As the end of this extraordinarily difficult year approaches, reviewing 2020 shows how much our world has changed for us as individuals and for GAP as an organization. The rise of COVID resulted in the cancellation of our Spring meeting and necessitated a virtual summer Board meeting. But committees continued to meet via e-mail and ZOOM, committee work proceeded, and products were submitted and approved by the Publications Board. Frances became our virtual meeting guru, arranging the Fall ZOOM meeting. She coordinated multiple committee meetings and a general membership session followed by a wonderful plenary presentation by our graduating Fellows, appropriately entitled “The Times They Are a Changin’ – The Impact of the Internet on Psychiatry in the Era of COVID.” In true GAP fashion, Board and Finance Committees met on Thursday, the majority of Committees chose to meet on Friday, and the Steering Committee met on Saturday. Only the general session and plenary were changed to Saturday to accommodate Fellows’ availability. While the virtual meeting was not the same as being at the Renaissance in person, it reflected the flexibility required in response to the pandemic. As a follow up, Beth Haase and the Climate Committee are planning a survey to gather information about our virtual vs. in-person meeting experience.

Despite COVID, GAP continues to function, even to thrive. We continue to produce and educate in a variety of media. David Adler and the Publications Board remain busy, with quick turnaround to get the work out quickly. Our finances are solid, including a partial refund of 2020 dues and a 45% reduction in 2021 dues resulting from the decision to cancel the April 2021 in-person meeting. Adding to our financial stability are recently endowed Fellowships: Institute of Living, Cotswold-Looney, and David and Jill Adler. Also, our GAP Guardian/Members Fellowship will be fully funded when remaining pledges are paid. That will bring the total number of endowed Fellowships to 9 (out of 12) – with previously funded Fellowships from Cotswold-Looney (3), Dear Abby (2), and PRMS. John Looney has done an outstanding job obtaining endowment funds for the Fellowships, and we greatly appreciate our growing group of benefactors.

Other highlights from the Board meeting include approval to form a Committee on Social Justice, to be chaired by Kenn Ashley. This had been under discussion for more than a year - prior to the national social unrest over systemic racism and police brutality. It is planned for the Committee to have a dual mission to take a look at possible issues within GAP as well as to study and publish on social justice topics affecting the profession. Please contact Kenn (Kenneth.Ashley@moutsinai.org) or Frances if you would like to be part...
of this very important committee. In other business, the Board approved the recommendation of the Nominating Committee to extend the terms of the current officers and elected Board members for one additional year to accommodate COVID–related disruption in the election process.

Looking to the future, the Board voted to cancel the in-person April meeting, consistent with other professional organizations in response to COVID-19. The meeting is still planned for April 15-17, 2021, when we will be welcoming new Fellows in a virtual format – for the first time. In-person meetings and mentorship have been core to the GAP Fellowship, so please make extra effort to connect and engage the Fellows in the virtual process. The plenary in April is to be presented by Meiram Bendat, J.D., Ph.D., our 2020-21 Dear Abby Award recipient. The Board also extended an open invitation for our recently graduated Fellows to return to White Plains for our next in-person meeting (date uncertain at present) to celebrate their contributions.

Speaking of celebrations, GAP’s 75th Anniversary is coming up in 2021. As we are still uncertain whether we will be meeting in person in November, discussions are starting for a Gala Celebration in Spring 2022 (hopefully!) – more to follow.

In closing, COVID-19 has changed our world, including GAP. But GAP is alive and well, thanks to your resilience and continued participation. I miss our in-person gatherings and look forward to returning to White Plains when the time is right. In the meantime, I wish you all the best for a safe, healthy New Year!

Take care,

Best,

Larry
Lawrence.Gross@med.usc.edu

Publications Board
November 12, 2020
Virtually Present: Adler, Barber, Casoy, De Faria, Dube, Erlich, Flaherty, Landess, McIntosh, Merlino, Nadelson, Norris, Notman, Robinson, Thom

1. The Publications Board met virtually.
2. Since April 2020 committees have been active. Apparently about half of the Committees have met despite the cancellation of our April 2020 meeting. Nonetheless the consequence of not meeting live appears to be that a number of committee’s have not continued to meet to further work products. Many of those who have met have turned their focus to psych times/op ed and even podcasts. All of the 22 work products in 2020 have been a result of 11 of our 30 committees.
3. As all of you know we mourn the death of Steve Scheiber, our longstanding beloved Publications Board member.
4. Update on Manuscripts/Books:
   a. There was one new Psych News columns from the Psychotherapy Committee approved and submitted.
   b. There were 4 approved manuscripts, 5 approved Op-ed pieces 3 Podcasts, 1 blog and 1 video.
      1. Organizations became our first committee to produce 4 podcasts and an accompanying Psych

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Times piece.
2. The Psychopharm committee had an article led by their current Ginsberg Fellow on SSRI’s approved for submission.
3. Religion and Psychiatry continue to be highly productive with approval of three manuscripts, two were for PT.
5. Humanities 20th Century video was released and a PT article related to this as well as an article for PT on Nostalgia that we await revisions.
6. The Terrorism Committee had an Op Ed regarding the happenings in Michigan approved for submission.
7. The Psychopathology Committee approved manuscript on Telemedicine and the SMI was published in JNMD.
8. The Climate Committee has had two manuscripts on climate change approved for submission.
9. Military Committee had an op ed on the threatened closing of UHSMS.
10. Aging’s op ed on “Protecting the Unexpendable” was approved for submission.

c. There are two committees who seem to be in the active book process. Community has a long manuscript they have yet to submit the revisions to the Publications Board and Adolescence who has gone silent on their Pregnancy book with Springer.
d. Psych and Law proposed the development of an app for information on important legal issues for psychiatric residents and will work with Drs. Sasso and Drescher on developing this further.

5. As a reminder GAP has a relationship with Psych Times as well as three journals who have agreed to substitute their own external peer review system for the approval of the GAP Publications Board:
b. Journal of Gay and Lesbian Mental Health – Chris McIntosh
c. Adolescent Psychiatry – Lois Flaherty, editor

ADMINISTRATIVE COMMITTEE REPORTS

Committee on Administration and Leadership
Virtual Meeting via Zoom
November 13, 2020 (10 am – 12 pm)

Members attending: Victor Buwalda, Brian Hepburn, Farooq Mohyuddin, Jorge Petit, Sy Saeed, John Santopietro, Stuart Silver, and Tobias Wasser
Fellow attending: Giovanna Sobrinho
Guests attending: None

• Welcome and Introductions. We exchanged notes on what has been going on in our respective states and systems related to Covid-19 pandemic. Here are some of the observations:
  • Many, but not all, of us are working from home.
  • We are dealing with the biggest challenges we have faced as leaders. Every day is a fire drill kind of time.
  • We are living through a public health nightmare. We have never dealt with a response like this before. We are trying to deal with health inequities. States not being able to staff hospitals. Decreased revenue and budget cuts. We’ll be seeing impact of this for years to come.
  • Dealing with major budget cuts. Agencies are struggling trying to figure out what is value-added. We are
probably going to end up seeing consolidations and agencies closing.

- Focused on crisis services, keeping people out of EDs and out of jails. FCC in July came with the recommendation of using a three-digit number for mental health crisis instead of a suicide prevention number, to call 988 instead of 911. While 988 will be broader than the current suicide prevention number, the change is going to be a big issue.

- It’s been like one long virtual day. Working with bureaucracies on a short timeline. We are trying to change delivery of care on a much shorter timeline but the bureaucracy that approves things has slowed down. Clinical world is moving faster than before, and the bureaucracies are moving slower than before.

**Approval of the Agenda.** Approved as presented

**Minutes from Spring 2020 meeting.** Approved as presented

**Current Projects**

- **International Survey: Update on Status**
  Survey was sent out through the International Initiative for Mental Health Leadership (IIMHL) before the start of the pandemic and we received 133 responses. We are not sure if the survey went out to the whole membership of IIMHL, as initially planned. Our understanding was that the survey was going to be distributed to 4000 people in MH leadership positions across nine countries. We need to rethink how we can increase the number of responses. We probably should do another push to the international audience but will need to wait until Covid crisis is over.

- **Follow-up on the Survey of Residency Training Directors**
  So many things have been on hold due to the pandemic. While it may appear that RTDs may not be so much inclined to complete a survey during these difficult times and with holidays approaching, if we frame it as taking some work off their plate by offering a ready-made curriculum, we may be able to engage them. Also, we may lose momentum if we wait too long to send the survey out. January may be a good time to send it out. We already have a survey instrument that we developed. We’ll review it for a final look and then submit it for an IRB exemption through St Elizbet. After the IRB, the survey will go out to the training directors. We hope to have the survey finalized before Christmas and sent out to the RTDs toward the end of January.

- **Training Manual/ Curriculum for Residents**
  Giovanna has reviewed the residency milestones and identified areas that appear to belong in the field of administration and management. She will send it out to the group to review and to develop a consensus on those areas. From there we’ll develop an outline of what should go in a curriculum. Our goal would be to develop the curriculum in the following sequence:

  1. Identify and develop a consensus on the milestones competencies that belong in the area of psychiatric administration, management, and leadership
  2. Develop a table of content for the curriculum
  3. Develop “Overarching” principles for the curriculum (as we did for the Textbook of Psychiatric Administration and Leadership- see Attachment-1)
  4. Identify a publisher and develop timelines
  5. Decide who is going to write what chapters

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We can work with AAPAL to use their newly developed leadership module as a companion to this curriculum.

**APPI Textbook of Administrative Psychiatry**

Sy provided an update on the current status, including:

- Revised Table of Contents with confirmed authors
- Finalized Editorial Board
- Current Status of chapters
- Status of chapter reviews

All 25 chapters, except one, have been completed and reviewed by the editorial board. We now have 13 out of 25 chapters that are finalized after the reviews and revisions. Editorial Board members have completed initial reviews of all chapters, except one, and final reviews of thirteen chapters. Here is the listing of the editorial board:

1. David Baron
2. Jack Bonner
3. Mitchell Cohen
4. Deborah Cowley
5. Stephen Goldfinger
6. Carol Nadelson
7. Carolyn Rabinowitz
8. Jules Ranz

APPI has extended the deadline of submission from December 2020 to spring of 2021 and we are optimistic of meeting this deadline to submit all content to APPI by then.

**Meetings Presentations**

We will probably not submit anything for the 2021 meetings and devote our energies to curriculum development, as described above.

**Who we would recommend for leadership positions in BH in the new administration or in qualities of leadership/experience we would like to see in behavioral health for the new administration?**

We have a real crisis in government. Average federal employees, especially in SAMSHA and CMS, feels devalued and demoralized. It’s been like the whack-a-mole game during these last 3 years: do not stick your head because you will be smacked. How do we bring content experts and consensus builders? How do we rectify the daily erosion of norms? Who would we like to see come forward? It will take a long time to heal. These are interesting times to be thinking about leadership. We probably should be thinking about attributes rather than specific people (e.g., someone who can make rapid decisions, someone with public health background, diversity considerations, etc.). We previously published on leadership competencies. Can we write a piece for *Psychiatric Times*?

**Committee membership and leadership discussions**

We decided to stay put with our current membership for now and not invite guests for the next meeting, except for our current fellow, Giovanna, if she has an interest in joining the committee and attending next two meetings as a guest.

**Other business**

Victor talked about the webinars being produced by the American Association of Psychiatric Administration and...
Leadership (AAPAL) and invited members of the committee to participate as content experts.

**Aging:**
The Committee has been meeting at least twice monthly by Zoom since our April meeting, including during the week of the GAP fall plenary. Our experience has been very positive. The continuity of communication is a big improvement for the group process. We have completed a successful application to present a session (virtually) at the next APA meeting. We are working on a paper and discussing it via Zoom (and email). Generally it has worked well, and I’m glad to share additional details if you have questions.

Regularly in attendance have been Jim Ellison, Helen Kyomen, Susan Lehman, Keith Meador, and Robert Roca.

We have been engaged in two principal projects. The first project was completing a piece for *Psychiatric Times* entitled “Raising the Bar on Geriatric Mental Health Competency Training.” This was submitted some time ago but was only recently returned to us by the publisher for some minor edits. It should appear on-line in the next few weeks.

The second project is developing a presentation and an article or series of articles on disclosure of diagnosis in dementia. Disclosing the diagnosis of dementia to the affected person has been identified as a marker of quality, and most patients, families, and clinicians agree that disclosure is appropriate for clinical and ethical reasons. However, it is also agreed that disclosure can be a source of distress to patients and families, particularly since there are no disease-altering treatments for most dementing conditions. Furthermore, there is evidence that disclosure can precipitate depression and may increase the risk of suicide. For these reasons it is crucial that disclosure be done properly. Surprisingly, there is little written about how to manage the disclosure of diagnosis, and most clinicians receive no training in how to do it. This summer we put together a proposal for a workshop/symposium on this topic at the upcoming annual meeting of the American Psychiatric Association. We are waiting to hear if it was accepted for inclusion in the program. We are also working on an article reviewing the issue and proposing detailed guidelines. This will be aimed at clinicians, and we have not yet chosen the publication to which it will be submitted.

In addition to these projects, we drafted an op-ed piece on the importance of ensuring that the vulnerable elderly are not overlooked or neglected when we make decisions about resource allocation during crises like the current pandemic. This was not selected for publication by our targeted media outlets. We are currently discussing whether to reformat this for submission to a journal.

During the fall meeting the role of Chair of the Committee was transitioned from Robert Roca to Jim Ellison.

**Arts and Humanities:**
Attendance: David Sasso (chair), Anish Dube, Donald Fidler, Andrew Lustbader, Christopher Snowdy, Helena Winston.

Our committee met via Zoom. We reviewed the following completed and active projects.

- Three new videos in our History of Psychiatry documentary series have been posted to our committee YouTube page and are accessible from our committee website (www.artsgap.org) - *Roads to Psychiatric*
Careers, Asylums to Community Care, and Psychiatry and Homosexuality.

• We plan to continue work on our video series, including planned videos on the 17th and 18th centuries and additional videos on 20th century and modern psychiatry.
• We continue to submit occasional pieces to the Psychiatric Times series on “This Month in Psychiatry.” In August, David Sasso’s piece, “The Walking Cure” was published about the historic meeting between Sigmund Freud and Gustav Mahler in 1910.
• Ken Weiss and Anish Dube are revising their draft of a piece entitled “What Ever Happened to Nostalgia (The Diagnosis)”

Climate:

1. Members attending/participating: Janet Lewis, MD, Co-Chair, Elizabeth Haase, MD, Alex Trope, MD
   Guests attending: Beth Mark, MD, to be proposed for membership in the Spring
   Joshua Wortzel, MD, resident, essentially serving as our fellow
   Jeremy Wortzel, MD, medical student, project proposal
   Alec Stashevsky, statistical consultant

2. Projects/timeline/target publication:

1. Paper on Carbon Footprint of APA meeting - accepted by publication committee, tentatively accepted by JAMA Open 12/2/20 - anticipated publication 3/21?
1b. Plans for presentation of data to GAP at some point; and to APA in 2021, accepted
2. Commentary paper on modifying carbon footprint of APA through changes in meetings and other practices - in development for Psych Times - anticipated publication 4/21
4. Survey for GAP and APA membership on virtual meetings - in early development. Submission of pilot survey to GAP committee chairs complete, anticipated final survey 4/21
5. Clinical Climate Psychiatry series: Early development. Recent publication of paper by group members done outside of GAP on dialectic work around climate anxiety in psychotherapy
   Planned work on series of papers addressing various facets of clinical work with climate distress:
   b. Working with language and metaphor tied to nature as we do to other relationships draft 12/21, publication 6/21 AAPDPP, Psychodynamic Psychiatry
   c. V Code possibilities for marking climate distress draft 12/21 publication 6/21 - could use help with target publication
d. Collective thinking and its integration into psychotherapy work - tBD AAPDPP, Psychodynamic Psychiatry

3. Focus of work during meeting: reviewing proposals, clarifying above agenda. The committee has been refining its focus over the last 4 months while completing #1. We now feel clear about where to focus the papers we would like to write and have the go ahead from the GAP board to beginning testing the survey of attitudes towards virtual meetings.

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4. We have monthly zoom meetings with homework each time. Homework for 12/15 is to clarify ideas and make outline for #2. Book proposal will be revised and storyboard developed for mid-January.

5. Focus for next meeting: Really nailing down book project, finalizing survey to go to APA members if approved

The GAP Climate Committee will have a paper out in *JAMA Open* 1/28/21 that shows the optimal location for the APA annual conference to minimize carbon impacts. We will next be tackling an exploration of the essential benefits of in-person conferences through an article in *Psychiatric Times* and a survey of GAP membership about the pluses and minuses of virtual meetings. We have begun work on a children’s book on emotional management of climate threats and plan a series of articles about essential clinical questions about climate change, for example, how climate anxiety can be assessed in a psychiatric interview, over the next year.

**College Student:**

Members: Brunhild Kring, Maklah Notman, Helene Keable, Alexandra Ackerman, Ludmila de Faria, Lorraine Siggins

Guest: Wei Qi, MD, PGY 4 psychiatric resident, NYU Langone Department of Psychiatry

1. **Project titles:** “Speaking the Language” Psychotherapy with Mainland Chinese College Students in the United States by Wei Qi¹ and Brunhild Kring².

A wide cultural gap exists between Western-trained college mental health clinicians and mainland Chinese international college students which we as clinicians attempt to bridge in counseling sessions. Our interventions aim to help these emerging adults cope with life in a different society, progress in their psychological maturation, and become their own person while staying in connection with their family and culture of origin. In therapy, we delve into a number of “languages” beyond the spoken ones: the idiom of cognitive behavioral skills, the vocabulary of emotions, the physical symptoms of emotional distress and the language of therapy itself. We take into account the student’s immigration history, and the sequelae of the multigenerational trauma wrought by the social upheaval of the Cultural Revolution and China’s one-child policy. Multicultural counseling competencies help us devise culturally appropriate interventions while guarding against imposing Western social expectations or stigmatizing differences in separation/individuation patterns in Asian families. (Arrendondo et al., 1996).

This brief 2000 word essay was reviewed by the GAP Publications Board. The suggestions by the peer reviewers were integrated in the revised version of the paper. The paper will now be forwarded to David Adler and Larry Gross for final approval and then submitted to the *Psychiatric Times*.

2. **Tele-Mental Health for Students in the Post-Pandemic College** by Ludmila de Faria and Brunhild Kring

Urgent appeals to offer treatment options by tele-mental health for students in colleges and universities in the US predate the Corona-19 pandemic by about a decade (ref). This cohort of 17 million 18-28 year old emerging adults are a significant slice of the US population. Contrary to popular misconception, they are not the worried well, but represent a highly mobile, increasingly crisis-prone patient cohort with often chronic psychiatric conditions. Because of a lack of federal licensure for college mental health clinicians these students suffer frequent discontinuities of treatment resulting in suboptimal treatment outcome, academic underperformance and lack of retention in school. The Covid-19 pandemic has brought this public health issue into sharp relief. The long overdue implementation of tele-mental remains mired in a web of complex legal, financial, malpractice and insurance regulations on the state level.

This paper is in progress. We intend to advocate for federal licensure for psychiatrists employed by institutions

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of higher education.
The Committee would like the manuscript to be submitted to: *Psychiatric Times, Psychiatric News, Current Psychiatric Reports*

Any ways the Publications Board can be helpful: Review and comment when final drafts are ready.

Plans for between meeting work: Our committee has been meeting monthly in August, September, and October, 2020. Conference calls in January, February and March 2021 have been scheduled to review drafts and outlines. Focus for Next Meeting: Completion of one to two papers/meeting.

Any ways in which members can be helpful? Invitation of new guests for the Spring 2021 Meeting.

**Cultural:**
Attendance: Aggarwal, Becker, Gomez-Carrillo (Ittleson), Farias, Kohrt, Kopelowicz, Lewis-Fernandez (Chair), Like, Weiss

Project title: Commentary for *Am J Psychiatry* on a revised outline for a socio-cultural formulation to be completed in one month. This will be targeted to Practicing psychiatrists, Psychiatry residents, training directors, psychologists, and other mental health professionals.

Where would the committee like the manuscript to be published? *Am J Psychiatry*

Focus of work accomplished during the meeting: Discussed first draft and developed plan for revision.

Plans for between meeting work: Circulate revisions to the first draft, finalize the draft, submit to Publications Board.

Focus for next meeting: A different piece we are also working on focused on culture and neuroscience training in psychiatry.

Any ways in which members can be helpful? Providing review for Publications Board.

**Disasters, Trauma and Global Health:**
The Disasters, Trauma and Global Health Committee (formerly Disasters and the World) has been considering ways we can share information with the public and colleagues which will be of use in addressing the various crises facing the world now and for the foreseeable future. We have published an Op-Ed with *Psychiatric Times,* To Mask or Not To Mask: Why Is This Even A Question? We are working on toward a paper offering trauma and disaster-informed guidance for the turbulent and uncertain times we are in, both for near-term considerations as well as the broader scope of how to evolve into the 21st century more effectively, and have prepared a related letter to the editor we seek to publish in *NEJM.* Several of our members are involved in projects including a study of post-traumatic growth during COVID, and in developing a novel framework for helping different stakeholders understand and navigate chronic, compound disasters, given that the current disaster model is focused on single event disasters, in collaboration with Vibrant Emotional Health (formerly the MHA of NYC).

**Gender and Mental Health:**
Our book “Postpartum Mental Health Disorders: A Casebook” was published by Oxford press. We worked with the media committee to record a podcast about postpartum depression. We plan to record other podcasts about other types of postpartum disorders.

**LGBTQ+:**
Members: Stewart Adelson, Joanne Ahola, Kenn Ashley, Mary Barber, Flavio Casoy, Jack Drescher, Naomi Libby, Lorraine Lothwell, Marlin Mattson, Chris McIntosh, Alan Schwartz, Andy Tompkins, Eric Yarbrough

Fellow: Matt Fadus

Guest: Alhasan Ghazzawi (Ittleson Consultant)

Project title: Dear Abby Qualitative Study and/or general subject of report/issues it will address with the first draft

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mostly completed.
Anticipated to be completed by December 2020.
This will be targeted to the general mental health and faith scholarship community.
Where would the committee like the manuscript to be published: In a prominent MH, social science, or religious study journal.
Any ways in which the Publications Board can be helpful? The Publications Board will need to review.
Project title: Op-Ed series with the topic chosen to be completed by January 2021, targeted to the general public.
Where would the committee like the project to be published: Psychiatric News or Psychiatric Times.
The Publications Board can be helpful in reviewing this project.
Focus of work accomplished during the meeting: For the last several meetings, the committee has been working hard on a large qualitative study of about 90 letters received through a Dear Abby request. These letters have been coded. During the November meeting, the committee almost completed the discussion section.

The Committee also decided to work on a series of op-eds that focus on the impact of COVID on the LGBTQ position. During this meeting we brainstormed a few ideas and began writing.
Plans for between meeting work: The Committee will try to meet as a full committee for a few hours shortly after the holidays. We will also finish the Dear Abby paper by email.
Focus for next meeting: In April, the Committee will decide what will be the next step of the faith and LGBT identity work we have been pushing.

**Mental Health Services:**
Attendance: Bruce Fage, Za Janopaul-Naylor, Andrea Waddell, Donovan Wong, Manish Sapra, Joe Battaglia, Rachel Zinns, Nubia Lluberes, Anna Skiandos, Deepika Sastry, Colleen Bell, Michelle Joy, Julie Ranz, Wes Sowers

**Introductions:**
We spent the first hour checking in with participating members regarding their recent activities and concerns. The last part of that hour we discussed our reactions and concerns regarding the outcome of recent elections and how it might affect behavioral health care and the health care systems more broadly.

**Promotion of Book:** Seeking Value: Balancing Cost and Quality in Psychiatric Care
The book was recently released and is now available. Committee members and authors will be offered a complimentary copy and should receive an email with regard to this shortly. We spent the remainder of the hour discussing various ways to promote the book. We would like to send the APPI link and flyer regarding the ordering of the book to various organizations and individuals. These organizations include professional groups involved in advocacy and training, academic institutions, managed care organizations, social media, other advocacy groups, government agencies, legislators and lobbyists, and last but not least, family and friends. Each committee member will report to Michelle the contacts they have made, and she will maintain a record of those contacts. We are also considering doing a U-tube video and tapping into various pod casts.

**Future Directions:**
The afternoon was spent considering future directions for the committee. We had previously identified five areas of interest:
- Climate Change
- Peer Partners
- Trans-professional Collaboration
- Integrated Care

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• Housing and Homelessness

In addition, social justice was another issue that many committee members felt that we ought to address. We noted that GAP has not yet issued any position statement or guidance around these issues and considered prodding the board about this in some way. Although we did not develop a consensus on what that prod might look like, there was clearly an interest in making this issue a priority for the committee, either as an internal product or by creating a GAP wide initiative. Some members of our committee felt that a broad approach would be best, perhaps focusing on COVID related issues, others felt that social and racial justice should take the lead, with lines being drawn to the pandemic and climate change. (It has since been discovered that there has already been some progress with the formation of a Social Justice Committee within GAP, that is currently being formed. Clarification was also provided in the steering committee that GAP has maintained an apolitical stance over the years, but committees are autonomous and can take whatever position they choose, and within reasonable limits, it will be approved by the organization). Za, Deepika, Bruce and Michelle volunteered to be involved in potentially drafting a letter or position paper regarding this topic.

We identified two subgroups that would also like to advance work on the topics of Climate Change (Bruce, Michelle, Wes and?) and Integrative Care through Technological Platforms (Manish, Nubia, Donovan, Deepika and Rachel?). Bruce and Manish will take the lead in organizing the work of those two groups.

Adjournment

All agreed that we had a very productive meeting and great discussions. There was enthusiasm for meeting more frequently and so we agreed to have shorter meetings several times throughout the coming year.

Neuropsychiatry

The Neuropsychiatry Committee has been meeting regularly on zoom to discuss possible projects. Having recently published a paper that centered on Eugene Smith’s photographs of catastrophic mercury poisoning around Minamata Bay, Japan, we hope to review Johnny Depp’s film, Minamata, once it is released in the United States. In addition, we are exploring ideas for an article in *Psychiatric Times*.

PMC:

Present were: Steve Sharfstein (Chair), John Looney, Jack Bonner, Harvey Ruben, Lois Flaherty, Seth Powsner, Harsh Trivedi, William Sledge, Saul Levin. Absent: Mary Barber, Uma Naidoo.

We met via ZOOM on Friday 11/13, our usual meeting day. Having not seen each other as a committee for a year, we spent the first 30 minutes catching up on our lives, our work and our health. This pandemic has been a game changer in so many ways, but we are a resilient group and we persevere.

The first 2 items on our agenda were a discussion of bringing outside perspectives, advice and help to GAP. Lois has proposed an Advisory Board to GAP (attached) and after some discussion about use of the word “Board” (or “Group”) and the potential costs we focused on the purpose and opportunities of such a group for GAP and potential members. There are some consultants to GAP committees over many meetings who may be appropriate to form such a group and others on the outside who might be invited to join. At the Steering Committee meeting 11/14 I will ask for suggestions from the committee chairs. If there are suggested changes to the proposal from Lois, please send them to her and when refined we can take the idea to the Board at the April, 2021 meeting. At the Steering Committee meeting 11/14, I introduced the idea and will send to the Chairs the concept, asking for some names of consultants/guests who they think would be good for an Advisory Board or Group.

Related but separate is a proposal from Jack Bonner on bringing Pat Stern back to GAP and possibility our committee as a philanthropy consultant. This engendered much discussion. This has been years in the making

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and the next step is to have a further conversation with her and possibly set up a special ZOOM with her and the committee before our next meeting in April 2021. Jack will call her and then refine his proposal as an agenda for our ZOOM.

John proposed we consider a GAP Distinguished Service Award for either member or outside person that could, along with the Dear Abby Award, give some visibility to GAP.

We discussed the success GAP has had in endowing fellows, now up to 9. The Institute for Living has endowed one and other hospitals are potential donors, especially Sheppard Pratt and Austin Riggs. John Looney will follow up.

At the request of the Board, we discussed the potential of an in person meeting a year from now in November 2021 which would be the 75th Anniversary of the founding of GAP. This has the potential of being a significant celebration after 2 years of virtual meetings. Ideas include:

Inviting spouses and GAP supporters over the years;
A pre meeting (or social event/tour) on Wednesday, inviting spouses/significant others;
A gala Friday night (Dear Abby could speak like at the 50th although now it is the daughter);
A special plenary with a outstanding speaker or perhaps one that celebrates the past of GAP with a speaker who is a longstanding member and the future of GAP with a younger, newer member (this should be in discussion with Stuart Copans, Chair of the Plenary Committee) were all ideas that need further exploration.

I will ask the committee Chairs for their ideas on the 75th.

We finally discussed new member recruitment and several names were suggested from current GAP members and from outside.

**Professionalism and Ethics:**
Virtual meeting on GAP’s Zoom platform 20201113
Attendance: Members Present: Fallon, Candilis, Gennaro, Hafter Gray, Howe, Nesheim, Van Loon
Fellow: Edwards

Activity during this meeting: We continued to draft our paper in evaluating applicants for aid in dying, which will outline a way psychiatrists of different belief systems may do this work with integrity. We found the convenience of not needing to travel to Westchester was balanced by the inconvenience of two members missing the afternoon session to attend to clinical or administrative duties. We shall resume working on line later this month in order to submit a manuscript to the Publications Board before the April meeting.

Governance:
We invited our graduating Fellow, Matthew Louis Edwards, to continue visiting with us.

We thank Frances Roton Bell for her exemplary coordination of our virtual meetings.

**Psychiatry and the Community:**
Members attending: Minkoff, Feldman (Co-Chairs), Adams, Baker, Balfour, Flaum, Hackman, Leifman, Le Melle, Panzer, Parks
Guest: Keris Myrick
Fellow: XinLin Chen unable to attend

Continued. on pg. 13
Monograph: Roadmap to the Ideal Crisis System: Essential Elements, Measurable Standards, and Best Practices for Behavioral Health Crisis Response

Anticipated Date of Completion: Early 2021 with the final draft near completion and responding to review process. The anticipated audience will be practicing psychiatrists, psychologists, other mental health professionals, the general public, legislators, policy makers, funders and county commissioners.

Where would the Committee like the manuscript to be published? The Committee is working with the National Council.

Any ways in which the Publications Board might be helpful? Complete second review, proffer recommendations to move forward with publication.

Focus of Work Accomplished During the Meeting: Respond to National Council suggestions with edits. Reviewed areas needing further edits (Exec summary, Report Card), Added vignettes, Reviewed bibliography

Plans for Between Meeting Work: New title to Joe for NatCon feedback, respond to all line edits, revise diagram National Council, develop slide deck, outline for academic column/paper, draft column/paper, submit paper, outline for syllabus, invite new committee guests, submit op-eds(>1), get list of people to interact with on transition team, revise Exec Summary, write textbox/paragraph or two on use of technology, write textbox on EMPATH model, and CAHOOTS model, textbox/vignette about mobile crisis in NYC, revise vignette in Johnson County, identify possible public health dissemination partners; invite Matt Goldman as a guest, invite Sosunmolu Shoyinka to transfer to the committee.

Focus for Next Meeting: Distribution, further discussion of derivative products, process for this product.

Psychiatry & the Law:

Members not attending: Martinez, Pinals

Project Title: Title TBD. We are working on a combination app and website for use by psychiatrists and trainees that covers legal issues in clinical practice.

Status: The majority of members have completed their assignments and they are currently being edited by the committee co-chairs.

Anticipated completion: March 2021.

Anticipated audience: Practicing psychiatrists and psychiatry residents.

Where would the committee like the manuscript to be published? Since this is an app/web site, we will likely publish on our own - although we may collaborate with an established entity.

Any ways in which the Publications Board can be helpful? Not yet. Once we have a complete draft and a prototype, we will reach out.

Focus of Work Accomplished During the Meeting: Assigned missing sections, reviewed various technological options with the expertise of member, Alan Newman, set deadline to complete outstanding work, established editorial process.

Plans for Between Meeting Work: Alan Newman will build out a prototype using sample sections. Members will complete their sections. Members and co-chairs will edit sections.

Focus for Next Meeting: We hope to approve a final format at the next meeting.

Psychiatry and the Media:

Present: Carol Bernstein, Jack Drescher, Jeffrey Freedman, Peter Kramer, Lorenzo Norris, Gail Saltz
Guest: Jessi Gold

Continued, on pg. 14
1. The Committee had been meeting on an ongoing basis every 2-3 weeks over Zoom since the GAP’s virtual April meeting.

2. During that time, with the aid of Lorenzo Norris and MDEdge, the Committee did a podcast on “Managing Anxiety Tied to COVID-19, Virtual Learning, and Schools Reopening” which went online on September 30, 2020 and can be heard and downloaded at: https://bit.ly/2WWL0XM

3. Several members of the Gender and Mental Health Committee joined the Committee’s Zoom call to do a podcast about their new book, “Postpartum Mental Health Disorders: A Casebook.” Upon completion, the podcast will be available to GAP members and the general public.

4. Michael Norko from the Religion Committee and Mary Barber from the LGBTQ Committee joined the Committee’s Zoom call to do a podcast about their recent online publication, “Faith Communities and the Wellbeing of LGBT Youth” (available for download at the GAP website). Upon completion, the podcast will be available to GAP members and the general public.

5. The Committee once again expressed a willingness to do podcasts with other GAP Committees about their work products.

6. Jessi Gold was voted in as a new member of GAP. Congratulations!

7. The Committee later scheduled its next Zoom meeting for Saturday, January 16, at 11 AM Eastern time.

**Psychiatry & Religion:**
(met via Zoom 12/14/20):

**MEMBERS ATTENDING:** Brian Fallon MD, Salman Majeed MD, Joseph Merlino MD, Jenifer Nields MD, Michael Norko MD, MAR (chair), James Phillips MD

**FELLOW ATTENDING:** [no fellow assigned to committee]

**GUEST ATTENDING:** David Saunders MD, PhD; Flávio Casoy MD (Chair, LGBTQ+ Committee)

Following our April meeting, the committee met via zoom on June 27, 2020 to continue the discussions.

In 2020, the committee has published 5 GAP-approved products:

We welcome inquiries from incoming GAP Fellows about assignment to our committee; there are multiple projects for them to consider.

PROJECT INFORMATION

1. Religion and Psychiatry in the Age of Neuroscience

Project leader: Dr. Phillips
Fast track: journal article
Anticipated audience: practicing psychiatrists, psychiatry residents, training directors, psychologists & other MHPs
Journal: published in JNMD, as noted above

2. Varieties of Religious (Non)Affiliation: A primer for mental health practitioners on the “Spiritual But Not Religious” and the “Nones”

Project Leader: Dr. Saunders
Fast track: journal article
Anticipated audience: practicing psychiatrists, psychiatry residents, training directors, psychologists & other MHPs
Journals: published in JNMD, as noted above

3. Faith Communities and the Well-Being of LGBT Youth (White Paper on the importance of faith communities in efforts to reduce suicide and other negative mental health outcomes for LGBT youth)

Project leader: Dr. Norko
Fast track: Two forms will be pursued in succession – 1) publication for faith leaders/communities and lay audience; and 2) journal article for professional audiences
Anticipated audience: Faith communities, lay public for guidebook; MHPs and other health care providers for journal article.
The graphic design work for the version for faith leaders/communities was completed and posted online, as noted above. It is also posted on the GAP homepage.
We have been contacted by Deborah Amory PhD. (Professor and Chair, Department of Social Science and Public Affairs SUNY Empire State College) who wished to include this publication as a resource in her new online textbook: LGBTQ+ Studies: An Open Textbook (https://courses.lumenlearning.com/suny-lgbtq-studies/)
We have also been contacted by Peik Ingman from an LGBT advocacy organization in Finland, asking permission to translate the document into Finnish and add local resources. With the LGBT committee, we will be reviewing and approving their version.
The Religion and Spirituality Caucus of the APA has submitted an action item seeking the commendation of the APA for the publication.
The Media Committee met with Mary Barber of the LGBTQ+ Committee and Michael Norko via zoom on November 13, 2020 to discuss the publication in a format that may be utilized for a podcast.

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We will be discussing further efforts to publicize the product, with help from the LGBTQ+ Committee.

4. **“Living in Fear”**
   Project Leader: Dr. Majeed
   Fast track: OpEd piece
   Anticipated audience: general
   Any ways in which the Publications Board might be helpful: not yet
   Work accomplished during meeting: discussed new draft of the article.
   Plans for between meeting work: Dr. Majeed to revise current draft based on feedback from The committee, with a goal of submission to the Publication Board by December 1, 2020. June/July.

5. **Dear Abby Spiritual But Not Religious (SBNR) question**
   Project Leader: Dr. Saunders
   Fast track: journal article
   Anticipated audience: practicing psychiatrists, psychiatry residents, training directors, psychologists & other MHPs
   Any ways in which the Publications Board might be helpful: not yet
   Work accomplished during meeting: reviewed Dr. Saunders’ draft Qualtrics survey questions, incorporating PHQ4, Sheehan Disability Scale, demographics, and queries about SBNR and religious affiliation.
   Plans for between meeting work: Committee members to provide feedback to Dr. Saunders via email by December 1, 2020. Revise survey instrument and submit IRB application.

6. **Biographical Essays on mental health attributes of major religious figures**
   Project Leader: Dr. Phillips
   Fast track: series of journal articles
   Potential journals: TBD
   Any ways in which the Publications Board might be helpful: not yet
   Work accomplished during meeting: Discussion of Dr. Phillips’ draft for article on St. Joan of Arc.
   Plans for between meeting work: Members to provide feedback via email by mid-December. Dr. Phillips to circulate next iteration prior to planned mid-January meeting.

7. **Analysis of outcome data from Weissman et al. longitudinal study of effects of religion/spirituality on mental health**
   Project Leader: Dr. Saunders and Dr. Fallon (working with Myrna Weissman group)
   Fast track: journal article
   Anticipated audience: practicing psychiatrists, psychiatry residents, training directors, psychologists & other MHPs
   Potential journals: JNMD
   Any ways in which the Publications Board might be helpful: Because this is work from Dr. Weissman’s lab, this was not advanced as a GAP product
   Work accomplished during meeting: Dr. Saunders reported that he has drafted journal article, which is in review and revision at the moment.
   Plans for between meeting work: Dr. Saunders to keep group informed about journal review.

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8. Bridging the Gap Between Psychiatry & the Ministry: One Small Step
Project Leader: Dr. Merlino
Anticipated audience: practicing psychiatrists, psychiatry residents, training directors, psychologists & other MHPs
Published in Psychiatric Times, as noted above

9. Religious Literacy in Psychiatric Education
Project Leader: Dr. Nields
Anticipated audience: practicing psychiatrists, psychiatry residents, training directors, psychologists & other MHPs
Work accomplished during meeting: tabled
Plans for between meeting work: n/a

10. Religious Extremism
Project Leader: Dr. El-Gabalawi, with Dr. Majeed and Dr. Nields
Fast track: journal article
Anticipated audience: MHPs, educated people interested in culture, history, sociology, psychology
Potential journals: Mental Health, Religion & Culture; Aeon Journal of Myth and Science; others TBD
Any ways in which the Publications Board might be helpful: not yet
Work accomplished during meeting: Dr. El-Gabalawi was unable to be at the meeting due to COVID-19 meetings at his hospital; discussion tabled for next meeting.
Plans for between meeting work: Dr. El-Gabalawi has received feedback on his first draft, as well as further articles relevant to the topic, and will continue to revise, then re-send to committee members; plan to discuss further at April meeting.

11. Dear Abby narratives
Project Leader: The LGBTQ+ Committee
The first article was published this year (Religious faith and transgender identities: The Dear Abby Project J Gay Lesbian Mental Health 24:190-204, 2020)
Plans for between meeting work: none by our committee. Dr. Casoy reported on the plans for future publication of the Dear Abby narratives in a publication intended for lay audiences.

12. Patients’ response to COVID-19
Project Leader: Dr. Nields
Fast track: journal article for first phase
Anticipated audience: practicing psychiatrists, psychiatry residents, training directors, psychologists & other MHPs
Published in JNMD, as noted above.

13. Study of psychoeducation, yoga, and mindfulness meditation on reducing COVID-19 related anxiety
Project Leader: Dr. Fallon
Fast track: journal article
Anticipated audience: practicing psychiatrists, psychiatry residents, training directors, psychologists & other MHPs
Potential journals: TBD
Any ways in which the Publications Board might be helpful: not yet

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Work accomplished during meeting: Dr. Fallon reported on data collected from the study. Plans for between meeting work: Dr. Fallon to analyze data on the subpopulation of SBNR participants in the study and circulate for the group’s consideration.

**Other:** The committee had preliminary discussions about two other topics: the **decline in faith in medicine**; and consequences of COVID effects on faith services. For further discussion in our January meeting.

**PLANS FOR NEXT MEETING (January interim Zoom meeting)**
1. Dr. Norko to send out Doodle poll for dates in mid-January for another Zoom meeting to review interim progress on projects.
2. Updates on Dr. Majeed’s Living in Fear OpEd
3. Updates on Dear Abby Spiritual But Not Religious (SBNR) survey
4. Review Dr. Phillips’ next draft of Joan of Arc biographical essay.
5. Discuss Dr. Fallon’s study data on interventions for COVID-19 related anxiety
6. Updates on publicity for Faith Communities and the Well-Being of LGBT Youth
7. Further discussion of: decline in faith in medicine; and consequences of COVID effects on faith services

**Psychopathology:**
Members: Adler, Berlant, Brunette, Dixon, Erlich, First, Goldman, Oslin, Siris
Guest: Rachel Talley
Project Title: A Moment in Time and a “Call to Arms” with the topic chosen to be a potential *Psychiatric Services* Taking Issue Editorial.
Focus of Work Accomplished During the Meeting: Choose a potential topic, an editorial as the issues facing American Psychiatry as a result of the pandemic and all going on in the world.
Plans for Between Meeting Work: Next Meeting, January 2021 by Zoom to continue exploring the possibility of this as our next article.
Focus for Next Meeting: Welcoming our new Fellow who should be sent copies of our two most recent articles.

**Psychopharmacology:**
Present: Gross, Sumner, Pine, Leventhal, Pine, Baron
Fellow: Robyn Thom
Project Title: SSRI’s: How Long is Long Enough?
This has been completed and approved by the Publications Board. This manuscript is under review in John Oldham’s journal.
Focus of work accomplished during the meeting: Discussed the status of recently completed paper. Discussed our next paper and plans for next Zoom before holiday break.
Plans for between meeting work: Planning 2-3 Zooms before Spring to get next paper going.
Focus for next meeting: Considering one of the following: Gender issues, Sociocultural issues, or Telehealth implications on Psychopharm. If we get a new Fellow, may go with a topic they are interested in (as we have done in the past)

**Research:**
**Members Attending:** Drs. Rahmani, Swift, Copans, Josephson, Keith, Swann, Beahrs, Kramer
**Members Absent:** None
**Fellow Attending:** None — Research would like to add a Fellow to our committee
**Guests Attending:** Erin Belfort, MD; Mark Erickson, MD, MS; Gordon Harper, MD (GAP member)
**Project information: Op-Eds**

1) *What’s Wrong with Health Care in the United States*, Copans SA, Rahmani, M et al., *Psychiatric Times*, Commentary, November 5, 2020


2) *Seven Reasons All Health Care Reforms Are Doomed to Failure*, Copans SA — op-ed, being submitted

3) *Are You and Your Family Getting the Proper Medical Care? Only Physicians Have a Possibility of Knowing*, Kramer DA et al. — op-ed, 6th draft completed

**Project information: Journal Articles**

4) *Family Intervention in the Treatment of Children & Adolescents*, Josephson AM et al. — psychiatry journal article, multiple earlier drafts, in final revision

5) *Biological Psychiatry is Family Psychiatry: The Primate Social Organ System as the Psychiatric Patient*, Kramer DA et al. — journal article, 1st draft well underway (thesis drawn from 16 symposia at AACAP Annual Meetings from 1996 — 2020, *The Biological Roots of Child Psychiatry*

**Project information: Book**

6) *Re-discovering Context in Biopsychosocial Psychiatry*, Beahrs J and Swann A (eds), Rahmani, Swift, Copans, Josephson, Keith, Swann, Beahrs, Belfort, Erickson, Harper & Kramer, initial planning underway, editors chosen, chapter topics in development, potential publisher identified

**Other Research Committee Business and Announcements:**


2) Ginsburg Fellows — New Fellows begin April 2021. I will request we be given consideration for a Fellow in this round.

3) There is a new GAP Advisory Board. I will recommend Kelly Kelleher, MD, for this position. He was both a Research Committee Ittleson Fellow, and a GAP Plenary speaker, in October 2017.

4) Notes from context discussion: Temporal context over time x current experience >>> behavior; stages of life; music interactions within a piece of music; child mental health and the brain; suicide attempts and levels of suicide risk; three-quarters of suicide risk do not have a diagnosable psychiatric disorder

**Plans for Between Meeting Work:**

**Conference Zoom Calls:** January 22, 2021 & March 19, 2021, 11:00 AM — 1:30 PM Eastern

**Spring GAP Meeting:** April 16, 2021, 11:00 AM — 3:30 PM Eastern

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Terrorism and Political Violence:
Attendees (via Zoom):
Drs. Aliya Saeed, John Beahrs, Andy Stone, Aida Mihajlovic, Catherine May, Stephen Shanfield, and Hassan Naqvi participated via Zoom. Dr. Naqvi a forensic psychiatrist at Yale/Whiting Forensic Hospital, and a first-time GAP guest.
The Committee has been meeting virtually on a monthly basis, and we met for our fall meeting on November 14, Saturday at 1:55 pm
Guest speaker: Adnan Ansari, Executive Director of the organization Muflehun presented to the group, followed by a group discussion. Muflehun has current grants from the United States Department of Homeland Security, Mr. Ansari described the scope of the projects.
The committee discussed issues of Autism and Terrorism, QAnon, and Mental illness - terrorism interface. The committee has one article about Countering Violent Extremism in the United States that is currently under review at a publication. Committee members intend to focus on the role of mental illness in terrorism and QAnon.

Work & Organizations:
The Committee on Work and Organizations had a very productive virtual meeting this Fall. All committee members were in attendance. We reviewed our recently completed podcasts, published through Psychiatric Times, and discussed ideas for our next project. We will be continuing to work with Psychiatric Times and have been asked to complete a series of columns regarding work-related topics.

IN MEMORIAM . . .

Former GAP member, Jerrold (Jerry) Post MD died of complications from COVID-19 on November 22, 2020. He had a distinguished career that was unique in psychiatry. He was the force behind setting up the Committee on Terrorism and Political Violence and was its chair until later had medical problems. He was a trailblazer in his thinking about international affairs particularly about individuals who were key leaders.

He will be missed. Our condolences go to his wife and daughters.
His passing was noted in the national and international media. His Obituaries in Washington Post, The Guardian, and BBC mentioned his unusual career and his key role in international politics.
DATES OF FUTURE GAP MEETINGS
Renaissance Westchester Hotel • 80 West Red Oak Lane • White Plains, NY 10604 • 914-694-5400

2021
April 15-17
November 11-13

2022
April 7-9
November 16-19

2023
April 20-22
November 9-11

2024
April 4-6
November 14-16

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