

**E-Update August 18, 2023**



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**Medical leadership for mind, brain and body.**

The weekly E-update is the tool by which MPA members can share information or announcements with each other. It is a member benefit and the mechanism by which MPA shares important notices regarding trends in psychiatry, pharmaceutical updates, information about your medical practice, advocacy, your opinions, and job opportunities. Members are encouraged to make the content their own. Please submit items for weekly publication by Thursday at 5pm. Your email addresses are protected by the DB and not for sale or use by any other entity besides the DB. Content should be pertinent to the practice of psychiatry or related medical information. Review the E-update highlighted titles and attachments for content and action steps. We value your input and attention to your specialty! Any item that appears in **royal blue** contains a link for detailed information on the topic. Questions regarding membership status are referred to our APA Membership Coordinator, Doneisha Berryman. Please contact Doneisha at 202-459-9749 or [dberryman@psych.org](mailto:dberryman@psych.org).

## **The Good Goodbye**

**Reprinted with permission by Deborah V. Gross, MD, FASAM, DABAM, LFAPA**

The song, "To All the Girls I've Loved Before," made famous by Julio Iglesias and Willie Nelson back in the day, expresses the bittersweet gratitude of someone looking back at life, acutely aware that "the winds of change are always blowing." On August 1, 2023, after 40 years of clinical practice, I will leave that role and step into a collaboration and outreach position with Pathway Healthcare as we continue our mission to help people. I've said goodbye directly to many current patients recently. To the rest, from across all the years and in all the different ways and places, thank you. It has been my very great honor and privilege to serve you. I wish you only and always all good things. You will remain, as you have always been, in my daily thoughts and prayers.

Life is full of beginnings, middles, and endings. Navigating these stages is living. I've often told people in psychotherapy that our endings are just as important as our beginnings and middles. The following excerpt from my *90 Ways in 90 Days: A Personal Workshop for Women with Disordered Eating (Manual)* speaks to the importance of a good goodbye.

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*Once upon a time, in my little ship of an office in Bay St. Louis, MS, I had a therapy dog (a Keeshond, if you know the breed) named Z. She greeted everyone on arrival with great enthusiasm and was much loved. However, for reasons known only to her, she absolutely refused to acknowledge departures and would not so much as turn her head toward a person who was leaving. Since it*

tended to hurt people's feelings, my assistant Millie would explain that Z didn't do goodbyes. Apparently, she could not be convinced that there was any such thing as a good goodbye. She literally tried to pretend it wasn't happening, which meant she missed half of the petting she lived for and could have had.

Some losses are harder to grieve than others and sometimes we humans don't deal with it any better than Z did, especially if it's sudden or traumatic. When it's time to say goodbye, we do all kinds of things in an effort to make it not so. Instead of letting go in a healthy way, we hang on too tightly, trying to prevent it. Someone who's had difficult losses, endings, or goodbyes in the past, who's afraid of being abandoned or alone, may get clingy or demanding. Some try to pretend it isn't happening, hoping it goes away. Others pick a fight or engineer a conflict, in the unconscious fantasy that it's easier to go away mad. The trouble with these not so good goodbye methods is that the pain of the loss has nowhere to go. It gets stuck, which causes all kinds of problems—depression, anger, acting out, shutting down, or going numb, all of which create major relapse risk. When you don't grieve your way to a good goodbye, you may avoid some of the immediate pain of the loss but you also walk away from the gifts and the gratitude you could have taken into your future from that person, place, thing, or experience. And that is often the greatest loss of all. . . .

In healthy grief—a good goodbye—your loss (eventually) becomes a tool rather than a trigger—a way of remembering who you are and how you love, as well as remembering what or who you lost. Healthy grief is a tool for coping, caring, and living fully engaged in a real life with all its ups and downs. Don't misunderstand me. I'm not saying it's all rainbows and unicorns. Big loss brings big, terrible, gutting grief. If you haven't had such a loss, you're either very lucky or you've kept yourself so aloof that nothing has touched you very deeply, in which case I am sad for you. We grieve because we love. Grief and loss are unavoidable realities of a life lived deeply. When the needed amount of time has passed and the grieving process has been respected and allowed to flow, a good goodbye can bring a sense of mastery, consolidation, connection, growth, gratitude, clarity, and priorities. With a good goodbye, we acknowledge and grieve the loss but, in the end, get to hold on to the good in what we lost. MPA wishes Dr. Gross all the best in her new endeavor!

### **Request from Mississippi Pediatrician to Participate in a Survey by Sept 30th**

Greetings fellow Mississippian physicians,

I am Denise Powell, a community pediatrician on the Mississippi Gulf Coast, as well as a 2023 [Climate and Health Equity Fellow](#); I am asking for your assistance in completing a survey created with the intention of gauging the understanding and priorities of physicians throughout Mississippi regarding the impact of climate on health.

This voluntary and confidential *Physician survey on Climate Health* survey will take fewer than 15 minutes of your time. It can be accessed by clicking the link below depending on the region of Mississippi you live in (Gulf Coast, Central Mississippi, Delta).

You also could win a \$100 Amazon gift card after completion of this survey.

Please complete and submit this survey no later than September 30, 2023.

Links to surveys depending on region

Begin survey for Central Mississippi [here](#)

Begin survey for Mississippi Delta [here](#)

Begin survey for Mississippi Gulf Coast [here](#)

Thank you for your time.

Sincerely,

Denise Powell, MD

**APA Fellowship Applications Now Accepted** If you have been on the fence about applying for APA Fellowship, MPA encourages you to do so this year, if you are eligible. Members submit their own applications to become a Fellow of the APA. APA will be reaching out to eligible members through August 2023. Simply follow the link below and fill out the application. It will not take you long and you can become a part of this esteemed group. **FAPA Application Link (also available on APA website):** <https://fapa.psychiatry.org/>

### **Hoot, What, Where: PRMS' Network Newsletter Q3 2023**

From risk management and claims advice to risk alerts, PRMS news, and events, this quarterly newsletter shares relevant news, useful tips, and important updates in the field of psychiatry to help keep, your members, their patients, and their practices safe. Articles in the third issue of "Hoot, What, Where" from PRMS cover topics including termination of treatment and office confidentiality policy.

### **PRMS Psych-cess: Diversity in Psychiatry**

PRMS is excited to announce our second virtual webinar in 2023, PRMS Psych-cess: Diversity in Psychiatry, which may be of interest to your resident, fellow, and early career psychiatrist members! Psych-cess will take place via Zoom on Thursday, September 21, 6:30-7:30 pm ET and will feature a panel of four knowledgeable psychiatrists leading a discussion on their diverse experiences as physicians studying and practicing psychiatry, as well as treating cultural and ethnically diverse populations. Please feel free to share the save-the-date with your members – we will send the event flyer with more details shortly. To keep an eye on registration details, we invite you to visit [PRMS.com/Psych-cess](https://PRMS.com/Psych-cess).

### **ARE YOU CROSSING THERAPEUTIC BOUNDARIES? 12 DANGEROUS SIGNALS – PART I**

Written by

Professional Risk Management Services® (PRMS®)

1. You are spending a disproportionate amount of time with one patient.
2. You are with the patient when you are "off duty" (such as during your mealtime, after you've clocked out, or on the weekend when you are not working).

3. Your patient stays up to see you when you are on the night shift; he or she dresses in a particular fashion prior to seeing you.

Stay tuned for signals 4-12 in the coming weeks.



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**Twitter Accounts of Interest** Main account: [@APAPsychiatric](https://twitter.com/APAPsychiatric)

- Healthy Minds: [@APAHealthyMinds](https://twitter.com/APAHealthyMinds)
- MPA Main account: [@MSPsychiatrist](https://twitter.com/MSPsychiatrist)

### **Facebook Pages of Interest**

- Main account: [American Psychiatric Association](https://facebook.com/AmericanPsychiatricAssociation)
- Healthy Minds: [APA Healthy Minds](https://facebook.com/APAHealthyMinds)
- MPA Main Account: [Mississippi Psychiatric Association](https://facebook.com/MississippiPsychiatricAssociation)

### **LinkedIn**

- [American Psychiatric Association](https://linkedin.com/company/AmericanPsychiatricAssociation)
- [Mississippi Psychiatric Association](https://linkedin.com/company/MississippiPsychiatricAssociation)

### **DMH 52 Weeks of Progress**

Each week this year, DMH will be highlighting a specific service or program to increase awareness of services and supports available across Mississippi. Our hope is by the end of 2023, you will know more about offerings in your state through seeing these highlights - 52 Weeks of Progress.

**This week, we highlight the Mental Health Mississippi website.** Good mental health and good physical health go hand-in-hand. Contacting our primary care physician comes naturally to us when

we have a problem with our physical health like a cold, virus, or broken bone. However, reaching out for services to help with mental health problems, like depression or anxiety, may not come as easily. Mental Health Mississippi was developed to make that process easier and to serve as a hub of information for all mental health resources available in our state. We encourage you to browse the site to find services available in your area, including those for crisis situations. You can also find helpful information including free online screenings, personal recovery stories, and videos to walk you through the commitment process. [www.mentalhealthms.com](http://www.mentalhealthms.com)

### **What's New at the APA**

- APA released a statement applauding White House action to strengthen parity enforcement. The Mental Health Parity and Addiction Equity Act (MHPAEA) has been federal law since 2008, yet many patients still face challenges getting coverage for mental health care services. You [can read the full statement here](#).
- Americans who engage in creative activities on a weekly basis report better mental health, according to the latest Healthy Minds Monthly public opinion poll from APA and Morning Consult. Almost half (46%) of Americans use creative activities like writing, painting or music to relieve stress or anxiety. Americans who engaged in creative activities more frequently tended to rate their mental health better than those that engage in them less often. You can [read more about this month's poll results here](#).

### **August Course of the Month – Apps and Innovations to Support the Practice of Psychiatry: Current and Future Developments**

The COVID-19 pandemic rapidly accelerated the adoption and implementation of many technologies in the practice of psychiatry, such as emergency adoption of video conferencing technologies, adjunctive services such as psychiatric applications on smartphones, providing psychotherapy and medication management via secure messaging or AI-driven chatbots, and social media and professional online networks connecting patients to available resources and facilitated wellness. This course will review current best practices as well as future developments such as digital therapeutics and predictive analytics in the future psychiatric practice.

[Click here to access the Course of the Month and sign up for updates about this free member benefit.](#)

### **2023 APA Mental Health Services Conference Scientific Program Now Available**

The Mental Health Services Conference will take place from **Thursday, October 12**, through **Saturday, October 14**. You can now review sessions planned for this year's conference. [LEARN MORE](#)

### **Presidential Initiative on Addiction – Vaping & E-Cigarettes**

APA President Dr. Petros Levounis has made public information campaigns on confronting addiction the focus of his presidential year. The currently ongoing [vaping & e-cigarettes campaign](#) aims to give the public information and resources on the [risks of vaping and how to quit](#), including [infographics](#) and an [animated explainer video on the potential harms of vaping](#). More

information on vaping & e-cigarettes, and other [related issues like cannabis](#) are available on Psychiatry.org.

### **Submit Abstracts for APA's 2024 Annual Meeting**

Abstract submissions are now being accepted for APA's 2024 Annual Meeting, which will take place May 4 to 8 in New York, N.Y. The theme of the meeting is "Confronting Addiction From Prevention to Treatment." Submit your ideas for general sessions, courses, and posters to the biggest psychiatric meeting of the year. [LEARN MORE](#)

### **Nominations Now Open for APA Components and Board of Trustees**

APA's success hinges on the expertise, knowledge, and input of its members. Learn more about APA leadership opportunities and nominate yourself or a colleague by Tuesday, August 15, for component service and Friday, September 1, for the Board of Trustees. [LEARN MORE](#)

### **Nominations Invited for APA Awards**

APA recognizes psychiatrists and mental health advocates who have made exceptional contributions to psychiatry and mental health in a range of categories. Visit the APA awards webpage for award categories and nomination criteria. [LEARN MORE](#)