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ASSOCIATION

# Oklahoma Psychiatry

A district branch of the American Psychiatric Association

April, May, June 2024

## Inside this issue:

Student Awards	3
Editorial	4
Conference Photos	5
Council Scoop	6
Member Update	8
COPS Meeting	9
Resident Fund	10

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## Residency Training Programs receive additional positions

Oklahoma Gov. Kevin Stitt, signed the Fiscal Year 2025 budget June 13th. Included in this budget which becomes effective July 1st, is appropriations to fund additional psychiatric residency training positions at each of Oklahoma's training programs.

"This is great news for Oklahomans!" Robyn Cowperthwaite, MD, OPPA President, said. "When Gov. Stitt signed the state's Fiscal Year 2025 budget, this ensured funding for many important legislative solutions for the state's behavioral health workforce shortages."

"Greater than \$5 million in appropriations was granted to the *Oklahoma State University Medical Authority Behavioral Health Workforce Development Fund* and to *OU's University Hospitals Authority Trust and Behavioral Workforce Development Fund* to increase the number of psychiatric residency training positions in Oklahoma by 30%!" she added.

Social work licensure policy was also changed to align with national standards and those of sur-

rounding states, making Oklahoma a more competitive option for social work job seekers. These innovative programs will expand access to mental health services via growth of our workforce for years to come.

"According to Mental Health America, Oklahoma ranks 38th nationwide for adult mental health, a position unchanged since 2020. While there has been a modest improvement in the youth mental health, with Oklahoma now ranking 28th, the state continues to struggle with persistent challenges in mental health," Dr. Sara Coffey, Associate Clinical Professor and Chair, Department of Psychiatry and Behavioral Sciences, Oklahoma State University Center for Health Sciences, said.

"Despite these obstacles, a diverse coalition of dedicated individuals—from family members to mental health professionals, educators, and community leaders—works tirelessly to support those in need of mental health care."

See **Residency Training Programs** on Page 2

## Dr. Sara Coffey publishes book on COVID experience

By Sara Coffey, DO



This past May at our annual APA meeting I had the opportunity to present alongside my colleague Dr. Frank Clark on our shared journey of healing after the COVID pandemic.

Dr. Clark, like me, often uses the creative process

of writing to help heal. As we shared and explored our experiences with other participants in the session it was clear there is still a lot of healing to be done.

Several in attendance were psychiatrists who practice in New York. Our New York colleagues commented on how hard it was to show up for our annual meeting in the Javits Center. They explained to us that four years ago the Javits center was the home of a makeshift hospital

during the time of COVID. Many of them had seen patients in this same building. Entering into the hall was eerie, they commented on how although the carpet was changed the memories came flooding back. It was clear that many of us have memories likely pushed deep down that when touched come flooding to the surface.

It has been both a long 4 years and perhaps not too long ago; but our collective experience to COVID still lingers. I see it in my colleagues, in our profession, in businesses that are trying to figure out hybrid work and families figuring out what true work-life balance looks like.

With this ongoing process in mind, I created and published my first book ***Unpacked: A psychiatrist explores and unpacks our collective experience of the COVID-19 pandemic*** in an attempt to make sense of this drastic time in our humanity. I hope it provides some peace and meaning to those that are ready to explore.

See **UNPACKED** on Page 2

## UNPACKED

*Continued from Page 1*

### FOREWORD

Trauma can have lasting effects on the body and the mind. Many of us have likely experienced a traumatic event that impacted the body—perhaps a fall from a tree as a child or a motor vehicle collision as an adult.

Such trauma may cause a broken bone or torn tendon. There is often an immediate response to this injury, such as a visit to the emergency room or perhaps surgery and a cast put in place. Following the immediate intervention, we need rehabilitation of the injured body part, a brief period of rest followed by strategic conditioning of the affected limb. This work can be challenging but ultimately aids in recovery.

When an emotional trauma occurs, similar efforts to heal are needed. The immediate response to the injury includes providing a safe, caring space for the individual. A gentle reminder that emotional trauma occurs and can impact us deeply, a normalizing of this experience.

A reminder of the intrinsic coping skills the individual has—deep breathing, exercise, talking with friends or family. And just like the rehabilitation that occurs with a torn Achilles tendon or bro-

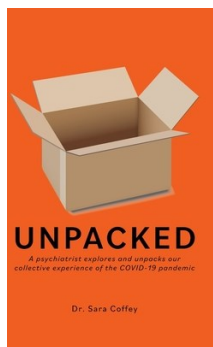
ken collar bone, therapy for the mind can aid in the recovery of an emotional injury.

In trauma-based therapies, the trauma narrative is often considered an important—if not essential—part of the healing process. The trauma narrative is a psychological technique that allows us to make sense of the experience, to gain some mastery and control over a period of time in which we feel helpless and out of control.

For many, the early days of the COVID-19 pandemic was this traumatic experience. It affected us all in some way. Many of us still need to make sense of that time.

Unpacked is my trauma narrative, and it may echo yours. I hope it helps you understand, explore, make sense of, and come to terms with our collective experience of COVID-19. ❖

**Editor's Note:** *Sara Coffey, DO, FAPA, is an Associate Clinical Professor and Chair, Department of Psychiatry and Behavioral Sciences, Oklahoma State University Center for Health Sciences, Tulsa. She has been a member of the OPPIA since 2009 and a past president of the Oklahoma Council of Child and Adolescent Psychiatry.*



**Copies are available for purchase online at Amazon and Barnes and Noble.**

## Residency Training Programs

*Continued from Page 1*

“However, progress is hampered by various factors such as stigma, resource shortages, and limited collaboration,” she added.

Dr. Coffey said globally, mental health issues remain a leading cause of disability, impacting individuals' capacity to lead fulfilling lives. Rural areas face unique challenges, including a scarcity of evidence-based treatments and trained professionals. Even in urban centers like Tulsa, waitlists for psychiatrists and psychologists can extend for months, hindering access to timely care.

“With statistics like this it can often feel hopeless and helpless if you or a friend or a family member is in need. Thankfully this legislative session our Oklahoma legislature passed funding to meet that need. Recent economic commitments to psychiatric residency programs illustrates a strong step forward in caring for individuals with mental illness,” she said.

“The Oklahoma Psychiatric Physician Association and its members and patients commend Oklahoma's efforts to

bolster quality, evidence-based psychiatric care across our communities. Let's continue to prioritize mental wellness together,” Dr. Coffey said.

Earlier this year, the *Oklahoma Department of Mental Health and Substance Abuse Services* broke ground for the relocation of **Griffin Memorial Hospital** in Norman to the OSU-OKC campus located near I-44 and Reno Avenue. Griffin Memorial Hospital originally opened its doors in 1894.

The new hospital will be named after Dr. Hayden H. Donahue who served as Oklahoma's first director of mental health in 1953. The new hospital will have 100 more beds than the current hospital, allowing space to care for 330 patients. There will also be an urgent recovery center for those in a mental health crisis.

The new **Donahue Behavioral Health** is scheduled to be completed by 2026. ❖

## OPPA presents 2024 Exemplary Medical Student Awards

Each year since 1967, the **Oklahoma Psychiatric Physicians Association** (OPPA) has recognized outstanding medical students in the field of psychiatry from the graduating classes of Oklahoma's medical schools. This year, we were honored to recognize a student from a new medical school program, the *Oklahoma State University College of Osteopathic Medicine at the Cherokee Nation-Tahlequah*. This program joins the *University of Oklahoma College of Medicine, Oklahoma City*, *University of Oklahoma College of Medicine, Tulsa* and the *Oklahoma State University College of Osteopathic Medicine, Tulsa*. The awards were presented at the Annual Meeting held April 20th at the Doubletree Hotel at Warren Place, Tulsa. Honorees each received a certificate and a \$250 cash award.

### Brandon Reed



Reed

In his nomination letter from the *University of Oklahoma College of Medicine, Oklahoma City*, Psychiatry Department Chair Dr. Britta Ostermeyer wrote, "It is with great pride that we present **Brandon Reed** as our Exemplary Psychiatry Student Award winner. Brandon has gone above and beyond the medical student role to help others at the OU College of Medicine OKC. Specifically, I

have done scholarship work with Brandon and he has been a delight to work with. He is hardworking, highly organized, and very responsible. Brandon is also our current President of our Psychiatry Student Interest Group and has done a great job in this leadership role as well.

Brandon's comments from site supervisors on the Psychiatry Clerkship were stellar: "Great work on the Psychiatry team! Brandon operated beyond his level of training...Good medical knowledge and rapport building with patients. He will do well in residency!" Additional comments from site supervisors during the Psychiatry Electives were: "He is a team player, he has thorough evaluation submissions, and great communication skills. He will do well in his career."

### Laura Warning



Warning

In her nomination letter from the *University of Oklahoma College of Medicine, Tulsa*, Psychiatry Clerkship Director, Dr. John Laurent said that during the third-year clerkship and fourth-year sub-internships **Laura Warning** performed exceptionally well, and the resident and attending physicians who worked with her noted, she is eager to learn and great to work with. "She responds well to feedback ... [and] took responsibility for [her] patients. She is an enthusiastic learner and seems to derive personal satisfaction working with our patient population."

Laura has engaged closely with several faculty members to expand evidence-based psychiatry, resulting in an article

publication and case presentation at the **Clinical Vignette Symposium** at OU-Tulsa. She also led a lively and thoughtful discussion of *A Clockwork Orange* during the Psychiatry in the Cinema elective.

### Colton Papa



Papa

In his nomination letter from the *Oklahoma State University Center for Health Sciences, Tulsa*, Dr. Samuel Martin, Psychiatry Residency Program Director, wrote that his fascination with psychology began at a young age. **Colton Papa** pursued this interest by majoring in Psychology at the University of Oklahoma. He served in the role of research assistant in the Neuropsychology Department during his undergraduate education and has maintained a strong interest in the field of Psychiatry throughout the course of his medical education.

Colton excelled in the Psychiatry Systems and Addiction Medicine courses. He also performed at a level well above his training level during his Psychiatry Clerkships and Psychiatry Electives. He has been a research assistant with psychiatry faculty for studies involving the use of amphetamines for ADHD management and mass shootings across the United States. Colton was also a co-author on a publication in Psychiatry Research titled *The Impact of COVID-19 on Psychiatry Research*. Colton will be entering psychiatric residency at OSU Center for Health Sciences, Tulsa.

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### Lucas Morton



Morton

The first award recipient from the *Oklahoma State University College of Osteopathic Medicine at the Cherokee Nation, Tahlequah* is **Lucas Morton**. In his nomination letter, Dr. Samuel Martin, Psychiatry Residency Program Director wrote he has maintained a passion for working with individuals with intellectual disability throughout his adult life and received a degree in Special Education prior to his medical training.

Lucas has had a strong interest in the field of Psychiatry throughout the course of his medical education. Lucas performed well in the Psychiatry Systems course, Psychiatry Clerkship, and his elective psychiatry rotations at Rolling Hills and Tulsa Center for Behavioral Health. Lucas has participated in two psychiatry poster presentations on the topics of *Valbenazine Treatment of Tardive Dyskinesia in Patients with Intellectual Disability* and *Successful Treatment of Clozapine-Nonresponsive Refractory Hallucinations and Delusions with Pimvanserin*. He was a co-author on a publication in *Case Reports in Psychiatry* titled *Recognition and Treatment of Tardive Dyskinesia in Individuals with Intellectual Disability*. Upon completion of medical school training, he will be joining the psychiatry residency program at Griffin Memorial Hospital. ❖

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## Editorial

Copy article by Dr. Ginzburg.



## CME Conference | Photo highlights

**Photo 1**

Thanks to the support of members including (from left to right) Drs. Ashley Walker, Rachel Dalthorp, Jason Beaman, Swapna Deshpande and Sara Coffey, the OPPIA conference at Laureate Hospital was a success.

**Photo 2**

Attending the April 20th conference with Dr. Anjula Ceesay (far right) are OSU medical students Amanda Myers and Mariama Ceesay-Allen.

**Photo 3**

The Oklahoma Child and Adolescent Psychiatry and Mental Health Access Program (OKCAPMAP) hosted a booth at the conference. Pictured at the booth are (from left to right) are Drs. Jed Perdue, Sally Varghese, Swapna Deshpande and Sara Coffey.

**Photo 4**

Dr. Tessa Manning (left) accepts the President's Plaque from incoming President Dr. Robyn Cowperthwaite at the annual meeting dinner held Saturday, April 20th at the Doubletree Hotel-Warren Place, Tulsa.

**Photo 5**

LifeStance Health hosted a booth at the recent CME Conference thanks to Drs. Rachel Dalthorp (left) and Melanie Barrett .





**Highlights from the approved minutes of the January 20, 2024 Executive Council Meeting held via Zoom.**

**Minutes:** The minutes of October 14, 2023, were approved as distributed by those present.

**Announcements:**

- Congratulations NEW APA Fellows: **Sara Coffey, Ethan Lindsey, Sarah McClanahan and JaHannah Jamelarin.**

**Treasurer's Report (Dr. Cuka):** Dr. Cuka discussed the final 2023 Operations Budget. The OPPA spent the amount budgeted for 2023 however received less income. Members' dues received were only 86% of budget. After review, the Resident Fund needed revision. An additional \$440 was credited to the fund increasing the balance from \$609 to \$1,049. The Resident Fund may be used to help pay expenses for travel to the APA. The council will consider expanding the utilization of the funds. Thanks to Drs. Lensgraf and Geis who spoke to the residents of Griffin and Oklahoma City and provided lunch. 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).

**Executive Session called by Dr. Manning.**

**APA Report on Assembly Representatives (Diversity/Term Limits)** – A letter was received from Dr. Adam Nelson, APA Assembly Speaker 2022-2023, stating that some Assembly representatives are not communicating with their district branches, or submitting papers, and have been on the assembly for more than 10 years. The letter asks for help in reaching four goals including putting term limits on the assembly representatives. Dr. Ginzburg agrees the OPPA should encourage members to participate. With the meetings now on Zoom it is easier for others to attend. Some states have a 10-year term limit, and other states have a 25-year term limit.

**MOC Journal Club (Dr. Manning):** The first MOC Journal Club meeting was held last month and reviewed two articles but only three members attended. Will schedule one more meeting.

**Website Update and Instagram Page Development (Christine Cotter):** The website [www.oklpsychiatry.org](http://www.oklpsychiatry.org) has been completely updated. The new logo is on the website. Also, new Fellows with pictures and bios, pictures of program events, and pictures and bios of Council members. The OPPA also has a new Instagram page [okppa\\_official](https://www.instagram.com/okppa_official).

**2024-2025 Executive Officers and Councilor Nominations (Dr. Manning):** The officers standing for election are Dr. Cowperthwaite-President; Dr. Dalthorp-President-elect; Dr. Perdue-Vice president and Dr. Cuka-Secretary. Dr. Melanie Barrett was nominated for Treasurer and accepted leaving a councilor vacancy. Drs. Boyer, Geis, Lensgraf, Michie, Tang and Walker agreed to serve another Councilor-at-Large term. Dr. Manning will reach out to Drs. Cates, Faruque, Bartel and Burki regarding nomination status. Voting will be via email.

**Free to OPPA Members:**

- A CME webinar hosted by APA, Inc is scheduled for March 12th from 7:00-8:00 pm. The topic is "Acknowledging Your Patient's Gender Identity: Why it Matters."
- The Spring CME conference, annual meeting and awards program is scheduled for Saturday, April 20, 2024, at Laureate Psychiatric Hospital and the Doubletree Hotel-Warren Place in Tulsa. The program, "Increase in Adolescent and Physician and Suicides: Hiccup or Trend? 360° View, Challenges, Discussion," is accredited by the APA for 6 AMA PRA Category I Credits™.

**Continuing Education Committee:** The upcoming CME program is free to all members. Non-members will be charged accordingly. A vendor area will be set up and attendees will be encouraged to visit with exhibitors. There will be a silent auction to raise money for the Resident Fund. Members may donate items for the auction.

**Legislative Affairs Committee (Dr. Boyer):** Dr. Boyer reported we depended upon partnerships and relationships including APA, OSMA, Healthy Minds, etc. The APA has a new regional legislative director for Oklahoma, Kathy Orellana. The Legislative Committee met via Zoom in November. Pat Hall reminded us, we must be on the offense this session. Dr. Boyer thanked Drs. Sara Coffey and Eric Reynolds for attending the APA Advocacy Conference in October. They visited several Oklahoma legislators. We already have a psychologist's prescribing bill, HB2997, introduced by Sen. Randy Randleman. Dr. Boyer is on the OSMA Legislative Committee. She invited others to join OSMA and join her on this committee. Dr. Manning added that on Monday we will be sending an email blast about HB2997 including bill language and talking points. Also received an email from Healthy Minds including a handout regarding cultivating a competitive behavioral health workforce for Oklahoma's future. They are asking for our support of this measure. Dr. Ginzburg moved we sign on to this measure. Dr. Boyer second. Approved.

**Child Psychiatry Committee/Oklahoma Council of Child and Adolescent Psychiatry (Dr. Cowperthwaite):** A second "Bridging the Gap" conference will be held in Tulsa on Friday, March 1, 2024. Ms. Mixon noted the AACAP is offering Advocacy grants with a February 1<sup>st</sup> deadline to submit a proposal. The OCCAP and the OPPA could work together and apply for a grant for an advocacy initiative for children.



## Executive Council Scoop

*Continued from Page 6*

**APA Delegate Report** (Dr. Ginzburg): Due to budget concerns, the next Area 5 meeting will be via Zoom, but will meet in person in May at the APA Annual Meeting. The leadership at the APA is changing this year.

**Newsletter** (Dr. Ginzburg): Dr. Ginzburg would love to have residents publish articles in the OPPA newsletter. Will also accept medical student articles.

**Membership Committee** (Dr. Manning): Of the 203 members, 35 are non-dues paying due to life status or inactive status. Dr. Ginzburg suggested we send a letter to all non-dues paying members asking them for a donation to help sustain the organization.

**Constitution and Bylaws** -- The proposed bylaws change was published in the last issue of the newsletter, *Oklahoma Psychiatry*, so now a ballot will be forwarded to all members in good standing for voting to accept or reject the proposed bylaws changes. Voting will be done via email.

### Resident Training Programs:

**OU-Tulsa** (Dr. Walker/Beck): Dr. Walker reported they have almost completed recruitment for this season. There was a dip last year in the number of applicants from Oklahoma, but this year it is again at a high level. The Child and Adolescent Fellowship program has already filled with one of our current

residents and the other had been a student at OU-Tulsa, went away for residency, but has now returned. Dr. Beck reported she gave a presentation on advocacy and medicine at ground rounds.

**OU-OKC** (Dr. Ostermeyer/Cowperthwaite): Dr. Ostermeyer reported OU had had wonderful applicants this year and are hoping for a very good match. Dr. Cowperthwaite reported the child match has already happened and one of our current residents is staying for a child fellowship but do have slots available.

**COPS/TPA Chapters** (Dr. Tucker): Dr. Tucker reported the next COPS meeting will be presentations by residents from the Griffin and the OU-OKC programs. December 14th was a joint COPS/TPA program with Dr. Bartel presenting on opioid use during pregnancy and Dr. Dorsey presenting on the perspective of psychiatry.

**Announcement** -- Dr. Dalthorp reported she and Dr. Barrett have been working with Sam Wilkinson at Yale on a comparative study of IV Ketamine and Spravato and it was funded this year by the Patient-Centered Outcomes Research Institute (PCORI) so LifeStance Health is one of three clinical sites that are non-academic. We will be enrolling subjects in August and reaching out for referrals. ❖



REMY M. PALMER, RPLU, ARM-E, ARe  
ASSOCIATE DIRECTOR OF UNDERWRITING

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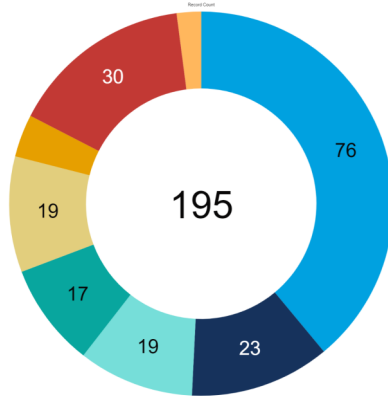
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## Membership Update | January-June 2024

Welcome New Members!	Welcome Back! Reinstatements	Goodbye & Good Luck! Transfers Out	Expired Memberships April 1, 2024
<b>Anwar, Sarah (GM)</b> <b>Barbosa, Andrew MD (RFM)</b> <b>Clay, Cree MD (RFM)</b> <b>Fard, Yashar MD (RFM)</b> <b>Graham, Caroline (RFM)</b> <b>Gutierrez, Jana S. MD (RFM)</b> <b>Lastrapes, Eleanor MD (GM)</b> <b>Odom, Erik DO (RFM)</b> <b>Parsons, Jordan MD (GM)</b> <b>Van de Houten, Emily MD (RFM)</b> <b>Whelan, John DO (RFM)</b> <b>Yost, Stefan MD (GM)</b>	<b>Ceesay, Anjula DO (GM)</b> <b>Deshpande, Swapna MD (F)</b> <b>Harvey, John R. MD (GM)</b> <b>Hillier, Shannon DO (GM)</b> <b>Yadack, Audra MD (GM)</b> <b>Zettl, Rachel MD (GM)</b>	<b>Mashigian, Evan DO (RFM)</b>	<b>Ahmad, Masood MD</b> <b>Al-Botros, Adonis MD</b> <b>Al-Khoury, Souzana MD</b> <b>Ali, Tayyaba MD</b> <b>Bell, Brent DO</b> <b>Brazelton, Kayla DO</b> <b>Dodd, Maryellen</b> <b>Forbes, Stephanie DO</b> <b>Forshee, Judith MD</b> <b>Grantham, Ryan MD</b> <b>Hahn, Abigail MD</b> <b>Hensley, Robert DO</b> <b>Kurkjian, Natalie MD</b> <b>Lin, Katrina DO</b> <b>McDonald, Zachary MD</b> <b>Meyer, Matthew MD</b> <b>Morris, Anthony MD</b> <b>Pierce, Paul MD</b> <b>Rahman, Ambreen MD</b> <b>Starkey, Erica DO</b> <b>Stone, Jonathan MD</b> <b>Tang, Jonathan MD</b> <b>Thomas, Shannon DO</b> <b>Vassar, Natalie MD</b> <b>Weber, Sister Marysia DO</b>



**Current Membership**  
 76 General Members  
 23 Fellows  
 2 Distinguished Fellows  
 30 Resident Fellows  
 17 Distinguished Life Fellows  
 19 Life Fellows  
 19 Life Members  
 9 Inactive Members/Fellows  
**TOTAL 195**

### 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 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. The 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

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. ❖*



## COPS meeting focuses on substance use and opioid use disorders

June 13th, the quarterly dinner meeting of the **Central Oklahoma Psychiatric Society** (COPS), the Oklahoma City chapter of the Oklahoma Psychiatric Physicians Association, was held in Bricktown at Abuelo's Mexican Restaurant.

Presenting "**The Use of NAC (N-acetylcysteine) in the Treatment of Substance Use, NSSI, and More**" was **Rachel Zettl, MD**, Clinical Assistant Professor, Child and Adolescent Psychiatry, OU College of Medicine, University of Oklahoma Health Sciences Center, Oklahoma City.

This presentation reviewed n-acetylcysteine and its pharmacologic uses in the treatment of psychiatric patients with impulse control disorders and addressed possible gaps in pharmacotherapeutic knowledge of an alternative treatment option that is over the counter, cost effective, and low risk compared to alternative treatments for these disorders. Improvement of patient outcomes by providing alternative treatment options for patients wanting a more "natural" approach was reviewed.

Also presenting was **Jed Perdue, MD, MPH**, Medical Director, Integris Health Arcadia Trails Center for Addiction Recovery, Edmond, who discussed "**Opioid Use Disorder Treatment in the Age of Fentanyl: Challenges and Opportunities.**"

Although rates of opioid use disorder have remained most stable across time, mortality rates have skyrocketed, primarily due to a change in use patterns towards fentanyl, a synthetic opioid that is highly potent and easily produced. This increased mortality heightens the need for clinicians to employ evidence-based treatments for the treatment of opioid use

disorder. Both methadone and buprenorphine are associated with diminished mortality among patients with opioid use disorder, but both are underutilized.

This presentation focused on buprenorphine, an office-based option in treating OUD and principles of buprenorphine and strategies for starting this medication. The pharmacokinetics of fentanyl lead to unique challenges for the clinician utilizing buprenorphine in the treatment of opioid use disorder: the high potency and lipophilicity of fentanyl leads to greater mOPR receptor activation and a longer lead time required for induction. Also explored were strategies to successfully complete buprenorphine induction in a person with OUD using fentanyl, without causing precipitated withdrawal, and continuing treatment options to support ongoing recovery among this high-risk population.

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

This educational activity also met the *Oklahoma State Board of Medical Licensure and Supervision* annual licensure renewal requirement for 1 hour of education in pain management or 1 hour of education in opioid use or addiction.

The next meeting of the **Central Oklahoma Psychiatric Society** will be held this fall.

If do not receive notices of the COPS quarterly programs and wish to be placed on the contact list, please send a request to [centralokpsych@gmail.com](mailto:centralokpsych@gmail.com) and ask to be placed on the mailing list.



Pictured at the recent June program of the *Central Oklahoma Psychiatric Society* are (from left to right) Drs. Eleanor Lastrapes, Cree Clay, Audra Yadack, Patrick Horn, Robyn Cowperthwaite, Robert Nisbet, Jed Perdue, Josephine de Guzman and Irina Baranskaya who is serving as the COPS 2024 President.



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**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.

## Silent Auction raises money for OPPA Resident Fund

In order to raise additional donations for the **Resident Assistant Fund**, the OPPA hosted a Silent Auction at the CME conference held April 20th at Laureate Hospital in Tulsa.

Conference attendees had the opportunity to bid on a variety of items donated by OPPA members and staff.



Conference attendees examine the many items up for auction.



Drs. Phebe Tucker (right) and Heather Geis with the Yoga basket.

Donations included a one-week rental of a three bedroom, furnished beach house with pool in Englewood, Florida; original Native American painting by the artist Johnny Hawk from the family collection of Drs. Jay Lensgraf and Heather Geis; custom designed three-strand turquoise necklace by Silver Leaf Gems; an OU and an OSU dried flower original artwork by Tessa Manning; China, pearl, crystal and jadeite pendant necklace designed by Silver Leaf Gems; Yoga basket containing yoga mat, blanket, straps, blocks, resistance bands, etc. plus three private yoga sessions with Dr. Heather Geis to learn the routine, develop personal modifications and practice the routine;

two Amazon \$50 gift cards; set of Lily Pulitzer wine glasses; Lovebook backpack with built-in phone or laptop charger; Cabi women's cape; outdoor patio dining set among other items.

At the conclusion of the silent auction **\$1,500** was raised by donors to contribute to the **OPPA Resident Assistant Fund**.

Winners of the auction items included Robyn Cowperthwaite, Jed Perdue, Audra Yadack, Swapna Deshpande, Ashley Walker, Jay Lensgraf, Tara Buck, Heather Hall, Teresa Sherman and Sara Coffey.

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

Since then, over 30 residents 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 also increase the number of residents who may receive these travel funds. ❖



Silent auction items on display waiting for bids.