



The Arizona Psychiatric Society's
2024 Annual Meeting

"TAKING CARE OF SPECIALTY
POPULATIONS"

MAY 18th, 2024 8:00 am

The Westin, Downtown Phx



Jointly Provided by
American Psychiatric Association
and the Arizona Psychiatric Society
In conjunction with the
Arizona Society of Child and Adolescent Psychiatry



Additional information and an electronic program are available for download at:

<https://azpsych.org/2024annual>



Taking Care of Specialty Populations
Arizona Psychiatric Society Annual Meeting 2024

AGENDA

Scientific Session: Saturday, May 18, 2024

The Westin Downtown Phoenix

333 N Central Ave, Phoenix, AZ 85004

8:00 – 8:50 Registration | Breakfast | Networking | Visit Exhibitors | Poster Set-Up (8am)

8:10 – 8:50 RFM Poster Presentation & Judging | Visit Exhibitors | Networking

8:50 – 9:00 Welcome & Opening Remarks in the Copper Ballroom

9:00 – 10:00 Geriatric Psychiatry Trends and Challenges

Ganesh Gopalakrishna, MD, MHA

Clinical Director at Banner Alzheimer's Institute, Phoenix AZ

Program Director of the Geriatric Psychiatry Fellowship at the University of Arizona

The educational objectives of this session are:

1. Understand the changes in demographics related to age and the need for infrastructure.
2. Identify status of the current workforce in geriatric psychiatry.
3. Understand the strategies to address the clinical care gap for older adults.

Q & A with Dr. Gopalakrishna

10:00 – 10:30 **Break** | Visit Exhibitors | Networking | Physician Peer Poster Judging | RFM Posters Display

10:30 – 12:00

Navigating the Complexities of Serious Mental Illness: Challenges and Solutions Across Diverse Settings

Kathryn Chandler, LCSW: Working with Unhoused Clients with Serious Mental Health Conditions

Tyler Vestal, MD: Psychiatry in Correctional Settings

Carol Olson, MD, DLFAPA: Who Gets Left Out? Challenges in Provision of Medically Necessary Inpatient Psychiatric Care for SMI Patients with Special/Complex Needs

The educational objectives of this session are:

1. Understand the unique challenges faced in providing psychiatric care to individuals with serious mental illness (SMI) in non-traditional settings such as correctional facilities, including limitations in evaluation and medication prescribing.
2. Identify subpopulations of SMI individuals with special or complex needs who face difficulty accessing medically necessary inpatient psychiatric treatment and explore potential solutions to overcome systemic barriers to care.
3. Develop skills in engaging and providing sensitive, individualized care to unhoused clients with serious mental health conditions, including analyzing challenges impacting service engagement, improving therapeutic alliance, and utilizing relevant techniques and practices.

Q & A with SMI Panel

12:00 – 12:30

Legislative Update 2024

Don J. Fowls, MD

Government Affairs Committee Chair, Past President, Arizona Psychiatric Society

12:30 – 2:00

Lunch | Visit Exhibitors | Posters | APS and ASCAP Business Meeting

ASCAP Business Meeting [12th floor Malachite]

1:00 – 2:00

Teva Educational Presentation [12th Floor Moly]
(Non-branded | Not Sponsored by APS)

1:30 – 2:00

Awards Ceremony [11th floor Copper]

2:00 – 3:00

Supporting Mental Health of Indigenous, Refugee, and Immigrant Youth: Lessons and Considerations

Noshene Ranjbar, MD

Associate Professor of Psychiatry, University of Arizona College of Medicine-Tucson

The educational objectives of this session are:

1. Describe mental health challenges commonly experienced by Indigenous, refugee and immigrant youth.
2. Understand cultural considerations when working with these youth.
3. Explore existing resources for further learning, referrals, and potential collaborations.

Q & A with Dr. Ranjbar

3:00 – 4:00

Evidence-Based Medication Use for Target Symptoms in Children & Adolescents with Autism Spectrum Disorder

Daniel Castellanos, MD

Founding Associate Dean of Graduate Medical Education; Professor of Psychiatry & Designated Institutional Official Creighton University School of Medicine-Phoenix

The educational objectives of this session are:

1. Distinguish the procedures, practices, and current theories of the mechanisms of TMS and related interventional services.
2. Identify the indicated and currently recognized uses of each modality and the opportunity to integrate the same into practice.
3. Differentiate the appropriate application of each treatment modality, with a focus on patient selection for optimal outcomes.

Q & A with Dr. Castellanos

4:00 – 4:30

Break | Visit Exhibitors | Poster Awards Announced

4:30 – 5:30

Innovations to Address Access to Psychiatric Care for Maternal and Child Population in Arizona

Saira Kalia MD

Director of Arizona Perinatal Psychiatry Access Line

Kathryn Emerick MD

Co-Director of Arizona Perinatal Psychiatry Access line; Clinical Assistant Professor of Psychiatry, University of Arizona, and Banner

The educational objectives of this session are:

1. Discuss the current state of maternal and child mental health in Arizona.
2. Review the current limitations in providing care for maternal and child populations.
3. Describe new innovations -including APAL for moms and APAL for kids- to address the gap in care of these populations and improve maternal and child mental health in Arizona.

GENERAL LEARNING OBJECTIVES

At the conclusion, the attendee should be able to:

1. Gain comprehensive understanding of geriatric psychiatry trends and challenges, encompassing shifts in demographics, workforce status, and strategies to bridge the clinical care gap for older adults.
2. Gain proficiency in navigating the complexities of providing psychiatric care to individuals with serious mental illness (SMI) across diverse settings, including correctional facilities and unhoused populations, by understanding unique challenges, identifying subpopulations with specialized needs, and developing skills to provide sensitive, individualized care while overcoming systemic barriers to access.
3. Enhance understanding and application of therapeutic modalities, including Transcranial Magnetic Stimulation (TMS) and related interventions, to support the mental health of Indigenous, Refugee, and Immigrant Youth, focusing on distinguishing procedures, recognizing indications, and appropriately applying treatment modalities for optimal outcomes.
4. Improve knowledge and implementation of evidence-based medication strategies for addressing target symptoms in children and adolescents with Autism Spectrum Disorder (ASD), focusing on understanding neurodevelopmental formulation models, simplifying treatment planning through overlapping neurodevelopmental domains, and highlighting targeted medications to enhance outcomes in neurodiverse conditions.
5. Enhance understanding and application of differential diagnosis techniques to promote a multidisciplinary approach to diagnosis and treatment for maternal and child populations in Arizona, focusing on distinguishing between catatonia and delirium, identifying key clinical features and diagnostic criteria, and applying the differential diagnosis in clinical practice.

ACCREDITATION

In support of improving patient care, this activity has been planned and implemented by American Psychiatric Association (APA) and Arizona Psychiatric Society (APS). The American Psychiatric Association (APA) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The American Psychiatric Association (APA) designates this live activity for a maximum of 5.5 **AMA PRA Category 1 Credit™**. Physicians should claim only 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.

DISCLOSURES

The American Psychiatric Association adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Medical Education. Any individuals in a position to control the content of a CME activity — including faculty, planners, reviewers, or others — are required to disclose all relevant financial relationships with ineligible entities (commercial interests). All relevant conflicts of interest have been mitigated prior to the commencement of the activity.

Faculty Disclosures - NA

ARIZONA PSYCHIATRIC SOCIETY PLANNING COMMITTEE

Gagandeep Sing, MD; Chair
Nicholas Ahrendt, MD
Gretchen Alexander, MD, DLFAPA
Jasleen Chhatwal, MBBS, MD, FAPA
Suzanne Don, MD (ASCAP)
Don Fowls, MD
Joanna Kowalik, MD, MPH, FAPA
Devna Rastogi, MD
Shabnam Sood, MD
Ole Thienhaus, MD, DLFAPA
Ashley Schnock (Staff)

Planning Committee Disclosures

Dr. Alexander has disclosed a financial interest in LB Pharmaceuticals; and Dr. Rastogi has disclosed serving on Speakers' Bureau for Janssen, Otsuka, and Alkermes Pharmaceuticals. None of the other Planning Committee members has any financial relationships to disclose. Planning Committee members 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. All financial relationships with ineligible companies (commercial interests) relevant to this activity have been mitigated.

ARIZONA PSYCHIATRIC SOCIETY OFFICERS

Gagandeep Singh, MD, DFAPA, President
Nicholas Ahrendt, MD, President-Elect
Srinivas Dannaram, MD, Vice President
Margaret Balfour, MD, DFAPA, Treasurer
Brenner Freeman, MD, Secretary
Don Fowls, MD, Past President

APA Assembly Representatives

Jason Curry, DO, DFAPA | Jasleen Chhatwal, MBBS, MD, DFAPA | Payam Sadr, MD, DFAPA

Resident-Fellow Member Co-Representatives

Cassandra Haworth, MD | Chase Crookham, DO | Magnolia Swanson, MD

VALUATION AND CME CERTIFICATE

PHYSICIAN CME CERTIFICATES

At the conclusion of the conference, physician participants will be emailed the information to claim hours of participation and receive an official CME certificate by completing the online CME conference evaluation. Non-physician participants will be able to claim a certificate of participation.

1. Go to <https://education.psychiatry.org/diweb/redeem>
2. Log in with your APA username and password or create a new account
3. Enter the Access code: TBD and click "Redeem"
4. Click "Access". The activity evaluation will open in a new window.
5. Complete the evaluation and click "Submit Response".
6. On the next page, click "Claim Credits". Select the number of credits from the drop-down menu and click "Claim".
7. Click "Home" to close the course window. From your dashboard, click "My Courses", then select the "My Completed Activities" tab in the middle of the screen. Beneath "Annual Meeting" click "Certificate". Your certificate will open in a new tab. A link to your certificate will also be sent via email.

*Please note that if you receive an error message when trying to redeem your access code, you may have already redeemed the access code during a previous attempt. Navigate to <https://education.psychiatry.org> and log in using the "Sign In" button on the top right of the screen. You will then be directed to your dashboard, where you can then navigate to "My Courses" (top right, under the "Sign In" button) and locate the activity title listed under "My Enrollments".

You must claim your CME credit within 60 days of the conference. Certificates will not be issued after July 17, 2024. For customer support, please email ebooth@psych.org.

For any additional questions or feedback regarding the Annual Meeting, please contact the Executive Director of the Arizona Psychiatric Society (admin@azpsych.org).

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 Yukari Kawamoto, MD Memorial Poster Presentation Session at the 2024 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

Medical Student

First Author: Bobbie Alcanzo, MS4

Medical Student: University of Arizona College of Medicine - Tucson

Secondary Authors: NA

Title of Poster: AzMAT Mentors Program: Enhancing MOUD Provider Training through Professional Mentorship

RFM

First Author: Matthew Mitchell, MD

Resident: University of Arizona College of Medicine - Phoenix

Secondary Authors: NA

Title of Poster: Assessing Testamentary Capacity on a Consult/Liaison Service: A Case Report

RFM

First Author: Namritha Manoharan, DO

Resident: Creighton University School of Medicine - Phoenix

Secondary Authors: Tara Krog, PhD | Samuel Hand, MD | Gilbert Ramos, MA | Bikash Bhattarai, PhD

Title of Poster: A Retrospective Review of the Effectiveness of a Fall Evaluation Checklist Implemented in Inpatient Psychiatric Units

RFM

First Author: Marisa Fernandez, MD

Resident or Medical Student and Affiliation: x

Secondary Authors: Francisco Moreno, MD | John Allen, PhD | Katja Ehrmann | Chris Weigand, MD | Rajan Grewal, DO | James Prickett, DO

Title of Poster: Psilocybin as Treatment for Obsessive-Compulsive Disorder

RFM

First Author: Cory Nielsen, DO

Affiliation: Fellow | AACAP

Secondary Authors: Kaden Facer, MD | Roger Gusloff, DO | Daniel Takla, MD | Gilbert M Ramos, MA | Wendy Watson, MD | Kathleen Mathieson, PhD, CIP

Title of Poster: Moral Injury and Ethical Principles in Arizona Psychiatrists: A Qualitative and Quantitative Report

RFM

First Author: David Haerter | Shabnam Sood, MD

Affiliation: District Medical Group/Valleywise/Creighton School of Medicine- Phoenix

Secondary Authors: Swathi Patel, DO; Pablo Read, MS3; Gilbert Ramos, MA; Bikash Bhattarai, PhD

Title of Poster: Pro re nata (PRN) psychotropic medications- is the reason for them being given documented?

PEER PHYSICIAN POSTER SUBMISSIONS

Physician

First Author: Pallavi Joshi, DO

Affiliation: Banner Alzheimer's Institute

Secondary Authors: Pallavi Joshi, DO,MA | Yi Su, PhD | Yinghua Chen, MS | Eric M Reiman, MD

Title of Poster: Effect of Alcohol Use on Progression to Mild Cognitive Impairment and Dementia

Physician

First Author: Shabnam Sood, MD

Affiliation: District Medical Group | Valleywise | Creighton Medical School, Phoenix

Secondary Authors: Sonal Haerter, MD | Gilbert Ramos MA | Bikash Bhattarai, PhD

Title of Poster: Physicians Attitudes Towards Mental Health

PRESENTATIONS AND HAND-OUTS

With thanks to our faculty for making their slides available, the faculty presentation materials are available in electronic format in single slide view to enhance readability at:

<https://azpsych.org/2024annual>

Society Awards

The Outstanding Resident Recognition Awards: 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.

The Outstanding Resident Recognition Awards are presented to the following residents:

- ❖ **Magnolia Rose Swanson, MD** University of Arizona College of Medicine, Tucson Campus
- ❖ **Cassandra Haworth, MD** Creighton University Arizona Health Education Alliance, Valleywise Health Center
- ❖ **Chase Crookham, DO** University of Arizona College of Medicine, Banner – University Medical Center Phoenix

The Howard E. Wulsin Excellence in Teaching Award is presented to **Shehzad H. Ayub, DO** for his outstanding contributions to psychiatric education. Presented by: UA Phoenix

About Dr. Ayub:

Dr. Shehzad Ayub graduated from A.T. Still University – School of Osteopathic Medicine in Arizona and completed his residency at the University of Arizona College of Medicine – Phoenix. Since 2016, Dr. Ayub has been an attending physician at Banner - University Medical Center Phoenix. He divides his time

between the inpatient psychiatric unit, where he works in the mornings, and the outpatient behavioral health clinic in the afternoons, serving as the Outpatient Medical Director. Additionally, Dr. Ayub holds the role of Associate Program Director of the Psychiatry Residency Program at the University of Arizona College of Medicine – Phoenix.

Dr. Ayub is committed to psychiatric education, regularly supervising and mentoring residents, and lecturing on topics related to psychopharmacology and neuroscience. His dedication to education was recognized with the Howard E. Wulsin Excellence in Teaching Award from the Arizona Psychiatric Society in 2018 and the House Officer of the Year Teaching Award from the University of Arizona College of Medicine in 2015.

While Dr. Ayub has contributed to psychiatric literature through case reports and a retrospective study, his primary focus has remained on enhancing patient care and educating the next generation of psychiatrists.

The Career Achievement in Psychiatry Award was 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.

The Career Achievement in Psychiatry Award is presented to **Ole Thienhaus, MD, DLFAPA** for his outstanding contributions to psychiatric education.

About Dr. Thienhaus:

In their journey to becoming a surgeon, they discovered a talent for connecting with patients that surpassed their surgical skills. This realization prompted a shift toward psychiatry, commencing psychiatric residency training at the University of Cincinnati in July 1980. Immersed in psychoanalytic theory under the guidance of the esteemed Anna Ornstein, they delved into Self Psychology by Thomas Kohut. Intrigued by the economic dimensions of healthcare, they pursued an MBA from the University of Cincinnati's Business School, graduating in 1985. This rare dual MD-MBA combination propelled their involvement in the administrative and financial facets of their home department.

Subsequently, their journey led them to the University of Nevada School of Medicine in Reno, where they assumed the role of Chair of the Department of Psychiatry. During their tenure, they spearheaded the expansion of psychiatric services to Las Vegas, establishing a thriving residency program and fellowship. In 2008, amidst the challenges of the Great Recession, they assumed the interim deanship, navigating the tumultuous financial landscape with resilience.

In 2012, they embraced a new challenge as Department Chair at the University of Arizona in Tucson, where they orchestrated the integration of Banner Health Inc. into clinical practice, rescuing it from financial peril. This collaboration birthed the acclaimed Whole Health Clinic, earning national recognition from the American Psychiatric Association in 2015.

Throughout his 44-year career in psychiatry, Dr. Thienhaus has remained dedicated to clinical practice, with a focus on serving the seriously mentally ill, both in community settings and correctional institutions. As a stalwart member of the APA's Council on Healthcare Systems and Finances, they championed initiatives exploring the social determinants of mental health, culminating in a seminal white paper. Furthermore, they've advocated for expanding access to care through the utilization of appropriately trained nurse practitioners, recognizing it as a pivotal challenge facing the field.

The Mental Health Public Service Award was established in 2021, this annual award is to recognize a member of the community that has: Made a significant contribution to the mental health community, such as ensuring access to quality services for individuals with mental illness in the State of Arizona, advocacy work on behalf of consumers, the field of mental health, and the medical profession in the State of Arizona and played a material role in the delivery of programs or reforms promoting mental health in the State of Arizona or made material impact to mental health through political action on behalf of psychiatric physicians, their patients, and the community in the State of Arizona.

The Mental Health Public Service Award is presented to **Sergeant Jason Winsky** of the Tucson Police Department. Presented by: Margie Balfour, MD, PhD

About Sergeant Jason Winsky: A Leader in Mental Health Public Service

Sergeant Jason Winsky stands as a beacon of innovation and compassion within the Tucson Police Department's Mental Health Support Team (MHST). With over eighteen years of dedicated service, Sgt. Winsky has transformed law enforcement's response to mental health and substance use crises, earning recognition as a national leader in the field.

Sgt. Winsky's journey in this realm began with his appointment to lead the Crisis Intervention Team Training program, laying the foundation for the MHST and other specialized units. Guided by his deep understanding of mental health dynamics and a personal commitment to compassionate care, he has pioneered groundbreaking initiatives that prioritize human dignity and safety.

Under Sgt. Winsky's leadership, the Tucson Police Department has implemented innovative programs such as the Substance Use Resource Team (SURT) and the Homeless Outreach Team (HOT). These initiatives, coupled with comprehensive training initiatives, have redefined law enforcement's role in addressing mental health challenges.

Beyond his local impact, Sgt. Winsky has played a pivotal role in establishing a regional training center of excellence, serving communities across Southern Arizona and beyond. Through his tireless advocacy and leadership, Sgt. Winsky continues to shape the landscape of mental health public service, fostering safer and more compassionate interactions between law enforcement and individuals in crisis.

As we gather for this annual meeting, let us honor Sgt. Jason Winsky's remarkable contributions and draw inspiration from his commitment to reducing justice involvement, enhancing safety, and providing compassionate care to those in need.

Presidential Leadership Accommodation Award is presented to **Sara Salek, MD** in recognition of her outstanding leadership contributions in the practice of psychiatry through physician leadership, mentorship, and advocacy that best exemplify the Society's mission of "promoting the welfare of those with mental illness and fostering principles of psychiatry." Presented by: Gagan Singh, MD, DFAPA

About Dr. Salek:

Dr. Sara Salek, Chief Medical Officer for the Arizona Health Care Cost Containment System (AHCCCS) since June 2014, is a distinguished leader in the field of psychiatry. A native of Tucson, AZ, Dr. Salek graduated from The University of Arizona College of Medicine before completing her Child and Adolescent Psychiatry Residency Training Program at Boston Children's Hospital through Harvard Medical School.

In her current role, Dr. Salek oversees the Divisions of Health Care Services, Grants and Innovation, and Fee for Service (FFS) Management at AHCCCS. She also serves as the State Mental Health Commissioner and the Single State Authority (SSA) for substance abuse programs in Arizona. Her clinical initiatives include addressing the healthcare needs of American Indian/Alaskan Native (AI/AN) members, improving child and adolescent preventative care rates, and combating the opioid epidemic.

Dr. Gagan Singh, MD, has nominated Dr. Salek for the prestigious Arizona Psychiatric Society's 2024 Presidential Leadership Accommodation Award. This nomination recognizes Dr. Salek's exceptional leadership and contributions to psychiatry, particularly in her role as a talented child psychiatrist and AHCCCS Chief Medical Officer.

Throughout her tenure, Dr. Salek has been instrumental in driving policy decisions that significantly enhance the behavioral health system of care in Arizona. Her advocacy for behavioral health services, coupled with her commitment to ensuring the highest quality of care with dignity, respect, and equity for all Arizonians, is commendable.

Dr. Salek's ability to seamlessly transition from discussing the care of Arizonians at a macro level to passionately advocating for individual patients when needed showcases her dedication and compassion. Additionally, her recognition of the importance of a healthy and viable workforce for delivering quality care has made her a valuable ally to the Arizona Psychiatric Society.

Distinguished Fellows

The following Arizona Psychiatric Society members were awarded Distinguished Fellow status by the APA and were recognized in the Convocation of Distinguished Fellows at the 2024 APA Annual Meeting in New York City:

Jason Caplan, MD, DFAPA
Jasleen Chhatwal, MD, DFAPA
Jason Curry, DO, DFAPA
Francisco Moreno, MD, DFAPA
Jose Ventura, MD, DFAPA

Fellows

The following Arizona Psychiatric Society members were awarded Fellow status by the APA and were recognized in the Convocation of Fellows at the 2024 APA Annual Meeting:

Sugandha Bhosrekar, MD, FAPA
Sutapa Dube, MD, FAPA
Devin Dunatov, MD, FAPA
Rohit Madan, MD, FAPA

Sara Shadaram, MD, FAPA

If interested in applying for fellowship status in the APA, visit here for more information (applications are due on or before **September 1st** of each year):

<https://www.psychiatry.org/join-apa/become-a-fellow/fellow-of-the-apa>

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.

Annual Meeting Sponsors

The Arizona Psychiatric Society would like to thank the following companies for their participation and support of the 2024 Annual Meeting:



The Physician Payment Sunshine Act is a federal law that requires pharmaceutical and device manufacturers under certain circumstances to publicly report any complimentary gift, food, beverage, non-CME certified education, or other items of value given to physicians. If you are provided a complimentary item by a company that may be required to report your receipt of that gift, APA recommends that you ask the person providing the complimentary item whether your name will be reported under the Act before accepting the complimentary 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.