



MESSAGE FROM THE EXECUTIVE DIRECTOR

Welcome to March as it comes in like a lion! There are lots of activities going on this month. Take a few minutes to read the e-News so you don't miss anything.

A big thank you to Dr. Eliot Sorel, the Chair and the CLM Committee for a successful CLM 10th Anniversary Celebration on February 24th. We also want to thank Dr. Anita Everett, APA President for her presentation. [Click here](#) to see pictures.

A period to renew your 2018 APA/WPS membership. APA gives a grace period until the end of March and then your membership will be suspended. If you haven't already renewed, please do so now.

Let's hope the cherry blossoms don't get blown away or frozen and that March ends more like a lamb!



Happy St. Patrick's Day!

WPS ANNOUNCEMENTS

Board of Directors Election and Vote on Revised Bylaws - **February 16-March 16, 2018**

Call for Volunteers - **February 26-March 26, 2018**

DC Chapter Happy Hour - **March 29, 2018**



Presidential Symposium - **April 14, 2018** / [Click here](#) to register

Stay informed about all upcoming events through the [Calendar of Events](#) link. Note that you **MUST be logged in** as a member to see the full list.

MEMBERSHIP

Renew your Commitment to APA and WPS for 2018 - Today!
We ask that you **renew your commitment** to your professional home for psychiatry - at the national level with APA and through WPS, your local District Branch. You may [renew online](#) or by calling 888-357-7924 to pay by phone or to schedule a renewal payment link (no login required) via email, please send a request to membership@psych.org. The grace period to renew for 2018 ends March 31st so don't wait!!!

We would like to extend a warm welcome to our new and transfer WPS members:

Muhammad Atique, MD
Preeti Samtani, MD
Colleen Zanis, MD
Ioana Horotan-Enescu, DO

ADVOCACY UPDATES

DC Chapter

Each year, the first several months are devoted to departmental performance oversight hearings and the consideration of the Mayor's annual budget. DC's healthcare performance oversight hearings will conclude in early March and then budget hearings for the Committee on Health will begin in late March. WPS will be sharing DC members concerns during the process.

The Families First Program (FFP) was established by District of Columbia Department of Behavioral Health (DBH) in 2011 in partnership with Evidence-Based Associates (EBA) to:

- ~ Increase the number and quality of Evidence-Based Programs available to families
- ~ Use in-home, Evidence-Based Programs to prevent unnecessary out-of-home placement
- ~ Engage community-based provider agencies in the shift to evidence-based programming, and equip them to be successful in the adoption of new Evidence-Based Programs (I will link the attached pdf Families First Program)

[Click here](#) to see more information on the FFP.

Northern Virginia Chapter

The focus of the Virginia General Assembly will soon shift to the budget negotiations between the House and the Senate. Budget conferees were announced last week. The task of the conferees is to take the Senate and House versions of the budget and produce a single, unified budget. This will be a difficult task as the two budgets are roughly \$600 million apart. This is due mainly to the House budget which includes Medicaid expansion while the Senate budget version does not. Below is a list of conferees for the House of Delegates and the Senate:

House of Delegates Budget Conferees

Delegate Chris Jones (R)
Delegate Chris Peace (R)
Delegate Barry Knight (R)
Delegate Scott Garrett (R)
Delegate Mark Sickles (D)
Delegate Luke Torian (D)

Senate Budget Conferees

Senator Tommy Norment (R)
Senator Emmett Hanger (R)
Senator Steve Newman (R)
Senator Frank Ruff (R)
Senator Frank Wagner (R)
Senator Dick Saslaw (D)
Senator Janet Howell (D)

[Current Bill List](#)

SMPS

The Maryland General Assembly session continues to break records with over 3,000 bills introduced thus far. Most of the focus this session has been on legislation addressing the opioid crisis, licensing issues, health care reform, and expanding access to the Public Behavioral Health System.

In recent weeks, testimony has been on multiple bills including: support for SB 947, which ensures that patients who have a mental illness and have been certified for involuntary commitment are not released from an emergency department prior to an inpatient bed being identified; opposition to HB 1555, which would permit family members and caretakers to record discharge planning conversations without the health care provider's consent; and opposition to HB 1416, which would require prescribers to issue prescriptions electronically, except under very limited conditions.

With the session wrapping up in the next month, a final report will be provided in April.

RESEARCH

The expectation is that a greater understanding of the alterations in the neurocircuitry and molecular substrates that drive habitual behavior can provide insight into both targets for specific drugs and novel treatment strategies. These include the potential to develop transcranial magnetic stimulation procedures to promote behavioral flexibility and cognitive control over actions in individuals with neuropsychiatric disorders.

[Differential regulation of goal-directed and habitual behaviors by the intralimbic prefrontal cortex](#) by **Rosalind SE Carney, DPhil**

APA NEWS

- APA released a new practice guideline on the Pharmacological Treatment of Alcohol Use Disorder. This practice guideline provides evidence-based recommendations for the pharmacological treatment of alcohol use disorder. You can read the full guidelines and related materials [here](#).
- APA, along with America's Frontline Physicians, released a statement strongly urging the Centers for Medicare and Medicaid Services (CMS) to put patients first and reconsider its willingness to approve state waiver requests that would require patients to work in order to be eligible for Medicaid. You can read the joint statement by APA and America's Frontline Physicians on work requirements for Medicaid [here](#).

Mark Your Calendar

- Heart Month (February)
- National Eating Disorders Awareness Week (Feb. 23 - Mar. 1)
- National Donor Day (Feb. 14)
- Teen Dating Violence Awareness Month

February Course of the Month | Managing Physician Burnout

Burnout is a syndrome characterized by depersonalization, emotional exhaustion and a sense of low personal accomplishment that leads to decreased effectiveness at work. This presentation addresses burnout among physicians, focusing on psychiatrists at different levels of training, and discusses strategies, methods, and programs to reduce burnout and promote resilience and wellness. Presented by Eva M. Szigethy, M.D., Ph.D. of the University of Pittsburgh. [Click here to access the Course of the Month and sign up for updates about this free member benefit.](#)

Learn about New MOC Part III Pilot Project

The American Board of Psychiatry and Neurology (ABPN) has released details about the optional Maintenance of Certification ("MOC") Part III Pilot Project, which is scheduled to begin in 2019. This pilot project is a journal article-based assessment activity designed as an optional alternative to the current secure, proctored 10-year MOC examination. Diplomates who do not wish to participate in the pilot program may continue to take the current 10-year MOC exam. You can find more details on ABPN's MOC Part III Pilot Project [here](#).

Get ready for MINDGAMES!

MINDGAMES, the APA's national residency team competition, is a fun way for residents to test their knowledge on patient care, medical knowledge, and psychiatric history while earning bragging rights for their program. Registration opens Jan. 28th for the preliminary qualification exam, which residents can complete Feb. 12-26. The top three teams will advance to the national MINDGAMES final competition at the APA Annual Meeting. Visit [MindGames](#) for more information.

Register for the 2018 APA Annual Meeting

Join us at this year's Annual Meeting in New York May 5-9, 2018. APA's Annual Meeting is the premier psychiatry event of the year. With over 450 educational sessions and courses, there is no better event to help you expand your knowledge, network, and meet certification and licensure requirements. Members receive a steep discount on registration. [Register here](#).

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OTHER NEWS

- **Grand Rounds**
 - [GW School of Medicine & Health Sciences](#)
 - [Washington Baltimore Center for Psychoanalysis calendar](#)
- **Call for Nominations** - GWU School of Medicine and Health Sciences Distinguished Teacher Awards for the MD Program - **Deadline: March 9, 2018**. For more information, contact Ellen Goldman, Assistant Dean, (egoldman@gwu.edu).
- **Anxiety and Depression Wardman Park of America**, 2018 Conference will be held at the Marriott Wardman Park in Washington, DC, **April 5-8, 2018. Special rate for active WPS members. The code is DCpsych.** The code works for full registration and provides for **20% off the total registration**.
- **25th International Symposium on Current Issues and Controversies in Psychiatry** that will be held in **Barcelona, Spain, in April 19-21, 2018**, focus on "Complexity in Psychiatry". **Note: There is a 10% discount on registration to all active WPS members; use code XTVDYJPG.** Click [here](#) for more information.
- 1st International Perinatal TOTAL Health Congress, in Sinaia, ROMANIA, **June 27-30 2018**. Click [here](#) for more information.
- The Food Research & Action Center and AARP Education have released a free online course, "[Screen & Intervene: Addressing Food Insecurity Among Older Adults.](#)"

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