



A NEW CHAPTER: WELCOMING KATY KRANZE AS OUR EXECUTIVE DIRECTOR

Change is the heartbeat of progress. In October, we bid a fond farewell to our longtime Executive Director, Robin Huffman and welcomed Katy Kranze as the incoming Executive Director of the NC Psychiatric Association.

“I am so grateful for the privilege of having served you for the past 23 ½ years. While I might like to think I look way too young to be old enough to retire, I am. Retiring to the 139 tomato plants in our backyard garden. Retiring to volunteer on a committee for my church synod. Retiring to spend more time with my 91-year-old mother while I can.”

ROBIN HUFFMAN: A LEGACY OF LEADERSHIP

Before we dive into the exciting news about Katy, let us take a moment to acknowledge and express our deepest gratitude to Robin Huffman. Robin has been the driving force behind the success and growth of our association for 23 years. Her unwavering commitment, tireless work, and passion for our mission have left an indelible mark on our organization and the mental health landscape in North Carolina.

As Robin embarks on a well-deserved retirement, we extend our warmest wishes for a future filled with joy and relaxation.

MEET KATY KRANZE: A VISIONARY LEADER

The NCPA Executive Council has named Katy the new Executive Director, effective October 1, 2023. With years of dedicated service within our organization, Katy has been an integral part of our success. Katy’s passion, dedication, and innovative spirit make her the perfect fit for the role of Executive Director.

On October 26, we gathered to celebrate Robin with a retirement party in Raleigh. The highlight of the evening was the distinguished honor bestowed upon Robin by Governor Cooper—the prestigious Order of the Long Leaf Pine. Presented by *Carrie Brown, M.D., M.P.H., D.F.A.P.A.* this award recognizes Robin’s exceptional service and dedication to our community. Additionally, the evening was made even more special with the presentation of the Sally Cameron Award from the NC Psychological Association. This accolade further underscores Robin’s profound impact on the mental health field, reflecting the admiration and respect she has garnered throughout her career.

Katy has served as NCPA Assistant Director since 2016, having joined NCPA in 2012 as Membership and Events Coordinator. Her experience at NCPA has included work in every facet of the association—from membership and internal/external communications to conference planning and advocacy.

She is a cum laude graduate of SUNY Brockport with degrees in Health Sci-

continued on page 7...



IN THIS ISSUE

3 PRESIDENT'S COLUMN

Constance Olatidoye, M.D.

4 APA'S FEDERAL ADVOCACY CONFERENCE

Danielle Lowe, M.D., Ph.D.

5 WHAT PSYCHIATRISTS NEED TO KNOW: FORENSIC PSYCHIATRY

Sherif Soliman, M.D.

6 MEMBER SPOTLIGHT:

Rick Peter Frtiz Wolthusen, M.D., M.P.P.

8 NAVIGATING PRIVATE PRACTICE

NCPA's Private Practice Committee

9 MEMBER RESPONSE TO UNC SHOOTING

Jarrett Barnhill, M.D., D.L.F.A.P.A.

10 STUDENT NATIONAL MEDICAL ASSOCIATION'S NATIONAL LEADERSHIP INSTITUTE (NLI)

Tyehimba Hunt-Harrison, M.D., M.P.H. and
Anthony Kulukulualani, M.D.

12 OPIOID SETTLEMENT: FOLLOW THE MONEY

Art Kelley, M.D., D.L.F.A.P.A.



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Association

news

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PRESIDENT'S COLUMN

A TIME TO REFLECT AND LOOK AHEAD



Constance Olatidoye, M.D.
NCPA President

As we welcome the beautiful season of winter, I would like to take a moment to reflect on the remarkable events and transitions that have marked this fall within NCPA. First and foremost, it is with a mix of emotions that we bid farewell to Robin Huffman, our Executive Director, after an incredible 23 years of dedicated

service. Robin has been the heart and soul of our organization, steering us through times of change and growth with unwavering commitment. Her leadership, vision, and tireless efforts have left an indelible mark on the Association. We are profoundly grateful for her outstanding contributions and wish her all the best in her well-deserved retirement.

As we say goodbye to Robin, we enthusiastically welcome Katy Kranze as our new Executive Director, effective October 1st. Katy has been with NCPA for the past 11 years and brings a wealth of experience, a passion for mental health advocacy, and a deep commitment to the well-being of our members. Her energy, vision, and dedication are sure to drive our association forward in these exciting times for our field. I encourage you to reach out, introduce yourselves and offer support to Katy in her new role.

Now, let's turn our attention to our recent Annual Meeting. The 2023 NCPA Pre-Conference on Workplace Safety and the Annual Meeting were held from September 28 to October 1. This year's events were nothing short of inspiring. Our Pre-Conference and Annual Meeting featured engaging keynote speakers, thought-provoking workshops, and the opportunity to connect with colleagues from various corners of our state. The Annual Meeting also provided an opportunity to recognize the outstanding achievements of our members. Congratulations to the award recipients for their contributions to psychiatry and mental health in North Carolina. These gatherings serve as a reminder of the importance of our collective efforts to advance the field of psychiatry, improve patient care, and advocate for mental health awareness.

Looking ahead, we have exciting plans in store for the coming year. We will continue to advocate for mental health policies that benefit our patients and promote the professional interests of our members. NCPA remains dedicated to providing educational resources, networking opportunities, and support for psychiatrists throughout our state. I invite each and every one of you to actively engage with our association, to share your insights and expertise, and to take full advantage of the resources we offer. Moreover, I urge you to connect with colleagues who may not yet be members of NCPA and communicate the ways in which this organization has positively impacted your professional growth and development. Share your personal experiences and the benefits you've gained from being a part of NCPA. Together, we can make a meaningful impact on the mental health landscape in North Carolina.

As we bid farewell to Robin Huffman and welcome Katy Kranze to this new role, and as we reflect on the successes of our Annual Meeting, let us move forward with continued support and commitment to the advancement of psychiatry and NCPA. 🌱

APA/APAF FELLOWSHIPS ACCEPTING APPLICATIONS

The APA/APA Foundation Leadership Fellowships provide professional development and networking opportunities for residents to develop into leaders in the field of organized psychiatry.

The APA/APAF fellowships are an integral part of building the pipeline for innovative psychiatrists interested in organized medicine. They also support APA's strategic initiatives to advance the integration of psychiatry in the evolving healthcare delivery system and supports and increases diversity in the field.

Learn more: www.psychiatry.org/residents-medical-students/residents/fellowships/available-apa-apaf-fellowships



APA FEDERAL ADVOCACY CONFERENCE



Danielle Lowe, M.D., Ph.D.
NCPA News Co-Editor

from APA leadership, perspectives from congressional staffers, and briefings on the federal issues to be addressed: behavioral health integration incentives for primary care; maternal mental health equity and mortality; and psychiatric workforce bills addressing resident shortages, student loans, and the Conrad State 30 program. This was followed by a moving speech by Maryland Representative Jamie Raskin and his unapologetic passion for mental health legislation after losing his son to depression and death by suicide.

Historic...Unprecedented...Exciting. These were the words repeated over the two-day APA Federal Advocacy Conference in October, which brought over a hundred psychiatrists to engage with congressional offices during the chaotic speaker of the House votes.

The conference started off with a welcome

The second day was a marathon of House and Senate meetings sharing clinical and personal perspectives on why these issues matter in our respective districts and states. I was joined by Franz Belz, fourth year medical student; *Rick Peter Fritz Wolthusen, M.D., M.P.P.*, fourth year general resident, NCPA Legislative Affairs Committee and APA/APAF Public Psychiatry Fellow; and *Jeremy Landvoater, M.D.*, practicing general psychiatrist, to represent North Carolina psychiatrists on Capitol Hill. It was exciting to see each member of our NCPA team lead the discussions on issues that resonated with them, advocating for support of these bills, networking between ourselves along the way... and a few obligatory photos in front of the US Capitol. As I flew back from Reagan National Airport, I reflected on our contribution to the democratic dialogue necessary to keep mental health issues a priority.

As psychiatrists, we navigate human connections and explore motivations daily in our clinics. This easily translates into civic responsibility where we come together to voice concerns, share personal stories, and advocate for change for our profession and our patients. I look forward to future state and national advocacy days and encourage other NCPA members to consider getting involved as well. 🌱

What Psychiatrists Need to Know About...

Forensic Psychiatry



Sherif Soliman, M.D.
Public Psychiatry & Law
Committee

A 29-year-old patient with major depressive disorder was admitted to your unit after she expressed thoughts of killing her infant as well as herself. She seems to be improving and is requesting discharge. How do you make the decision? Meanwhile, you are urgently called to the CCU to consult about a patient with CHF who wants to leave

AMA. The cardiologist notes that he is fully oriented and should be permitted to leave if he desires. Suicide risk assessment, violence risk assessment, civil commitment, medical malpractice, and decision-making capacity are among the more common areas where forensic psychiatry intersects with general psychiatry.

Forensic psychiatry is defined by the American Academy of Psychiatry and the Law (AAPL) as a “subspecialty that includes research and clinical practice in the many areas in which psychiatry is applied to legal issues.” Forensic psychiatry is a subspecialty recognized by ACGME and ABPN. Forensic psychiatry training consists of a one-year fellowship following successful completion of a general psychiatry residency (or combined program). Subsequently, ABPN administers a board examination for certification that can be taken after a candidate has completed fellowship and attained certification in general psychiatry. North Carolina currently has two accredited fellowship programs: UNC and Carolinas Medical Center/Wake Forest, which I direct and which will begin in July 2024.

There are also many educational options for the busy clinician who may wish to learn more about forensic psychiatry, particularly as it applies to general practice. I will suggest a list of forensic topics that are rel-

evant to the practice of general psychiatry and recommendations for lifelong learning. This is by no means an exhaustive list but should provide a solid start.

1. **Basic law and the legal regulation of psychiatry:** Civil law intersects with psychiatry in areas such as civil commitment, guardianship, confidentiality laws, and privilege. In criminal law, areas of overlap include competence to stand trial (capacity to proceed), sanity at the time of the act, and diminished capacity.
2. **Civil commitment:** Civil commitment standards balance the competing interests of *parens patriae* and police power. *Parens patriae* (“parent of the country”) refers to the concept that the state has a duty to protect vulnerable citizens. Civil commitment criteria that focus on the person’s inability to care for themselves are based in the philosophy of *parens patriae* while criteria that focus on likelihood of suicide or violence are based in police powers.
3. **Medical malpractice:** An understanding of the elements of medical malpractice, both negligent and intentional, will help both improve your practice and reduce liability.
4. **Confidentiality and privilege:** Confidentiality refers to the physician’s obligation to not disclose information learned in the doctor-patient relationship except in limited circumstances. Privilege is broadly defined as the patient’s right to prevent the doctor from testifying about such matters. Jurisdictions may differ in how these obligations are defined and in the exceptions.
5. **Assessing suspected malingering:** Forensic psychiatry offers a systematic approach to malingering that includes clinical assessment, collateral data, and, when indicated, psychological testing.
6. **Suicide and violence risk assessment:** Forensic psychiatry teaches an organized approach to risk assessment including the use of standardized in-

continued on page 14...

MEMBER SPOTLIGHT

RICK PETER FRITZ WOLTHUSEN, M.D., M.P.P.

RICK WOLTHUSEN, M.D., M.P.P. IS A PGY-4 RESIDENT AT DUKE, APA/APAF PUBLIC PSYCHIATRY FELLOW, AND RECIPIENT OF THE ORDER OF MERIT OF THE FEDERAL REPUBLIC OF GERMANY



In a world where innovation can rapidly change access to mental health care, *Rick Peter Fritz Wolthusen, M.D., M.P.P.* emerges as a formidable force, shaping the future with unwavering determination and boundless creativity. His work in global mental health, all before graduating from Duke psychiatry residency, has led to national and international awards including the Society of Biological Psychiatry Humanitarian Award and Order of Merit of the Federal Republic of Germany, the highest tribute for individuals for service to his home nation. With this member profile, we celebrate his accomplishments and hope to inspire other psychiatrists to be a force of change in their communities and beyond.

During his research and medical training in Germany, Dr. Wolthusen co-founded On The Move e.V., a non-governmental organization aimed to improve mental health care and foster cultural exchange between Germany and Sub-Saharan African counties. He later expanded to include a US chapter, Heads Up!, Inc., in Boston while obtaining his masters degree in public policy.

Through his work with clinics in Kenya and Ghana, Dr. Wolthusen has developed a unique perspective on the layers and interconnected global and local mental health stigma and gaps of care. When discussing systems of care, he recognizes the challenges of mental health care in the US and the importance of collaborative care, step care, and engaging local community leaders/healers to improve accessibility and combat access mental health barriers. He promotes implementation science and trans-cultural learning opportunities for other clinicians and developed lifelong friendships and collaborators across the globe.

As a member of the NCPA Legislative Affairs Committee and APA/APAF Public Psychiatry Fellow, Dr. Wolthusen used this perspec-

tive to discuss modernizing the existing mental health framework and workforce legislation to respond to current patient needs. He recently participated in the APA Federal Advocacy Conference at the US Capitol where he met with state congressional offices and advocated for opportunities for change. When asked how others can get involved, Dr. Wolthusen recommended that psychiatrists start by recognizing that you are not the only one who wants to make a change, networking with like-minded individuals, and being vocal. 🌱

Member Spotlight is a new column, where we feature the outstanding work of NCPA members. If you are interested in nominating a member, email info@ncpsychiatry.org.

Prime Minister Michael Kretschmer presenting the Order of Merit of the Federal Republic of Germany to Rick Wolthusen, M.D., M.P.P. in the Saxon State Chancellery on June 21, 2023.



...“Executive Director” continued from cover

ence and Communications. Before joining NCPA in 2012 Katy worked as office coordinator for a large private psychiatric practice in the Triangle and as an events director in New York state.

A search committee, appointed this spring by then-President *Michael Zarzar, M.D., D.L.F.A.P.A.* worked over the course of the summer developing a job description, reviewing comparable positions in the state, advertising the position, designing an effective professional screening process, and interviewing top candidates.

Review of Katy’s application and the interview with the search committee made it clear that she was the best candidate for the position. “Katy demonstrated an excellent understanding of the issues facing psychiatry, our organization, and our members,” says NCPA President and Chair of the search committee *Constance Olatidoye, M.D.* “During her tenure here, she has been responsible for conference planning, all communications, accounting, membership development, and staffing committees. Perhaps most important, however, is her sense of loyalty to the association and our members. The search committee felt strongly that she is the right person to lead NCPA into an exciting future.”

Beyond her professional achievements, Katy is known for her warm and vibrant personality, a reflection of the loving home she has built in Cary with her husband, Paul, and their two children, Connor (5) and Max (3). Katy’s active involvement in her children’s PTA mirrors her passion for making a positive impact not only within our organization but also in the broader community we serve. Her ability to balance a thriving professional life with a strong sense of family and community underscores Katy’s values and enriches the tapestry of our association.

A SEAMLESS TRANSITION

Katy’s transition to the role of Executive Director is not just a changing of the guard but a seamless continuation of the incredible work that has defined our association. Her keen understanding of our organization’s values, goals, and the unique challenges we face positions her as a leader who is not only familiar with our past but also deeply invested in our future.

In Katy’s own words, “I am honored and excited to step into the role of Executive Director at the NC Psychiatric Association. This organization holds a special place in my heart, and I am committed to building upon the incredible work of my predecessor, Robin Huffman.”

Looking ahead to her first year as Executive Director, Katy envisions fostering greater collaboration among our members, enhancing professional development opportunities, and developing and implementing a strategic plan to adapt to the evolving needs of members. She believes that by cultivating a culture of inclusivity and continuous learning, we can elevate the impact of the NC Psychiatric Association and further support the diverse needs of our patients and the profession.

We encourage all members to connect with Katy and extend a warm welcome. Feel free to reach out, share your thoughts, and explore the exciting possibilities that lie ahead under Katy’s leadership. Her door is always open, and she looks forward to getting to know each and every one of you.

As we stand on the brink of this transition, let us express our gratitude for the incredible leadership of Robin Huffman and extend our warmest welcome to Katy Kranze. Together, we will continue to strive for excellence, support one another, and make a lasting impact on the mental health landscape in North Carolina.

Change is not just inevitable; it is an opportunity for growth. With Katy at the helm, we are poised for a future filled with innovation, collaboration, and continued success.

Here’s to the next chapter! 🌱

JOIN US ON SOCIAL MEDIA



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NCPA FACEBOOK GROUP

NC PSYCHIATRIC ASSOCIATION (MEMBERS ONLY)

This closed group is for all NCPA members to connect and share information. Search “NC Psychiatric Association (Members Only)” in Facebook and request to join the group.

NAVIGATING PRIVATE PRACTICE: NC PSYCHIATRIC ASSOCIATION'S PRIVATE PRACTICE COMMITTEE

In an ever-evolving landscape of mental healthcare, psychiatrists often find themselves facing unique challenges when operating in private practice. The North Carolina Psychiatric Association (NCPA) recognized this need and responded with the creation of the Private Practice Committee co-chaired by *Aarti Kapur, M.D., D.F.A.P.A.* and *Carey Cottle, M.D., D.L.F.A.P.A.* The committee will provide crucial support, guidance, and resources for psychiatrists in private practice or those looking to embark on this professional journey.

EMPOWERING PRIVATE PRACTICE PSYCHIATRISTS

Private practice psychiatrists often encounter challenges that differ from their colleagues in other settings. The NCPA recognized the need to support these members by establishing the Private Practice Committee, an initiative designed to empower and connect with those in private practice regardless of if you are in or out of network with insurers.

One of its core objectives is to address ongoing issues that private practice psychiatrists encounter regularly. By providing a platform for discussion, knowledge sharing, and problem-solving, the committee offers practical solutions to challenges such as reimbursement rates, prior authorization, and the intricacies of billing and coding. The committee is working to feature guests throughout the year including CPA's, malpractice attorneys, billing and coding experts, and insurance medical directors.

FOSTERING RELATIONSHIPS WITH INSURERS

Private practice psychiatrists often struggle with insurance credentialing and prior authorization processes, which can be time-consuming and complex. NCPA has sent out letters to the major insurance companies on behalf of the committee seeking to develop relationships and address challenges faced by our members and their patients.

By collaborating with insurance companies, the committee will gain insights into the inner workings of the insurance industry, allowing them to advocate for improvements that benefit psychiatrists and their patients. This engagement will enable us to share our perspectives, discuss challenges, and collectively work towards solutions to improve the behavioral health

landscape in North Carolina.

ADAPTING TO TECHNOLOGICAL ADVANCEMENTS

The Private Practice Committee recognizes the importance of staying up to date on technological advances and requirements, like telemedicine and electronic health records.

With the advent of telemedicine, especially in the wake of the COVID-19 pandemic, psychiatrists have had to adapt to a new way of providing care. The committee has been monitoring these changes, ensuring that private practice psychiatrists are well-equipped to offer telepsychiatry services and be adequately reimbursed for these services.

NCPA is aware of the challenges associated with electronic health records (EHR). With the healthcare sector's shift towards digital records, private practice psychiatrists need support in adopting, managing, and securing patient data within EHR systems. The committee seeks to review guidance and resources to help psychiatrists maintain high standards of care and security while utilizing EHR systems.

THE POWER OF COMMUNITY

One of the greatest strengths of the Private Practice Committee lies in the sense of community it fosters among its members. The committee encourages members to share their experiences, insights, and best practices. This sense of belonging within the NCPA and the committee allows private practice psychiatrists to learn from one another and troubleshoot issues collectively.

LOOKING AHEAD

One year into its inception, the Private Practice Committee of the NCPA has already made significant strides in supporting and empowering private practice psychiatrists. As the landscape of healthcare continues to evolve, the committee remains committed to adapting and addressing the unique challenges and opportunities that arise.

We invite you to reach out to info@ncpsychiatry.org if you are interested in joining the committee.

If you are interested in serving on a committee or Executive Council, please reach out to the NCPA Office.

IN RESPONSE TO THE AUGUST 28 SHOOTING AT UNC CHAPEL HILL



Jarrett Barnhill, M.D.,
D.L.F.A.P.A.

Editors Note: The following was modified from an email sent to the UNC Child and Adolescent Psychiatry Faculty following the August 28 tragedy on campus.

Watching this shooting and campus lockdown on TV was a horrible experience from 10 miles away. Being a UNC alumnus made it even more difficult to watch. It was unnerving to watch their expressions on camera and hear the uncertainty and fear in their voices. It was a very sad moment to endure the TV interviews in front of the Bell Tower. The whole experience kindled memories from 1970 as I watched in horror the reruns of four students gunned down at Kent State while protesting the Vietnam War. At a campus wide gathering on the day after the shooting, a sociology professor kept repeating "Each of you have lost a member of your family. They will never return. Do not bury their memories with them." I heard that trembling voice yesterday.

As UNC students protesting, we had faced down police, Highway patrol and NC National Guard and people my age armed with combat assault rifles and attached bayonets. We had no inkling of the possibility that someone might pull the trigger. Our sense of immunity to that horror was shattered the day that "four were dead in Ohio." The scars still re-open every time they replay the scene on the May 4th anniversary. At the time, our group congregated on the 5th floor balcony of Morrison. All of us just stared at each other with blank faces morphing between crying in grief and raging at a world that permitted such things to happen. It took a while for me to remember that thousands were still dying in Southeast Asia. There was too little room left in me that day to grieve for that greater tragedy.

The horror of August 28th was exponentially more traumatic and closer to home than my memories of Kent State. The images of all those UNC students in such a situation brought back the events of May 4th 1970. That was a day I never wanted to relive again. Yesterday I did it in spades.

I hope children at UNC that day will allow themselves to grieve for the innocence that such events take from us. One female student captured the pathos. She fought back tears to describe the deepest existential yearning of any young adult. "They gave us the protocols and action plans but didn't tell us what to do. I didn't know what to do." "What to do" is not a question any young person should have to ask, much less endure the only reply most parents can offer- "I really don't know."

They are all in my thoughts and memories.

Jarrett Barnhill M.D., D.L.F.A.P.A., 1971 graduate

Disaster and Trauma Resources

The NCPA Disaster Committee has compiled resources for psychiatrists for their roles in responding to disasters and mass traumas.

Scan the QR Code to view the NCPA Disaster Resource Center.



STUDENT NATIONAL MEDICAL ASSOCIATION'S NATIONAL LEADERSHIP INSTITUTE (NLI)



**Tyehimba Hunt-Harrison,
M.D., M.P.H.**

The Mental Health Equity Program (MHEP) of the UNC Department of Psychiatry hosted the Student National Medical Association's (SNMA) National Leadership Institute (NLI) the weekend of September 22-

24, 2023 on the UNC medical school campus.

There were approximately seventy-five student attendees, which included pre-medical and medical students from around the country. Content was provided by fifty-two speakers and facilitators who included medical students, residents, faculty, alumni, and community organizations. Sessions covered many topics to enhance participants' academic competitiveness, financial literacy, leadership skills, and mental well-being.

MHEP is very appreciative of the participation and sponsorship provided by seventeen departments, residency programs, and fellowship programs within the UNC School of Medicine, in addition to its partnership with the Student National Medical Association. It was with much intention that mental health and wellness were central components of the weekend. The MHEP is very appreciative of the monetary contribution from the NC Psychiatric Association as well as to its Race Ethnicity and Equity Committee members who interfaced with students during the exhibitor's fair. This was a successful weekend by all accounts.

The digital program booklet can be viewed here: <http://bit.ly/NLIProgram>

For more information about SNMA and NLI: <https://snma.org/page/about>



From Left to Right: Karon Dawkins, M.D., D.L.F.A.P.A.; Enioluwafe Ojo, M.D., M.P.H.; Lisa Luo, M.S.; Anthony Kulukulualani, M.D.; Leighia Alston; Tyehimba Hunt-Harrison, M.D., M.P.H.; Michael Zarzar, M.D., D.L.F.A.P.A.; Winston Li, M.D.

COMING FULL CIRCLE



**Anthony Kulukulualani,
M.D.**

"Ohana means family, and family means nobody gets left behind, or forgotten." I shared this quote from "Lilo and Stitch" in my first NCPA newsletter article from a series of articles capturing my experience as an APA/APAF Jeanne Spurlock Congressional Fellow. I often go back to this important statement, which has guided my journey as a psychiatrist and leader. It is not surprising that this sentiment resur-

faces as I reflect on my experience working with the UNC Department of Psychiatry's Mental Health Equity and Inclusion Program (MHEP) in hosting and planning the Student National Medical Association's (SNMA) September National Leadership Institute (NLI).

Family has several meanings to people. It can encompass

the immediate or extended family members that we are born into. For others, it can be our “chosen” family, especially for those who have lived through and survived trauma or learned to navigate the experience of exploring and declaring their individual gender or sexual orientation identity. For me, family includes all of this and the community I surround myself with. This community includes the areas I have chosen to live in as well as where I work. But most importantly, it has developed from my leadership within organized medicine. The SNMA remains pivotal to my sense of community.

I first became involved in SNMA as a pre-medical student at North Carolina State University. My involvement continued as a medical student and culminated in the opportunity to serve as National President from 2015-2016. I have remained committed to the organization as a resident-fellow by remaining active in programmatic initiatives and mentoring the next generation of leaders. I currently serve as a Strategic Planning Council Associate Member, which is an advisory role to the Board of Directors. During my term as National President, I was charged with leading and planning three NLIs throughout the year. So, it was with a heart of gratitude and service that I was able to partner with the UNC MHEP and SNMA in hosting this year’s September NLI on the UNC campus.

This year’s conference was focused on the student experience. Programming included workshops dedicated to further developing leadership skills, promoting academic excellence and scholarship, and instilling the importance of wellness and mental well-being. The

highlight of the conference for me, and the students, was “The Mentally-Well Student Activity Fair.” Attendees had the opportunity to join UNC psychiatry faculty in developing skills that prioritized the student’s overall wellness while fostering a supportive community. Students engaged in activities such as chair massages with relaxation techniques, DIY aromatherapy, contributing to a gratitude wall, participating in arts and games, and a meditation session. Smiles, laughter, excitement, new and old friendships, and calmness filled each activity room. The sense of community was palpable.

The NLI experience was a full circle for me. SNMA has shown me the importance of mentorship, networking, and pipeline programming to promote community, inclusion, and a sense of belonging. It also afforded us the opportunity to showcase the many wonderful facets of the field of psychiatry. In fact, there were a few future psychiatrists in attendance! My hope is that the impact of the conference is not short-lived, and the students continue to take that sense of community back to their local institutions. UNC remains grateful for the support and sponsorship of the NCPA, especially the Race, Ethnicity and Equity Committee, for making this experience such a success. I look forward to continuing to build my community within organized medicine, including NCPA, to ensure that no one feels left behind or forgotten. 🌱

Anthony Kulukulualani, M.D. is a Child and Adolescent Psychiatry Fellow at UNC Department of Psychiatry. He serves on the Race, Ethnicity and Equity Committee.



Photos include: Tyehimba Hunt-Harrison, M.D., M.P.H. and Rachel Harrison, M.D. talking with NLI attendees during the exhibitor’s fair on 9/23/2023; Sushrusha Arjyal, M.D. and Vivian Campbell, M.D. engaging with a student at the NCPA table during the exhibitor’s fair; Michael Zarzar, M.D., D.L.F.A.P.A. presenting the keynote address to the attendees.

Support the Psychiatric Foundation of North Carolina

The Psychiatric Foundation of North Carolina is the charitable arm of NCPA, organized for educational and research purposes to provide training, education, and research to improve care for psychiatric patients.

The Foundation recognizes researchers who make outstanding contributions to the field of mental health through the V. Sagar Sethi, M.D. Mental Health Research Award, which brings world-class researchers to share their research findings at the

NCPA Annual Meeting.

Please support the Foundation through a tax-deductible donation:

1. Visit www.ncpsychiatry.org/make-a-donation
2. Text NCPA to 53-555
3. Mail a check to Psychiatric Foundation of NC
222 North Person St, Box 11, Raleigh, NC 27601

OPIOID SETTLEMENT: FOLLOW THE MONEY



Art Kelley, M.D., D.L.F.A.P.A.
NCPA News Co-Editor

A recent *New York Times* article caught my attention. Apparently, some law enforcement departments that received opioid settlement money spent it on “new cruisers, overtime pay for narcotics investigators, phone-hacking equipment, body scanners to detect drugs on inmates, and restraint devices.” (Jan Hoffman,

NYT, August 14, 2023). No doubt those expenditures are important for enforcing laws, but should the settlement money be used for purposes not clearly related to opioid use disorder treatment? I think not. So, I followed a maze-like course to find out how the settlement money is being distributed and used in North Carolina. Let me map that out for you.

According to the North Carolina Association of County Commissioners, a total of \$1.5 billion will flow to North Carolina over the next eighteen years. So far, the state has received the first two payments—a total of \$285.5 million. The state has taken its 15% share and distributed the remainder to local governments and some municipalities (ones who were plaintiffs in court cases). Using one of two options (A or B) outlined in a Memorandum of Agreement (MOA) between the NC Department of Justice and local governments, local governments are deciding what projects proposed by local agencies receive funding. Local governments are to convene stakeholder groups to aid in that decision making.

MY COUNTY

I am pleased that my county, Forsyth, has funded projects that are clearly focused on the treatment needs of those with opioid use disorder. The Forsyth Medical Center Foundation has received funds to support the initiation of Medication Assisted Treatment (MAT) in their emergency room with follow-up in the community by a peer navigator to address barriers to care. Funding is also going to local substance abuse treatment agencies to fund recovery support services of various sorts. There is also funding for a naloxone distribution project, a mobile syringe service program, a program to address social determinates of health for those in treatment, and a program to pay for MAT for those without insurance. Educational programs have also been funded to address safe storage and disposal of medications in the home and an awareness campaign highlighting the dangers of opioid misuse.

STEPS TO FIND OUT WHAT'S HAPPENING IN YOUR COUNTY

- To get a general understanding of the Opioid Settlement go to these websites: Shatterproof, National Opioids Settlement, or More Powerful NC
- To explore what's happening in North Carolina, its counties and municipalities, go to: North Carolina Opioid Settlement-CORE-NC or More Powerful NC
- Money should already have been allocated for the fiscal years July 1, 2022 - June 30, 2023 and more recently for July 1, 2023 - June 30, 2024. Look for your “Local Spending Authorization Report” from your office of county commissioners or city government.

Please let NCPA know if you find evidence that money is being spent inappropriately, especially by law enforcement agencies. Of course it's always good to squawk to your county commissioners! 🌱

NCPA'S 39TH ANNUAL MEETING



Anna Godwin

**Education and Public Policy
Manager**

non-profit organization, I headed off to Asheville for my first NCPA Annual Meeting.

I remember feeling nervous about the days ahead. However, those nerves were in vain, as this was an opportunity to meet over 200 kindhearted, thoughtful, and accepting psychiatrists. I officially joined the NCPA team in October 2022 and began the task of coordinating NCPA's 2023 Pre-Conference and Annual Meeting. It was a joy to work with the Annual Meeting Planning Committee Co-Chairs, *Mehul Mankad, M.D., D.F.A.P.A.* and *Rebekah Jakel, M.D., Ph.D.*, as well as the full committee on this event! They, as well as the NCPA staff, made coordination this event a fun experience and I am forever grateful to be a part of the "Party Planning Committee."

On September 28, 2023 NCPA hosted it's first ever Pre-Conference with over 70 registrations and 6 expert

In September 2022 I began talking with NCPA's Executive Director about a position within the organization that included the responsibility of coordinating the Annual Meeting. I was invited to attend that year's Annual Meeting to see the event in motion and assist existing staff as needed. So, while still serving as CEO of a different

speakers. "Workplace Safety: Empowering Physicians and Supporting Healthcare Professionals" was offered as a direct, timely response to recent occurrences of workplace violence against healthcare professionals. In addition to various other topics, plenary and concurrent sessions offered attendees an opportunity to review bedside violence risk assessment tools, explore the process of identifying one's countertransference feelings, and identify distinct approaches to nonpharmacologic de-escalation.

NCPA's 2023 Annual Meeting & Scientific Session was a fruitful event, upholding the organization's tradition of excellence. With 30 exhibitors, 19 medical student and resident posters, 18 scientific sessions, 3 networking receptions, 2 product theaters, and 1 awards dinner there was ample time for both expanding knowledge and networking.

On Friday afternoon, physicians had the unique opportunity to participate in concurrent sessions with other physicians at similar stages of their careers, from early career to retirement. *Steve Buie, M.D., D.L.F.A.P.A.* and Benjamin Gilmer, M.D. closed out Saturday afternoon with an intriguing session that took a deep dive into prison reform as it pertains to prisoners with psychiatric concerns. Following this, Dr. Gilmer met with meeting attendees and signed copies of his book, "The Other Dr. Gilmer." Sunday morning included the presentation of the V. Sagar Sethi Award to Mary A. Carskadon, Ph.D.

We are already looking forward to 2024's Annual Meeting to be held in Asheville, NC on September 26-29, 2024. 🌿



...“Forensic Psychiatry” continued from page 5

struments. A thorough assessment of risk can help guide thoughtful treatment planning.

7. Assessing decision-making capacity: Understanding the clinical and legal criteria for decision-making capacity can lead to systematic, accurate assessments.
8. Written and oral communication in court: Communicating your opinions effectively and confidently to a legal audience is an essential skill for the general psychiatrist since civil commitment and other hearings are a common part of practice.

There are many opportunities for lifelong learning in forensic psychiatry including:

1. Texts and educational resources: Clinical Handbook of Psychiatry and the Law by Gutheil and Appelbaum (Wolters Kluwer, 2019) is an excellent resource for general psychiatrists. In addition, AAPL publishes resource documents as well as a peer-reviewed journal, both available free of charge at www.aapl.org.
2. Professional conferences: The annual AAPL and APA meetings are invaluable learning venues as are state and regional meetings such as NCPA.

3. Mentorship: Colleagues can provide mentorship during your journey to learn more about psychiatry and the law.
4. Experiential learning: Just as a pilot hones their skills in a flight simulator, we can practice our skills in mock trials and by writing mock opinions. These opportunities can be created by partnering with local law schools, forensic psychiatry training programs, or general psychiatry training programs.

The interface between law and psychiatry can often seem intimidating. However, with intentional learning we can improve our knowledge and practice in this area. We will even find that many in the legal community are passionate advocates for our patients. 🌱

Sherif Soliman, M.D. is the Program Director for the Forensic Psychiatry Fellowship, Medical Director at Atrium Health Behavioral Health Community Capacity Restoration, and a Clinical Associate Professor at Wake Forest University School of Medicine Atrium Health.

DON'T FORGET TO DEDUCT (AND PAY) YOUR DUES

Memberships in the NCPA and APA are up for renewal on a calendar year basis. Please renew by January 1, 2024 to avoid losing your membership benefits. Dues for both NCPA and APA are billed together; you should have already received information from the APA related to your membership renewal.

As you prepare your tax documents, remember that a portion of your dues are tax-deductible as a business expense. If your employer covers the cost of your membership, the employer is entitled to the tax-deduction.

According to the APA, you may deduct 93 percent of your national 2023 dues as a business expense. For your 2023 NCPA dues, 94 percent are tax-deductible as a business expense.

The non-deductible amount represents the portion of dues that is used to pay for direct lobbying efforts, such as NCPA's paid lobbyist and the time that NCPA staff spends on lobbying efforts.

If you need assistance determining the amount you paid in 2023 for your APA and NCPA memberships, please call the NCPA office at 919-859-3370 or email info@ncpsychiatry.org.

MEMBERS CAN PAY THEIR DUES IN ONE OF THREE WAYS:

1. Renew Online: Pay online at my.psychiatry.org (login required) or email membership@psych.org to request a direct payment link.
2. Renew by Phone: Pay over the phone by calling the APA's Membership Department: 202-559-3900
3. Renew by Mail: Pay by returning the paper invoice received in the mail.

THANKS FOR *renewing*

**CONTINUE TO EXPERIENCE THE BENEFITS
OF BEING PART OF OUR ESTEEMED
PROFESSIONAL COMMUNITY**



Be Empowered

Your work as a physician is essential. NCPA fights to ensure that psychiatry's voice is included in policy discussions — critical now more than ever as the need for mental health care surges. With every member, NCPA gains influence in guiding state and federal policy changes to help you treat your patients.



Get Connected

NCPA membership offers opportunities throughout the year to meet, build relationships, and exchange ideas with fellow psychiatrists. We also partner with other medical groups, building our advocacy voice and collaboration.



Feel Supported

Members receive personalized attention and assistance to help navigate professional questions and concerns. NCPA's support is more valuable than ever during these unprecedented times.

**RENEW BY
DECEMBER 31**



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