphine continuously for six to 18 months, about 5% were treated for an opioid overdose within six months of stopping the drug." In all likelihood, "the true rate is...higher, inasmuch as the researchers were unable to take into account patients who overdosed but who did not present at the hospital for treatment." The [findings](#) were published online Dec. 2 in the American Journal of Psychiatry, a publication of the American Psychiatric Association.



Leading The News

- **Maintenance Of Antidepressant Medication Treatment May Be Associated With Reduced Risk Of MDD Recurrence, Study Indicates**
[MedPage Today](#) (12/4, Hlavinka) reports, "Patients with chronic or recurrent major depressive disorder [MDD] who achieved recovery had a higher chance of sustaining recovery when they stayed on maintenance antidepressant medication," researchers concluded in "randomized phase II trial." The study revealed that "among 292 adults who had achieved recovery with either medication treatment alone or combined with cognitive behavioral therapy...recurrence was significantly less likely among patients who stayed on maintenance therapy compared with those who were withdrawn from medication treatment, regardless of whether they achieved remission through medication alone" or "with combined treatment."
- [Psychiatric News](#) (12/4) reports, "Maintenance of antidepressant medication treatment was associated with a reduced risk of depressive recurrence, but previous treatment with cognitive-behavioral therapy was not," the study revealed. The findings were published online Dec. 4 in JAMA Psychiatry.

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](#).

PSYCHIATRIC NEWS ALERT

- **Psychiatric Treatment/Disorders**
 - **Brief CBT May Likely Be Cost-Saving Intervention For Suicidal Active-Duty Army Soldiers, Economic Analysis Suggests**
[Medscape](#) (12/4, Brooks, Subscription Publication) reports, "Brief cognitive-behavioral therapy (CBT) is likely a cost-saving intervention for suicidal active-duty Army soldiers," investigators concluded in "a new economic analysis of the treatment." In order to arrive at these findings, investigators used data from a 152-patient study, "as well as epidemiologic datasets," to create "a decision analytic model that compared effects and costs of 12 individual brief CBT sessions plus treatment as usual vs only treatment as usual for soldiers who had recently experienced a suicidal crisis." The findings were published online Nov. 27 in JAMA Psychiatry.
 - **Expert Provides Tips On Evaluating, Treating Sleep Problems In Psychiatric Patients**
According to [Psychiatric News](#) (12/3), in an [article](#) published online Nov. 27 in JAMA Psychiatry, John W. Winkelman, MD, PhD, a professor of psychiatry at Harvard Medical School and chief of the Sleep Disorders Clinical Research Program at Massachusetts General Hospital, posited that "treating psychiatric patients for sleep disturbances can lead to improvements in their quality of life and mental health, but few mental health professionals receive thorough training on how best to assess common sleep complaints." In order "to address sleep disturbances, Winkelman advised mental health professionals to first determine their patient's chief sleep complaint followed by assessments of psychiatric, medical, neurological, and sleep-specific conditions." Winkelman went on to make "recommendations for several treatment options for patients with insomnia."
 - [Ketamine May Benefit Patients in Treatment for Alcohol Dependence](#)

Psychiatry and Public Health

- **Researchers Find Strong Association Between Vaping, Depression**
[HealthDay](#) (12/4, Reinberg) reports that researchers have "found a strong association between vaping and depression in a study of nearly 900,000 U.S. adults," with the "apparent culprit" being nicotine. The findings were published online Dec. 4 in JAMA Network Open. [Healio](#) (12/4, Gramigna) also covers the study.
- **A Fourth Of Colorado's Mental Health-Related ED Visits Were For Children In 2018, Report Reveals**
According to [Modern Healthcare](#) (12/4, Bannow, Subscription Publication), a report issued by the Center for Improving Value in Health Care reveals

that "one quarter of Colorado's mental health-related emergency department [ED] visits were for children in 2018." After analyzing "claims data for commercially insured, Medicaid and Medicare Advantage patients," the report's authors found that "the share of children's emergency department visits where mental health was the primary diagnosis grew from 21% in 2016 to 25% in 2018," while such "visits for adults dropped from 79% to 75% in that time.

Psychiatric Medication Update

- **Dementia Patients Taking Nuplazid May Be Three Times Less Prone To Psychotic Relapse Than Those On Placebo, Company Says**
[Reuters](#) (12/5, Mathias, Nadeem, Beasley) reports that "Acadia Pharmaceuticals Inc said on Wednesday dementia patients taking its drug Nuplazid were nearly three times less prone to a psychotic relapse than those on placebo." According to the company, "patients on the drug experienced a 65% reduction rate in relapses of dementia-related psychotic episodes." Acadia's "late-stage trial testing Nuplazid stopped in September after positive results."
- **Pediatrician: Boys Also Suffer From Unrealistic Beauty Standards**
In the [New York Times](#) (12/3), pediatrician and author Cara Natterson, MD, writes, "One of the biggest myths about the beauty myth is that it's female," because "boys suffer from unrealistic beauty standards, too." Natterson observes, "Many thoughtful researchers have offered up data about male body dysmorphia, showing that body image concerns and eating disorders alike are basically gender neutral." For that reason, "we need to call out the disconnect between ideal health and ideal physique for boys, something we have done for females for many years now." Boys need to be asked "about their experiences as emerging men in a culture often saturated with toxic masculinity; about their knowledge of what's actually happening to their changing bodies; about the pressures associated with body goals." Natterson concludes, "The key to raising boys begins with dialogue."

GOVERNMENT AND PSYCHIATRY

Coalition Of Pharmaceutical Companies And Construction Worker Unions Lobbies Against Drug-Pricing Bills

[The New York Times](#) (12/3, Thomas) reports the Pharmaceutical Industry Labor-Management Association "is trying to defeat drug-pricing proposals around the country, from statehouses in Nevada, Maryland and Oregon to Congress" with mailed fliers, print advertisements in newspapers, and Facebook ads. The article says that the "low-profile group" is "financed by the pharmaceutical industry" and "has hired former union officials to oppose drug-price proposals around the country." The article adds that the group is "a coalition that includes major drugmakers like Pfizer and Johnson & Johnson as well as large construction-industry unions whose members help build pharmaceutical plants and research labs."

OTHER NEWS

- **Dietary Pattern Of US Adults At Midlife Not Associated With Processing Speed, Word Fluency, Memory, Or Incident Dementia In Later Life, Researchers Say**
[MD Magazine](#) (12/4, Walter) reports research indicates that "the dietary pattern of US adults at midlife was not associated with processing speed, word fluency, memory, or incident dementia in later life." Investigators arrived at that conclusion after analyzing "data collected between 1987-2017 of 13,588 community-dwelling people between the ages of 45-64 from Washington County, Maryland; Forsyth County, North Carolina; Jackson, Mississippi; and suburban Minneapolis, Minnesota." The [findings](#) were published online Dec. 4 in JAMA Network Open.
- **Depressive Symptoms, Dietary Non-Adherence Common In Patients On Hemodialysis, Meta-Analysis Suggests**
[Healio](#) (12/4, Webb) reports research indicates there is "a high prevalence of both depressive symptoms and dietary non-adherence in patients on hemodialysis." Investigators "further observed a significant association between symptoms of depression and likelihood of not adhering to dietary recommendations." The [findings](#) of the 28-study meta-analysis were published online Nov. 21 in BMC Nephrology.
- **Make a Difference through Advocacy**
APA works every day to shape policies and legislation that advance our profession and promote the highest quality of care for our patients and their families. But advocacy only works if APA members are involved. Join us by signing up for alerts when your voice is needed to effect change and to

receive a monthly newsletter about the policy changes affecting your profession and patients.

<http://cqrceengage.com/psychorg/app/register?1&m=39947>

- **Participate in the Quality Measure Development Initiative**
Help drive the future of psychiatry by participating in the Quality Measure Development Initiative. Your participation will help determine better ways to diagnose, treat, and prevent psychiatric illnesses by developing and testing quality measures. You will be rewarded with a \$1,000 honorarium, a tablet computer for your practice, plus other benefits for participating.
<https://www.psychiatry.org/psychiatrists/registry/quality-measures-initiative>
- **More Than Half Of People Who Are Homeless Or Dwell In Unstable Housing May Have Experienced A TBI, Systematic Review Indicates**
[Healio](#) (12/3, Graminga) reports, "More than half of people who are homeless or dwell in unstable housing may have experienced a traumatic brain injury [TBI]," researchers concluded in a 21-study systematic review and meta-analysis. The [findings](#) were published online Dec. 2 in *The Lancet Public Health*.

MARK YOUR CALENDAR

- World AIDS Day (Dec. 1)
- **December Course of the Month - Autism Disorder: Comprehensive Assessment & New Treatment Developments**
Autism Spectrum Disorders (ASD) are common and complex neurodevelopmental disorders which may present at different stages with different target symptoms. This course helps educate psychiatrists to optimally participate in the assessment and treatment of ASD. It raises awareness and expertise in both the practical management of ASD and new cutting-edge treatments. A review of evidence-based treatments for various target symptoms of ASD is presented. Presented by Eric Hollander, M.D., Montefiore Einstein.
[Click here to access the Course of the Month and sign up for updates about this free member benefit.](#)
- **Time to Renew Your APA Membership for 2020**
Renew today to maintain access to valuable benefits, including the APA Learning Center, free participation in PsychPRO, journals and publications, discounts on meetings and events, access to the Practice Management Helpline, and more. Renew online, over the phone or by mail. [Renew now](#)
- **Submit New Research Posters for the 2020 APA Annual Meeting**
Mark your calendars! The 2020 APA Annual Meeting submission site is now open to New Research poster submissions. The deadline to submit your New Research is Dec. 12, 2019.
https://s7.goeshow.com/apa/annual/2020/abstract_submission.cfm
- **Webinar on December 11th: Identifying Effective Solutions: Reducing Psychiatric Boarding in Emergency Rooms**
Join us for webinar hosted by the American Psychiatric Association, the American College of Emergency Physicians, and the Coalition on Psychiatric Emergencies to identify how communities and emergency departments collaborate on this issue. The discussion will also address the role of psychiatrists in improving care based on APA's Resource Document, "Boarding of Mentally Ill Patients in Emergency Departments".
<https://register.gotowebinar.com/register/7941429842149456652>
- **Peer Support: From Position Description to Integrated Team Member**
This 12-week learning collaborative is intended to help you develop a step-by-step plan for bringing peer support into an existing behavioral health agency or practice, in a manner that enhances services. Space is limited and registration will close once maximum capacity is reached.
<https://education.smiadviser.org/Users/ProductDetails.aspx?ActivityID=6956>
- **SMI Adviser Now Offering Free Consultations**
The treatment of serious mental illness (SMI) creates complex questions for those early in their careers or those with decades of experience. APA's SMI Adviser offers a reliable way to find evidence-based answers that you can trust. Use our secure online system to submit your questions about SMI. A national expert will reply to you within 24 hours. It is completely free, secure, and confidential.
<https://smiadviser.org/submit-consult>

JOB CENTRAL

Time for a career move? [Visit JobCentral](#)

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:

- [Psychiatrist Integrated SUD Treatment Program, Calif.](#)
- [UMASS Department of Psychiatry, Mass.](#)

Find a Psychiatrist Database

Help patients find you by joining the Find a Psychiatrist database. The database is exclusively offered to APA members as a reference source for patients and families looking for individual psychiatrists in the United States and Canada. The database is searchable by geography, specialty and more. Opt-in today to participate.

<http://finder.psychiatry.org/>