

Area 3 September 15, 2024 Council Meeting Minutes

The Area 3 Council met virtually on Sunday 9/15/2024. We opened with the Territorial Acknowledgement for the Lenni Lenape (their English moniker was “Delaware” people) provided by Sherry Nykiel. The Council members shared introductions and identified any conflicts of interest.

IN ATTENDANCE:

Mayank Gupta	Rep/American Society for Adol Psychiatry – ACROSS
Jennifer Dorr	Area 3 ECP Deputy Representative
Brandon Newsome (proxy)	Proxy for Area 3 ECP Rep – Dr Akinsanya
Hector Colon-Rivera	Dep Rep/Hispanic Psychiatrists – ASM Committee of Representatives of M/UR
Napinder Malhi	Dep Rep/IMG Psychiatrists, Chair – ASM Committee of Representatives of M/UR
Giselle Plata	Rep/Hispanic Psychiatrists – ASM Committee of Representatives of M/UR
Seth Rosenblatt	Dep Rep/LGBTQ Psychiatrists – ASM Committee of Representatives of M/UR
Kendrick Abad	Area 3 RFM Rep
Annette Hanson	ASM Rep, Maryland Psychiatric Society
Elias Shaya	ASM Rep, Maryland Psychiatric Society
Brian Zimnitzky	ASM Rep, Maryland Psychiatric Society
Rashi Aggarwal	ASM Rep, New Jersey Psychiatric Association
Consuelo Cagande	ASM Rep, New Jersey Psychiatric Association
Nathan Carroll	ASM Rep, New Jersey Psychiatric Association
Randall Gurak	ASM Rep, New Jersey Psychiatric Association
Christine Marchionni	ASM Rep, Pennsylvania Psychiatric Society
Dhanalakshmi Ramasamy	ASM Rep, Pennsylvania Psychiatric Society
Adam Tripp	ASM Rep, Pennsylvania Psychiatric Society
Robert Wilson	ASM Rep, Pennsylvania Psychiatric Society
Sherry Nykiel	ASM Rep, Psychiatric Society of Delaware
Eindra Khin Khin	ASM Rep, Washington Psychiatric Society
Constance Dunlap	Area 3 Representative

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Mary Anne Albaugh	Area 3 Deputy Representative
Absent:	
Hira Mohyuddin	Area 3 RFM Dep Rep
Ram Sharma	ASM Psychiatric Society of Delaware
Corina Freitas	ASM Washington Psychiatric Society
Farooq Mohyuddin	ASM Washington Psychiatric Society

We appreciated the presence of all our invited guests throughout our Council meeting: Rawle Andrews Esq (Executive Director APA Foundation), Dr Ray Hsaio (Assembly Recorder), Dr Ken Certa (BOT Parliamentarian), Dr Clarence Chou (APAPAC Board Chair), Dr Geetha Jayaram (Area 3 Trustee), Dr Donna Norris (Past Speaker), Dr Theresa Miskimen (APA President Elect), Ms Kristin Kroeger (Division Chief, Advocacy, Policy and Practice Advancement), Ms Robin Levy (Regional Director, State Government Relations), and Ms Jennifer Medicus (APA Area 3 Liaison and Practice Guidelines Deputy Director).

Dr Dunlap shared a reflection on why we meet as an Area – to learn about the Area 3 District Branches work, challenges, efforts; to have a shared vision and implement the strategic vision of the APA; to seek input from the District Branches that supports the liaison and bi-/multi-directional communication between the District Branch membership, the Assembly, the AEC and BOT. She emphasized that elected members of Area 3 Council have the privilege and responsibility to actively participate.

Assembly Executive Committee (AEC) highlights reviewed; refer to the AEC Report completed by Allison Moraske and shared in the packet. A workgroup will be reviewing the vote by strength and overall representation of APA membership at the Assembly (related to the Action Papers 12Q and 12R passed at the May 2024 Assembly). The work group will be looking at both items and work with the Procedures Committee with a recommendation for the Assembly. There was some discussion related to concerns about why as a representative body would we try to limit representation. Additional themes included the importance of our Area 3 representation and voting strength. Our votes have an impact! It was emphasized and encouraged if a representative is unable to attend an Area 3 Council Meeting or the Assembly to work with your district branch leadership and process to identify a proxy delegate to represent you. This has an effect to expose those members who may want to increase their involvement in the organization. There was active discussion of the basics of representation at the Assembly, an egalitarian approach to seating, parliamentary procedures (requests/efforts to clarify meaning/impact of motions) – NOTE: at the back of the Assembly Handbook there is a “Guide to Parliamentary Motions”.

There was discussion regarding the Communities Platform and a request to better understand its potential functions to help with communication. There was a plan to

follow up with Stephanie Keuser (Chief, Information Technology) and Lisa Diener (Managing Director).

Treasurer's report: reviewed the budget process for this year; discussed the challenges for the budget; difficulties in understanding the market forces in the next several years and impact to the APA revenue streams; responsibility to APA Climate footprint; the opportunity for Drs. Dunlap and Albaugh to meet with Dr Steven Starks to share Area 3 wish list relative to the Assembly Budget – funding for the current support of Area 3 historical website until an alternative plan is determined (~\$300-400/year), funding for Area 3 RFM Awards, supporting in person Assembly meetings 2x yearly and an in person Area 3 meeting. Budget and Finance Committee will be meeting soon.

Area 3 Council Committee Chairs provided updates/reports:

Awards Committee – Randy Gurak, Chair – to acknowledge colleagues' efforts

- National Awards reviewed (approximately 50); examples - Teaching Award opportunities for volunteer and salaried faculty at the Residency level and Medical School level

[Psychiatry.org - Awards](https://www.psychiatry.org/awards)

- Area Awards: Rural Psychiatry Award, Warren Williams Award and more
- District Branch Awards: Two RFMs from each Area 3 District Branch; awarded yearly (District Branches please begin the process of identifying awardees to honor)

Members: Kendrick Abad, Jennifer Dorr, Mayank Gupta, Narpinder Malhi, Christine Marchionni, Farooq Mohyuddin, Seth Rosenblatt, Ram Sharma, Brian Zimnitsky

Communications Committee – Adam Tripp, Chair

Area 3 Council Website Template reviewed. Dr Adam Tripp, Chair and members of the Area 3 Communications Committee will be exploring improved ways to host Area 3's history and how best to share materials and ideas within Area 3 District Branches effectively and efficiently. This may include the role/function/use of Communities

Members: Corina Freitas, Annette Hanson, Hira Mohyuddin, Giselle Plata

Nominations Committee – Robert Wilson and Consuelo Cagande, Co-chairs

Reviewed/discussed the process for nominations for the open position for Area 3 Trustee to the APA Board of Trustees. The Nominations Committee reviewed candidates and moved forward one candidate for Area 3 Council's consideration (see Motions)

Members: Kendrick Abad, Adefolake Akinsanya, Hector Colon-Rivera, Mayank Gupta, Eindra Khin Khin, Narpinder Malhi, Sherry Nykiel, Elias Shaya

APA Advocacy, Policy and Practice Advancement Team – Kristin Kroeger, Division Chief; Robin Levy, State Regional Director { kkroeger@psych.org rlevy@psych.org }

Updates/Report shared covering:

- the Continuing Resolution process/status, the potential role for end of the year Health package that could include APA priorities
- telehealth – supporting a 2 year extension
- Complete Care Act to increase reimbursement to CoCM codes passed the Senate and now in discussion in the House Committee
- GME – Bipartisan effort to increase GME slots with focus on rural areas and areas of need
- Prior Authorization – bipartisan supported but not moved or attached to a bill
- **Advocacy priorities:** GME, Prior Auth, increased funding for CoCM codes and Telehealth
- Reviewed the press release for Parity; with the Chevron Document overturned, there are increased vulnerabilities potentially to the Rules process– major concerns; there is an ask for 2 year extension for flexibilities for telehealth for time to review the rule; Concerns that the DEA plan will be more stringent (increasing the expectations for in person visits); HHS doesn't support the current DEA rule-not sufficient time for practices to pivot
- Billing codes for telehealth discussion/impact to practice, to the provision for supervising residents, use of office address when delivering telehealth from home
- CMS - paying for services via digital apps (APA not supportive currently due to not sufficient efficacy/evidence)
- Medicare fee schedule – APA partnering with AMA/colleagues in medicine – asking for Congress to come together to stop cuts and develop formula for steady funding
- Stimulant shortage discussion; support increased production for stimulants and a need to understand the complexities as to why this is happening (noting a cyclical pattern); APA sent out a survey – Area 3 members provided input

- State Advocacy Conference – anticipated to have 150 attendees (at capacity!) – topics on the agenda: RxP, Scope, supervision of NP and PA team members, psychedelics panel, Fed-State MH Parity

BOT Update: Geetha Jayaram highlighted area of concern and focus at the BOT

- Nominating committee – challenges with volunteers
- Membership is a PRIORITY
- Discussion of budgetary and operational discipline
- Guidelines development and reviews discussion – Jennifer Medicus presented to her division on basics for guideline development
- APA Public Statement parameters/guidelines/timely/relevant
- **Mental Health Works website** – members encouraged to check on this valuable resource (helping to education the public) – significant videos and materials, all available to use – this work has been with the leadership of Rawle Andrews (APAF)
- Future of AI and Psychiatry; Jimmy Potash (not yet in print) – Grand Rounds on the Future of Psychiatry (may be on You Tube) – we as a group have to lead and shape our professional work
- Governance – Dr Marketa Wills is meeting with the Area District Branches
- Reviewed Dr Wills membership plan for increasing membership and for transparency about APA functioning and decision making
- Chevron implications
- Impact/effects (positive/negative) of Social Media – research/active work; how do we use AI, social media platforms and telehealth; changing curricula at training programs

President-elect Theresa Miskimen – Welcomed to Area 3 Council meeting – “Area 3 is where my heart lies” { tmiskimen@psych.org }

Dr Miskimen is the JRC Chair. She reviewed the formalized process for nominations for Councils and Committees. Applications are accepted at the APA website (opened 9/1/24 and will close on 11/8/24); She encouraged members spread the word at their DBs to review the councils/committee opportunities and where the person’s expertise could best share/serve and then apply. Appointments will be reported to the BOT in March 2025 and once approved will be effective May 2025. There are 14 Councils and 16 Committees in the Council with the goal to decrease the “silo” experience and increase communication and collaboration, highlighting the future

planning for voice of members – inter-council collaboration for coordinated operations and elevation of the work.

The Area 3 Council considered 4 Action Papers for discussion and potential endorsement.

1. "Critical Review of Suicide Risk Assessments: Moving Beyond Traditional Low, Moderate, and High-Risk Categories" – Mayank Gupta MD and Christine Marchionni MD
2. "Prioritize Clinical Diagnosis Over Neuropsychological Testing for ASD" – Mayank Gupta MD, Christine Marchionni MD
3. Creation of a Resource Document on Transgender Health in Carceral Settings – Darren Lish, MD DFAPA, DB Rep (Colorado Psychiatric Society) and Anthony Tamburello MD, NJPA member
4. A New Educational Experience for Emergency Medicine Resident Physicians – Kendrick Abad DO RFM Representative, Area 3 et al

Active discussion that included complexities of the topic and helpful input for all the papers.

****Motions****

- **Approved** Elections/Nominations Committee's Nominee for Area 3 BOT Trustee
- **Endorsed** AP: A New Educational Experience for Emergency Medicine Resident Physicians - Kendrick Abad, DO, RFM Representative, Area 3 et al
- **Endorsed** AP: Creation of a Resource Document on Transgender Health in Carceral Settings - Darren Lish, MD, DFAPA, DB Rep (Colorado Psychiatric Society) and Anthony Tamburello, MD, NJPA member
- **Agreed to Table** these action papers and allow the authors to revise them following input from Council members:
 - "Critical Review of Suicide Risk Assessments: Moving Beyond Traditional Low, Moderate, and High-Risk Categories" - Mayank Gupta, MD Christine Marchionni MD
 - "Prioritize Clinical Diagnosis Over Neuropsychological Testing for ASD" - Mayank Gupta, MD; Christine Marchionni, MD
 - Contact Dr. Gupta if you have feedback and/or questions: mayank6nov@gmail.com

Area 3 Council Reports (DB, ACORF, ACROSS, ECP, M/UR)

District Branch Reports are in the packet and in the final section of these minutes is a list/posting of upcoming meetings and events.

Narpinder Malhi, member of the IMG Caucus and the M/UR Chair on the AEC shared updates with IMG supports. Additionally there was discussion relative to the Action Paper authored by Jessica Isom and passed at the Assembly in 2021 – supporting a name change for Minority/Underrepresented Groups (M/UR) and the active efforts with a survey and determining next steps. There are currently 3 names being considered:

- DHM = Diverse and Historically Marginalized
- EQUATE = Equity, Anti-racism. Transformational, Empowerment
- JEDI = Justice, Equity, Diversity and Inclusion Committee

Dr. Dunlap raised concerns – she acknowledged this process and determination represent a very important decision; she is concerned about making sure that the discussion includes a full representation of voices. Drs Dunlap and Malhi will connect after the meeting to follow up on the process/decision making.

Hector Colon-Rivera shared update for the APA Hispanic Caucus. There is an exhibition starting on Tuesday. The exhibition will spotlight the Task Force on Mental Health of Spanish Speaking People in the US which was established in 1970, the Committee of Hispanic Psychiatrists which was established in 1976 and past Simon Bolivar Lecture recipients.

Dr. Aggarwahl, Chair of the Council on Medical Education and Lifelong Learning (CML) provided updates on resident and medical student awards as well as reviewing position statements and action papers. 2 areas of focus 1) AI and Education; workshops at the APA and 2) Workforce issues – lens of education and preparation of residents.

Clarence Chou, Chair of APAPAC Board was welcomed. He discussed his work with the Workgroup on meetings – tackling meetings/climate impact/footprint, member satisfaction and finances; this has been an expansive charge. At present there are many talking points and no consensus. Focus on the carbon footprint and how to best educate our Assembly Representatives as well as sharing this information with district branch membership and understanding its impact to the organization and informing decisions. There was a thoughtful discussion by Council members related to application of the foot print information to decisions for meetings, sustainability for the organization, planning for the future, fiscal health.

There was active discussion about the potential for nearby Area Councils to explore opportunities for collaboration (example Area 3 and 4)

Drs Chou, Dunlap, Albaugh and others discussed the importance of the APAPAC and the basics of the mission and working of the APAPAC Board. In 2023, Area 3 Council achieved 100% full participation with contributions to the APAPAC. The hope/plan is to sustain this effort year to year and pull the district branched into the process. The PAC helps to support all the APA Advocacy work with legislators.

APAPAC: Donate: <https://secure.ngpvan.com/e8P-4wY70kiPqqUIIZVtbg2> The APA PAC is a vital component/tool for the APA Advocacy work. Area 3 Assembly Representatives are working to remain leaders with a **goal of 100% participation/contribution to the APAPAC**

Time Sensitive Actions Required, Upcoming Events and More

****NOW**:** Alternate (Proxy) Attendees for November 2024 Assembly Meeting:

Reviewed with Council members, the importance of representation and the process if an Assembly Representative is unable to attend the Assembly meeting. Drs Dunlap and Albaugh encouraged the Assembly Representative to work with their respective District Branch (DB) to identify someone from the DB or Allied group as an alternate. This is a potentially wonderful opportunity for Alternates to experience the Assembly firsthand.

Here's How to Appoint an Alternate:

1. **Letter of Appointment:** Have your DB President or Allied Group President write a formal letter officially appointing your alternate to attend the Assembly in your place.
2. **Send the Letter:** Email Dr. Ray C. Hsiao, Assembly Recorder, at raychsiao@gmail.com with the letter attached. Cc: APA Governance Office (amoraske@psych.org)
 - To ensure your alternate has full participation rights, including voting and funding for attendance, the letter of appointment must be received by **Dr. Hsiao and APA Governance well before the meeting and the housing deadline (October 10th)**.

Don't miss this opportunity! Appointing an alternate allows valuable representation for your DB and provides a chance for someone new to experience the Assembly. Let us know if you need help with this.

Sun, Sep 15th – Tue, Oct 15th is National Hispanic Heritage Month

Visit the APA's Pioneering Hispanic Psychiatrists Exhibit

<https://legacy.psychiatry.org/Historic-Highlights/Pioneering-Hispanic-Psychiatrists>

La Salud Mental <https://www.psychiatry.org/patients-families/la-salud-mental>

Sept 21-22: APA Advocacy Day - Sheraton Pentagon City Hotel, Arlington, VA

September 23, 2024 3-6pm: Psychiatry and Medical Aid in Dying: Canadian and U.S. Challenges virtual APA 3 hr CME

event; <https://education.psychiatry.org/Public/Catalog/Details.aspx?id=vwakSztFCxqOhf1m1bAwtw%3d%3d>

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Sept 26-28: Mental Health Services Conferences - Hilton Inner Harbor Hotel, Baltimore, MD

<https://www.psychiatry.org/psychiatrists/meetings/the-mental-health-services-conference/registration>

****Oct 10th**:** **Deadline to reserve housing and travel for Nov 2024 Assembly.**

Hotel rooms for the November Assembly will be booked directly through the Marriott website on an APA dedicated page. A credit card will be required for the purpose of guaranteeing your room reservation and to cover the cost of any incidentals during your stay. To ensure your credit card is not charged for your room, please book using the following link-click [HERE](#). Please do not book your hotel room using the general Marriott website, the DEEM website, or other hotel/travel booking websites. The Assembly housing deadline is Thursday, October 10.

Oct 31st: Deadline for remaining 2024 APA Awards

<https://www.psychiatry.org/membership/awards-leadership-opportunities/awards#:~:text=APA%20Awards%20recognize%20psychiatrists%20and,of%20people%20with%20mental%20illness>

****Nov 8th: Deadline to apply for appointment to an APA Council or Committee.**

To submit your application please visit the [APA website](#). Note: For the members whose first term ends on May 21, 2025, you are required to apply for a second term if you wish to be reappointed (you must apply in order to be considered for reappointment).

New! **APA Foundation** revamped website: www.apaf.org. Area 3 Council members are encouraged to consider participating in the APA Foundation's Speakers Bureau and school-based mental health training programs.

Hot off the presses! The APA Foundation gala will be held at the Grammy Museum on May 19th in Los Angeles. Details are forthcoming.

Donate: <https://apafdn.org/ways-to-give>

In case you missed it earlier ... APAPAC: Donate: <https://secure.ngpvan.com/e8P-4wY70kiPqqUllZVtbg2> The APAPAC is a vital component/tool for the APA Advocacy work. Area 3 Assembly Representatives are working to remain leaders with a **goal of 100% participation/contribution to the APAPAC**

Area 3 Upcoming Educational Activities by District Branch

Psychiatric Society of Delaware:

In-person and virtual presentation by Thomas Collura, PhD on "Integrating Quantitative Electroencephalography and Neuromodulation in Psychiatry: Emerging Techniques and Applications" on October 22.

Maryland Psychiatric Society:

Career and Practice Fair: MPS office in MedChi building November 7
Virtual Psychopharmacology CME November 14 from 6:30 - 9 PM

Pennsylvania Psychiatric Society:

Monthly webinar series
Annual Addiction Symposium in October
Pittsburgh Chapter's Resident Award Night
Central Chapter's Resident Poster Competition
Philadelphia Chapter's Awards Gala
DB Patient Safety & Risk Management Conference in November
Events geared for the RFM career level are in the works for December

Washington Psychiatric Society:

Upcoming CME:

- o Sept. 11th - CME: 75th Gala Poster Competition Top 3 Winning Entry Presentations
- o Wed, Oct 9 – Burnout and Well-Being (Lorenzo Norris, M.D.)
- o Wed, Nov 13 – What FDA Does and Doesn't Do (Tiffany Farchione, M.D.)
- o Wed, Dec 4 -- Research in Psychopathy (Viviana Alvarez-Toro, MD)
- o Wed, Jan 8 – Update on Psychoanalysis (Constance E. Dunlap, M.D.)
- o Wed, Feb 12 – Disaster Psychiatry Workshop, Part 2 (Cam Ritchie, M.D., MPH)
- o Wed, March 12 – Artificial Intelligence (AI) in Psychiatry (Ritvij Satodiya, M.D.)
- o Wed, April - Aerospace Psychiatry, Working for a Federal Agency, Dr. Christopher Flynn
- o April 2025 – WPS Presidential Symposium + Awards Ceremony

Other:

- [Urge your member of Congress to support H.R. 2474](#), the Strengthening Medicare for Patients and Providers Act

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- [Urge your member of Congress to support H.R. 2474](#), Urge Congress to Support H.R. 2730/S.652 Protect Patients from Harmful Step Therapy Protocols.
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- APA News Release on Global Unrest <https://www.psychiatry.org/News-room/News-Releases/Statement-Psychiatry-and-Global-Unrest>
- Assembly Orientation video: <https://www.psychiatry.org/about-apa/meet-our-organization/assembly/assembly-orientation> All Area 3 members encouraged to review.

Other Upcoming Meetings:

- Oct 4: Board of Trustees Meeting (Virtual)
- **November 1-3: Fall Assembly - Westfields Marriott, Chantilly, Virginia**

Doodle Poll: Look out for an invitation to complete the Doodle Poll to determine the date of our late winter Area 3 Council meeting which will be either hybrid or virtual.

Respectfully submitted,

Mary Anne Albaugh MD, DLFAPA, Assembly Area 3 Deputy Representative

Constance E. Dunlap, MD, DLFAPA, Assembly Area 3 Representative

{Area 3 Council - utilizing Zoom AI tools for support with minutes/notes}