

E-Update Sept 1, 2023



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

MPA Executive Council Selects Doctors Pannel and Miller for APA Advocacy Conference

On Wednesday evening during the 1st meeting of the MPA Executive Council under Dr. Philip Merideth's leadership, 2 delegates were selected to represent the DB at the APA Advocacy Conference in Washington, DC from October 16-17, 2023. Doctor Katherine Pannel, President-Elect and Chairman of the Legislative Committee will be joined by Dr. Chanda Miller, MPA Secretary.

The 2023 Federal Advocacy Conference is a unique opportunity for psychiatrists to lobby members of Congress on issues that affect their practice and patients. APA members are invited to attend and play a critical role in shaping health care policy during the 118th Congress.

- **Advocacy Training:** Monday, October 16, Noon - 5:30 p.m. EDT
- **Meetings with Lawmakers:** Tuesday, October 17, 9:00 a.m. - 5:00 p.m. EDT
- **Location:** Willard InterContinental Hotel, 1401 Pennsylvania Avenue NW, Washington, D.C. 20004
- Open to APA Members Only

On **Monday, October 16**, attendees will attend a full-day training session to learn about APA's legislative agenda and everything they need to know to advocate for psychiatry. The experience will include insights from APA's leadership and staff on the inner workings of Congress, and the legislative process as well as a hands-on advocacy training.

On **Tuesday, October 17**, attendees will join their colleagues to meet with their members of Congress and their staff. Attendees are expected to be fully available this day to attend congressional meetings.

Questions? Contact APA's Department of Government Relations at advocacy@psych.org. or <https://www.psychiatry.org/psychiatrists/advocacy/federal-affairs/federal-advocacy-conference>

**Storm Before the Calm: Katrina 18 years Later
Deborah V. Gross, MD, FASAM, DABAM, LFAPA**



August 29, 2023, marked 18 years since Hurricane Katrina hit the Gulf Coast of Mississippi and changed many lives forever, mine included. Those memories no longer gut me, but it's a rare day that passes without something from that time coming to mind. If you're struggling with trauma, hang on. It gets better. As the *Michael MacDonald* song says, "We find our deliverance as we make it through the storm before the calm."

Trauma is not One and Done

I had my first Hurricane Katrina-related panic attack on the one-year anniversary of the storm. I pulled into the parking lot of the treatment center where I worked, opened the car door, put one foot on the ground, and nearly slid to my knees when it hit. For about three seconds, like most people having a panic attack, I thought I was having a heart attack. However, I had walked that road many times with patients, so I soon realized what was happening and breathed my way through it.

My panic attack exemplifies what we call an anniversary reaction. I wasn't thinking about the date, but, as Dr. van der Kolk said, my body kept the score. The anniversary date of the storm triggered the attack. People in trauma therapy learn to recognize their triggers and develop tools to cope, but it takes time. Until then it can really feel like you're being attacked from the inside, so it's tempting to look for almost anything to numb or escape the pain.

Traumatized people sometimes think they should "just get over it," but that doesn't work, and any kind of "should" just makes you feel worse. The more you try to pretend it didn't happen or doesn't affect you, the more it eats you up. Healing from trauma is an inside job. You can't drink it away, drug it away, eat it away, sex it away, or pretend it away by ignoring it. You can't fix a liver laceration by putting a Band-Aid on your rib cage, after all! An internal wound requires an internal healing. In the case of psychological trauma, that means creating and maintaining a set of appropriate, healing conditions and good self-care.



Burgess Family Designates Memorial Preference

Post discussion with Teri Burgess, daughter of Dr. Duane Burgess, the family has designated the Alzheimer's Association of Mississippi as their choice for any memorial donations to honor Dr. Burgess. All correspondence should be sent to Zelma B. Magee, 291 Peavy Road, Columbia, MS 39429. Dr. Burgess suffered from Alzheimer's over the last 3 years. Zelma is also his daughter.

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

ARE YOU CROSSING THERAPEUTIC BOUNDARIES? 12 DANGEROUS SIGNALS – PART III

Written by
Professional Risk Management Services® (PRMS®)

7. You are guarded and defensive when someone questions your interaction or relationship with the patients.

8. Your patient talks freely and spontaneously with you, especially in light, superficial conversation, and perhaps even with sexual overtones but remains silent and defensive with or avoids other staff.

9. Your style of dressing for work has changed since you started working with this patient.

Stay tuned for signals 10-12 in the coming weeks.



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- MPA Main Account: [Mississippi Psychiatric Association](https://facebook.com/MississippiPsychiatricAssociation)

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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 transitions to the community from DMH's regional programs for people who have an intellectual and/or developmental disability.

Using a person-centered approach, people at DMH's ICF/IID programs (North Mississippi Regional Center, Hudspeth Regional Center, Boswell Regional Center and its' satellite program Mississippi Adolescent Center, and Ellisville State School and its' satellite program South Mississippi Regional Center) receive transition services that link them to community service and support options for living arrangements. In FY23, a total of 21 people were transitioned to the community. Someone may transition to one of the 63 Community Homes operated by DMH regional programs or to the ID/DD Home and Community Based Waiver program, which includes array of services aimed at assisting people to live as independently as possible. The approach to anyone with developmental or intellectual disabilities should be one of maximizing strengths and potential.

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](#).

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](#)