



OKLAHOMA
PSYCHIATRIC
PHYSICIANS
ASSOCIATION

Oklahoma Psychiatry

A district branch of the American Psychiatric Association

Winter 2024

Inside this issue:

Agenda at a Glance	2
Legislative Update	3
Journal Club	4
COPS Meeting	5
New Fellows	7
Membership	8
Save the Dates	9

OFFICERS & COUNCILORS

PRESIDENT

Tessa Manning, MD

PRESIDENT-ELECT

Robyn Cowperthwaite, MD

VICE PRESIDENT

Rachel Dalthorp, MD

SECRETARY

Jed Perdue, MD

TREASURER

Gabriel Cuka, MD

PARLIAMENTARIAN

Shree Vinekar, MD

APA ASSEMBLY DELEGATES

Harold Ginzburg, MD
Shree Vinekar, MD

1ST COUNCILOR

Britta Ostermeyer, MD

2ND COUNCILOR

Vacant

3RD COUNCILOR

Jason Beaman, DO

COUNCILORS

Melanie Barrett, MD
Tiffany Bartel, DO
Jenny Boyer, MD
Masooda Burki, MD
J. Bryan Cates, DO
Hashib Faruque, MD
Heather Geis, MD
Harold Ginzburg, MD
Jay Lensgraf, MD
Joseph Michie, MD
Haiwang Tang, MD
Ashley Walker, MD

OPPA to host first in-person CME meeting since Covid

The **Oklahoma Psychiatric Physicians Association** will hold its first in-person spring continuing medical education (CME) conference and annual meeting since COVID on **Saturday, April 20th** at Laureate Psychiatric Hospital and the Doubletree Hotel-Warren Place, Tulsa.

This seminar and dinner symposium, **“Increase in Adolescent and Physician Suicides: Hiccup or Trend?”** was originally scheduled for March 2020, but Covid intervened everything was cancelled.

Fast forward to 2024. Thanks to the Expedited Grant received from the American Psychiatric Association (APA) in 2019, this CME program is **FREE TO ALL WHO HAVE PAID 2024 OP/PA/PA MEMBER DUES.**

Other non-member psychiatrists/physicians and mental health professionals are welcome to attend this workshop, but will pay a registration fee. The American Psychiatric Association designates this live activity for a maximum of **6 AMA PRA Category I Credits™.**

The seminar will begin Saturday at 11:30 a.m. with registration and exhibits and will conclude at Laureate at 6:00 p.m. The program will then move to the Doubletree Hotel-Warren Place for a buffet dinner, OP/PA annual business meeting and awards ceremony followed by the interactive symposium, **“360° View, Challenges, Discussion.”** The program will conclude at 8:30 p.m.

In Oklahoma, **suicide** is the second leading cause of death for ages 15-34. According to the American Foundation for Suicide Prevention, on aver-

age, one person dies by suicide every 12 hours in Oklahoma. That is two each day! Also, alarming is the fact that **one physician dies by 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 physician suicides is more than twice that of the general population.

The stigma and undesirable professional and social repercussions of mental illness 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 who may continue to face self-inflicted damage and lose their lives prematurely from preventable causes.

At the end of this activity, the participants should be able to:

- Discuss the most recent understanding of etiology and neuroscientific mediators leading to suicides in adolescents and physicians.
- Describe the possible causes for recent trend in the increased rate of suicides in adolescents and physicians.
- Explain the role of substance abuse in causation and contribution to suicides in adolescents and physicians and reasonable approaches to address both the treatment of psychopathology, social and work-related issues, and management of substance abuse. ❖

See **Agenda at a Glance** on Page 2

[REGISTER NOW](#)

OCCAP & OP/PA awarded collaborative grant



The **Oklahoma Council of Child and Adolescent Psychiatry** in cooperation with the **Oklahoma Psychiatric Physicians Association** has been awarded a collaborative grant by the **American Academy of Child and Adolescent Psychiatry** to produce

an educational video regarding the use of marijuana in children and adolescents and its adverse effects on their mental health. The video will be posted free on social media platforms.

Marijuana can impact scholastic performance in tweens, teens and young adults. Young people who use marijuana are less likely to graduate high school. Marijuana use affects attention, learning and memory and can impair athletic performance. Marijuana use in young people can also impact brain development.

Through this grant, mental health providers who serve Oklahoma will be better equipped in providing effective evaluations of children and adults and the adverse effects of marijuana. More details coming soon! ❖

Suicide Seminar Symposium Agenda at a Glance



“Increase in Adolescent and Physician Suicides: Hiccup or Trend? 360° View, Challenges, Discussion”

Jointly provided by the American Psychiatric Association and the Oklahoma Psychiatric Physicians Association

April 20, 2024

Agenda



11:30 pm Registration/Visit Exhibits
Laureate Psychiatric Hospital & Clinic

12:25 pm Welcome
Tessa Manning, MD, *OPPA President*

12:30-1:30 pm

“Adolescent Suicide Trends and Risk Assessment”
Swapna Deshpande, MD



1:30-2:30 pm

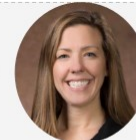
“Neuroscience of Suicide”
Ashley Walker, MD



2:30 pm Break, Visit Exhibits

2:45-3:45 pm

“Treatment Approaches to Suicidal Adolescents”
Sara Coffey, DO



3:45-4:45 pm

“Physician Suicide: Why the Increase and Why Now?”
Swapna Deshpande, MD

4:45 pm Break, Visit Exhibits

5:00-6:00 pm

“Substance Use and Suicide”
Jason Beaman, DO, MS, MPH, FAPA



6:30-7:30 pm

OPPA Annual Meeting & Awards
Dinner Buffet & Cash Bar

Doubletree Hotel-Warren Place, Parkview East Banquet Room

7:30-8:30 pm

Interactive Symposium: 360° View, Challenges, Discussion
Swapna Deshpande, MD, Moderator

**THIS
PROGRAM
IS FREE TO
ALL OPPA
MEMBERS**

Legislative Update | Scope expansion bills defeated this session

By Tessa Manning, MD, OPPIA President

This legislature is currently in session and many important bills are still active. Members should check their emails regularly for important alerts with links to easily contact the governor and legislators.

GREAT NEWS! SCOPE EXPANSION BILLS DEFEATED

Governor Still has Vetoed SB458. This bill was passed by the legislature and would have expanded Oklahoma's independent practice law to allow Advanced Practice Registered Nurses (APRN) to evaluate, diagnose, and treat patients without having the proper medical training to do so. *Many thanks* to the OPPIA members who contacted the governor's office in opposition to this bill and encouraged a veto. A measure that mirrors the APRN independent practice bill for physician assistants was also defeated.

Also, a big thank you to all the OPPIA members who contacted the legislature in opposition to HB2997 which would have allowed psychologists to have prescribing privileges. This measure has been defeated!

MEASURES WE LIKED BUT THAT FAILED THIS SESSION

The OPPIA legislative committee was tracking several bills related to marijuana industry regulation which have all become dormant including SB1753 which would have required limits to THC potency in certain products such as edibles.

OPPIA was also in support of SB1613 that would allow for unmatched medical graduates to practice under collaborative practice agreements, but it has also become dormant. We hope to see these measures reintroduced next year.



Drs. Phebe Tucker (left) and Jenny Boyer attend the *Oklahoma State Medical Association Medicine Day* reception at the Harn Homestead on Tuesday, March 5th.

STILL MONITORING

HB3556 would remove mandatory reporting requirements upon health care providers related to the Health Information Exchange. It has passed the house and is currently being considered in the Senate HHS committee.

OPPIA is in support of HB3190 which creates the Ensuring Transparency in Prior Authorization Act. It would require insurers to make certain standards and practices for prior authorization publicly available online and requires all adverse determinations to be made by a physician. This measure passed the House and is currently in the Senate for consideration. ❖



Attending the *OSMA Medicine Day* held March 5th at the Oklahoma State Capitol are (from left to right) Drs. Phebe Tucker (OPPIA member), Bud Boyd (incoming OSMA president), Ondria Gleason (OPPIA member), Lee Schoeffler, Katie Burdeno-Greer and Sharon D'Souza.

Virtual MOC Journal Club schedules another session



Next MOC Journal Club
Tuesday, May 21, 2024
7:00 - 8:30 pm

[Register Now!](#)

This year, the OPPA is working diligently to provide many types of valuable benefits to members. One of these new benefits is the establishment of the **MOC Journal Club**.

The club was established at the request of a member. The goal is to help members maintain board certification. So far, the Journal Club has met twice, but has experienced low attendance at both sessions.

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. Dr. Tessa Manning participated in the pilot project of this program and 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 next journal club will be held on **Tuesday, May 21 from 7:00 to 8:30 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.

The Journal Club articles which will be reviewed May 21st are:

1. *“Effect of delaying treatment of first-episode psychosis on symptoms and social outcomes: a longitudinal analysis and modelling study”*
2. *“Fifty Years of Research on Schizophrenia: The Ascendance of the Glutamatergic Synapse”*

Those interested must register in advance by clicking the **Register Now!** link (at left). After registering, you will receive a confirmation email which will include your personal meeting link. The OPPA will forward copies of the articles for the session upon registration. ❖

PRACTICING TELEPSYCHIATRY?

As the practice of psychiatry intersects more with technology through the use of telemedicine, you can count on PRMS® to protect your practice. Our psychiatric professional liability policy includes coverage for telepsychiatry at no additional cost, as well as many other preeminent program benefits including:

- A national program with comprehensive coverage that can cover patients treated anywhere in the U.S.
- A nationwide defense network comprised of attorneys experienced in psychiatric litigation throughout the country
- Our Risk Management Consultation Service helpline which allows you to speak directly with our knowledgeable team about all of your telepsychiatry-related questions (and all other topics)
- Access to hundreds of risk management resources and educational articles from our in-house team of experts

JUSTIN POPE, JD
 RISK MANAGER



When selecting a partner to protect you and your practice, consider the program that puts psychiatrists first. Contact us today.

More than an insurance policy

(800) 245-3333 | PRMS.com/Telepsychiatry | TheProgram@prms.com



Insurance coverage provided by Fair American Insurance and Reinsurance Company (FAIRCO), New York, NY (NAIC 95157). FAIRCO is an authorized carrier in California, ID number 3715-7. www.fairco.com. PRMS, The Psychiatrists' Program and the PRMS Owl are registered Trademarks of Transatlantic Holdings, Inc., a parent company of FAIRCO.

COPS meeting focuses on presentations by Psychiatric Residents

The recent February 29th dinner meeting of the **Central Oklahoma Psychiatric Society (COPS)**, the Oklahoma City chapter of the Oklahoma Psychiatric Physicians Association (OPPA), celebrated the scholarly activities of two psychiatric residents, Dr. Ahmed Mohammed and Dr. Cree Clay.

The program also offered tips for making a career choice as a brief overview of the many types of psychiatric practice available to residents upon graduation. This was discussed thanks to members of the OPPA including Drs. Heather Geis, Jay Lensgraf, Jenny Boyer, Harold Ginzburg, Britta Ostermeyer and Phebe Tucker. Also discussed was the advantage and importance of membership in the OPPA and how it advocates for mental health access and equity, promotes lifelong learning and the advancement and representation of the profession of psychiatry both locally and nationally.

The program and dinner from *Big Truck Taco* was hosted by the Department of Psychiatry, University of Oklahoma Health Sciences Center in the Andrews Academic Tower Conference Room C thanks to the support of Dr. Britta Ostermeyer, Psychiatry Department Chair and COPS member.

The OU College of Medicine designated this live activity for a maximum of 2.00 hours of AMA PRA Category 1 Credit™.

“A Case Study on the Evolution of Delusional Beliefs: From Persecutory Delusions to Capgras Syndrome-Like Phenomena,” was the topic of the presentation by **Ahmed Mohammed, M.D.**, PGY-2, Griffin Memorial Hospital, Psychiatric Residency Training Program, Norman.

This presentation discussed the diagnostic challenges in psychiatry beginning with the initial misdiagnosis of the patient to the final accurate diagnosis of psychiatric disorders. It highlighted the nuanced evolution of delusional content, shedding light on the transition from persecutory delusions to Capgras syndrome-like phenomena. It underscored the importance of thorough psychiatric assessments, considering the complexity of symptoms and potential for underlying psychiatric conditions.

“The Use of an Anti-Inflammatory Diet as a Non-pharmacological Intervention in Depression Treatment” was presented by **Cree Clay, M.D.**, PGY-4, University of Oklahoma Health Sciences Center, Psychiatric Residency Training Program, Oklahoma City.

From a biopsychosocial model, it is imperative to consider all possible aspects that could be contributing to one's overall well-being, particularly physical and mental health. This presentation reviewed the significance of an Anti-Inflammatory Diet in the treatment of Major Depressive Disorder in comparison to the Standard American Diet and provided suggestions on how to incorporate this information into your daily practice in regards to patient care.

The next meeting of the **Central Oklahoma Psychiatric Society** will be held in June. If you are located in the Oklahoma City metro area and do not receive notices of the COPS quarterly programs, please send an email to:

centralokpsych@gmail.com

and ask to be placed on the mailing list. ❖



Pictured at the recent February COPS program are (from left to right) Drs. Derek Lehman, *OUHSC Chief Resident*, Cree Clay, Ahmed Mohammed, Erik Reynolds, *Griffin Chief Resident*, Phebe Tucker, *COPS CME Chair*, and Irina Baranskaya, *COPS 2024 President*.



Highlights from the approved minutes of the October 14, 2023 Executive Council Meeting held via Zoom.

Minutes: The minutes of July 8, 2023, were approved as distributed.

Announcements:

- Renée Mixon and Chris Cotter were introduced as the new co-directors of the Oklahoma Psychiatric Physicians Association.
- The resident representatives were introduced: Derek Lehman (OU-OKC); Samantha Beck (OU-Tulsa); Nikita Deval (OSU-Tulsa) and Eric Reynolds (Griffin-Norman).

Treasurer's Report: One outstanding item is the 2019 APA expedited grant applied for and received. Due to COVID, the March 2020 meeting was delayed. With this program already approved for CME, the CME Committee at its most recent meeting approved using the remainder of the grant money for a symposium in April 2024. The APA is processing dues this fourth quarter. The 4th quarter dues and the 1st quarter dues represent over 80% of the annual dues budget. The Exemplary Student Awards will need to be increased from \$750.00 to \$1000.00 in 2024 due to the first graduation class from the Oklahoma State University College of Medicine at the Cherokee Nation (Tahlequah). Approved.

Logo Development (Dr. Manning): Dr. Manning discussed the new logo developed by the APA. The vote to adopt the new logo was unanimous.

Free 2024 OPPA Member Webinar Series (Dr. Manning): Dr. Manning discussed that OPPA will be hosting a series of free CME webinars that will be a new member benefit in 2024 presented by PRMS and APA, Inc.

Website Reconstruction/Facebook (Dr. Manning): OPPA will be changing the look of the website. Dr. Manning commented that some district branches have advertising on their website. OPPA will be mindful not to have pharmaceutical ads.

Continuing Education Committee: The discussion focused on the **Saturday, April 20, 2024**, CME conference, **"Increase in Adolescent and Physician and Suicides: Hiccup or Trend? 360° View, Challenges, Discussion."** It is scheduled as a six-hour CME event **free** to all OPPA members **who have paid 2024 membership dues**. Included is a buffet dinner with a round table discussion. Non-members will be charged accordingly: dinner guests not receiving CME-\$75.00; non-member psychiatrists-\$180.00; non-member resident psychiatrists-\$75.00; and nurses, psychologists, social workers, and other healthcare professionals-\$200.00. A ven-

dor area will included and members will be encouraged to visit with exhibitors. There will also be a raffle to raise money for the **Resident Fund**. Members may donate items to the raffle.

Legislative Affairs Committee (Dr. Boyer): Dr. Boyer will be attending the Assembly meeting in November. Dr. Sara Coffey and Dr. Eric Reynolds (*Griffin resident*) are attending the APA Advocacy Conference representing the OPPA which begins tomorrow in Washington, DC. The OPPA Legislative Committee will meet November 14th via Zoom with APA Advocacy staff, NAMI representative, Brittney Hayes-Healthy Minds, Pat Hall-OSMA lobbyists to discuss the Oklahoma 2024 legislative session.

APA Delegate Report (Drs. Ginzburg): Dr. Ginzburg discussed the issue at the forefront of the APA is an action paper discussing APA's CEO and Medical Director replacement. The search committee believes the replacement should be board certified and practice psychiatry. The OPPA sent the Action Paper to all members asking if the district branch should or should not support the paper. It was approved. Dr. Ginzburg moved to allow Oklahoma to support the Action Paper. Approved.

Membership Committee (Dr. Manning): Since August 1st, the OPPA has gained nine new members. The OPPA maintained database still needs to be updated. Need to reach out to members regarding new member benefits for 2024 including free CME programs throughout the year. Also need to contact former members regarding renewal.

Constitution and Bylaws: The OPPA bylaws need revision due to change by the APA in the types of membership categories available and the process by which electoral ballots are sent to and received from OPPA members. Dr. Ginzburg moved to approve the change in bylaws as presented and revised by the Council. Approved. The next step will be to print the proposed bylaws change in the next issue of the membership newsletter, *Oklahoma Psychiatry*. After publication, a ballot will be forwarded in to all members in good standing for voting.

The Ethics procedures at the APA have changed. Alison Crane is the new Deputy General Counsel. The change is that all complaints (*Ethics or Grievance*) will go directly to the APA to determine validity. The district branch has been relieved of this responsibility. Ethics cases could warrant disciplinary action whereas Grievances will not. Colleen Coyle remains as the APA General Counsel.

Resident Training Programs:

OU-Tulsa (Dr. Walker): Recruitment is beginning and receiving applicants from the new OSU program at the Cherokee Nation. We have two new Child and Adolescent Fellows Dr. Michael Dunlap and Dr. Shahnaz Kasmani.

OU-OKC (Dr. Czaplak): Also recruiting and have great applicants with great scores! ❖

APA/OPPA honors Four new Fellow Members

JaHannah Jamelarin, MD, FAPA



Dr. Jamelarin

Dr. JaHannah Jamelarin is the Chief Integrated Health Officer at Good Shepherd Community Clinic in Ardmore, OK. In this role, she oversees the integration of behavioral health and wellness services to optimize patient care and outcomes.

She obtained her Doctor of Medicine degree from Wright State University's Boonshoft School of Medicine and completed her

General Psychiatry Residency at the University of Cincinnati's Department of Psychiatry and Behavioral Neuroscience. In addition, she holds a Master of Business Administration from Oklahoma City University.

Sarah McClanahan, DO, FAPA



Dr. McClanahan

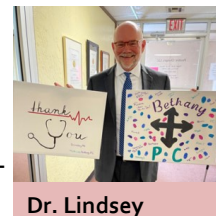
Dr. Sarah E. McClanahan is completed her Bachelor of Science degree in Biochemistry at Oklahoma Baptist University prior to receiving her Doctor of Osteopathy degree at the Oklahoma State University. Following completion of her medical training, she completed 4 years of training in general psychiatry at the University of Oklahoma School of Community Medicine, also serving as chief resident.

Dr. McClanahan served as Medical Service Corp Officer in the Oklahoma National Guard from 2009-2013 and during residency as Behavioral Health Office in the 120th Engineer Battalion of the U.S. Army from 2013 to 2017.

Following residency, Dr. McClanahan joined the faculty of the OU School of Community Medicine Psychiatry Department and served as Medical Director of the University of Oklahoma Integrated Program of Assertive Community Treatment (IMPACT), providing psychiatric outreach care to patients with chronic and persistent mental illness. Dr. McClanahan currently serves as the executive director for behavioral health for St. Francis Health System in Tulsa, Oklahoma. In this role she serves as the medical director of Laureate Psychiatric Clinic and Hospital. Dr. McClanahan has an interest in severe and persistent mental illness. Other interests include community mental health and integrated care models. Dr. McClanahan strives to ensure that patients receive the right care at the right time in the right location.

Dr. McClanahan is board certified by the American Board of Psychiatry and Neurology and is a member of several professional organizations including the American Psychiatric Association, the Oklahoma Psychiatric Physicians Association, the Tulsa Psychiatry Association, the American Association of Community Psychiatrists, the American Medical Association, the American Osteopathic Association, the American Association for Physician Leadership, and the Christian Medical and Dental Association.

Ethan Lindsey, M.D, LFAPA



Dr. Lindsey

Dr. Lindsey is a board certified child and adolescent psychiatrist. He graduated from the University of Oklahoma Medical School in 1987 joining the OPFA in 1990. He has taught at the University of Oklahoma Health Sciences Center, Department of Psychiatry for 32 years and spending years in private practice in Oklahoma City. He is currently the Medical Director of Southwest Behavioral Health Center in Lawton.

Sara Coffey, DO, FAPA



Dr. Coffey

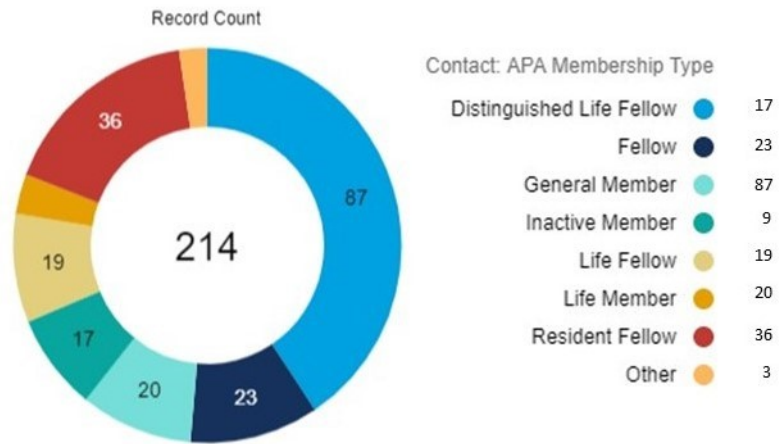
Dr. Sara Coffey is an Associate Clinical Professor and Interim Chair of Psychiatry and Behavioral Sciences at the Oklahoma State University Center for Health Sciences in Tulsa. She completed her adult psychiatry residency at the University of Chicago and her child and adolescent psychiatry fellowship at the Cambridge Health Alliance a Harvard Medical School Affiliate. During her adult psychiatry training, Dr. Coffey served as the chair of the Public Health Committee (residents' section) for the American Medical Association. She served in her role as a public psychiatry fellow for the American Psychiatric Association for two years during her psychiatry training. Dr. Coffey currently serves as an APA Delegate to the American Medical Association.

In her child and adolescent psychiatry training Dr. Coffey worked alongside her mentor, Dr. Katherine Grimes, in a collaborative care practice with pediatricians to help improve upon mental health care to children in the pediatric clinic. She has experience consulting to schools after a traumatic event following the Boston marathon bombings and has been published in the **American Journal of Psychiatry's Residents Journal** with her work entitled "Consultation to Schools after the Boston Marathon Bombings". She has experience working within the school setting at Maria Baldwin Elementary school in Cambridge Massachusetts and the Union and Tulsa Public school districts in Oklahoma. Additionally, she is a regionally known speaker on the effects of trauma in the classroom and has spoken at regional meetings and professional grand rounds on the topic.

Dr. Coffey has provided consultation to the Department of Mental Health in assistance with the implementation of Oklahoma Health Homes. In this line of work, she serves in her role as an expert in collaborative care models and best practices of integration and collaboration and has provided on-site consultation to many health homes in Oklahoma and has lectured on both collaborative care models in pediatrics and preventative care in children, working collaboratively with families, primary care, mental health and schools. ❖

Membership Update

January-December 2023			
Welcome New Members	Welcome Back!	Resignation	Transfers Out
Beck , Samantha MD (RFM) Fard , Yashar MD (RFM) Garber , Jay DO (RFM) Gonzalez , Stephen MD (GM) Grantham , Ryan MD (RFM) Kerr , Natalie DO (RFM) McDonald , Zachary MD (RFM) Mohammed , Ahmed MD (RFM) Nguyen , Sarah DO (RFM) Rahimi , Meherzad, MD (RFM) Rouyanian , Armeed DO (RFM) Stone , Jonathan MD (RFM) Zafar , Rehan MD (RFM)	Kowalski , Peter MD (GM) Pierce , Paul MD (GM) Rahman , Ambreen MD (GM) Vassar , Natalie MD (GM) Yeh , Fei-Ling DO (GM)	Kowol , Mary-Anne MD (GM)	Chen , Elizabeth DO (to Colorado) Cockrill , Richard (to Illinois) Gill , Reagan DO (to California) Raidoo , Bharanthi MD (to Hawaii)
January-March 2024			
Welcome New Members			
Anwar , Sarah (GM) Clay , Cree MD (RFM) Graham , Caroline (RFM) Gutierrez , Jana S. MD (RFM) Harvey , John R. (RFM) Hillier , Shannon DO (GM) Parsons , Jordan MD (GM) Van deHouten , Emily MD (RFM) Whelan , John MD (RFM)			



Take the next step | Apply for APA Fellowship today!

Fellow status in the American Psychiatric Association and the Oklahoma Psychiatric Physicians Association is an honor that reflects your dedication to the work of the APA/OPPA and signifies your allegiance to the psychiatric profession. You are recognized by your colleagues 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. Your 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.

Applications for Fellowship in 2024 are now open. The deadline to submit your online application is September 1, 2024.

FELLOWSHIP APPLICATION

Now is the time to take that next step. ❖

SAVE THE DATES

Workshops designed to assist with Early Career Planning

Attention Psychiatric Residents!

Attention Early Career Psychiatrists!

Are you currently looking for employment opportunities once residency is completed? Are you not sure of what type of practice you would prefer? Are you not confident about entering an employment contract? Are you not satisfied with your working conditions and think you need a change? Are you telling yourself that you are a physician not a business manager?

If you answered "Yes" to any or all of these questions, then the **Oklahoma Psychiatric Physicians Association** has a workshop designed especially for you!

The **FREE** workshops, "**Contracts and Negotiations**" and "**Mistakes to Avoid**" will be presented on **May 14, 2024** from 6:00-8:00 p.m. via Zoom. **Registration is required.** (See box at right)

Presenting will be **Maya Aborlleile**. She is the Residency and Fellowship Program Liaison with Universal Health Services (UHS). She runs the Resident and Fellow Career Plan-



Maya Aborlleile

ning Initiative, where her main goal is to help residents and fellows make a smooth transition into practice and be a resource as they plan and navigate the business side of medicine. This unique program is tailored to address program and individual needs. Maya is here to partner with to help emerging physicians gain a competitive edge in the job market and to increase their confidence in making well-informed decisions, regardless of where they choose to practice. ❖

[REGISTER](#)

[NOW](#)

FOR
EARLY CAREER
WORKSHOP

FREE CME webinar coming July 9th hosted by APA, Inc.

Minimizing Risk When Treating Depressed and Suicidal Patients?

Tuesday July 9, 2024 7:00 pm

The **American Professional Agency, Inc (APA, Inc.)** is hosting a **FREE** one-hour CME webinar for OPPA Members only on Tuesday, July 9, 2024 beginning at 7:00 p.m.

The APA designates this live activity for a maximum of 1 AMA PRA Category 1 Credit™.

Program Objectives:

- ◆ Review the factors that impact a patient's risk for suicide.
- ◆ Discuss liability exposure for psychiatrists treating depression and increased suicidal ideation in multiple age groups.

- ◆ Apply risk strategies to reduce the potential when treating depressed and/or suicidal patients.



American Professional Agency
LEADERS IN MEDICAL PROFESSIONAL LIABILITY INSURANCE

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. Claims and litigation expertise.

You must be
an **OPPA**
member to
participate
in this
FREE CME
WEBINAR!

Registration
to open soon!



OKLAHOMA
PSYCHIATRIC
PHYSICIANS
ASSOCIATION

Oklahoma Psychiatry

Mailing address:
PO Box 1328
Norman, OK 73070

Phone: 405.360.5066
oklapsychiatry@gmail.com
https://www.oklapsychiatry.org

Harold Ginzburg, MD, JD, MPH
Editor

**Renee Mixon
Christine Cotter**
Co-Executive Directors

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.

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; implementation 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. ❖



oklapsychiatry@gmail.com

<https://www.oklapsychiatry.org>

Silent Auction coming to OPPA CME conference

In order to raise additional donations for the **Resident Assistant Fund**, the OPPA is hosting a Silent Auction at the upcoming annual CME conference on Saturday, April 20th.

The Resident Assistant Fund was originally established in 2012 in order to assist a resident with travel expenses in order to attend and present a poster at the annual meeting of the American Psychiatric Association.

Since then, over 30 residents from four of the residency training programs have been awarded funds from this account.

As travel expenses have increased, it is our goal to be able to increase the amount of funds awarded to residents each year and the number of residents who may receive these travel funds.



Now comes the fun part!

To raise additional money, the OPPA is hosting a **Silent Auction** and needs your help by donating items to include in the auction.

It may be a gift card to a restaurant or movie theater or sports event. It may be an item such as a autographed copy of a book or jewelry or a gift basket. It may be a ticket for a special experience such as zip lining or water rafting or a week-long stay in a 3-bedroom home on a Florida beach. Plus you will have the opportunity to bid on these items as well!

To donate an item for the silent auction or have additional questions, please email Chris Cotter or Renee Mixon at

oklapsychiatry@gmail.com.

Your contributions are tax deductible. ❖