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PSYCHIATRIC  
PHYSICIANS  
ASSOCIATION

# Oklahoma Psychiatry

A district branch of the American Psychiatric Association

Autumn 2023

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## OPPA hires co-directors to lead organization

Hello OPPA Members and Friends! It is with great pleasure that we would like to introduce ourselves to you as your new Co-Directors. When we joined your APA district branch on August 1<sup>st</sup>, we put our heads together and have created innovative and exciting ideas for your future as members of the **Oklahoma Psychiatric Physicians Association**. We would like to thank your Executive Council for putting their faith in us to help lead you into 2024 and beyond. Also, a special thank you goes to your former Director, **Lynn Montgomery**, as she began a new chapter in her life. You have been in very capable hands the past two years.

**Christine Cotter** has been the Executive Director for the ASPP (*American Society of Psychoanalytic Physicians*) for the past 21 years. She manages all aspects of this small national group including finances, meetings, membership, CME, website, and publications. She was a manager for *Next Wave Group* which manages non-profit groups, worked closely with the *Washington Psychiatric Society* and also helped manage the *AMA Alliance*, several oncology groups, and a carwash organization. From 2015-2023, Ms. Cotter was *Vice President of Public Relations for APA, Inc.* She served as *APA Inc. liaison for the APA, its district branches, and the American Academy of Child and Adolescent Psychiatry*. She developed CME programs, coordinated events, and developed public relations initiatives. She oversaw advertising and negotiated contracts. In each of her roles at *APA, Inc.*, Ms. Cotter worked closely with the district branch Executive Directors.



OPPA's new co-directors are (from left to right) Renee Mixon and Christine Cotter.

**Renee Mixon** will be familiar to most of you. She has been involved with the *Oklahoma Psychiatric Physicians Association* since 1985, serving as Executive Director from 2003 to 2021. After a two-year retirement vacation, cleaning out far too many drawers and closets plus doing some traveling once Covid began to release its grip on the world, she is ready to return to a job that she loved. Partnering with Chris Cotter will be a win-win for the OPPA. By sharing the administrative duties of the organization, each director will focus on their strengths allowing greater flexibility within the organization.

If you, as a member of the OPPA have ideas or concerns, we would love to hear from you. This is your organization, and we are here to serve your needs by email to [oklapsychiatry@gmail.com](mailto:oklapsychiatry@gmail.com) or by phone [405.360.5066](tel:405.360.5066). Thank you so much for giving us this opportunity. We look forward to hearing from you! ❖

## APA assists OPPA in developing new organization logo

Several years ago, the **American Psychiatric Association** also developed a new logo representing the medical aspect of the organization by using the *Rod of Asclepius* as a part of their logo. The Oklahoma Psychiatric Physicians Association (OPPA) has used many types of logos during its 77 year history. In order to better identify as a district branch of the American Psychiatric Association, the OPPA Council during its October 14th executive meeting officially adopted the logo pictured at right. We hope you will like it as much as we do. ❖



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## Proposed changes to OPPA Bylaws need member approval

In order to comply with the new membership categories available to members of the American Psychiatric Association and the Oklahoma Psychiatric Physicians Association, a revision to **Chapter 2** of the bylaws is necessary. Also due to new methods available for casting ballots, a change in wording must also be made in **Chapter 3** and **Chapter 9**.

These changes were approved at the October 14th meeting of the OPPA Executive Council. Now it is up to the membership to approve or not approve these changes to the OPPA Bylaws.

The following is the text of the three chapters which are up for revision. The ~~strickethrough~~ text will be removed. The text printed in **BLUE** will be new. Please review the changes proposed. All current members will receive a ballot for voting in January 2024. If approved, the bylaws will be ratified at the 2024 Spring Annual Business Meeting.

### Proposed Bylaw Changes

#### CHAPTER 2 | Members

##### Section 2.3 Categories of OPPA membership:

The categories of members of the OPPA shall be the same as the APA and must qualify according to the standards and procedures of the APA as set forth in the APA Bylaws. ~~There shall be the following categories of members: (a) Resident Fellows; (b) Associate Members (closed to new members since December 1989); (c) General Members; (d) Fellows; (e) Distinguished Fellows (f) Life Members; (g) Life Fellows; (h) Life Associate Members; (i) Distinguished Life Fellows; (j) Inactive Members or (k) Inactive Fellows.~~ There shall be the following categories of members: (a) Resident Fellows; (b) General Members; (c) Fellows; (d) Distinguished Fellows (e) Life Members; (f) Life Fellows; (g) Distinguished Life Fellows; (h) Semi-Retired; (i) Retired; (j) Inactive Members or (k) Inactive Fellows.

**Section 2.4 Voting:** The right to vote shall be the same as in the APA Bylaws. Members with voting rights are Resident Fellows, General Members, Fellows, Distinguished Fellows, Life Members, Life Fellows, and Distinguished Life Fellows, **Semi-Retired, and Retired**. All other categories of membership are non-voting. Each voting member shall have one vote.

**Section 2.8 Dues:** Every Life Member, Life Fellow, ~~Life Associate~~, Distinguished Life Fellow, Fellow, Distinguished Fellow, General Member, ~~Associate Member~~,

**Semi-Retired, Retired** and Resident Fellows shall pay both dues and assessments as determined by the OPPA.

#### CHAPTER 3 | Executive Committee, Executive Council, Election of Officers

**Section 3.3 Nomination and Election Procedures:** Only voting members shall be eligible for nomination and election to office.

(a) Nominations and Elections Committee, chaired by the immediate past president and composed of two to four other voting members shall be appointed by the OPPA Executive Council. This committee will present its recommendation for officers to OPPA Executive Council during the first quarter meeting. The membership shall be informed of the candidate's names in a reasonable time and manner prior to the election.

(b) A ~~mail~~ ballot will be conducted in a time and manner provided by the OPPA Executive Council. Ballots will be tabulated by ~~two tellers appointed by the President the Executive Director~~ and results presented to the Nominations and Elections Committee.

(c) The election will be by the specified deadline. ~~The candidate receiving the majority of votes for each office will be declared the winner.~~ The ~~tellers~~ **Nominations and Election Committee** will report the election results to the OPPA Executive Council prior to the OPPA annual meeting. Announcement of election results will be made at the annual business meeting.

#### CHAPTER 9 | Amendments of the Bylaws

Amendments to the Bylaws may be initiated by a majority vote of members present at a business meeting of the OPPA, a quorum being present. The Executive Council will, at its next regular meeting, make a recommendation about the proposed amendment. The Executive Council may also originate amendments by three-fourths vote of its members. The Secretary or designee will then send a ~~mail~~ ballot to all members, including the full text of the proposed amendment, the recommendation about it made by the Executive Council, and stating the date on which the ~~mail~~ ballots are to be counted. The amendment will become effective, if approved by a majority of the ~~mail~~ ballots returned by the specified tabulation date. An amendment may alternatively be approved by a two-thirds vote of the members of a regular **business** meeting. ❖

*Notes from the President***OPPA to begin virtual MOC Journal Club as New Member Benefit****by Tessa Manning, M.D., President**

Happy Fall to our OPPIA members! I hope you are all enjoying the cooler weather, autumn colors, and pumpkin spiced baked goods and beverages.

The OPPIA strives to provide many valuable benefits to our members. In this newsletter issue, you will find information for our new FREE CME webinars which will be provided multiple times a year. We were also excited to receive an APA grant to be able to waive all fees for members to attend our annual CME meeting next year, which will be our first in person event since the COVID-19 pandemic.

By member request, we are also planning a new, free benefit to aid with helping members maintain board certification through our first virtual OPPIA Maintenance of Certification (MOC) Journal Club. As many already know, the American Board of Psychiatry and Neurology (ABPN) recently introduced the new Article Based Continuing Certification (ABCC) Pathway as an alternative option to the ten-year traditional recertification exams. I personally found it to be preferable to taking a high stakes exam.



The current ABCC block extends from 2022-2024. During this time frame, participants will need to read and pass a short quiz for 30 pre-selected articles.

Our first journal club will be held on **Wednesday, December 20, 2023 from 6:00-7:30 PM via Zoom.**

Registrants will be sent a copy of the articles to be presented prior to the event. The first 60 minutes will include facilitation and discussion of 2-3 articles and the last 30 minutes will be reserved for taking the associated quizzes (*which must be done individually per ABPN guidelines*).

Journal club facilitators will be present to assist with helping participants access the quiz but cannot provide anyone with the correct answers. If you are interested in volunteering as a journal club facilitator, please email [Tessa-manning@ouhsc.edu](mailto:Tessa-manning@ouhsc.edu).

Those interested in participating in the first journal club meeting must register in advance by clicking this link: <https://us02web.zoom.us/join/register/tZAvduCrqT8pGdecsIZOeF5fpiZo3XXIF9xS>

After registering, you will receive a confirmation email which will include your **meeting link**. The OPPIA will send you the articles for the journal club meeting. ❖

**Gov. Stitt Approves OHCA Emergency Rules**

Oklahoma Governor Kevin Stitt approved the Oklahoma Health Care Authority's [modified emergency rules](#) to implement the statewide health information exchange (HIE).

The new rules include broad exemptions that allow any provider seeking an exemption to be granted one. If you do not wish to transmit or utilize data in the exchange, complete the [online exemption form](#) that notifies the Office of the State Coordinator for the HIE that you will not be participating.

Additional information about the HIE can be found at the [OHCA website](#) and the Summer 2023 [OPPIA newsletter](#).

**Background:**

Senate Bill 574 (2021):

- Created the Oklahoma State Health Information Network Exchange (OKSHINE).  
More Information: [OKSHINE](#).

Senate Bill 1369 (2022):

- Created the Office of the State Coordinator for Health Information Exchange - OHCA
- Created concept of a State Designated Entity for HIE Operations overseen by the office – OHCA has contracted with MyHealth Access Network as the SDE.
- Requires that all health care providers participate in the statewide HIE by July 1, 2023.
- Establish a direct secure connection to the HIE and transmit active patient data.
- Actively utilize HIE services to securely access records during and/or in support of patient care.
- Coordinator may grant exemptions (*size, financial hardship or technological capability*). ❖



**Health information exchanges are connecting nationwide to seamlessly deliver patient health information across health systems, improving the patient experience by making their health information available whenever and wherever their care occurs.**

## Editorial

### A Time to Remember, A Time to Reflect



Harold Ginzburg, MD

*We can be supportive of one or another group, we can remain silent. In any case, the information, often information overload, causes a non-healthy, pathological, meaning non-productive, response from individuals and from their social affiliations.*

Remember Concord/Lexington, remember the Alamo, remember Ft. Sumter, remember the Maine, remember the Lusitania, remember Pearl Harbor, remember the Yom Kippur War, remember 9/11, remember October 7, 2023 [the Hamas attack on non-combatants in the portion of Israel close to Gaza].

All these events and dates had an individual and collective effect on populations living through those periods of time. Most of us have lived through several of these or similar events [mass community-based shootings]. The generation of PTSD-like clinical signs and symptoms, from being directly involved, witnessing directly, having friends or family being directly or indirectly affected, or observing on the media or through conversations/communications, all create a psychological/psychiatric affect on our perspective of ourselves, family and friends, and our local and greater communities. Anger, fear, rage, a desire for retaliation, reactive depression, nightmares, maybe night terrors, interference with personal and social activities, decreased productivity; all are common responses. There is a massive sense of wanting, needing, revenge. While revenge has an immediate sense of retribution, retaliation is only one component of a response to unwarranted, and for many, unperceived betrayal, and aggression. Formal and informal military operations provide some sense of empowerment after having an overwhelming sense of the acute hostile, terrifying brutality of an unsuspected, perceived to be an unwarranted outburst of violence.

The incursion with an associated massacre, torture, and kidnapping of non-combatants by Hamas, a Gaza-based terroristic organization [as determined by the United States Department of State] whose charter includes language demanding the destruction of the State of Israel, led to an international response. Not all responses, personally, locally, nationally, and geopolitically, were in support of the Israeli victims. The sub-threshold anger, previously latent, has become patent, with antisemitism, Islamophobia, xenophobia, and other negative thoughts, and actions, against minority cultures/religions/people of non-traditional social groups, has been amplified in recent days. We can be supportive of one or another group, we can remain silent. In any case, the information, often information overload, causes a non-healthy, pathological, meaning non-productive, response from individuals and from their social affiliations.

In these comments I am not taking one side or the other. Those that know me, know my feelings and what my 'gut' is telling me. Those that do not can speculate, guess, assume. However, the fact that I recognize the effect of individual and mass communication/media, as me, and as within my professional role as a psychiatrist, means that I must be prepared to separate my view from those of my patients. I treat veterans, from half-a-dozen conflicts, and the most recent current events, in Gaza-Israel, superimposed on the Ukrainian-Russian conflict, has created more symptomatology, more dysfunctional psychopathology, because these events show, to them, the veterans and their family and community, a world out of control. If these combat and non-combat veterans are mirrors of our society, then they are a bell weather of more emotional disfunction in the community, at large, and in our own families and our own social interactions. As therapists, and all of us are, even if we are not mental health providers, we need to recognize the effect of current events and attempt to compartmentalize our feelings, so we do not aggravate, incite, or fail to de-escalate others.

Harold M. Ginzburg, M.D., J.D., M.P.H.  
Editor, Oklahoma Psychiatry  
Oklahoma Psychiatric Physicians Association

## Review Candidates for APA's 2024 Election

The APA Nominating Committee, chaired by immediate Past APA President Rebecca Brendel, M.D., J.D., has released the names of candidates for APA's 2024 Election.



These include candidates for APA's next president-elect, treasurer, and more. ❖

[REVIEW CANDIDATES](#)



## Take the Next Step in Your Career. Apply to Become an APA Fellow!

Fellow status is an honor that reflects your dedication to the work of the APA and signifies your allegiance to the psychiatric profession.

You are recognized by your colleagues in the Association as a member of a very select group.

All newly appointed Fellows are publicly recognized at the Convocation of Distinguished Fellows, which is held every year during APA's Annual Meeting.

You receive a lapel pin in recognition of your status.

Annual dues rates for General Members and Fellows are the same.

To become a Fellow, a Member must have at least two of the following:

- ◆ Must be a current APA General Member or Life Member in good standing for at least three years.

- ◆ Served in a psychiatric leadership position on a national, district branch or international psychiatric association for over five years.
- ◆ Is certified by the American Board of Psychiatry and Neurology, the Royal College of Physicians and Surgeons of Canada, or the American Osteopathic Association.

There is a 30-day review period for the district branch to offer comments about the Fellowship candidate. Approval by the APA Membership Committee takes place in the fall, and approval by the APA Board of Trustees takes place in December.

Mid-February to August is the open period to apply for Fellowship in 2024. The deadline to submit an application is September 1st. You may even apply online.

Follow this link to apply: [Fellowship Application](#).

**Now is the time to take that next step. ❖**



**Application for Fellowship may be completed and submitted online.**

## PRACTICING TELEPSYCHIATRY?

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## 2024 CME Conference Program to Explore Adolescent and Physician Suicide

In 2019, the Oklahoma Psychiatric Physicians Association was given the opportunity by the American Psychiatric Association to submit a request for an educational grant. The grant titled, **“Increase in Adolescent and Physician Suicides: Hiccup or Trend?” 360° View, Challenges and Discussion** was approved, location and faculty chosen and in March 2020 the program was ready and scheduled for Tulsa. Then Covid happened. Everything was cancelled and put on hold.

Fast forward to 2023. Educating Oklahoma psychiatrists and especially the resident fellows in training and the early career psychiatrists about adolescent and physician *Suicide Prevention* is not only important, but imperative and again is the focus of our continuing medical educational program scheduled for **April 20, 2024**.

In Oklahoma, **suicide** is the 2<sup>nd</sup> leading cause of death for ages 15-34. According to the American Foundation for Suicide Prevention, on average, one person dies by suicide every 12 hours in Oklahoma. That is two each day! Also, alarming is **one doctor commits suicide** every day in the United States according to findings presented at the American Psychiatric Association 2018 annual meeting. New research shows the number of doctor suicides is more than twice that of the general population.

The 2024 continuing medical education program, **“Increase in Adolescent and Physician Suicides: Hiccup or Trend?”** will be composed of five afternoon presentations by expert OPPA member faculty followed by an informal roundtable discussion period and evening dinner interactive symposium, **“360° View, Challenges & Discussion”** moderated by Swapna Deshpande, M.D. The location of the CME program and the dinner symposium will be announced as soon as possible.

The five-afternoon presentations will include, *“Updated Epidemiology of Adolescent Suicide Etiological and Risk Factors Assessment”* and *“Physician Suicide: Why the Increase and Why Now?”* by Swapna Deshpande, M.D.; *“Neuroscience of Suicide”* by Ashley Walker, M.D.; *“Treatment Approaches to Suicidal Adolescents”* by Sara Coffey, D.O.; and *“The Contribution of Substance Abuse”* by Jason Beaman, D.O.

This CME program and buffet dinner symposium has been approved for **6 AMA PRA Category 1 credits™** by the American Psychiatric Association will be available **FREE as a members-only benefit** to all who have paid their **2024 APA/OPPA membership dues**. All distinguished expert faculty are volunteering by donating their time and effort for this valuable training endeavor. Non-OPPA member psychiatrists and psychiatric residents, other physicians and mental health providers will be welcome for a registration fee.

Suicide is devastating and impacts not just the near and dear ones, but everyone in far reaching ways. In recent years, the suicide rate has increased by 28%. The suicide risk assessment is crucial in determining the course of treatment planning. While clinicians may become proficient in naming the factors that contribute to suicide risk, knowledge of why these factors contribute to suicide has been lacking until recent times when neuroscience research has begun to illuminate the specifics of pathophysiology leading to suicide.

Higher suicide rates among physicians have been documented for decades. Higher and higher economic pressures experienced by budding physicians and specialists, higher and higher expectations of excellence and perfections, time pressures, electronic record mandates, third party constraints, and intrusions, social isolation resulting from work pressures, higher and higher overheads, etc. lead to higher rates of burnout and depressive symptoms coupled with the fact physicians are less likely to seek professional help for these conditions, in part because of fear for professional repercussions and many seek to address the symptoms by self-medicating with alcohol and drugs.

In teens, access to today’s social media platforms is overwhelming and can create a superficial or artificial world where teens frequently compare themselves to others. With anonymous apps, kids can post something derogatory or hurtful to another student or bully him/her without holding themselves accountable.

Students vulnerable to suicide sometimes are heightened by an interaction with another student or an adult or an internal conflict that no one else can detect.

In both instances physicians and teenagers suffer from silent misery with no one to open their heart to, feeling no one can understand their plights and if they remotely do, they do not deserve to be trusted to respect their privacy. There is literally no safe place for physicians and teenagers to express their secret fears and conflicts. Many, therefore, turn to allay their anxieties and fears, sorrows and miseries, overwhelming problems at work, and in family or relationships, by turning to tranquilizing substances including alcohol and marijuana that are culturally acceptable in their own culture.

The stigma and undesirable professional and social repercussions are formidable obstacles to seeking help. It is time for serious in-depth thinking and responding to the critical needs of our colleagues and teenagers as well as young adults who are likely to face self-inflicted damage and lose their lives prematurely from preventable causes like anxiety, depression, panic, and mood swings many a time concealed with self-medication efforts, denial, secrecy, maintaining a façade of mental health while feeling totally defeated inside. ❖



## 2023 APA Advocacy Conference focuses on physician shortage, integrated care

Dr. Eric Reynolds and Dr. Sara Coffey had the opportunity to attend the American Psychiatric Association's 2023 Advocacy Day representing the Oklahoma Psychiatric Physicians Association. The event was held October 16 and 17 in Washington, DC. Christine Cotter, new OPPIA co-director also attended the conference.

This annual event gave each a unique opportunity to lobby members of Congress on issues that affect Oklahoma's patients and practice of psychiatry. Federal and State policies not only impact patients and the profession, but active engagement in the process helps ensure our patients and our colleagues can practice and receive quality care.

APA's Advocacy Day activities began with a congressional panel and information about the advocacy day efforts. Several APA staff and colleagues helped explain issues important to our work including the physician shortage, integrated care, and maternal mental health. Several bills were discussed, most of which had bipartisan support. In the evening the APA hosted a dinner which included guest speaker Rep. Jamie Raskin (D-Maryland) who spoke to the importance of mental health in our current political climate and in the nation.

Dr. Reynolds and Dr. Coffey had the opportunity to meet with congressional aides from Senator Mullin's office, Representative Kern's office and Representative Tom Cole's office speaking to the importance of several issues pertinent to our profession and our patients. Our message was well received as we asked for co-sponsorship and support for several house and senate bills.

All of this was happening as the House of Representatives was voting to replace the Speaker of the House. There was a lot of energy in the DC area! Dr. Reynolds and Dr. Coffey are thankful for the opportunity and encourage our colleagues to reach out and stay involved in the policies and practices that impact our patients and our profession.

**Sara Coffey, D.O.**

Associate Clinical Professor  
Interim Chair, Department of Psychiatry and Behavioral Sciences, Oklahoma State University Center for Health Sciences, Tulsa

**Eric L. Reynolds, M.D.**

Chief Resident  
Griffin Memorial Hospital, Norman ❖



OPPIA member, Dr. Sara Coffey meets with APA guest speaker Rep. Jamie Raskin (D-Maryland) during the Advocacy Conference.

Pictured with Dr. Reynolds and Dr. Coffey (far right) are Child and Adolescent Fellows, Dr. Max Garcia, Dallas and Dr. Michelle Durham, Houston.



### Promoting Healthy Aging by Confronting Ageism in Medicine *(action paper introduced by Jenny Boyer, MD)*

**Whereas**, Ageism is defined as discrimination against older people because of negative and inaccurate stereotypes<sup>1</sup>; and

**Whereas**, Only 8.5 percent of people worldwide are aged 65 and over, but this percentage is projected to increase to nearly 17 percent of the world's population by 2050<sup>2</sup>; and

**Whereas**, APA has nearly one-third of its membership as senior physicians 65 years of age and above; and

**Whereas**, Loneliness affects the aging population and The US Surgeon General report on loneliness cites it as an independent risk factor for increased morbidity and mortality across all health<sup>3</sup>; and

**Whereas**, Our values are learned beliefs which serve as guiding principles for other people's behavior; therefore be it

**Whereas**, Ageism is discrimination with similarities to racism and deserves increased emphasis; therefore be it

**RESOLVED**, that our APA develop low-cost practical interventions regarding ageism as a part of APA's health equity policy,

And be it further **RESOLVED**, that the APA develop with the APA equity staff a podcast on ageism that can be offered to the district branches and to specialty groups to educate on the importance of interventions. *(See References on Page 8)*



## Kathy Orellana new APA Advocacy Director for Oklahoma

**Legislators have indicated mental health is top of mind and APA's district branches expect to see bills related to scope of practice expansion, telehealth reimbursement, prior authorization reform, workforce development funding, and coverage of Collaborative Care Model.**

This summer, the APA's Department of State Government Relations reorganized its regional staff. Kathy Orellana, Senior Regional Director, will now be covering Oklahoma and working with the OPBA on its advocacy initiatives, including opposing a psychologists' prescribing bill.

Kathy is based in Denver, Colorado and in this role, works with APA's western district branches to influence state policy to improve the delivery of mental health and substance use disorder treatment. Prior to that, she worked as an Associate Director in APA's Department of Policy, Programs and Partnerships, where she managed the Association's public policy initiatives on substance use disorders, minority health, and Medicaid.

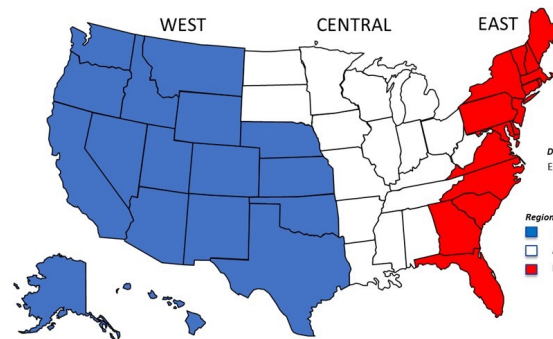
Before coming to APA, she supported nonprofit and corporate healthcare clients through policy

counselling, advocacy training, and coalition management. Kathy also worked as a clerk for the Center for Drug Evaluation and Research at the Food and Drug Administration, where she planned regulatory meetings.

The Department of State Government Relations is ramping up for the 2024 legislative sessions. Legislators have indicated mental health is top of mind and APA's district branches expect to see bills related to scope of practice expansion, telehealth reimbursement, prior authorization reform, workforce development funding, and coverage of Collaborative Care Model.

APA staff wants to hear your legislative solutions, so feel free to reach out to Kathy with your questions or suggestions about APA's advocacy efforts by email to [korellana@psych.org](mailto:korellana@psych.org). ❖

### 2023 STATE GOVERNMENT RELATIONS REALIGNMENT



Director, State Government Relations (head of state program):  
Erin Berry Philip: [ephilip@psych.org](mailto:ephilip@psych.org)

Regional Directors (each covers 17 states):

- Kathy Orellana: [korellana@psych.org](mailto:korellana@psych.org)
- Amanda Blecha: [achesley@psych.org](mailto:achesley@psych.org)
- Robin Levy: [rlevy@psych.org](mailto:rlevy@psych.org)

1

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4. Murthy, V. H. (2023). Our epidemic of loneliness and isolation: The US surgeon general's advisory on the healing effects of social connection and community.
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### (Action Paper on Ageism from Page 7)

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**XX.** Donizzetti, A. R. (2019). Ageism in an aging society: The role of knowledge, anxiety about aging, and stereotypes in young people and adults. *International journal of environmental research and public health, 16*(8), 1329. ❖



## SAVE THE DATES: Free CME webinars coming in 2024!

### MEDICAL MARIJUANA: HIGH RISK?

**Tuesday January 9, 2024 7:00 pm**

The **Professional Risk Management Society (PRMS)** is hosting a **FREE** one-hour CME webinar for OPPA Members only on Tuesday, January 9, 2024 beginning at 7:00 p.m.



#### Program Objectives:

- ◆ Understand the federal government’s position on medical marijuana and its impact in psychiatry.
- ◆ Discuss the professional liability risks associated with medical marijuana,
- ◆ Identify risk management strategies to increase patient safety and decrease professional liability exposure.

Further details along with a link to register for this free webinar will be sent to OPPA members soon. In the meantime, mark your calendar and be sure to pay your 2024 membership dues to participate in this free webinar series. ❖

### YOUR PATIENT’S GENDER IDENTITY AND EXPRESSION MATTERS

**Tuesday, March 12, 2024 7:00 pm**

The **American Professional Agency, Inc. (APA, Inc.)** is hosting a **FREE** one-hour CME webinar for OPPA Members only on Friday, January 12, 2024 beginning at 7:00 p.m.



#### Program Objectives:

- ◆ Describe key terminology related to sex, gender identity, gender expression and sexual orientation.
- ◆ Evaluate why it is important to acknowledge a patient’s gender identity and expression as part of their mental health care.
- ◆ Apply risk mitigation strategies when treating this subset of patients to decrease liability of a malpractice action or licensing board complaint.

Further details along with a link to register for this free webinar will be sent to OPPA members closer to the webinar. In the meantime, mark your calendar and be sure to pay your 2024 membership dues to participate in this free webinar series. ❖

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**Additional  
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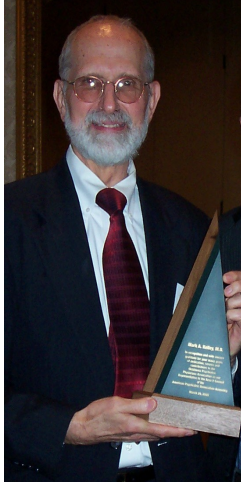


**American Professional Agency, Inc.** began operations in 1940 focusing on professional liability insurance with special emphasis in the mental health field, APA Inc. has grown to be the largest writer of mental health professional liability insurance in the United States. With approximately 100,000 policyholders, APA Inc. ranks in the top 100 insurance brokerages in the country. Our state of the art computer system is constantly upgraded to meet the needs of our clients using the most comprehensive software programs in the agency field.



## In Memoriam

### Mark Allen Kelley, M.D.



Mark Alan Kelley, M.D. was born on March 27, 1940, and passed away on May 5, 2023, at the age of 83. Dr. Kelley was a lifelong learner. After he graduated from Tulsa Central High School in 1958, he spent two years at Graceland University in Lamoni, Iowa; where he met his wife, Cheryl. They were married for 52 years until she passed away in 2015. He then went to OSU and graduated with a Bachelor of Arts in 1963. He went to the University of Oklahoma (OU) College of Medicine and graduated in 1967 with a M.D. He did his internship at Hillcrest Medi-

cal Center in Tulsa from 1967-1968 and his residency in psychiatry at the University of Kansas School of Medicine from 1968 to 1970. He did a year fellowship in Psychosomatic Medicine at OU College of Medicine from 1970-1971.

Mark served his country during the Vietnam War by enrolling in the Navy from 1971-1973. He was stationed at the Naval Air Station in Corpus Christi, Texas. He was honorably discharged as a Lieutenant Commander in 1973. Mark moved to his hometown of Tulsa, Oklahoma, and opened a private practice at St. Johns Medical Center. He was also the director of the Inpatient Behavioral Health Unit until it closed in 2007. He continued his private practice until he retired in 2019.

ccc

Mark was a member of the American Psychiatric Association (APA) for his entire career; was elected president of the Oklahoma Psychiatric Physicians Association, a district branch of the APA, in 1983-1984, and then was elected as a Distinguished Life Fellow of the APA in 2003. He also served first as an Alternate Delegate to the APA representing the Oklahoma District Branch from 1987 to 2001 and as Delegate from 2001 through 2008. The OP-PA recognized his service with an award in 2008 at their annual meeting and medical education conference. He was also a member of the American Board of Psychiatry and Neurology.

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Dr. Kelley is survived by three children, two grandchildren and two brothers. He also is survived by many other family, friends and colleagues. ❖

### Gerald Mark Polin, M.D.

Word has been received of the death of Dr. Gerald Mark Polin. He was born in Philadelphia to Morton and Nancy Polin on March 22, 1936, and died on May 21, 2021, at the age of 85.



Gerald attended Dartmouth College before graduating with his medical degree from Jefferson Medical College. He continued his medical training with his internship at Bryn Mawr Hospital and then did his residency at the Institute of Living, Hartford, Connecticut. He specialized in child psychiatry with fellowships at the University of Pennsylvania Hospital and Judge Baker Children's Center.

Gerald served for two years in the Navy at the Bethesda Naval Hospital where he was Chief of Child and Adolescent Psychiatry. He also ran a private practice in Maryland for 8 years before moving to Richmond, VA. In Richmond, Gerald became President of the American Academy of Child and Adolescent Psychiatry for Central Virginia and where he was the Chairman of the Department of Adolescent and Child Psychiatry at the Psychiatric Institute of Richmond.

In 1988, Gerald and his family moved to Tulsa, OK, where he happily lived and worked for 28 years as the Chairman of Child and Adolescent Psychiatry at Laureate Psychiatric Clinic and Hospital. He was also a member of the Oklahoma Psychiatric Physicians Association and the Oklahoma Council of Child and Adolescent Psychiatry.

He retired in 2006, when his battle with Parkinson Disease made it impossible for him to continue the work he loved so much. In his spare time, he loved listening to jazz music and snuggling with his dogs. Survived by his wife, Bonnie; his son, Richard; his daughter, Laura; and his grandchildren, Sanders, Elliott, Isabella, and Benjamin. ❖

## Let Us Be Your Voice of Psychiatry In Oklahoma

### WHO WE ARE

The Oklahoma Psychiatric Physicians Association, a district branch of the American Psychiatric Association, is dedicated to meeting the professional needs of its members and promoting quality treatment and prevention of mental illness and substance abuse disorders. In performing these functions, members of the OPPA are mindful of the unique history and cultural diversity of Oklahoma, and the influence of social determinants on health and outcomes.

### THROUGH YOUR MEMBERSHIP

Members enjoy discounts on APA and local OPPA branch and chapter CME programs, legislative advocacy on behalf of all psychiatrists in Oklahoma, electronic newsletters and alerts about information you need on all laws, regulations, federal and state healthcare reforms, and more!



### LEGISLATIVE ADVOCACY

OPPA, in conjunction with the Oklahoma State Medical Association, is very engaged in legislative monitoring and advocacy in all matters of interest to the practice of psychiatry in Oklahoma.



### CONTINUING MEDICAL EDUCATION

APA and OPPA including its two chapters, COPS and TPA, serve as the integrated home for all your CME education needs. Attend CME events to network with colleagues, complete educational activities to earn CME credit, meet MOC requirements, learn new skills, and more!



### DIVERSITY, EQUITY AND INCLUSION

OPPA is committed to developing programs and resources to bring awareness to and support the needs of evolving, diverse, and underserved patient populations in Oklahoma; implement strategies to enrich a diverse representation of psychiatrists in Oklahoma and within the OPPA; reflect the unique, cultural richness of our state; provide an open forum to address issues related to diversity, equity or inclusion; and foster connections across multiple medical sectors to end mental health inequities. ❖

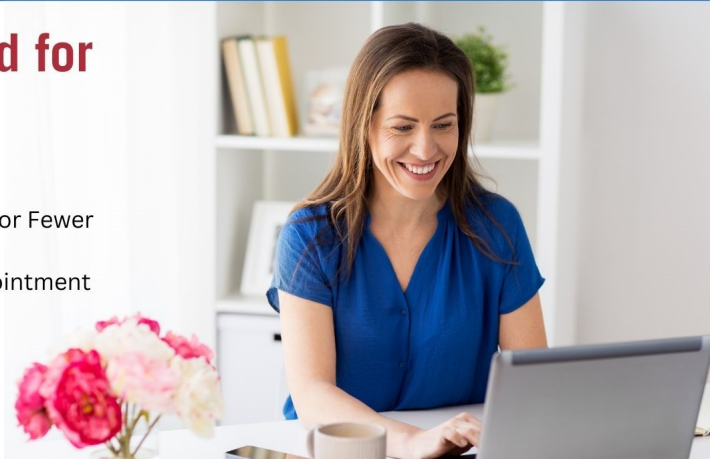
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*Oklahoma Psychiatry* is a publication of the Oklahoma Psychiatric Physicians Association. OPPA, a district branch of the American Psychiatric Association, is a medical specialty society specializing in the diagnosis and treatment of mental and emotional illnesses and substance abuse disorders.

The OPPA is dedicated to meeting the professional needs of its members and promoting quality treatment and prevention of mental illness and substance use disorders.

In performing these functions, members of the OPPA are mindful of the unique history and cultural diversity of Oklahoma, and the influence of social determinants on health and outcomes.

#### We inspire to model and support:

- Sensitivity and compassion for patients and their families
- Advocacy for mental health access and equity
  - Promotion of diversity and inclusion
  - Advancement and representation of the profession of psychiatry
- Lifelong professional learning, and
- The highest standards of professional conduct.

## COPS hosts in-person dinner meeting at Red Lobster



Pictured during the COPS dinner and CME meeting held August 24th at the Red Lobster in Oklahoma City are (from left to right) Heather Geis, MD; Robyn Cowperthwaite, MD; Phebe Tucker, MD and Margaret Lee, MD.

Dr. Geis presented “Beating Burnout” and Dr. Tucker and Dr. Lee presented “ACES: The Hands we are Dealt - Adverse Childhood Event.” Dr. Cowperthwaite serves as the 2023 President of the Central Oklahoma Psychiatric Society.

## COPS/TPA Plan Free Webinar Program December 14

The *Central Oklahoma Psychiatric Society* (COPS) and the *Tulsa Psychiatric Association* (TPA) will be hosting a FREE CME webinar on Thursday, December 14 from 6:00 to 8:30 p.m. Presenting will be **Tiffany Bartel, DO** and **Ky Dorsey, MD**. Webinar registration will open soon.

#### Dr. Bartel, will present “*Oh Baby: Treating Opioid Use Disorder During Pregnancy.*”

This program will discuss the epidemiology of opioid use disorder in pregnancy; screening for opioid use disorder during pregnancy; consequences of maternal opioid use; medication management of opioid use disorder in pregnancy; and issues related to labor, delivery and post-partum for women with opioid use disorder.

Dr. Dorsey will present “*The Perspectives of Psychiatry: Thinking Like a Physician, not a DSM Technician.*” This program will review a brief history of psychiatry in the US which led to the emergence and dominance of the DSM in the psychiatry landscape. It will identify how the

DSM and the biopsychosocial model are necessary, but are not sufficient and introduce the Perspectives of Psychiatry, the system of organizing principles used at Johns Hopkins for the formulation and treatment of psychiatric illness. The program will walk through an example of how each attendee can begin practicing with the Perspectives today.

Dr. Bartel is Clinical Assistant Professor, CARES Program Director, Adult Mental Health Services, Department of Psychiatry and Behavioral Sciences, OU College of Medicine, Oklahoma City.

Dr. Dorsey is Assistant Professor, George Kaiser Family Foundation Chair in Psychiatry, Department of Psychiatry, OU-Tulsa School of Community Medicine.

The OU College of Medicine designates this live activity for a maximum of 2.00 hours of AMA PRA Category I Credit™. ❖