

Oklahoma Psychiatry

OKLAHOMA PSYCHIATRIC PHYSICIANS ASSOCIATION

October, November, December, 2021

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OPPA Annual CME Webinar Round Up

Beginning in March 2020, our world as practicing psychiatrists changed and we all continue to work, live, and play under the “new normal” of the restrictions of the COVID-19 pandemic. In light of this, OPPA presented its annual CME program, “**Multiple Frontiers for Innovative Post-Pandemic Psychiatry,**” as a virtual webinar after postponing the original spring date to an in-person conference in September and then moving to a virtual webinar format held on November 5-6.

All faculty presented an outstanding program which was resoundingly well received with excellent reviews and evaluations, including “best OPPA meeting so far,” and “one of the best OPPA CMEs in recent years!” This program provided 11 *AMA PRA Category 1 Credits™* available to attendees. OPPA gratefully acknowledges the educational donations in support of this program from the Oklahoma Council of Child and Adolescent Psychiatry, the Donahue-Shadid Psychiatric Alumni Association, Dr. Bill and Jennifer Scimeca, and Professional Risk Management Services. We thank Dr. Shree Vinekar, Chair, and the CME Committee for putting together such an outstanding slate of speakers. OPPA also acknowledges the support and expertise of the program moderators, Drs. Shannon Thomas, Britta Ostermeyer, and Ashley Walker, as well as the historical knowledge and wisdom of Renée Davenport Mixon.



Achina Stein, DO

We wish to thank **Achina Stein, DO, DFAPA, ABIHM, FACN, IFMCP**, for her exceptional presentation on “*Strategies for the Medication Intolerant or Resistant Patient: A Functional Medicine Approach.*” Dr. Stein is a graduate of the UMDNJ School of Osteopathic Medicine and has been in practice as a board-certified psychiatrist for 25 plus years. Dr. Stein is certified by the American Board of Integrative and Holistic Medicine and is a certified practitioner of the Institute for Functional Medicine. She is a

continued on Page 3

Officer Nominees 2022-2023

The OPPA Executive Council is soliciting nominees for the following offices for 2022-2023:

- ◆ Treasurer
- ◆ Legislative Advocacy Representative

Please see [page 7](#) for duties and responsibilities of the office.

Diversity, Equity, and Inclusion Task Force



The OPPA Executive Council has approved the formation of a Diversity, Equity, and Inclusion (DEI) Task Force to develop strategies and best practices to better align OPPA with the mission, goals, and recommendations of the APA Structural Racism Task Force. **We are asking for volunteers to bring the DEI Task Force to life.** If you wish to join or would like further information, please see [page 6](#).

CME Webinar Round-up (continued from Page 1)

Distinguished Fellow of the American Psychiatric Association and awarded the Exemplary Psychiatrist Award by NAMI-RI in 2008. She is a former Clinical Assistant Professor of Psychiatry and Human Behavior of the Warren Alpert Medical School of Brown University. She is presently in private practice in Rhode Island at Functional Mind, LLC, and author of *What If It's Not Depression?*

Dr. Stein's presentation on functional medicine, sponsored by the Oklahoma Council of Child and Adolescent Psychiatry, was exceptionally well received as she spoke about how every psychiatrist is faced with being on a medication merry-go-round with a patient from time to time and how it can be quite frustrating when you dread every visit with the complaint that the medication isn't working or having side effects. You've tried everything including adjuvant therapies to no avail. Sometimes you can help the medications work better by addressing root causes of inflammation, not generally discussed in traditional psychiatry. This may also be attractive to the patient who is reluctant to take medication. Dr. Stein introduced a different model of thinking which may be more appropriate for chronic depression and anxiety, examined and reviewed drivers for the development of these symptoms, and presented five different modes of management to address root causes as well as interventions to provide in place of medication.

In keeping with the theme and recent research on cannabis use during the COVID-19 pandemic, we express thanks to **Usha Tandon, MD, DFAPA, FASAM**, who presented timely information in her presentation on **"Cannabis Use Disorder,"** sponsored by the Donahue-Shadid Alumni Psychiatric Society. Dr. Tandon is a Distinguished Fellow of American Psychiatric Association and a Fellow of The American Society of Addiction Medicine. She is an Assistant Professor of Psychiatry at Mt. Sinai Medical Services, City Hospital Center at Elmhurst, and an Adjunct Assistant Professor, Department of Psychiatry, St. George's University School of Medicine. She is Associate Medical Director, Behavioral Health Clinic, City Hospital Center at Elmhurst and the Medical Director of Chemical Dependency Program, City Hospital Center at Elmhurst and is highly regarded in the addiction field having been instrumental in overseeing and developing the addiction program at Elmhurst Hospital.



Usha Tandon, MD

Dr. Tandon's presentation highlighted the epidemiology of cannabis use, its short- and long-term effects on the brain, the use of marijuana as a medication for certain illnesses, and various treatment options for marijuana use disorders. According to the "Monitoring the Future" Survey, rates of past year marijuana use among middle and high school students has remained steady; however, the number of teens in the 8th and 10th grades who report daily usage has increased. With the growing popularity of vaping devices,

teens have started vaping tetrahydrocannabinol (THC), with nearly 4% of 12th graders reporting they vape THC containing products daily. In addition, the number of young people who believe that regular marijuana use is risky is decreasing.

National Institute on Drug Abuse - Monitoring the Future Study 2017-2020

Time Period	8 th Graders				10 th Graders				12 th Graders			
	2017	2018	2019	2020	2017	2018	2019	2020	2017	2018	2019	2020
Lifetime	13.5	13.9	15.2	14.8	30.7	[32.6]	34	33.3	45	[43.6]	43.7	43.7
Past Year	10.1	10.5	11.8	11.4	25.5	[27.5]	28.8	28	37.1	[35.9]	35.7	35.2
Past Month	5.5	5.6	6.6	6.5	[15.7]	16.7	18.4	16.6	22.9	22.2	22.3	21.1
Daily	0.8	0.7	[1.3]	1.1	2.9	3.4	[4.8]	4.4	5.9	5.8	6.4	6.9

National Institute on Drug Abuse - Monitoring the Future Study: Trends in Prevalence of Marijuana Use for 8th Graders, 10th Graders, and 12th Graders; 2017 - 2020 (in percent)*

We thank **George Dawson, MD, DFAPA**, who expertly presented on **"Telepsychiatry in a Post-Pandemic World and Beyond,"** also sponsored by a donation from the Donahue-Shadid Alumni Psychiatric Society. Dr. Dawson is currently semi-retired, writes the blog, *Real Psychiatry*, and consults with other physicians. He was previously a Staff Psychiatrist at the Hazelden Betty Ford Foundation and an Adjunct Professor at the Hazelden Betty Ford Graduate School of Addiction Studies and an acute care psychiatrist at Regions Hospital where he also directed the Geriatric Psychiatry and Memory Disorders Clinic.



George Dawson, MD

Telepsychiatry and telemedicine services have exploded during the pandemic as many clinics, hospitals, and private practices made the rapid transition. Dr. Dawson's presentation provided an overview of what happened pre- and post-pandemic and what the implications are for future psychiatric practice. He discussed his personal experience during this transition from the clinical, technical, and legal perspective and how that may extend to other clinical settings.

Nowhere was the impact of the COVID-19 Pandemic more evident than on education. We are grateful to have had **Christopher Czapla, MD**, present on the impact the COVID-19 pandemic had on the teaching of residents and medical students in **"Teaching Mental Health While Aiding Public Health: Psychiatric Education in the Pandemic."** Dr. Czapla is an assistant professor at the University of Oklahoma Department of Psychiatry and Behavioral Sciences in Oklahoma City. He also is Director of the General Psychiatry Residency Training Program and the



Christopher Czapla, MD

continued on Page 3

CME Webinar Round-up (continued from Page 2)

Adult Consultation and Liaison Service. Many changes occurred in the education in the short-term including suspension of clinical education for a time, implementation of remote learning and assessment, and a disruption to the pattern of educational activities. For psychiatric residents, challenges of the pandemic included personal risk of exposure to COVID-19 for their patients and themselves, potential practice in areas in which they are less experienced, and ethical dilemmas about access to care including vaccination. Much can be learned from this period of abrupt, dramatic change to the delivery of psychiatric education.

Thanks to co-presenters, **Shannon Thomas, DO**, and **Tessa Manning, MD**, who together presented “**Psychiatric Complications of COVID-19.**” They reviewed the literature and information regarding new onset psychosis following COVID-19 infection, identified the most common psychiatric complications related to COVID-19, and reviewed the case of a patient with new onset psychosis following a COVID-19 infection. Long COVID is a group of symptoms that can last weeks or months after infection. Common psychiatric symptoms also can include fatigue, “brain fog”, depression, and anxiety and further study and information is needed for psychiatrists treating patients with post COVID psychiatric conditions.



Shannon Thomas, DO

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Tessa Manning, MD

OPPA thanks **Erin Berry Philp, MA, JD**, and **Art Rousseau, MD**, for their joint presentation on “**Federal and State Legislative Advocacy,**” which identified the priorities and status of federal legislation that APA is working on with Congress and described the legislative trends around the United States, Area 5, and in Oklahoma. Dr. Rousseau also explained the state legislative landscape for 2022 and how to engage your regional director and tap into APA Resources. This presentation explored common themes including parity compliance, telehealth, 988 implementation, collaborative care, scope of practice, medical necessity criteria, prior authorization, involuntary commitment, opioid use disorder, Maintenance of Certification, Extreme Risk Protection Orders, and LGBTQ+ youth legislation.

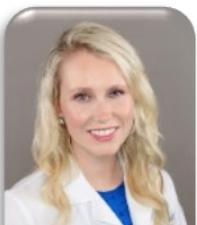


Art Rousseau, MD



Erin Philp, MA, JD

We also extend appreciation to **Melanie Barrett, MD**, who spoke on the timely topic of “**Postpartum Depression: It’s About Time.**” Dr. Barrett specializes in treating female patients with peri- and postpartum mood disorders using Brexanolone and is a founding board member of The International Society of Reproductive Psychia-



Melanie Barrett, MD

try (ISRP). Untreated postpartum depression can have devastating and lasting implications. Time is critical — both in evaluating and diagnosing postpartum depression but also in its treatment. Historically, postpartum depression has been treated like other major depressive episodes. Brexanolone is the first and only FDA approved pharmacotherapy for the treatment of postpartum depression.

Thank you to **Rachel Dalthorp, MD, MHSA**, who delivered an exciting, cutting edge talk on “**Innovation in Psychiatry: Ketamine, Esketamine, and Psychedelic Psychotherapy.**” Dr. Dalthorp is a former board member of the American Society of Ketamine Physicians and a national presenter on the use of ketamine and esketamine in the treatment of mental health disorders. To date, Dr. Dalthorp has provided just over 8,000 ketamine infusions and 3,000 esketamine intranasal treatments to patients struggling with depression. Her presentation provided an overview of the use of ketamine and esketamine for the treatment of mental illness.



Rachel Dalthorp, MD

FDA approved indications, off label use and psychedelic psychotherapy were described along with an overview of the infusion process and anticipated future applications.

We were fortunate to have **Jason Beaman, DO, MS, MPH, FAPA**, deliver a talk on “**The Opioid Epidemic: An Update.**” Dr. Beaman, Chair of the Department of Psychiatry and Behavioral Sciences at Oklahoma State University Center for Health Sciences in Tulsa, reviewed the history of the opioid crisis in the United States, described the severity of the current opioid epidemic, and put forth treatment efforts to combat this epidemic. This CME program fulfilled the recommendation for prescribers as outlined in Oklahoma Senate Bill 1466. 🐾



Jason Beaman, DO

DEADLINE TO CLAIM CME FOR THIS MEETING:



<https://education.psychiatry.org/diweb/redeem>



Lynn Montgomery
Email: oklapsychiatry@gmail.com
Text/call: 405.360.5066

CME Webinar Round-up

The CME Program was rounded out by four psychiatric residents who presented their research works in this 31st Anniversary of the program at the OPPA Annual CME Conference. Throughout the years a wide variety of material has been presented and residents have been able to engage the community of psychiatry in a stimulating and informative discourse. Dr. Ashley Walker graciously moderated.



Ashley Walker, MD, Moderator

Associate Professor
Department of Psychiatry
OU School of Community Medicine, Tulsa, OK



Tara Lemens, MD

Psychiatry Resident, Department of Psychiatry
OU School of Community Medicine, Tulsa, OK
"Urinary Retention in Catatonia: An Atypical Approach"



Kaushal Shah, MD

Psychiatry Resident
Griffin Memorial Hospital
Norman, OK
"Kratom and Its use in Individuals with Opioid Addiction"



Eleanor Lastrapes, MD

Child and Adolescent Psychiatry Fellow
Dept. Psychiatry and Behavioral Sciences
College of Medicine, Oklahoma City, OK
"School Shootings Revisited for Clinicians"



Joshua Day, DO

Psychiatry Resident
Department of Psychiatry
Oklahoma State University for Health Sciences
Tulsa, OK
"What is a Meta-Analysis?"

The History of Psychiatric Residents' Day

The original Psychiatric Residents' Day was created in 1981 by Harald Krueger, MD, during his term as chief resident at the University of Oklahoma.

At that time, there was a University Interns and Residents Day. However, Dr. Krueger believed the work by psychiatric residents in these clinical areas deserved a format in which it could be presented and critiqued.

Throughout the years, a wide variety of material has been presented. As more psychiatric residents have conducted their own research or been involved with faculty research projects, these projects have been included.

In 1990, since the Residents' Day had evolved into a state-wide event, it became a part of the Oklahoma Psychiatric Physicians Association's annual meeting and continuing medical education conference. By doing so, residents may present their work and engage the community of psychiatry in an intellectually stimulating and informative discourse.

2021 marks the 31st Anniversary of this program at OPPA. Here's to many more years of outstanding research by Oklahoma's psychiatric residents and fellows!

APA Fellowships

APA Fellowship Applications Open!

Up to 90 Fellowships are offered each year

Leadership • Child and Adolescent Psychiatry • Diversity Leadership Fellowship
 Correctional • Public Psychiatry • Congressional Fellowship • Public Psychiatry
 Psychiatric Research Fellowship • SAMHSA Minority Fellowship

Application Deadline for all fellowships except SAMHSA: January 31, 2022

Deadline for SAMHSA Programs: February 14, 2022

Award Notifications: March 2022



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Diversity, Equity, and Inclusion Task Force—Your voice is needed!

The Executive Council has approved the formation of an OPPA Diversity, Equity, and Inclusion (DEI) Task Force to develop strategies and best practices to better align OPPA with the mission, goals, and recommendations of the APA Structural Racism Task Force. **We are asking for volunteers to bring this DEI Task Force to life.** The draft proposal is below. Dr. Tessa Manning is the proposed chair of the Task Force.

If you wish to join the committee or would like further information, we will be setting up a brief inaugural organizational meeting in December once we have a roster of interested attendees. Please forward your name and email address to: oklapsychiatry@gmail.com.



Proposed Mission and Vision. The vision and mission of the Diversity, Equity, and Inclusion (DEI) Task Force will be to develop and promote strategies and best practices in racial, social, sexual, and gender diversity and to recognize the value of diverse voices, equity and inclusivity.

Goals:

- Alignment of the OPPA with the APA Structural Racism Task Force recommendations.
- Update the OPPA mission statement and bylaws with inclusive and gender neutral language.
- Recruitment of members and leadership from marginalized groups.
- Alert members to APA DEI events and opportunities such as residency fellowships.
- Rewrite OPPA Exemplary Medical Student Award description

From the American Psychiatric Association Structural Racism Task Force:

Our Vision: APA members represent a diverse and culturally responsive community of psychiatrists that promote mental health equity through the provision of quality mental health care to all persons regardless of race, ethnicity, age, gender identity, sexual orientation, national origin, religious orientation, and/or disability status.

Our Core Values: We value equity, inclusion, respect, mentorship, and collaboration.

Our Mission: Develop programs and resources to bring awareness to and support the needs of evolving, diverse, underrepresented, and underserved patient populations; implement strategies to enrich the diverse representation of psychiatrists within the APA; and collaborate across multiple medical and non-medical sectors to end disparities in mental health care. ♦

NOMINATIONS NOW BEING ACCEPTED FOR OFFICERS (2022-2023)



TREASURER

The conventional role of the Treasurer is to manage the finances of the organization ensuring the development of sound financial policies and procedures. Under the direction of the Treasurer, the Executive Director will administer the financial matters of the organization including keeping the books, signing the checks, providing the annual budget to Executive Council for approval and providing updates at the quarterly Executive Council Meetings.

At the end of the fiscal year, a Certified Public Accountant is secured to review the financial management of the organization and to prepare an annual review and appropriate yearly tax documents. As a tax-exempt organization, each year the OPPA files an Internal Revenue Service Form 990, (Return for Organization Exempt from Income Tax). The Executive Director compiles all documentation for the yearly financial review and tax preparation. The Certified Public Accountant also produces individual Internal Revenue Service Form 1099's for external consultants paid above a specific financial threshold in any one calendar year and for OPPA staff. The Certified Public Accountant will supply a letter for the attention of the Executive Council, mentioning any issues that have arisen during the financial review. The accountant is at liberty to comment upon systems and processes for financial management, as well as address any accounting irregularities. The Treasurer's verbal report at an Executive Council meeting will reflect the completion of the financial review and confirm the final year-end position and performance of the accounts.

The Executive Council may delegate work associated with these activities to the Treasurer, the Executive Director, or the OPPA financial advisers, however ultimate accountability for the financial health of the organization rests with the Executive Council.

LEGISLATIVE ADVOCACY REPRESENTATIVE

At the State legislative level, the OPPA maintains a strong relationship with the Oklahoma State Medical Association and the Oklahoma Osteopathic Association and other mental health organizations, healthcare organizations and advocacy groups. This liaison provides a link to elected officials including both houses of the state legislature, ensuring OPPA's voice and expertise is heard, analyzing legislative developments, tracking bills, drafting testimony, responding to developments in the regulatory environment, recommending action to Executive Council, assisting the Executive Council develop positions and priorities for all aspects of legislative, regulatory, and advocacy activities. The APA monitors federal legislative affairs.

The OPPA is also an active member of the **Oklahoma Patients Coalition**, a group of medical specialties working together as medical and osteopathic doctors to ensure patient safety and access to quality medical care for all Oklahomans.

If you wish to be placed on the ballot for office for the 2022-2023 term, please submit your name via email to: oklapsychiatry@gmail.com



"Great things are done by a series of small things brought together." —Vincent Van Gogh

OPPA Working for You!

Healthcare in Oklahoma and across America is facing tremendous hardships and challenges with the COVID-19 Pandemic. The **Oklahoma Psychiatric Physicians Association**, a district branch of the American Psychiatric Association, works hard to keep up with the role healthcare plays in the lives of every person fighting to maintain their physical and mental health, their means of employment to feed and nurture their family, and their personal safety and freedom from fear. At the core of every organization is membership—recruitment and retention. Today's psychiatric physicians are a diverse group, from multi-generational to career paths to communication preferences.

OPPA Membership Update September-December, 2021

Welcome New Members!

Arteaga, Dayana, DO, (GM)
Czapla, Christopher, MD (GM)

Reinstatements: Welcome Back!

Beck, David MD (Fellow)
Houston, Angela (GM)

Goodbye and Good Luck!

Burks, Amos, MD (RFM) *(to Minnesota)*
Dukes, Charles, MD (GM) *(to Texas)*
Gill, Reagan, RFM *(to Central California)*
Mann, Birinder, MD, RFM *(to Ohio)*



Working through legislative advocacy this past session, we can continue the fight to protect your profession from scope of practice attacks and governmental encroachment on the practice of medicine.

Connect with your peers to increase knowledge, decrease isolation, and maintain relationships with colleagues working for issues benefiting Oklahomans.

Learn by participating in scientific webinars, seminars, and CME conferences from the comfort of your home or office.

APA and OP
MEMBERSHIP RENEWAL
AND INFORMATION



Please join us by continuing your membership or joining in 2022!

PUBLICATIONS



Vinekar, S.S. (2021). APA, ABPN, and Maintenance of Certification: Stop this MOCKery. *Current Psychiatry*, 20(9), e3-e5.

Note: Many members may not yet know that APA has officially recognized NBPAS certification as an authentic alternative or substitute for ABPN MOC and is available for \$169 per two years if the candidates meet the CME requirements. This is a real bargain for APA members who are not required to keep a current MOC offered by ABPN. Members may inform themselves about these matters covered in the attached articles written by OPPA CME Chair, Shree Vinekar, MD, DLFAPA, DLFAACAP, MACPsych

The Accreditation Council for Graduate Medical Education (ACGME) is entrusted with assuring that upon graduation every resident is a competent



Shree Vinekar, MD, DLFAPA, DLFAACAP, MACPsych

doctor, a trained professional, and prepared to practice in their own field at a level that assures patient safety and meets the standard of care. The American Board of Psychiatry and Neurology (ABPN) is a private company that sells certificates claiming to attest the capacity or competence of the doctor but

does not make public the test questions or algorithms used to win its qualifications or approval. The certifying business and the newer Maintenance of Certification (MOC) process developed by ABPN have unfortunately been embraced by ACGME and many hospitals, despite the lack of any good scientific support that board certification or MOC are meaningful for quality of patient care or outcomes.

(click below for full article)



Full Article

Boyer, J. (2021). Is Psychiatry Ever Going Back to "Normal?" I Got the New World in My View. *Southlands, Newsletter of the Southern Psychiatric Association*, 7(1), July.

Some of us are seeing our patients again in our offices. But, after the COVID-19 experience, we might not return to "normal" as we might have anticipated.

Psychiatrists and patients may both resist it. The epidemic may have changed some fundamentals of psychiatric practice.



Jenny Boyer, PhD, MD, JD

Patients who previously had been taking leave from work to travel to an office now have their sessions on a cell phone, a computer or an i-pad. They may prefer telephone visits – such as some who are on vacation or who don't have access to computers – or just because they don't feel comfortable using them. I have established patients who literally beg me to have phone appointments in order for them to maintain their hourly employment as they do not have annual or sick leave. And some of them do not have sufficient broadband available to them for other video technology to work; and, so the best they can do is to use the cell phone. Even cell phones will not work for some patients who live far out in the country, but they will drive to a place where they can connect and sit in the car until I call. These patients are poor; they cannot access services without the phone.

(click below for full article)



Full Article

Vinekar, S.S. (2021). The APA and ABPN's Maintenance of Certification. *Southlands, Newsletter of the Southern Psychiatric Association*, 7(1), July.

Member to Member, an e-mail platform for APA members to communicate with each other, has about 210 psychiatrists. Many of them express their opinions freely. Many are worried that a large number of members are leaving the APA.

We do not know if this is related to the APA supporting the American Board of Psychiatry & Neurology (ABPN)'s Maintenance of Certification (MOC) program. Perhaps they are so focused on their struggle to maintain their MOC that they don't have time to support an organization that doesn't support them in this process. Many feel that they are unwilling captive candidates who are manipulated into participating in this process. Obtaining board certification and maintaining certification of competence is no longer a purely voluntary process. More often than not, it is experienced as an imposition that is not truly justifiable. *(click below for full article)*



Full Article

AMERICAN
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ASSOCIATION
ANNUAL MEETING
May 21-25, 2022 • New Orleans
June 8-10, 2022 • Online



2022 Theme: Social Determinants of Mental Health
Registration Opens Early January 2022



Join APA in New Orleans for the 2022 Annual Meeting!

Social Determinants of Mental Health

May 21-25, 2022 (in person) • June 8-10, 2022 (online)

APA is gathering in-person for the first time since 2019, in the birthplace of jazz, New Orleans! An online option is also offered to connect from your home to the strongest scientific program in psychiatry. In the three-day virtual experience, attendees have access to top-notch content and faculty as well as ample networking opportunities with peers.

- ◆ Hear from experts on emerging trends and research that will impact your practice.
- ◆ Participate in fascinating and powerful conversations on the social determinants of mental health.
- ◆ Meet with new colleagues, reconnect with old friends, and interact with psychiatrists and mental health advocates from around the world.

Over 1,200 abstracts were submitted by some of the most brilliant minds in mental health. The program is set to include a total of **300 scientific sessions, 3 plenary sessions, and 1,000 posters**. A new **Clinical Updates Track** will be introduced this year, focusing on knowledge exchange to provide attendees with tangible tools they can take back to their practices.

We're excited to bring back unique parts of the APA Annual Meeting experience, like our **Convocation of Distinguished Fellows**, our bustling exhibit hall, business meetings where you can connect with top innovators in the field, and all those serendipitous moments that occur when thousands of APA members and other mental health advocates get together in person.

APA is keeping a close watch on the evolving COVID-19 situation and protecting the health and safety of attendees is paramount. All in-person Annual Meeting attendees, staff, and contractors must be fully vaccinated, show proof of a WHO-approved COVID-19 vaccination, and must wear a face mask during all indoor activities at APA's 2022 Annual Meeting. [Read more about safety considerations here.](#)



INFORMATION AND REGISTRATION

What's New at the APA

APA released a statement calling for improved access to treatment for substance use disorders (SUDs) in the wake of a [CDC report](#) that detailed over 100,000 overdose deaths between April 2020 and April 2021. APA also called for collaboration between Congress and addiction treatment experts to develop and implement science-based policies and programs to end the opioid epidemic, more support for training of clinicians to treat people with SUDs. You can [read the full statement here](#).

APA released a statement praising the U.S. House passage of the Build Back Better Act, a \$2 trillion spending package that contains significant funding for mental health and substance use disorder programs. Among the health care provisions that would be expanded by the bill are Mental Health Parity, funding to grow the Behavioral Health Workforce, funding for mobile crisis services and the 9-8-8 hotline, and an extension to the Children's Health Insurance Program. You can learn more about the bill and [read more about its mental health provisions here](#).

A recent report from SMI Adviser explores obstacles to connecting rural and remote populations with mental health care and offers solutions developed by clinicians, administrators and other staff working in those areas. "[Improving Behavioral Health Services for Individuals with SMI in Rural and Remote Communities](#)," is designed to provide a resource for practitioners and policy-makers working in rural and remote areas to improve the availability, accessibility, and acceptability of behavioral health care for individuals with SMI. You can learn more about SMI Adviser and [read the full report here](#).



Special Report: Management of Major Depression —Yesterday, Today, and Tomorrow

There are a large number of evidence-based treatments for depression, but for now we are still relying on trial-and-error approaches.

Charles B. Nemeroff, MD, PhD

Major depression is one of the most often encountered syndromes in psychiatric practices and, indeed, in general medicine. Lifetime prevalence rates in the United States of 11% to 13% in men and 21% in women confirm the ubiquitous nature of this disorder. It is truly a killer—both due to the high rate of suicide in the depressed population (suicide is still in the top 10 causes of death in the United States) and the marked increased vulnerability of depressed patients to severe medical comorbidities including cardiovascular disease, stroke, diabetes, and certain forms of cancer. Taken together, these findings surely account for the reduced life span of patients with depression.

[READ MORE HERE](#)

Oklahoma Psychiatry

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Oklahoma Psychiatry is a publication of the Oklahoma Psychiatric Physicians Association.

Harold Ginzburg, MD, JD, MPH, Editor
M. Lynn Montgomery, Executive Director

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.

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