



E-Connect Vol. 18-6

June 2018



A Message From Our New FPS President

Hello to all FPS Members!

Thank you for all you do for our patients here in Florida. You work tirelessly to take good care of them. The Florida Psychiatric Society (FPS) is here to take care of you so that you can continue to care for your patients.

The FPS is dedicated to providing you with the support you need to ensure that you and your practice are well. We provide relevant and practical CME programs to help you keep abreast of the latest in our field. Our legislative advocacy team is working in Tallahassee and around the state to ensure that your practice interests are supported and that mental health is on the legislative agenda. Our Fall and Spring CME meetings are also an incredible place to meet and network. When you come to one of our meetings, you can't help but feel like you have come home. You will feel supported and a part of something much bigger than you. It brings meaning to what we do.

I look forward to serving you this year as your president. One of the things I hope to do for you via E-Connect is to provide you some helpful and practical tips on how to improve your practice and the care of your patients. Please feel free to contact me and let me know the kinds of things that would be most useful to you.

I hope you will want to be a part of this. I hope to see you (and a friend) at the Fall CME Meeting in Orlando!

Jacqueline A. Hobbs, MD, PhD, DFAPA, LHRM
FPS President 2018-19



Take a Burnout Self-Assessment Today

Feeling burned out? You're not alone. Many psychiatrists and other physicians experience feelings of dissatisfaction and weariness that are associated with burnout and/or depression. The APA has developed an assessment tool and resource listing to help you adapt and thrive in the current environment and think about what kinds of changes — in workplace culture and structure, or individual lifestyle — might be

helpful for you. [Take a well-being self-assessment today HERE.](#)



PRACTICAL POINTERS WHILE ON VACATION OR AWAY FROM YOUR PRACTICE

It's summer and you have finally managed to clear your schedule long enough to take a much-deserved break. Unfortunately, unlike the case for many people, clearing your desk and leaving a message on your voicemail is not sufficient to prevent problems from occurring in your absence. Before taking time away from your practice, consider the following:

1. Make certain your staff has accurate telephone numbers and other contact information. Discuss with them situations in which you absolutely want to be contacted, which may include problems with specific patients. Remember, your staff knows how hard you work and may be reluctant to contact you on your vacation so clear guidance (preferably in writing) will take the burden off of them and ensure that you receive needed information. More Practical Pointers [HERE.](#)



Preparing for Hurricane Season

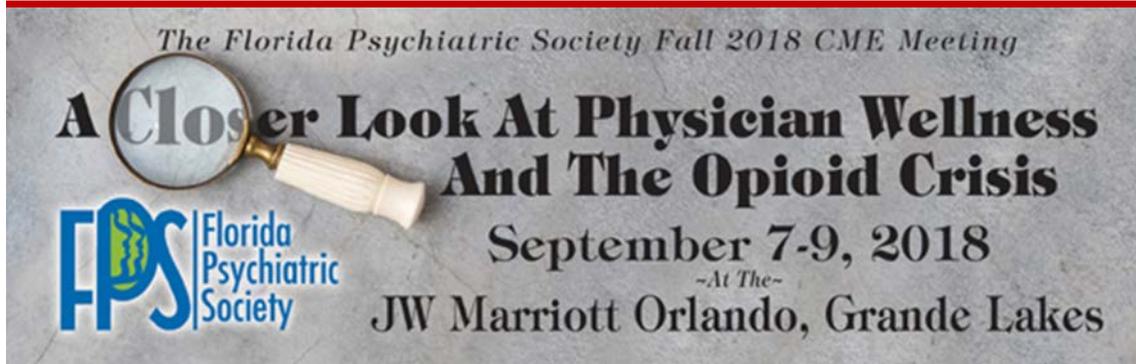
The Atlantic hurricane season of 2017 was one of the most active on record. The latest installment of the SAMHSA Disaster Behavioral Health Information Series focuses on

hurricane preparedness, response, and recovery, as well as behavioral health issues related to hurricanes SAMHSA Disaster-specific Resources [HERE](#)



Florida Resident from Area 5 was among the winners of APA's 2017 Resident Poster Competition

Monica Lynn Vega, M.D., University of Miami/Jackson Memorial Hospital. Her poster "Meta-Analysis of Prenatal Antidepressant Exposure as Risk Factor for Autism: Impact of Comparison Group Definition" was selected from over 160 submissions. The competition seeks to recognize exemplary research work by psychiatry residents and fellows.



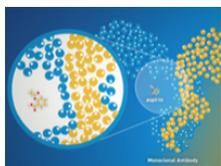
We hope to see you in Orlando for the [Fall CME Meeting](#), September 7-9, 2018

NEWS IMPACTING YOUR PRACTICE



Opioid Reform Legislation

Florida, with the rest of the nation, continues to ask physicians to diminish the impact of the opioid epidemic. As a result of the alarming number of deaths due to the abuse of prescription opioids, heroin, and illicitly produced fentanyl, Florida became the 25th state since 2016 to enact opioid reform legislation, **House Bill 21**. This legislation will have a significant impact on the practice of medicine in Florida. To see what the law means in your practice, review the Florida Health Source website "TAKE CONTROL" [HERE](#). A copy of the bill can be found at the Florida Senate website [HERE](#)



Get Clarity on What 'Biosimilar' Really Means

The FDA has released a variety of materials, including a five-part video series, to highlight key concepts about the development and approval of biosimilar and interchangeable products, as well as how state-of-the-art technologies and tools are used to demonstrate biosimilarity [LEARN MORE](#)



Video Available on How to Help Colleagues Avoid Burnout

Thinking about taking action on physician burnout for yourself and your team? Dr. Julie Chilton shares how to lead the way by seeking help. Take an active role promoting physician well-being in your organizations by becoming a Wellness Ambassador and using new APA resources. Download and use APA's customizable slide deck to give evidence-based presentations on physician well-being. Institutions can also use a new manual to evaluate the health of their organization and implement change to create a better work environment that actively promotes self-care. [WATCH VIDEO AND ACCESS TOOLKIT](#) [HERE](#)

CLINICAL NEWS



Hospital has Become a Model for Treating Addiction

Pennsylvania Hospital Becomes OUD Treatment Model After Working with PCSS During Pilot Program.

Hanover Hospital and its affiliated healthcare clinics has become a model for how a healthcare system that is fully engaged in embracing evidence-based treatment of opioid use disorders can

make significant change. [READ MORE](#)



Visits for Suicide Ideation, Attempts More Than Doubled at U.S. Children's Hospitals Since 2008

Surveillance studies have reported that the number of suicide ideation and suicide attempts have been increasing among children in the United States over the last decade. [READ MORE](#)



Research You Can Use

Summaries of the latest addiction research provided by Mark Gold, MD



Life Expectancy in the U.S. is Declining...Again

The National Center for Health Statistics stated that death rates have risen for eight of the top 10 leading causes of death. Diseases of the mind and body are less distinguishable now, as we discover important relationships between emotional and physical health. The best current example would be, perhaps, the gut biome and mental illness. [READ MORE](#)



We Want to Hear From You!

Do you have psychiatric news or professional news that you would like to share with your colleagues? E-Connect would like to know! Send the information to Paul Rothenberg. paul@floridapsych.org



- **AMA Annual Meeting (June 9 - 12)**
- **Alzheimer's and Brain Awareness Month (June)**
 - **Men's Health Month (June)**
 - **PTSD Awareness Month (June)**
- **Migraine & Headache Awareness Month (June)**

FPS 2018 Leadership Conference and Council Meeting June 22-24.

The location this year is the Hyatt Regency Coconut Point Resort and Spa, Bonita Springs, Florida. The program will include board and leadership orientation, public policy issues and planning priorities for the coming year (June to June for FPS) and much more.

Come, participate in these discussions and help lead FPS into the future. Contact Jan Starnes at jan@floridapsych.org or call toll free 800.521.7465



Florida Health Alzheimer's Disease Awareness and Research Symposium June 7-8, 2018

The Florida Department of Health will be hosting an Alzheimer's Disease Awareness and Research Symposium on June 7 - 8, 2018 at the Florida Hospital Creation Conference Center in Orlando, Florida. More Information Click [HERE](#)



The Florida Psychiatric Society Fall 2018 CME Meeting "A Closer Look At Physician Wellness And Opioid Crisis"

September 7-9, 2018 at the JW Marriott Orlando, Grand Lakes. We hope to see you in Orlando for the [Fall CME Meeting](#),

NAMI Florida annual conference "Youth and Mental Health" Sept. 28-29 at the B Resort in Lake Buena Vista.

Click [HERE](#) for more information

What's New at the APA?

- Dr. Altha Stewart took office as APA President at the conclusion of the 2018 Annual Meeting, and Dr. Bruce Schwartz began his term as President-Elect. Dr. Stewart is the first African-American and fourth consecutive woman to lead the APA. Read more about Dr. Stewart [HERE](#).
- Dr. James "Bob" Batterson assumed the position of Speaker of the APA Assembly. Dr. Batterson is a board-certified psychiatrist in Kansas City, Missouri, and has been a member of the APA Assembly since 1999. You can read more about Dr. Batterson [HERE](#).
- During the Annual Meeting, APA released the results of a national public opinion poll conducted online. The poll queried Americans across the country on issues such as anxiety, gun control, and the opioid crisis. You can see the full results of the poll [HERE](#).

Course of the Month

June Course of the Month: Evaluating Adverse Drug Effects

Psychiatrists are increasingly called upon to evaluate somatic and psychiatric symptoms and differentiate them from possible iatrogenic effects of psychotropic medications. This presentation focuses on anticipating, recognizing, and distinguishing adverse drug effects and detecting risk factors that increase propensity for adverse effects. Presented by Joseph Goldberg, MD, of the Icahn School of Medicine. [Click HERE to access the Course of the Month and sign-up for updates about this free member benefit.](#)

Journal Update

Psychiatry Online Has a New Home

American Psychiatric Publishing has a new look online. [Psychiatry Online](#) includes digital versions of the DSM-5, the American Journal of Psychiatry, [Psychiatric News](#), Psychiatric Services and other APA journals. Users can also access APA's library of educational programs for [CME opportunities](#). Take advantage of these resources today by visiting www.psychiatryonline.org.



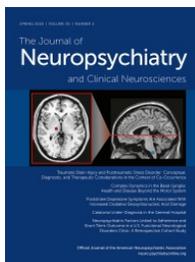
The American Journal of Psychiatry

Official Journal of the American Psychiatric Association

Editor: Robert Freedman, M.D.

This Month: Randomized Clinical Trial of Computerized and Clinician-Delivered CBT in Comparison With Standard Outpatient Treatment for Substance Use Disorders: Primary Within-Treatment and Follow-Up Outcomes

[Subscribe](#)



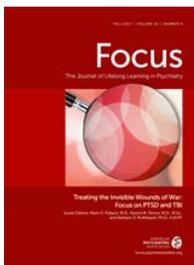
The Journal of Neuropsychiatry & Clinical Neurosciences

Official Journal of the American Neuropsychiatric Association

Editor: David B. Arciniegas, M.D.

This Month: The presence and importance of nonmotor features associated with tremor

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Focus

The Journal of Lifelong Learning in Psychiatry

Editor: Mark Hyman Rapaport, M.D.

This Month: Massage Therapy for Psychiatric Disorders

[Subscribe](#)



Psychiatric Services

A Journal of the American Psychiatric Association

Editor: Lisa B. Dixon, M.D., M.P.H.

This Month: Effects of Risk-Based Firearm Seizure Laws in Connecticut and Indiana on Suicide Rates, 1981–2015

[Subscribe](#)



AJP Residents' Journal

Residents' Journal, published online with The American Journal of Psychiatry, serves as a forum for psychiatry residents and fellows to share ideas and experiences in training, clinical practice, research, and careers with colleagues.

This Month: Choosing and Discussing SSRIs for Depression in Pregnancy: A Basic Guide for Residents

[Subscribe](#)

For Residents And Fellows



Action Required: Time to Advance your APA Membership

As residents prepare to graduate from your training programs, complete your APA [membership advancement](#). This lets us know if you are continuing in a fellowship or advancing to practice in 2019 and ensures you maintain access to your benefits, including [resources](#) to assist you in your early career. The [form](#) takes less than five minutes to complete, and you'll receive a **\$5 Amazon gift**

card by email if you complete it by **June 30, 2018**.



Med School Educators: Students Eligible for Grants for Community Projects

The APA Foundation is accepting applications for its Helping Hands Grant Program. This program provides grants of up to \$5,000 to medical schools for mental health and substance use disorder projects, particularly in underserved minority communities. These projects are developed and managed by medical

students, in partnership with community agencies or in conjunction with ongoing medical school outreach activities. The deadline for applications is Thursday, June 7. [READ MORE](#)



Papers Invited on TD for Award Competition

Residents and fellows are invited to submit a scientific paper on tardive dyskinesia to the 2018 Promising Scholars Award Program by July 1. Submissions may be literature reviews, case reports, or studies that are original and newly developed or recently published. Experts will evaluate the submissions on the basis of their relevance to tardive dyskinesia, originality, scientific rigor, clinical significance, and more. The first- and second-place

winners will be awarded \$2,500 and \$1,500, respectively, at the 2018 IPS: The Mental Health Services Conference in Chicago in October. [READ MORE](#)



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