

THE UPDATE

The Newsletter of the Association of Medicine and Psychiatry



PRESIDENT'S GREETING

Dear Colleagues,

As the calendar year comes to a close, I wanted to take stock and reflect with gratitude for the opportunity, through this organization, to reconnect with colleagues with shared values.

The Annual Meeting - in person this year! - provided an opportunity for renewed purpose along our organizational mission of "Promoting education, research, mentorship and quality patient care at the interface of medicine and psychiatry." It was soul-renewing and awesome.

Under the leadership of Dr. E. Vanessa Spearman-McCarthy we have added a Diversity, Equity and Inclusion Committee; and we are pleased to keep growing, learning and improving as an organization. We have a new website coming soon, and we are excited to see what 2023 holds. Best wishes for a great start to 2023!

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2022 ANNUAL MEETING RECAP

The **2022 Annual Meeting of the Association of Medicine and Psychiatry** took place in person at the Emory Conference Center in Atlanta, Georgia, from September 29 through October 1, 2022. It was so exciting to be in person after two years of virtual meetings, and AMP President Dr. Martha Ward enthusiastically welcomed the 285 participants to the meeting.

Educational sessions were high-yield and informational and started with an update on transcranial magnetic stimulation (TMS) by Dr. **John Onate**, who spent time reviewing some exciting updates and the best available evidence before reminding the audience that, in the word of Dr. Siddhartha Mukherjee, “For every perfect medical experiment there is a perfect human bias” and calling for randomized controlled trials to improve the evidence base.

Dr. **Aaron Pinkhasov**, lead author on an AMP consensus statement on the management of SIADH-related hyponatremia due to psychotropic medications, provided a practical review of hyponatremia, criteria for SIADH, and risk factors for the development of SIADH.

The keynote address by Dr. **Kurt Kroenke**, on Somatic Symptoms and Mental Health Measurement and Management, was full of clinical pearls for treating psychiatric disorders in primary care. Dr. Kroenke reminded the audience of the importance of a careful history and physical examination and clinical observation. Free screening questionnaires developed by Dr. Kroenke over the years can be found at www.phqscreeners.com.

Dr. **Christian Bjerre Real** gave an update on Psychedelics and Cancer. Bjerre Real reviewed evidence for cannabis and limited evidence for hallucinogens in various uses. He then provided a thought-provoking presentation on the Bayesian Brain and predictive processing – and showed compelling evidence to help participants understand the role of context and predictive processing.

A perennial favorite of the Annual Meeting, the Resident Vignette Competition included carefully-thought-out case presentations by Dr. **Abigail Clark** (Emory IMP) on “The Quiet Culprit” (SILENT, or lithium neurotoxicity); Dr. **Luke Mirabelli** (Kansas IMP) on “Agitation and Amnesia” (atypical meningoencephalitis); Dr. **Gregg Robbins-Welty** (Duke IMP) on “Occam’s Toothbrush” (Chagas Disease); Dr. **Grace Breuer** (Iowa, FMP) on “Silent, Starving and Searching for Answers” (catatonia with extensive differential diagnosis and full resolution with careful evaluation and treatment); **Jason Mathias** (Tulane) on COVID-19 and psychosis, with bipolar disorder on the differential diagnosis; Dr. **Beatrice Nichols** (UC Davis FMP) on “The Menstrual Cycle and Psychosis” (the complex relationship between hormone swings and exacerbations of mental illness); Dr. **Melody Grace Santos** (ECU IMP) on COVID-19 autoimmune encephalitis successfully treated as autoimmune encephalitis; and Dr. **Vanessa Costa Einspahr** (SIU IMP) on “Powder Puff” (carbon monoxide poisoning exacerbating or precipitating underlying psychiatric instability).

Friday concluded with a reception and posters, as well as a few optional gatherings including the resident-student mixer, a gathering of Train New Trainers Primary Care Psychiatry program faculty members, and a meeting of the Med-Psych Unit Consortium.

Saturday October 1, 2022 opened with a dynamic presentation by Drs. Vanessa Spearman-McCarthy and Alyson Myers, active in local, institutional, and national efforts to promote diversity and justice in medicine, on “There’s No I in Inclusion.” ting decades of research regarding microaggressions, implicit and explicit bias, and historical injustices in our country (including healthcare!), Myers made a compelling case for the

(cont) importance of allyship, sponsorship, and a commitment to institutional change to make the answer to the question, “Will people feel comfortable coming to your institution” a resounding “Yes.” Spearman-McCarthy then provided information about newly-created AAMC guidelines, which she participated in creating, for Constructing an Inclusive Learning Environment, reminding us that “Practicing inclusivity requires introspection, self-awareness, cultural humility, and love. These are qualities of being a good physician, family member, friend, and just being a good human being.”(Vanessa Spearman-McCarthy)

Dr. **Liz Frye** presented on the topic of “Street Medicine for People (Who Use Opioids Any Drug) and discussed individuals facing unsheltered homelessness and her work, with a team, making housecalls to people. Citing the detrimental health impacts of unsheltered homelessness, spanning medical and psychiatric complications, Frye emphasized the importance of social justice in the approach to patients experiencing these systemic problems and provided practical tips for helping individuals facing unsheltered homelessness achieve better health.

Dr. **James Jackson** presented on “Academic Partnerships in Global health,” emphasizing the importance of advocacy and health systems change with a goal of improving health and achieving health equity. Using his experience with collaborative care in Nepal and primary care in Kazakhstan, Jackson noted that “systems change is behavior change.”

The Innovations in Integrated Care session, moderated by Dr. **Virginia O’Brien**, provided an opportunity to highlight three innovative programs. Drs. **Allison Smith** and **Kelly Barth** of MUSC presented Addiction-PMC Team designed to improve MOUD for inpatients. Dr. **Anastasiya Haponyuk** of UC-Davis described Complex Care Management: A multidisciplinary approach to reduce overutilization of acute care services among Medi-Cal patients, a resident-driven initiative to improve patient care. Dr. **Jessica Waters Davis** of UNC showcased Enhanced Primary Care: Improving health outcomes for patients with serious mental illness, an innovative model of “reverse integration” patient-centered medical home with additional time and care, specialized team training in harm reduction and trauma-informed care, and structured and planned communication to coordinate the care.

Closing out the educational sessions, Drs. **Mike Lang** and **Terri Long** presented on the topic of “Ketamine: An Exciting New Possibility or Too Good to be True?” The conclusion seemed to be that at least some of the hype may just be too goot to be true. Lang summed up his views on the matter by saying, “I will listen to marketing, but I will hear research.”



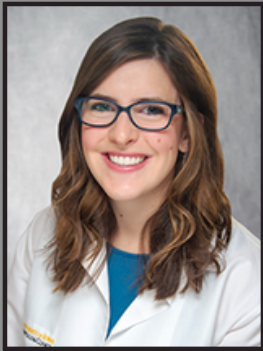
The graphic features the logo of the Association of Medicine and Psychiatry on the left, which includes a caduceus and the text "THE ASSOCIATION OF MEDICINE AND PSYCHIATRY". To the right, it displays a city skyline silhouette with the text "October 12 - 14, 2023", "2023 Annual Meeting", "Hyatt Regency Milwaukee | Milwaukee WI", and the tagline "Development and Durability: Creating new opportunities and designing our future." Below this, the phrase "save the date" is written in large, bold, orange letters. The bottom half of the graphic shows a photograph of the Milwaukee skyline at sunset, with the Pabst Pavilion and other buildings visible.

Join us in Milwaukee for the 2023 Annual Meeting, scheduled for October 13-14, 2023!



AND THE WINNERS ARE...

Outstanding Service Awards



Dr. Melissa Ludgate



Dr. Ashley Ellison

President's Award



**Dr. Vanessa
Spearman-McCarthy**

Kathol Award

Dr. Barbara Nightingale



Fenton Award



**Dr. Nicole
Woodson-DeFauw**

Vignette Winner

Dr. Gregg A. Robbins-Welty

Innovative Models for Integrated Care Winners

Dr. Allison Smith

Dr. Anastasiya Haponyuk

Dr. Jessica Waters Davis

Student Winners

Daniel Pham

Sahar Ashrafzadeh

Melvin Rico

Nicholas Coffey

COMMITTEE UPDATES

Membership Committee

After an incredibly productive in-person membership committee meeting at the Annual Meeting (AM), we decided to meet again Oct. 19 to keep the momentum going! Our big push before the AM was to increase attendance at the AM and renewals, especially of newly graduated residents (now early career physicians, or ECPs). To that end we offered a "discount code" to recent grads who renewed their membership before the AM and 3 ECPs got a year of ECP membership for the price of RFM--a savings of \$125!

Our hope is that offering an incentive allows our recent graduates another year to appreciate what AMP has to offer post-residency in the form of collegiality, mentorship, scholarship, CME, and a combo "home" where you don't have to explain what you do and why you did it. We did see a slight decline in membership this year, but we will be reaching out to lapsed members as well as potential new members and hope to attract them with the additional offerings of dynamic and topical webinars, new scholarly projects, and the meeting moving back to the Midwest next year--Milwaukee, Wisconsin! We have a new credit card processing system that will allow us to get members back on an auto-renewal program, have a plan to stay in better contact with our RFM members as they graduate and become ECPs, and will continue to work with the Communications Committee on the redesign of the website. We welcome any feedback you have about how we can make your membership work for you in AMP.

Big thanks to Drs. [David Karol](#) and [Shannon Suo](#) for their tireless leadership of the Membership Committee!

Medical Student Committee

Even though medical students had the opportunity to meet residency directors during a virtual residency fair offered earlier in September, this year's AMP Annual Meeting counted many medical students in attendance! The Medical Student Committee created opportunities for students to meet faculty and residents and managed the annual Student Travel Awards. After years of dedicated service in championing medical students and their participation in AMP, Dr. Melissa Ludgate stepped down from her role as co-chair. Dr. [Antony Gout](#) joins longtime co-chair Dr. [Ashley Ellison](#) in continuing the exciting work of encouraging medical students to get involved in AMP and combined training!



A Committee is Formed

Program Directors Committee

Dr. [Kellie Clearo](#), Emory IMP residency director, created a proposal to incorporate the "residency director caucus" into a full-fledged AMP Committee. Thanks to voting members, the committee is official, and Clearo is chair. She hopes to advocate for rational processes such as making sure the non-psychiatry requirements remain consistent with categorical requirements (such as in the era of "4+2" scheduling, and advocating for rational fees and processes for new and established programs to maintain accreditation. 5

COMMITTEE UPDATES

Global Health Committee

The Global Health Committee is excited to announce Dr. **Shanna Stryker** as new faculty co-chair! The committee had an exciting year hosting several AMP webinars and an inspiring talk at the 2022 AMP conference on Academic Global health by Dr. **James Jackson**. Academic medicine partnerships represent an important aspect of global health systems improvement – where strategic partnerships can support education, professional development, and research to bolster effective complex health systems.

Additionally, we were impressed with the global health poster section at AMP this year which showcased a great example of the importance of global health. Dr. **Josh Cockroft** (PGY-4, TCH/UC FM/Psychiatry) and **Marinés Mejía Alvarez**, LPsy (graduate Universidad del Valle de Guatemala) co-presented their poster “Implementation of a Virtual Project ECHO® Educational Model on Mental Health for Providers in Rural Guatemala” at the Annual Meeting. The poster highlighted a Project ECHO® curriculum developed and implemented through a collaboration between the University of Cincinnati and partners in Guatemala including Wuqu’ Kawoq/Maya Health Alliance (WK), the Universidad del Valle de Guatemala (UVG), and the Universidad de San Carlos de Guatemala (USC).

We know there are many people interested in global health but have difficulty finding opportunities to become actively involved. The GH committee is working on providing a centralized database to include all the faculty and trainees involved in global health work at home or abroad. This will help to facilitate collaboration and/or elective opportunities for those interested. We are hoping to participate in a journal club series with a global health focus in the future. We also plan to continue hosting relevant webinar talks throughout the upcoming year. If you want to become involved in or learn more about global health, please do not hesitate to reach out to one of the committee members!



Interested in joining a Committee?

We would love to have your involvement! If you are interested in joining an AMP Committee, please send an email to manager@assocmedpsych.org with a brief note about yourself, which committee you would like to join, and why. AMP staff will forward your email to the chairs of the committee.

AWARDS AND ACCOMPLISHMENTS

Spearman-McCarthy Recognized as an INSPIRING Woman and Physician and by ACLP for Special Contributions to the Field

AMP's inaugural Diversity, Equity, and Inclusion Committee Chair, Dr. **Vanessa Spearman-McCarthy**, was recently awarded the 2022 American Medical Women's Association INSPIRE Award. The AMWA INSPIRE Award, established by the AMWA Leadership Council, honors women physicians who inspire others because of their dedication to health care, compassion for patients, leadership, advocacy efforts, or community service. Read about INSPIRE awardees [at this link](#).



Spearman-McCarthy also won a Special Recognition Award from the Association of Consultation-Liaison Psychiatry for outstanding service to the field. Read about ACLP 2022 awards [here](#).

In addition to chairing AMP's inaugural DEI Committee, Dr. Vanessa Spearman-McCarthy is the Associate Dean for Learner, Diversity, and Inclusion and an Associate Professor with dual appointments in the departments of Internal Medicine and Psychiatry at the Medical College of Georgia, Augusta University. There, she is medical director for the C-L Psychiatry Service and sees patients in her continuity medicine clinic. She mentors medical students and has started a Med-Psych Interest Group. Thank you and Congratulations, Dr. Spearman-McCarthy!



Some of AMP's DEI Committee Members (from left): Martha Ward, Joseph Kim, Alyson Myers, DeJuan White, Jane Gagliardi, Vanessa Spearman-McCarthy, Mike Lang

Fall's Fierce Fight Against Winter

Charles E. Schwartz, rev 12-4 -22

Your voice, my love,
joins the cacophony,
discordant, bombarding my ears,
loudly proclaiming winter.



But no,
it's not winter,
still fall, so full of life,
yet 21 days.

Cherry trees,
Standing single file, lined up one-by-one,
Gracing the promenade along the river.
Tree after tree,
branches bared,
slender gnarled limbs, skeletal fingers fanned out,
poised on the verge,
restless, 'til they are freed to sweep fall away,

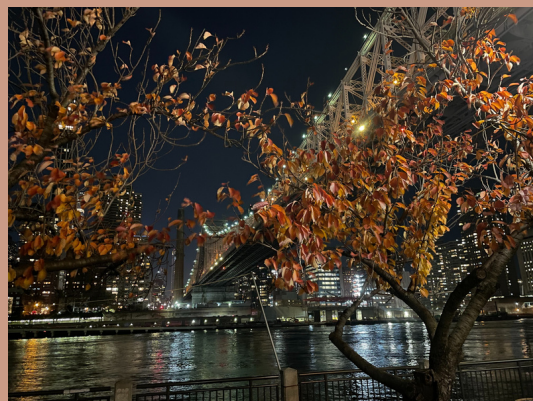
But for now, only icy-chilled gusts,
whispering winter.

Then, halfway down the walk
The stand of other cherry trees,
fiercely stubborn,
unwilling to gently surrender their leaves,
to fall, and be gone.
Even as day becomes night,
vivid deep red-orange near fluoresce,
rimmed by ever advancing brown,
losing ground as sap's vital fluids flee inward,
to winter's shelter in trunks and roots,
leaving them dry, brittle, fluttering in the
breezes.



Determined, dug in,
autumn fiercely fights to keep colors alive,
sheltering canopy,
comforter above,
radiating warmth and joy,
soon to wither, fall.

Cease all your whispers of winter,
Fall is ours for a three quarter's month.
only snowflakes,
just incandescent creations,
hung from a few posts along the way.

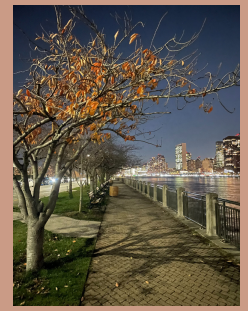


Pausing in reverie,
looking up skyward.
There shines a three quarter's moon,
growing nightly towards full,
heralding your arrival,
longingly anticipated,
now only two days hence,
my love.



Fall,
'til winter solstice descends -
its ominous nadir,
when darkness shall prevail.

We quake, the sun momentarily frozen still in the skies.
For but an instant,
spirits, souls of our dead are released,
take flight, with new lease on life,
as we huddle together,
finding refuge 'neath cozy-warm comforters,
'til morning brings the dawn,
lit by newborn sun, so they say,
to slowly grow brighter,
pushing back the darkness,
carrying the distant promise of spring's rebirth.





Renew Your Membership

It's always a good time to renew your AMP membership!

Have you graduated from your residency program and started a new position? Has time gone by and now it seems like it's too late? Did you simply forget?

2022 membership runs from July 1, 2022, through June 30, 2023

Because of YOU, AMP's membership is strong and continues to grow.

Renew YOUR AMP Membership By Clicking Here!

If you aren't sure if you have renewed, or if you need to update your contact information, please email manager@assocmedpsych.org



AMP hosts monthly webinars on the 3rd Thursday of each month.

In the last few months, speakers covered topics such as:

- August 19 - **"It Makes All the Difference": Forensic Medical Evaluations of Individuals Seeking Asylum** - Presented by: Shanna Stryker, MD MPH
- September 15 - **"Cultural Syndromes: How to Use Interpreters in a Culturally Humble Way When Discussing Medically Unexplained Symptoms"** - Presented by: Mary Beth Alvarez, MD, MPH
- November 17 - **"Prison Psychiatry"** - Presented by Raymond Reyes, MD
- December 15 - **"Transcranial Magnetic Stimulation"** - Presented by Carlos. G. Lowell, DO

Upcoming Webinar Topics Include:

Intimate partner violence * Autism and neurodivergence awareness
Gender affirming care * Sickle cell awareness
Indigenous peoples awareness

MEET AMP'S NEW EXECUTIVE DIRECTOR

Hi! I am **Maggie Furrow**, AMP's new Executive Director!

A little about me... I am a mom, wife, daughter, aunt, best friend, and listener. I surround myself with people and things I love. I have two very wild little boys, Henry, 6 and Harrison 4, whom you will hear about probably every time we talk if I can find a way to squeeze in a story. Or you will see them on zoom if I am working from home. They are both crazy smart, a little too adventurous for my mama's heart to handle, stubborn just like their dad (and maybe me a little too), and feisty. My husband, Brian, and I have been in each other's lives for over 25 years, married for 7. He has been my rock and sounding board for more than half my life and I have known since the day we met when I was 17 that I was going to marry him. Our little family is completed by my fur baby Watson. The best rescue dog ever!

I grew up in central California and graduated from Fresno State with a BA in Mass Communications, I moved to Baltimore a few years later and spent my late 20s and early 30s there. While in Baltimore I decided on a whim to go to graduate school. I finished my master's in communications in August of 2013 and the day after I submitted my last paper, I packed up and moved back to Fresno. In our non-working life, we enjoy camping, hiking, kayaking, white water rafting, and generally being outdoors if at all possible. I also love doing home improvements, my next dream is a bathroom remodel.

Since moving back home I have worked for local non-profits here in Fresno: The Central California Food Bank, Fresno First Steps Home, Community Medical Foundation, and Wings Advocacy Fresno. **Wings** is a furniture bank that provides furnishings to newly housed, formerly homeless here in Fresno. I remain a board member for Wings and have been elected to serve as their **president** in the next term.

I very much enjoy my work with AMP and believe the organization's mission aligns with my own values! If we haven't already met, I look forward to meeting you either via email or zoom and hopefully soon, in person.

