



ARIZONA PSYCHIATRIC SOCIETY

**"Psychiatric Update
2019"**
April 27-28, 2019



AMERICAN
PSYCHIATRIC
ASSOCIATION

Jointly Provided by

**American Psychiatric Association
and the Arizona Psychiatric Society**



AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY

Arizona Chapter

**In conjunction with
the Arizona Chapter of the
Academy of Child and Adolescent Psychiatry**

**Hilton Scottsdale Resort
& Villas**

**6333 N Scottsdale Road
Scottsdale, AZ 85250**



“2019 PSYCHIATRIC UPDATE”

Arizona Psychiatric Society Annual Meeting April 27-28, 2019

AGENDA – SATURDAY, APRIL 27, 2019

- 8:00 – 8:50 am **Continental Breakfast**
- 8:10 – 8:50 am **Physician Peer Poster Preview; RFM Poster Presentation**
- 8:50 – 9:00 **Welcome and opening remarks**
Mona Amini, MD, MBA, FAPA, President, Arizona Psychiatric Society
- 9:00 – 10:00 *Steven Pitt, DO Commemorative Forensic Lecture: Physician Safety -*
Melissa Spanggaard, DO, FAPA
Director of the Division of Forensic Psychiatry
Director, Forensic Psychiatry Fellowship
Assistant Professor of Psychiatry
University of Arizona College of Medicine- Tucson
- Tyler Dowling, DO**
Forensic Psychiatry Fellow
University of Arizona College of Medicine – Tucson
- Educational Objectives Drs. Spanggaard and Dowling:
1. Recognize clinical indicators for possible violence.
 2. Differentiate and define the common types and rates of workplace violence in psychiatric practice.
 3. Integrate simple steps that can improve safety as a mental health clinician.
- 10:00 - 10:15 *Questions & Answers with Drs. Spanggaard and Dowling*
- 10:15 – 10:35 **Break / Visit Exhibitors / Physician Peer Poster Voting / RFM and Medical Student Poster Display**
- 10:35 – 11:35 *AACAP Lecture: Learning Disorders over the Lifespan –*
Kytja Voeller, MD
Director, Western Institute of Neurodevelopment Studies and Interventions (WINSi)
Educational Objectives Dr. Voeller:

1. Recognize the genetic, neurological, and environmental factors that underlie childhood learning disabilities and contribute to mental health issues in adulthood.
2. Identify factors that affect the learning-disabled child's resilience and successful adaptation and contribute to poor adjustment and dysfunction in adulthood.
3. Formulate specific questions that help to identify a childhood history of a learning disorder when interviewing adult patients.

11:35 – 11:50 *Questions & Answers with Dr. Voeller*

11:50 – 12:20 pm *Legislative Update*

Joseph F. Abate, Esq.

Peters, Cannata & Moody, PLC (Of Counsel)

Arizona Psychiatric Society Lobbyist

Timothy Miller

Regional Director, State Government Affairs (West)

American Psychiatric Association

Educational Objectives Messrs. Abate and Miller:

1. Summarize the key legislative issues affecting the practice of psychiatry and other physicians.
2. Distinguish the importance of physician involvement in the development of laws and regulations that impact the practice of psychiatry and mental health parity.
3. Identify legislative issues on the horizon and effective ways in which to become involved at a grassroots level.

12:20 – 1:30 pm **Lunch / Visit Exhibitors / Review Posters /**

APS and AACAP Business Meeting

AACAP Members: Take Lunch to Meeting Room for AACAP Annual Business Meeting

12:50 – 1:30 **APS Business Meeting and Awards**

1:30 – 2:15 pm

Boost Your Mental Health Practice with Technology –

Steven Chan, MD MBA

Physician, Palo Alto VA Health, Psychiatry, Addiction Treatment Service; Affiliate Co-investigator, UC Davis Psychiatry, Asynchronous Telepsychiatry Lab; Affiliate Co-investigator, UCSF, Accelerated Digital Clinical Ecosystem Project

Educational Objectives Dr. Chan:

1. Describe online practice delivery options, including telemental health video visits.
2. Critically evaluate consumer and professional technologies for clinical practice and business operations.
3. Discuss the challenges of developing, securing, and testing connected health technologies.

2:15 – 2:30

Questions & Answers with Dr. Chan

2:30 – 3:15 pm

How the Sensible Use of Technologies Such as Telemedicine Could Actually Reduce Physician Burnout and Improve Wellbeing

Peter Yellowlees MBBS, MD

Chief Wellness Officer UCD Health; Professor of Psychiatry, and Vice Chair for Faculty Development; Past President, American Telemedicine Association; Department of Psychiatry, UC Davis

Educational Objectives Dr. Yellowlees:

1. Identify how telemedicine can reduce physician burnout.
2. Examine how EMR usability can be improved to enable better quality care.
3. Assess how culture change in health systems can improve physician well-being.

3:15 – 3:30 pm

Questions & Answers with Dr. Yellowlees

3:30 – 3:50 pm

Break / Visit Exhibitors / Poster Awards Announced

3:50 – 4:50 pm

Glorious Glutamate: An Update for Today's and Tomorrow's Psychopharmacologist –

Rakesh Jain, MD, MPH

Clinical Professor, Department of Psychiatry Texas Tech Health Sciences Center; School of Medicine Midland, Texas; Private Practice, Austin, Texas

Educational Objectives Dr. Jain:

1. List tasks that glutamate performs and how in various psychiatric disorders this negatively impacts outcomes.
2. Apply this emerging understanding to various currently, and soon to be released, pharmacological interventions.
3. Assess how this emerging knowledge base regarding glutamate can be used in daily clinical practice to improve outcomes.

4:50 – 5:05 pm

Questions & Answers with Dr. Jain

5:15 to 6:45 pm

Annual Meeting Social Reception

(See separate program document for information on the separately accredited Sunday, April 28, 2019 Opioid Analgesics: Risk Evaluation and Mitigation Strategy (REMS) session included with the Annual Meeting registration.)

GENERAL LEARNING OBJECTIVES

At the conclusion, the attendee should be able to:

- a. Apply current principles of psychiatry and identify practicable interventions in one or more of the practice focus topics addressed in the Annual Meeting.
- b. Effectively and efficiently manage psychiatric conditions presented through updates in standards of care.
- d. Learn new techniques, both pharmacological and psychosocial, and apply them towards the improvement of patient care.
- e. Keep abreast of current and new issues with in-depth presentations by authorities in these fields.

ARIZONA PSYCHIATRIC SOCIETY OFFICERS

Mona Amini, MD, MBA, FAPA, President
Don J. Fowls, MD, President-Elect and APA Assembly Representative
Jasleen Chhatwal, MD, FAPA, Vice President
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Roland Segal, MD, DFAPA, Past President
Payam M. Sadr, MD, DFAPA, APA Assembly Representative
Maya Heck, MD, Matthew Erisman, MD, and Stephen (Larry) Mecham, MD,
Resident-Fellow Member Co-Representatives

DISCLOSURE

It is the policy of the APA to comply with the ACCME standards for commercial support of CME. Planning Committee members and related staff disclosures must be on file annually with disclosures made available on program materials. Faculty participating in provided or jointly provided programs by APA are required to disclose to the program audience any real or apparent financial relationships with commercial interests related to the content of their presentation(s). Faculty also are responsible for disclosing any discussion of off-label or investigational use of a product.

Faculty Disclosures

Neither Dr. Spanggaard, Dr. Dowling, Dr. Voeller, Mr. Abate, Mr. Miller, Dr. Chan, or Dr. Yellowlees, nor his/her spouse/partner has any financial relationships with commercial interest, and neither of Dr. Spanggaard, Dr. Dowling, Dr. Voeller, Mr. Abate, Mr. Miller, Dr. Chan, or Dr. Yellowlees will discuss unapproved uses of a commercial product, or investigational use of a product not yet approved for this purpose, during their presentation at this educational activity. Dr. Jain has disclosed that he has a financial interest through serving as an Advisory Board member to Addrenex, Alkermes, Avanir, Forum, Janssen, Lilly, Lundbeck, Merck, Neos Therapeutics, Neurocrine Biosciences, Otsuka, Pamlab, Pfizer, Shionogi, Shire, Sunovion, Supernus, Takeda, and Teva; and as a consultant to Addrenex, Allergan, Avanir, Janssen, Lilly, Lundbeck, Merck, Neos Therapeutics, Neurocrine Biosciences, Otsuka, Pamlab, Pfizer, Shionogi, Shire, Sunovion, Supernus, Takeda, and Teva; that his spouse has a financial interest as a consultant to Lilly, Otsuka, Pamlab, Sunovion; that he has grant/research support from AstraZeneca, Allergan, Lilly, Lundbeck, Otsuka, Pfizer, Shire, Takeda; and that he participates in speakers bureau for Addrenex, Alkermes, Allergan, Lilly, Lundbeck, Merck, Neos Therapeutics, Otsuka, Pamlab, Pfizer, Rhodes, Shionogi, Shire, Sunovion, Takeda, and Tris Pharmaceuticals. If Dr. Jain is discussing unapproved uses of a commercial product, or investigational use of a product not yet approved for this purpose, he will disclose this off-label use during his presentation.

Arizona Psychiatric Society Planning Committee

Mona Amini, MD, MBA, FAPA, Planning Committee Chair

Gretchen Alexander, MD, FAPA

Jasleen Chhatwal, MD

Maya Heck, MD

Amie Kafer, DO

Joanna Kowalik, MD, MPH, FAPA

Gurjot Marwah, MD, FAPA

Payam M. Sadr, MD, DFAPA

Noshene Ranjbar, MD

Ole Thienhaus, MD, DLFAPA

Kenneth Zwier, MD

Teri Harnisch (Staff)

Planning Committee Disclosures

Neither Drs. Alexander, Amini, Chhatwal, Heck, Kowalik, Marwah, Ranjbar, Sadr, Thienhaus, and Zwier, and Mrs. Harnisch, nor his/her spouse/partner, has any financial relationships with commercial interest, and they will disclose any conflict of interest that may arise during the planning of CME activities and recuse themselves from any discussions where a potential bias could exist. Dr. Kafer has disclosed that she has a financial interest through the ownership of stock options in Pfizer, Inc., and has stated that she will disclose any conflict of interest that may arise during the planning of CME activities and rescue herself from any discussions where a potential bias could exist.

ACCREDITATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the American Psychiatric Association (APA) and the Arizona Psychiatric Society. The APA is accredited by the ACCME to provide continuing medical education for physicians.

DESIGNATION

The APA designates this live activity for a maximum of **6.25 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

TARGET AUDIENCE

Member Psychiatric physicians, non-member psychiatric physicians, and physicians of other specialties.

EVALUATION AND CME CERTIFICATE

PHYSICIAN CME CERTIFICATES

At the conclusion of the conference, physician participants will be provided with an opportunity to claim hours of participation and receive an official CME certificate by completing the online CME conference evaluation.

1. Go to <http://apapsy.ch/>
2. Click "Access Activity" and log in with your APA username and password or create a new account.
3. Enter the Group ID **AZ**_____ on the Purchase page and click "Submit" to proceed to the evaluation and certificate. Select "AMA PRA Category 1 Physician" as your certificate type.

You must claim your CME credit within 60 days of the conference. Certificates will not be issued after **June 27, 2019**. For customer support, please email apalms@psych.org.

CERTIFICATE OF ATTENDANCE FOR NON-PHYSICIANS

Non-physician participants will have the opportunity to receive a certificate of attendance. At the conclusion of the conference, participants should complete the online conference evaluation at <http://apapsy.ch/chandler> in order to print a certificate of attendance. Follow the instructions above, but select "Certificate of Participation" as your certificate type.

For customer support, please email apalms@psych.org.

For any additional questions or feedback regarding the Annual Meeting, please contact Teri (teri@azmed.org, 602-347-6903).

POSTER PRESENTATIONS

To keep abreast of the current research and case studies of the Arizona psychiatric community, the APS Annual Meeting includes poster presentations by the following individuals, included as part of the Poster Presentation Session at the 2019 APS Annual Meeting. The Resident-Fellow Member and Medical Student submissions are judged by a panel of judges and the Peer Physician submissions are for peer review and feedback:

RESIDENT-FELLOW MEMBER AND MEDICAL STUDENT POSTER SUBMISSIONS

First Author: [to come]

Secondary Authors:

Topic:

Title of Poster:

PHYSICIAN PEER POSTER SUBMISSIONS

First Author: [to come]

Submitted by:

Secondary Authors:

Topic:

Title of Poster:

PRESENTATIONS AND HAND-OUTS

As an environmental and cost-saving measure, the speaker presentation materials are available in electronic format in single slide view to enhance readability at: <http://azpsych.org>. Please select the page, 2019 Annual Meeting, subpage 2019 Meeting Packet.

To help offset printing costs, attendees who elected to receive printed copies of the presentations are asked to make a voluntary cash donation of \$20 onsite at the meeting. If you elected electronic and would like to have a printed copy of the presentations mailed to you, please contact Teri (teri@azmed.org, 602-347-6903).

SPECIAL RECOGNITIONS

The Arizona Psychiatric Society recognizes the following members for their outstanding achievements.

Society Awards

Mona Amini, MD, MBA, FAPA, in recognition for his distinguished service and leadership as President of the Arizona Psychiatric Society, 2018-2019. *(Presented by President-Elect Don J. Fowls, MD)*

Samuel Patton Hand, MD, as the 2019 recipient of the **Howard E. Wulsin Excellence in Teaching Award** for his outstanding contributions to psychiatric education. *(Presented by Maya Heck, MD).*

Past recipients of the Howard E. Wulsin Excellence in Teaching Award include: Howard E. Wulsin, MD, DLFAPA, 2005; Eric Michael Reiman, MD, 2006; John Cecil Racy, MD, DLFAPA, 2007; James Brian McLoone, MD, DLFAPA, 2008; William Scott James, MD, DLFAPA, 2009; Michael Edward Brennan, MD, DLFAPA, 2010; Aimee C. Kaempf, MD, 2011; M. Christian Cornelius, MD, 2012; Martin B. Kassell, MD, DLFAPA, 2013; Richard D. Lane, MD, PhD, 2014; Andrea Joy Waxman, MD, 2015; Devna Rastogi, MD, 2016; Ron Wright, PhD/MD/PhD, 2017; and Shehzad H. Ayub, DO, 2018.

Career Achievement in Psychiatry Award, *being presented by Dr. Cynthia Stonnington, and on behalf of the Society*, to:

William C. Offenkrantz, MD, DLFAPA

Past recipients of the Career Achievement in Psychiatry Award are: David J. Coons, MD, DLFAPA, 2014; Barry Morenz, MD, DFAPA, 2015; Martin B. Kassell, MD, DLFAPA, 2016; and Jehangir “Jay” Boman Bastani, MD, DLFAPA, 2017; and Michael Edward Brennan, MD, DLFAPA, 2018. Established in 2014, this annual award has been created for the purpose of recognizing from within the Arizona Psychiatric Society a member whose career achievements have ennobled the profession of psychiatry and best exemplify the APS values of providing compassionate patient care and support of peers, leadership, community service, education, advocacy, and clinical excellence.

Meet Career Achievement in Psychiatry Award Recipient for 2019

A Personal Bio by

William C. Offenkrantz, MD, DLFAPA

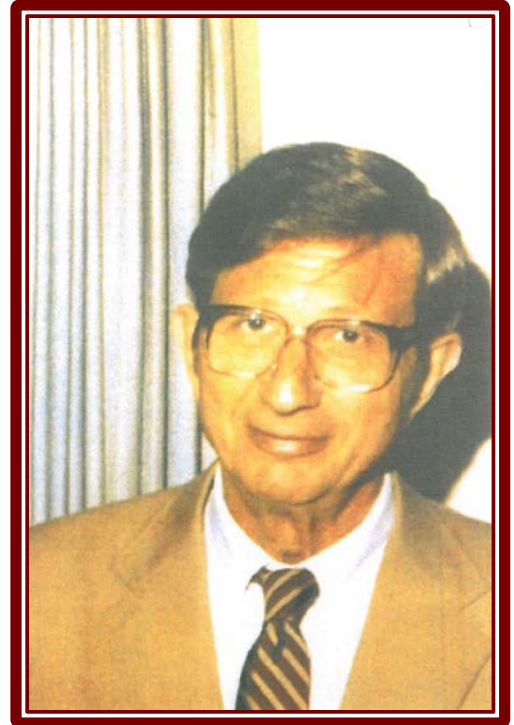
I have been actively involved in trying to solve my own problems since my father died when I was 13, as a result of botched surgery for his nephrolithiasis. From personal experience, I subscribe to the psychoanalytic literature by Joan Fleming and her colleagues about the syndrome of parent loss. My 14-year older brother was a physician and a graduate of Columbia U. College of P & S. He helped me to matriculate there for my MD., but my choice of psychiatry was a consequence of my problems in daily living.

I had residency training in Psychiatry at the Veterans Administration Hospital, Lyons, NJ 1947-1950 and New York State Psychiatric Institute/Columbia University 1950-1951. In 1951, I started full time private practice. I was appointed Director of Psychiatric Residency Training at the U. of Chicago from 1957 to 1970, and tenured Professor until 1979, when I moved to Milwaukee.

I completed my first psychoanalytic training program at the William Alanson White Institute in New York City in 1957. I subsequently completed a 2nd full course of Psan. Training at the Chicago Psan. Institute in 1966. With my 2 diplomas, I have been a member of the American Psychoanalytic Association since 1968. My psychoanalytic practice has been strongly influenced by Heinz Kohut and my analyst, Maxwell Gitelson.

A valuable experience that occurred at the U. of Chicago was the result of my research collaboration with Arnold Tobin. We required our private patients to spend 3 nights a year in the U of C Sleep Laboratory. Their REM (Rapid Eye Movement) sleep was recorded all night and a technician awakened them at the end of each dream episode to recount their dream. Dr. Tobin and I worked with the patient's Sleep Lab dreams just as we did with dreams reported spontaneously in our regular therapy sessions. At that time, a prominent theory was that childhood mental disorders could be caused by "Primal Scenes," as the traumatic result of the child observing parental sexual intercourse.

As a result of our work together, Dr. Tobin and I came to believe that primal scenes, instead of resulting from external trauma, are (in the form of fantasies) a regular, inevitable part of every child's cognitive and emotional development. In other words, every child tries to soothe his/her pain at feeling left out of the parents ordinary, daily interactions by unconsciously projecting the fantasy that the parents' minds are as primitive as the child's own. Then the child can identify with one or the other parent and no longer feels left out. Subsequently, the child responds to parental caresses and punishments by fantasizing them to have been



seductions and assaults. This is both because such perceptions are an inevitable result of the child's primitive emotionality, and also because it increases the intensity of the fantasy of the parent's involvement with the child. We believe those who share the external viewpoint need to take these ideas into account when drawing conclusions about "traumatic external events" as the primary cause of neurosis. That viewpoint contrasts with ours, which emphasizes what the child does in an age-appropriate way, even with their perceptions of parents who interact with each other and with the child in average expectable non-neurotic ways. Dr. Tobin's and my work together resulted in several publications in the psan. Literature .

In 1979, I left the University of Chicago to become Professor of Psychoanalysis at the Medical College of Wisconsin in Milwaukee. I also helped start a Psychoanalytic Institute there that is still functioning and healthy.

In 1987, Dr. Gustavo Lage lured me to Scottsdale where I was keen to have more opportunity to play tennis outdoors, to start a private practice in Arizona, and to teach psychotherapy to Psychiatry residents. I had been recruited by Dr. Robert St. John, the Psychiatry Residency Director at Maricopa County Medical Center, to become the supervisor for psychotherapy training in that program.

A person who enters psychotherapy with me must be willing to embark on a voyage of discovery. Namely: of the conflict of forces within their mind, either or both of which are yet to be discovered. If a Resident doctor is the patient's therapist, he/she must learn to use empathy instead of sympathy. That is: become a therapist who can taste the patient's emotions and talk about them without swallowing them whole and identifying with them.

I am glad that the field of Psychiatry is more integrated with Medicine than it was when Psychoanalysis formed a major conceptual framework, and the neurobiological advances in our field are very exciting. However, it is worth remembering the up-to-date importance of empathy in successful clinical work and important to learn how to respond skillfully to inevitable empathic failures. Even if we know the diagnosis, the correct medication or procedure, the CBT or mindfulness approach, none of this makes a difference if we don't know the difference between understanding patients empathically versus what happens when we inadvertently fail to do so.

I am still actively practicing, and every day that I go to work I'm anticipating learning something new from a patient or a colleague.... or being reminded of something I should have remembered from long ago, like the therapeutic use of the countertransference.

Or of something new in the field, like the recent discovery of "anxiety cells" in the ventral portion of the hippocampus and their axonal connections to regulatory nuclei in the midbrain. The exciting possibility is a familiar one: a precise pharmacotherapy to help patients cope with disabling anxiety, while their psychoanalytically oriented psychotherapy helps them learn how the past is still alive in the present.

And how a sense of humor is indispensable in achieving a healthy integration of both worlds.

(Definitions available on request.)

Resident Recognition Awards, being presented by Dr. Amini, on behalf of the Society, to the following Resident-Fellow Members of APS:

_____, **University of Arizona College of Medicine, Tucson Campus**

_____, **Creighton/Maricopa Integrated Health Systems**

_____, **University of Arizona College of Medicine, Banner – University Medical Center Phoenix**

Past recipients of the Resident Recognition Awards are: 2014 - Jason Curry, DO, Matthew A. Goldenberg, DO, and Felicitas Koster, DO; 2015 – Jasleen Chhatwal, MD, Krystal Chavez, DO, Alicia Cowdrey, MD, and Ryan M. Wilke, DO; 2016 – Jesse Reinking, DO, Alicia Cowdrey, MD, and Matthew Markis, DO; 2017 - Brandon Lee Yates, MD, Beth Darling, DO, and Wanda Shao, DO; and 2018 - George Hadeed, MD, Maya Heck, MD, and Ernest Cochran, MD . Established in 2014, this annual award has been created for the purpose of providing Arizona psychiatric residency training programs with an opportunity to recognize a Resident-Fellow member who best exemplifies one or more of the APS values of providing compassionate patient care and support of peers, leadership, community service, advocacy, and clinical excellence.

Special Presidential Commendation Awards are being presented by Dr. Amini, on behalf of the Society, to:

Sandra K. MacDonald, MD, Leadership Award, in recognition of outstanding contributions to the field of psychiatry through advocacy, leadership, mentoring, education, and patient care.

Distinguished Fellows

The following Arizona Psychiatric Society member will be awarded Distinguished Life Fellow status by the APA at the Convocation of Distinguished Fellows at the 2019 APA Annual Meeting:

Edward M. Gentile, DO, MBA, DLFAPA

Richard S. Rhoads, MD, DFAPA

Fellows

The following members of the Arizona Psychiatric Society will be awarded Fellow status by the APA at the Convocation of Fellows at the 2019 APA Annual Meeting:

Jasleen Chhatwal, MBBS, MD, FAPA

Jason Curry, DO, FAPA

Debbie Ford, MD, FAPA

Life Members

The following members of the Arizona Psychiatric Society are being recognized by the APA for reaching the following Life membership status as of January 2019:

Mohammad Bhatti, MD, LFAPA
Karnail Dhillon, MD, LFAPA
Patricia Fangohr, MD, LAPA
Richard Gottlieb, MD, DLFAPA
Linda Kalivas, MD, LFAPA
Dheerendranath Raikhelkar, MD, LAPA
Randall Ricardi, DO, DLFAPA
Robin Ross, MD, DLFAPA
Douglas Stockwell, MD, LFAPA

Of special note, we recognize the following members who achieved the pinnacle of 50-Year Members in the APA as of January 2019:

James M. Campbell, MD, LAPA
James Ernest Campbell, MD, LAPA
Bruce R. Holzman, MD, LAPA

These members will be acknowledged in the Convocation at the 2019 APA Annual Meeting.

Congratulations to these members of the Arizona Psychiatric Society on their distinguished careers, and thanks for their continued support and membership in the Arizona Psychiatric Society and the American Psychiatric Association.

PUBLIC WI-FI FOR MEETING GUESTS

Public Wi-Fi is available from the Scottsdale Hilton for up to one log-on per attendee. Please help by logging on to only one device for the meeting. Please note this is a public access network. (ADD INSTRUCTIONS HERE)

SUPPORTERS

The Arizona Psychiatric Society would like to thank the following companies for their participation and support of the 2019 Annual Meeting.

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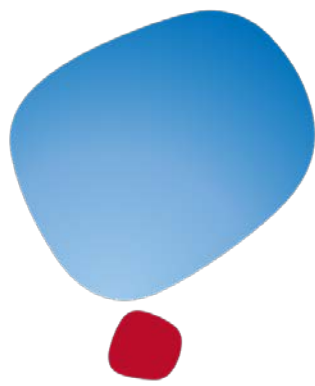


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The logo graphic for Redemption Psychiatry features a stylized, blue, winged letter 'R' on the left side, followed by the text 'edemption Psychiatry' in a blue serif font.

Redemption Psychiatry

Redemption Psychiatry



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item so that you can make an independent and educated decision to accept or not accept it.

The exhibitor drawing prizes are sponsored by the Arizona Psychiatric Society and the Physician Payment Sunshine Act does not apply to your participation in the raffle or in the event that you are chosen as the recipient of one of those prizes.

PROGRAM NOTES