

OKLAHOMA PSYCHIATRY

January, February, March 2021

HELP FOR THE HEALER ECHO LAUNCHED AT OSU-CHS TULSA

Our health care workers have given so much to care for our communities during the COVID-19 pandemic, often at the expense of their own personal physical and emotional health. To support the Healers and Helpers in the time of Covid, the Oklahoma State University Center for Health Sciences (OSU-CHS) in Tulsa recently launched **Help for the Healer Echo** to provide support for resilience, personal self-care and organizational opportunities addressed directly to healthcare workers.

Why Help for the Healer ECHO?

With the continued presence and exacerbation of the COVID virus across the United States and more notably in Oklahoma the strain on health care workers is of increasing concern. Emotional impacts extend beyond primary care and hospital medicine clinicians/employees to mental health care workers and others.

A recent survey from Mental Health America notes that 93% of health care workers completing the survey reported they were experiencing stress, 86% reported experiencing anxiety, 77% reported frustration, 76% reported exhaustion and burnout, and 75% said they were overwhelmed. With a population in such need and a duty to reach and support our heroic health care workers, ECHO provides a platform to sustain individuals and agencies wishing to support the needs of health care workers.

In February, the OSU-CHS ECHO team began providing regular sessions from 4:00 to 5:00 pm every other Wednesday to support resilience, self-care and organizational opportunities addressed directly to health care workers.



This initial scope will allow for targeted didactics aimed at supporting individuals and organizations on the front line of caring for patients and communities during COVID. However, as clinicians and ECHO partners we recognize that the emotional impacts extend beyond primary care and hospital medicine clinicians and employees to mental health care workers and others. The scope of this ECHO will allow for other community health and mental health care workers to learn and be supported by the ECHO line.

Who are members of the ECHO Hub Team and what is their focus?

The ECHO Hub Team leader is **Sara Coffey, DO**, Director of Child and Adolescent Psychiatry, OSU Center for Health Sciences.

Other OSU Center for Health Sciences team members include **Jason Beaman, DO**, Chair, Department of Psychiatry and Behavioral Sciences, ; **Jen Hartman, Eds, LPC**, Student Counselor, **Jesse Chaffin, MPH**, Health and Wellness Manager and **M. Shawn Cooper, Jr., MA, LPC**, Student Counselor, Office of Student Life and Wellness.

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PFEFFERBAUM RECEIVES WILLIAMS AWARD

The Oklahoma Psychiatric Physicians Association is proud to announce **Betty Pfefferbaum, M.D., J.D.** is a recipient of the *Warren Williams Assembly Speaker's Award for 2020*. This award, established in 1984, honors the memory of Warren Williams, M.D. Past Speaker of the APA Assembly. The award recognizes recent or current outstanding activities or contributions in the field of psychiatry and mental health. Each APA Area Council has the discretion to present an award each year. The award also comes with a cash prize which Dr. Pfefferbaum has generously donated to the OPPA.



Pfefferbaum

In her nomination letter, OPPA Area 5 representative Dr. Shree Vinekar wrote, "As we approach the 25th anniversary of the 1995 Oklahoma City bombing in the spring of 2020, it is an

appropriate time to nominate Betty Pfefferbaum, M.D., J.D., for the American Psychiatric Association Warren Williams Assembly Speaker's Award. Dr. Pfefferbaum is a board certified general and child psychiatrist and George Lynn Cross Research Professor Emeritus at the University of Oklahoma Health Sciences Center. In addition to her psychiatric expertise, Dr. Pfefferbaum has a law degree and is a member of the Oklahoma Bar. Dr. Pfefferbaum served as chair of the University of Oklahoma College of Medicine Department of Psychiatry and Behavioral Sciences for almost 20 years. Recognized for clinical excellence, she was listed in *The Best Doctors in America* since the inception of the publication in 1992 until her retirement in 2017. Dr. Pfefferbaum has been a Distinguished Life Fellow of the American Psychiatric Association since 2009."

"As a member of the Board of the Oklahoma Department of Mental Health and Substance Abuse Services at the time of the Oklahoma City bombing, Dr. Pfefferbaum assisted in planning and organizing disaster mental health services for the community and was instrumental in organizing school-based services for children. For over 20 years, she provided clinical services to bombing survivors and their families. Under her leadership, the OU Psychiatry Department established exemplary programs in clinical services for survivors and families, in public education and professional training in disaster trauma, and in disaster mental health research. Since the 1995 Oklahoma City bombing, Dr. Pfefferbaum has assisted with numerous major disasters providing clinical services, public mental health programming, education, and training; conducting research; and developing and testing public mental health interventions. After the 1998 U.S. Embassy bombings in East Africa, Dr. Pfefferbaum was part of a fact-finding mission to Kenya and Tanzania led by the U.S. Surgeon General. She traveled to Nairobi numerous times in the succeeding years to assist in organizing disaster mental health services, provide consultation and education, and conduct research. She also served on the U.S. State Department's Civilian Psychiatric Response Team. Dr. Pfefferbaum consulted extensively with local and state agencies and the federal government in responding to the September 11, 2001, terrorist attacks; Hurricanes Katrina and Rita; and other disasters."

"Her groundbreaking work after the 1995 Oklahoma City bombing and 1998 U.S. Embassy bombings in East Africa earned Dr. Pfefferbaum recognition as a foremost authority on children's reactions to terrorism. Over the last 25 years, she has made important contributions to assist in the readiness, response, recovery, and resilience of individuals, families, communities, and professionals in the context of terrorism and disaster. Her work in disaster media effects, the evidence base for child disaster mental health intervention, and community resilience has been widely acknowledged. Terrorism and disasters constitute a major public health challenge in this country and abroad. The Warren Williams Award would underscore the importance of disaster psychiatry while also recognizing Dr. Pfefferbaum's body of work." ❖

ECHO CONTINUED FROM PAGE 1

The Hub team will focus both on individual self-care didactics and exercises that participants can engage in; as well as agency and organizational efforts to support self-care and resilience in the workplace setting. The Hub Team is uniquely suited to provide these didactic presentations with members from psychiatric medicine, counseling services and the health and wellness manager at OSU-CHS. Topics for discussion may include but are not limited to:

- Resilience in the time of COVID: Caring for the Caregiver, Healer and Helper.
- The impact of Stress on the Body and an exercise in Progressive Muscle Relaxation to counter its effects.
- Being Human: Supporting Healthy Relationships in the time of COVID.
- Coping with the Financial Consequences of the Pandemic.

What is Project ECHO?

Project ECHO (*Extension for Community Health Care Outcomes*) is a collaborative model of medical education and care management that empowers clinicians in rural and underserved communities to provide specialty care to more people right where they live. Using technology, Project ECHO connects an interdisciplinary team at the OSU Center for Health Sciences with community providers to discuss treatment for chronic and complex medical conditions. Launched in 2003 by the University of New Mexico, Project ECHO operates more than 90 hubs worldwide covering more than 45 diseases and conditions. ECHO has been used across the world to support health care workers, mental health clinicians and others looking to both gain knowledge and find support in a caring community.

For further information on the [Help for the Healer ECHO](#) or to register to attend the sessions, go to:

<https://medicine.okstate.edu/echo/hope-for-the-healers-echo.html> ❖

OPPA MEMBERSHIP UPDATE DECEMBER 2020 - FEBRUARY 2021

Welcome New Members

Anthony Morris, MD, Resident Fellow, Purcell
Souzana Al-Khouri, MD, General Member, Oklahoma City
(transfer from Kentucky)
Amit Mistry, MD, General Member, Oklahoma City *(transfer from Texas)*
Desiree Lyon, MD, Resident Fellow, Tulsa
Mohammed Akbar, MD, Resident Fellow, Norman
Jose Diaz, MD, General Member, Muskogee *(transfer from Wisconsin)*

Reinstatements: Welcome Back!

Charles Dukes, MD, Fellow, Edmond
Tiffany Scheuplein Bartel, DO, Resident Fellow, Tulsa

Congratulations New Fellows!

Melanie Barrett, MD, Edmond *(General Member to Fellow)*
Rachel Dalthorp, MD, Norman *(General Member to Fellow)*

Goodbye and Good Luck: Transfer from Oklahoma

Vijaya Ekambaram, MD, General Member *(to California)*

Professional Advancements: Congratulations!

Chauncy Atterbury, MD, to General Member, Yukon
Andrew Waller, MD, to General Member, Stillwater
Heather Jones, DO, to General Member, Muskogee
Joseph Michie, MD, to General Member, Tulsa
S. Jay Lensgraf, MD, to Life Member, Oklahoma City
Mark Rathgeber, MD, to Life Fellow, Edmond ❖

APA UNVEILS NEW STRATEGIC PLAN ON MENTAL HEALTH EQUITY

APA's Division of Diversity and Health Equity (DDHE) has launched a new strategic plan to work toward achieving diversity and mental health equity. The plan, entitled *Charting Excellence Through Partnerships: Strategic Goals for the Division of Diversity and Health Equity* is publicly available [here](#).

The strategic plan is a dynamic document with the expectation that priorities will be adjusted, and accommodations will be made for emerging needs of both APA members and the diverse patient populations served by the organization. Read more about the new strategic plan on [APA's Blog](#). ❖

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The following are highlights from the approved minutes of the OPPA Executive Council meeting held on Saturday, October 10, 2020 via Zoom Conferencing.

Treasurer's Report (*Dr. Tessa Manning*) – The third quarter income stands at 87% of budget and includes advertisements for APA, Inc (Allied World) in four newsletter issues, final Webinar income and membership dues. Income also includes the receipt of the 2020 APA Expedited Grant funds and the reimbursement of the \$800 deposit made to use the Tandy Center at OSU Center for Health Sciences. The expenses which stand at 90% of budget included the payment for the OPPA Zoom Pro Conference license for one year and the Flywheel Website Hosting for one year.

CME Webinar Follow-up (*Dr. Jason Beaman*) – The webinar had an attendance of 61 participants. Webinar revenue after expenses was \$5,800.

Suicide Workshop – The Suicide Workshop originally scheduled for Friday March 27th in Tulsa is still on hold due to the Coronavirus. The APA understands completion of the 2019 Expedited Grants by some district branches has been delayed. She has been in contact with the APA so there will be no penalty for not completing the grant this year. Once it is safe to conduct an in-person meeting and dinner, the program will be reviewed.

2021 APA Expedited Grant – The Expedited Grant, "COVID-19 Pandemic: Creating a New Normal," was funded by the APA. The grant requested funding the current electronic telecommunications network environment being used to keep in contact with OPPA members made critical by the Coronavirus pandemic.

Executive Director (*Dr. Jason Beaman*) – Two candidates forwarded resumes for consideration of the Executive Director position. A Search Committee has been established to conduct interviews via Zoom conferencing. Volunteers for the committee include Drs. Phebe Tucker, Britta Ostermeyer and Shree Vinekar from Oklahoma City and Drs. Tessa Manning, Jason Beaman and Sara Coffey representing Tulsa.

Annual Business Meeting (*Dr. Jason Beaman*) – The annual business meeting which normally would have taken place during the spring CME conference has been scheduled for Saturday, November 7, 2020 via Zoom. The agenda will include awards and recognitions, financial review, 2021 legislative agenda and a special position paper discussion regarding benzodiazepine prescribing. Dr. Thomas will assist with this program.

Vacant Councilor at Large Position (*Dr. Beaman*) – At the previous Council meeting, a councilor-at-large vacancy was discussed. Dr. Walker spoke with Dr. Joseph Michie who just graduated from the OU-TU program and is working at St. John Medical Center. He is interested in the position.

Annual Meeting 2021 (*Dr. Shree Vinekar*) – April 17, 2021 was the date chosen for the Annual CME Conference next year. Due to the uncertainty of the Coronavirus extending into 2021, Dr.

Vinekar will go ahead and reserve the RAPP Conference Center at St. Anthony Hospital in Oklahoma City in case an in-person meeting is possible. Most likely the program will be virtual, however, it could also become a hybrid, part *in person* and part *virtual*. He noted the CME Committee will meet after the end of October to discuss the results of the Webinar evaluations and the 2020 Needs Assessment to plan an agenda for the 2021 CME program. Dr. Tucker suggested *COVID and Mental Health* issues as a topic for the conference next year or Dr. Michael Jenike speaking on OCD. Dr. Boyer reported the APA Board of Trustees met and has approved *Suicide Behavior Disorder* for the DSM5. Dr. Ginzburg suggested a discussion by a member of the APA Task Force or others who participated in this decision may be invited to educate our members on this new diagnosis.

APA Advocacy Conference (*Dr. Jenny Boyer*) – The APA held a virtual Advocacy Conference on September 26th. Dr. Boyer reported she believed the last presentation by Tim Storey, Executive Director of the National Conference of State Legislators, was amazing. Dr. Beaman noted that from an Oklahoma standpoint, members need to pay attention to the alarm bells coming from Dr. Rousseau and the OPPA office. Members need to respond when requested. Dr. Boyer reported that Florida and California fell to independent nurse practice.

Child Psychiatry (*Dr. Brent Bell*) – Dr. Bell reported the Oklahoma Healthcare Authority has been instructed by the Governor to send out specs for the privatization of Medicaid throughout the state. The specs will come out in October and it is expected that three to four companies will put in bids by December 1st and it would be awarded before the legislature comes into session. The only population known to be excluded is the blind and disabled. All children and all adults would be included. Dr. Bell also discussed a conference call on *Interoperability Standards*. Effective November 2nd, all results, notes, everything will be instantly accessible by patients. If you get charged and must pay a fine. Also, regarding child psychiatry, Dr. Beaman recognized Dr. Sara Coffey who has been working with the Department of Human Services (DHS) and other child psychiatrists and interest groups on developing prescription guidelines. Prescribing psychotropics to children is a huge problem in Oklahoma. Dr. Coffey recognized Dr. Brent Bell as co-chair and the partnership of the Healthcare Authority, DHS Child Welfare and OU College of Pharmacy. The guidelines are out and can be accessed online or hard copies are also available. It is a resource to be used.

Legislative (*Dr. Art Rousseau*) – Dr. Rousseau reported since the legislature is out of session, it is quiet. The VA experimental pilot program to allow clinical psychologists to prescribe and manage medications in the VA health system was removed from consideration by the House Veterans Affairs Committee. We are waiting for the bills to be filed and introduced. Last session over 200 of the bills filed were regarding medicine and medical practice.

Dr. Beaman announced the interim director for DMHSAS is Carrie Slatton-Hodges and Terri White is the new director of the Mental Health Association Oklahoma.

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EXECUTIVE COUNCIL MINUTES CONTINUED FROM PAGE 4

Dr. Beaman is a member of a new Task Force, *Care with Dignity*, partnering with the Mental Health Association Oklahoma and OSU which will discuss the need to treat mental health patients with dignity, working to keep them out of patrol cars and emergency rooms when it is not necessary, providing guidance and greasing the wheels to get them into treatment quickly. Members of the task force include legislators, psychiatrists from rural and urban areas, VA representative, public defender's association, among others.

Membership – The current membership for the OPPA stands at 199 which is the lowest membership has been since before 2003. The one bright spot is the current membership includes 16 new resident fellow members who have joined recently. Some decline is due to the pandemic, but others have decided to forgo membership in professional organizations. Dr. Rousseau volunteered to present a program to residents. Dr. Beaman will assist with the preparation of a one-hour didactic program on the benefits of membership to encourage residents to become active in organized medicine organizations like the APA. Dr. Vinekar congratulated Dr. Ostermeyer who is serving as the President of the American Association of Chairs of Departments of Psychiatry and is the incoming Vice President of the American Academy of Psychiatry and the Law.

Resident Program Directors – Dr. Ashley Walker reported the resident representative for the OU-TU School of Community Medicine will continue to be Dr. Crystal Obiozor. She announced virtual recruitment will open to view applications on October 21st and a higher-than-normal number is expected. The program has prioritized our commitment to enhancing social justice and health equity in numerous areas including active recruitment diversity and purposeful and more holistic in our recruitment efforts. Dr. Coffey complimented Dr. Walker and the OU-TU School of Community Medicine on their commitment to diversity.

Dr. Ostermeyer reported for OU Oklahoma City. Dwayne Moore, DMHSAS, presented educational programming regarding Oklahoma law compliance. Most of the rounds are now on Zoom and hoping to see patients in person soon.

Dr. Beaman reported for OSU Tulsa. OSU has been given approval from ACGME to raise the number of residents to six so will be matching six this year with the goal being 10 residents per year in the next three to four years. OSU also received word from ACGME that we have initial accreditation for the Addiction Medicine fellowship. The program has been operating under the American Board of Addiction Medicine accreditation which is going away. There is one fellow in the program now and one just graduated. OSU is looking at other fellowships. The department is moving offices to a building donated by the Zarrow Foundation. It is located at 31st and Yale, Legacy Tower (west). The east Legacy tower house the Mental Health Association of Oklahoma and the west tower will house the clinic on the first floor. In the middle is Family and Children's Services and the top floors will house the Addiction medicine clinic, Project Echo, Dr. Beaman's office and other administration.

Dr. Beaman also reported for the Griffin Hospital program. Griffin is now an OSU sponsored residency in an agreement with the Department of Mental Health and Substance Abuse Services. Residents now have full access to the OSU library and research base and hope it will help with recruitment.

COPS (Dr. Phebe Tucker) – Dr. Tucker announced a live free virtual CME Zoom webinar will be held Saturday, December 5th from 10:00 am to 12 Noon. The program is compliments of AWAC Services Company, a member company of Allied World who is partnering with the American Psychiatric Association and the Oklahoma Psychiatric Physicians Association for the 2 AMA PRA Category 1 credits™. ❖

STRENGTHENING BEHAVIORAL HEALTH PARITY ACT PASSED

APA applauds Congress for taking a crucial step forward in our efforts to ensure patients have access to mental health and substance use disorder treatment just like any other form of medical care. On December 21, 2020, Congress passed an end of the year package that included H.R 7539, the *Strengthening Behavioral Health Parity Act*, which promotes accountability and transparency in how insurance plans design coverage for mental health and substance use disorder services. This legislation was introduced by Representatives Joe Kennedy (D-MA), Fred Upton (R-MI), Katie Porter (D-CA) and Gus Bilirakis (R-FL) in July 2020. As a result, federally regulated ERISA plans as well as state-regulated insurance plans will be required to:

- Perform comparative analyses of their MH/SUD benefits to medical and surgical benefits and provide those analyses to the U.S. Department of Labor (DOL) or state insurance commissioners.
- Make necessary corrections to their plans if the DOL deems them noncompliant with current mental health parity laws or inform their beneficiaries of the plans' non-compliance.

During the 116th Congress, APA worked with its Congressional allies to pass legislation that compels insurers to enhance the transparency and accountability of mental health and substance use benefits. Last year, Senators Chris Murphy (D-CT) and Bill Cassidy, MD (R-LA) as well as Representatives Katie Porter and Gus Bilirakis introduced the Mental Health Parity Compliance Act, which was the legislative basis for the Strengthening Behavioral Health Parity Act.

Given how difficult it is to move legislation in Congress in these polarized times, it is rare for legislation like the Strengthening Behavioral Health Parity Act to pass within two years, if at all. This singular achievement by our profession can be credited to the many APA members who advocated for the legislation, our 2019 Federal Advocacy Conference attendees who advocated for the bill's introduction, APA's President, Dr. Jeffrey Geller, who testified in support of the parity legislation in Congress, and our bipartisan legislative champions. This victory would not have happened without your efforts. ❖

Oklahoma Psychiatry

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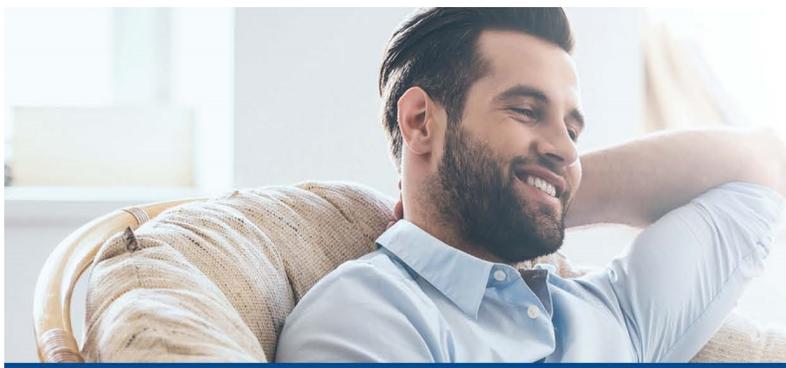
The Oklahoma Psychiatric Physicians Association, a district branch of the American Psychiatric Association, is a medical specialty society recognized world-wide. Our member physicians specialize in the diagnosis and treatment of mental and emotional illnesses and substance abuse disorders.

SAVE THE NEW DATES

NEW DATES
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