

Ohio Psychiatric Physicians Association Annual Psychiatric Update

**VIRTUAL**

Saturday, April 2, 7:30 a.m.-5 p.m.

## **Hot Topics in Psychiatry: Advancing Clinical Care While Surviving the Pandemic's Impact**

The pandemic has heightened the awareness of both physical and mental/behavioral concerns in all populations in the state of Ohio. It has been nearly two years since COVID-19 created the challenges that our patients face, including illness, loss of employment, financial problems, lack of food, closed schools and loss of life. It has all taken a tremendous toll on our patients from a social, emotional and vocational perspective and the effects will be long-standing. At the same time, the field of psychiatry continues to see advances. This educational activity will address both pandemic-related mental health issues and new advances in the treatment of psychiatric disorders.



Jointly provided by the American Psychiatric Association and the Ohio Psychiatric Physicians Association



# General Information

## WHO SHOULD ATTEND

This program is designed specifically for Psychiatrists, Residents, Medical Students and other Physicians, including Primary Care and Pediatricians, as well as Psychologists, Nurses, Social Workers, Counselors and other Mental Health Care Professionals.

## REGISTRATION

The preferred method of registration is [online](http://www.oppa.org/annualpsychupdate) at [www.oppa.org/annualpsychupdate](http://www.oppa.org/annualpsychupdate). If you register by mail, please complete the registration form on page 8 and send with payment to: Ohio Psychiatric Physicians Association, 3510 Snouffer Rd., Ste. 101, Columbus, OH 43235-4217. Make check payable to Ohio Psychiatric Physicians Association. Your registration is not confirmed until payment is received.

## AMERICANS WITH DISABILITIES ACT

If you need assistance related to sight, sound, or mobility, please contact the OPPA office as soon as possible so that we may accommodate reasonable requests.

## SYLLABUS

Every registered attendee will receive a pdf of all handouts.

## CANCELLATION POLICY

If you are not able to attend, we encourage you to send someone in your place. Refund of the registration fee, minus a \$50 administrative charge will be allowed if request for cancellation is received in writing by Mar. 5, 2022. After this date no refund will be made.

## SPONSOR A MEDICAL STUDENT

In an effort to give medical students more opportunities to experience psychiatry, including networking with practicing psychiatrists, and receive cutting-edge psychiatric education, the Ohio Psychiatric Physicians Foundation (OPPF) encourages meeting attendees to "sponsor" a medical student by paying the registration fee for a medical student to attend the OPPA Annual Psychiatric Update. This is just one of the ways the OPF is working to encourage students to consider psychiatry as their specialty.

If you do not have a particular student in mind, we will pair you up with a medical student who has indicated an interest in attending if there is a sponsorship available – simply complete the registration form, leaving that information blank.

Click [HERE](#) to make a tax-deductible contribution for the overall programmatic support of medical student education, including but not limited to, sponsoring one or more students to attend the OPPA Annual Psychiatric Update.

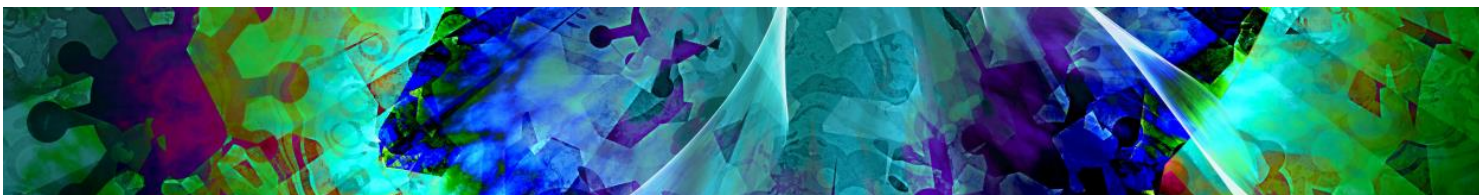
If paying by check, please mail two checks. Please make the sponsorship check payable to Ohio Psychiatric Physicians Foundation (OPPF) and your event registration check payable to OPPA.

## MEDICAL STUDENTS

As in years past we hope to provide sponsorships to cover the cost of registration for medical students to attend. However, if you would like to secure your space now you may register below for only \$25. For further details, visit [www.oppa.org/annualpsychupdate](http://www.oppa.org/annualpsychupdate). If you want to be added to a list for possible sponsorship or are ready to register and pay the \$25 registration fee, click [HERE](#) to register. Students will be notified by Mar. 14, 2022 if there is a sponsorship available. Priority will be given to students who have not attended in the past. There will be specific time for medical students to meet with other Ohio medical students and to learn from residents and others about psychiatry residency and career opportunities.

## CME CERTIFICATE

Instructions with an access code for obtaining your CME certificate online, directly from the APA, will be provided during the conference. You will complete an evaluation form online. Once you complete the evaluation and attest to the number of hours of credit you are claiming for this educational event, a certificate will be available for immediate download/printing.



# Virtual Poster Presentations

## CALL FOR ABSTRACTS

The Ohio Psychiatric Physicians Association (OPPA) and Ohio Psychiatric Physicians Foundation (OPPF) invite all OPPA members, resident/fellows and medical students to participate by submitting an abstract for consideration to display a virtual poster presentation during the upcoming Annual Psychiatric Update to be held on April 2, 2022. If the abstract is accepted, the presenting author is encouraged, but not required, to register and attend the virtual meeting.

## SUBMISSION GUIDELINES

- Members and residents/fellows must be an OPPA member. Medical students must be members of the American Psychiatric Association.
- Submission areas may include research reports, research-in-progress, case reports, and posters that have already been presented elsewhere within the past year.
- **All abstracts must be received by 11:59 pm on Feb. 15, 2022 for consideration for inclusion in the 2022 posters.**

## INFORMATION REQUIRED FOR SUBMISSION OF ABSTRACT

- Title
- Name of author(s)
- Name of presenter(s)
- Information of author(s) (contact information, level of training or years in practice, degrees, title, institution name, address, phone number, and email address).
- Abstract (500 words or less).
- The disclosure form (see below) is due at the time of abstract submission.
- All submission materials must be completed online. Click [HERE](#) to access the submission form or go to [www.oppa.org/foundation](http://www.oppa.org/foundation), under Awards section
- Incomplete submissions will not be considered.

## VIRTUAL POSTERS

Typically, virtual posters have two aspects, a PDF poster, and a short description:

- Posters — should be created in the same format as would be used on-site and saved as a PDF.
- Descriptions — Presenters should provide a video recording, along with a written description of the poster.

## THE REVIEW PROCESS

- Judges will be appointed by the OPPF Board to the Poster Awards Committee.
- Abstract submissions will be reviewed for acceptance by the OPPF Poster Awards Committee.
- Selection criteria include educational value, audience appropriateness and topic diversity.
- Specific details about the judging process will be provided when the abstract is accepted.

## GENERAL DISCLOSURE POLICY

- Every presenter must complete a [Disclosure of Financial Interests form](#) through the OPPA's online submission site.
- Each presenter must make every effort to ensure meaningful disclosure of limitations on data (e.g. ongoing research, interim analysis, preliminary data, or unsupported opinion).



# Overview

## OVERALL LEARNING OBJECTIVES

At the conclusion of this educational event, participants should be able to:

- ◆ Understand previous infectious outbreaks and how they inform the present pandemic;
- ◆ Identify past mis-steps and develop thoughts/ideas of how to diminish the effects of future infectious outbreaks;
- ◆ Gain a working understanding of the common signs, symptoms and demographics of long COVID;
- ◆ Identify approaches for the treatment and support of people experiencing long COVID symptoms;
- ◆ Gain awareness for the degree of medical gaslighting and denial of symptoms being faced by people with Long COVID with a highlight on people with Long COVID who are members of historically excluded groups;
- ◆ Describe neurobiological and psychosocial mechanisms by which psilocybin may function as a therapeutic for depressive disorders;
- ◆ Identify ways that Acceptance and Commitment Therapy and related therapies can be integrated into psychedelic treatment models;
- ◆ Recognize methodological and ethical challenges facing the field of psychedelic medicine;
- ◆ Understand and describe the mechanisms underlying treatment resistant depression;
- ◆ Explain the mechanism of action behind new treatment modalities including neuromodulation and ketamine; and,
- ◆ Identify the importance of future directions in mood disorder treatments as well as current research interests in the field.

## CONTINUING EDUCATION

### PHYSICIANS

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

The American Psychiatric Association designates this live activity, *Hot Topics in Psychiatry: Advancing Clinical Care While Surviving the Pandemic's Impact* for a maximum of 5.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

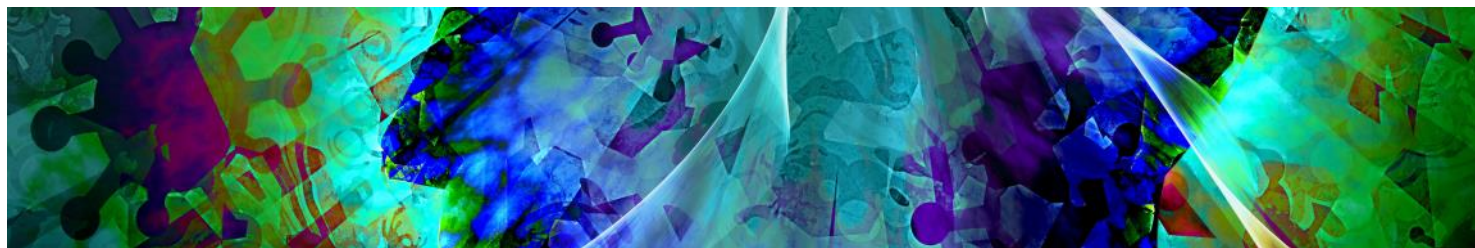
## EVALUATION

This educational activity will be evaluated utilizing an online evaluation form to evaluate the effectiveness of the CME activity in meeting the identified educational needs and stated learning objectives in terms of satisfaction, knowledge, skills and any perceived commercial bias. At the conclusion of this educational event, you will be provided with a link to the evaluation form. After completing the evaluation you will be provided with an opportunity to print a certificate for continuing education credit.

## PLANNING COMMITTEE 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 are on file and disclosed on program materials. Faculty participating in sponsored or jointly provided meetings of the APA are required to disclose to program participants any financial relationships with commercial interests that they (or their spouse/partner) have related to the content of their presentations. Faculty disclosures are identified as a faculty cover sheet with their respective syllabus/handout materials. Faculty are also responsible for disclosing any discussion of off-label or investigational use of a product.

The following individuals of the planning committee have indicated neither they, nor their spouse/partner, have any financial relationship with any commercial source: Brian Evans, DO, Rebecca Ekstrand, MD, Karen Jacobs, DO, Victoria Kelly, MD, Selena Magalotti, MD, Suzanne Sampang, MD, Janet Shaw, MBA, Heather Theibert, DO, and Kristi Williams, MD.



# Agenda

SATURDAY, APRIL 2

TIME	
7:30 – 9 a.m.	<b>Annual Business Meetings: OPPA, OPPAC, OPPF</b>
	<b>Medical Student Meeting</b>
7:30 a.m. – 3:30 p.m.	<b>Poster presentations on display</b>
8:30 – 9 a.m.	<b>Network and Visit with Exhibitors and Supporters</b>
8:55 a.m.	Welcome and Opening Remarks - Brian Evans, DO, President and Karen Jacobs, DO and Suzanne Sampang, MD, 2022 Program Co-Chairs
9 – 10 a.m.	<b><i>Novel Treatments in Neuromodulation</i></b> <b>Murat Altinay, MD</b>   Cleveland Clinic Foundation  Major Depressive Disorder (MDD) is one of the most prevalent psychiatric illnesses. Patients who fail to respond to at least two medication trials are diagnosed with "treatment resistant depression" (TRD). Current antidepressants and the monoamine hypothesis fail to help with depressive symptoms in the TRD population. It is therefore of great importance to look at other mechanisms that play a role in pathophysiology of depression. In this talk we will focus on: 1) the glutamate system as one of the mechanisms of depression, 2) review over the counter supplements and augmentation agents that have antidepressant effects, 3) talk about neuromodulation therapies (with emphasis on TMS, ECT, VNS, and DBS) and other new treatment modalities (ketamine and psychedelics) and 4) some of the current and future research directions in the field.
10 – 10:30 a.m.	<b>Visit with Exhibitors and Supporters</b>
10:30 – 11:30 a.m.	<b><i>The Henry and Amelia Nasrallah Endowed Lecture in Advances in Psychiatry</i></b> <b><i>Psilocybin-assisted Therapy for Major Depressive Disorder</i></b> <b>Jordan Sloshower, MD, MSc</b>   Lecturer, Department of Psychiatry, Yale University  Preliminary evidence suggests that psychedelic treatments have therapeutic potential across a range of mental disorders and psilocybin-assisted therapy was recently granted breakthrough status by the FDA as a treatment for Major Depressive Disorder (MDD). In this talk, Dr Jordan Sloshower will present the design and results of his study of psilocybin-assisted therapy for MDD. This research investigates potential neurobiological and psychological mechanisms of action, namely induction of neuroplasticity and psychological flexibility. He will also discuss how this study uniquely employed Acceptance and Commitment Therapy (ACT) as an overarching psychotherapeutic framework. The talk will conclude with reflections on methodological and ethical challenges facing the field of psychedelic medicine.



# SATURDAY, APRIL 2

TIME	
11:30 a.m.– Noon	<b>Break and Visit with Exhibitors and Supporters</b>
Noon – 1 p.m.	<b><i>Facilitated Breakout Sessions</i></b>  The topics addressed during this year’s meeting relate to the ongoing pandemic as well as innovations in psychiatric care, both of which can impact certain subpopulations in different ways. To examine these issues from a diversity and inclusion lens, six clinical psychiatric patient subpopulations impacted were identified, including Children and Adolescents, Geriatrics, Substance Use Disorders, LGBTQ+, Racial/Ethnic Minorities and Women for discussion. After participating in the morning sessions with clinical experts, participants will be separated into one of the six breakout groups (self-selected during registration) to discuss how the pandemic and the clinical innovations have affected one of the above populations. A facilitator for each group will guide discussions during the breakout sessions. At the conclusion of the breakout discussions, each group will share a summary of their small group discussion with the larger group.
1 – 1:30 p.m.	<b>Break and Visit with Exhibitors and Supporters</b>
1:30 – 2:30 p.m.	<b><i>A Medical Historian Perspective on Pandemic</i></b> <b>John Berry</b>   Distinguished Scholar, Tulane University School of Public Health and Tropical Medicine  Can and should Medical History inform how we manage current and future pandemics? While there are certainly differences between the 1918-1919 Influenza outbreak and Covid 19, there are many lessons to be learned. Immediate actions of non – pharmaceutical interventions proved to “flatten the curve” and reduce mortality. Then, as now, there was pushback regarding how to implement effective interventions sustainably. Edwin Chadwick, a reformer and early leader in public health, first called attention to the fact that “the poor don’t get sick because they’re bad or unworthy, they get sick because they’re poor, living in crowded conditions, without access to health care.” We hope to learn how to embrace an approach that addresses such systemic issues.
2:30 – 3 p.m.	<b>Break and Visit with Exhibitors and Supporters</b>
3 – 4 p.m.	<b><i>COVID Long Haulers</i></b> <b>David Putrino, PhD</b>   Icahn School of Medicine at Mount Sinai  Long COVID is a highly debilitating set of conditions that is affecting millions of people who were initially infected with acute SARS-CoV2 Virus. Long COVID affects nearly every organ system and causes significant physical, social, emotional and psychological consequences. This presentation will aim to provide insight into some emerging holistic and person-centered approaches to long COVID management. Potential pathophysiology of long COVID, current assessment and interventional approaches, as well as avenues for future research and investigation will be discussed.
4 – 4:15 p.m.	<b>Final Comments</b> <b>Announce Poster Presentations 1<sup>st</sup> and 2<sup>nd</sup> Place Submissions</b>
4:15 – 5 p.m.	<b>Medical Student Post Event Debrief</b>

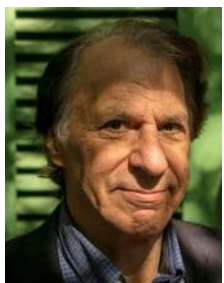




# Speakers



**Murat Altinay, MD**, is an adult psychiatrist with interests in treatment resistant mood disorders (major depressive disorder and bipolar disorder), neuromodulation (transcranial magnetic stimulation (TMS), deep brain stimulation (DBS)) and LGBT mental health. He is currently the principal investigator of several clinical trials including the "Electroconvulsive Therapy (ECT) vs. Ketamine in Patients with Treatment Resistant Depression (TRD) (ELEKT-D) study", "Transcranial Magnetic Stimulation in Smokers: an Examination of Mediating Neural Pathways", "Modulation of anterior cingulate and dorsolateral prefrontal cortex GABA and functional connectivity following repetitive transcranial magnetic stimulation therapy in major depressive disorder", and "Registry: Patients Having Repeated Intravenous Ketamine Infusions for the Treatment of Highly Treatment-Resistant Depression". He is also a co-investigator of "Ketamine Treatment of Youth Suicide Attempters for Fast Reduction of Severe Suicide Risk and Facilitation of Long-term Collaborative Clinical Engagement: A Double Blind Randomized Placebo Controlled Trial" and "Transgender Women's Perspectives on Mental Health Care Related to Gender Affirmation Surgery".



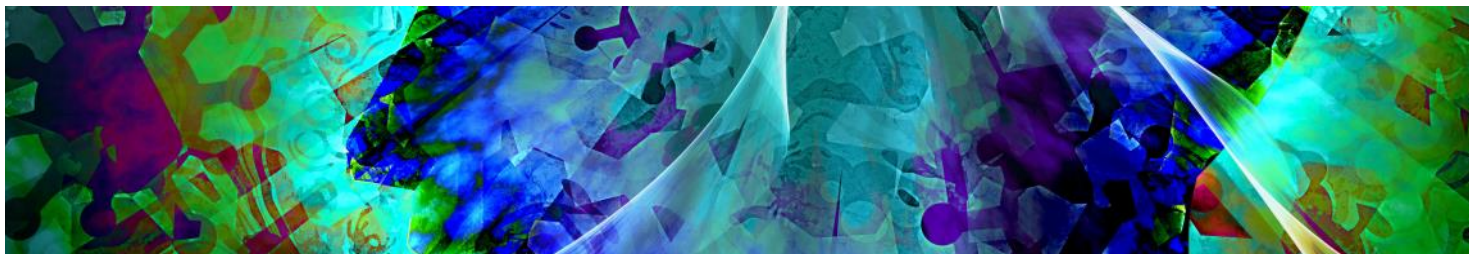
**John M. Barry** is a prize winning historian whose work has involved him in public policy. The National Academies of Sciences named his 2004 book *The Great Influenza*, a #1 *New York Times* best-seller, the year's best book on science or medicine. A member of the original team to recommend non-pharmaceutical interventions to mitigate a pandemic, he advised both the Bush and Obama White House on pandemic response, and he also worked with United Nations, state, local, and private sector entities on resilience issues. A member of advisory boards at MIT and Johns Hopkins, he is Distinguished Scholar at the Tulane University School of Public Health and Tropical Medicine.



**David Putrino, PT, PhD**, is a physical therapist with a PhD in Neuroscience. He studied computational neuroscience at Harvard Medical School, MIT and NYU. He is currently the Director of Rehabilitation Innovation for the Mount Sinai Health System, and an Associate Professor of Rehabilitation and Human Performance at the Icahn School of Medicine at Mount Sinai. He develops innovative rehabilitation solutions for adults and children in need of better healthcare accessibility. He also works with high performance partners such as Red Bull, the Brooklyn Nets NBA team and the US Olympic team to use evidence-based technologies to improve athletic performance. He is the author of *Hacking Health: How to make money and save lives in the HealthTech world*. In 2019, he was named "Global Australian of the Year" for his contributions to health care.



**Jordan Sloshower, MD, MSc** is a psychiatrist and researcher whose work focuses on therapeutic applications of psychedelic substances, and in particular, how these novel treatments can be delivered in a manner that promotes holistic healing and social justice. He is currently an Instructor in the Yale Department of Psychiatry, where he serves as an investigator and therapist in several clinical trials of psilocybin-assisted therapy. Jordan is also a clinical investigator in MAPS' Expanded Access Program for MDMA-assisted therapy of PTSD and serves as a lead trainer with Usona Institute's facilitator training program. Most recently, he was elected to the Board of Directors of the American Psychedelic Practitioners Association, reflecting his commitment to ethical stewardship of psychedelic medicines.



# Registration



Register online:  
[www.oppa.org](http://www.oppa.org)



Ohio Psychiatric Physicians Association  
3510 Snouffer Road, Suite 101  
Columbus, OH 43235-4217



(614) 763-0040



(614) 481-7559

## 1 Contact Information

Please print

Name \_\_\_\_\_

Address \_\_\_\_\_

Degree \_\_\_ MD \_\_\_ DO \_\_\_ PhD \_\_\_ APN \_\_\_ LISW \_\_\_ LPCC

\_\_\_ Other (please specify) \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

## 2 Registration Information

### MEMBERS

Registration Type	Early-bird prior to Mar. 1	Regular Rate
<b>Annual Psychiatric Update (April 2, 2022)</b>		
OPPA Member	<input type="checkbox"/> \$75	<input type="checkbox"/> \$115
OPPA Resident-Fellow Member	<input type="checkbox"/> \$25	<input type="checkbox"/> \$55

Registration Total \$ \_\_\_\_\_

## 3 Payment Information

Registration Total \$ \_\_\_\_\_  
(from the left)

Method of Payment:

☐ Check payable to OPPA (registration fees)

If you wish to pay by credit card please [register online](#)

## 4 Sponsor a student

In order to sponsor a student, the registration and the sponsorship must be processed in two separate transactions. If paying by check, please mail two checks. Please make the sponsorship check payable to Ohio Psychiatric Physicians Foundation (OPPF) and your event registration check payable to OPPA.

Complete the below information to make a tax-deductible contribution to OPPF's overall programmatic support of medical student education, including by not limited to sponsoring one or more students to attend the OPPA Annual Psychiatric Update, April 2, 2022

- ☐ I would like to sponsor one medical student \$25  
☐ I would like to sponsor two medical students \$50  
☐ I would like to sponsor three medical students \$75  
☐ I would like to sponsor four medical students \$100

Sponsorship Total \$ \_\_\_\_\_

Method of Payment:

☐ Check payable to OPPF (student sponsorship)

If you wish to pay by credit card click [HERE](#) to make an online tax-deductible contribution

Student Name \_\_\_\_\_

Email \_\_\_\_\_

If you do not have the name of a specific medical student, we will be happy to match you with a student who has expressed interest in attending if a sponsorship is available.

### I WILL PARTICIPATE IN THE FOLLOWING BREAKOUT:

- ☐ Children and Adolescents ☐ LGBTQ+  
☐ Geriatric ☐ Racial/Ethnic Minorities  
☐ Substance Use Disorders ☐ Woman

### NON-MEMBERS (PLEASE SELECT BREAKOUT ABOVE)

Registration Type	Early-bird prior to Mar. 1	Regular Rate
<b>Annual Psychiatric Update (April 2, 2022)</b>		
Non-Member Psychiatrist, other Physician, or Psychologist, Nurse, Counselor, Social Worker or Physician Assistant	<input type="checkbox"/> \$225	<input type="checkbox"/> \$250
Non-Member Resident-Fellow	<input type="checkbox"/> \$75	<input type="checkbox"/> \$115

Registration Total \$ \_\_\_\_\_